

Dates & Locations

DAY-10am-2pm

7/8-Florida and Pacific Ave, Atlantic City

7/13-Salvation Army 22 S. Texas Ave., Atlantic City

7/14-Kentucky Ave. and beach block AC

7/15-Pleasantville Bus Terminal 1 E. West Jersey Ave. Pleasantville

7/20-Atlantic City boardwalk and Brighton Park

7/22-Buena Wawa (across the street) 731 Harding Hwy, Buena

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

7/27-Atlantic City Bus Terminal 1901 Atlantic Ave, Atlantic City

7/29-Mays Landing McDonalds 6048 Harding Hwy, Mays Landing

NIGHT- 5-8pm

7/7-Hope All Day Recovery Center 701 NJ-50, Mays Landing

7/8-Mays Landing McDonalds 6048 Harding Hwy, Mays Landing

7/13-Salvation Army 22 S. Texas Ave, Atlantic City

7/15-Hammonton Carnival 226 French St, Hammonton

7/20-Pleasantville Housing Authority 156 N. Main Street, Pleasantville

7/22-100 block of Philadelphia Ave, Egg Harbor City

7/27-Atlantic City Bus Terminal 1901 Atlantic Ave, Atlantic City

7/29-Ventnor Wawa 5212 Ventnor Ave, Ventnor

Every Friday in July we will be at Bay Ave and the beach in Somer's Point for their concerts

Concerts start at 7pm

Hope One will be there at 6pm

Please check our Facebook page or website for any additional events

Facebook: Hope One Atlantic County

Website: Hopeoneac.com



Call 609-909-7200

Hope One

"Connecting those in crisis to services"



Sheriff Eric Scheffler

What we offer:

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



ACLEAD participant Tiffany completes program!



Lisa Bee receives acknowledgement letter from the Sheriff!



The Hope One team at an event in Atlantic City!



Steve, Susan, Sheriff Scheffler, Maria

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.

hopeoneac.com

Recovery Story

I grew up in a family that outwardly appeared very normal, middle class, both parents worked and we didn't go hungry. It wasn't until later on in my life that I discovered doing speedballs on the weekends was not normal in most households. Growing up as a half Spanish, half white child I never felt like I fit in anywhere, I never felt a part of. Not until at the age of 11, when I hung with some older kids and drank alcohol for the first time. They cheered as I did shot after shot till I blacked out. I loved it, they liked me, I felt accepted. Over the next several years I continued to chase that feeling, until I ended up in rehab at the age of 14. After leaving rehab and through the rest of high school I continued to drink and smoke weed, but I avoided "the hard stuff" because I thought that was my problem. After graduating I went into nursing school, where I discovered Ad-derall. At that time my addiction was "manageable". I only took it when I needed to study and so I thought it was ok.



I also hurt my back at that time and was given a script for Percocet, which at first I took occasionally, but that quickly progressed to an everyday habit. During my last semester of nursing school, I lost my brother and several months later my mom as a direct result of this disease. Shortly after, I found out I was pregnant with my first child and I was able to stop using during that pregnancy, which to me meant I wasn't an addict. After I had my son I was given a prescription for Percocet's and picked up right where I left off. My addiction progressed, until it consumed my life. By the time I was pregnant with my second child I couldn't stop using as desperately as I wanted to. I couldn't stay clean for any length of time. After having my daughter my addiction only progressed further, I became a shell of a person. I stole from work, my family, and even my children. I neglected all those I loved, including

myself. Getting the next one was all that mattered. At the end of my road I was completely broken and I began to plan my suicide. To me death was better than another day using and I couldn't seem to stop no matter how hard I tried. If you looked in my eyes there was nothing left of the person I once was. It was



was a long hard road, but with the work I can now say I love myself today. I am a mother of three and I'm there for my children, not just physically. I am less then 2 years away from getting my doctorate. I have my own house and I pay my bills. Those things may seem "normal" adult stuff to most, but for me they are big accomplishments after coming from where I did. I am there for my family and friends, I am a responsible and respectable employee, and I am there for the newcomers coming through the door. Most of all, I can look myself in the eyes when I look in the mirror, and I no longer am disgusted with the woman looking back. I can look at her and smile knowing how far I have come and all the possibilities I now have for my future.

-Sam R.

then that a force I choose to call god stepped in, some may say coincidence, but it was no coincidence. Shortly after writing my goodbye letter to my family I received a call from work and was told to come in for a meeting. When I arrived all the big wigs of the hospital were there and they presented me with the evidence. I had been stealing Percocets from work, because no matter how many pills I had it was never enough. They told me that I had two options, go to rehab or surrender my nursing license and go to jail. I was done and desperately wanted help, and that night I admitted myself to rehab.

