

NJ CONNECT FOR RECOVERY

**A PROGRAM OF THE
MENTAL HEALTH ASSOCIATION IN NJ**

THE PROBLEM

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**Mental Health
Association
in New Jersey, Inc.**

ABOUT MHANJ



*We work to protect the lives of
New Jerseyans who need
behavioral health services.*

- **Advocacy**
 - **Leading behavioral health advocate in NJ**
- **Call Center Support Services**
 - **NJ Mental Health Cares Helpline**
 - **Peer Recovery WarmLine**
 - **NJ Disaster Mental Health Helpline**
 - **NJ Connect for Recovery**
- **Education and Training**
 - **Community**
 - **Consumers/Vocational**

MHANJ MEETS THE CHALLENGE

- **The Mental Health Association in NJ's nationally accredited call center services has the unique capacity to address every aspect of this current crisis.**
- **Operating since 2002, the Call Center is comprised of an integrated team of professional and peer staff, who work together to provide callers prevention, education, support and intervention services for addiction, mental health and co-occurring issues and disaster related trauma.**
- **The MHANJ Call Center is perfectly suited to launch a professional/peer collaboration to assist in addressing NJ's deadly opiate epidemic.**

GCADA 2014 REPORT RECOMMENDATIONS

- **Public education to prevent the cycle from starting or interrupt it as soon as possible**
- **Attention to the mental health issues that accompany addiction – anxiety, depression, suicide**
- **Creation of a “WarmLine” for those struggling with addiction and loved ones to explore their concerns, gain information, and exercise their right to treatment through safe, compassionate telephone services**



NJ CONNECT

for recovery 855-652-3737

A free, confidential call line

THE SAFE PLACE TO CALL...



[HOME](#) [ABOUT US](#) [SUPPORT US](#) [CONTACT US](#)

Select Language ▾



Is your life fading away
from addiction to heroin
or prescription painkillers?

Are you worried about
a loved one?

Call us for help.

855-652-3737 (TTY: 877-294-4356)

Calls answered live, daily noon to 8 p.m., messages left
during off hours returned the next day.



Or email us at: njconnect@mhanj.org



njconnectforrecovery.org

THE SAFE PLACE TO CALL...

Do you have a problem with heroin or prescription painkillers?



[Read more >>](#)

Are you worried about a family member or friend's substance use?



[Read more >>](#)

Click here to join the campaign and download materials to share.



[Read more >>](#)



Click for our Community Ambassadors

These organizations and businesses offer valuable resources. Click for more information and links to their individual websites.

[Read more »](#)



Important Links

There are several state and national resources that are dedicated to behavioral health. Click for links to several of these agencies.

[Read more »](#)



About Recovery

Valuable information is available that may help to provide background and insights into recovery. Click here for valuable information.

[Read more »](#)

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THE SAFE PLACE TO CALL...

Mission Statement

NJ Connect for Recovery was established to support two distinct groups; those concerned with their own opiate use, and, those who are experiencing distress related to the opiate use of a friend or family member. The line is a safe, confidential, nonjudgmental forum that NJ consumers can call to connect, grow and transform through a unique combination of supportive counseling from Family Peer Specialists and Certified Alcohol and Drug Counselors.

THE SAFE PLACE TO CALL...

- **Two unique yet integrated components: professional CADC's and family peer specialists**
- **Services available 8 hours daily, 7 days per week, through a toll-free phone number or email contact**
- **“One stop shopping” for anyone affected in any way by opiate addiction, at any stage of questioning or change**
- **Callers offered a choice prompt, indicating if they are calling for themselves or a family member/friend, to be connected to the appropriate service**
- **Callers seamlessly cross-referred within NJ Connect and across Call Center programs**

FOR INDIVIDUALS

- Professionally staffed Helpline as a centralized, statewide access point
- Safe and compassionate place for individuals concerned at any stage of identifying a possible opiate use problem
- Counseling and education on topics such as relapse prevention, identifying triggers of use, talking through strong cravings, or counseling a caller who is not sure that they have a problem
- Confidential, non-judgmental exploration of a broad spectrum of issues: substance use, co-occurring, suicidality

FOR INDIVIDUALS

- Staffed by Certified Alcohol and Drug Counselors (CADC's), supervised by a Licensed Certified Alcohol and Drug Counselor (LCADC), trained to assess all six ASAM dimensions
- Resource database to also address caller's behavioral health, vocational, legal, social support and other challenges
- Specific policies and procedures for collaboration with 211's NJ Addiction Hotline
- Follow-up calls offered for ongoing supportive relationships

FOR FAMILY AND FRIENDS

- A safe, confidential resource for family members, friends of someone who may be abusing opiates
- Compassionate, supportive, non-judgmental peer counseling and education to callers about all aspects of opiate addiction and its effects on the family
- Staff have the experience of dealing with addiction in their own family, enabling them to uniquely support callers
- Best practice models included, such as: 12-step Al-Anon/Nar-Anon model, identifying and addressing co-dependency, understanding how addiction affects the family, gaining awareness of rescuing behaviors, learning to “detach with love” and sharing personal stories of strength, hope and healing



NJ CONNECT FOR RECOVERY AND YOU

- **Addiction is a family problem**
- **Recovery is a family solution**
- **You can help like no one else can!**

WITHOUT LEAVING YOUR CHAIR

- **Becoming a peer specialist**
- **Promote/socialize line**
- **Development opportunities**

PEER SPECIALIST

- **Directly affected by a family member's or friend's substance use disorder**
- **Active participant in a family recovery program (support group, 12-step program)**
- **Volunteering is critical to their long-term recovery and well-being**

VOLUNTEER CANDIDATE PROCESS

- **Contact us directly:**
 - Don Hebert 973.571.4100 x11
 - dhebert@mhanj.org
- **Schedule an initial interview at our Verona Call Center**
- **Training and development**
- **Begin the volunteer experience**
- **On-going support, feedback and recognition**

VOLUNTEER BENEFITS

- Personal growth (recovery and vocationally)
- Helping others = helping oneself
- Helping others = Helping oneself = helping the person who is using
- Living in the solution

PARTNERING TO SPREAD THE WORD



- *Join our Recovery Coalition!*
- **Simply promote NJ Connect's number and mission, and encourage others to do the same**
- **Opportunity to promote your organization on the NJ Connect website**



- www.facebook.com/njconnectforrecovery
- <http://instagram.com/njconnectforrecovery>
- <https://twitter.com/NJConnect4Recov>

NJ CONNECT FOR RECOVERY – AND YOU

- ***SHARED CONCERN*** about NJ' s opiate epidemic
- ***A SAFE PLACE*** for anyone using, or who knows someone using opiates, at any stage of concern or recovery
- ***YOU*** can help – like no one else can

MENTION the line – SAVE a life

FOR MORE INFORMATION

Stephanie Mulfinger, LCSW
Director, Call Center Services
973 571 4100 x 121
smulfinger@mhanj.org

Don Hebert
Volunteer Coordinator
973-571-4100 x116
dhebert@mhanj.org

REFERENCES

- **The NJ Governor's Council on Alcohol and Drug Abuse (GCADA) 2014 report, *“Confronting New Jersey's New Drug Problem: A Strategic Action Plan to Address a Burgeoning Heroin/Opiate Epidemic among Adolescents and Young Adults”***



**Mental Health
Association
in New Jersey, Inc.**

**Statewide Headquarters
88 Pompton Ave.
Verona, NJ 07044
973-571-4100
www.mhanj.org**