SPREADING AWARENESS ON ADDICTION.
PROVIDING HOPE & SUPPORT FOR THE COMMUNITY.

The path to a healthier community starts here:
HOPEShedsLight.org
Together we will stand. We will overcome.

Toll-Free HELP Line: 855.850.HOPE

HOPE Sheds Light is supported by friends and families directly affected by addiction, and found recovery through continuous love, support and understanding.

OUR STORY
HOPE Sheds Light was started after Ron Rosetto lost his son, Marc A. Rosetto, 32, to a hard-fought battle against substance abuse and heroin experimentation on November 21, 2012. When the Rosetto Family was going through this very difficult time, they struggled to find the help they so desperately needed. Since the family and friends of those with addiction problems often feel isolated, ashamed, overwhelmed and hopeless, Ron, alongside friends Stephen Willis and Arvo Prima, whose sons also were battling addiction at the time, founded HOPE Sheds Light. Shortly after, Stephen’s son, Mark Kyle Willis, 31, lost his battle with the disease of addiction on September 15, 2013. A few years later, Arvo’s son, Paavo Jaan Prima, 25, lost his fight with the disease on April 5, 2017. Ron, Stephen and Arvo have since dedicated their lives to keeping their sons’ legacies alive by helping others find the courage to face addiction and find recovery so that other people’s sons and daughters might live. HOPE Sheds Light believes there are many paths to recovery, but to be successful, one must have to want change and believe that change is possible.

HOPE exists, as families in recovery, to share hope and joy with others. “We have to draw strength from the wisdom of our peers because when we do it, we start getting better,” Willis says. “We must believe that there is a better life beyond the confines of our own limited thinking and that’s what HOPE Sheds Light is. That’s what we offer. It’s a wonderful combination of faith, hope and love grounded in wisdom, strength and experience. Why do we do it? Because our sons want us to. Because by helping you get well, we elevate the lives of our blessed boys.”

OUR MISSION
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.

OUR VISION
HOPE Sheds Light will lead a transformative movement that removes the fear and stigma surrounding the disease of addiction through a loving, recovery-driven, safe, trusting and hopeful environment that brings wellness to the community and allows families to have the courage to heal and recover.

HOPE Sheds Light is supported by friends and families directly affected by addiction, and found recovery through continuous love, support and understanding.

A New Jersey Non-Profit Corporation
IRS 501(c)(3) – Tax ID: 46-3910504
A Note about the Guide

At the heart of HOPE Sheds Light’s (HSL) mission is the desire to connect with other families who have questions about, have concerns with or who may just want to gain a deeper understanding about substance use or addiction/substance use disorder. HSL is a peer-driven organization meaning we all have a personal connection to addiction and recovery. We developed this guide to be user friendly and to serve as a tool for other families like ours who didn’t know where to begin or how to access help when we needed it the most. Most importantly, we created this guide in order to Shed Light on the HOPE that can be lost for many families. HOPE that support is close by, that you are not alone and that Recovery happens.

Whether you are a family member of a loved one who is not yet in recovery, an individual seeking support, a member of a family celebrating recovery, a family member who lost a loved one to the disease of addiction or a friend or ally of recovery, this guide is meant for you.

Please remember, if at any point you feel as though you need immediate assistance, we encourage you to reach out to our helpline at 855.850.HOPE for additional support.

Getting Started

There is nothing easy about finding help. Unfortunately, the system and the process is not very straightforward. There are various types and levels of care and knowing which approach and/or level of care can be tricky. In addition, navigating the many insurance plans can leave some people even more confused and stressed. We designed this resource guide to provide contact information that ranges from self-help options to more clinical/treatment options based on the different ‘levels of care’. We have also included information on various Recovery Support programs. This is a quick guide, we encourage you to go to our website for more detail on insurance navigation and determining what level of care is most appropriate. You will also find more resources on:

- Understanding insurance options
- What is Level of Care
- What are Recovery Support Services
Many hotlines, treatment centers and counseling services are available to help those struggling with addiction and their families. We’ve put together a comprehensive list of several resources in the area and beyond.

