

SUBSTANCE USE DISORDER PREVENTION, TREATMENT, AND RECOVERY RESOURCE GUIDE

JERSEY CITY AND SURROUNDING AREAS, NEW JERSEY



Photo: Jennifer Brown, City of Jersey City

A listing of prevention, treatment, and recovery resources to bring hope and healing to individuals, families, and communities

MEMBERS OF THE FOLLOWING ORGANIZATIONS CONTRIBUTED TO THE RESOURCE GUIDE:

A Better Life Ministry	Miracle Temple
Agape Kingdom	Most Excellent Way Life Center
The Clinton Foundation	Mt. Carmel Parish Roman Catholic Church
Continuous Flow Christian Center	Mt. Pisgah AME Church
Greater Destiny Church	New Redeemer Reformed Episcopal Church
Heavenly Temple Church of God	St. George & St. Shenouda Coptic Orthodox Church
Islamic Center of Jersey City	St. Mark's Coptic Orthodox Church
Jersey City Department of Health and Human Services	The Sanctified Church of Jesus Christ, Inc.
Jersey City National Action Network	Trinity Faith Church
Jersey City Women's Clergy Alliance	Trinity Gospel Haven Church
Liberty Church	Universal Full Gospel Church

Table of Contents

Introduction	5
Referral Resources	6
SAMHSA Treatment Locator.....	6
Icon Key	6
Substance Use Disorder Treatment Programs in Jersey City and Surrounding Areas	6
Substance Use Disorder Treatment Programs in New York City	11
Mental Health Services.....	13
Jersey City Medical Center Mobile Crisis Unit.....	13
Wraparound Services.....	16
Support Team for Addiction Recovery Program.....	16
Recovery Residences/Sober Living Homes	17
Homeless Shelters.....	17
Food Banks.....	18
Mutual Aid Groups and Other Supportive Organizations	18
Local.....	18
National.....	19
Intoxicated Driver Resource Centers.....	19
Hotlines	21
Additional Information	22
Substance Use Prevention Organizations.....	22
Educational Resources.....	23
Glossary of Key Terms.....	24

The Clinton Foundation does not recommend or endorse any healthcare providers, tests, products, procedures, treatments, or resources covered in this guide. They are listed here for informational purposes only.

INTRODUCTION

In the past year, nearly 108,000 Americans lost their lives to drug overdose — a tragic number that becomes more sobering when contrasted with the over 67,000 in 2018. With each passing year, the number of lives lost due to drug overdose reaches a new record high. These losses are felt deeply in states like New Jersey, which lost 2,985 individuals to overdose in 2022.

The disease of addiction — what the public health community now commonly refers to as “substance use disorder” (SUD) — is preventable, treatable, and does not need to be fatal. More is understood about the brain science of substance use disorders than ever before, and we know that when a person with a SUD is treated with compassion and provided with the right resources, recovery from SUD is real and possible. People living with the disease of addiction have gone on to lead wonderful and fulfilling lives — starting businesses, regaining their families, and becoming productive members of society once again.

We are pleased to present this resource guide to the Jersey City community in conjunction with the Jersey City Department of Health and Human Services. This guide lists treatment, prevention, and recovery resources for those seeking information, whether for themselves, a loved one, or a peer. We hope this guide brings hope and healing to individuals, families, and communities.

This guide attempts to provide a comprehensive list of resources and services available to the diverse community of Jersey City and its surrounding areas. It is designed to help residents locate the resources they need and navigate through the network of available services in Hudson County and beyond. We hope you have found this helpful guide — if you have, please pass it on to another person who needs it!

Substance Use Disorder Treatment Programs in Jersey City and Surrounding Areas

The goal of substance use disorder treatment is to help individuals stop or reduce harmful substance misuse, improve their health and social function, and manage their risk for relapse. Treatment services are traditionally provided in residential and outpatient programs outside the main healthcare system and may include medication, counseling, and other supportive services. The type and duration of treatment depend on the severity of the substance use disorder. Mild substance use disorders often respond to brief interventions and supportive monitoring. Severe substance use disorders often require specialty treatment and continued post-treatment support to achieve complete remission and recovery.

SAMHSA BEHAVIORAL HEALTH TREATMENT LOCATOR

This online resource from the Substance Abuse and Mental Health Services Administration (SAMHSA) allows users to search for mental health and substance use disorder treatment services in their area. Searches can be limited by state, county, and distance from a specific location. Users may find this tool helpful to expand their search for resources in their area beyond the scope of this guide.

<https://findtreatment.gov/>

ICON KEY

Locating the right treatment facility is often confusing and overwhelming. Because different treatment facilities provide various types and styles of treatment, we have provided this icon key that efficiently identifies treatment information. The icons placed next to the name of each facility allow the reader to locate the treatment center that best suits the needs of the potential client or patient. The definition of each icon can be found below.

O **Outpatient Treatment:** This type of treatment requires patients to report daily (usually weekdays) to treatment rather than overnight stays at a hospital or residential facility.

↑ **Residential (Inpatient) Treatment:** This type of treatment requires patients to live and stay overnight at the treatment facility or hospital, usually for 30, 60, or 90-day period. This is the highest level of treatment services for those diagnosed with substance use disorders.

IOP **Intensive Outpatient Program:** An outpatient treatment program with additional components such as additional counseling or classes, usually four hours a day for two to three days a week. Intensive Outpatient is recommended for those who no longer require 24-hour supervision.

PHP **Partial Hospitalization Program:** An outpatient treatment program that includes a more intensive, rigorous treatment schedule than an Intensive Outpatient, usually involving treatment for five days a week, up to eight hours a day. PHP is recommended for those just exiting residential treatment who need additional structural support.

MAT **Medication-Assisted Treatment:** This type of treatment uses FDA-approved medication, in conjunction with counseling and behavioral therapies, to treat substance use disorders. Medication-assisted treatment has proven to be effective in treating alcohol use disorder and opioid use disorder.

DT **Detox Program:** A detox program where someone with a substance use disorder can, under supervision, come off the physical dependence of alcohol or other drugs. This is often the first level of treatment for a substance use disorder. Withdrawal from a substance can occur with a variety of uncomfortable physical symptoms, and a detox program can safely manage those symptoms under the care and supervision of medical professionals.

⌘ **Co-occurring Disorder (or “Dual Diagnosis”) Program:** Treatment for not only substance use disorders but other co-occurring mental health disorders as well. Many individuals with a SUD also have other mental health disorders, including depression, anxiety, and post-traumatic stress disorder, and these disorders play a role in the individual’s desire to either use substances or to abstain. This facility also treats these disorders and takes them just as seriously as addiction.

12 **12-Step Foundation:** Incorporates 12-step programs such as Alcoholics Anonymous and Narcotics Anonymous into its treatment, whether through meetings, literature, or both. While 12-step programs are not the only way to treat substance use disorders, many facilities use them as the basis for their treatment programs, the foundation for treatment and maintaining long-term recovery.

A **Adolescent Program:** Adolescent individuals under the age of 18 are offered a program.

+ **Christian-Based:** Christian Faith-based treatment for substance use disorders.

+ **LGBTQ+:** Specific treatment for LGBTQ+ individuals with substance use disorders or has made a public effort to be inclusive to the LGBTQ+ lifestyle.

