

Introducing The Citizens' Advisory Council



Empowerment through education and access to resources

December 12, 2013

The Division of Mental Health and Addiction Services

222 South Warren Street, Trenton NJ 08625

We Salute Lisa Mojer-Torres, Esq.

FOUNDER: NJ CITIZENS' ADVISORY COUNCIL
RECOVERY ADVOCATE



*She dedicated her life's work for the dignity of
persons in recovery*
1956-2011

LISA MOJER-TORRES, Esq.

Recovery Advocate

Lisa was the recipient of many national awards for her recovery advocacy work, including the first Public Service Award presented by the National Institute of Drug Abuse, (1996), the Johnson Institute's Award, "America Honors Recovery" (2006) and the Richard Lane and Robert Holden Patient Advocacy Award from the American Association of Opiate Addiction Treatment (2010)

LISA MOJER-TORRES, Esq.

Recovery Advocate

- Civil rights attorney licensed to practice law in both New York and New Jersey
- Founder of the Citizen's Advisory Council, Division of Mental Health and Addiction Services
- Founding member and first chairperson of the *Faces and Voices of Recovery*
- Board Member of the National Alliance of Methadone Advocates (NAMA)

We Acknowledge Our Leadership at the Division of Mental Health and Addiction Services

- Lynn Kovich
 - Assistant Commissioner
- Don Hallcom
 - Assistant Director of Prevention and Early Intervention
- Ann Wanamaker
 - DMHAS Research Scientist

Citizens' Advisory Council

Mission Statement

The Citizen's Advisory Council (CAC) is composed of consumer and citizen members representing the voices of New Jersey residents at risk for, struggling with, or otherwise affected by the chronic disease of addiction.

We support education, prevention, intervention, treatment, and recovery from alcohol, drug, and other addictive disorders and the elimination of associated stigma.

The Council provides input and guidance to DMHAS in furthering its mission, linking the Division with consumers and advocating for the needs and interests of individuals, families, and communities.

Citizens' Advisory Council

Values Statement

The Citizen's Advisory Council believes:

- In the rights of all citizens to access and receive quality prevention, treatment, recovery, and support services without stigma;
- In quality, holistic, comprehensive, affordable, client-centered treatment services within a continuum of care that recognizes the need for life long management;
- That our collective voices are integral to DMHAS in fulfilling its mission; and
- In encouraging informed consumer choice.

Citizens' Advisory Council

- Consists of up to 25 individuals
- Meets 3rd Thursday of each
month

Current CAC Members

Ezra Helfand, Chairman Program Director @ NCADD of Middlesex County, Inc.	Kathleen Dennis, Vice Chairperson IDRC Program Manager Cornerstone Family Programs
Ana Guerra	Candice Singer
Carole Mosely	Debbie Riscica
Donna DeStefano	Diane Shelton
Ellen Taner	Father William Naughton
Irene Morris-Nann	Jeffrey Beck
Kathleen Dobbs	Nasar Mahmud
Tonia Ahern	

CAC Current Activities

Work Plan Priorities

- Education, communication, and information about addiction as a disease and its impact upon decisions
 - Web portal
 - Newsletter
- Expanding consumer linkages
- Advocacy

CAC LINKAGE EVENT 2013

- Held October 12, 2013
- Hosted by the Center For Family Services' Living Proof Recovery Center
- Attended by over 75 consumers and advocates
- Featured:
 - Lynn A. Kovich, Assistant Commissioner for the New Jersey Division of Mental Health and Addiction Services
 - Keynote Address - Beverly J. Haberle, Executive Director of The Council of Southeast Pennsylvania, Inc.

CAC LINKAGE EVENT 2013

Event for DMHAS and CAC to link with and learn from consumers:

- Assure consumer involvement in the administration, planning and actual service delivery of client centered, recovery oriented care
- Integrate consumers' perspectives, values, needs, etc.
- Consumers are introduced to CAC and its mission and are encouraged to join as members

CAC LINKAGE EVENT 2013

What We Learned:

- *If you or others you know have experienced positive experiences from treatment. What made the difference?*
 - Access to Peer Support
 - Knowing you're not alone – good therapy
 - Client centered/treatment plan
 - Open-mindedness/willing to listen
 - Individualized treatment
 - Positive reinforcement

What We Learned - Continued

- *What ideas do you have to improve the system to receive treatment services?*
 - Expand treatment capacity
 - Expand criteria (admissions)
 - Competent counselors
 - Enforce client centered/recovery orientation treatment
 - Increased education
 - Peer support

