



Staff,

Below is what is on our tab that has been up on <https://www.recoveryblvd.com/coronavirus-protocols> since last week. Pages 1, 2, 3 are only ones on website. The rest is the plan for next 2 weeks. Should a parent or person with a release of information want to know what we are doing you can send them this document.

Thank you!

Coronavirus Protocols at Recovery Blvd and Portland Sober Living Company:

Recovery Blvd feels we are best place for your loved one to be during this uncertain time of the impact of the Coronavirus on our population is at Recovery Blvd. The following protocol is in place and will be until CDC and WHO direct the public differently.

Precautions:

1. All surfaces (doorknobs, fridge handles, counters, bathrooms, etc.) are wiped down with a bleach solution every 2 hours between 9 am and 5 pm at Recovery Blvd.

- a. Sober Living will do same (wipe down schedule) and keep Clorox Wipes next to every fridge and laminated signs posted on fridge handles to open and close with wipes.
2. Recovery Blvd is having a handwashing demonstration to show how to best soap, lather and wash for 20 seconds or more. Recovery Blvd and PSLC bathrooms have timers in them secured to the mirror to help Clients see 20 seconds pass.
3. Appropriate soap is in every bathroom and kitchen at PSLC and Blvd.
4. All houses and Recovery Blvd have had their eating dishes for eating AND utensils removed and paper products and utensils will be used.
5. Facemasks have been purchased and a supply also kept at PSLC houses.
6. Facemasks will be worn when at center.

Clients will be asked to limit their excursions and store trips.

Required outside meeting attendance will be reduced and support groups will be held at houses to ensure Clients have support but are not out in public.

Airborne packets are in basket at Recovery Blvd and PSLC.

Disposable gloves have been purchased and are in every kitchen. Clients are required to wear gloves when in kitchen for any reason.

Cooking, washing pot/pan, getting food item will all be done with gloves.

Clients have been advised should they not wash hands or break these rules immediate consequences will be put in place as it is a safety issue.

Visual and Audio Precautions for Coronavirus:

All Clients will watch the World Health Organization videos regarding precautions, facemasks, etc.

Signs on WHO website will be posted.

A handwashing demonstration will be held.

Timers, soap and sanitizer will be in bathrooms and kitchens and signs posted.

Fever, Cough or sneezing:

Should any Client exhibit sneezing, coughing they will be asked to sleep in a single room and stay in the room until taken to Urgent Care by a Recovery Mentor from Blvd.

Family will immediately be contacted.

- 1.** Recovery Blvd will utilize the small, session rooms next to each other on SE side of building for any individuals feeling unwell and Owners (Autumn Brown & Solara Salazar) will take temperature and determine if Urgent Care visit and wellness housing is needed.
- 2.** Clients stating they are not feeling well **WILL** come to Recovery Blvd. should Manager feel they may be at risk for virus they will call Autumn Brown and she will uber individual client to Recovery Blvd. Signs direct any ill Clients to rooms away from others.
- 3.** Clinical Director or Owner will contact all family with Release on file.

- a. Do not scare family. Be calm. Describe exactly what we are seeing (temperature, symptoms) give family name and number of staff taking to urgent care.
- b. Continue to check on Client and update family.
- c. Family may take Client home if it has already been determined a safe place.
- d. If anyone in home engages in active alcohol or drug consumption Recovery Blvd may ask they stay at Wellness Housing. This is an individualized process.

4. Any member feeling any flu symptoms, shortness of breath or fever-ish will be taken immediately to urgent or emergency care by one Mentor:

Mentors will wear a mask and so will Client.

Management@recoveryblvd.com and Medical Director, Doctor Hursey will be notified immediately via email marked in subject line “RED _ URGENT” if test is positive for Corona Virus.

Wellness Housing Option, Positive for Coronavirus:

Anyone who has been diagnosed as positive for Coronavirus OR is symptomatic and awaiting going to urgent care:

1st Option is: Autumn Brown has a 2 bedroom apartment unoccupied outside of Sober Living House (Lighthouse) Rooms will be utilized for anyone diagnosed. Autumn Brown and Solara Salazar will stock fridge, visit daily and have on call RN (Registered Nurse) visit daily, (Karen Brown).

