

OCTOBER 28
2022

4TH ANNUAL

RECOVERY ECOSYSTEMS CONFERENCE

IMPACT THROUGH EDUCATION,
INNOVATION, & COLLABORATION.



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**Coalition for
Addiction
Recovery
Support**

Made **possible** by;



The Substance Abuse and Mental Health Services Administration (SAMHSA) is the agency within the U.S. Department of Health and Human Services that leads public health efforts to advance the behavioral health of the nation. SAMHSA's mission is to reduce the impact of substance abuse and mental illness on America's communities.



Prevention Links (PL) is a community-based non-profit organization focused on addiction prevention & recovery support, based in Roselle, New Jersey. PL has spearheaded the formation of a number of innovative recovery support programs, including the first recovery high school in the state, which opened in 2015. In 2017, PL was awarded funding from the Substance Abuse and Mental Health Services Administration (SAMHSA) which supported the formation of NJ-CARS. PL serves as the fiscal agent for NJ-CARS, providing staffing, resources, expertise and support to ensure the Coalition's success.

and the **generous support** of our sponsors.

EMERGENT®

Emergent BioSolutions is a global life sciences company dedicated to one simple mission—to protect and enhance life. We develop, manufacture, and deliver a portfolio of medical countermeasures for biological and chemical threats as well as emerging infectious diseases.

 www.emergentbiosolutions.com



The mission of HOPE Sheds Light is to raise awareness and educate individuals, families and the community about the impact of addiction by having the courage to share personal experiences and offer strength, wisdom, hope and resources that lead to positive community change and long-term recovery.

 www.hopeshedslight.org



Hackensack Meridian
Carrier Clinic
Blake Recovery Center

BRC is a substance abuse, drug and alcohol addiction treatment and rehabilitation facility that has helped patients recover from their addictions since 1981. It was founded with the goal to provide a caring, supportive environment for those battling addiction & to help them turn their lives around. We strive to incorporate leading-edge advances to assure the most effective addiction treatment, and to provide medically-monitored detoxification and residential rehabilitation assistance for those suffering from drug and alcohol dependence.

 hackensackmeridianhealth.org/en/locations/Blake-Recovery-Center  Addiction Outreach Team Hotline 973-348-9769

ALL ROADS

RECOVERY COMMUNITY CENTER

JBRC John Brooks
Recovery Center

All Roads Recovery Community Center helps anyone struggling with addiction navigate their next steps on the journey to recovery. There is not one road to recovery, just as there is not one type of person. There are many people and pathways, and we believe that a peer recovery center is where these roads and people should converge. All Roads currently offers a wide variety of Recovery Groups, as well as one-on-one coaching with Certified Peer Recovery Specialists (CPRS).

 www.allroadsrecovery.org



The mission of Coaching Connections is to ensure the opportunity for individuals with developmental disabilities to receive quality services and supports and empower them to face down barriers to employment. Coaching-Connections LLC. offers Sincere, Steady, and Specialized Services in order to Educate, Emancipate, and Empower through Love, Lifting and Liberating those with developmental disabilities and their loved ones.

 www.coaching-connections.com

Mainstream Recovery 

 Penn Medicine
Princeton House Behavioral Health

 CARES
CENTER FOR ADDICTION RECOVERY, EDUCATION AND SUCCESS
PIK PREVENTION IS KEY
SPECIAL PROJECT

THE
COUNSELING CENTER
CONVENIENT | LOCAL | TRUSTWORTHY

 BRITE LIFE
RECOVERY

JAMES LEE JOHANSEN ENTERPRISES
J

seabrook®
Improve the lives we touch

The background of the image is a teal-colored crumpled paper texture. Overlaid on this are several dark teal silhouettes of human heads in profile, facing right. The silhouettes are layered, with some appearing in front of others, creating a sense of depth and community.

**Bringing the
Recovery
Community
Together.**

Welcome to the 4th Annual NJ-CARS Recovery Ecosystems Conference

Dear Friends,

On behalf of the NJ-CARS Advisory Board and the 2022 Conference Committee, we warmly welcome you to the 4th Annual Recovery Ecosystems Conference! For the past two years, we could not in good conscience bring this conference to you in-person due to the COVID-19 pandemic. That being said, we are elated and grateful to be bringing the recovery community together in-person today.

