



Dear Friends of MSCL House:

Only five days after our President declared a National State of Emergency due to the [coronavirus](#) outbreak, the precautionary actions have affected so many, so close to home. As a result, our residents at [MSCL House](#) are doing their best to follow protocol including social distancing. This primary preventive measure affects our residents' as their treatments are primarily in social settings, all of which have been cancelled.

We are taking measures to help keep our residents safe--continually disinfecting all house surfaces and objects and reminding residents to wash hands with soap and water regularly. In addition, we are making hand sanitizers available. Creating another obstacle, as hand sanitizers are considered contraband by the probation office due to its alcohol content. Minimal incidental exposure of alcohol vapors or wipes may result in a false positive drug test which is cause for violation of probation. The financial burden of a false positive test compounds their stress, as is the economic insecurity brought about by the temporary loss of employment and its consequences. Just one default in court payment could cause an extension of probation or even potential jail time. COVID-19 attacks the lungs causing respiratory symptoms. As substance abusers, our residents already have compromised lungs and weakened immune systems and now have added anxiety and fear over their health.

With constant contact, we are doing all we can to ensure our residents feel safe, secure and comfortable by encouraging them to use this down time effectively. To reduce triggers such as anxiety, depression, isolation and boredom, we are suggesting they take care of their mental, spiritual and physical self by continuing healthy eating habits, meditating, getting good sleep, exercising and engaging in healthy indoor and outdoor activities. We encourage our residents to reach out to people they trust by phone, email, text messaging and social media to connect with friends, family and others.

The situation is fluid and will continue to impact our residents and community in evolving ways. Yet, we take comfort in knowing that we have incredible people like you in the world who are compassionate, resilient, and who consistently give back. We thank you for your continued generosity. As with all disasters, the process of recovery will be long, but together we can strengthen the ability of our community to respond and recover.

Be safe, everyone.

Sonya Wilander
Executive Director
Men's Second Chance Living

To read more on the effects of COVID-19 and Substance Abuse, click on the following articles of interest:
[COVID-19: Potential Implications for Individuals with Substance Use Disorders](#)
[Coronavirus Should Not Hinder Your Recovery From Addiction](#)
[SAMHSA: Taking Care of Your Behavioral Health](#)

Our Contact Information

{{Organization Name}}
{{Organization Address}}
{{Organization Phone}}
{{Organization Website}}

SUPPORT MSCL

{{Unsubscribe}}