

Dear All,

Recently the nation and Connecticut have had increases in COVID-19 cases and hospitalizations. We know this is a very challenging and stressful time. We are here to support you. We are in contact with state and local DPH, DMHAS, and DSS. We have continued to follow their guidance to help all Recoverees and Staff remain healthy and safe. Liberation Programs' Medical Director is advising our Leadership on final policy decisions related to the Coronavirus.

Anyone with Coronavirus symptoms (fever, coughing, trouble breathing, new loss of taste and smell) should let their Counselor know, and call their medical providers. Your medical provider may tell you to get tested, stay home and quarantine, and seek treatment. If you need any assistance with care coordination, let your Counselor know.

Travel Advisory: Governor Lamont issued an Executive Order: anyone traveling into Connecticut from states identified in the Travel Advisory needs to self-quarantine for 14-days. The list of states continues to change and has grown significantly. Visit the CT.Gov website for the up-to-date list of Travel Advisory locations and the required travel health form: <https://portal.ct.gov/Coronavirus/Travel> **We strongly encourage avoiding all travel unless necessary.**

Anyone who has visited a Travel Advisory state in the past 14 days, or anyone who has had contact with a person who is COVID positive, should NOT enter the clinic and instead should call ahead for assistance:

Stamford: 203-391-7906

Bridgeport: 203-953-3352

Liberation Programs' Outpatient Clinic Updates:

Hours of Service for Outpatient Medicating

Stamford

Monday – Friday 5:30am – 12:30pm

Saturdays 6:00 am – 10:00am

Bridgeport

Monday – Friday 6:00am – 1:00pm; & 2:30pm – 6:30pm

Saturdays 6:00am – 10:00am

- Telehealth/telephone therapy is available for individual, group and IOP therapy, and support.
- Increased bottle privileges are available based on a federal exception for COVID-19.
 - When the President declares the state of emergency over, Liberation Programs will be expected to return all bottle privileges to pre-COVID status. This is not an agency decision, and we don't know when this might happen.
 - Liberation Programs must follow federal policies and SAMHSA 8-point criteria for bottles combined with time in treatment. Liberation Staff are working hard to ensure that everyone has the maximum exception bottles, following these guidelines and additional time in treatment 8-point criteria since COVID started.
- Please make sure we have up-to-date contact information for the best way to reach you.
- If you have any questions, please contact your Counselor or admissions@liberationprograms.org

Please Continue to Follow Expert Guidance to Help Protect Yourself & Others:

- Wear a mask whenever you leave home. Wear a mask inside your home when someone is visiting.
- Maintain a minimum of 6 feet distance between yourself and those who do not live with you.
- Clean your hands frequently, including before you eat or drink. Washing hands with soap and water for at least 20 seconds works best. Hand sanitizer and isopropyl alcohol wipes can also be used to clean your hands.
- Avoid touching your eyes, nose, and mouth.
- Cover your mouth and nose when you cough or sneeze. If using a tissue, dispose promptly and wash your hands.
- Get a Flu Shot
- Please also review and follow the updated guidelines from the Governor's Office:
<https://portal.ct.gov/Coronavirus/Covid-19-Knowledge-Base/Latest-Guidance>

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