### HELP LINES

- **2-1-1 Addiction Hotline (NJ)**
  - 1.844.846.2400
  - 800.238.2333

- **AAA Alcohol, Narcotics – Opiates / Heroin**
  - 855.564.4444
  - 800.992.0401

- **NJ Hotline**: 877.424.4491 or 800.238.2333

- **New Jersey Nar-Anon Family Groups**
  - 800.245.1377
  - www.naranon.org

- **Barnabas Health Institute for Prevention**
  - 888.443.3869

- **Alcoholics Anonymous**
  - www.na.org

- **Cape Atlantic InterGroup**
  - 609.643.9115
  - www.caigrp.org

- **Central Jersey InterGroup**
  - 609.586.6900
  - www.centraljerseyintergroup.com

- **CoCaine Anonymous**
  - 800.347.9999
  - www.coa.org

- **Love Them To Life**
  - A support network for mothers whose children are addicts.
  - 732.773.7747
  - lovethemtolife@gmail.com
  - http://lovethemtolife.com/

- **Narcotics Anonymous**
  - 888.477.8998
  - www.naranon.org

- **Ocean County Health Department**
  - 732.575.1111

- **Caring Ministries**
  - The Presbyterian Church of Toms River
  - 732.349.1313

- **Central NJ GRASP Chapter**
  - Debbie Len 908.872.1388
  - centralgrp@gmail.com

- **Compassionate Friends**
  - Toms River Chapter
  - (Chapter #1329)
  - 732.363.3894

- **Grief Recovery**
  - After a Substance Passing (GRASP)

- **H.O.P.E. Sheds Light**
  - 855.850.HOPE
  - www.hopeshedslight.org

- **H.O.P.E. Sheds Light**
  - Meetings: 1st and 3rd Sunday of each month 7:30 pm
  - Location: St. Luke’s Roman Catholic Church
  - 1674 Old Freehold Road
  - Toms River, NJ 08753

- **Monmouth County Chapter**
  - Meetings: 2nd Sunday of each month (pre-registration required)
  - Where: Freehold NJ (call for details)
  - When: 1-3:30pm
  - Contact: Abby Bowman
  - abowmanoptimum.net
  - 908.692.3072

- **NJ Meeting & Info:** 732.933.0462

- **Ocean County Health Department**
  - 800.621.4000

- **Oceana Children of Alcoholics**
  - www.ochd.org

- **The Department of Children and Families**
  - 1.855.INFO.DCF

- **SUPPORT FOR GRIEVING FAMILIES**

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  - 732.349.1313

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  - 1.855.INFO.DCF
RECOVERY SUPPORTS / HALFWAY / SOBER LIVING

SOBER LIVING / HALFWAY HOUSES

AFAR A Future After Rehab Men and Women
Burlington, NJ 08016
267.987.1720

Alfre Inc DBA Mrs Williams (Women)
56 Mount Kemble Avenue Morristown, NJ 07960
973.540.1781

Anderson House
532 County Road 523 Whitehouse Station, NJ
908.534.5818

Fresh Start Recovery Housing
908.537.6043

Hansen House (Men & Women)
411 Aloe Street Egg Harbor City, NJ
609.965.3699
www.hansennehouse.org

Empower House
856.506.9148

Hendricks House (Men)
542 N. West Boulevard Vinelnd, NJ
856.794.2443

The Hope All Day Recovery Center
600 S. Odessa Ave Egg Harbor Township, NJ
609.379.2582
www.hopeallday.org

New Hope Foundation, Inc.
220 Schuyler Avenue Morristown, NJ
973.540.0116
56 Mount Kemble Ave
for Women

Mrs. Wilson’s Treatment Service
www.themilestonehouse.com
973.442.4600

Crawford House
326 Sunset Road, Montgomery, NJ
908.674.5153

CURI Inc Residential
729 E. Landis Avenue Vineland, NJ 08360

Diame’s Recovery House Men #1
Woodbury, NJ 08096
856.506.9148

Diame’s Recovery House Men #2
West Deptford, NJ 08096
856.506.9148

Diame’s Recovery House Women
West Deptford, NJ 08096
856.506.9148

Empower House
66 Cranberry Run Southamptom, NJ 08086
609.342.9470

Eva’s Village
393 Main Street, Paterson, NJ
856.642.1700

Empower House
66 Cranberry Run Southamptom, NJ 08086
609.342.9470

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609.342.9470

Eva’s Village
393 Main Street, Paterson, NJ
973.529.6220 x304

HOPE Sheds Light
253 Chestnut Street Toms River, NJ 08753
732.244.0783
http://www.hopeshedslight.org

