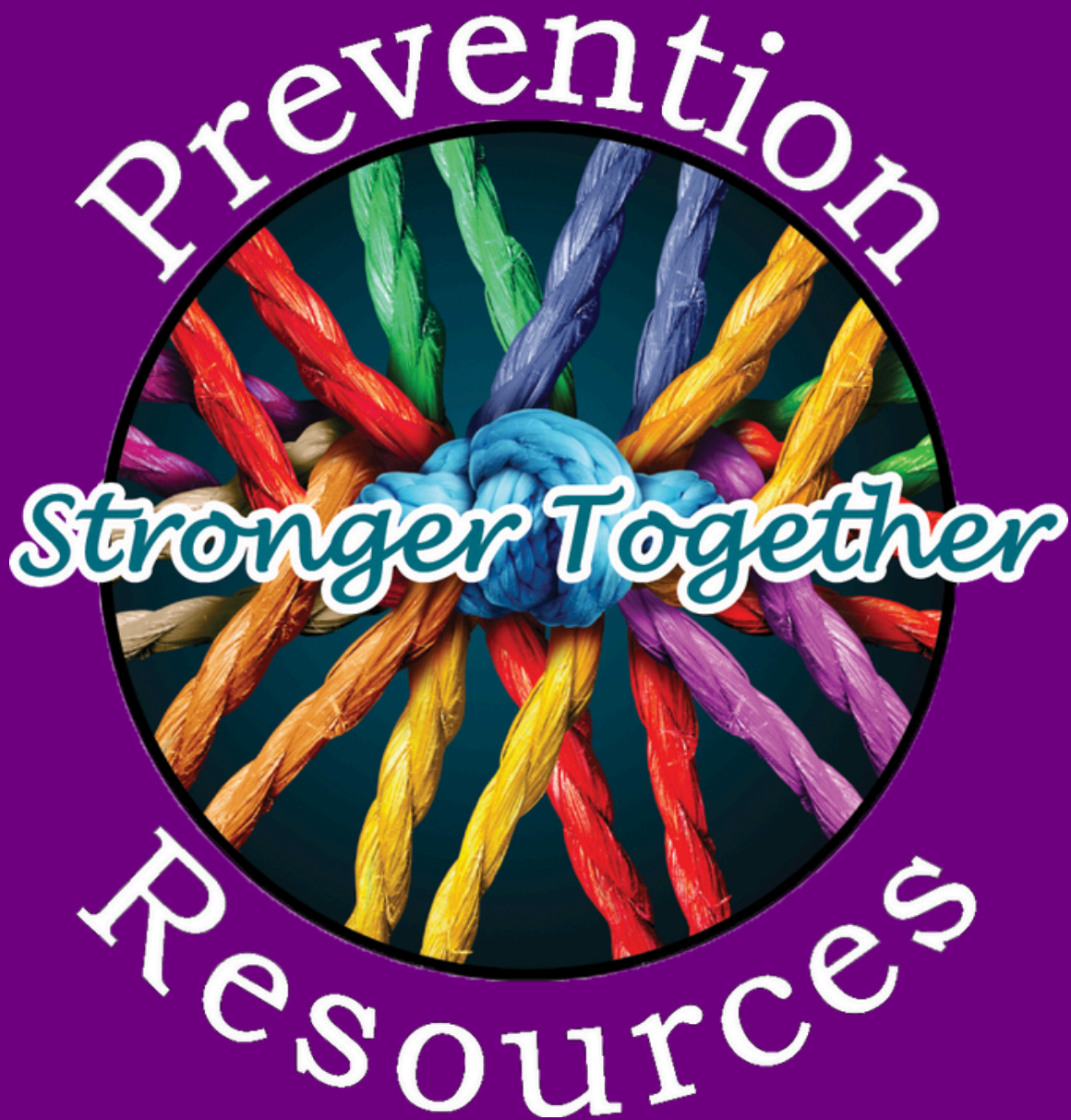


PREVENTION RESOURCES
(HUNTERDON)
INFO PACKET



Prevention Resources Inc. created this packet to help you access resources—whether you're transitioning out of treatment, in sustained recovery, exploring or practicing harm reduction, supporting a loved one, unsure where to begin, or simply seeking safe, sober community connections. Please use the table of contents below to find the resources that best meet your needs.

