

Dates & Locations

DAY-10am-2pm

8/3-Lincoln Park, Egg Harbor City (corner of Buffalo Ave and Rt.30)

**8/6-Community Outreach 101 N. New York Rd. Atlantic City

**8/10-Salvation Army 22 S. Texas Ave., Atlantic City

8/12-Hammonton Wawa 100 12th St.

**8/13-Resource Fair 1535 Bacharach Blvd, Atlantic City

**8/17-All Roads Recovery Center 610 E. Black Horse Pike, Pleasantville

**8/19-Tennessee and Atlantic Ave, Atlantic City

**8/25-Kentucky Ave. and beach block AC

**8/26-Turning Point Day Center 1717 Bishop Richard Allen Way, Atlantic City

**8/31-Atlantic City Bus Terminal 1901 Atlantic Ave, Atlantic City

NIGHT- 5-8pm

**8/3-Atlantic City National Night Out 3301 Fairmount Ave, Atlantic City

8/3-Buena National Night Out 125 Weymouth Rd, Buena

**8/5-City Center Park 1201 Bacharach Blvd, Atlantic City

8/6-Somers Point Concert Bay Ave and beach

**8/10-Pleasantville Housing Authority 156 N. Main Street, Pleasantville

8/12-Texas Roadhouse Parking Lot 6801 Black Horse Pike, EHT

**8/13- 932 S. Main St, Pleasantville (4pm-7pm)

**8/17-Florida and Pacific Ave, Atlantic City

8/19-100 block of Philadelphia Ave, Egg Harbor City

8/24-Hope All Day Recovery Center 701 NJ-50, Mays Landing

8/26-Absecon Shoprite 616 W. Absecon Blvd, Absecon

8/27-Somers Point Concert Bay Ave and beach (6pm-10pm)

**8/31-Atlantic City Bus Terminal 1901 Atlantic Ave, Atlantic City



Sheriff Eric Scheffler

Atlantic County

Hope One

“Connecting those in crisis to services”

Please check our Facebook page or website for any additional events

Facebook: Hope One Atlantic County

Website: Hopeoneac.com

What we offer:

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



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

Though a good part of my growing up was right here in New Jersey, I spent my teen years in the Florida Keys where I had a lot of access to experiment -- and I did. Later, during the years I served in the Navy, I abused alcohol. I struggled from the age of 14 to 48.

About 9 years ago, I found myself in the hospital the day before Christmas Eve; it had been my third admission that month. Faced with serious internal issues and the idea that I might not see another holiday, I found the strength to change with the support of a great group of people in combination with a church. Fortunately, I was able to unlearn years of behaviors and habits that were harmful to me.

Looking back, mental illness and substance use disorder runs in my family history. I am among the people who live with depression. I believe my depression is connected to my substance use. Mental health and physical health are related, and I wish more people in society as a whole were able to understand and accept that truth.

Today, I choose to focus more on my recovery than my illnesses. My path to recovery included 12-step meetings, a wonderful life partner Bonnie, spirituality and a mantra of strength (even if minimal) - hope (towards everlasting love) - faith (that we are always healing). The image of a ship's wheel is especially meaningful to me; and I often remind myself of this saying "stay the course."

I have learned how it takes inner work, gratitude and working through things with the help of others to get to the good place I now find myself. This is a better life. I intentionally in-

corporate self-care, time spent in nature and good music (for me Rolling Stones) as part of this new life.

After working for decades in the hotel hospitality industry, I reset my career path with the help of Jewish Family Service. Ultimately, they linked me to the



Mental Health Association in Atlantic County where I now facilitate several groups and work one-on-one with consumers as a peer specialist. In that role on the Peer Outreach Support Team, or POST, I assist and support individuals with a variety of goals, such as applying for Public Assistance, learning recovery tools and making linkages to wellness resources.

One of the groups I facilitate is Employment Wellness and Recovery, which meets Tuesdays at 11:30 am. Through this online group, I help participants balance life and work while in recovery. We talk about current employment forecasts and trends here in South Jersey.

Employment Wellness is experiencing a swell and upswing at this time with more businesses reopening and the overall good news about COVID across the country. Together, members of the group have recreated and reimagined themselves and pursued new career paths. I'm proud of the work I do and it

helps in my own recovery. I feel so grateful for the opportunity to assist others. Even the seemingly smallest idea can motivate a person in a new, unexpected way. I enjoy being a part of that.

In the other group, Mind and Body, the focus is on individuals who live with any type of disability, either mental or physical. I am a below the knee amputee who has been through multiple surgeries and physical therapy. During that time, I cultivated and built up my own resiliency. Some of the topics we discuss in the group are adapting, finding support and goal setting. We also touch on spirituality and motivation. (Meets Wednesdays at 11 am.)

I feel fortunate to bring support and services to members of the community right here in my hometown, my community. I hope anyone reading this can share information about my work with others who may benefit. Anyone who is interested in my groups can reach out at bbishop@mhanj.org or 609-652-3800 ext. 306.

