

RECOVERY SUPPORT SERVICES

The Center for Prevention and Counseling

61 Spring Street, 3rd Floor Newton, NJ 07860

973-383-4787

- Goal Setting and Weekly Support
- Telephone Case Management
- Anger Management Support and Education
- Recovery Support– recreational, social & educational
- Trauma and Addiction Recovery Support
- Matters of the Heart-Support group for family & friends of people with substance use disorders

NCADD-NJ RECOVERY ADVOCACY:

Sussex County Recovery Advocacy team members meet and advocate to develop county and statewide strategies addressing a wide variety of topics such as:

- Services for individuals seeking and/or in recovery
- Information for family members
- Removing the stigma/shame of addiction
- Naloxone use expansion
- Barriers to treatment & legislative priorities to improve the climate for people in recovery

The advocacy team engages parents, people in recovery, law enforcement, young people, schools, healthcare workers, media, government officials & others, welcoming everyone to join in advocacy efforts.

The Sussex County Recovery Advocacy team is hosted in Newton by The Center for Prevention and Counseling. Want more information? Call The Center at (973) 383-4787 or email annmarie@centerforprevention.org & find "Sussex County Recovery Community" on Facebook.



PHONE NUMBERS FOR LOCAL & STATEWIDE HELP

NEW JERSEY ADDICTION SERVICES HOTLINE:

Call 1-844-276-2777 for 24/7 assistance & referral to treatment for substance use disorders in NJ

For information and referral, you may also contact the Sussex County Division of Community and Youth Services/ Substance Abuse Office in Newton 973-940-5200 ext. 1383

Residential Rehabilitation Programs:

- Sunrise House (adults only).....973-383-6300
37 Sunset Inn Rd, Lafayette, NJ 07848
- Turning Point (adolescents & adults).....973-239-9400
680 Broadway, Suite 104, Paterson, NJ 07514
- Daytop (adolescents only).....973-543-5656
80 W Main St, Mendham, NJ 07945

Outpatient Treatment for Adults & Adolescents:

- Center for Prevention and Counseling.....973-383-4787
61 Spring St, Newton, NJ 07860
- New Bridge Services, Inc.....973-316-9333
70 Sparta Avenue, Sparta Township, NJ 07871
- Newton Medical Center.....973-383-1533
175 High St, Newton, NJ 07860
- Capitol Care.....973-426-1440
185 Route 183, Stanhope, NJ 07874
- Turning Point.....973-239-9400
680 Broadway, Suite 104, Paterson, NJ 07514

Intensive Outpatient Treatment for Adults & Adolescents:

- Center for Prevention and Counseling.....973-383-4787
61 Spring St., Newton, NJ 07860
- Capitol Care, Stanhope.....973-426-1440
185 Route 183, Stanhope, NJ 07874
- Sunrise House (adults only) Lafayette.....973-383-6300
37 Sunset Inn Rd, Lafayette, NJ 07848
- Turning Point, Paterson.....973-239-9400
680 Broadway, Suite 104, Paterson, NJ 07514

Sub-Acute Detoxification Services for Adults:

- Bergen Regional Medical Center.....1-800-730-2762
230 E. Ridgewood Ave, Paramus, NJ 07652
- St. Clare's Hospital.....888-626-2111
130 Powerville Rd, Boonton, NJ, 07005
- Sunrise House (adults only).....973-383-6300
37 Sunset Inn Rd, Lafayette, NJ 07848
- Turning Point.....973-239-9400
680 Broadway, Suite 104, Paterson, NJ 07514

Peer Recovery Support Groups:

- Alcoholics Anonymous 24/7 (AA).....1-800-245-1377
- Al-Anon/Alateen Family Groups.....1-800-344-2666
- Narcotics Anonymous (NA).....1-800-992-0401
- Nar-Anon Family Groups.....1-800-477-6291
- Families Anonymous.....1-800-736-9805

Sussex County Resource Guide for
Individuals and Families Facing Addiction

What defines us is how well we
RISE AFTER FALLING.