Open Door Recovery Center and other Recovery Resources including treatment navigation

Safe Sober Recreational Activities

Sharing the Hope Family Support Center

Community Wellness Center and other Recreation Resources

Harm Reduction Center and other Harm Reduction Resources

Other Outside Resources (including food pantry access and transportation)

Crisis and Help Lines

CONTENTS

Questions? Concerns? Need help finding something?
Call (908) 864-2940 or email opendoor@njprevent.com

Open Door Recovery Center and other Recovery Center Resources



Open Door Recovery Center General Info:

Phone: (908) 864-2940

Email: opendoor@njprevent.com

Address: 5 E Main St. Flemington,
New Jersey 08822

Services:

- One on one coaching with Certified Peer Recovery Specialists (CPRS)
- Wellness Planning
- Weekly recovery support meetings
- Monthly safe sober recreational activities such as game nights, hikes, roller skating, art nights and more!



Prevention Resources
**Open Door
Recovery Center**
of Hunterdon County
Unify, Inspire, Believe, Live

WHAT ARE CERTIFIED PEER RECOVERY SPECIALISTS?

Resource Coordinators / System Navigators

Peer Recovery Specialists can help you access social services, support programs, job applications, resume making, therapy, and provide linkages to resources you may not already be aware are available.

Educators

A CPRS can provide education on the multiple paths of recovery, in addition to Narcan supply and training. They may offer information the risks of returning to use along with safety guidelines. Through education we hope to save lives.

Normal People Like YOU!

Certified Peer Recovery Specialists aren't therapists, clinicians, psychiatrist, lawmakers, or AA sponsors. We can't diagnose, provide medical treatment or tell you what to do. Though its important to maintain an appropriate level of comfort with your peer workers, we are just as the name says; peers, normal people- just like you!

One-on-one (1:1) Peer-to-Peer Recovery Support can be a valuable resource for anyone in recovery from Substance Use Disorder. A Peer Recovery Specialist's greatest strength often lies in their ability to share personal experiences—or those of others they've encountered on their journey to foster connection and understanding. Having "been there" Peer Specialists are uniquely equipped to meet individuals where they are in their recovery process.

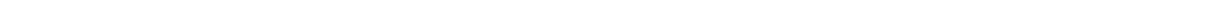
Peer Recovery Specialists recognize that their own experience is not a universal blueprint. Their role is to honor each individual's unique recovery path by helping connect them with resources and activities that align with their personal goals and strategies.

Advocates

CPRS's provide one-on-one advocacy, including writing letters of support for housing applications, legal matters, and other needs. They can also accompany you to court appearances or therapy sessions. Above all, Peer Specialists are dedicated to supporting and empowering you, while promoting self-determination and building self-confidence.

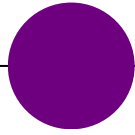
Support Specialists

Certified Peer Recovery Specialists are trained to be ethical and thoughtful listeners and provide support through one on one meetings which include wellness planning and approaches structured to each individual based on their expressed needs and desires.



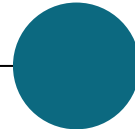
RECOVERY GROUPS AT ODRC

All groups held at 5 E Main St, Flemington, New Jersey, 08822 unless otherwise noted.



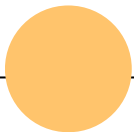
Monkeying Around

Mondays 7pm-8pm. In this workshop we will recover primal movement, dynamic nutrition, and joy of being. Contact Frank at fvaccaro@njprevent.com with questions.