An ecosystem is defined as a “community of interacting organisms and their physical environment.” In a thriving recovery ecosystem, the entire continuum of care for substance use and mental health disorders efficiently and effectively works together to create a recovery ready community.

Though pieces of that ecosystem exist in communities throughout the state, we seek to cultivate a robust and complete recovery ecosystem in every community. This will allow New Jersey residents to access and sustain recovery in the community in which they live, work and learn. Our conference theme “Impact Through Education, Innovation & Collaboration” was chosen intentionally. We must unify and work together to make this vision a reality. We hope to inspire you, as well as educate and arm you with practical skills to better carry out your work.

To put a conference of this magnitude together is not a small task. We would like to thank the entire NJ-CARS Advisory Board for their unwavering support; the 2022 Conference Committee; and, all of the sponsoring organizations for their generous financial support.

Most importantly though, we would like to thank you. It is only with you – your passion and dedication to helping others – that we will pave our way into the future and towards a thriving recovery ecosystem. We could not accomplish what we do without your leadership.

Today we stand together, a united front, to strengthen the New Jersey Recovery Community as a whole.

In service,



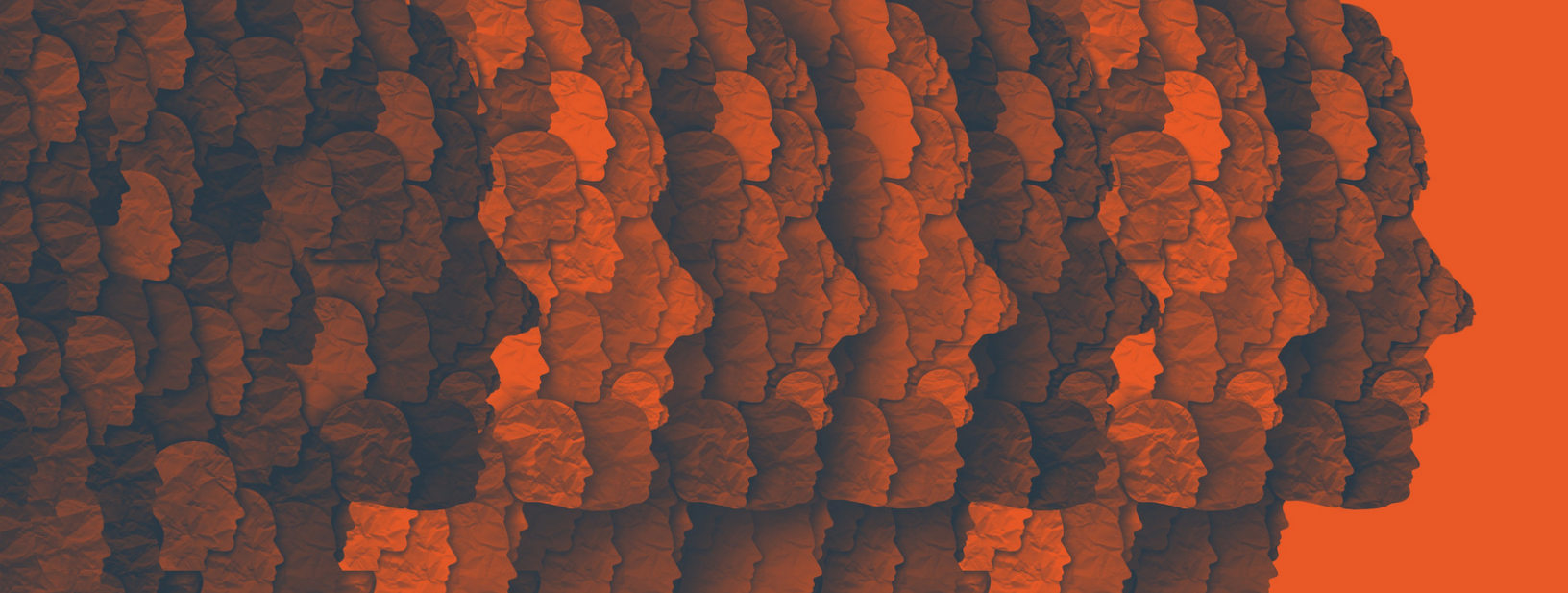
Morgan Thompson

Morgan Thompson (she/her), MSW
NJ-CARS Co-Chair



Mariel Hufnagel

Mariel Hufnagel (she/her), MSW
NJ-CARS Conference Chair



Who We Are

The New Jersey Coalition for Addiction Recovery Support (NJ CARS) is a coalition of compassionate caregivers and providers who offer recovery support services to individuals with substance use disorders and their families. We stand together with New Jersey constituents, a united front, to help lift up people in recovery and their families and make sure everyone has access to support within their own communities.

What We Do

The NJ-CARS mission is to provide an inclusive platform to celebrate the hope of recovery, promote the value of individuals with lived experience, and to incorporate and strengthen recovery support services across the continuum of care for substance use disorders throughout New Jersey.

Our work is uniquely focused on making sure that families have access to quality, long-term, community based recovery support services regardless of where they live in the state. We work collaboratively with various organizations and groups that are also working to advance recovery support and addiction-related issues in the state.

Membership

Membership is open to any individual or organization wishing to be involved in supporting addiction recovery services. NJ-CARS has created a web-based clearinghouse to allow individuals, families, treatment providers, and other stakeholders to easily identify the available community-based, non-clinical addiction recovery supports in their communities. To learn more about membership and benefits, visit nj-cars.org/membership