Mt View House: Currently has an empty bedroom that can be utilized as a temporary space. If this room is occupied by Coronavirus positive or possibly positive Client the bathroom next to bedroom will be used only by those members. As soon as possible (within 2 hours) Client will be taken to apartment discussed above or if used already a suite at hotel, with 2 rooms or 2 adjoining and a Recovery Mentor will stay in shifts with Individual. On call RN will visit daily.

Personal or Parent Home: If determined safe (must be discussed with Director team) Client may be allowed to go home if local.

Top PRIORITY: Family with release of information will be updated every morning and night by an owner of Recovery Blvd.

COMPROMISED immune system Clients:

As Recovery Blvd is able to more easily restrict activities of Clients than parents may be able to (at home) we feel that these people are still safest with us. Should anyone exhibit symptoms or outbreak become apparent in Portland, OR families will be contacted and these Clients sent home should parents prefer.

Lastly,

We, as staff, are parents and very much love and care about your person in treatment. We absolutely want to protect and do the right thing by every Client. Because the disease of addiction is cunning, baffling, powerful and deadly...an excuse to leave treatment (Coronavirus) may be something some Clients want to do. Please discuss this with staff and owners before agreeing to taking someone out of treatment. While this virus is scary and we will take further action if this progresses the risk to your loved one's life is much greater from a return to substance use.

Please communicate with staff and we will update families should things change.

Thank you,

Autumn Brown and Solara Salazar - Owners

<https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-prevent-spread.html>

The following pages labeled attention are laminated and posted in every PSLC home and at Recovery Blvd.



Attention: ANYONE in the kitchen for any reason must wear latex gloves provided on the counter.

Should anyone find you in the kitchen not wearing gloves, whether or not they are an assistant manager or brand new member they are to tell the manager immediately and the individual will do a double scrub item of cleaning. This should be = all the bathrooms, sweep and mop the entire house top middle and bottom floors, bleach water and wash out every fridge or call Autumn/Darla. We want to reinforce our **STRONG** stance to stop anyone from not using gloves!

This applies to Recovery Blvd kitchen and all sober livings.



Attention: House members will be using paper plates, paper utensils and paper cups. These are one time use and to be thrown away. Should someone be using other kinds of cups, utensils, plates there will be a consequence for their choice assigned to them by the staff or manager immediately. (should be written assignment)

Pots and pans or anything used to cook food will be immediately washed with hot soapy water and rinsed in a bleach water mixture of 2 tablespoons to one side of the sink full of clean, hot water. Dishes will not be left on the counter from cooking. Immediately they will be dried using clean paper towels and placed into the cupboard.



Attention: Recovery BLVD. clients and all Portland Sober Living Company clients, please wear facemasks should you feel that you are susceptible to getting the coronavirus or if you have had a cold recently and have any sniffles, sneezing, coughing.

Should you do any of these things and not be wearing a mask you will be asked to wear it by a manager at your house and any house member seeing this should tell the manager immediately. It is extremely important to the owner that people who have had any of these cold symptoms or are more susceptible to sickness because of immune issues or injuries should wear facemasks at all times



Attention: All house members must wipe down the fridge door handles when they open and close it even though they are wearing gloves. Gloves will never be reused and will be disposed of after every use.

This applies to Recovery Blvd kitchen and all sober livings.



Post this on whiteboard.

Attention: Any house number who has not washed their sheets or blankets AND pillowcase will do so by Saturday evening. This should be completed at that time.



Attention: All House members will Clorox cleanup wipes and antibacterial hand soap before they prepare a meal, before they eat again and again after they eat. Any area in which to eat will be wiped up with a Clorox clean up white and should have no food particles or paper products left out.



Attention: House members there will be a clipboard and a sheet of paper that will be checked on Sunday and every house member must have done at least two times at all houses. This is the fridge handles, doorknobs, and countertops wiped down on the sheet initialed or they will do phase 1.