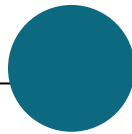
SMART Recovery

Tuesdays 6:30-7:30 at 4 Walter E Foran Blvd Suite 410 - Flemington, New Jersey 08822. SMART recovery uses the methods of CBT and MI to treat the behaviors at the root of addiction. Join us ONLINE or in person. ZOOM ID: 830 7969 3564



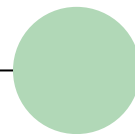
S.L.A.A.

Tuesdays 7:00pm-8:15pm & Saturdays 10:00am-11:15am
This meeting is available to all genders, those who identify as sex and love addicts. Rotating format.



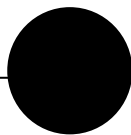
Harm Reduction Works

Tuesdays 11am-12am
ONLINE only - ZOOM ID 831 0985 8232 Provides a safe space for individuals to explore harm reduction strategies and connect with others.



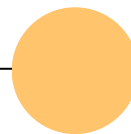
Tending Our Inner Selves

3rd Tuesdays of each month, 6:30-7:30pm. ONLINE only. Explore non-religious spiritual practices in a safe, non-confrontational environment. ZOOM ID: 842 7318 4858



Recovery Court Alumni

Last Wednesday of every Month 7-8PM - Open only to graduates and current participants of New Jersey State Recovery Courts. Please contact Gabriella F at finazzo123@gmail.com for questions.



Refuge Recovery

Saturdays 7pm-8:30pm
Applying Buddhist meditation and practice to recover from addiction and heal.



SAFE SOBER RECREATION

It is often said that the opposite of addiction is connection. We at Prevention Resources truly believe that opportunities for safe sober fun is just as important as opportunities to work directly on recovery. The following are repeated activities held by Prevention Resources, for a full calendar including one time or seasonal events, please check out our website activity calendar at njprevent.com/events

Game Night Hosted at the Community Wellness Center

Every 2nd and 4th Saturday of the month, Join us from 1:30-6:30 for a lovely safe sober Game Night! Enjoy pizza and refreshments as you participate in one of our many board, card, and videogames as well as an ongoing game of Table Top Role Play. Register at Tinyurl.com/gamenightPR
44 Emery Ave Flemington New Jersey, 08822

Weekly Supper Time Open Hours at Open Door Recovery Center

Join Open Door Recovery Center every Wednesday 5pm-7pm for a FREE dinner and open evening hours! Chat with/make friends, join STOMP (Striving Towards Ongoing Mental Peace). a mindfulness journaling group 5:30-6:30, watch some TV or play one of our many board or card games, bring that craft you're working on or start one with us, all while enjoying a nice meal in a warm homey environment. STOMP does not meet the last Wednesday of the month, for questions about STOMP contact gfinazzo@njprevent.com
5 E Main St, Flemington New Jersey, 08822

OTHER RECOVERY RESOURCES



Treatment Navigation

If you or a loved one is looking for recovery treatment services on any point in the continuum of care, we Certified Peer Recovery specialists are happy to help find services that meet your needs, location, and insurance or lack thereof! Call (908) 864-2940 to reach a CPRS and begin your search for treatment.

Prefer to look on your own? We suggest starting with a search engine like Shatterproof Treatment Atlas, which asks multiple choice questions in order to provide the search results that best fit your needs. To use this atlas, simply go to treatmentatlas.org