What We Learned - Continued

- *If you or others you know have experienced positive prevention and or recovery support services, what made the difference?*
 - People with compassion and lack of judgment
 - After-care treatment – Support Groups
 - Trained Peer Support Personnel
 - Culturally competent strategies
 - Relapse Prevention Groups
 - Education about “disease model”
 - Non-Judgmental

What We Learned - Continued

- *What ideas do you have to improve the system to receive prevention and or recovery support services?*

EDUCATION AND PREVENTION:

- Physicians regarding addiction and medications
- Employers regarding people in recovery
- Parent/guardian education
- More awareness, and early education programs about drugs in schools, churches and college campuses

What We Learned - Continued

- *What ideas do you have to improve the system to receive prevention and or recovery support services?*

RECOVERY SUPPORT SERVICES:

- Additional recovery centers regionally located
- Mentoring -learning from other people's positive experiences with recovery
- Increased participation and involvement by faith-based communities
- Expungement of certain legal offenses that impede employment
- Abandon the "box" on employment, school and local applications
- People dedicated to recovery-coming in to AA/support groups and letting people know about available services
- Awareness/Prevention programs at Community-based support centers for co-occurring disorders

What We Learned - Continued

If you or others you know have had difficulty accessing the treatment services they want, what got in the way?

- Stigma and judgment
- Inadequate services
- Lack of communication
- No support
- Rudeness of healthcare provider
- 24-hour availability
- Long waiting list
- Ignorance
- Not enough treatment centers
- No money and no insurance
- Childcare
- No empty beds
- Transportation
- Jail
- Lack of information
- Denial
- Not being ready
- Homeless
- Uneducated on treatment types
- Not enough options
- Convenience

- Work
- Not in serious crisis to receive help
- Not enough education available
- More Recovery Centers like Living Proof
- More education in high schools, colleges, churches, spiritual centers
- Funding
- No transportation
- More detox centers
- Not enough time in treatment
- No information available
- Not enough support systems
- Insurance issues
- Co-occurring conditions
- Admission criteria restrictive
- Not enough juvenile programs
- Treatment resistance
- Denial – Family dysfunction
- Lack of resources (people with disabilities, health issues, mental health issues)
- Recovery Houses
- Referring organizations

- Access to detox from substances
- People not having proper ID
- Unwillingness
- Non-access to rooms, bedding, and long waiting lists
- Criminal records barrier to treatment
- Families – lack of support for them to get help or for them to understand the person that needs help. Family denial
- Literature or books should be simple to read
- Application criteria for acceptance into program
- Person's inability to surrender
- More sub-acute beds
- Centralized registry for levels of beds
- Clearer description of detox/recovery options for first-time treatment
- More public awareness of 211
- Predatory influences in treatment programs and in the community

If you or others you know have had difficulty accessing the treatment services they want, what got in the way?

SOCIAL:

- Stigma and judgment
 - Ignorance
 - Jail
 - Not being ready
 - Homeless
 - Themselves
 - Unwillingness
- Denial – Family dysfunction
 - Families – lack of support for them to get help or for them to understand the person that needs help.
 - Family denial
 - Person's inability to surrender
 - Treatment resistance

If you or others you know have had difficulty accessing the treatment services they want, what got in the way?

TREATMENT:

- Inadequate services
- Rudeness of healthcare provider
- No 24-HR availability
- Long waiting list
- Not enough treatment centers
- No money and no insurance
- Not in serious crisis to meet criteria for help
- No transportation
- More detox centers
- Not enough time in treatment

- Childcare
- No empty beds
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TREATMENT, continued

- Access to detox from substances
 - People not having proper ID
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If you or others you know have had difficulty accessing the treatment services they want, what got in the way?

RECOVERY SUPPORTS

- No supports; need more Recovery Centers in New Jersey
- Not enough support systems
- Need Recovery Houses

Don't Call Me "Addict"

- We learned that in order to reduce stigma, and to focus on the person as an individual, people would prefer if we addressed them as:
 - Person in recovery, patient, client, consumer, person suffering with addiction
 - In a medical model, patient would be appropriate
 - In a criminal setting, client might be more appropriate

We Seek New Members

CAC Applications are available at
www.state.nj.us/humanservices/das/boards/citizen/



CAC FLYER

Division of Mental Health & Addiction Services
 wellness.recovery.prevention
 laying the foundation for healthy communities, together

222 South Warren Street
 Capital Place One, 3rd floor
 Trenton NJ 08625-0700
 609-292-5760
 Email: dmhas@dhs.state.nj.us
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Citizens' Advisory Council

