

Dates & Locations

DAY-10am-2pm

4/1-Egg Harbor City 100 block of Philadelphia Ave.

4/6-Atlantic City @ Renaissance Plaza

4/8-Elwood Deli 4531 White Horse Pike

4/13-Atlantic and Chelsea Ave. Atlantic City

4/15- Turning Point Day Center 1717 Bishop Richard Allen Way

4/20-Florida and Pacific Ave. Atlantic City

4/22-Pleasantville bus terminal 1 E. West Jersey Ave. Pleasantville

4/27-Atlantic City bus terminal 1901 Atlantic Ave.

NIGHT- 5-8pm

4/1-Egg Harbor Twp. 6801 E. Black Horse Pike

4/6- Pleasantville bus terminal 1 E. West Jersey Ave. Pleasantville

4/8-Absecon Shopping Center

4/13- Atlantic City @ Renaissance Plaza

4/15- Pleasantville Housing Authority 156 N. Main St. Pleasantville

4/20-Atlantic City bus terminal 1901 Atlantic Ave

4/22- Egg Harbor City 100 block of Philadelphia

4/27-Atlantic City @ Red Klotz 1301 Adriatic Ave.

4/29- Ventnor Wawa 5212 Ventnor Ave.



Sheriff Eric Scheffler

Hope One

“Connecting those in crisis to services”



Rowan Medical Students



Team members Maria and Lindsey



Fusion church gave away 100 Easter bags!



Team member Doug providing a Narcan training



HepC testing is on site!



Wynston with Behavioral Crossroads providing outpatient services



“Spring: a lovely reminder of how beautiful change can truly be.”

What we offer:

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

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

Recovery Story

I got clean for the first time at eighteen years old. By that point, I had done enough to belong in a twelve-step program. Although my life was a mess, I still had no idea how bad things could get. I was struggling with a pill problem; I also drank too much and occasionally did harder drugs. However, as I began my journey into recovery, I heard people talk about hitting bottoms that were far worse than mine at the time. I secretly thought "I'm not like these people...that will never be me."

I stayed clean from the ages of eighteen to twenty-three. During that time, I did step work, had a sponsor, sponsored other women, and experienced all the freedoms that recovery has to offer. However, I still had that thought in my head that I was not really like the people I knew in recovery. I ended up having some health issues and needing four spinal procedures. After each of those procedures, I was prescribed narcotic pain killers. Although the pain was real, my brain did not know the difference between something the doctor gave me and something I got from a dealer. That was the beginning of the end for me.

With each spinal procedure, the pain killers got stronger and my dependence on them grew. It was not long before I stopped attending meetings, stopped talking with my sponsor, stopped working steps, and stopped doing all the things that were keeping me clean. I went to a Broadway show with family and all the sudden, a glass of wine seemed like a great idea. Within weeks of that glass of wine, I became a heroin addict. All the low bottoms I had heard about years earlier that made me think I was not as bad as other addicts became a reality in my life. I experienced all those hardships, and many, many more. I had become a person that I had no idea I was capable of being. A person who was willing to do anything for the next high.

By the time I was on my way to my last detox, I weighed eighty-seven pounds. I had several abscesses on my arms from being an IV user, I had overdosed multiple times, and truthfully, I was trying to die. I had been through several treat-



ment centers with no success and honestly believed I could not get clean again. I had no hope. I stayed in that detox for fifteen days. In that time, I had several seizures and was sicker than I had ever been before. I did not want to go to treatment after detox, but I went. Mostly because my only choices were rehab or homelessness, and I chose rehab. I am so grateful for my family telling me I was not allowed to come home unless I went to rehab. Going to that treatment center was the best thing that could have ever happened to me. I wholeheartedly believe that if it were not for the employees there, and

members of Narcotics Anonymous who were willing to love me when I was at my most unlovable, I would not be alive today. It may sound corny, but I truly feel like the hugs I got from those people put all my broken pieces back together.

When I completed that treatment center, I went to sober living. After sober living, instead of going home to Queens, NY, I stayed in south Jersey. I got a sponsor, a home group, started doing step work, and I got in service. No matter what I

have dealt with in my life, from the most unbearable heartache to incredibly thrilling success, the people in Narcotics Anonymous have held my hand through it. Since getting clean, my life has become something so beautiful, I could never even have dreamed it. On March 3rd of 2021, I celebrated three years clean. I know that I am still clean today because of a power greater than myself and the program of Narcotics Anonymous. Recovery has given me an abundance of wonderful things, but the best by far is that I love the woman I am today. I no longer avoid mirrors, I tell the truth, I try my hardest every day to be the best person I can be, and I have hope for tomorrow.