♂ **For Men:** Treatment specific to men or has a men-only recovery residence.

♀ **For Women:** Treatment specific to women or has a women-only recovery residence.

Airmid Counseling Services **O IOP PHP ⌘ +**
<https://www.airmidcounseling.com/>

137 Evergreen Place, Suite 2-D, East Orange, NJ 07018
973-678-0550

Payment Accepted: Medicaid; Private health insurance; Cash or self-payment; State-financed health insurance plan other than Medicaid

Alpha II Women’s Program **♀ ↑ ⌘ A**
<http://www.straightandnarrowinc.org>

595 County Avenue, Secaucus, NJ 07094
201-348-5506

Payment Accepted: Federal or any government funding for substance use treatment programs; Medicaid; Private health insurance; State-financed health insurance plan other than Medicaid

American Habitare and Counseling **O IOP PHP ⌘ MAT**
<https://americanhabitare.com/>

687 Frelinghuysen Avenue, Newark, NJ 07114
973-799-0508

Payment Accepted: Medicaid; Cash or self-payment

Angel Hope House **♀ DT ⌘**
<https://www.angelhopehouse.org/>

800 Clinton Avenue, Newark, NJ 07108
973-373-6800

Payment Accepted: Federal or any government funding for substance use treatment programs; Cash or self-payment; State-financed health insurance plan other than Medicaid

Appropriate Place Inc. **O IOP PHP A + 12**
<https://theappropriateplace.org/>





660 South 21st Street, Irvington, NJ 07111
862-253-1104 ext. 101

Payment Accepted: Federal or any government funding for substance use treatment programs; Medicaid; Private health insurance; Cash or self-payment

Bridge, Inc. **♀ O IOP ⌘ A**
<https://thebridgenj.org/>

50 Union Avenue, Suite 306, Irvington, NJ 07111
973-372-2624 ext. 515

Payment Accepted: Federal or any government funding for substance use treatment programs; Medicaid; Private health insurance; Cash or self-payment

CarePoint Health/Christ Hospital Dept. of Psychiatry and Behavioral Health    
<http://www.carepointhealth.org>

179 Palisade Avenue, Jersey City, NJ 07306
201-795-8375

Payment Accepted: Federal or any government funding for substance use treatment programs; Medicare; Medicaid; Private health insurance; Cash or self-payment

CarePoint Health/Christ Hospital Hudson Hospital Opco 

<https://carepointhealth.org/locations-directions/christ-hospital/>

176 Palisade Avenue, Jersey City, NJ 07306
201-795-7900

Payment Accepted: Federal or any government funding for substance use treatment programs; Medicare; Medicaid; Private health insurance; Cash or self-payment

C Line Community Outreach Services   
<https://c-linenj.yolasite.com/>

110 Martin Luther King Drive, Jersey City, NJ 07305
201-200-1965

Payment Accepted: Medicare; Medicaid; Private health insurance; Cash or self-payment; State-financed health insurance plan other than Medicaid

CURA Lincoln Park  
<http://www.curainc.org>


47 Lincoln Park, Newark, NJ 07102
973-622-3570

Payment Accepted: Federal or any government funding for substance use treatment programs; Medicaid; Cash or self-payment

CURA Inc. Secaucus Residential Program   
<http://www.curainc.org>






595 County Avenue, Secaucus, NJ 07094
201-392-9511

Payment Accepted: Federal or any government funding for substance use treatment programs; Medicaid; Cash or self-payment

East Orange Substance Abuse Treatment Program 
<https://www.eastorange-nj.gov/181/Substance-Abuse-Treatment-Program>

110 South Grove Street, East Orange, NJ 07018
973-266-5200

Payment Accepted: Federal or any government funding for substance use treatment programs; Medicare; Medicaid; Cash or self-payment

Elev8 Center of New Jersey     
20 Toler Place, Newark, NJ 07114
973-329-0010

Payment Accepted: Medicaid; Private health insurance; Cash or self-payment; State-financed health insurance plan other than Medicaid

EOH Acquisition Group LLC   
<http://www.carewellhealth.org>

300 Central Ave, East Orange, NJ 07018
973-414-6837

Payment Accepted: Medicare; Medicaid; Federal military insurance (e.g., TRICARE); Private health insurance; Cash or self-payment; State-financed health insurance plan other than Medicaid

Family Service Bureau of Kearny   
<http://www.newcommunity.org>

379 Kearny Avenue, Kearny, NJ 07032
201-286-8077

Payment Accepted: Federal or any government funding for substance use treatment programs; Medicaid; Cash or self-payment; State-financed health insurance plan other than Medicaid

Family Service Bureau of Newark   
<http://www.newcommunity.org>

274 South Orange Avenue, 2nd Floor, Newark, NJ 07103
973-412-2056

Payment Accepted: Federal or any government funding for substance use treatment programs; Medicaid; Cash or self-payment; State-financed health insurance plan other than Medicaid

Greater Essex Counseling Services Drug and Alcohol    
<https://greateressexnj.com/>

23 Branford Place, 2nd Floor, Newark, NJ 07102
973-623-7878

Payment Accepted: Federal or any government funding for substance use treatment programs; Medicare; Medicaid; Cash or self-payment; State-financed health insurance plan other than Medicaid

Guardian Intensive Outpatient Program Hoboken    
<https://www.guardianiop.com/>

33-41 Newark Street, Suite 4-A, Hoboken, NJ 07030
201-448-8304

Payment Accepted: Private health insurance; Cash or self-payment

Health Path Consulting Services LLC   

204 18th Street, Union City, NJ 07087
201-866-2934

Payment Accepted: Federal or any government funding for substance use treatment programs; Private health insurance; Cash or self-payment

Hoboken University Medical Center Giant Steps Program    

<https://carepointhealth.org/>

61 Monroe Street, Hoboken, NJ 07030
201-792-8290 ext. 11040

Payment Accepted: Federal or any government funding for substance use treatment programs; Medicare; Medicaid; Federal military insurance (e.g., TRICARE); Private health insurance; Cash or self-payment

Hoboken University Medical Center Community Mental Health Center  

<https://carepointhealth.org/>

122 Clinton Street, Hoboken, NJ 07030
201-792-8200

Payment Accepted: Medicare; Medicaid; Federal military insurance (e.g., TRICARE); Private health insurance; State corrections or juvenile justice funds; State-financed health insurance plan other than Medicaid; State mental health agency (or equivalent) funds; State welfare or child and family services funds

Hyacinth 

<https://www.hyacinth.org/>






48 Fairview Avenue, Jersey City, NJ 07304
201-432-1134

Payment Accepted: Free/No payment accepted.

