

Dates & Locations**DAY-10am-2pm**

6/1-Egg Harbor City Lincoln Park
(Buffalo Ave. and Rt. 30)

6/2-Kentucky Ave. and beach block AC

6/3-7 Eleven 2612 Tilton Rd. EHT

6/8-Salvation Army 22 S. Texas Ave.,
Atlantic City

6/10-Elwood Deli 4531 S. White Horse Pike

6/15-Pennsylvania Ave. and boardwalk,
Atlantic City

6/16-Hope All Day Recovery Center 701 Rt.
50 Mays Landing (11am-1pm)

6/17-Tennessee and Atlantic Ave., Atlantic
City

6/22-Renaissance Plaza 10 Renaissance
Way, Atlantic City

6/24-Pleasantville Bus Terminal 1 E. West
Jersey Ave. Pleasantville

6/29-Atlantic City Bus Terminal 1901 Atlan-
tic Ave, Atlantic City

NIGHT- 5-8pm

6/1-Pleasantville Housing Authority 156 N.
Main St., Pleasantville

6/3-Somers Point Shoprite 23 Bethel Rd.

6/8-Red Klotz 1301 Adriatic Ave, Atlantic
City

6/10-Egg Harbor City Lincoln Park (Buffalo
Ave. and Rt. 30)

6/15-Florida and Pacific Ave., Atlantic City

6/17-Tennessee and Atlantic Ave., Atlantic
City

6/22-New York Ave. and boardwalk, At-
lantic City

6/24-Hope All Day Recovery Center 701 Rt.
50, Mays Landing

6/29-City Center Park 1201 Bacharach
Blvd., Atlantic City

Weekend

6/20-Father's Day Cookout Brown's Park,
Atlantic City 1pm

6/26-Unity Day Parade in Atlantic City
11am



Sheriff Eric Scheffler

Hope One

"Connecting those in crisis to services"

What we offer:

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



Susan manning the table at the vaccination site



**"One of the
most im-
portant things
you can do on
this earth is to
let people
know they are
not alone." –
Shannon L.**



Vinnie at Turning Point Day Center



Maria and Lindsey conducting early
morning outreach in Atlantic City!

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 out-reaches 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 Chris and I'm a recovering addict! I spent 18 years in active addiction trying to numb the pain of watching my mom drown saving my little brother. In the end, I was barely living and no amount of anything relieved my pain and guilt. The shame was so overwhelming I couldn't breath some days, the sadness was so heavy I could feel it in my chest. I swallowed years of tears and never grieved. I was arrested over 22 times with 3 felony convictions and 7 1/2 years in NJ state prisons all behind just one more! My last prison bid I left on a Wednesday, went to work on Thursday, and used that night. I had been to NA meetings for years and had a head full of NA and a body full of dope and could never find this new way to live they talked about. That night I remember someone said "honest prayers get answered." Now I wasn't sure I believed that but I was out of options so I honestly asked God what to do and please help me! Immediately, my conscious thought was to go back to jail, that was unheard of, I said there's no way that's the answer! Well, it

was the next morning that I turned myself into parole, went to jail and then went to a treatment program in Newark. I then went to a sober living house and went to NA meetings. I got a home group, a sponsor, and got in service. I started a construction company with a bike, a bucket, and a tool belt. I ran that company while working at a treatment center at night, did inpatient and outpatient counseling and family programs. My construction company grew and my recovery progressed. I met a beautiful woman and got married, and I am STILL married! I moved closer to my wife's family so she could be close to her mom.

I opened a Peer Recovery Community Center in 2014 which closed a few years later. I sold my construction company and went to work for a University in a program that goes into NJ state prisons and provides recovery support services for inmates getting ready to return to the community! I go in every prison I was an inmate in as an employee of the state, not a state inmate. I never gave up on that vision of a peer recovery center so God provided the provisions and we are opening up a new location for The

Hope All Day Recovery Community Center on May 24th 2021, by Gods grace and mercy!



Addiction is a pervasive condition with an impact that reaches far beyond the addicted person. The mental, physical, and social health effects of addiction can extend to people that have never used a drug or consumed a sip of alcohol. Truly, no one is immune to the reach of addiction, especially the family members of an addicted person.

Why Is Addiction a "Family Disease"?

When you are part of a family, every decision one person makes influences the other members in direct and indirect ways. When one family member struggles with addiction, the condition can negatively affect all members of the family system by putting them in a state of heightened stress and anxiety. Feelings of guilt, responsibility, confusion, anger, sadness, and more can trouble the entire family and lead to increased conflict, isolation, and dysfunction.

