



New Jersey Coalition for Addiction
Recovery Support (NJ-CARS)

TRAUMA-INFORMED RECOVERY ORIENTED SYSTEM OF CARE (TI-ROSC)

**SUSSEX COUNTY
2023 SUMMARY REPORT**



Made Possible By;



Opioid
Response
Network



PREVENTION
LINKS Foster, Empower,
Sustain...

SAMHSA

Substance Abuse and Mental Health
Services Administration

Overview



New Jersey Coalition for Addiction Recovery Support (NJ-CARS), in partnership with the Center for Prevention and Counseling (CFPC), convened a “Recovery Ecosystem Committee” (REC) in Sussex County from December 2021 through December 2022. The Sussex committee was one of five county committees in the state participating in a pilot rollout of the Trauma Informed Recovery Oriented System of Care (TI-ROSC) toolkit developed by the National Council for Mental Wellbeing.

A trauma-informed recovery-oriented system of care (TI-ROSC) is a coordinated network of community- based services and supports that is person-centered and builds on the strengths and resiliencies of individuals, families and communities to achieve improved health, wellness and quality of life for those with or at risk of substance use problems. This system of care also recognizes the widespread impact of trauma, understands trauma’s connection to addiction and understands potential paths for recovery; recognizes the signs and symptoms of trauma in clients, families, staff and others involved with the system; and responds by fully integrating knowledge about trauma into policies, procedures and practices and seeks to actively resist re-traumatization.

The Sussex REC engaged multi-sector representatives and conducted focus groups, surveys, key informant interviews, and engaged in other data collection activities to assess community readiness, assets, and needs. This report summarizes the findings of the community assessment and subsequent action plan with short and long-term goals to build TI-ROSC capacity in Sussex County.

A special thank you to Becky Carlson, Annmarie Shafer, and Katie Walker of the Center for Prevention and Counseling for serving as our lead partners in the Sussex County TI-ROSC initiative.


For questions pertaining to NJ-CARS, the TI-ROSC Pilot Project, or the information contained in this report, please contact NJ-CARS Coordinator Izzy Mizell at imizell@preventionlinks.org, Director of Recovery Community Development Cindymarie Dix at cdix@preventionlinks.org or visit www.nj-cars.org.

TI-ROSC Steering Committee Members

According to the National Council for Mental Wellbeing, “To lead successful planning and implementation of TI-ROSC, create a County Change Team. Key stakeholders who are action-oriented and empowered to drive change within the county should comprise the team...The County Change Team should have representation from a wide-range of key stakeholders including people in recovery, community behavioral health providers, MAT providers, peer support providers, first responders, primary care providers and social services providers, among others.”

The following is a list of the key stakeholders who comprised the Sussex County TI-ROSC steering committee:

Name	Sector	Organization
Sarah Aleman	Behavioral Health / Primary Care	Zufall Health (FQHC)
Jane Armstrong	Employment	Workforce Development Board of Morris-Sussex-Warren
Cindy Armstrong	Mental Health	Sussex County Division of Community and Youth Services
Laurie Becker	Legal	Legal Services of Northwest Jersey
Corey Brown	Recreation	Sussex County YMCA
Ashley Caine	Prevention	Center for Prevention and Counseling
Becky Carlson	Prevention	Center for Prevention and Counseling
Maureen Cianci	Public health nurse	Sussex County Division of Health
Mishelle Downtain	Recreation	Vernon Township
Kristy Lavin	Treatment	Center for Prevention and Counseling
Nick Loizzi	Prevention	Sussex County Division of Community and Youth Services
Christine Michlik	Treatment	Center for Prevention and Counseling
Ronda Norcross	Person in recovery	Center for Prevention and Counseling
Carrie Parmalee	Family support	Mental Health Association
Jim Polizzi	Person in recovery	Center for Prevention and Counseling
Annmarie Shafer	Family member in recovery	Center for Prevention and Counseling
Marjorie Timmerman	Person in recovery	Center for Prevention and Counseling
Steven VanNieuwland	Law Enforcement	Newton Police Chief
Katie Walker	Person in recovery	Center for Prevention and Counseling



The activities of the Sussex County Recovery Ecosystem Committee have been guided by the our vision statement, which was collaboratively developed by its steering committee members:

Our Vision

We envision a collaborative & creative effort to empower the Sussex County community to access substance use and mental health prevention, treatment, and recovery and wellness services in an effort to improve the quality of life for our county's residents.

Community Assessment

A community assessment was conducted in the Spring of 2022 which consisted of the following activities:

- Review of publicly-available data
- Community assessment survey with 28 responses
- Interviews with 3 key informants
- 2 focus groups with 21 total participants

Strengths

- Peer recovery specialists & support programs
- Recovery community centers
- Police-assisted treatment linkage
- Community-based treatment providers
- Cross-sector collaborations


Opportunities

- Community education about available services
- Reduction of stigma surrounding MH/SU
- Coordination of services across sectors
- Leveraging community leaders and trusted sources to disseminate messaging

Aspirations

- Reach every single person in efforts to raise awareness of substance use, mental health, and co-occurring disorders, recovery, and services.
- The recovery community across Sussex County is visible, connected, and thriving.
- The service array is diverse, culturally-responsive, accessible, and driven by the individual seeking services.
- A coordinated network of multi-disciplinary service providers across the county offers comprehensive, trauma-informed supports that improve the overall health, wellbeing, and resilience of Sussex County families.

