



LOUISVILLE
RECOVERY
COMMUNITY
CONNECTION

The 620 POST

NEWSLETTER



INSIDE THIS ISSUE

PG. 2

Social Distancing and Fellowship

PG. 3

Racism in Recovery

PG. 4

Meetings Returning!

RECOVERY 2020

STAYING IN TOUCH WITH YOUR COMMUNITY

We are so excited to open our doors once again! The long break of normal services has made us eager to re-engage with our recovery fellows. Come say hi, get some recovery coaching, and get back to your favorite meetings.

Updated Hours

Monday – Friday: 10:00am-6:00pm

Saturday (Hours Starting July 18th): 10:00am-6:00pm

DISTANT FELLOWSHIP

THE IMPORTANCE OF CLOSENESS

Social distancing has become a way of life for society, protecting us and those we love from a potentially life-threatening illness. While there is no question of the necessity of these measures, there is an unfortunate fallout. We as human beings need physical contact and connection as part of our basic survival. When this is removed, the risk for depression, anxiety, and - for those in recovery - much worse consequences, how do we cope with this enforced isolation?

Studies have shown that touch signals safety and trust, acting to soothe. It can calm cardiovascular stress. It activates the body's vagus nerve, which is intimately involved with our compassionate response, and a simple touch can trigger the release of oxytocin, aka "the love hormone." Touch can even have economic effects, promoting trust and generosity (D. Keltner, Ph.D., *Hands on Research: The Science of Touch*).

Lacking this physical contact, it becomes that much more important for individuals to connect in other ways. Just as those in recovery from addiction must replace their preferred substance and time consumed by those habits with healthy alternatives, so must we replace literal contact with mental, emotional, and spiritual contact. What is required is intentional relationship built through reaching out. There are many support meetings that take place virtually, allowing one to keep a semblance of the old rituals of group attendance. However, if you are finding this is not fulfilling the space it once did, it might be time to look closer to home for this much needed connection. This is a great time to reach out to that friend you haven't spoken to in ages, meet at the park where social distancing is possible. Better yet, sending a thoughtful card or small item in the mail to surprise someone can instantly give a boost to a neglected relationship.



Another positive option is to pursue an interest that you haven't previously had time for. Want to learn to play the guitar, how to bake the perfect pizza, or hem a pair of pants? The internet has a vast array of classes to pursue your new hobby. A real-time class can better simulate the feeling of connection (see the smiles behind the masks!) while broadening your social circle and giving a sense of accomplishment at learning something new. By the end of the year, you could be hanging up a self-portrait in your living room or writing your French pen pal, non?

When you're feeling that your oxytocin levels are a quart low, it's time to get creative! Some activities that naturally boost oxytocin include: physical activity (a walk in the park or virtual yoga are a good start for the shy exerciser), expressing love or doing something nice for someone, cuddling with a pet (Yay cute fuzzy animals!), compassion meditation (if you're unfamiliar with this practice, let Oprah tell you more about it <https://www.oprah.com/spirit/compassion-meditation>), and most importantly, make your conversations count! Active listening to friends and family reassure them that they are being heard and are more likely, in turn, to reciprocate the kindness. No more scrolling – when you see a post from someone having a hard day, why not reach out, one-on-one, and give some support.

There is no question that this year has been, and will continue to be, a challenge to many of us. The turning point is when we cease to let the circumstances control our experience. Life is not somewhere around the corner, waiting for things to improve. It is right now, in this moment, that your future can change. "In the middle of every difficulty lies opportunity." – Albert Einstein



Don't stand so close to me

- The Police, 1980

Source: https://greatergood.berkeley.edu/article/item/hands_on_research



RACISM AND RECOVERY

"THE TRUTH IS, NO ONE OF US CAN BE FREE UNTIL EVERYBODY IS FREE." – MAYA ANGELOU

Why is this recovery center talking about racial injustice and Black Lives Matter? Racism and addiction recovery are inextricably linked in overarching ways, ranging from the personal level to the systemic. From the way experiences of racism are dismissed as "outside issues," to racial disparities in treatment and incarceration, the recovery community at large is by no means exempt from the need to grapple with the reality of how it discusses and handles issues of race. In fact, even though people of different racial groups use drugs at comparable rates, those in the Black community are "incarcerated for drug-law violations at nearly six times the rate of whites."

It's the difference between a drug-related offense leading to treatment for some and a prison sentence for others. It's the difference between the "War on Drugs" and the "opioid crisis." It's the difference in legal consequences between crack and powder cocaine. It's the difference between media portrayal of addiction and its effect on the "white victim" versus the "black criminal."

"The addiction treatment system, it's not even that it's broken – it never worked, because it was based all along on ideas of the people who would be using...And it was the people we don't care about, people who deserve to die, people who don't deserve to have good health care, people who deserve to feel pain."

Calling attention to these discrepancies is only the beginning of a much longer conversation.

It is the mission of the LRCC to engage, empower, and encourage all individuals who suffer from a disease that does not discriminate. Our generation faces many challenges (with more to come), but along with that is an opportunity to improve upon a system that lacks social awareness. It is the responsibility of the recovery community to represent all who are impacted by addiction, discrimination, and the inequality in all its forms.

Sources: <https://finance.yahoo.com/news/drug-treatment-racism-america-155415658.html>
<https://filtermag.org/to-address-addiction-confront-racism-in-our-health-and-justice-systems/>
<https://dualdiagnosis.org/race-recovery/>



THEY'RE BACK!

SELECT MEETINGS RETURNING TO LRCC

The LRCC opened back up July 1st and with it, starting the week of July 13th, will be these meetings:

Monday: SMART Recovery @ 6pm

Tuesday: Living Free @ 6:30pm

MARA @ 8pm on Zoom

<https://zoom.us/j/721013708>

2nd & 4th Wednesday: Family/Kinship

Support Group @ 12pm

Thursday: ARC Angels

(Women's AA) @ 1pm

Saturday: CAA @ 10am

Returning last week of July:

Mon: 8pm Simple Program
for Complicated People

Tues: 8pm Bottomed Out

Wed: 8pm Big Book Topics

Sat: 1:30pm Out of the Fog

5:00pm All Recovery

And Thursday Game Night,
Art Night & Open Mic!

