

December 2022 | Volume 5

CLEARINGHOUSE CONNECTIONS

YOUR QUARTERLY E-NEWSLETTER UPDATE FROM THE NEW JERSEY SELF-
HELP GROUP CLEARINGHOUSE.



New Jersey
Self-Help Group Clearinghouse
800-367-6274



**Mental Health
Association
in New Jersey, Inc.**

The New Jersey Self-Help Clearinghouse is a program of the Mental Health Association in NJ

This quarterly newsletter will feature quarterly spotlights (of NJ support groups, programs, and organizations), information on the NJ Self -Help Clearinghouse, Upcoming trainings and workshops to support the support group facilitators throughout the state, resources for support groups throughout NJ, announcements of new support groups that have been formed, and much, much more!

A Note from the NJ Self-Help Group Clearinghouse Team:



THE NEW JERSEY SELF-HELP
CLEARINGHOUSE WISHES EVERYONE
THAT CELEBRATES A VERY HAPPY
HOLIDAY SEASON AND
HAPPY DECEMBER TO ALL.

As the year 2022 winds down, the NJ Self-Help Clearinghouse takes a look back on the past twelve months. Who doesn't love a highlight reel? Here is ours:

- We've provided extensive outreach to the LGBTQ+ Community by showing up and showing out at various PRIDE festivals resulting in a marked increase in requests for group referrals and the addition of 20+ new or revised groups being added to our database
- **The Overview of The New Jersey Self-Help Clearinghouse** presentation was provided both in person and virtually, to over 120 individuals at various agencies throughout the state.
- For the first time, the responsibility for delivering education around **Psychiatric Advance Directives (PADs)** was delegated to NJ SHCH. We provided education to 40+ people including individuals living with mental illness, their family members, wellness center staff and peer support professionals that assist people in creating and registering their PAD.
- Over 150 people attended our various Group Facilitation trainings. We were able to provide **Support Group Facilitation Basics** – onsite at 3 different organization's locations. Various Advanced Group Facilitation Skills webinars were provided online.
- Numerous individuals receive training on How to Start a Self-Help Support Groups via webinar or one-to-one on a zoom meeting.
- Clearinghouse staff was busy traveling this fall. Staff attended the **National Association of Peer Supporters (NAPS) conference** in Texas in October. Staff also had an opportunity to present at the **Health Professionals Education Association (HPEA) conference** in Chicago in November, bringing resiliency skills to nurses and healthcare professionals throughout the country.

And.... then there is **WRAP® - Wellness Recovery Action Planning**

- Over 80 stakeholders from organizations, facilities and agencies all over NJ attended the presentation, **Orientation to WRAP® as an Evidence Based Practice for Stakeholders**. This was done as a collaboration with The Copeland Center for Wellness and Recovery.
- Various online WRAP® workshops were held including, the 18-Hour WRAP® Workshop-held 3 times, Holiday WRAP®, WRAP® for Peer Supporters, WRAP® Overview and Understanding WRAP® and PADs. Over 200 people attended these

events including credentialed peer support professionals, aspiring peers and social work professionals.

- Thrilled to have our proposal accepted, Eve and Kelly presented WRAP® for Addictions to 25+ attendees at the NJ CARS 2022 Recovery Ecosystems Conference.
- After a long 3 year wait, were able to facilitate WRAP® Seminars again, in person, as the evidence based practice dictates.
- About 30 individuals completed Seminar 1 – The Study of Mental Health Recovery and How to Develop your Own WRAP.
- In September, the MHANJ Peer Leadership Team facilitated a 35-hour/5-day, in person WRAP® Co-Facilitator Training aka WRAP® Seminar 2, certifying a total of 13 new and recertified WRAP® Co-Facilitators. Attendees came from agencies including, MHANJ, Rutgers UBHC, Camden County Center for Family Services and Maryville Treatment Center.

