

Dates & Locations

DAY-10am-2pm

\*\* 1/5-Kentucky Ave and beach block, Atlantic City

1/6-Lincoln Park, Egg Harbor City

\*\* 1/11-Florida + Pacific Ave, Atlantic City

1/13- 921 White Horse Pike, Absecon

\*\* 1/18-Pleasantville bus terminal 1 E West Jersey Ave, Pleasantville

\*\* 1/20-Turning Point Day Center 1717 Bishop Richard Allen Way, Atlantic City

\*\* 1/25-Atlantic City bus terminal 1901 Atlantic Ave, Atlantic City

\*\* 1/26-Kentucky Ave + beach block, Atlantic City

1/27-Ochard Ave + Egg Harbor Rd, Hammononton

\*\* 1/28-MLK + Atlantic Ave, Atlantic City (11am-1pm)

NIGHT- 5-8pm

\*\* 1/4-9 N Georgia Ave, Atlantic City

\*\* 1/6-All Roads Recovery 610 E Black Horse Pike

\*\* 1/11-Red Klotz 1301 Adriatic Blvd, Atlantic City

\*\* 1/13-21 Old Turnpike, Pleasantville

1/20-100 block Philadelphia Ave, Egg Harbor City

\*\* 1/25-Atlantic City bus terminal 1901 Atlantic Ave, Atlantic City

1/27-Ventnor Wawa 5206 Ventnor Ave, Ventnor City

WEEKEND

\*\* 1/8-City Center Park 1201 Bacharach Ave, Atlantic City (11am-2pm)

Please check our Facebook page or website for any additional events

Facebook: Hope One Atlantic County

Website: Hopeoneac.com



Sheriff Eric Scheffler

Atlantic County

# Hope One

“Connecting those in crisis to services”

What we offer:

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



Hope One team members Doug and Susan



Fusion Church and Andy's Glow Foundation supporting our event!



“Welcome change, embrace adventure, and make this new year one you'll never forget.”

Happy New Year



Hope One Alumni Alaina receiving gifts for her children. We are so proud of her!

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

My name is Wendy and I am in long term recovery. I had my first drink at age 15. Throughout my 20's and 30's I considered myself a normal drinker. At age 40 my life changed dramatically due to a very unexpected divorce. That is when my drinking started to progressively become more frequent and my life became increasingly unmanageable.

After several attempts at sobriety I finally totally surrendered. Today practicing the steps, follow-

ing the program, fellowship with other alcoholics and my faith in God as I understand him has given me my life back. I live one day at a time and strive towards working in a detox and also share my experience, strength and hope with the still sick and suffering. Thank you Hope One for helping myself and others on our journey of sobriety.  
-Wendy T.



## Maintaining Recovery in the New Year

This time of year brings a focus on endings—but also on new beginnings: With a new year comes a fresh start; a clean slate; a chance to start again.

This is an appealing concept for anyone, but maybe especially for those in recovery. As we enter a brand new year, those in recovery wish to maintain momentum on their own journeys of hope and healing. They wish to make big changes. They wish to move on from regrets and mistakes and instead start building a bright new future.

As you seek to take advantage of this New Year—this new beginning—keep some of these tips in mind.

**Set positive intentions.** Don't get hung up on "resolutions." As we all know, New Year's resolutions are made to be broken. Instead, spend some time meditating on positive intentions for your new year: To love yourself more; to put your own health and recovery first; to foster meaningful relationships; to live without fear.

**Don't bite off more than you can chew.** The temptation can be to use New Year's as a chance to totally remake your life—but trying to make too many huge changes all at once can be overwhelming and impractical. Prioritize—and make sure you put your health and recovery at the very forefront.

**Consider your environment.** Starting fresh isn't just about you, but about the people and places you spend your time with. Part of your fresh start may be changing your environment or removing yourself from people or places that only cause you stress.

**Have an outlet.** Moving ahead with your New Year's intentions can be stressful, which makes it crucial to have a way to vent your anxieties. Whether it's working out, journaling, or playing music, make sure you have a venue for your stress.