Integrity House     
<https://integrityhouse.org/>

103 Lincoln Park, Newark, NJ 07102
973-623-0600

Payment Accepted: Federal or any government funding for substance use treatment programs; Medicare; Medicaid; Private health insurance; Cash or self-payment; State-financed health insurance plan other than Medicaid; SAMHSA funding/block grants

Inter-County Council on Drug and Alcohol Abuse, Inc.     
<http://www.iccdaa.org/>

482 Kearny Avenue, Kearny, NJ 07032
201-997-4000

Payment Accepted: Federal or any government funding for substance use treatment programs; Medicare; Medicaid; Cash or self-payment

Intervention Specialists     
<http://www.interventionspc.com/>

333 North Broad Street, Suite 2-B, Elizabeth, NJ 07208
908-289-0700

Payment Accepted: Medicaid; Private health insurance; Cash or self-payment

Khaleidoscope Healthcare Inc.    
<http://www.khcpmc.org/>




75 Harrison Avenue, Jersey City, NJ 07304
201-451-5425

Payment Accepted: Medicare; Medicaid; Private health insurance; Cash or self-payment

Lennard Clinic     
<http://www.thelennardclinic.org>

850 Woodruff Lane, Elizabeth, NJ 07201
908-352-0850 ext. 410

Payment Accepted: Federal or any government funding for substance use treatment programs; Medicare; Medicaid; Cash or self-payment

Marilyn Center for Hope Help and Healing    
<https://substancerehabcenter.com/treatment-centers/new-jersey-nj/east-orange/marilyn-center-for-hope-help-and-healing/>

85 South Harrison Street, Suite 201, East Orange, NJ 07018
973-474-6492

Payment Accepted: Federal or any government funding for substance use treatment programs; Medicaid; Federal military insurance (e.g., TRICARE); Private health insurance; Cash or self-payment; State-financed health insurance plan other than Medicaid

New Directions Behavioral Health Ctr     

9 Lincoln Park, Newark, NJ 07102
973-242-6599

Payment Accepted: Medicaid; Cash or self-payment

New Pathway Counseling    
<https://www.newpathway.com/>

995 Broadway, Bayonne, NJ 07002
201-802-8352 ext. 102

Payment Accepted: Medicaid; Private health insurance; Cash or self-payment; State-financed health insurance plan other than Medicaid

Power House Psychotherapy & Addiction, LLC
O PHP IOP MAT A +
<https://www.powerhousepsych.com/>

654 Mount Prospect Avenue, Suite 201, Newark, NJ 07104
973-878-3900

Payment Accepted: Medicare; Medicaid; Private health insurance; Cash or self-payment; State-financed health insurance plan other than Medicaid

Proceed, Inc. O A + 12
<http://www.proceedinc.com>

1126 Dickinson Street, Elizabeth, NJ 07201
908-469-3200 ext. 251

Payment Accepted: Federal or any government funding for substance use treatment programs; Medicaid; Cash or self-payment; SAMHSA funding/block grants

Real House O A IOP MAT +
<https://realhouseinc.com/>

95 Grove Street, Montclair, NJ 07042
856-955-1417

Payment Accepted: Medicaid; Private insurance; Federal military insurance (e.g., TRICARE); Self-payment

Recovery Answer Behavioral Health Service
O PHP IOP A
<http://www.rabhs.com>

60 Evergreen Place, Suite 904, East Orange, NJ 07018
862-252-7824

Payment Accepted: Federal or any government funding for substance use treatment programs; Medicare; Medicaid; Federal military insurance (e.g., TRICARE); Priva plus more

Spectrum Health Care Inc. O IOP MAT DT A 12
<http://www.spectruminc.org>

74-80 Pacific Avenue, Jersey City, NJ 07304
201-451-2544

Payment Accepted: Federal or any government funding for substance use treatment programs; Medicare; Medicaid; Cash or self-payment; SAMHSA funding/block grants

Straight and Narrow O A MAT DT
<https://www.ccpaterson.org/sn>

508 Straight Street, Paterson, NJ 07501

Payment Accepted: Insurance; Medicaid; Medicare

Sunrise Clinical Services LLC O PHP IOP MAT A +
<https://www.essexresourcenet.org/search/sunrise-clinical-services/>

22 Ball Street, Irvington, NJ 07111
973-372-1095

Payment Accepted: Medicare; Medicaid; Cash or self-payment; State-financed health insurance plan other than Medicaid

Trinitas Regional Medical Center Bayonne Community Mental Health Center O MAT
<https://www.rwjbh.org/trinitas-regional-medical-center/treatment-care/mental-health-and-behavioral-health/bayonne-community-mental-health-center/>

601 Broadway, Bayonne, NJ 07002
201-339-9200

Payment Accepted: Federal or any government funding for substance use treatment programs; Medicare; Medicaid; Private health insurance; Cash or self-payment; State-financed health insurance plan other than Medicaid; SAMHSA funding/block grants

Trinitas Regional Medical Center Substance Abuse Services O A A +
<http://www.rwjbh.org/trinitas-regional-medical-center/>

654 East Jersey Street, 1st Floor, Elizabethport, NJ 07206
908-994-7090 ext. 7060

Payment Accepted: Federal or any government funding for substance use treatment programs; Medicare; Medicaid; Private health insurance; Cash or self-payment; State-financed health insurance plan other than Medicaid; SAMHSA funding/block grants

Substance Use Disorder Treatment Programs in New York City

ACI Chemical Dependency Treatment Center
O A MAT DT A +
<https://acirehab.org/>

589 Rockaway Avenue, Brooklyn, NY 11212
212-293-3000 ext. 1005

Payment Accepted: Medicaid; Private health insurance;

Cash or self-payment; State-financed health insurance plan other than Medicaid

Addiction Care Interventions O A DT A +
<https://acirehab.org/treatment/specialty-tracks>

Outpatient Services: 255 West 36th Street, 8th Floor, New York, NY 10018 – 212-378-4545

Supervised Withdrawal and Inpatient Program:
589 Rockaway Avenue, Brooklyn, NY 11212
212-293-3000 ext. 1005

Payment Accepted: Medicaid; Private health insurance; Cash or self-payment; State-financed health insurance plan other than Medicaid; SAMHSA funding/block grants

Addiction Institute at Mt. Sinai O A MAT DT A
<https://www.mountsinai.org/locations/addiction-institute>

1000 10th Avenue, 8th Floor, New York, NY 10019
212-523-6491

Payment Accepted: Payment Accepted: Medicare; Medicaid; Private health insurance; Cash or self-payment; State-financed health insurance plan other than Medicaid

Anchor House A A +
<https://anchorhouseinc.com/>

Men's Facility: 1041 Bergen Street, Brooklyn, NY, 11216
718.771.0760

Women's Facility: 976 Park Place, Brooklyn, NY, 11213
718.756.8673

Payment Accepted: Federal or any government funding for substance use treatment programs; Medicare; Medicaid; Private health insurance; State-financed health insurance plan other than Medicaid

Ascendant New York A MAT DT A 12
<https://www.ascendantny.com/>

113 East 60th Street, New York, NY 10022
917-262-0003

Payment Accepted: Private health insurance; Cash or self-payment

Bowery Residents Committee Inc. Chemical Dependency Crisis Center A MAT DT A
<http://www.brc.org>

127 West 25th Street, 3rd Floor, New York, NY 10001
212-533-3281

Payment Accepted: Federal or any government funding for substance use treatment programs; Medicaid; Private health insurance; State-financed health insurance plan other than Medicaid

Brownsville Community Residential Center O A 12
<https://www.bmsfamilyhealth.org/>

657 East 98th Street, Brooklyn, NY 11236
718-345-8605 ext. 4413

Payment Accepted: Federal or any government funding for substance use treatment programs; Medicare; Medicaid; Private health insurance; Cash or self-payment; State-financed health insurance plan other than Medicaid