Integrity House
Toms River Campus: STAR Program
310 Main Street Toms River, NJ 08753
732.569.3736
https://integrityhouse.org/

Living Proof Recovery Center
The Center for Family Services
108 Somerside Road Voorhees NJ
856.216.7134
recoverycenter@centerffs.org

Meaningful Trainings
Fell Cadwallader
81 Durland Avenue Elsmirr, NY 14905
888.561.5567
feil.cadwallader@meaningfultrainings.com
www.meaningfultrainings.com

Prevention Links
Experience Strength and Hope Recovery Center
121-125 Chestnut Street Suite 301, 3rd floor Roselle, NJ 07203
732.381.4192
http://preventionlinks.org/

RAFTS (Recovery Advocates for the Shore)
87 Atlantic Avenue Manasquan, NJ 08736
http://www.raftsnj.org/about-us/

Way of Life Recovery
42 Irmoquis Road Levittown, PA 19057
267.980.7069
hustlehope.com

Ways of Life Recovery
42 Irmoquis Road Levittown, PA 19057
267.980.7069

Curate Inc Residential
729 E. Landis Avenue Vineland, NJ 08360

Diame’s Recovery House Men #1
Woodbury, NJ 08096
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Diame’s Recovery House Women
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267.980.7069

When we accept that addiction is a disease, and that we are powerless over it, we become ready to learn a better way to live.
ADDITIONAL RESOURCES

NAVIGATING THE LEGAL SYSTEM

Drug Courts
The mission of the drug court program is to assist defendants in overcoming alcohol and other drug dependencies while resolving related criminal charges. Drug courts involve a highly specialized team process within the existing Superior Court structure that addresses nonviolent drug-related cases. They are unique in the criminal justice environment because they build a close collaborative relationship between criminal justice and drug treatment professionals.

The drug court judge heads a team of court staff, attorneys, probation officers, substance abuse evaluators and treatment professionals who work together to support and monitor a participant’s recovery. The program maintains a critical balance of authority, supervision, support and encouragement.

Drug court programs are rigorous, requiring intensive supervision based on frequent drug testing and court appearances, along with tightly structured regimens of treatment and recovery services. This level of supervision permits the program to support the recovery process, but also allows supervisors to react swiftly to impose appropriate therapeutic sanctions or to reinstate criminal proceedings when participants cannot comply with the program.

Drug court programs are characterized by:
• Collaborative links among the courts, prosecutors, public defenders, law enforcement, treatment providers, social service agencies and community-based non-profit organizations;
• A standardized assessment process used to identify eligible non-violent offenders;
• Staff members trained in substance abuse and recovery issues operating in a non-adversarial atmosphere;
• A system of graduated sanctions and incentives to encourage recovery goals and hold offenders accountable for non-compliant behaviors;
• Continuous training and education on a state and national level for drug court professionals;
• Ongoing program evaluation and implementation of improvements as warranted.

For more information, contact the Administrative Office of the Courts, Criminal Practice Division, Statewide Coordination, P.O. Box 982, Trenton, New Jersey 08625, or the drug court coordinators in the vicinage.

New Jersey Re-Entry
The New Jersey Reentry Corporation seeks to assist court involved citizens in obtaining employment, because employed citizens make communities happier, safer, and better for everyone.

The Mission of the New Jersey Reentry Corporation is to help returning citizens find meaningful and sustainable employment that improves their lives and makes them responsible, integral members of society.

Submit a referral today, and begin the work to get yourself a job. All referrals can be submitted via e-mail to intake@njreentry.org or through NJReentry.org/referrals.

