

Dates & Locations

DAY-10am-2pm

2/4- Salvation Army 22 S. Texas Ave. Atlantic City

2/9-City Center Park 1201 Bacharach Blvd., Atlantic City

2/11-7 Eleven 2612 Tilton Ave., Egg Harbor Twp.

2/16-Pleasantville bus terminal 1 E. West Jersey Ave.

2/18- Turning Point 1717 Leeds Ave. Atlantic City

2/23- Atlantic City bus terminal 1901 Atlantic Ave. Atlantic City

2/25-Mays Landing Walmart 4620 E. Black Horse Pike

NIGHT- 5-8pm

2/2-Pleasantville bus terminal 1 E. West Jersey Ave.

2/4 Ventnor Wawa 5212 Ventnor Ave.

2/9- Red Klots 1301 Adriatic Ave. Atlantic City

2/11-Florida and Pacific Ave. Atlantic City

2/16-Renaissance Plaza, Atlantic City

2/18-Egg Harbor City-100 Block of Philadelphia Ave.

2/23-Elwood Deli 4531 S. White Horse Pike

2/25- City Center Park 1201 Bacharach Blvd. Atlantic City



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



“For a community to be a whole and healthy, it must be based on people’s love and concern for each other”

Happy Valentine’s Day



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

**Recovery Story**

Everyone has their own rock bottom and mine was getting arrested, but it also gave me the foundation to begin building my future. While in my addiction everyday was spent obsessing over something that didn't even have a heartbeat. ("How am I going to get it?", "Who am I getting it from and when?", "How will I get more?", etc.) In other words, I was not very productive unless it involved "getting messed up". I was not living and I was not keeping my morals close to my heart. My family, friends, a career, and an education were all put on the back burner. In the end, time would pass day by day and before I knew it, almost six years had passed and I had done/had nothing to show for it.

I wanted to get help but I didn't know what to do or where to turn to. I had tried one recovery program to try MATS but in the end all I got was the run around. So of course in my mind that meant it wasn't my time to get clean.

About a month later I was arrested for my first time and I was offered a chance to enter the ACLEAD program and Hope One program. That day when I got home I called Hope One and spoke to Lindsey. I broke down and told her everything that had been going on inside my head. Ultimately it was the best thing I could have done for my self at that time in my life.

I started the program and I initially thought, "okay I'll get clean for six months, complete the program and then I can go back to using." Of course this only hurt me because I kept thinking I could do my recovery my way. As a result of that thinking and my determination to do everything my way, I ended up sending the Hope One team crazy. I couldn't see or understand what they saw in me.

I ultimately went to a recovery center to get the help that I needed. They helped me understand what had been going on inside my head and why previous medications had not helped me. They broke everything down and I learned what I needed to do to keep my head on straight.

Once I completed that program, I stopped taking my medication as prescribed and ultimately ended up relapsing. I am so grateful that Hope One gave me a chance to enter another recovery program because that is when everything finally "clicked" for me. I realized I didn't want to keep living like I had been anymore and I didn't want to keep missing important

moments with my family. All I wanted now was to make something of my life.

Since I completed my last program I have been getting my life together; paying bills, handling legal issues, and seeing the doctor's I had been putting off. I started attending meetings, where I found a sponsor who started helping me work the steps. I even got a job! I worked my butt off because I loved being there and being surrounded by amazing people. I'm spending more time with my family and have been building my trust back. I also started getting the Vivitrol shot because when it comes down to it, getting the shot can't hurt me, it can only help me.

I am currently enrolled to start classes to be a Peer Recovery Support Specialist! I still attend meetings and I continue to attend and learn from my I.O.P program. By being in these programs, I have been able to do what I have always dreamt about. It's no longer a pipe dream.

I have met a lot of people since I entered the Hope One program and every one of them has helped me in some way, big or small. I have gotten back into art and the things I love. I have seen myself grow and can see what Hope One saw in me. I can see what I need and what I want out of my life and in order to achieve my goals. I learned how to live day by day sober.

Looking back, I was rescued, not arrested in 2019. It helped me start living because it was only the beginning. I am hopeful now after seeing how far I have come. I continually do everything I need for myself and my recovery.

I am so thankful for the Hope One program and the team behind it. They believed in me when I didn't. Most of all, they understood what I had been going through. Hearing their stories gave me hope and guidance. I honestly don't know where I would be if I never went into the Hope One program. I am building a life and a future for myself because of them. I will be forever grateful. Thank you Hope One for pushing me and most of all believing in me.

Jessica G.



"I have seen myself grow and can see what Hope One saw in me."

# All Roads Recovery



## Groups and Coaching @

## Peer Supports

Helping to navigate all roads  
to recovery

### 2 Locations

Erin McGonigle-Recovery  
Center Coordinator  
609-457-1080

Melissa Hirschmann-  
Recovery Coach  
609-457-1075

### Stay Connected!

Facebook.com/  
AllroadsRCC

Www.allroadsrecovery.org

Peer.supports@jbrcnj.org

**Community:** Join a community to support your recovery and make great friends along the way!

660 Blackhorse Pike Pleasantville

Tuesday 9:30 am

Weds 8:30-9:30am & 10am-12 pm

Thursday 9:30-10:30am

Friday 12:00-1:30pm

1931 Bacharach Ave. Atlantic City

Thursday 11:30am

All groups are also on ZOOM:

Zoom ID: 265 947 0199

**Recovery Coaches:** Certified Recovery Specialists help to map out your recovery plan and walk along side you on your journey

**Resources:** Resume writing, job searching, technology training, we're here to get you to our next step.

**Social Activities:** Dinner dances, game night, pizza and wings-you name it! Because recovery should be fun!

## Phases of Addiction as a Family Affliction



### Denial

Family members deny there is an issue, attempts to hide truth from people within and outside the family.



### Home Treatment

Family members try to resolve the issue on their own by nagging or gently steer the addict to help.



### Chaos

It is now impossible to deny the problem, family members may begin to distance themselves.



**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-gTgvH9Z3yulGEvYf1Jaqrpl5b05>

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

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

HOSTED BY

Questions? [dbornheimer@mhanj.org](mailto:dbornheimer@mhanj.org) or [tahern@mhanj.org](mailto:tahern@mhanj.org)




Many people have put their physical and emotional checkups "on hold" during the pandemic in order to avoid a waiting room and doctor's office.

Mental and physical health are important, related and deserve your attention.

A free mental health screening is provided online by Mental Health America, a national nonprofit.



**Find a screening online at:**  
[www.screening.mhanational.org](http://www.screening.mhanational.org)

*By taking this quick, confidential mental health screen, you can better understand what you -- or a loved one -- is experiencing...as well as find help and support.*



This is a Public Service Announcement from the Mental Health Association in Atlantic County.  
Find us on Facebook or online at [www.mhaac.info](http://www.mhaac.info)

**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](mailto: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**

**Like us on Facebook: Hope One Atlantic County**  
**Or visit our webpage: [Hopeoneac.com](http://Hopeoneac.com)**