



## NEWS RELEASE

Contact: Judy Johnson  
jjohnson@councilonrecovery.org  
713.598.0522

Contact: Nikolai Robinson  
nrobinson@councilonrecovery.org  
281.200.9333

### **FOR IMMEDIATE RELEASE**

## **COVID-19 Puts People Recovering From Addiction at Risk**

**HOUSTON, Texas** (April 17, 2020) – People recovering from addiction face unique challenges during the COVID-19 pandemic as a result of stress and social isolation. The Council on Recovery is responding to the needs of Houston’s recovery community by offering telehealth services and free virtual presentations. The Council is offering these programs in an effort to assist people who are at risk of relapse during the outbreak and beyond.

“Social isolation is the enemy of recovery,” says Lori Fiester, Clinical Director of the Center for Recovering Families at The Council. Addiction recovery is an ongoing process and depends on interaction with and support from others - a therapist, family, a recovery coach, and other people in recovery via group therapy and 12-step meetings.

Social isolation, although necessary to stop the virus from spreading, cuts all this support off from someone working to maintain their sobriety. Over the past few weeks, Fiester and her team have transitioned into offering telehealth services to ensure their clients are receiving consistent support through this traumatic event. Through phone calls or video chats, clients can maintain their recovery routine by talking to their therapist and peers in recovery about their anxieties concerning the virus, employment, isolation, and more, rather than turning to compulsive behaviors to cope.

“The technology that has often led to disconnection is now assisting us in the recovery community to connect with telehealth, online meetings, and online activities like yoga or meditation,” says Fiester. “There are a lot of unknowns now, but what is known is that we need each other.”

The Council offers substance abuse treatment via telehealth, which consists of an initial assessment and individual, group and/or family therapy, depending on the needs of the

individual. The Council also offers free supportive services for first responders. For questions about treatment options, call (713) 914-0556.

###

**About The Council on Recovery:** Founded in 1946, The Council on Recovery is Houston's oldest and largest non-profit organization providing the full spectrum of prevention, education, intervention, treatment, and recovery services for individuals of all ages. The Council on Recovery is committed to helping Houston overcome the addiction epidemic through a focus on family healing and long-term support that is equally accessible to all in need. Directly touching over 50,000 lives each year through prevention programs for children and youth, in-school and clinical counseling for teens, outpatient substance abuse treatment for adults, and more, our mission is to provide the highest quality of care at affordable rates for individuals and their families. Affiliated with the United Way of Greater Houston, The Council receives funding from private contributions and grants, special events, and program fees. For more information, visit [www.councilonrecovery.org](http://www.councilonrecovery.org).