Meeting Search Websites

Alcoholic Anonymous: https://www.nnjaa.org/intergroup/cgi-bin/search_options.php

(Spanish AA): <https://www.oficinaintergrupaldeaanj.org/reuniones>

AA (online): <https://aa-intergroup.org/meetings/>

Narcotics Anonymous: <https://m.narcoticsanonymousnj.org/Meetings/default.asp>

(online-NJ): https://m.narcoticsanonymousnj.org/Meetings/default_online.asp

(online-worldwide): <https://virtual-na.org/meetings/>

SMART: <https://meetings.smartrecovery.org/meetings/>

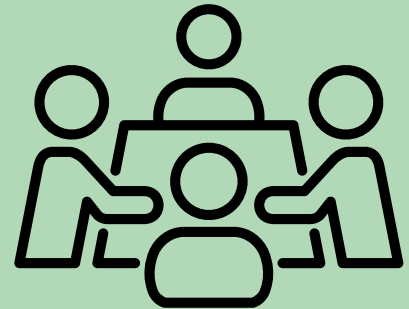
Refuge Recovery: <https://refugerecoverymeetings.org/meetings>

S.L.A.A.: <https://slaadvi.org/meetings-and-meeting-lists/>

Harm Reduction: <https://meet.harmreduction.works/>

Al-Anon: <https://meetings.al-anon.org/electronic-meeting-page/>

Nar-Anon: <https://www.nar-anon.org>



RecoverWe App -

RecoverWE was developed to help individuals who use substances connect to the resources they may need at any stage in the recovery process. Resources for family members and allies of individuals who use substances are also provided. Navigating recovery and knowing where to turn can be overwhelming; WE are here for you!

MEDICATIONS FOR ALCOHOL USE DISORDER (AUD)

There are three medications approved by the FDA for the treatment of AUD: Acamprosate, Disulfiram, and Naltrexone. Medication for AUD is not for everyone, and the medication options do not have a “one size fits all” approach. Whether the goal is reduction of alcohol use or total abstinence, the provider and the patient should have the same goals.

Acamprosate (Campral®) is a medication in tablet form that is taken three times per day and is thought to reduce the symptoms of long-term withdrawal, like anxiety, sleep disturbances, and restlessness. Use of this medication should begin around 5 days after drinking cessation and should be continued if **recurrence** occurs. Acamprosate reaches full effectiveness at 5-8 days of use and it is most effective for those who have a goal of abstinence rather than reduced alcohol use.

Disulfiram (Antabuse®) is a medication in tablet form that is taken once per day and is an alcohol aversive, or it “causes an acutely toxic physical reaction when mixed with alcohol.” It shouldn’t be started until alcohol cessation reaches 12 hours. The effects of mixing Disulfiram and alcohol include sweating, warmth/flushing, hyperventilation, blurred vision, thirst, nausea/vomiting, chest pain/palpitations, vertigo, confusion, and weakness.

Oral Naltrexone (ReVia®/Depade®) is a once-per-day tablet that reduces the rewarding effects and cravings for alcohol. Oral Naltrexone is not recommended until alcohol cessation reaches about 3-7 days. Since Naltrexone has a dual use with alcohol and opioid use disorders, it’s important that the patient informs the provider of any opioid use before beginning Naltrexone treatment.

Extended-Release Injectable Naltrexone (Vivitrol®) is the extended-release version of Naltrexone that is administered by injection once every 4 weeks. The patient should be abstinent from alcohol for at least 4 days. The biggest benefit of Vivitrol® is the decreased concern about compliance. Compliance ensures the efficacy of the medication because of the proper continued use.

MEDICATIONS FOR OPIOID USE DISORDER (OUD) DISORDER

There are three FDA-approved medications that have been heavily researched and considered effective: methadone, buprenorphine, and naltrexone. MOUD is not for everyone —treatment of SUD does not have a “one size fits all” approach.

All MOUDs have possible side effects and prescription drug interactions; patients should consult with providers about the use of other drugs and alcohol.

Naltrexone is a medication that blocks opioid receptors in the brain, it discourages cravings and reduces overdose risk. It is often used as an extended-release injection, administered every 4 weeks. The biggest challenge with naltrexone is consistent use (or compliance). Additionally, those considering Naltrexone must stop using opioids for approximately one week to start treatment.

