

Dates & Locations

DAY-10am-2pm

1/5- Egg Harbor City 100 Block Philadelphia Ave.

1/7-1301 Adriatic Ave. Atlantic City

1/12-Florida and Pacific Ave. Atlantic City

1/14-Elwood Deli 4531 S. White Horse Pike

1/19- Pleasantville bus terminal

1/21- Renaissance Plaza, Atlantic City

1/26-Atlantic City bus terminal

1/28-Groveland Plaza, Somers Point

NIGHT- 5-8pm

1/5-1301 Adriatic Ave. Atlantic City

1/7-Florida and Pacific Ave. Atlantic City

1/12-Renaissance Plaza, Atlantic City

1/14-Pleasantville Housing Authority

1/19-Egg Harbor City-100 Block of Philadelphia Ave.

1/21-Tennessee and Atlantic Ave. Atlantic City

1/26-Egg Harbor Twp. Walmart

1/28-Pleasantville bus terminal



Sheriff Eric Scheffler

Hope One

“Connecting those in crisis to services”

What we offer:

- Direct connection to all levels of treatment
- Narcan training
- Mental health referrals
- County ID's (if going to treatment)
- Assistance into sober living housing



“The greatness of a community is most accurately measured by the compassionate actions of its members”

Sheriff Scheffler of Atlantic County piloted the Hope One program in 2018, with a vision of serving the entire community, one individual at a time. Hope One outreaches individuals in crisis, the process begins by normalizing the individual, identifying the client’s strengths, for the purpose of accessing and mobilizing their self-determination.

Under Sheriff Scheffler’s guardianship and unwavering commitment, Hope One has expanded program services to develop a more comprehensive approach. Our team will prioritize the client’s needs while placing an emphasis on service delivery. Hope One prides itself on being available to any community member that seeks services.

Hope One mobile unit is available 5x per week at various locations throughout the Atlantic County area. The program will remain focused on the client through the collaborative process. Our staff will advocate, coordinate services, educate and support, as well as provide after care through short term case management, for the sole purpose of the client to obtain a successful outcome.



Recovery Story

My name is Alvin and I am an addict. I have been one most of my life. I always wondered why I could never do just one. It was because I had an addiction to drugs and alcohol. Like I said before, it has been like that all of my life. As years went on it became more of a problem. I had years clean and then I relapsed. My addiction got worse and I had no control. I lost everything and needed help so I was looking for something to eat and ran into the Hope One team. They helped me so very much. They started me on my way to recovery by getting me into a program. They got me to a detox/rehab and into an Oxford house. They also got me connected to an out-patient program. I now have over 3 months clean. You see, with the right people and programs, we DO recover. I am so happy to have my recovery back!

-Alvin N.



"You see, with the right people and programs, we DO recover!"



Enlightened Solutions

Enlightened Solutions is proud to have taken the lead on collaborating with Hope One on a grant from the USDA to form a new van to better serve those who suffer from the disease of addiction. The Hope One van provides an invaluable resource to our community, and the opportunity to partner with them on the funding of a new van is an opportunity that we, at Enlightened Solutions, are very grateful for. Many thanks are also due to AtlantiCare as well as the Atlantic County Sheriff's Department, as this initiative would not be possible without their hard-working staff. This project will aim to assist in saving more lives and providing more resources to those who are in desperate need.

Enlightened Solutions offers a full continuum of substance abuse care by treating the whole person from medi-

cal detox to outpatient therapy. We are grounded in a multidisciplinary approach of the highest standards in medical and clinical care. We also foster a strong 12-Step philosophy along with true holistic treatment modalities including art therapy, music therapy, chiropractic care, yoga, meditation, and nutrient-rich organic food. We take great pride in customizing each patient's treatment on an individualized basis. By applying our exclusive evidence-based program, Enlightened Recovery, we evaluate each client's specific needs in multiple areas of their life and then bring a direct focus to those that require attention. This brings balance to the intersection of biological, social, and psychological needs for each individual client. We understand that recov-

ery is often a lifelong process, therefore, we are committed to the continuation of treatment, peer support, and outcome analysis through our alumni follow up and recovery coaching program. Enlightened Solutions takes pride in cultivating a community of recovery resources to all lives that have been touched by addiction. By encouraging independence, stability, spiritual rejuvenation, and various holistic offerings, the Enlightened Solutions Family is truly proud to embody what it means to be an authentic Recovery Community.



8 New Year Resolutions for People in Recovery

For many, the new year is a time to start fresh and develop healthy habits. Countless people are kicking off 2021 with a New Year's resolution of getting sober and beginning the road to recovery. One of the healthiest things a person can do is free themselves from the grips of addiction. It can improve nearly every aspect of your life by boosting your health, enriching your relationships and providing you with a new sense of meaning and purpose.