So why toot our own horn when **this is a time of year for giving and being of service?** Not only are we so very proud to have served so many individuals and organizations throughout the year, we want to make sure that **YOU and YOUR ORGANIZATION** know of the many services, presentations, workshops, seminars, etc., that we offer.

We encourage you to contact us to see **what we can do for you!** Many trainings and workshops can be customized to meet the needs of your organization. To request training or more information about NJ Self-Help Clearinghouse please reach out to us at:

www.njgroups.org

Wishing you peace and wellness!!

Eve & Kelly



The NEW JERSEY SELF-HELP CLEARINGHOUSE was started in 1981 as the first statewide operation of its kind in the country. The mission of the Clearinghouse is to help people find and form all types of self-help support groups in order to provide hope, strength and experience to those in need in order to not feel alone.

WE OFFER THE FOLLOWING SERVICES:

- Information on Self-Help Support Groups
- Assistance with Starting New Support Groups
- Trainings and Workshops
- Support Provided via the MHANJ Call Center to those in need of immediate support

**Looking to start a support group?
The NEW JERSEY SELF-HELP CLEARINGHOUSE staff can help!**

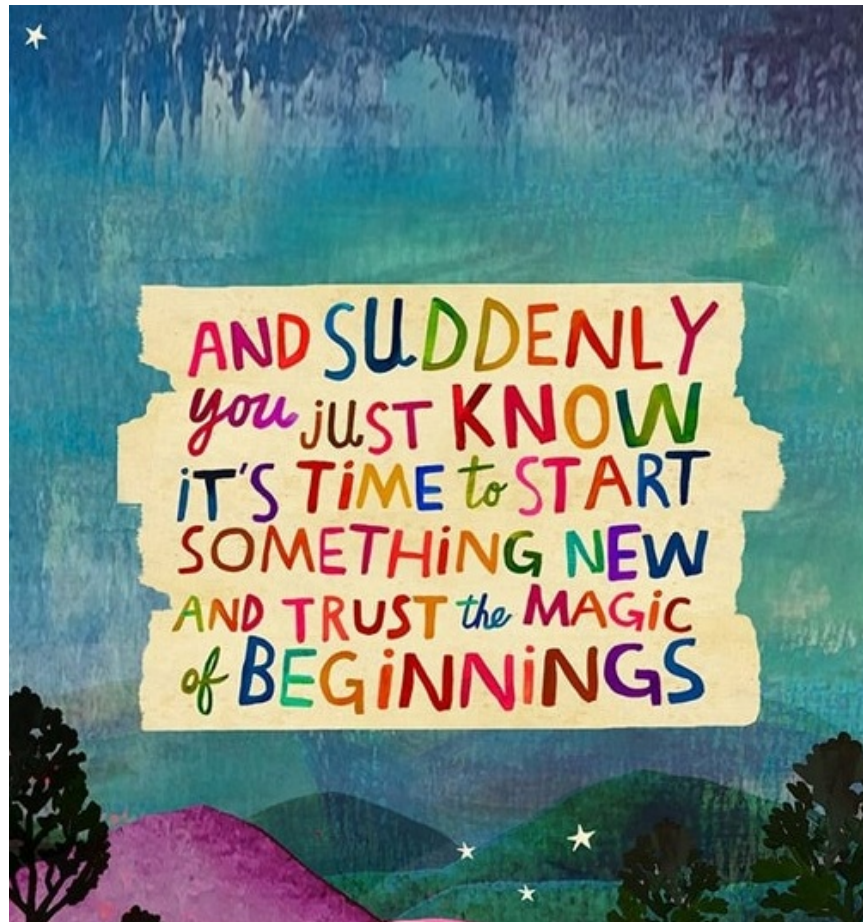
Step 1: Attend a Quarterly "How to Start a Support Group" Webinar.

Step 2: Schedule a meeting with one of the NJ Self Help Group Clearinghouse staff to discuss what was learned in the webinar and how to put what was learned into action.

Step 3: Keep in touch with the Clearinghouse for any troubleshooting once the group is up and running and update on any group detail changes to be reflected in the Clearinghouse Database.