Mental health and substance use disorder are frequently related -- it's an important concept to understand. For more information about other peer-led support and discussion groups offered by The Mental Health Association in Atlantic County, check out our website www.mhaac.info or our Facebook page.

One of our partners: Boca Recovery Center



Our newest rehab facility is a free-standing, 22-bed luxury Medical Detoxification and Residential program located close to the Jersey Shore in Galloway, New Jersey.

This treatment facility has been developed to provide medical detoxification and stabilization for individuals who are embarking on the journey of safe medical detoxification from alcohol or substance use disorders.

Clients are provided with 24-hour medical care, with individualized medication management to ensure both safety and comfort during the early stages of the recovery process. Once medical stabilization has been attained, clients are then able to transition to the Residential program, where they begin working on the psychological processes to address the underlying mental health issues presenting together with the substance use disorders.

WHO WE ARE:

Boca Recovery Center is a Substance Use Disorder program

providing excellence in the medical and clinical treatment of drug and alcohol addiction, as well as co-occurring mental health issues. We are passionate about working with individuals seeking recovery, and our purpose is to provide clients with the tools necessary to rebuild their lives through a foundation of overall health and well-being.

Addiction is a family disease and our highly trained staff will work closely with both clients and their loved ones to support the healing process. Substance Use Disorders and related mental health issues can present differently for each person, therefore there is no "one-size-fits-all" method that can ensure a person's successful recovery. Through an individualized process, our team will work to develop the right treatment plan for each client, providing the instillation of hope in situations that may have appeared hopeless. Our clinical team is trained at the Master's or Doctoral level, with each professional bringing unique training and skill to our program. Collectively, our entire staff takes pride in our

strong passion for helping clients develop a life of sobriety and a renewed sense of hope for the future.



WE LOVE TO BE APART OF OUR CLIENTS' STORY:

Our passionate, insightful staff are fully committed to the goal of providing a safe, comfortable, cutting-edge treatment experience. The relationship with our clients begins from the very first call to our facility, and we remain available and connected to all our clients long after they have completed their stay, through our Alumni Program.

30 W Jimmie Leeds Rd, Galloway, NJ 08205 • (609) 270-3068

International Overdose Awareness Day is a global campaign that works towards preventing overdose, reducing the stigma associated with it, and providing support to families and loved ones of overdose victims. The unofficial awareness day is observed every year on August 31.



**INTERNATIONAL
OVERDOSE
AWARENESS DAY**

**AUGUST
31TH**

The day was established in 2001 by Australians Sally J. Finn and Peter Streker as a way to commemorate those who have lost their lives to overdose, and to support the loved ones whose lives have been affected by drug abuse.

Since 2012, the responsibility of organizing International Overdose Awareness Day has been taken over by the Penington Institute, an Australian non-profit health organization. Despite its Australian roots, the day is now observed all over the world.

Recognizing Symptoms of Overdose

Medical professionals define overdose as the accidental or intentional use of a drug or a substance such as alcohol or a narcotic beyond the recommended dosage. An overdose can have serious consequences, with effects ranging from mild disorientation to seizures, brain injury, and death.

Part of International Overdose Awareness Day's agenda is to spread information about how to detect signs of substance abuse and overdose, and what to do when encountering a person who may be having an adverse reaction to a drug. Disorientation, agitation, difficulty in breathing, and vomiting can be signs of overdose and should not be ignored.

A Global Problem

A vast majority of overdose deaths occur due to opioid abuse. Opioids are a class of drugs that reduce the intensity of pain by interacting with proteins called opioids found in the human brain, spinal cord, and other organs. Opiates include illegal substances like heroin, as well as legally prescribed medication such as oxycodone, codeine, and morphine.

What Happens on International Overdose Awareness Day?

International Overdose Awareness Day is not an official holiday, so businesses, schools, and government offices are open. Community health groups, needle exchange organizations, educators, medical professionals, and policy-makers organize outreach drives, conferences, and workshops to bring attention to the growing problem of overdose. They also provide information to the general public about how to identify substance dependence and overdose.

Naloxone (Narcan)

Narcan is a medication designed to rapidly reverse opioid overdoses. It can very quickly restore normal respiration to a person whose breathing has slowed or stopped as a result of overdosing with heroin or prescription opioid pain medications. Hope One will train and distribute the life saving medication upon request. You can save a life!

FREE NARCAN TRAINING

AVAILABLE

You will receive 2 doses of the life saving medication

609-909-7200



Hope One's Alumni Corner

"Thank you for listening and relating with me. I don't really have anyone else and I appreciate your help. I am now willing to take your suggestions because my way isn't working."
-Arthur S.

"Thank you for helping my son, I couldn't have done it without you. You are truly amazing!"
-Christine S.

"Thank you for what you have done for me. I am truly grateful for the help I have received."
-Clyde

"Thank you for all of your help. You are like my guardian angel, real talk. I couldn't have gotten this far without you."
-Jonah B.

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



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