Every two hours someone will be wiping down every countertop, handle and door knob and they will wear gloves and a mask for the entire time.

This will be done at Recovery Blvd by staff.

Sign off sheet is below:

[illegible]



Transmission:

Per John Hopkins Hospital, “While both the flu and COVID-19 may be transmitted in similar ways, there is also a possible difference: COVID-19 might be spread through the airborne route, meaning that tiny droplets remaining in the air could cause disease in others even after the ill person is no longer near.”

Please do not go close into other people’s personal space.

- Do not hug, kiss or shake hands with any people. Say, “I am being mindful because of this new flu virus.”
- Practice personal, space boundaries! Try out your space boundary to empower health!!
- Carry Mini Hand Sanitizer (see Autumn if you need one)

- Stay away from crowds or large support group meetings. HAVE SMALL 3 PERSON SUPPORT MEETING AT HOUSE. SEE AUTUMN FOR AA/NA/REFUGE/ETC. BOOKS.
- Limit contact with general public and try to stay at home.



Attention:

House members,

Please let your manager know if you feel the following:

- Shortness of breath
- Fever-ish
- Flu like symptoms

There is a quick test at any urgent care and PSLC has Mentors available to take you. Please wear a mask and gloves.



As PSLC is owned by Autumn Brown and Recovery Blvd by Autumn Brown and Solara Salazar the internal actions will be for both businesses:

5. These downloadable flyers have been posted at PSLC and Recovery Blvd from the World Health Org website

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>

ANYONE suspected or concerned they are ill will wear a face mask until in wellness housing.

NO EXCEPTIONS.

6. Recovery Blvd will utilize the small, session rooms next to each other on SE side of building for any individuals feeling unwell and Owners (Autumn Brown & Solara Salazar) will take temperature and determine if Urgent Care visit and wellness housing is needed.

7. Clients stating they are not feeling well WILL come to Recovery Blvd. should Manager feel they may be at risk for virus they will call Autumn Brown and she will uber individual client to Recovery Blvd. Signs direct any ill Clients to rooms away from others.
8. Clinical Director or Owner will contact all family with Release on file.
 - a. Do not scare family. Be calm. Describe exactly what we are seeing (temperature, symptoms) give family name and number of staff taking to urgent care.
 - b. Continue to check on Client and update family.
 - c. Family may take Client home if it has already been determined a safe place.
 - d. If anyone in home engages in active alcohol or drug consumption Recovery Blvd may ask they stay at Wellness Housing. This is an individualized process.
9. Any member feeling any flu symptoms, shortness of breath or fever-ish will be taken immediately to urgent or emergency care by one of these Mentors:
 - a. Jake Hammer
 - b. Nate Thomas
 - c. Ben Albritten
 - d. Isaac Salazar

e. Monica Rae

f. Maddie Shepherd

Mentors will wear a mask and so will Client.

Management@recoveryblvd.com and Medical Director, Doctor Hursey (p.hursey@recoveryblvd.com) will be notified immediately via email marked in subject line “RED _ URGENT” if test is positive for Corona Virus.



Internal Process for anyone who has been diagnosed as positive for Coronavirus OR is symptomatic and awaiting going to urgent care:

1st Option is: Autumn Brown has a 2 bedroom apartment unoccupied outside of Sober Living House (Lighthouse) Rooms will be utilized for anyone diagnosed. Autumn Brown and Solara Salazar will stock fridge, visit daily and have on call RN (Registered Nurse) visit daily, (Karen Brown).

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Personal or Parent Home: If determined safe (must be discussed with Director team) Client may be allowed to go home if local.

Top PRIORITY: Family with release of information will be updated every morning and night by an owner of Recovery Blvd.