Center for Recovery and Wellness Pride Site/ Residential Treatment O A MAT A +
<http://www.edalliance.org>

25-29 Avenue D, New York, NY 10009
646-395-4405

Payment Accepted: Federal or any government funding for substance use treatment programs; Medicaid; Private health insurance; Cash or self-payment; SAMHSA funding/block grants

Dynamic Youth Community Inc Community Residence
O A A
<http://www.dycinc.org>

1830 Coney Island Avenue, Brooklyn, NY 11230
718-376-7923

Payment Accepted: Federal or any government funding for substance use treatment programs; Cash or self-payment

Elmcor Youth and Adult Activities Inc. Residential
A A 12
<http://www.elmcor.org>

107-06 Northern Boulevard, Corona, NY 11368
718-651-0096

Payment Accepted: Federal or any government funding for substance use treatment programs; Medicaid; Private health insurance; Cash or self-payment

Exponents Inc. O IOP MAT A +
<http://www.exponents.org>

17 Battery Place, Floor 8, New York, NY 10004
212-243-3434 ext. 309

Payment Accepted: Medicare; Medicaid; Private health insurance; Cash or self-payment; State-financed health insurance plan other than Medicaid; SAMHSA funding/block grants

Genesis Detox of Brooklyn  

<https://genesisdob.com/>

449 39th Street, Brooklyn, NY 11232
718-633-4673 x104

Payment Accepted: Medicaid; Federal military insurance

(e.g., TRICARE); Private health insurance; Cash or self-payment; State-financed health insurance plan other than Medicaid

Hazelden Betty Ford Foundation  

<https://www.hazeldenbettyford.org/locations/new-york>

283 West Broadway, New York, NY 10013
646-601-7028

Payment Accepted: Federal military insurance (e.g., TRICARE); Private health insurance; Cash or self-payment

Inter Care Ltd. Chemical Dependency Outpatient

<http://www.inter-care.com>

51 East 25th Street, 4th Floor, New York, NY 10010
212-532-0303 ext. 300

Payment Accepted: Private health insurance; Cash or self-payment

Lafayette Medical Approach LLC  

<http://www.lafayettemedical.org>

233 Lafayette Street, New York, NY 10012
212-431-6177

Payment Accepted: Medicare; Medicaid; Cash or self-payment

New York Therapeutic Communities Inc: Serendipity I

<https://staynout.org/serendipity-program/>

2071 Fulton Street, Brooklyn, NY 11233
718-398-0096

Payment Accepted: Federal or any government funding for substance use treatment programs; Medicare; Medicaid; Cash or self-payment

New York Therapeutic Communities Inc: Serendipity II

<https://staynout.org/serendipity-program/>

944 Bedford Avenue, Brooklyn, NY 11205
718-802-0572

Payment Accepted: Federal or any government funding for substance use treatment programs; Medicare; Medicaid; Private health insurance; Cash or self-payment; State-financed health insurance plan other than Medicaid; SAMHSA funding/block grants

Odyssey House Inc. Leadership Center   

<https://odysseyhousenyc.org/>

309-311 East 6th Street, New York, NY 10003
212-780-1590

Payment Accepted: Federal or any government funding for substance use treatment programs; Medicaid; Cash or self-payment; State-financed health insurance plan other than Medicaid; SAMHSA funding/block grants

Phoenix House of Long Island    

<http://www.phoenixhouseny.org>

34-25 Vernon Boulevard, Astoria, NY 11106
646-505-2199

Payment Accepted: Federal or any government funding for substance use treatment programs; Medicare; Private health insurance; Cash or self-payment; State-financed health insurance plan other than Medicaid

Realization Center Inc Outpatient    

<http://www.realizationcenternyc.com>

19 Union Square West, 7th Floor, New York, NY 10003
212-627-9600

Payment Accepted: Federal or any government funding for substance use treatment programs; Medicaid; Private health insurance; Cash or self-payment; State-financed health insurance plan other than Medicaid

RHI Community/Veterans Behavioral Healthcare 820

Rehab Reintegration     

<https://www.rhiny.org/>

8-13 Astoria Boulevard, Astoria, NY 11102
212-281-6004

Payment Accepted: Federal or any government funding for substance use treatment programs; Medicare; Medicaid; Cash or self-payment

Urban Recovery   

<https://www.urbanrecovery.com/>

411 Van Brunt Street, Brooklyn, NY 11231
646-960-6656

Payment Accepted: Medicaid; Private health insurance; Cash or self-payment; State-financed health insurance plan other than Medicaid

Wholeview Wellness LLC Outpatient Clinic

<http://www.wholeview.co>

369 Lexington Avenue, Suite 14-A, New York, NY 10017
212-204-8430

Payment Accepted: Medicaid; Cash or self-payment

Mental Health Services

Mental health counseling and therapy are ways of helping people with mental health concerns. A large percentage of people with substance use disorders also deal with other mental health disorders, such as depression, anxiety, and post-traumatic stress disorder. Some of these facilities listed here also treat substance use disorders, but not all.

MOBILE CRISIS TEAM AT THE JERSEY CITY MEDICAL CENTER (24/7 HOTLINE)

A 24-hour mobile response service available to Hudson County children and adults in crisis and in need of emergency psychiatric evaluation and support.

201-915-2210 or 866-367-6023

Asian Community Alcohol Counseling Asian American Mental Health

Outpatient substance use treatment, mental health treatment

581 Bergen Boulevard, Suite 3, Ridgefield, NJ 07657
201-669-2678

Payment Accepted: Federal military insurance (e.g., TRICARE); Private health insurance; Cash or self-payment; State-financed health insurance plan other than Medicaid; State welfare or child and family services funds; U.S. Department of V.A. funds

The Bridge, Inc., New Jersey

Mental health and substance use outpatient treatment, family preservation services, women's substance use services, adolescent pregnancy prevention

<https://thebridgenj.org>

50 Union Avenue, Suite 306, Irvington, NJ 07111
973-372-2624 ext. 515

Payment Accepted: County or local government funds; Community Mental Health Block Grants; Community Service Block Grants; Medicaid; Other State funds; Private health insurance; State corrections or juvenile justice funds; State education agency funds; Cash or self-payment; State mental health agency (or equivalent) funds; State welfare or child and family services funds

Bridgeway Crisis Intervention

Crisis de-escalation and stabilization, risk assessment, group and individual therapy, psychiatric evaluation, referrals for aftercare and housing and financial assistance

<https://bridgewaybhs.org/program/factsheet.BCIS.html>

506 3rd Street, Hoboken, NJ 07030
(201) 885-2539

Free to any adult Hudson County resident, in-person Monday – Friday from 9 a.m.– 8 p.m.; Saturday and Sunday from 10 a.m.– 6 p.m.