Empowerment through education and access to resources

The Citizens' Advisory Council (CAC) is composed of consumer and citizen members representing the voices of New Jersey residents at risk for, struggling with, or otherwise affected by the chronic disease of addiction. The CAC supports education, prevention, intervention, treatment, and recovery from alcohol, drug, gambling, and other addictive disorders and the elimination of associated stigma. The Council provides input and guidance to DMHAS in furthering its mission, linking the Division with consumers and advocating for the needs and interests of individuals, families, and communities. The Council functions as a resource to the Division through which to communicate and collaborate with "consumers" in fulfilling its mission of developing and sustaining a system of recovery oriented care. Members participate in meetings and/or teleconferences and on subcommittees as necessary, developing policies and procedures to move the system to a more client centered and recovery oriented system of care.

- We are consumers and citizens representing the voices of New Jersey residents at risk for, struggling with, or otherwise affected by the chronic disease of addiction.
 - We support education, prevention, intervention, treatment and recovery from addictive disorders.
 - We support and advocate for the reduction of stigma often attached to addiction by the addicted, their family members and the community
 - We provide input and guidance to the
- New Jersey Division of Mental Health and Addiction Services, furthering its mission by linking the division with consumers.
- We believe that all citizens have a right to access to prevention, treatment, recovery and support services
 - We believe an educated informed consumer of addiction services can make better decisions.
 - We believe recovery-oriented, client-centered treatment services are essential and advocate for same.

Continued on back



The Citizens' Advisory Council (CAC) is always seeking new members. We are especially interested in inviting consumer and citizen members who will represent the voices of New Jersey residents at risk for, struggling with, or otherwise affected by the chronic disease of addiction. Members will represent the various and diverse interests, issues and perspectives of consumers of addictive illness prevention, intervention, treatment and recovery services, including families, employers and others who are affected by addiction. Individuals who may apply: Any person who is a citizen of the State of New Jersey; persons with experience either as a consumer, provider or family member of an individual in recovery or struggling with addiction; and, also persons who work for DMHAS-funded agencies or programs and/or who serve on the Board of Directors of DMHAS-funded agencies are eligible for membership on the CAC.

Location and meeting accommodations: Meetings are held on the 3rd Thursday of each month at Intoxicated Driving Program, Quakerbridge Plaza, Building 9, 3rd Floor, Mercerville, NJ 08619 from 9:15am to 11:45am.

Interested? Contact us today at 609-292-5760 or dmhas@dhs.state.nj.us

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6/2013

- We advocate for recovery from addiction believing that those who overcome addiction assimilate back into society and can make vital contributions to that society.
- We recognize that stigma about addiction acts as a barrier to treatment and that by reducing stigma we can encourage more people to seek recovery services.
- We see a need to educate the business and local communities about the positive contributions that can be made by individuals recovering from addictive disorders.
- We recognize the need to provide education for consumers on the nature of addiction and the availability of service to overcome those addictions.
- We recognize the importance of relapse prevention and education; understand the chronic nature of addiction and the need to raise awareness about risks of relapse.
- We understand that there is a need for continuity of services for consumers of addiction services beyond treatment which can include food, transportation, employment and living and coping skills.
- We see ourselves as a vital link between the consumer of addiction services and the provider of same.
- We strongly support the recovery zone concept.
- Our priorities include communication about addiction as a disease and its impact upon our decisions, expanding consumer linkages and advocating for the consumer.
- In any overall scheme of addiction and recovery the voice of the consumer is vital to the process. We meet the third Thursday of every month within the purview of The Division of Mental Health and Addiction Services to speak for the citizens and consumers of addiction services.

CAC POSTER

NEW MEMBERS WELCOME

The CAC provides input and guidance to DMHAS, linking the Division with consumers and advocating for the needs and interests of individuals, families, and communities

Citizens' Advisory Council

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Focus includes the support of education, prevention, intervention, treatment, and recovery from alcohol, drugs, gambling, and other addictive disorders, and the elimination of associated stigma.



Members participate in meetings and/or teleconferences and on subcommittees as necessary. For information or to request a membership application:

Division of Mental Health & Addiction Services
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www.state.nj.us/humanservices/das/boards/citizen/

609-292-5760

609-984-5620

**EMPOWERMENT THROUGH EDUCATION
AND ACCESS TO RESOURCES**

Thank you!

Citizens' Advisory Council

Empowerment through education and access to resources

Division of Mental Health and Addiction Services

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