Buprenorphine is a medication that reduces cravings and blocks the effects of opioids. Buprenorphine is typically combined with Naloxone. Some common brand names include Suboxone, Bunavail, and Zubsolv. This MOUD is typically taken once a day, but doses are individualized. The recently FDA-approved injectable versions can be given monthly. Adding Naltrexone to buprenorphine medications reduces the chances of misuse, but consistent monitoring is important. Buprenorphine can be given by a qualified physician.

Methadone is the most studied MOUD, showing high rates of treatment retention. This medication reduces cravings and withdrawal symptoms, as well as blocks the effects of opioids. Research shows that the longer the course of methadone treatment, the more successful the treatment. Methadone does have a possibility of toxicity if dosed too high, so dosage is monitored by federally regulated Opioid Treatment Programs (OTPs). Overdose of methadone can be reversed with Narcan. Patients should disclose the use of other drugs or alcohol with their provider because of the increased chance of overdose. Methadone can only be given by a federally regulated Opioid Treatment Program (OTP).



Sharing the Hope Family Support Center

Sharing the Hope Family Support Center General Info:

Phone: (908) 520-6812

Email: ahicks@njprevent.com

Address: 5 E Main St. Flemington, New Jersey. 08822

Services:

- Provides peer services to family and other loved ones supporting individuals in active use or recovery.
- Family support advocates available via phone, text, email, and video call - no barriers!
- One-on-one and weekly virtual support groups
- Naloxone (Narcan) trainings and free kits!
- Self-care events
- Utilizes the CRAFT model (Community Reinforcement and Family Training)

Community Wellness Center



Prevention Resources' Community Wellness Center general info:

Phone: (908) 782-3903

Email: kvonderheyde@njprevent.com

Address: 44 Emery Avenue Flemington, New Jersey, 08822

Website: <https://njprevent.com/community-wellness-center/>

Services:

- A safe community center meant to assist and enrich the lives of community members, particularly those who experience mental health or substance use issues.
- Build relationships and empowerment within your community.
- One-on-one mentorship coaching from mental health and co-occurring disorders utilizing the 8 dimensions of wellness.
- Linkages to legal, housing, food, and program entitlement assistance.
- Education and learning opportunities.
- Life skills and employment training
- Events such as financial literacy classes, walking clubs, community gardening, game nights, meditation, yoga and more!

Prevention Resources



COMMUNITY WELLNESS
CENTER

PR's Harm Reduction Center and other Harm Reduction Resources



REDUCTION

PR's Harm Reduction Center General Info:

Phone: (908) 603-1405

Email: rdenlinger@njprevent.com

Address: 5 E Main St. Flemington, New Jersey 08822

Services:

- Access to Naloxone (narcan) nasal spray as well as trainings for how to administer Naloxone.
- One-on-One Peer Support
- Safe Use Supplies
- Sharps Disposal and Exchange
- Drug Checking Strips
- Sexual Wellness Supplies
- Overdose Prevention Education
- Access to Support Groups
- Linkage and Referrals to external support services
- Wound care supplies
- Hygiene Supplies

NALOXONE (NARCAN)

COMPLETE GUIDE



Prevent Overdose in Our Communities.

Naloxone is available to the public for free in NJ. Learn about this lifesaving drug and how to access it.

WHAT IS NALOXONE (NARCAN)?

Naloxone (Narcan) is a medicine that rapidly reverses an opioid overdose. Examples of opioids include heroin, fentanyl, and prescription pain medication.

Naloxone is not effective for non-opioid related drug overdose, and is not a treatment for opioid use disorder.

Naloxone is not just for people who use opioids recreationally. It is important to have if you take opioids as prescribed to prevent accidental overdose.

Administering naloxone to someone who is not experiencing an overdose will not hurt them.



HARM REDUCTION



There are multiple harm reduction centers in NJ that distribute Naloxone and other harm

reduction tools to the community free of charge. Scan the QR code for your closest location.