Vicky K.

"Since getting clean, my life has become something so beautiful, I could never even have dreamed it."
Vicky K.

Acenda Integrated Health: Healing Hearts and Minds

Healing Hearts & Minds (HHM) is a free and voluntary program that helps parents pre and post substance use treatment. We provide supportive services to parents and their entire family throughout the recovery process.



Target Population:

HHM is available to families in Atlantic, Cape May, and Ocean counties who are dealing with the effects of parental substance use and are not year connected with a peer recovery specialist.

Eligibility Criteria:

- Parenting and/or pregnant adults of children 0-17.
- If children are in out-of-home care, it must be for 18 months or less.

Program Goals:

- A Peer Recovery Specialist that will provide motivation, compassion, strength, and hope.
- Your family will receive about 4 months of free in-home

family therapy by a licensed social worker/therapist.

- Group recovery support will be available to assist you on your journey to wellness.
- Therapists will provide services helping to better you and your family's lives by assisting with coping skills, fostering healthy parent-child relationships, processing trauma, teaching healthy relationship skills, learning boundaries, and other therapeutic interventions as needed.

Let us help you on your journey to recovery:

- Our peer recovery specialists will work one on one with the adult using substances.
- Peer recovery specialist services are provided with respect and without judgement or expectations.
- Our therapists will take a strength-based approach to provide you and your family with tools you need to better yourselves.

- Our groups will provide support and empowerment from you peers.
- Our therapists will take a strength-based approach to provide you and your family with the tools you need to better yourselves.
- Our groups will provide support and empowerment from your peers.

Acenda Integrated Health is a recipient of a federal Regional Partnership Grant Round 6 (RPG6) designed to increase the well-being of, and improve the permanency outcomes for children and families affected by opioids and other substance use.

This project was funded by the Children's Bureau, Administration on Children, Youth and Families, Administration for Children and Families, U.S. Department of Health and Human Services, under grant 90CU114.

The contents of this project are solely the responsibility of the authors and do not necessarily represent the official views of the Children's Bureau.

HEALING HEARTS & MINDS

Supporting and strengthening families along the journey to recovery

442-4-ACENDA

www.acendahealth.org

FREE NARCAN TRAINING AVAILABLE

You will receive 2 doses of the life saving medication

609-909-7200

Hope One Alumni Corner

Thank you again! I can't tell you how much I appreciate everything you have done for me. You always had faith in me.

-Erica W.

Hope One has really helped me out a lot. April 4th is my 90 days of sobriety and I really couldn't have done it without the help of them. I really appreciate all they have done for me and having this new way of life is really a good thing and a great feeling.

-Cedric R.

They are the best and if you really need help, call them up. I've been doing this for over 45 years and never got help until I asked them. I've been clean since Jan. 29, 2021 and I've been doing good ever since. I am in an out-patient program, in a sober living house, attending self help meetings, and am working. Life is good.

-Isreal O.

I want to thank you all for your help. You have no idea how much of a life saver you really are. You pretty much helped save my life because if it weren't for you, I wouldn't have made it to Princeton House that day. I'm doing very well in my recovery. Thank you very much for all of your help, I am eternally grateful. You are definitely in my prayers when I count my blessings.

Kevin K.

Recovery does work for those who want it. Hope One helped me get to Seabrook back in August and I am so grateful!

Todd W.

Anxiety and Depression Support Group

- Share ideas and experiences
- Benefit from mutual support and connections
- Develop tools for healthier lives and self-care
- Meet others who understand

This weekly call-in group is Thursdays 3 pm-4:30 pm
609 241-9388
Meeting ID: 149330

For more information, contact
Bernadette Trendler at
609 652-3800 ext 318
or btrendler@mhanj.org

This is a program of the Mental Health Association in Atlantic County

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? abornheimer@mhanj.org or tahern@mhanj.org

NJ CONNECT
for Recovery 855-652-3737
a Helpline for Family and Friends

Mental Health Association in New Jersey, Inc.

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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