Step 4: Attend regular webinars offered by the NJ Self Help Group Clearinghouse to enhance your support group!

[Click Here to Add or Update your Support Group Information in our Database](#)



Support Group Spotlights

WINTER ❄️

❄️ Wellness ❄️

Join United by Wellness, virtual statewide center for over 25 free support groups over the December Holidays.

Become a member today ❄️

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



Samaritan
LIFE-ENHANCING CARE

GRIEF SUPPORT

For most people, holidays are a happy, festive time. But, for those facing special days after the loss of a loved one, they can be lonely, depressing, and difficult to navigate. Holidays or not, it is important for you to find a way to take care of yourself. You're invited to join us at this free, online workshop to learn tips about how to deal with anniversaries, holidays and other special occasions.

Coping with Holidays



Monday, Dec. 12 6:00 PM
Thursday, Dec. 15 2:00 PM
Saturday, Dec. 17 10:00 AM

Wednesday, Dec. 21 6:00 PM
Wednesday, Dec. 28 6:00 PM

Registration Required: (856) 596-8550
or CFGcounseling@SamaritanNJ.org



Adult Survivors of Child Abuse
Meets online Tuesdays 6:30 pm - 8 pm
****group members only admitted on time***

ASCA is an innovative and effective support program designed specifically for adult survivors of physical, sexual and/or emotional child abuse or neglect



Meeting ID: 936 1386 0997



609-652-3800



Unitedbywellness@mhanj.org



mhaac.info/ubw

This is a Group of United BY Wellness: MHANJ's Virtual Wellness Center

FAITH-BASED WELLNESS

**THIS SUPPORT GROUP WILL DISCUSS
WELLNESS THROUGH THE LENS OF FAITH AND
SPIRITUALITY.**

**THIS GROUP WILL BE LED BY WRAP
FACILITATORS WHO USE THEIR WRAP TO
ENHANCE THEIR FAITH.**

**OPEN TO ALL FAITHS. OPEN TO ALL
PERSPECTIVES.**

T H U R S D A Y S @ 2 - 3 P M

Zoom Meeting ID: 841 7133 9918

wrap@mhany.org



**Mental Health
Association in
New Jersey, Inc.**

FREE PROGRAM

NU-D.A.Y.

Bridging the Continuum of Care:
Recovery Support Services for
Adolescents



*Identify, Engage, and Improve long
term recovery outcomes for youth*

**Parents & their families struggling with
harmful substance** use can participate in
this **free** 8-week training program to:



- Increase Healthy Living Skills
- Improve Family Communication
- Develop Coping Skills for Stress
- Strengthen Problem-Solving Skills

**SCAN THE
QR CODE TO
REGISTER**



For additional questions,
please contact Jewel Savvides (she/her)
at jsavvides@preventionlinks.org

SESSIONS

Session I | Thursdays 5pm–7pm

Session II | Tuesdays 9am–11am

Session III | Saturday 9am–11am

***VIRTUAL ONLY**

REFRESHMENTS PROVIDED



Peer Support Group

2nd & 4th Wednesdays of the month, 7pm, In Person
at Hope & Serenity Recovery Community Center



We offer a safe, non-judgmental, and supportive environment for survivors of any form of violence and/or trauma in their lifetime.



Engage with a community of peers with like experiences who empathize with your struggles.



Increase your understanding of PTS & Trauma challenges and how you can take the first steps towards improving your quality of life.



Learn more about local resources and available tools that will help you to manage symptoms.



Learn useful techniques such as Emotional Freedom Techniques (EFT) to reduce anxiety and Somatic Experiencing to reduce symptoms and improve daily functioning.



Please call our center at (973) 737-8448 for further information or email rcubby@hasrcc.org.