NALOXONE 365



Participating pharmacies throughout the state carry and give away

Naloxone FREE to residents 14 years of age or older. Find the closest one to you by scanning the QR code.

WHAT TO DO DURING AN OVERDOSE

1 DON'T RUN CALL 911

If you witness a drug overdose NJ's Overdose Protection Bill will protect you, even if you are in possession or under the influence of drugs.

2 CHECK FOR SIGNS OF OVERDOSE

Shake them and shout to try and wake them up.

- Slow and shallow breathing.
- Skin color is blue or grayish, with dark lips.
- Very sleepy and unable to talk, or unconscious.
- Snoring or gurgling sounds.

3 ADMINISTER NALOXONE

If they don't respond 2-mins after you give them the first dose in the box, give them the second one. Give CPR if they need it and you know how to provide it.

4 STAY UNTIL HELP ARRIVES

Stay with them until paramedics arrive even if they become responsive.

WHERE CAN I ACCESS NALOXONE?

PREVENTION RESOURCES,

We distribute Naloxone to the community free of charge. You can either pick it up from us on site or have a kit mailed to you.

Contact Amy Hicks or Vanessa Peters to request a kit:

- ahicks@njprevent.com
- vpeters@njprevent.com

MEDICATION DROP BOX

All medications must be disposed of inside of the box.

Help reduce overdose by disposing of expired medications in designated medication drop boxes. Please do not leave any medications outside of the box.

WHAT IF MY NALOXONE EXPIRES?

Naloxone has been found effective up to ten years past its expiration date. If someone is overdosing and the only kit you have is an expired one, you should still use it. However, you should always replace an expired kit if possible.

You can dispose of an expired kit at a medication drop box. Scan the QR code to find a list of medication drop boxes in NJ.



TAKE A NALOXONE TRAINING

Prevention Resources offers free Naloxone trainings on a quarterly basis. Participants:

- Learn about what Naloxone is and how it reverses overdose
- Learn how to properly use Naloxone.
- Learn what to do if someone is overdosing.
- Receive a free Naloxone kit.

Contact Matteo Giles for information on our upcoming trainings:

- mgiles@njprevent.com
- 908-540-0281



HOW TO STORE NALOXONE

Make sure your Naloxone is kept in a location that all household members are aware of and can access with ease.

It should always be stored in a room temperature environment, out of direct sunlight.

MORE HARM REDUCTION RESOURCES

Where/How to get Naloxone(Narcan)

Narcan is available at all of Prevention Resources offices as well as through the Naloxone 365 program at participating pharmacies and through the below harm reduction sites.

Bowkers Pharmacy	46 Bridge St.	Milford
Grayrock Pharmacy	2004 State Route 31, Unit 4	Clinton
Holland Center Pharmacy	621 Milford-Warren Glen Rd.	Milford
Rite Aid Pharmacy of Whitehouse Station	531 Rte. 22 E.	Whitehouse Station
Shop Rite Pharmacy of Clinton	50 Walmart Plaza	Clinton
Shop Rite Pharmacy of Flemington	272 Highway 202 & Rte 31	Flemington
Stop & Shop Pharmacy of Flemington	334 State Route 31	Flemington
Walgreens Pharmacy of Flemington	29 Route 31	Flemington
Walmart Pharmacy of Clinton	1 Walmart Plaza	Clinton
Walmart Pharmacy of Flemington	152 Route 31 North	Flemington

https://data.nj.gov/Human-Services/Naloxone365-NJ-Free-Naloxone-at-Pharmacies-Program/nfsa-3664/about_data

Accessing Safe Use Supplies or Harm Reduction Information

nextdistro.org

njharmreduction.org

harmreduction.org

How to Find More Harm Reduction Centers

nj.gov/health/hivstdtb/hrc

The “Harm Reduction Works” Meeting Model

linktr.ee/hrw

Safe Medication Disposal

njprevent.com/rx-opioids

Numbers to Call While Using

800-484-3731 - “Never Use Alone”

623-473-7433 - “The Psychedelic Peer Support Line”

Self-Harm Resources

calmharm.co.uk - An app designed to assist in stopping self-harming practices.