This next week we will be doing the following:

**Empowering Clients to have personal
space boundaries, self care and
mindful practice.**

Clinical Team at Recovery Blvd and PSLC Managers,

PSLC Managers I will send handouts to your houses on Monday and ask non Recovery Blvd residents to read it. We are taking the next 2 weeks to have Digging Deeper: Boundaries and Respectful Behaviors. Each day one class will be about recovery behaviors regarding respect and how to have boundaries. Each evidence based practice will be linked to how to keep mind, BODY and spirit peaceful, respectful and having personal emotional and PHYSICAL boundaries.

This flu has given us an opportunity to tie together how personal space boundaries and empathy/understanding for other people's boundaries is a part of living a life in recovery. We will tie together how self-care and letting yourself makes you susceptible to illness and how many of them avoid physical discomfort or pain by using drugs. This group should lead to how in this current situation can they, each one, engage in the highest form of self-care through the preventive measures we are asking and teaching them to avoid this flu.

We will also link together why mindfulness, staying present in the moment and in their body allows them to feel if they are getting sick, how to even be aware of how they feel, good and bad. We know that mindfulness is an extremely helpful practice for Clients but hard to know if Clients are

actually doing it. Walking through staying present in the “now” will link the practice to why it is important to not go on autopilot or disassociated which often leads to finding themselves using.

Monday Certified Mentor/Case Management Group 11:30 -12:30 CHANGED.



T R E A T M E N T C E N T E R

Digging Deeper: Personal Space and Boundaries

What is your personal space boundary (in general)?

Do you recognize other peoples?

How can you keep yourself and others healthy by discussing the personal space and protecting health as a part of strong recovery?

This space changes depending on several factors:

- Who you are with
- What you are doing

- Where you are

Lots of people refer to the space that one needs to have between themselves and someone else, in order to feel comfortable, as their “**space bubble**.” It is generally accepted that we have a smaller “space bubble” with family and close friends, than we do with acquaintances, strangers and authority figures.



Key Point When Teaching Your Clients About Personal Space:

Personal Space & Safety

Explicitly Teach The Expected Behavior

Some Clients will need explicit teaching in order to truly understand and respect other's personal space as well as to understand and advocate for their own.

Another important reason to teach Clients to understand and respect personal space is for safety, even from illness. Personal space can help us to stay safe. It can be a buffer zone which keeps people at a safe distance and even from bumping into one another. Personal space is a private and individual thing that can be hard to explain. We almost consider it like an extension of our body.

People may react negatively when their personal space is being invaded by another. They may simply feel discomfort, or they may experience anxiety or anger. Some Clients may even lash out physically at another Client who has invaded their space, without realizing why they are reacting. It is important to know the personal space boundaries of the people around you.

Personal space boundaries (**space bubbles**) can vary widely from person to person. It can depend on a variety of factors, including how well you know the other person, your relationship with the other person (do you like them, not

like them), and how much you trust them. Ask Clients to make theirs as a general boundary when they are out in public.

Group Activity:

In the Yoga room have everyone sit on mats. Pass around the yarn/string (see owners for new yarn) and have each person draw their space bubble around them. When done discuss personal bubbles being important now more than ever and that because the Corona Virus is airborne, people may get infected just by talking to someone.

OUTLINE:

Go around and ask each person how they felt about identifying their bubble and did it surprise them?

Close by asking having mentors tell each person if they need to extend or change personal bubble to be safe during Coronavirus. (This should be a fun ending and reinforce who has good personal space boundaries, NO FLU, bubbles.

Sitting Down Space Bubble: You will need a lot of string or yarn to do this activity.. Have everyone sit down on yoga mats and give them the string, yarn or rope (or do it outside and use sidewalk chalk). Let each Client demonstrate their personal space bubble by arranging the string, yarn around them, forming a circle whatever size they want. Look at space bubbles all together and discuss above outline.

Tuesday:

DBT – Mindfulness Practice Group 10:30 -11:30



Digging Deeper: DBT Mindfulness Practice and processing facts/emotions and wise thoughts.