While the new year can be an exciting and motivating time to begin recovery, it's important to recognize that recovery isn't just a one-time decision. According to the American Psychological Associa-

tion, making big, life-changing resolutions without planning realistic ways to achieve them could set you up for failure. You may become stressed or discouraged if you find yourself straying from your goal, leading you to give up on it altogether eventually. This might be relatively harmless when it comes to goals like going to more concerts or eating less sugar, but the stakes of addressing addiction are much higher.

Because your well-being — and perhaps even your life — depends on it, staying in recovery is just as important as deciding to stop abusing drugs or alcohol. However, maintaining recovery isn't always easy.

- Take it one day at a time
- Find activities you enjoy
- Make time for yourself
- Forgive yourself for slipping up
- Attend local NA and AA meetings
- Enroll in a treatment plan



**MENTAL HEALTH ASSOCIATION
IN ATLANTIC COUNTY**
presents...
EMPLOYMENT WELLNESS & RECOVERY

A FREE, FRIENDLY, AND SUPPORTIVE PLACE TO TALK
ABOUT EMPLOYMENT AND SUBSTANCE USE RECOVERY.



TOPICS VARY, BUT WILL INCLUDE UNEMPLOYMENT AND JOB
STRESSORS DURING THIS CURRENT TIME OF UNCERTAINTY.

TUESDAYS IN JANUARY @ 11:30AM ON ZOOM

CLICK LINK TO REGISTER IN ADVANCE FOR THIS MEETING:
<https://us02web.zoom.us/join/joinMeeting?meetingRef=2MrcO-gTgvH9Z3yu0GEvYtJaqrpl5b05>

This is a program of the Mental Health Association in Atlantic County.
For more information, email jangelini@mhanj.org or call 609.652.3800 ext. 308



Ocean Inc. Home Energy Locations

For information regarding the Energy Assistance Programs call one of the conveniently located Ocean Inc. offices listed below:

O.C.E.A.N., Inc. Home Energy, Toms River Ocean County
1256 Indian Head Road Ste. 32
Toms River, NJ 08754
Phone (732) 244-9041 Fax (732) 244-3962

O.C.E.A.N., Inc. Home Energy – Lakewood, Ocean County
144 John St.
Lakewood, NJ 08754
Phone 732-942-3405 Fax 732-942-3409

(All Ocean County correspondence should be mailed to: P.O. Box 1029 Toms River NJ 08754-1029 This is the mailing address for the Ocean County Home Energy Program.)

O.C.E.A.N., Inc. Home Energy – Pleasantville, Atlantic County
2 West Glendale Avenue
Pleasantville, NJ 08232
Phone (609) 677-8202 Fax (609) 677-8206

O.C.E.A.N., Inc. Home Energy – Galloway, Atlantic County
76 West Jimmie Leeds Road, Suite 103
Galloway, NJ 08205
Phone (609) 677-6801 Fax (609) 677-6805

O.C.E.A.N., Inc. Home Energy – Atlantic City, Atlantic County
200 N. Texas Ave.
Atlantic City, NJ 08401
Telephone: 609-345-1359
Fax: 609-345-1365

(All Atlantic County correspondence should be mailed to: P.O. Box 1054, Pleasantville, NJ 08232 This is the mailing address for the Atlantic County Home Energy Program.)

MENTAL HEALTH ASSOCIATION IN NEW JERSEY

**VIRTUAL FAMILY
SUPPORT GROUP**

A VIRTUAL SUPPORT GROUP OPEN TO ANYONE WITH A FAMILY
MEMBER, FRIEND, OR LOVED ONE WHO IS IN RECOVERY OR
STRUGGLING WITH SUBSTANCE USE DISORDER

- ENGAGE WITH OTHER FAMILIES
- LEARN ABOUT ADDICTION AND RECOVERY
- LEARN TO SET HEALTHY BOUNDARIES
- ADDRESS FEAR AND ANXIETY



MONDAY & THURSDAY 6:30– 7:30 pm
VIRTUAL ZOOM MEETING
FOR AUDIO CALL DIAL 1 (646)–558–8656
MEETING ID # 365–930–824

Questions? dbornheimer@mhanj.org or
tahern@mhanj.org

HOSTED BY




FAMILY RECOVERY



Wednesdays 630-730pm

RFSS
recovery family
support services

We would like to extend an invitation to our partners to send in any trainings or upcoming events related to addiction that you would like published in our newsletter.

Please send submissions to the Hope One Newsletter editor:
Lindsey Komar
Cirillo_Lindsey@aclink.org
609-909-7217

**Subscribe to our Hope One Newsletter
Treatment Advocates** If you or someone you know need help call **609-909-7200**

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County**

Or visit our webpage: Hopeoneac.com