For more information, please visit: [Addiction Is A Family Disease \(rehabs.com\)](http://AddictionIsAFamilyDisease(rehabs.com))

One of our partners: The Hope All Day Recovery Center

The Hope All Day Foundation is a 501c3 non-profit corporation. Our hope and vision is to provide programs, services and projects which will help newly recovering persons and their families and foster long term recovery. Hope All Day has been providing peer recovery support and mentoring for over 6 years in Atlantic County with the support of the Department of Human Services and the Board of Chosen Freeholders.

The Hope All Day Foundation brings together every layer of our society and fosters education and awareness about recovery for both the individual, their family and loved ones. This is a sought after means of a healthy lifestyle and a hopeful beginning. The Hope All Day Foundation will educate not only the individual, their family members but also the community and organizations around them.

We do this in various ways:

Recovery for All of the Community

Community Image

The Hope All Day Foundation's presence and its benefits will flow down to the community by making the community safer and more productive. The Resource Center will provide a good working example that community leaders can offer to new businesses and families entering the community to demonstrate that our community is very proactive in dealing with alcohol and drug addiction. Community leaders can use this as a positive point in attracting new business to our area.

Employers Benefit

Employers benefit by development of more effective, productive personnel, making their organization safer and more profitable. The Hope All Day Foundation will provide a place the

employer can recommend to staff members who are having problems with addiction and can go for referral to resources and social interaction in a safe drug and alcohol-free environment.

To Teach

Addiction is an immense problem that is more often than not ignored due to the social stigma associated with this misunderstood disease. The Hope All Day Foundation will provide education and information to all about alcohol and drug addiction.

An Atmosphere with an Attitude of Recovery and A Place for Hope

Social Function

The Hope All Day Foundation will provide a place for people in recovery and their family members to socialize in an atmosphere of recovery. Programs, projects and activities through scheduled programming will help individuals form strong bonds to the recovery community. Peer to Peer support and Mentoring through the Foundation's volunteer staff offers an avenue of free support.

Family Support

The Hope All Day Foundation will work with community-based organizations to provide support to families including grief support for families who have lost a loved one to substance abuse.

A Solution for Recovery and a Resource Center

Recovery Resource Center

The Hope All Day Foundation will provide a safe place and general assistance for individuals desiring linkage to recovery resources throughout the Community.

Workforce Development

The Foundation will have computers and resources dedicated to assisting individuals in finding employment throughout the community.

Hours of Operation: We plan to conduct business and operate during the following hours:

Monday through Friday:

9:00 a.m. to 10:00 p.m.

Saturday and Sunday:

9:00 a.m. to 11:00 p.m.

Like us on Facebook: **The Hope All Day Recovery Center**

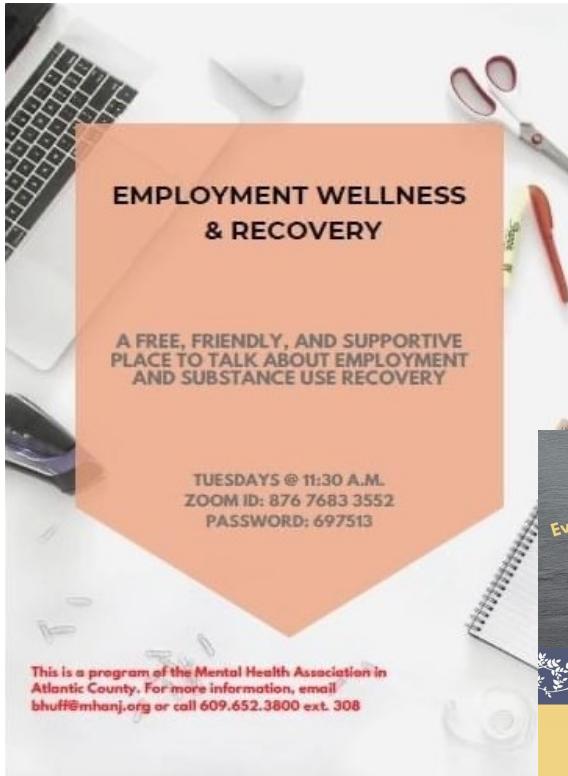
Contact us: (609) 625-4673



FREE NARCAN TRAINING AVAILABLE

You will receive 2 doses of the life saving medication

609-909-7200

**Hope One Alumni Corner**

"Thank you so much, I don't have anyone to support me and I am glad I can count on you."

Jonah B.

"I wouldn't be in the situation that I am in without Hope One. Hope One is becoming quite popular, so many people I've talked to within the recovery community has been helped through you guys!"