**Maintain your recovery habits.** While some things may change in the New Year, here's one thing that shouldn't: Your commitment to seeing your therapist or attending support groups.



# Oasis

## Oasis

### Harm Reduction Centers and Nursing Services

We are all about Harm Reduction and helping to eliminate the spread of infectious diseases. You can help by getting tested for:

- ⇒ **HIV**
- ⇒ **Hepatitis C**
- ⇒ **Syphilis**
- ⇒ **Gonorrhea**
- ⇒ **Chlamydia**
- ⇒ **Trichomoniasis**

You can also help prevent more overdose related deaths by getting trained and carrying:

- ⇒ **Narcan**

Oasis is dedicated to reducing the spread of HIV/AIDS and other infectious diseases. We do this by offering prevention services to individuals in our community. At the Oasis Drop-In Center, we have a registered nurse on staff to assist anyone who may be at risk of getting or transmitting HIV/AIDS, STDs, Hepatitis, or other infections, and for women who may be pregnant and at risk for any of these diseases.

### Nursing services at Oasis:

- HIV Rapid Testing and Counseling
- Hepatitis C Rapid Testing
- STD Testing and Treatment
- Pregnancy Testing
- Adult Vaccinations
- Wound Assessment and Care
- Referrals for HIV, Hepatitis, and pregnancy evaluations, treatment and care
- IV Drug use risk reduction counseling
- Overdose prevention counseling
- Sexual and Reproductive health counseling
- Nutrition counseling
- Naloxone Distribution
- RAPID Syphilis Testing

Oasis HRC Center-Atlantic City

Oasis Rio Grande HRC

South Jersey AIDS Alliance

OVERDOSE PREVENTION

Naloxone Distribution Program

**Get trained to respond to an overdose TODAY!**

For more information on this and other prevention programs, call or drop by:

### Oasis Harm Reduction Center

32 South Tennessee Avenue,  
Atlantic City NJ 08401

609-572-1929

Oasis Rio Grande HRC

1304 Rt. 47, Unit V2  
Rio Grande, NJ 08242  
609-551-4412

-- OR --

### South Jersey AIDS Alliance

Administrative Office  
19 Gordon's Alley  
Atlantic City, NJ 08401  
609-347-1085





loneliness



During this new phase of the pandemic, some people are isolated

Please reach out for help

No cost, no insurance required

One-on-one support \* Online groups \* Call lines

Mental Health Association in Atlantic County

Call 609 652-3800

FREE NARCAN TRAINING

AVAILABLE

You will receive 2 doses of the life saving medication

609-909-7200

Hope One Atlantic County  
Sheriff Eric Scheffler

# WINTER COAT DRIVE

Oct 4-Feb 28

**DROP-OFF LOCATION:**  
Any outreach location which can be found on our facebook page

We will be accepting new or gently used coats, scarves, hats and gloves

FOR MORE INFO CALL LINDSEY KOMAR  
609-833-0249



~St. Joseph Shelter~

Emergency Winter Shelter at Quaremba Hall

Behind St. Michael's Church

Open 4 Nights a week  
**Every Monday - Thursday**  
 Open regardless of temperature  
 Not just Code Blue nights  
**6:30 pm - 7am**

Dec 13th - March 10th

Hosted by the Franciscan Sisters of the Renewal

PLEASE DO NOT LINE UP BEFORE 5 PM

MONDAY:

- Before Stage 4 During Summer Months 10-11 am
- Employment Wellness 1-2 pm
- Grief & COVID \*(7/19) 1-2 pm
- Emotional Wellness and Spirituality \*(7/19) 12-1pm
- WINGS (Grief In Recovery) 2-3 pm
- Peer Recovery Warmline Group 6-7 pm
- Monday Music for a Good Mood 6:30-8:30 pm

TUESDAY:

- Employment While Managing Recovery \*(7/13) 11am -12 pm
- Peer Support Career Info \*(9/14) 11 am - 12:30 pm
- Self-Care With Pets 12-1 pm
- Relaxation Tool In Recovery 2-3 pm
- WRAP Virtual Seminar 12-4 pm
- Mental Wellness 3-4 pm
- Welcome to MHA (1st Tues.) 3-4 pm
- Coping Skills Support Group 4-5 pm
- Living the Well Life 6-7 pm