Results

- Increased engagement and retention in recovery services
 - Unified messaging
 - Assertive linkages and case management
 - Data collection infrastructure on referral and resource access
 - Clarify and measure use of referral relationships
- 

Action Plan

With the results of the community assessment in mind, the Sussex TI-ROSC Committee developed an action plan comprised of short- and long-term goals to advance the TI-ROSC vision they had created. The following short-term action steps were identified to be completed by the committee, in partnership with NJ- CARS and the Center for Prevention and Counseling, within the next 12 months.

Short-Term Goals



Development of a Sussex County-wide recovery resource map



Leadership development training for recovery community members



Community forum to raise awareness and reduce stigma around multiple pathways of recovery



Development and dissemination of a recovery ready outreach toolkit

GOAL	ACTION	PARTIES RESPONSIBLE	TARGET DATE
 Resource Map	Support in identification of resources	TI-ROSC Committee	Mar to Jun 2023
	Curation of resources in print and digital format	NJ-CARS	Jun 2023
 Leadership Training	Referral of recovery community members	TI-ROSC Committee	Feb to Mar 2023
	Host leadership training	NJ-CARS	Apr to Jun 2023
 Community Forum	Secure space for event	CFPC	May 2023
	Development of program agenda	TI-ROSC Committee	Jun 2023
	Development of flyer and promotional materials	NJ-CARS/CFPC	Jul 2023
	Dissemination of flyer and promotional materials	TI-ROSC Committee	Jul to Sep 2023
	Day of event coordination	NJ-CARS/CFPC	Sep 2023
 Recovery Outreach Toolkit	Development of toolkit messaging	TI-ROSC Committee	Jun to Sep 2023
	Development of toolkit and branding	NJ-CARS	Jun to Sep 2023
	Dissemination of toolkit	TI-ROSC Committee	Sep 2023

Long-Term Goals

The following longer-term stretch goals were identified for consideration by members of the committee to explore. These initiatives might be implemented by specific agencies represented within the committee, through partnerships among agencies, or through the committee as a whole. Additional resources would need to be secured to bring these visions to life.

To address transportation barriers, a ride-share service staffed by peer recovery specialists available to transport Sussex residents in recovery to meetings, appointments, etc.

Recovery Ride-Sharing Service

Platform to measure cross-sector referrals

To increase and incentivize cross-sector referrals, identify or develop a digital platform to facilitate and measure those referrals, to be reviewed by TI-ROSC committee

To address shortages of safe affordable housing for people in recovery, increase the number of Class F recovery residences throughout the region and explore funding opportunities for rent and move in costs.

Expansion of recovery residences

MH/SU providers

To decrease wait times and increase diversity of providers, identify incentives and training programs to draw and retain service providers in Sussex County.

Conclusion and Recommendations

System transformation is a long and complex process. The full promise of the trauma-informed recovery oriented system of care model can only be realized with adequate resources, resources that are beyond the scope of this pilot project. However, the work done by the Sussex County TI-ROSC Committee has laid a foundation for incremental change that, pursued consistency, can yield a larger system transformation. There is also ample opportunity for local decision-makers, funders, and other stakeholders to advance the recommendations and vision laid out in this report.

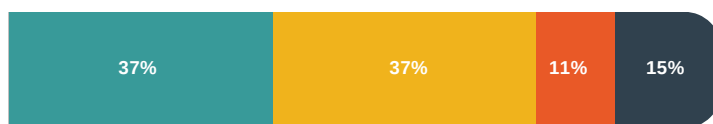
NJ-CARS will continue to make itself available as a resource to the Sussex County community in advancing a trauma-informed recovery oriented system of care.

APPENDICES

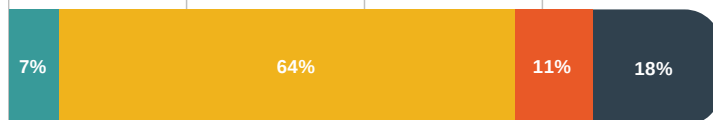
The following series of charts summarizes the results of the Sussex County Trauma-Informed Recovery Oriented System of Care Community Assessment.