Care Plus NJ Inc Mental Health Resource Center

Inpatient and outpatient substance use treatment, employee support system, mental health treatment, maternal & family center, forensic psychiatric evaluation

<http://www.careplusnj.org/>

650 Bloomfield Avenue, Suite 106, Bloomfield, NJ 07003
201-265-8200

Payment Accepted: County or local government funds; Community Mental Health Block Grants; Community Service Block Grants; Medicaid; Other State funds; Private health insurance; Cash or self-payment; State-financed health insurance plan other than Medicaid; State mental health agency (or equivalent) funds; State welfare or child and family services funds

CarePoint Health/Christ Hospital Dept of Psychiatry and Behavioral Health

Adult and adolescent behavioral health treatment, family services, crisis services, psychiatry emergency services

<http://www.carepointhealth.org>

179 Palisade Avenue, Jersey City, NJ 07306
201-795-8375

Payment Accepted: Medicare; Medicaid; Private health insurance; Cash or self-payment

Carewell Health

Outpatient substance use treatment, inpatient detox services, treatment for co-occurring disorders, general medical care

<http://www.carewellhealth.org>

300 Central Avenue, East Orange, NJ 07018
973-266-4701 ext. 4701

Payment Accepted: Community Mental Health Block Grants; Medicare; Medicaid; Federal military insurance (e.g., TRICARE); Other State funds; Private health insurance; Cash or self-payment; State mental health agency (or equivalent) funds; State welfare or child and family services funds

Clara Maass Medical Center Behavioral Health

Inpatient substance use treatment, adult and geriatric behavioral health treatment

<https://www.rwjbh.org/>

1 Clara Maass Drive, Belleville, NJ 07109
973-844-4357

Payment Accepted: Medicare; Medicaid; Other State funds; Private health insurance; Cash or self-payment; State-financed health insurance plan other than Medicaid; State mental health agency (or equivalent) funds

Empath Psychiatry

Substance use counseling, psychiatric medication management, therapy, psychiatric diagnostic consultation, and education

<http://www.empathwell.com>

8 Lombardy Street, Suite 41105, Newark, NJ 07102
973-554-9960

Payment Accepted: Private health insurance; Cash or self-payment

Family and Children's Services

Case management, mental and behavioral health services, crisis and safety treatment, counseling

<http://www.facsnj.org>

40 North Avenue, Elizabeth, NJ 07208
908-352-7474

70 West Grand Street, Elizabeth, NJ 07202
908-372-1007

Payment Accepted: Medicaid; State corrections or juvenile justice funds; Cash or self-payment; State welfare or child and family services funds

Hoboken University Medical Center Community Mental Health Center

Outpatient substance use treatment, dual diagnosis, mental health treatment, adolescent and elderly programs, intervention services

<http://carepointhealth.org>

122 Clinton Street, Hoboken, NJ 07030
201-792-8200

Payment Accepted: Medicare; Medicaid; Federal military insurance (e.g., TRICARE); Private health insurance; State corrections or juvenile justice funds; State-financed health insurance plan other than Medicaid; State mental health agency (or equivalent) funds; State welfare or child and family services funds

Jersey City Medical Center Behavioral Health Services

Mental and behavioral health treatment, inpatient and outpatient substance use treatment, adolescent program, partial hospitalization

<http://www.rwjbh.org/jersey-city-medical-center/>

395 Grand Street, Jersey City, NJ 07302
201-915-2600

Payment Accepted: County or local government funds; Community Mental Health Block Grants; Community Service Block Grants; Medicare; Medicaid; Other State funds; Private health insurance; Cash or self-payment; State-financed health insurance plan other than Medicaid; State mental health agency (or equivalent) funds; State welfare or child and family services funds

Jersey City Medical Center Campus Child and Adolescent Outpatient Services

Treatment for depression, anxiety, and ADHD, Trauma and loss treatment, LGBTQ+ stressor treatment, behavior-related community issues

<https://www.rwjbh.org/jersey-city-medical-center/treatment-care/mental-health-and-behavioral-health/child-and-adolescent-behavioral-health-services>

395 Grand Street, Jersey City, NJ
Access Center at 201-915-2272

Payment Accepted: Medicare; Medicaid; Other State funds; Private health insurance; State-financed health insurance plan other than Medicaid; State mental health agency (or equivalent) funds

Jersey City Medical Center Trauma Recovery Center

Treats survivors of sexual assault, domestic violence, battery, human trafficking, and other violent incidents; Treats Hudson County residents age 5+, victims of violent crime within the past 5 years

<https://rwjbh.org/jersey-city-medical-center/treatment-care/mental-health-and-behavioral-health/mental-health-services/outpatient-care/trauma-recovery/>

395 Grand Street, Jersey City, NJ
201-395-7640 ext. 77642

Payment Accepted: Medicare; Medicaid; Other State funds; Private health insurance; State-financed health insurance plan other than Medicaid; State mental health agency (or equivalent) funds

Jewish Family Services

Adult and children mental health treatment, senior and special needs services, domestic violence and abuse support, support groups

<http://www.jfsclyfton.org>

110 Main Avenue, Passaic, NJ 07055
973-777-7638 ext. 139

Payment Accepted: County or local government funds; Community Mental Health Block Grants; Community Service Block Grants; Medicare; Medicaid; Federal military insurance (e.g., TRICARE); Other State funds; Private health insurance; State corrections or juvenile justice funds; State education agency funds; Cash or self-payment; State-financed health insurance plan other than Medicaid; State mental health agency (or equivalent) funds; State welfare or child and family services funds

Mount Carmel Guild Behavioral Healthcare

Case management, mental health evaluation and care, adolescent program

285 Magnolia Avenue, Jersey City, NJ 07306
201-395-4800 ext. 4812

Payment Accepted: Community Mental Health Block Grants; Community Service Block Grants; Medicare; Medicaid; Private health insurance; Cash or self-payment; State-financed health insurance plan other than Medicaid

New Essecare of New Jersey

Adult psychiatric day program, substance use/behavioral health treatment, crisis management, transportation services, other services

<http://www.manta.com/c/mmc6p67/new-essecare-of-new-jersey>

20 Main Street, Orange, NJ 07050
973-414-0091

Payment Accepted: Medicaid; Cash or self-payment

North Jersey Community Research Initiative

Outpatient substance use treatment, food pantry, needle exchange program, drop-in center, re-entry program

<http://NJCRI.org>

393 Central Avenue, Newark, NJ 07103
973-483-3444

Payment Accepted: County or local government funds; Community Mental Health Block Grants; Community Service Block Grants; Medicare; Medicaid; Other State funds; Private health insurance; State corrections or juvenile justice funds; State education agency funds; State-financed health insurance plan other than Medicaid; State mental health agency (or equivalent) funds; State welfare or child and family services funds; U.S. Department of V.A. funds

Rutgers University Behavioral Health Care Outpatient Services Newark

Intensive outpatient and partial hospitalization substance use/behavioral health treatment, acute withdrawal management

<https://ubhc.rutgers.edu/clinical/outpatient/adult-outpatient-services.xml>

183 South Orange Avenue, Levels D and E, Newark, NJ 07103 – 973-972-5430

Payment Accepted: County or local government funds; Medicare; Medicaid; Federal military insurance (e.g., TRICARE); Private health insurance; Cash or self-payment; State-financed health insurance plan other than Medicaid; State mental health agency (or equivalent) funds

Trinitas Regional Medical Center Substance Abuse Services

Inpatient and outpatient substance use treatment, mobile crisis unit, partial hospitalization, emergency department, co-occurring disorders