Areas Of Focus

- * Understanding Trauma
- * Recognizing Symptoms
- * Stress Reduction
- * Peer Support

- * Self Care
- * Wellness Tools
- * Community & Fellowship
- * Helpful Resources

Hope & Serenity Recovery Community Center, 33 Wilson Dr, Suite D,
Sparta, NJ 07871 (973) 737-8448



WERE YOU OR SOMEONE YOU KNOW AFFECTED BY SUICIDE?



Join us for our
2ND ANNUAL



INVISIBLE PAIN DAY



A DAY WE COMMEMORATE THOSE WE LOST BY SUICIDE

Let's get together to support and encourage one another while
gaining understanding that can be useful for a loved one

JANUARY 7TH, 2023 | 12PM - 4PM

Middlesex County Fire Academy
1001 Fire Academy Dr, Sayreville, NJ 08872

WHO IS THIS EVENT FOR:

For those who lost a loved one to suicide with, their families, friends,
co-workers and all those who would like to show their support

WHAT TO BRING:

Memories to share, pictures of your loved one

WHAT TO EXPECT:

- Support/Encouragement
- Resource Tables
- Art Therapy
- Mindfulness
- Loving Messages Table
- Activity Table
- Vocalist
- Guest Speakers
- Candlelight vigil
- Light lunch/Refreshments

**THERE WILL BE A SENSORY ROOM WITH A LICENSED
THERAPIST FOR PRIVATE ONE ON ONE CONVERSATIONS**

**SCAN TO
REGISTER**



BROUGHT TO YOU BY:

NAMI New Jersey and The Darren Clark Jr Memorial



Family and
Children's
Services, Inc.

Strengthening Families,
Building Futures Since 1893

LGBTQI+ Youth Support Group

A supportive group for lesbian, gay, bisexual, transgender,
queer, and intersex youths age 13 – 19



Need to talk about having and/or questioning an LGBTQI identity?

You are not alone!

Join us Wednesday evenings 6 – 7 pm, beginning June 1, 2022

Group will start remote using secure Zoom, and may move to in-person at
Family and Children's Services' Elizabeth office, pending pandemic conditions.

Held in coordination with



Sponsored by the Union County
Board of County Commissioners

UNION COUNTY
We're Connected to You!

*This program is held in coordination with the
Union County Youth Services Commission,
part of the Union County Department of
Human Services, Division of Youth Services.*

To register, and receive the Zoom remote link,
call Family and Children's Services at 908-352-7474
or email us at facintake@facsnj.org.

LOST ANGELS BEREAVEMENT SUPPORT GROUP

THE LOSS OF A LOVED ONE FOREVER CHANGES US. WHEN EXPERIENCING THE TRAGEDY OF A CHILD'S DEATH FROM DRUGS AND ALCOHOL, PARENTS AND LOVED ONES OFTEN FIND THEMSELVES ISOLATED AND CONFUSED.

LOST ANGELS IS A BEREAVEMENT SUPPORT GROUP THAT OFFERS SUPPORT, UNDERSTANDING, COMPASSION AND HOPE TO BEREAVED PARENTS AND LOVED ONES STRUGGLING TO REBUILD THEIR LIVES AFTER THE DEATH OF CHILDREN, GRANDCHILDREN, OR SIBLINGS AS A RESULT OF SUBSTANCE ABUSE OR ADDICTION.



MEETING INFO: ST. MARY'S CHURCH

10 LENOX AVE ROOM 205

POMPTON LAKES, NJ

WHEN: 1ST THURSDAY OF THE MONTH

TIME: 7:00PM

FOR MORE INFORMATION CONTACT DONNA ANDELORA

DANDELORA@YAHOO.COM OR 973 713 9962

SUPPORT GROUP EVERY THIRD FRIDAY OF THE MONTH | 4:00-5:00PM

Join ONLINE with other refugees and
asylees across NJ!

