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### **Supporting recovery during summer activities**

Summer weather along with public health orders being lifted are providing more opportunities for get-togethers. These gatherings are probably a welcome change coming out of a year of limited activities but can be difficult for someone in recovery.

Deanna England, clinical manager of Rigel Recovery Services, says it's important to gather as much information ahead of time about an event in order to make a decision that supports your recovery.

"Consider who will be there and if there will be alcohol or drugs," England said. "And remember, it's ok not to attend or go for a short time and leave before you are tempted to jeopardize your recovery," she added.

"One of the many things we tell people in recovery is that you have to look at your relationships and surround yourself with people who support your recovery," England said.

Some suggestions for summer get-togethers while in recovery include:

- Plan your own get-together with people who support recovery.
- Bring your favorite nonalcoholic beverage to a picnic to make sure you have something to drink that is satisfying for you.
- Attend with a friend who supports your recovery.
- Be prepared to leave if circumstances arise that do not support your recovery.

"You can still enjoy a cookout, a family reunion, or Fourth of July festivities but be sure to keep your recovery as your priority," England added.

Rigel Recovery Services provides outpatient substance abuse treatment and mental health services in Tiffin, Fremont, Norwalk, and Woodville. Telehealth is also available along with free, weekly meetings for loved ones to learn about the disease of addiction and skills that are beneficial for a healthier, supportive relationship with someone who has a drug or alcohol problem.

Funding for Rigel Recovery Services is secured in part by the Mental Health and Recovery Services Board of Seneca, Sandusky, and Wyandot counties and the Huron County Mental Health and Addiction Services Board. Rigel Recovery Services is also a member of the Seneca County Opiate Task Force.

Medicaid is accepted. For more information about Rigel Recovery Services, call 567-220-7018.