Help spread the word that Recovery is achievable, sustainable, & powerful by sharing quotes & photos from the conference on social media using the hashtag: #RECO2022

Continual Education Unit (CEU) Recertification/Renewal Information

The Recovery Ecosystems 2022 Conference is pleased to offer recertification/renewal credits for CPRS, all other APCB, Inc. credentials (CPS, CCS, CJC, CTSP, etc) and all Division of Consumer Affairs, Marriage and Family Board Licenses (LCADC, CADC, LPC, LMFT, etc).

Credits will be awarded as follows:

- Morning Keynote: 2 credits
- Breakout Session I: 2 credits
- Breakout Session II: 2 credits

Surveys must be completed no later than 2pm on Friday, November 4th

**Certificates will be sent to attendees via email on or before Friday, December 2nd, 2022.
Certificates will be sent to the email address you used to register.**

Presentation slides will be available by Monday, November 7th.

Requirements for renewal credits:

Must be a registered and present attendee of the 2022 Recovery Ecosystems Conference by 8:30am on Friday, October 28th, 2022.

Must sign in and out of each breakout and attentive for the duration of each session

Must complete a CEU assessment for each session (handed out at each session)

Must complete the Conference Evaluation Survey after the conference.

Conference Program

8:00 am	Registration & Complimentary Breakfast
9:00 am	Opening Remarks & Morning Keynote: Dr. Angelia Smith Wilson
10:15 am	Breakout Session I
11:15 am	Networking Session
12:00 pm	Complimentary Lunch
1:15 pm	Breakout Session II
2:15 pm	A Leaders Journey: Reflections After the Academy & Closing Remarks
3:15 pm	Faces of NJ-CARS: Free Professional Headshots

Morning Keynote | 9 am - 10 am



Moving to a Space of Belonging

Angelia Smith Wilson (she/her), PhD

Dr. Smith-Wilson brings over 20 years of human service and addiction experience and currently serves as the Executive Director of Friends of Recovery-New York. Angelia's career spans across working with human service agencies that have

served individuals with mental health, substance use, residential, and homeless issues. She has worked as an intensive case manager, a primary therapist, a director of client services and eventually progressing to level of vice president throughout the greater Rochester area.

Angelia has centered her career around improving treatment outcomes for those in recovery, as well as exploring research designed at substance use counselor development. Her doctoral dissertation, entitled, "Examining the Relationship between the Substance Abuse Counselor Knowledge of the Models of Disability and their self-assessment of cultural competence working with the Deaf Sign Language User," afforded her the opportunity to learn and study addictions from the counselor's perspective, with efforts of providing guidance in the area of diversity and inclusion in counselor development.