WEDNESDAY:

- Boundaries \*(8/18) 10-11 am
- Family Engagement and Peer Support \*(9/15) 10-11 am
- Virtual Job Interviews \*(7/28) 11 am - 12:30 pm
- Grupo De Bienestar Emocional \*(7/28, 8/25, 9/29) 12-1pm
- Healthy Habits 12-1 pm
- Too Much Stuff \*(1st & 3rd ONLY) 1-2 pm
- Get Your Move On \*(1st & 3rd ONLY) 2:30-3:30 pm
- Employment Wellness Group 3-4 pm
- SMART Tools Breaking Free 4-5 pm
- Anxiety & Depression Support Group 5-6 pm

THURSDAY:

- Seeking Employment/Social Media \*(7/8) 10-11:30 am
- What's Up With Mental Health \*(8/5, 9/2) 1-2 pm
- Dual Recovery (Co-Occurring) 2-3 pm
- Overeating 4-5 pm
- LGBTQ+Social Support Group (1st & 3rd Thurs.)6-7pm
- Movie Group 6-8 pm

FRIDAY:

- Peer Support Career Info \*(7/9) 11 am - 12:30 pm
- COVID's Impact/Young Adult's Mental Health \*(7/3) 12-1 pm
- History of Mental Health \*(8/20) 12-1 pm
- Community Education Workshop (3rd Friday)12-1 pm
- Family Recovery 4-5 pm

SATURDAY:

- Monthly Creative Arts Group (2nd Sat.) 1-2 pm
- Monthly Totally Trivia Group (3rd Sat.) 12-1 pm
- Anxiety & Depression Support Group 2-3 pm
- Humanistic Recovery Group 6-7:30 pm

SUNDAY:

- Sunday Recovery 10-11 am
- Shades of Wellness \*(7/11) 1-2:30 pm
- Got Stress? 4-5 pm
- Meditation 7:15-8 pm

Bells indicate recommended groups for each sub-community. You are not required to join a sub-community. Members that are a part of a sub-community are still welcome to join other groups that are related to them.

Substance Use & Co-Occurring Community

Coping Skills Community

Employment Community

Mental Wellbeing Community



TO BECOME A MEMBER GO TO: [WWW.SURVEYMONKEY.COM/R/8VXPZKE](http://WWW.SURVEYMONKEY.COM/R/8VXPZKE)



[WWW.MHAAC.INFO/UBW](http://WWW.MHAAC.INFO/UBW)



[UNITEDBYWELLNESS@MHAAC.ORG](mailto:UNITEDBYWELLNESS@MHAAC.ORG)



609-652-3800

## Hope One's Alumni Corner

"Thank you for helping me. Thank you so much. I am well on my way and I will continue to let you know how I am doing. You will be so proud of me!"

-Arthur S.

"Thank you so much for your help."

-Harry

"Thank you guys for everything! I got my glow in the dark key tag for one year of continuous recovery. You guys are absolutely amazing. Thank you for showing me what a better life is."

-Jonathon E.

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](http://hopeoneac.com)

## Balance & Body Image

Every 1st & 3rd Tuesday at 7pm

A peer-led support group for adults living with or recovering from disordered eating

Join us as we find support from others who have experienced disordered eating, learn about healthy coping skills to aid recovery, and work together to improve self-worth and self-esteem.

Call/email for Zoom meeting information or join the virtual wellness center at no cost using this link:

<https://www.surveymonkey.com/r/8VXP2K8>



609-652-3800

[Unitedbywellness@mhanj.org](mailto:Unitedbywellness@mhanj.org)

[mhaac.info/ubw](http://mhaac.info/ubw)

THIS IS A GROUP OF UNITED BY WELLNESS: MHAJ'S VIRTUAL WELLNESS CENTER



## 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](mailto: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](http://www.hopeallday.org)





**Hope for the Holidays was a success! We served over 600 people within the community!! We also took part in a homeless vigil and gave toys to families of our clients who are doing well!**