SPECIAL THANKS:



BROUGHT TO YOU BY:



FOR MORE INFO:

Email info@naminj.org



SAFE HAVEN



LGBTQ+ MEETING OF ALCOHOLICS ANONYMOUS

New hybrid meeting
starting
March 18th, 2022

FRIDAY NIGHTS
8:00PM-9:00PM

Open Door Recovery Center
5 East Main Street
Flemington, NJ 08822

Join virtually:
Zoom ID:
845 6288 5752

**OPEN TO ANYONE IN THE LGBTQ+ COMMUNITY SEEKING
RECOVERY. ALL IDENTITIES AND GENDERS WELCOME.**

Rotating format:

- 1st Friday of the month: Speaker/discussion
- 2nd Friday of the month: Daily reflections
- 3rd Friday of the month: Step of the month (12&12)
- 4th Friday of the month: Meditation & topic discussion
- 5th Friday of the month (if applicable): Big book

Contact Gillian H. with any questions:

✉ gill.heintjes@gmail.com

OPEN DOOR RECOVERY CENTER PRESENTS

RECOVERY COURT ALUMNI MEETING



**HOSTED THE LAST
WEDNESDAY OF THE MONTH
7:00PM - 8:00PM**

Flemington Presbyterian Church
10 E Main St, Flemington, NJ 08822

Open to all current and past
participants of the
New Jersey Recovery Court system.



Email opendoor@njprevent.com for more information

Recovery Dharma is a peer-led movement and a community that is unified by the potential in each of us to recover and find freedom from the suffering of addiction.



This is the true empowerment and freedom of recovery—recognizing that happiness and suffering are entirely up to us, based on how we choose to respond to our experiences.

**"YOU CANNOT
HEAL IN THE
SAME
ENVIRONMENT
WHERE YOU GOT
SICK."**

Join Us

Every Wednesday at 6:00 pm

Zoom ID# 648-362-337

For questions, Kbae@preventionlinks.org



Funding for programming is made possible by the Substance Abuse and Mental Health Services Administration (SAMHSA) State Opioid Response Grants Catalogue of Federal Domestic Assistance (CFDA) No. 93.788.



Open Door
Recovery Center
of Hunterdon County
Unify. Inspire. Believe. Live

REFUGE RECOVERY

A Buddhist approach to recovery from
addiction.

SATURDAY 7:00PM-8:00PM

Honor Yoga
17 Reaville Avenue
Flemington, NJ 08822

Contact Shaun with any questions:
smalleck@njprevent.com | 908-402-3635



SMART Recovery®
Self-Management and Recovery Training

SELF-MANAGEMENT AND RECOVERY TRAINING

SMART

RECOVERY GROUP

HYBRID MEETING

Thursdays 6:30 - 7:30 PM

Hunterdon Chamber of Commerce
119 Main St, Flemington, NJ 08822

Join Virtually

Zoom ID: 830 7969 3564



WHAT IS SMART?

SMART Recovery is for anyone with a desire to address any type of addictive behavior. It uses science-based skills that focus on building and maintaining motivation, coping with urges, managing thoughts, feelings and behaviors, and living a balanced life.



**Open Door
Recovery Center**
of Hunterdon County
Unity. Recovery. Beliefs. Live.
A Division of Hunterdon Healthcare, Inc.

Contact us: opendoor@njprevent.com | 908-864-2940

REUNIÓN DE ALCOHOLICOS ANÓNIMOS

PARA LOS QUE HABLAN ESPANOL



SPANISH SPEAKING AA MEETING

VIERNES
DE 8:00PM - 10:00PM
FRIDAYS
8:00PM - 10:00PM

EN PERSONA

IN-PERSON MEETING

PREVENTION RESOURCES, INC.

4 Walter E. Foran
Blvd, Flemington, NJ
08822
Suite 410

**Formato pre
determinado.**

**Format to be
determined.**



ENCUENTRA LA RECUPERACIÓN HOY

Únase con nosotros en persona a partir del 8 de Julio 2022 para una reunión de Alcohólicos Anónimos para hispanos. Abierta a todas las personas que hablan español que buscan recuperación a través de 12 pasos.

