



What if my meeting is cancelled due to building closures?

Given many recovery support meetings are held in public or quasi-public buildings, outpatient and recovery support meetings are increasingly being cancelled. It's hugely important that all of us do what we can to support each other during this time. Here are some suggestions for providing alternatives to cancellations of meetings:

1. Weather permitting, move the meeting to a park or other outside location. Do not move the meeting to an individual's home.
2. Place a sign on the door of the closed location, ideally with at least three phone numbers of people to call if they need someone to talk to. Likewise, refer them to Oregon Recovers website which has a list of multiple resources for virtual and telephonic recovery meetings.
3. Publicize and share the Oregon Warmline: 1-800-698-2392. Each caller will be connected with a recovery peer.
4. Consider setting up your own virtual meeting utilizing ZOOM or Skype. Place instructions on the door of the closed meeting space with instructions for accessing the virtual meeting and/or share via text and email with regular members of the meeting.
5. Consider setting up a phone meeting utilizing a "free" conference call number. There are multiple free options available online. Place instructions on the door of the closed meeting space with instructions for accessing the phone meeting.
6. Check-in with each other. Divide the meeting phone list list and have 4-5 people call different components on the list on a weekly or twice weekly basis so that everyone remains connected.