Jersey City 339 Martin Luther King Jr. Drive, Jersey City, NJ 07305 P: 551.222.4233, F: 201.630.4187 Newark NJRC at Greater Newark Conservancy 32 Prince Street Newark, NJ 07103 P: 973.642.4646, F: 973.400.8234

Paterson 147 Montgomery Street Paterson, NJ 07501 P: 551.254.9062, F: 201.604.5420

Toms River 310 Main Street, Suite 3B Toms River, New Jersey 08753 P: 848.238.7000, F: 201.604.5433

Community Resource Center 9 Basin Drive, Unit 190 Kearny, NJ 07032 P: 973.982.6071, F: 973.900.9338

NJ Office of the Attorney General Juvenile Justice Commission
http://www.state.nj.us/lps/jjc/index.html

State of NJ Department of Law & Public Safety Office of the Attorney General Moving through the JJC System
http://www.state.nj.us/lps/jjc/index.html

Stephen L. Wills, Esq.
Law Offices of Wills & Gresek, PC
247 Main Street, Toms River, NJ 08753
732.930.2052
800.257.3181
http://www.willsandgresek.com/

NJ & FEDERAL LAWS

Department of Human Services Division of Addiction Services
http://www.state.nj.us/humanservices/dmhas/home/

New Jersey Drug Courts
http://www.judiciary.state.nj.us/drugcourt/

NJ Courts Treatment Assessment Services for the Courts
http://www.judiciary.state.nj.us/criminal/ctas.html

State of NJ Office of the Public Defender Drug Courts
http://www.nj.gov/defender/structured/drug/

The State of New Jersey Office of the Attorney General Juvenile Justice Commission
http://www.nj.gov/oag/jjj/ajc/aboutus_intro.html

United States Drug Enforcement Administration
https://www.dea.gov/index.shtml

USDOJ: Department of Justice Agencies Office of Juvenile Justice and Delinquency Prevention
http://www.ojjdp.gov/

CONTACT YOUR LOCAL/STATE REPRESENTATIVES
Find a Senator or Representative:
https://www.govtrack.us/congress/members/NJ

Forms for “Contacting the Congress”:
http://www.contactingcongress.org/cgi-bin/newspeak.cgi?site=ctc2011&state=nj

Ocean County Health Department
Kimberly L. Reilly MA, LPC, Alcohol and Drug Abuse Unit Coordinator kreilly@oohd.org; 732.341.9700, EXT. 7536
https://www.oochd.org/Departments/Page/18

New Jersey Legislature
http://www.njleg.state.nj.us/members/legsearch.asp

United State House of Representatives
Find your Representative:
http://www.house.gov/representatives/find/

UNDERSTANDING YOUR INSURANCE COVERAGE

Healthcare.gov
Mental Health & Substance Abuse Services
https://www.healthcare.gov/coverage/mental-health-substance-abuse-coverage/

U.S. Department of Labor
Health Plans & Benefits
https://www.dol.gov/general/topic/health-plans

KNOW YOUR RIGHTS
Are you in recovery from alcohol or drug problems? Know your rights. U.S. Department of Health and Human Services Substance Abuse and Mental Health Services Administration Center for Substance Abuse Treatment
http://store.samhsa.gov/shin/content/PHD1091/PHD1091.pdf

PROPOSED LITIGATION

The State of New Jersey Department of Law & Public Safety Office of the Attorney General http://www.state.nj.us/lps/
HOPE Sheds Light, in partnership with Ocean Mental Health Services, is hosting a grief and family support group meeting titled “Finding HOPE: Finding Your Way Through the Pain of Addiction.” This meeting is open to individuals and families impacted by addiction. During the first hour, you will hear from various recovery coaches and/or guest speakers who provide education on addiction and recovery. The discussion is followed by a small group session that is facilitated by individuals and family coaches ready to provide individual support to help you meet your personal goals in understanding addiction and fostering recovery.

**Making a Difference in the Community**

**One Person, One Family at a Time.**

**Programs & Services**

**NORTH OCEAN COUNTY RESIDENTS INTO TREATMENT.**

**DEPARTMENTS**

Any person who voluntarily enters one of the following police departments on the scheduled day and time and requests help with their addiction to heroin, opiates or another substance will be immediately screened for potential participation in the Blue HART Program.