<http://www.rwjbh.org/trinitas-regional-medical-center/>

654 East Jersey Street, 1st Floor, Elizabethport, NJ 07206

Payment Accepted: County or local government funds; Medicare; Medicaid; Other State funds; Private health insurance; Cash or self-payment; State-financed health insurance plan other than Medicaid; State mental health agency (or equivalent) funds

Youth Development Clinic of Newark

Outpatient behavioral health services, Early Childhood Mental Health Program, counseling, psychological and psychiatric evaluation

<http://www.ydcnj.org>

500 Broad Street, 3rd Floor, Newark, NJ 07102

Payment Accepted: Medicaid; Private or Community foundation; State education agency funds; State welfare or child and family services funds

Youth Consultation Service

Services: Foster care, residential services for children and adults, psychiatric children's residence, community and education services

<http://www.ycs.org>

284 Broadway, Newark, NJ 07104
973-485-3314

Payment Accepted: Medicaid; State-financed health insurance plan other than Medicaid; State mental health agency (or equivalent) funds; State welfare or child and family services funds

Wrap-Around Services

Wrap-around services facilitate patient engagement and retention in treatment and their ongoing recovery. This can include services to address patient needs related to housing, transportation, employment, childcare, and legal and financial problems, among others.

SUPPORT TEAM FOR ADDICTION RECOVERY (STAR PROGRAM)

Successful recovery depends on individuals fully committing to improve their health and wellness. The STAR Program provides recovery support 24 hours a day, 7 days per week and is available in Essex, Hudson and Middlesex Counties. It provides holistic recovery support that actively engages individuals in their journey by addressing the whole person and their personal obstacles.

848-303-1471 or 848-303-0008

RECOVERY RESIDENCES/SOBER LIVING HOMES

Recovery Residences are facilities that provide safe housing and structured living conditions for people exiting treatment for substance use disorder. Also called sober living houses, sober living homes, or sober living environments, recovery residences serve as a transitional environment between such programs and mainstream society.

Angel Hope House

Women's sober living, maximum 12 months stay. Also treats co-occurring disorders and offers referral services to treatment centers and education pursuits.

800 Clinton Avenue, Newark, NJ 07108
973-373-6800

Payment Accepted: Medicaid, SAI-Medicaid, Self-Pay

Bostwick House/Oxford House

Men's transitional house has a total occupancy of ten. Oxford House is a nonprofit, democratically run group of self-supporting sober living homes.

148 Bostwick Avenue, Jersey City, NJ 07305
908-361-4121

Payment Accepted: Self-payment

Hazel House Sober Living

Men's sober living home with a foundation based around the 12 Steps. Men are encouraged to find jobs, attend 12-step meetings, and establish structure.

103 Hazelwood Road, Bloomfield, NJ 07003
973 979-1707

Payment Accepted: Self-payment, \$300 per week

Integrity House

Sober living facilities for men and women as part of a larger treatment facility. 12-step based.

595 County Avenue, Building 6, Secaucus, NJ, 07094
973-623-0600

Payment Accepted: Medicaid, private insurance, Medicare, sliding scale payment, and financial aid are available.

Palisade House/Oxford House

Male transitional sober living home. Oxford House is a nonprofit, democratically run group of self-supporting sober living homes.

137 Palisade Ave, Jersey City, NJ, USA
201-659-1923

Payment Accepted: Self-payment

HOMELESS SHELTERS

The Hoboken Shelter

<https://www.hobokenshelter.org/>

300 Bloomfield Street, Hoboken, NJ 07030
201-656-5069

Hope House

<https://everythingjerseycity.com/places/hope-house/>

246 2nd Street, Jersey City, NJ 07302
201-420-1070

House of Faith

<https://www.facebook.com/THOFINC/>

244 Ege Avenue, Jersey City, NJ 07304
201-435-6100

St. Joseph's Home

<https://yorkstreetproject.org/our-programs/st-josephs-home/>

81 York Street, Jersey City, NJ 07302
201-413-9280

St. Lucy's Emergency Shelter

<https://www.ccannj.org/>

619 Grove Street, Jersey City, NJ 07310
201-656-7201

York Street Project

<https://yorkstreetproject.org>

89 York Street, Jersey City, NJ 07302
201-451-9838

FOOD BANKS

Bethany Lutheran Church Food Pantry — The Beacon — Food Distribution Center

2015 John F. Kennedy Blvd, Jersey City, NJ 07305
201 432-8773

NJCU Gothic Knight Food Pantry

2039 John F. Kennedy Blvd, Jersey City, NJ 07305
(201) 200-3299

The Mary House Emergency Food Pantry

93 Clerk Street, Jersey City, NJ 07305
201 433-0626

The Sharing Food Place Pantry

440 Hoboken Avenue, Jersey City, NJ 07306
201 963-5518

Mount Pisgah AME Food Pantry

354 Forrest St, Jersey City, NJ 07304
201-435-3680

Mutual Aid Groups and Other Supportive Organizations

Mutual aid groups, such as 12-step programs, provide support and fellowship for people recovering from addictive behaviors. The members share a problem or status, value experiential knowledge — learning from each other's experiences is a central element — and focus on personal-change goals. The groups are voluntary associations that charge no fees and are self-led by members.

LOCAL

Alcoholics Anonymous (A.A.)

12-step recovery meetings for those who want to achieve or maintain sobriety. Focus on spiritual growth, but not a religious organization. Free.

Helpline: 908-687-8566

Northern New Jersey Alcoholics Anonymous:
<https://www.nnjaa.org/>

Al-Anon & Alateen

12-step recovery meeting for friends and family of alcoholics. Focus on spiritual growth but is not a religious organization. Free.

New Jersey Al-Anon and Alateen:
<https://nj-al-anon.org/>

Celebrate Recovery

Christ-centered, 12-step recovery program for anyone struggling with hurt, pain, or addiction of any kind. Free.

Find a meeting: <https://www.celebraterecovery.com/what-we-offer/find-a-cr-meeting>

Cocaine Anonymous (C.A.)

12-step recovery meeting for people who seek recovery from addiction to cocaine and other mind-altering substances; focus on spiritual growth but not a religious organization. Free.

Helpline: 732-930-1128

Find a meeting: <https://canj.org/meetings/>

INTOXICATED DRIVER RESOURCE CENTERS

Intoxicated Driver Resource Center (IDRC) Locations are dedicated DUI driver training programs for residents of New Jersey Counties. Each county has at least one dedicated IDRC location. If you have been convicted of an alcohol or drug-related traffic or boating offense in New Jersey or while driving in another State while holding a New Jersey driver's license, you must satisfy the requirements of the Intoxicated Driving Program and the IDRC as all alcohol and drug-related offenders must undergo post-conviction intervention and education

Hudson County:

830 Bergen Avenue, 5A Jersey City, NJ 07306

201-209-2810

Essex County:

465b Martin Luther King Blvd, Room 111 Newark, NJ 07102

973-395-8425

Bergen County:

101 Hudson Street, Hackensack, NJ 07601

201-336-3310

HHH Chaplaincy Services

Offers spiritual services such as women's spiritual recovery and spiritual and pre-marital/marriage counseling. Provides solace for all persons regardless of religious affiliation.

<https://www.hhhchaplaincyservicesinc.com/>

Most Excellent Way Life Center

A faith-based organization with a focus on social services, family reunification, mentorship, counseling, supportive housing, and other incredible services. Serves Hudson County and the surrounding areas.

