



BREAKING NEWS ONLINE AT WWW.EDENPRAIRIENEWS.COM



PHOTO BY EDEN TELLER

The Pride Institute inhabits a small building near Martin Drive and Mitchell Road in Eden Prairie. Its small footprint belies its standing as a nationally-known treatment center.

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Pandemic's threat to recovery

Anxiety, risk hits harder for people recovering from addiction

BY EDEN TELLER
eteller@swpub.com

Building community and positive habits are two vital pieces of recovery from substance abuse disorder. But the COVID-19

pandemic has thrown patterns of recovery into disarray, and treatment facilities in the southwest metro have quickly pivoted to compensate for those changes.

"So much of what it means to be in recovery and to be sober is to create daily habits to set yourself up for success," said Lucas Miller, director of business development at the PRIDE Institute, a substance use disorder recovery center for LGBTQ+ people in Eden Prairie. Social distancing measures to slow the spread of the coronavirus have disrupted that, he explained: "Generally

speaking, it's really hard for everybody."

John McGinnis, program director of the substance use disorder treatment services at NorthStar Regional, which has locations in Chanhassen, Chaska and Maple Grove, noted that social connection is vital to recovery as well.

"People in early recovery, they need to be talking to other people about what they're thinking about," McGinnis said. "Their brain is still not healed, so some

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SUBSCRIBE: 952-345-6682
EDITOR: 952-843-4640 OR
EDITOR@EDENPRAIRIENEWS.COM
ONLINE: EDENPRAIRIENEWS.COM

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