**BOOKS**

- A Life of My Own: Meditations on Hope & Acceptance (Casey)
- Adult Children of Alcoholics (Wottitz)
- Al-Anon Family Groups (Al-Anon Family Group)
- Al-Anon's 12 Steps & 12 Traditions (Al-Anon Family Groups)
- Alcoholics Anonymous (Bill W)
- Beautiful Boy: A Father’s Journey through His Son’s Addiction (Sheff)
- Codependent No More (Beattie)
- Courage to Change (Al-Anon Family Groups)
- Everything Changes (Conyers)
- Giving the Love that Heals (Hendrix)
- Heroin Diaries (Sixx)
- How Al-Anon Works (Al-Anon Family Groups)
- How to Change Someone You Love (Lamm)
- Recovering Our Children, for Parents of Young People in Early Recovery (Cates & Cummins)
- SESH: Sharing Our Experience, Strength & Hope (Al-Anon Family Groups)
- Straight Talk (Black)
- The Dilemma of the Alcoholic Marriage (Al-Anon Family Groups)
- The Lois Wilson Story: When Love is Not Enough (Borchert)
- Twisk: Growing Up on Crystal-Meth (Sheff)

**INTERNET SUPPORT**

- www.coda.org
- www.familycounseling.org
- www.hazelden.org
- www.sobersworld.com
- www.soberrecovery.com

**CENTRAL OCEAN COUNTY RESIDENTS INTO TREATMENT.**

**DEPARTMENTS**

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**PROGRAMS & SERVICES**

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- www.soberrecovery.com

**PAYMENT OPTIONS**

- Cash
- Credit Card
- Check

**REFERRALS**

- Counseling Services
- Substance Abuse Rehabilitation
- Mental Health Services
- Addiction Treatment

**TOURS AND VISITS**

- Open House
- Mental Health Awareness Week

**SUPPORT GROUPS**

- Anonymous
- Family Support
- Alcoholics Anonymous
- Al-Anon Family Groups

**RESOURCES**

- Drug Enforcement Administration
- National Institute on Drug Abuse
- National Institute on Mental Health
- New Jersey Council on Alcoholism & Drug Dependence
- Substance Abuse & Mental Health Services Administration
**Finding HOPE for life**

**JOIN US FOR HOPE SHEDS LIGHT'S BI-MONTHLY SUPPORT GROUP!**

**Finding HOPE**

2nd & 4th Tuesday | every month
7pm - 9pm
Sanctuary at Holy Cross Church
1500 Hooper Avenue, Toms River

This meeting is open to individuals and families impacted by addiction. During the first hour, you will hear from various recovery coaches and/or guest speakers who provide education on addiction and recovery. The discussion is followed by a small group session that is facilitated by individuals and family members who have a strong recovery base. The groups provide opportunity for connections and to draw strength and hope from each other.

**Finding RECOVERY**

1st & 3rd Tuesday | every month
7pm - 9pm
HOPE Sheds Light Office
253 Chestnut Street, Toms River

This Open Forum meeting is new and a result of listening to the feedback from the families already involved at HSL. The meeting will follow a peer to peer learning group format and will be led by HOPE Sheds Light’s founders and staff. We will introduce topics and worksheets focused on cultivating strong recovery practices within the whole family with group sharing and discussion encouraged.

**TOLL-FREE HELPLINE: 855.850.HOPE**
HOPE SHEDS LIGHT, in partnership with OCEAN MENTAL HEALTH SERVICES, is hosting a support group for anyone who has lost someone to addiction. This a safe, confidential place to go to know you are not alone and a support system is available.

HOPE SHEDS LIGHT

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HOPEShedsLight.org

Ocean Mental Health Services
Building Better Tomorrows, One Life at a Time

The mission of Ocean MHS is to offer a comprehensive continuum of Mental Health Services that promotes full participation in community life.

OceanMHS.org

Healing HEARTS

A GRIEF & BEREAVEMENT SUPPORT GROUP

PRE-REGISTER NOW TO SECURE YOUR SPOT!

Call 732.244.0783
or Email pam@HOPEShedsLight.org

HOPE Sheds Light Office
253 Chestnut Street
Toms River, NJ 08753