<https://www.mostexcellentwaylifecenter.com/>

Narcotics Anonymous (N.A.)

12-step recovery meeting for people who seek recovery from drug addiction; focus on spiritual growth but not a religious organization. Free.

Find a meeting: <https://m.narcoticsanonymousnj.org/Home/default.asp>

Nar-anon

A 12-step program for families and friends of people with an addiction; focus on spiritual growth, but not a religious organization. Free.

Find a meeting: <https://naranonofnj.org/>

New Jersey Harm Reduction Coalition

Distributes Narcan, clean syringes, and other safe-use supplies across New Jersey via mail and community outreach. It also hosts weekly harm-reduction community events in New Brunswick.

<https://njharmreduction.org/>

Sarah's Daughters Domestic Violence Awareness Foundation

Assists victims of domestic violence with classes, advocacy, counseling, and job training. Provides a safe haven for victims and their families.

<https://sarahsdaughtersdva.org/>

NATIONAL

Al-Anon and Alateen

Help and hope for families and friends of alcoholics. 1-888-425-2666

<https://al-anon.org/>
<https://al-anon.org/newcomers/teen-corner-alateen/>

Alcoholics Anonymous (A.A.)

An international fellowship of men and women who have had a drinking problem. It is nonprofessional, self-supporting, multiracial, apolitical, and available almost everywhere.

<https://aa.org>

Daily Strength

Online social network centered on support groups, where users provide one another with emotional support by discussing their struggles and successes with each other.

<https://www.dailystrength.org/>

In the Rooms

An online social network for the Global Recovery Community.

<https://intherooms.com/>

National Association for Children of Addiction

Resources to support individuals in pain due to alcohol and drug dependence in their family.

<https://nacoa.org>

Narcotics Anonymous (N.A.)

A global organization that brings together members of the community who are either in recovery for various types of narcotics addiction or who wish to be in recovery.

800-407-7195

<https://na.org>

Parents of Addicted Loved Ones (PAL)

The primary goal is to provide hope through education and support for parents dealing with addicted loved ones. Open to anyone of any faith or background.

Help number: Information: (480) 300-4712

Find a meeting: <https://palgroup.org/>

Recovery 2.0

A global movement that embraces a holistic approach to recovery from addiction of all kinds. Emphasizes the importance of mind-body practices as part of an effective path to recovery and joy in life.

<https://r20.com>

SMART Recovery

Abstinence-based, self-help program for people having problems with drinking and using. Ideas and techniques. Free alternative to 12-steps.

<https://smartrecovery.org/>

Hotlines

Hotlines are staffed by people who are trained to assist individuals who are experiencing a non-life-threatening mental health or substance use disorder-related crisis and/or feel overwhelmed and unsure of how to respond to the situation they are facing. For life-threatening emergencies, please call 911 or your local emergency number.

Crisis Text Line

Text HOME to 741741.

www.crisistextline.org

Mobile Crisis Team at the Jersey City Medical Center

A 24-hour mobile response service is available to Hudson County children or adults in crisis who need emergency psychiatric evaluation and support.

201-915-2210 or 866-367-6023

Maternal Mental Health Hotline

A confidential, toll-free hotline for expecting and new moms experiencing mental health challenges.

1-833-9-HELP4MOMS (1-833-943-5746)

National Suicide Prevention Hotline

Provides 24/7, free, confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

1-800-273-8255

New Jersey Hope Line

24-Hour Suicide Prevention Line.

855-654-6735

New Jersey Mental Health Cares

Behavioral health information and referral service.

866-202-HELP (4357)

Reach New Jersey

Addiction Help Hotline.

844-732-2465

Substance Use Treatment Helpline (SAMHSA)

Provides 24/7, free, confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

1-800-662-4357

The Trevor Project

24/7 crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, and queer (LGBTQ) young people ages 13-24.

1-866-488-7386

United Way's 2-1-1

Free, confidential referral and information helpline and website that connects people from all communities and ages to the essential health and human services they need, 24 hours a day, seven days a week.

<https://211.org/>

Substance Use Disorder Prevention Resources

Prevention programs, carried out before the need for treatment, can delay early use and stop the progress from use to problematic use or substance use disorder.

Above the Influence Youth Prevention Toolkit

Facilitator guides and educational materials to empower teens (12-17) with the necessary intellectual, social, and emotional skills to avoid negative influences.

https://hhs.gov/sites/default/files/ati_toolkit_new.pdf

Botvin Life-Skills Training Program

Evidence-based prevention programs for schools, families, and communities.

<http://www.lifeskillstraining.com/>

New Jersey Prevention Network

A nonprofit organization that brings professionals together through focused networks supporting a variety of training and prevention programs offered throughout New Jersey.

<https://www.njpn.org/>

Regional Substance Use Prevention Coalitions (New Jersey)

Regional coalitions who engage policymakers to reduce underage drinking, the use of illegal drugs, and prescription drug misuse.

List of coalitions:

https://www.nj.gov/humanservices/dmhas/resources/services/prevention/Regional_Coalition_Contacts.pdf

NIDA for Parents and Educators

Blogs, videos, games, and educational resources on substance use for teens.

<https://nida.nih.gov/research-topics/parents-educators>

Partnership to End Addiction

Resources for parents or other caregivers looking for information and strategies to prevent or stop illicit drug use by adolescents.

<https://drugfree.org/>

Educational Resources

These resources can be used for learning, teaching, and decision-making about substance use disorders.

Drugs, Brains, and Behavior: The Science of Addiction (NIDA)

Fosters understanding about the need for long-term support for people in recovery.

https://nida.nih.gov/sites/default/files/soa_2014.pdf

Opioid Basics (CDC)

Information regarding the opioid epidemic that's designed for non-health professionals and ideal for community and faith-based organizations.

<https://www.cdc.gov/overdose-prevention/about/>

Effective Treatments for Opioid Addiction (NIDA)

Educates on Medication-Assisted Treatment (MAT) and how to offer the best support for people in treatment.

<https://nida.nih.gov/publications/research-reports/medications-to-treat-opioid-addiction/how-do-medications-to-treat-opioid-addiction-work>

Q&A on Naloxone (NIDA)

Information on medications that can reverse an opioid overdose and save lives.

<https://nida.nih.gov/publications/drugfacts/naloxone>

Opioid Overdose Prevention Toolkit (SAMHSA)

Offers strategies to health care providers, communities, and local governments for developing practices and policies to help prevent opioid-related overdoses and deaths.

<https://store.samhsa.gov/product/Opioid-Overdose-Prevention-Toolkit/SMA18-4742>

Decisions in Recovery: Treatment for Opioid Use Disorder (SAMHSA)

Handbook for anyone seeking help or information about cutting down or cutting our narcotics, prescription pain medications, heroin and/or other opioid drugs

<https://store.samhsa.gov/product/Decisions-in-Recovery-Treatment-for-Opioid-Use-Disorders/SMA16-4993>

Decisions in Recovery: Treatment for Opioid Use Disorder (SAMHSA)

Handbook for anyone seeking help or information about cutting down or cutting our narcotics, prescription pain medications, heroin, and/or other opioid drugs

<https://store.samhsa.gov/product/Decisions-in-Recovery-Treatment-for-Opioid-Use-Disorders/SMA16-4993>

Personal Recovery Stories (Hazelden Betty Ford)

Short PBS film on fighting the stigma of addiction with stories of recovery.