Other Outside Resources (including food pantry access, and transportation)

Trans Life Line

A list of Community Based Crisis Support resources that avoid police and focus on a wide array of identities and walks of life.

<https://translifeline.org/resources/community-based-crisis-support/#hotlines-that-avoid-police>

Transportation

TRIP funding - Call (908) 540-0281 to see if your trip qualifies for TRIP funding, a program by which Open Door Recovery Center may be able to provide you with an uber ride to recovery related appointments or activities.

The Link Schedule - ridethelink.com

The Link Demand Response - ridethelink.com/2792/Demand-Response a program that provides on demand link rides (scheduled 24h+ in advance) to anywhere within the state of New Jersey at a maximum rate of \$8

Flemington Food Pantry

Flemingtonfoodpantry.org

The Flemington Area Food Pantry provides food and personal care items to people in Hunterdon County who are food insecure.

SAFE in Hunterdon

<https://safeinhunterdon.org/>

This organization serves Hunterdon County survivors of domestic violence and sexual assault by providing the resources they need to rebuild their lives and restore safety after experiencing or witnessing interpersonal violence.

SAFE in Hunterdon works in collaboration with community partners and providers to deliver trauma-informed services that meet the diverse needs of survivors.

Please call our 24/7 hotline at 908.788.4044.

Crisis and Help Lines

988

The 988 Suicide & Crisis Lifeline provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week, across the United States and its territories. The 988 Lifeline is comprised of a national network of over 200 local crisis centers, combining local care and resources with national standards and best practices.

741741

Text HOME to [741741](https://www.741741.org) from anywhere in the United States – 24/7, free, confidential. Crisis Text Line (CTL) is here for you. A live, trained volunteer Crisis Counselor receives the text and responds, all from our secure online platform. The volunteer Crisis Counselor will help you move from a hot moment to a cool calm.

1-866-202-HELP

Extensive non-911 emergency directory

1.313.662.8209

Text "THRIVE" to begin your conversation with us 24/7/365, from anywhere. A text-based crisis line staffed by people in STEM with marginalized identities. "Our Crisis Responders all have at least one marginalized identity and are rigorously trained using our proprietary curriculum, taught by and for people with intersecting marginalized identities. We hope that when you reach out to THRIVE you will talk to someone who gets it"

877 565-8860

Trans Lifeline's Hotline is a peer support phone service run by trans people for our trans and questioning peers. Call us if you need someone trans to talk to, even if you're not in a crisis or if you're not sure you're trans.

(800) 484-3731

Never Use Alone - A supervised use hotline. An operator will stay with you during use and notify emergency services if you become unresponsive. Call

623-473-7433

"The Psychedelic Peer Support Line" provides emotional support during and after psychedelic experiences. Call or text. "The Psychedelic Peer Support Line is staffed by rigorously trained, compassionate, supportive volunteers from diverse backgrounds who listen deeply and from a place of non-judgment."

(877) 292-5588

The Mental Health Association in New Jersey Peer Recovery WarmLine is a peer-run service providing ongoing telephone support to mental health consumers as they work towards recovery. It is answered by caring, trained people with lived experience with mental illness who are in recovery.

1-844-732-2465

New Jersey Addiction Helpline - reachnj.gov ReachNJ is a central call-in line for New Jersey residents who are looking for help with a substance use disorder (SUD). Each call to ReachNJ is answered by a live person in the first 30 seconds. Trained staff will screen callers to identify their exact needs, are able to provide referrals to supportive services and a seamless connection to a local treatment provider. ReachNJ serves NJ residents of all ages regardless of insurance status or ability to pay.

211

Resource support line for housing, food, etc.