FIND RECOVERY TODAY

Join us in person beginning July 8th 2022 for an in-person Spanish speaking meeting of Alcoholics Anonymous. Open to all Spanish speaking persons seeking recovery through the 12 steps.

Parenting a teen can be challenging...



Teen Speak

Teen Speak teaches the skills necessary to open the lines of communication between parents/caregivers and their children, focusing on topics such as sex, mental health, and substance use.

Learn how to create a healthy, loving environment that fosters growth to help your teen make safer, more informed decisions as they continue into adulthood.

This virtual program is designed for parents, caregivers, and guardians who identify as fathers and/or men

**ALL PARTICIPANTS WILL RECEIVE A
\$50 GIFT CARD FOR COMPLETING
ALL SESSIONS**

August 16 & 23, 2022

6:00 pm - 8:00 pm

[To register click here](#)

or call (908) 722-4900 ext. 106



Funds for this event were provided by the New Jersey Department of Health's U.S. Department of Health and Human Services Personal Responsibility Education Program Grant. Funding #2101NJPREP.

WRAP CELEBRATES 25 YEARS

WRAPPERS throughout the world shared the impact WRAP has made on their lives. Being that the NJ Self-Help Clearinghouse and MHANJ are the WRAP Leaders in the

state of NJ, we wanted to share this special video, highlighting the power that is WRAP. Enjoy!



Upcoming Clearinghouse Happenings

Support Group Facilitation for Peer Specialists Two-Part Series

Peer Specialists often find that in addition to using their lived experience to provide hope and support to individuals pursuing recovery, one of the most common job duties is group facilitation. While peers often enter the job armed with strong experience both participating in and facilitating groups, honing these skills is a common request of peer specialists. Join us for this exciting workshop presented by the New Jersey Self-Help Clearinghouse!

Wednesday January 18th @ 10am-12pm
Wednesday January 25th @ 10am-12pm

[Register Here](#)

MHANJ Call Lines



CALL 877-292-5588
TTY: 877-294-4356

CALL FOR SUPPORT AND
INFORMATION
MONDAY-FRIDAY 8AM TO 10PM
SATURDAY-SUNDAY 5PM TO 10PM
HOLIDAYS-3PM TO 10PM

PEER RECOVERY WARMLINE
(PRW) IS A PEER-RUN SERVICE
PROVIDING ONGOING
TELEPHONE SUPPORT TO
MENTAL HEALTH CONSUMERS
AS THEY WORK TOWARDS THEIR
RECOVERY. ALL CALLS ARE
ANSWERED BY PEERS WHO ARE
TRAINED, SUPPORTIVE PEOPLE
WITH LIVED EXPERIENCE WITH
MENTAL HEALTH DISORDER.



CALL 855-652-3737
TTY: 877-294-4356

THE NJ CONNECT FOR
RECOVERY CALL LINE
FOCUSES ON HELPING
PEOPLE WHO ARE
EXPERIENCING DISTRESS
RELATED TO THE
SUBSTANCE USE DISORDER
OF A FAMILY MEMBER OR
FRIEND.



CALL 1-866-202-
HELP(4357)
TTY: 877-294-4356

NJMENTALHEALTHCARES
IS NEW JERSEY'S
BEHAVIORAL HEALTH
INFORMATION AND
REFERRAL SERVICE. THE
STAFF OF SPECIALISTS
USE THEIR EXPERIENCE
AND UNDERSTANDING OF
THE BEHAVIORAL
HEALTH SYSTEM TO
PROVIDE CALLERS
INFORMATION AND
CONNECT THEM TO THE
BEHAVIORAL HEALTH
AND SERVICES THEY
NEED.



[Click here to view the most recent Key Update Newsletter of the
National Mental Health Self-Help Clearinghouse](#)

[Join our Mailing List!](#)

Follow us on Facebook:

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

The NJ Self Help Group Clearinghouse | Mental Health Association in NJ
35 Beaverson Blvd., Building 5, Unit B, Brick, NJ 08723