Once I came home I was scared, but they had told me what to do, go to a meeting. That's what I did I went to a meeting and got my hand up. I never wanted to go back to that scared, hopeless shell of a human being, so I took every suggestion. I got a sponsor, started working steps and got a home-group that I participate in til this day. It

One of our partners: Elev8 Centers of Addiction Recovery & Wellness Services

About Us

Elev8 Center of New Jersey is NJ's new Addiction Recovery, opened in early 2021 by Elev8 Center's Team.

Elev8 of NJ is a modern wellness center dedicated to the care and treatment of those suffering from substance and alcohol addiction. In our 128 bed in-patient facility we provide top quality medically supervised treatment for alcoholism and drug addiction.

Elev8 of NJ accepts both male and female patients. It is our promise that each patient we help we be treated with compassion, respect, and professionalism while being provided a comprehensive road to recovery. Our team always places quality care above all else.

Detoxification Program

Elev8's Medication Assisted Treatment (MAT) is incorporated in our detox and short-term residential services.

Medication Assisted Treatment (MAT) consists of combining counseling and behavioral therapies, to provide a "whole-patient" approach to treatment of opioid use disorder (OUD), which can help patients sustain recovery.



Services Include:

- Medically supervised detox
- Comprehensive 28 day stabilization program
- Individual therapy counseling
- Group therapy counseling
- A thorough 12 step program to build the foundation for long term recovery

Short Term Residential

- Group therapy
- Individual counseling sessions
- Psycho Educational sessions
- Didactic sessions
- 12 step group meetings
- Relapse prevention
- Aftercare planning

Wellness Program

- Full body fitness room
- Full court basketball gym
- Yoga and medication therapy
- Dance and music therapy

*We believe in people
who may have lost
belief in themselves*

Call for help

973-329-0010

Detox & short-term rehabilitation

FREE NARCAN TRAINING AVAILABLE

You will receive 2 doses of the life saving medication

609-909-7200



ENLIGHTENED SOLUTIONS

FAMILY SUPPORT GROUP

We are resuming in-person meetings!
Last Thursday of each month **BEGINNING MAY 27th**
7:00-8:30 PM

Enlightened Solutions excited to offer this group in-person at our main campus:
600 S. Odessa Ave, Egg Harbor, NJ 08215
This meeting will follow all current CDC guidelines for gatherings

You may also access the online meeting by scanning this QR code with your phone.



This program will provide an opportunity for you, as the family member, to ask questions and educate yourself on recovery from substance use disorders. The purpose of this support group is for you to help gain understanding and education on how you can better help and support your loved one in their recovery process. The clinical session will also provide you with the opportunity to build support and connection with others, who have loved ones struggling with disease.



Hope Family Education and Support Group

Every Monday from 6:30pm-8:00 p.m.

Developing coping skills that promote recovery for those who care about a loved one or friend impacted by substance abuse.

Free and Open to the Public!

Location: 701 Route 50, Mays Landing, NJ 08330

More Info: (609) 625-HOPE (4673)
or hopealldayinc@gmail.com

Facilitated by: Michael Girimont, BA, CADC, Mike has 20+ years experience working with families impacted by the substance use of a loved one.

Interactive Group
Receive Education on:
Addiction, recovery, treatment options
Family dynamics and roles
Enabling v. Support

www.hopeallday.org

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

ALL ROADS
RECOVERY COMMUNITY CENTER

Anxiety & Depression Group

Learn more about anxiety and depression. Help destroy negative stigmas.

Learn how to combat your personal struggles or understand how to approach a loved ones.

Provide calm and supportive advice to friends and family

Create new habits and mindsets to battle your own personal struggles.

EVERY WEDNESDAY FROM 9:30 - 10:30 AM
610 BLACKHORSE PIKE PLEASANTVILLE, NJ 08232

I have 7 months and just wanted to say thanks for the support. I love my new way of life. God bless.
Cedric R.

Hope One's Alumni Corner

I am really thankful that I got help from Hope One. I'm now getting my life cleaned up and back on track.
-Effie

I am so happy with my new way of life and can't thank ACLEAD and Hope One enough. Thank you!
Tiffany O.

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 (1st & 3rd Monday)	818 8357 3291	030337
4:00pm-5:30pm	Got Stress?	737 821 046	597088
7:00pm-8:00pm	Creative Collective (1st Monday)	814 7709 9238	031762

Tuesdays

10:00am-11:00am	Pet Therapy (1st 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 (1st & 3rd 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? (1st & 3rd 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 (2nd & 4th 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 (1st & 3rd Thursdays)	879 7103 8031	847497
6:00pm-7:00pm	LGBTQ+ (4th Thursday)	854 1845 7989	424415

Fridays

12:00pm-1:00pm	Monthly Community Education Workshop (3rd 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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Don't Be Ashamed of your story
It will Inspire others



Start your day with a positive message!

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



609-652-3800



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