<https://www.hazeldenbettyford.org/stories>

Glossary of Key Terms

12-Step Program: A group providing mutual support and fellowship for people recovering from addictive behaviors. The first 12-step program was Alcoholics Anonymous (A.A.), founded in 1935; an array of 12-step groups following a similar model have since emerged and are the most widely used mutual aid groups and steps for maintaining recovery from alcohol and drug use disorders. It is not a form of treatment, and it is not to be confused with the Twelve-Step Facilitation modality.

Abstinence: Not using alcohol or drugs.

Addiction: The most severe form of substance use disorder, associated with compulsive or uncontrolled use of one or more substances. Addiction is a chronic brain disease that has the potential for both recurrence (relapse) and recovery.

Binge Drinking: For men, drinking 5 or more standard alcoholic drinks, and for women, 4 or more standard alcoholic drinks on the same occasion on at least 1 day in the past 30 days.

Case Management: A coordinated approach to delivering general health care, substance use disorder treatment, mental health, and social services. This approach links clients with appropriate services to address specific needs and goals.

Compulsivity: Repetitive behaviors in the face of adverse consequences and repetitive inappropriate behaviors in a particular situation. People suffering from compulsions often recognize that the behaviors are harmful, but they nonetheless feel emotionally compelled to perform them.

Continuum of Care: An integrated system of care that guides and tracks a person over time through a comprehensive array of health services appropriate to the individual's needs. A continuum of care may include prevention, early intervention, treatment, continuing care, and recovery support.

Dependence: A state in which an organism only functions normally in the presence of a substance, experiencing physical disturbance when the substance is removed. A person can be dependent on a substance without being addicted, but dependence sometimes leads to addiction.

Drug Diversion: A medical and legal concept involving the transfer of any legally prescribed controlled substance from the person for whom it was prescribed to another person for any illicit use.

Heavy Drinking: Defined by the Centers for Disease Control and Prevention (CDC) as consuming 8 or more drinks per week for women and 15 or more drinks per week for men, and by the Substance Abuse and Mental Health Services Administration (SAMHSA), for research purposes, as binge drinking on 5 or more days in the past 30 days.

Intervention: A professionally delivered program, service, or policy designed to prevent substance misuse (prevention intervention) or treat a substance use disorder (treatment intervention).

Medication-assisted treatment (MAT): MAT is the use of FDA-approved medications, in combination with counseling and behavioral therapies, to provide a “whole-patient” approach to the treatment of substance use disorders. Research shows that a combination of medication and therapy can successfully treat these disorders, and for some people struggling with addiction, MAT can help sustain recovery. The FDA has approved several different medications to treat opioid use disorder and alcohol use disorder.

Negative Reinforcement: The process by which the removal of a stimulus, such as negative feelings or emotions, increases the probability of a response, such as drug taking.

Opioid Treatment Program (OTP): SAMHSA-certified program, usually comprising a facility, staff, administration, patients, and services, that engages in supervised assessment and treatment, using methadone, buprenorphine, or naltrexone, of individuals who have opioid use disorders. An OTP can exist in a number of settings, including but not limited to intensive outpatient, residential, and hospital settings. Services may include medically supervised withdrawal and/or maintenance treatment, along with various levels of medical, psychiatric, psychosocial, and other types of supportive care.

Positive Reinforcement: The process by which the presentation of a stimulus such as a drug increases the probability of a response like drug taking.

Prescription Drug Misuse: Use of a drug in any way a doctor did not direct an individual to use it.

Protective Factors: Factors that directly decrease the likelihood of substance use and behavioral health problems or reduce the impact of risk factors on behavioral health problems.

Recovery: A process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential. Even individuals with severe and chronic substance use disorders can, with help, overcome their substance use disorder and regain health and social function. This is called remission. When those positive changes and values become part of a voluntarily adopted lifestyle, that is called “being in recovery.” Although abstinence from all substance misuse is a cardinal feature of a recovery lifestyle, it is not the only healthy, pro-social feature.

Relapse: The return to alcohol or drug use after a significant period of abstinence. A more compassionate term that is being used more often is “having or had a setback.”

Remission: A medical term meaning that major disease symptoms are eliminated or diminished below a pre-determined, harmful level.

Risk Factors: Factors that increase the likelihood of beginning substance use, of regular and harmful use, and of other behavioral health problems associated with use.

Substance: A psychoactive compound with the potential to cause health and social problems, including substance use disorders (and their most severe manifestation, addiction).

Substance Misuse: The use of any substance in a manner, situation, amount, or frequency that can cause harm to users or to those around them. For some substances or individuals, any use would constitute misuse (e.g., underage drinking, injection drug use).

Substance Misuse Problems or Consequences: Any health or social problem that results from substance misuse. Substance misuse problems or consequences may affect the substance user or those around them, and they may be acute (e.g., an argument or fight, a motor vehicle crash, an overdose) or chronic (e.g., a long-term substance-related medical, family, or employment problem, or chronic medical condition, such as various cancers, heart disease, and liver disease). These problems may occur at any age and are more likely to occur with a greater frequency of substance misuse.

Substance Use: The use — even one time — of any substance.

Substance Use Disorders: A medical illness caused by repeated misuse of a substance or substances. According to the Fifth Edition of the Diagnostic and Statistical Manual of Mental Disorders (DSM-5), substance use disorders are characterized by clinically significant impairments in health, social function, and impaired control over substance use and are diagnosed through assessing cognitive, behavioral, and psychological symptoms. Substance use disorders range from mild to severe and from temporary to chronic. They typically develop gradually over time with repeated misuse, leading to changes in brain circuits governing incentive salience (the ability of substance-associated cues to trigger substance seeking), reward, stress, and executive functions like decision-making and self-control.

Substance Use Disorder Treatment: A service or set of services that may include medication, counseling, and other supportive services designed to enable an individual to reduce or eliminate alcohol and/or other drug use, address associated physical or mental health problems, and restore the patient to maximum functional ability.

Tolerance: Alteration of the body's responsiveness to alcohol or a drug such that higher doses are required to produce the same effect achieved during initial use.

Withdrawal: A set of symptoms that are experienced when discontinuing use of a substance to which a person has become dependent or addicted, which can include negative emotions such as stress, anxiety, or depression, as well as physical effects such as nausea, vomiting, muscle aches, and cramping, among others. Withdrawal symptoms often lead a person to use the substance again.

Wrap-Around Services: Wrap-around services are non-clinical services that facilitate patient engagement and retention in treatment and their ongoing recovery. This can include services to address patient needs related to transportation, employment, childcare, housing, and legal and financial problems

Source: U.S. Department of Health and Human Services (HHS), Office of the Surgeon General, Facing Addiction in America: The Surgeon General's Report on Alcohol, Drugs, and Health. Washington, DC: HHS, November 2016

SUBSTANCE USE DISORDER PREVENTION, TREATMENT & RECOVERY RESOURCE GUIDE

JERSEY CITY AND SURROUNDING AREAS, NEW JERSEY