

Press Release

4/20/2020

In response to the pandemic, many people are experiencing stress, loss of jobs, challenges with social distancing and lack of access to normal supports. These stressors are increasingly moving people to use alcohol or drugs as a coping skill. Stepping Stones, a recovery program of Livingston County Community Mental Health, is working to support people dealing with any level of alcohol and drug concerns to get through this difficult time and find additional coping skills. Stepping Stones offers the following free services:

- Remains open with social distancing at 2020 E. Grand River, Ste. 102, Howell from 5 pm to 9 am weekdays and 24/7 on the weekends. The program is staffed by peers (people in their own recovery process) and clinicians. People can talk with someone who understands and “gets it.”
- Provides a warm phone line to talk about your worries and/or substance use. The program is available by phone at 517-376-6262 from 5 pm to 9 am weekdays and 24/7 on the weekends.
- Offers SMART recovery through a telehealth platform. SMART recovery (Self-Management and Recovery Training) is an evidence-based group treatment for support with any addiction. The group will be available on Saturdays at 6 pm beginning April 25. Interested people need to call Stepping Stones at 517-376-6262 or email [hrobinson@cmhliv.org](mailto:hrobinson@cmhliv.org) in advance and provide their email address in order to receive a link to access the telehealth group.
- Provides recovery speakers and individualized 12-step activities on a telehealth platform. Please contact the office to attend these events.

We look forward to helping support our community during this difficult time.