"Thanks for all of your help! Without you, my brother wouldn't have made it to treatment!"

Heather P.

"I want to thank Hope One for helping me with an ID to get into outpatient as well as link me with a job! I couldn't be more grateful!"

William

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? dborheimer@mhanj.org or tahern@mhanj.org

NJCONNECT
for Recovery 855-652-3737
a Helpline for Family and Friends

Mental Health Association in New Jersey, Inc.

Every Wednesday for 8 weeks!
4:30pm-5:30pm

Let's Talk!

Join MHANJ Atlantic County to talk about different wellness topics!

05/26 Resiliency
06/02 Resiliency
06/09 Nature for Healing
06/16 Nature for Healing
06/23 Vulnerability
06/30 Vulnerability
07/07 Communication
07/14 Communication

Questions call 609-652-3800 ext 318 or email btrendler@mhanj.org

Meeting ID: 847 2224 7740
Password: 230403

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
609-833-0249

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**



DEPRESSION SUPPORT GROUP

We invite you to participate in our free Peer Led Support Group.

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

When: Wednesdays 6pm
Dial-in Number (609)-241-9388
Conference ID: 149330

For more information, contact Carolyn 609.652.3800
This is a program of the Mental Health Association in Atlantic County

DEPRESSION & ANXIETY SUPPORT GROUP**FREE PEER-LED SUPPORT**

Please join us on  **zoom**
Every Thursday 10:30am-11:45am
Meeting ID: 854 2622 0982
Passcode: 973280

This is a Program of the Mental Health Association in Atlantic County
10 EXT. 318

Mental Health Association New Jersey Atlantic County Virtual Group Calendar



Groups listed can be accessed on www.zoom.com or by calling (929)-205-6099

**Mondays**

Time	Topic	Meeting ID	Password
2:00pm-3:00pm	Gallery of You (1 st & 3 rd Monday)	818 8357 3291	030337
4:00pm-5:30pm	Got Stress?	737 821 046	597088
7:00pm-8:00pm	Creative Collective (1 st Monday)	814 7709 9238	031762

Tuesdays

10:00am-11:00am	Pet Therapy (1 st Tuesday of month ONLY)	878 2844 5270	012722
11:30am-12:30pm	Employment Wellness	876 7683 3552	697513
4:00pm-5:00pm	Self-Help Coping Skills Group	841 2648 1496	958411
6:00pm-7:00pm	Bipolar Support Group	868 4421 3504	778094
6:30pm-8:00pm	Adult Survivors of Child Abuse	483 074 867	023942
6:30pm- 7:30pm	Boomers Connection (1 st & 3 rd Tuesday)	899 6174 8929	986547

Wednesdays

9:00am-10:00am	Gratitude Coffee Talk	201 464 271	597944
11:00am-12:00pm	Mind & Body Support Group	511 545 358	640660
1:00pm-2:00pm	Too Much Stuff? (1 st & 3 rd Wednesday)	875 0462 8619	821670
4:30pm-5:30pm	Let's Talk	847 2224 7740	230403
6:00pm-7:00pm	Depression Support Group CONFERENCE CALL 609-241-9388	149330	N/A
7:00pm-8:00pm	Life in Waves (2 nd & 4 th Wednesday)	856 3111 0213	531917

Thursdays

10:30am-11:45am	Depression & Anxiety Support Group	854 2622 0982	973280
5:00pm- 6:00pm	Quote Me Happy (Last Thursday of the Month)	838 9182 1196	717374
6:00pm-7:00pm	Rising Minds (Mental Health Support for 18-30 years old)	971 713 914	503416
6:00pm-7:00pm	Men's Wellness Group (1 st & 3 rd Thursdays)	879 7103 8031	847497
6:00pm-7:00pm	LGBTQ+ (4 th Thursday)	854 1845 7989	424415

Fridays

12:00pm-1:00pm	Monthly Community Education Workshop (3 rd Friday) <i>Inquire about topics</i>	868 0365 2809	714539
3:00pm-4:00pm	Healthy Mind Check-in	850 5549 8045	662571

Saturdays

10:00am-11:00am	Book Club * Must register ahead on zoom	850 6293 1105	209733
1:00pm-2:00pm	Creative Wellness Workshop *Once a month; must register	889 0194 2971	103460

Sundays

7:15pm-8:00pm	Meditation	849 3665 7008	184661
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Start your day with a positive message!

Text "MHA-daily" to 833-459-0248



609-652-3800



www.mhaac.info



MHAAC.info



@mhaac.info