Sussex County Recovery Advocacy team members meet and advocate to develop county and statewide strategies addressing a wide variety of topics such as:

- Services for individuals seeking and/or in recovery
- Information for family members
- Removing the stigma/shame of addiction
- Barriers to treatment & legislative priorities to improve the climate for people in recovery
- Social & recreational activities and events

Many services funded through Sussex County Department of Human Services

For more information or to get involved contact:
Katie at katie@centerforprevention.org or Aaron at akucharski@ncadd.org

@Sussex County Recovery Community
For more information in Sussex County, contact: Center for Prevention & Counseling at 973-383-4787 www.centerforprevention.org

**Support Groups:** Community, peer-based groups such as Alcohools Anonymous (AA), Narcotics Anonymous (NA), Al-Anon, Alateen or Families Anonymous, etc.

For more information in Sussex County, contact: Center for Prevention & Counseling at 973-383-4787 www.centerforprevention.org

**LEVELS OF CARE**

**Detox:** Provides support and medical supervision during the first few hours or days of sobriety when withdrawal can be physically overwhelming and/or even dangerous; Detox can also be accompanied by counseling, therapy and support.

**Halfway House:** Transitional living places for those in recovery from alcohol and/or other drugs generally providing or connecting individuals to other available and/or needed services.

**Intensive Outpatient Services (IOP):** Program is typically 3-5 days per week with an average of 3-4 hours of treatment per day for a set number of sessions also encourages participation in a 12-step or other personal recovery program.

**Opioid Treatment Program (OTP):** Also known as methadone clinics which offer medication-assisted outpatient treatment for people who are dependent on opioid drugs such as heroin, OxyContin or Vicodin.

**Outpatient Treatment Services (OP):** Provides diagnostic and treatment services at a program site (clinic, counselor’s office, hospital) and may include prevention, intervention, screening and/or assessment services. Some programs require daily attendance while others meet one to three times a week.

**Residential Treatment Center (RTC):** Provides more structure and intensive services than out-patient treatment. Individuals live in the treatment facility; short or long term; stay varies one month to over one year.

**Sober Living House (SLH):** An alcohol and other drug free living environment for individuals in recovery where residents are required to adhere to certain rules.

**NAVIGATING THE DIFFERENT SYSTEMS**

Do you have PRIVATE INSURANCE? Treatment and recovery can be covered by your health insurance.

Call the 1-800 number on the back of your insurance card.

Ask what type of coverage you have under your plan and who is covered (self, spouse, children).

If you believe your insurance coverage was unfairly denied for a substance use disorder, contact NJParityCoalition@gmail.com

** WHAT’S THE DIFFERENCE BETWEEN: **

**Medicare:** Medicare qualification is based on age and/or disability. Participation is not subject to income assets or “needs”.

**Medicaid:** Medicaid qualification is based on “need for care” and financial needs.

**For information on eligibility:** medicaid.gov

**The Healthcare Insurance Marketplace:** healthcare.gov

**Sussex County Division of Social Services:** (973) 383-3600

**NJFAMILYCARE**

Affordable health coverage. Quality care.

If you do not have PRIVATE INSURANCE, you may still be covered by NJ Family Care. Call 1-800-701-0710

**Common Language**

**Addiction:** medical condition that is characterized by compulsive engagement in rewarding stimuli, despite adverse consequences.

**Assessment:** a process to define one’s level of substance use severity, determine a diagnosis and to develop specific treatment recommendations.

**Continuum of Care:** clients enter treatment at a level appropriate to their assessed needs and then step up to more or step down to less intense treatment, as needed.

**Dependence:** the body’s physical need with an inability to control use of a specific substance, experiencing withdrawal symptoms when stopping substance.

**Detoxification (detox):** medical process to treat dangerous & immediate bodily effects of stopping substance use and also to remove toxins left in the body as a result of the use of alcohol and/or other drugs.

**Drug Court:** probation sentence given as an alternative to incarceration for persons with non-violent drug offenses.

**Recovery:** a process of change through which individuals improve their health and wellness, live self-directed lives and strive to reach their full potential.

**Screening:** process to evaluate and identify possible problems of risky substance use with feedback, arranging for further patient care, when necessary.

**Self-Pay:** to pay ‘out of pocket’ for services without going through an insurance company.

**Sliding Fee Scale:** fee charged for services on uninsured or under-insured individuals, based on annual income.

**Substance Use Disorder:** a condition in which the use of one or more substances leads to a clinically significant impairment or distress.

**Treatment Plan:** a written guide to treatment including a person’s goals & activities designed to help them meet goals, ways to tell whether a goal has been met and a timeframe for meeting those goals.