Original artwork by Steven Fisher

LEVELS OF CARE

12-Step Program: Community, peer- based groups such as Alcoholics Anonymous (AA), Narcotics Anonymous (NA), Al-Anon, Alateen or Families Anonymous, etc.

Outpatient Treatment Services (OP): Provides diagnostic and treatment services at a program site (clinic, counselor's office, hospital) and may include prevention, intervention, screening and/or assessment services. Some programs require daily attendance while others meet one to three times a week

Intensive Outpatient Services (IOP): Program is typically 3-5 days per week with an average of 3-4 hours of treatment per day for a set number of sessions also encourages participation in a 12-step or other personal recovery program

Opioid Treatment Program (OTP): Also known as methadone clinics which offer medication-assisted outpatient treatment for people who are dependent on opioid drugs such as heroin, OxyContin or Vicodin

Halfway House: Transitional living places for those in recovery from alcohol and/or other drugs generally providing or connecting individuals to other available and/or needed services

Sober Living House (SLH): An alcohol and other drug free living environment for individuals in recovery where residents are required to adhere to certain rules

Residential Treatment Center (RTC): Provides more structure and intensive services than out-patient treatment. Individuals live in the treatment facility; short or long term; stay varies one month to over one year

Detox: Provides support and medical supervision during the first few hours or days of sobriety when withdrawal can be physically overwhelming and/or even dangerous; Detox can also be accompanied by counseling, therapy and support

For more information in Sussex County, contact:
Center for Prevention and Counseling at 973-383-4787
www.centerforprevention.org

NAVIGATING THE DIFFERENT SYSTEMS



Do you have PRIVATE INSURANCE? Treatment and recovery can be covered by your health insurance. Call the 1-800 number on the back of your insurance card. Ask what type of coverage you have under your plan and who is covered (self, spouse, children). **More information about insurance coverage can be found here:** <https://www.cms.gov/CCIIO/Programs-and-Initiatives/Other->



If you do not have PRIVATE INSURANCE, you may still be covered by **NJ Family Care**. Call **1-800-701-0710**

WHAT'S THE DIFFERENCE BETWEEN:

Medicare: Medicare qualification is based on age and/or disability. Participation is not subject to income assets or "needs".

Medicaid: Medicaid qualification is based on "need for care" and financial needs.

For information on eligibility:

<http://www.medicaid.gov/Medicaid-CHIP-Program-Information/By-State/new-jersey.html>

The Healthcare Insurance Marketplace:

<https://www.healthcare.gov/get-coverage/>
Sussex County Division of Social Services:

(973) 383-3600



Addiction: long-lasting, often recurring brain disease causing persistent drug seeking and use or behaviors causing harmful consequences to the individual and also to those around him or her

Dependence: the body's physical need with an inability to control habitual use of a specific substance, experiencing withdrawal symptoms when stopped

Detoxification (detox): medical process to treat dangerous & immediate bodily effects of stopping drug use and also to remove toxins left in the body as a result of the use of alcohol and/or other drugs

Assessment: process to define nature of substance use problem, determine diagnosis and develop specific treatment recommendations

Screening: process to evaluate and identify possible problems of risky substance use with feedback and arrangement of further patient care, when necessary

Treatment Plan: a written guide to treatment including a person's goals & activities designed to help them meet goals, ways to tell whether a goal has been met and a timeframe for meeting those goals

Self-Pay: to pay 'out of pocket' for services without going through an insurance company

Sliding Fee Scale: fee to pay on uninsured or under-insured individuals based on annual income

Drug Court: program for cases of non-violent drug offenders facing prison terms; requiring employment, intense supervision, random drug testing and court appearances as an alternative to incarceration

Continuum of Care: Clients enter treatment at a level appropriate to their assessed needs and then step up to more or step down to less intense treatment as needed

NJ Division of Mental Health and Addiction Services
(NJDMHAS)

<http://www.state.nj.us/humanservices/dmhas/home/>