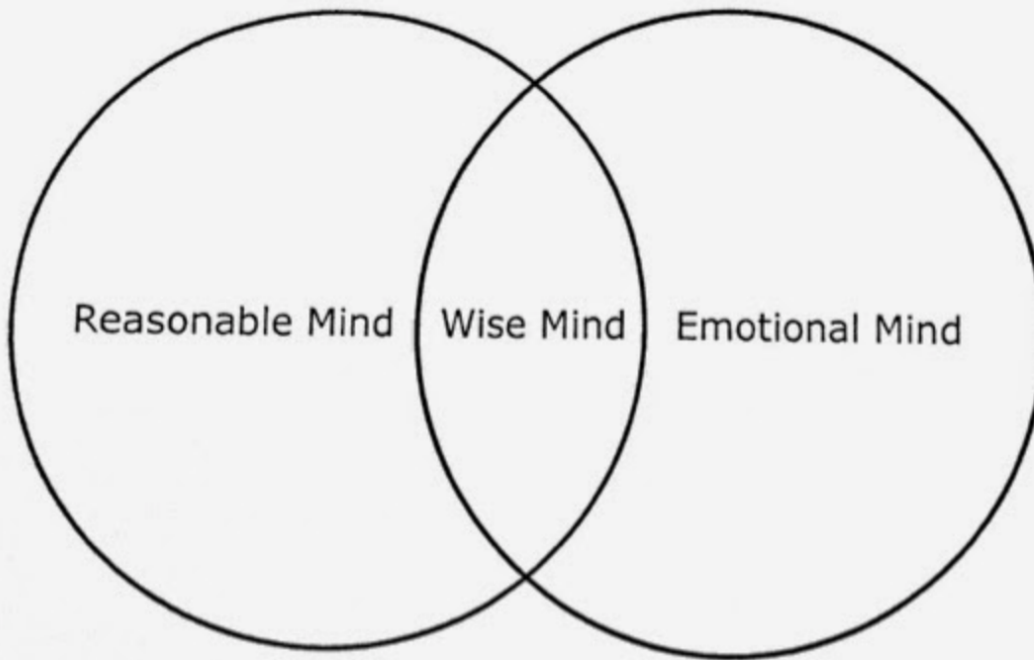
Wise mind brings together both the logic, facts and figures of reasonable mind with the feelings of emotion mind.

Using this handout below ask the Clients to write or share emotional thoughts about Coronavirus? Analytical/Reason Mind thoughts? Wise Mind Thoughts?

Ask them what areas in their life beside flu do they need to practice wise mind more often?

Ask every client their thoughts and have them discuss.

States of Mind



Wednesday 9:30 – 10:30 Gorski Relapse Prevention 9:30 - 10:30

Handout and take 10 minutes silent to have Clients answer questions on paper. Write on board this chart and fill in:

How does illness affect me?	What do I think about?	How does illness affect the people around me?



T R E A T M E N T C E N T E R

Art Therapy - 1:30 -2:30 pm

All Clients welcome to attend (even if not scheduled day).

Autumn Brown has aloe, essential oil scents and alcohol to make hand sanitizer. As well as Cloth, glue gun to make facemask covers.



T R E A T M E N T C E N T E R

“The extent to which diseases and health conditions continue to persist for the millions of Americans who achieve recovery remains to be clarified, but this study highlights the fact that these negative impacts may continue to affect quality of life, even when people achieve addiction recovery.”

David Eddie, Ph.D.

How does illness or being sick affect you?

What do you think about?

How does recovery become a struggle? (if it does)

Who do you care about who has been ill and how did it affect you?

What was it like to see them ill?

How can you protect yourself during this time of illness?

How can you support others in protecting themselves?

Who would it impact right now if you got this flu?

How would it affect you?

Friday Group: Weekend Safety Planning 1:30 -2:30



T R E A T M E N T C E N T E R

Digging Deeper: Safety Planning

**What do I need to be HEALTHY, Peaceful, PRESENT
and Recovering this weekend?**

How can I keep myself safe from illness?

**How can I empower others to be safe and personal
space boundaries?**

**Do I have food, support and ability to stay home and
practice self-care?**

What 2 things can I do for self-care?