Dr. Smith-Wilson has a B.S. in Psychology from SUNY Brockport, Master of Social Work from Roberts Wesleyan College and a Doctorate in Education from St. John Fisher College. Dr. Smith-Wilson is adjunct faculty at the School of Social Welfare, Graduate MSW Program, University of Albany, where she teaches Macro Practice Social Work in the MSW program and a variety of undergraduate courses.

Angelia is currently a member of Black Faces, Black Voices, and on the national CAPRRS Advisory Committee for Faces & Voices of Recovery. She is also a founding board member of Girls Beyond Inc.



You want your CEU's and we want your feedback - so don't forget to fill out your **CEU Assessments** and the **conference evaluation survey** after the conference!

Breakout Session I | 10:15 am - 11:00 am



Minor Adjustments: Leadership Keys!

Michael Mickey Williams Jr. (he/him), CADAC, CPRS

The Minor Adjustments Leadership presentation was created to teach addiction-focused professionals some new strategies that can be used to help strengthen skills they already possess, at the same time helping them realize and remember the reason why they got into the addiction field.



Having Data Tell Your Story: The Benefits of Mixed-Methods Research

Reyna Maybloom (she/her), BS and Brittany Simon (she/her), MA

Data stories help communicate key insights by combining statistics, visualization, and narrative to communicate key pieces of information to a broader audience. When presenting data to multiple populations including community, clinical, or stakeholder, it is important to ensure that data is understandable and relatable.



This is especially important when working with substance use disorder (SUD) prevention and recovery programs and populations. SUD is complex and dynamic and both quantitative and qualitative research methods are required to better inform practice and analyze current trends. This presentation will discuss the importance of data storytelling and explain how to translate data into a narrative.



The War on Drugs: 150 Years of Oppression & Community Devastation

John A. MacDonald (he/him), JD, MA, NCC, LPC

From the earliest days, drug policy and legislation have been infused with and instruments of racial and ethnic prejudice. The deliberate targeting of minority and non-conformist populations or communities over the decades will be revealed. The devastating and ever-increasing negative effects of drug policy and legislation will be demonstrated by recent statistical data. Using research on the causes of substance use disorders, the presentation will show how the various Wars on Drugs have exponentially increased substance use disorders to the point of becoming recognized as an epidemic, perhaps even a pandemic. The presentation is intended to provide the knowledge to help us positively influence public discussion of substance abuse policy, better advocate for a well-reasoned, pro-treatment, non-punitive public substance abuse policy.

Breakout Session I | 10:15 am - 11:00 am



Wellness Recovery Action Plan (WRAP®) For Addictions: Finding Freedom from Unwanted Patterns

Eve Ellsworth (she/her), CPRS, ALWF
& Kelly Uhland (she/her) BA, CPRP, ALWF



WRAP® and WRAP® for Addictions has helped people in or seeking from Addictions and/or mental health concerns to: decrease and prevent intrusive or troubling feelings and behaviors; increase a sense of personal choice about how we live our lives; improve our quality of life; and achieve our life goals and dreams. Participants will learn how WRAP®, a personalized wellness and recovery system born out of and rooted in the principle of self-determination, is a self-care tool for PRSs, treatment professionals, and the people they support.

Having a WRAP® can help individuals to monitor uncomfortable/distressing feelings and behaviors, through planned responses (action plans) to reduce, modify, or eliminate those feelings. WRAP® is a tool that can be used on its own or with any other recovery program/ path of recovery. Participants will learn how PRSs and those they support can develop their own WRAP® by attending a Seminar 1 Workshop and the steps to become a Certified WRAP®, Facilitator by attending Seminar 2 WRAP® Co-Facilitator Training. Total abstinence is not required for WRAP®.



Self-care and Healthy Boundaries: The Antidote to Burnout

Jenna Reidy (she/her), NCPRSS & Timothy Ryan (he/him), MA, CPRS

Maintaining physical, mental, and emotional health is vital for everyone, but it is particularly important for those working in the helping professions like peer work and social work for example. Practicing self-care and healthy boundary setting promotes and models growth and wellbeing, enhances relationships with those we work with, and is an antidote to burnout.



