

# ADDICTION RECOVERY GUIDE

ATLANTIC AND CAPE MAY  
COUNTIES

***1 in 3 PEOPLE IN THE U.S.  
IS AFFECTED BY  
ADDICTION***

Fighting addiction, yours or that of  
a loved one, can be overwhelming.

***There is no need to  
face it alone!***

This pamphlet can help you or a  
loved one get started on the road to



*Brought to you by NCADD-NJ Advocates  
and we encourage you to reproduce this  
resource guide to distribute in your  
community!*

www.ncaddnj.org

## Medical Detox

Maryville 856.629.0244

Bergen Regional / Evergreen  
1-800-730-2762.

STEPS Detox 609.441.8976

Sunrise detox (732) 797-2505

Lighthouse Detox <http://www.lhrecovery.com/>

## Inpatient/ Outpatient

John Brooks Recovery Center 609-345-4035

Maryville 856.629.0244

Addiction Recovery Systems (Med Assisted) 609)  
601-8611

Enlightened Solutions 609.270.5050

Park Bench Group 855.808.7254

RCA At Lighthouse 800.732.6837

Cape Counseling 609.465.4100

Behavioral Crossroads 609.645.2500

Atlantic Care Behavioral Health 609.646.9159

Seabrook House 800.582.5968

New Hope 732.946.3030

Salvation Army 609.344.0660

## Adolescent and Youth Focused

Daytop Adolescent (Pitsgrove)856.358.4111

Treating Rec. Youth Transition 609.645.5862

## Peer to Peer Recovery Centers

Hope All Day Recovery Center- 45 Mill St, Mays  
Landing 609.379.2582

## Homeless

Atlantic City Rescue Mission, 2009 Bacharach  
Blvd, Atlantic City 609 345 5517

Single Point of Entry (Atl County) 609.343.2277

Homeless Hotline 877.886.1325

Oasis Drop in Center (Atl County) 609.572.1929

Covenant House 800.999.9999

## Recovery Houses

Serenity House 609.432.2130

Oxford Houses <http://www.oxfordhouse.org/pdf/nj>

## Family Services

Parent to Parent 856.983.2272

Jewish Family Services 609.485.0025

Family Service Association 609.569.0239

Partnership for drug free kids - [www.drugfree.org/](http://www.drugfree.org/)

## FUNDING AND INSURANCE OPTIONS

**PRIVATE INSURANCE:** PPO plans are accepted at most private rehab facilities in most states. HMO plans in NJ are usually only accepted within the state.

**MEDICARE:** For those below 18 and above 64 Medicare can be used for rehabilitation in state.

**MEDICAID:** Rarely accepted for drug/alcohol rehab alone. If “co-occurring” mental illness, there are a few facilities that will accept Medicaid IF the mental health problem is primary.

**FUNDING:** County funding is sometimes available for its residents. Atlantic residents in need of these services should call 645-5932 and Cape May should call 465-4100 for referral and possible financial assistance.

**SCHOLARSHIPS:** Many facilities will give full or partial scholarships to those in need. Each facility decides its own policy. More out of state than in-state rehabs have scholarships available. To get one you must call each rehab individually and ask.

**NO COST:** No cost rehabs are usually “faith-based,” meaning that the stay is covered by a church or faith-based community. It is not a requirement to be a member of the affiliated church, but the recovery program will follow the beliefs and practices of the sponsoring community.

## “ADDICTIONARY”

*The language used in addiction can be baffling. Here is a list of frequently used terms.*

**DETOX** or detoxification is a medically supervised process of weaning the person off substance(s). Medical professionals prescribe medications and monitor the patient to ensure that they remain safe. Recommended for all addictive substances, but medically necessary for alcohol and benzodiazepines, as withdrawal from these substances can be fatal.

**INPATIENT REHABILITATION or REHAB** Stays in a medically supervised facility range from a few days to several months depending on facility and insurance.

**PHP-Partial Hospitalization Program** Recovering person lives at home or in a sober living facility, attends a program at the facility on average 5 weekdays, for 5+ hours each day.

**IOP- Intensive Outpatient Program** Recovering person resides at home and attends a program an average 3 days/nights a week for 3-4 hour sessions. Provides group and individual therapy.

**OP- Outpatient Program-** Usually held once/twice a week. Individual counseling with some group work. Similar to traditional therapy.

**Co- occurring** – Commonly used phrase when both addiction and mental health issues are present in an individual.

## SELF-HELP/SUPPORT GROUPS

These groups are comprised of people with “learned experience” that share their experience, strength, and hope. There are many types of support groups, including many for family members of the addicted person.

**12STEP GROUPS** A support group that uses the recovery model originated by Alcoholics Anonymous. There are many 12-step recovery groups: AA (Alcoholics), NA (Narcotics), Alanon (for family members), Alateen (for teen family members).

AA Cape Atlantic Information  
<http://capeatlanticaa.org> 609.641.8855

Al Anon [www.southjerseyal-anon.org](http://www.southjerseyal-anon.org)  
856.547.0855

Narcotics Anonymous [www.nanj.org](http://www.nanj.org)  
800.992.0401

### On the Web and Additional Hotlines

[www.usaaddictionhelp.com](http://www.usaaddictionhelp.com)  
List of available treatment facilities

<http://www.cityofangelsnj.org/help/>

**SMART Recovery Online Meetings**  
<http://www.smartrecovery.org/>

**NJ Addiction Hotline** 800-238-2333

**MHA-NJ Opiate Hotline** 855-652-3737