



# Keeping Healthy During the Pandemic

*Resources, Strategies and  
Treatment*

*April 2020*

HOST



**William C. Moyers**  
Vice President of Public Affairs  
and Community Relations



# GUEST SPEAKERS



**Dr. Marvin Seppala**  
Chief Medical Officer



**Bob Poznanovich**  
Vice President of Business Development

# We are confronting two life-threatening diseases

*The disease of addiction  
and COVID-19*



It has been approximately 8 weeks since the COVID-19 outbreak began, and Hazelden Betty Ford continues to monitor the crisis closely and implement robust safeguards to minimize the risks for our patients and employees.



# This is a Journey

## Take Good Care



Hazelden Betty Ford  
Foundation

# Navigating Our Emotions

Everyday experiences now include:

- Uncertainty
- Grief
- Anxiety
- Additional planning and safety precautions
- Media overload

**These feelings are to be expected—  
we are all having them.**

# Taking Care of Your Wellbeing

## Self-care strategies:

- Physical wellbeing
  - Get enough sleep and eat healthy
  - Keep active
  - Relax
- Mental wellbeing
  - Focus on thinking positive
  - Limit watching/listening to the news
  - Move from fear to action
  - Remember what we can control and what we can't



# Taking Care of Your Wellbeing

- Give yourself grace
- Support and build your relationships and connections
- Recognize what's normal and what's not
- Reach out for help if needed



# Virtual Care

# The Difference Between Telehealth and Virtual Care

- Telehealth is broad term that includes the entirety of remote and/or technology-driven health care. Virtual care is a component of telehealth.
- Virtual care refers to the “virtual visits” that take place between patients and clinicians via communications technology—the video and audio connectivity that allows for live “virtual” meetings to occur in real time, from virtually any location.



# Virtual Care and Support Services



Visit [HazeldenBettyFord.org/RecoveryGo](https://HazeldenBettyFord.org/RecoveryGo)

- Intensive Outpatient, Outpatient, Mental Health Care and Family Programs
- Easy-to-use video conferencing platform
- Virtual systems comply with federal and state health care privacy regulations
- Insurance-eligible

# Telehealth Continuum of Care



# Patient Experience

- Virtual Intensive Outpatient runs on a similar schedule as in-person
- Just like site-based treatment, virtual sessions incorporate our patient-centered treatment approach with peer rapport and recovery support
- Low bandwidth requirements
- Any device



# Patient Experience

## Dashboard

The screenshot displays the RECOVERYGO Dashboard interface. At the top left is the RECOVERYGO logo with the tagline "Handker Betty Ford". The main header area includes the title "Dashboard" and a "Need Help?" link. The dashboard is organized into several sections:

- Displayed Providers:** A sidebar on the left with controls for adding and removing providers, a search bar, and a "Common Actions" section containing buttons for scheduling appointments and kiosk modes.
- Appointment Lists:** Two main panels for "Current Appointments" and "Upcoming Appointments". Both panels show "No Current Appointments" and "No Upcoming Appointments" respectively, with "Results Per Page" set to 5.
- Sidebar Menu:** A vertical navigation menu on the right with options: Dashboard, Agreements, Appointments, Groups, Inbox, Third Parties, Patients, Providers, Staff, Settings, FAQs, and Log Out. An orange arrow points to the "Log Out" option.



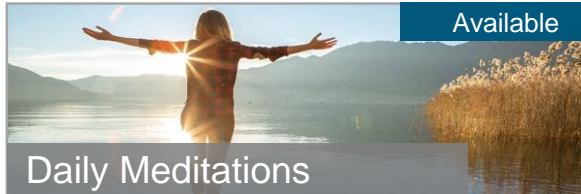
# Online Resources



# Web-Based Recovery

## Free Support Resources for Patients

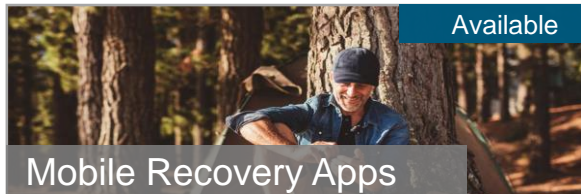
Available



### Daily Meditations

- Uplifting meditations
- Delivered digitally daily
- Email, Twitter and Instagram

Available



### Mobile Recovery Apps

- Daily recovery support
- *24-Hours A Day, Field Guide to Life, My Sober Life, & Inspirations*



Available



### The Daily Pledge

- Online peer-based fellowship and support for those touched by or concerned by the disease of addiction

Coming Soon



### RecoveryGo—Consumer

- Daily inspirational content
- Guided by our counselors and authors
- Text, podcasts and video

# The Daily Pledge—Online Social Community

## TheDailyPledge.org

- Provides a source of support and fellowship to those touched by or concerned about the disease of addiction
- Interact with others who are establishing and sustaining lives and families free from addiction
- Access chats, online meetings and discussion boards that address specific areas of interest any day, any time, from anywhere
- Individually control anonymity settings

# Hazelden Betty Ford Apps



Hazelden

Readings for  
Moms of Addicts



Hazelden

Free Inspirations  
from Hazelden



Hazelden

Field Guide to Life



Hazelden

Twenty-Four Hours  
a Day



Hazelden

Each Day a  
New Beginning



Hazelden

The Language of  
Letting Go



Hazelden

Food for Thought



Hazelden

A Day at a Time



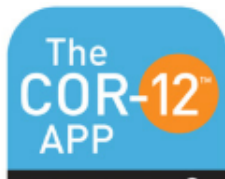
Hazelden

Touchstones



Hazelden

MySoberLife



Hazelden

[Opioid Recovery App](#)



Hazelden

More Language of Letting  
Go



Hazelden

Day by Day



Hazelden

Morning Light  
Night Light

# Podcasts – Listen | Watch | Share

- Stories of hope
- Trends
- Family Support
- Youth topics
- Adverse Childhood Experiences (ACEs)
- Research
- And more . . .



VISIT

[HazeldenBettyFord.org/Podcasts](https://www.HazeldenBettyFord.org/Podcasts)

# ONLINE RESOURCES

Visit [HazeldenBettyFord.org](https://HazeldenBettyFord.org) and click on the COVID-19 link to find many free online resources including:

- Online Support Meetings
- Podcasts and Blogs
- Mobile Apps and Online Meditations
- Education
- Family and Children Resources
- Social Media Groups
- Movies and Videos

# QUESTIONS





# THANK YOU

# BE WELL

To Learn More  
Visit:

[HazeldenBettyFord.org](https://HazeldenBettyFord.org)

Call 24/7:

**800-257-7800**