How can we tell if we are experiencing long-term stress or burnout? How do we set healthy boundaries and speak up for what we need? Attendees will join the solution-based discussion on setting healthy boundaries, practicing daily self-care techniques, and identifying indicators of emotional stress that can lead to burnout.

Breakout Session II | 1:15 pm - 2:15 pm



Sisters on the Block: Starting & Running Grassroots Community Organizations

Ruby Clark (she/her), Stephani Register (she/her) & Minister Valerie Seymoure (she/her)

Given the many crucial issues facing nonprofit organizations and the people they serve, it is more important than ever for individuals to become more involved in the communities they serve. However, starting from scratch is not as easy as some may think that it is. It takes dedication and commitment and most important compassion. Addressing socio-economic needs from the ground up is noble but can also be gut wrenching. Find out how these women are on the cutting edge and learn about both how they begin their grassroots organization from the ground up and now how they are running them.



Another Tool for the CPRS Toolbox: Addressing Public & Structural Stigma through Advocacy

Caroline Bailey (she/her) CPRS, Kelly LaBar (she/her) CPRS,
& Stephanie Elias Sarabia (she/her) PhD, LCSW, LCADC

This presentation will provide an overview of the different types of stigma that impact people who use substances and review what Certified Peer Recovery Specialists already do to address them through experiential discussions. The presenters will then focus on public and structural stigma and how the dominant narrative which is overly focused on personal responsibility reinforces these types of stigma. The Structural Competency approach will then be presented as an option for Certified Peer Recovery Specialists to reduce stigma through advocacy. Examples from lived experience will be discussed.

Breakout Session II | 10:15 am - 11:00 am



The Intersection of Recovery and Harm Reduction: Revising the Substance Use Spectrum

Heather Ogden (she/her), CPRS, CRSP, CADCI

Harm Reduction and Recovery are often viewed as separate areas of service when assisting people that use, or have used, substances. This workshop will discuss the importance of integrating Harm Reduction into Recovery. As peers, we are trained to meet people where they are. We can use our expertise and training to advocate for all touched by Substance Use, and expand the spectrum and the services provided.



Integrating Self Care & Basic Meditation into Your Work Week

Carlita Singletary (she/her), NCPRSS

Participants will learn, strengthen, or increase their skill sets in integrating practical self-care, awareness, and basic meditation tools. In this workshop, our hope is to help foster self-care and give Peers an opportunity to see that helpers need help too. Through discussion, engagement, examples of tools, and suggested methods participants will gain knowledge of how important it is to take care of oneself while serving others. The presenter will engage participants through shared experiences, group activity, short video clip(s), and discussion.

A Leaders Journey: Reflections After the Academy | 2:15pm

Panelists: Nicole Cappiello (she/her), Seante Yaqinah Cherry (she/her), Amy Hicks (she/her), and Tracy Taylor (she/her)



Hear from our most recent NJ-CARS Leadership Academy graduates, who will share their experience & perspective on leadership, their role in the recovery ecosystem, and their vision for an equitable workforce. Conference closing remarks to follow.

Thank you.

We would like to thank everyone who worked so hard over the last year to make this conference possible. In particular, we thank the NJ-CARS Advisory Board, NJ-CARS members, and all of the conference committee members who helped plan the program and market the event. Your guidance and support has been essential to the success of this conference.

A very special thank you to all of our speakers, panelists, and presenters for taking the time to be here and share your knowledge and expertise with us. We are also grateful for our Prevention Links team, and most notably our recovery staff, who worked hard to make this event happen!

NJ-CARS Advisory Board

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Morgan Thompson
- **Conference Chair**
Mariel Hufnagel
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James Johansen
Diane Litterer
Stephani Register
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Jennifer Sorensen
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NJ-CARS & Prevention Links Staff

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Cindymarie Dix
Madeline Desrosiers
Izzy Mizell
Emily Newton
- **Interns**
Pat McCarthy
Jackie Shrubsall

See you next year.

#RECO2023