

Counseling and Wellness Services for Peer Recovery Specialists and Opioid Use Disorder Treatment Professionals

Division of Mental Health and Addiction Services
Quarterly Provider Meeting
March 10, 2022

Care Plus NJ
Family Connections

Counseling and
Wellness Services
for Peer Recovery
Specialists and
Opioid Use
Disorder
Treatment
Professionals

Presenters:

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Counseling and Wellness Services for Peer Recovery Specialists and Opioid Use Disorder Treatment Professionals

- DMHAS issued an RFP in July 2021 through the SAMSHA SOR grant to provide professional counseling and wellness activities.
- Peers and OUD/SUD treatment professionals employed in DMHAS funded programs, recovery centers, and community-based peer initiatives were targeted to receive services.



Counseling and Wellness Services for Peer Recovery Specialists and Opioid Use Disorder Treatment Professionals

The grant was awarded to two agencies: Care Plus NJ and Family Connections. Both agencies provide services and activities designed to:

- enhance self-care
- alleviate compassion fatigue
- address challenges, and
- other issues experienced by peer recovery specialists and OUD/SUD treatment professionals



Counseling and Wellness Services for Peer Recovery Specialists and Opioid Use Disorder Treatment Professionals

- Licensed professionals provide counseling sessions and wellness activities that can be delivered in a variety of ways including individual and/or group settings.
- Upon request, participants receive assistance with developing individualized self-care plans to address issues that may interfere with their personal and professional growth.



Examples of Individual, Psychosocial, and Wellness Topics

- Trauma (e.g., managing grief and loss of client)
- Emotional and behavioral triggers that may impact client and personal recovery
- Maintaining ethical, professional, and legal standards
- Strain on job demands



Examples of Individual, Psychosocial, and Wellness Topics

- Staff Appreciation Activities
- Mindfulness
- Team building
- Setting and maintaining boundaries
- Understanding and providing accurate information on the use of naloxone and formulations of medication FDA-approved to treat a substance use disorder, specifically opioid use disorders



OPTICS Program at CarePlus NJ

Offering Opioid Professionals Therapeutic Individual Care and Support

Self-Care, Self-Awareness, Self-Advocacy, and Self-Compassion for professionals who work with opioid use and misuse populations.

Individual Counseling and Workshop Services offered but not limited to:

- Restorative Practices for Opioid Use Disorder Treatment
- Professionals Recognizing and Mitigating Symptoms of Burnout
- **Communicating Support Needs to Supervisors and Colleagues**
- **Implementing Appropriate Boundaries with Colleagues and Clients**
- Managing Grief and Loss of Client to Relapse or Overdose
- **Processing Personal Triggers and Trauma**

OPTICS provides scheduled individual sessions (day and evening appointments available), one-time group workshops, and on-going group **workshops**

For more information or to make a referral, contact:

Jenna Paparozzi, LCSW (201) 494-6270, JennaPa@careplusnj.org

Kerry Morath, LAC (201) 906-2693, KerryM@careplusnj.org

Phillicia DaCosta, LAC (201) 296-5201, PhilliciaD@careplusnj.org

Funding for this program 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. Funding for this initiative was made possible by grant no. H79TI083317 from SAMHSA, New Jersey Department of Human Services (NJ DHS) and the Division of Mental Health and Addiction Services (DMHAS).



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Paramus, NJ 07652
www.CarePlusNJ.org

OPTICS Program at CarePlus NJ

Offering Opioid Professionals Therapeutic Individual Care and Support



Do you currently work with the OUD population and feel that you could benefit from support of your own?

You are not alone; we are here for you

OPTICS provides Individualized Therapeutic Services for Peer Recovery Specialists, Case Managers, Clinicians, Prescribers, and Supervisors.

As service providers, we understand the challenges of working with high-risk populations and the impact that grief, trauma, and loss can have on our ability to continue the important work that we do.

Hours are flexible based on individual needs.

This is a grant-funded program, there is no cost for services and insurance is not required for participation.

For more information or to make a referral,
please call Jenna Paparozzi, LCSW (201) 494-6270
or email JennaPa@CarePlusNJ.org

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ARC AND THE SYNDEMIC TRAINING

By Family Connections Peer Wellness Program

What is the ARC and The Syndemic Training?

This program is designed to support professionals who work for Division of Mental Health and Addiction Services (DMHAS) funded providers, providing Substance Use Treatment, Opioid Use Treatment, Mental Health Services, Medication to Support Recovery, as well as for those professionals who are in recovery themselves.

The ARC and the Syndemic reinforces:

- The value of us as professionals caring for ourselves during these challenging times of 2020 and beyond, in order to be the best support for our clients.
- The importance of the collaborative relationship that is created between two individuals as means to support the journey of processing one's trauma history.



Learning objectives include:

- Self-care
- Self-compassion
- Rhythms and Routines
- Boundaries
- Benefits of being attuned to our emotions
- Modulation and Relational Connection
- Burnout



Please contact our Program Coordinator, Jodie Reid, at: jreid@familyconnectionsnj.org or (973) 323-3419 for more information.

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PEER WELLNESS AND COUNSELING SERVICES

Who Can Participate:

This program is designed to support professionals who work for Division of Mental Health and Addiction Services (DMHAS) funded providers, providing Substance Use Treatment, Opioid Use Treatment, Mental Health Services, Medication to Support Recovery, as well as for those professionals who are in recovery themselves.

What We Offer:

- All services are provided in-person and virtually (telehealth)
- Individual Therapy in a supportive, one-on-one environment
- Wellness Activities, such as yoga and cooking classes, to promote self-care and healthy fellowship
- Our research and curriculum-based Support Groups include:
 - A *Compassion Fatigue Group* to better understand this condition, as well as identify strategies and a plan to prevent it
 - A *Motivational Interviewing Therapy Group*, using this evidence-based approach to support the change one strives for and setting of goals, within an environment of acceptance and compassion
 - A *Stress Circle Support Group* offers open dialogue about and strategies for, managing stress, increasing coping mechanisms, and relaxation techniques

What You Could Gain:

- Increased self-care and self-compassion
- Strategies for self-empowerment
- Increased social connectedness and support systems
- Improved self-esteem
- Increased compassion resiliency
- Increased job satisfaction
- Improved coping skills



Why Choose Family Connections?

- Knowledge of the Peer Specialist role
- Understanding of addiction, OUD, and Recovery Pathways
- Knowledge of SUD/OUD treatment modalities
- Commitment to Cultural Competency, Inclusivity, and Diversity
- Success with engaging individuals in wellness, self-care, and reducing compassion fatigue
- Knowledge of emotional and behavioral triggers that impact recovery

Please contact our Program Coordinator, Jodie Reid, at jreid@familyconnectionsny.org for more information.

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