Please rate your level of agreement with the following statements:

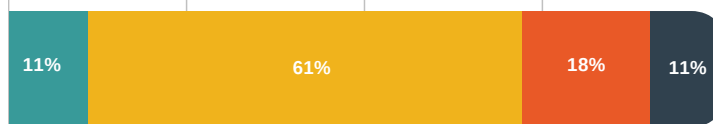
We can identify cross sector partners within our community



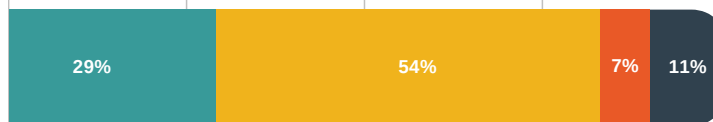
There are resources within the community to assist individuals with getting jobs



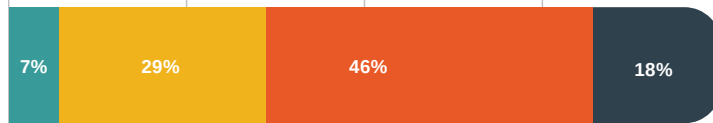
There are resources within the community to assist individuals with getting involved in non-mental health/addiction related activities



There are resources within the community to link individuals in recovery who can serve as role models or mentors



There are resources within the community to assist individuals with finding safe affordable housing

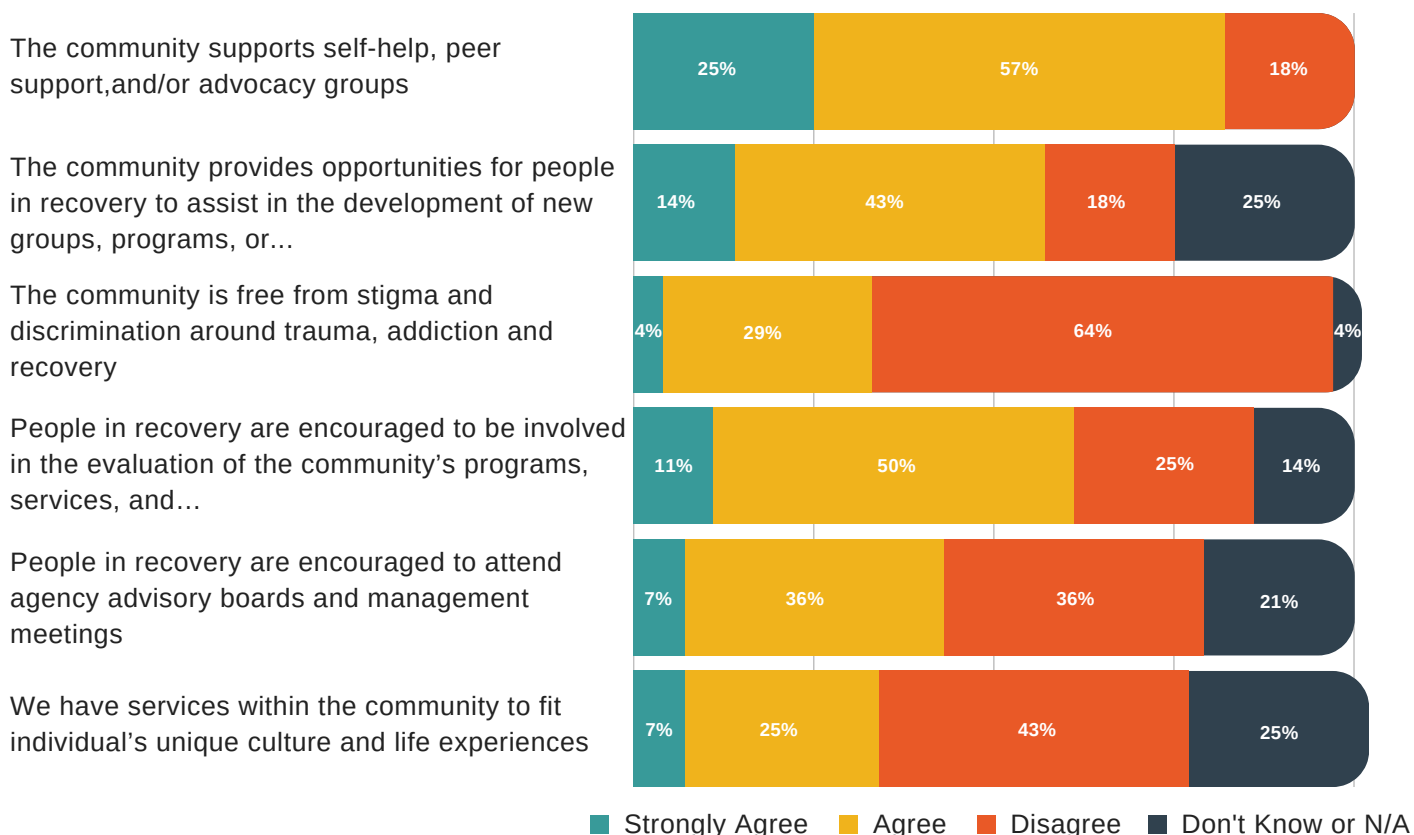


There are resources within the community to assist individuals with transportation to/from appointments, work, etc.

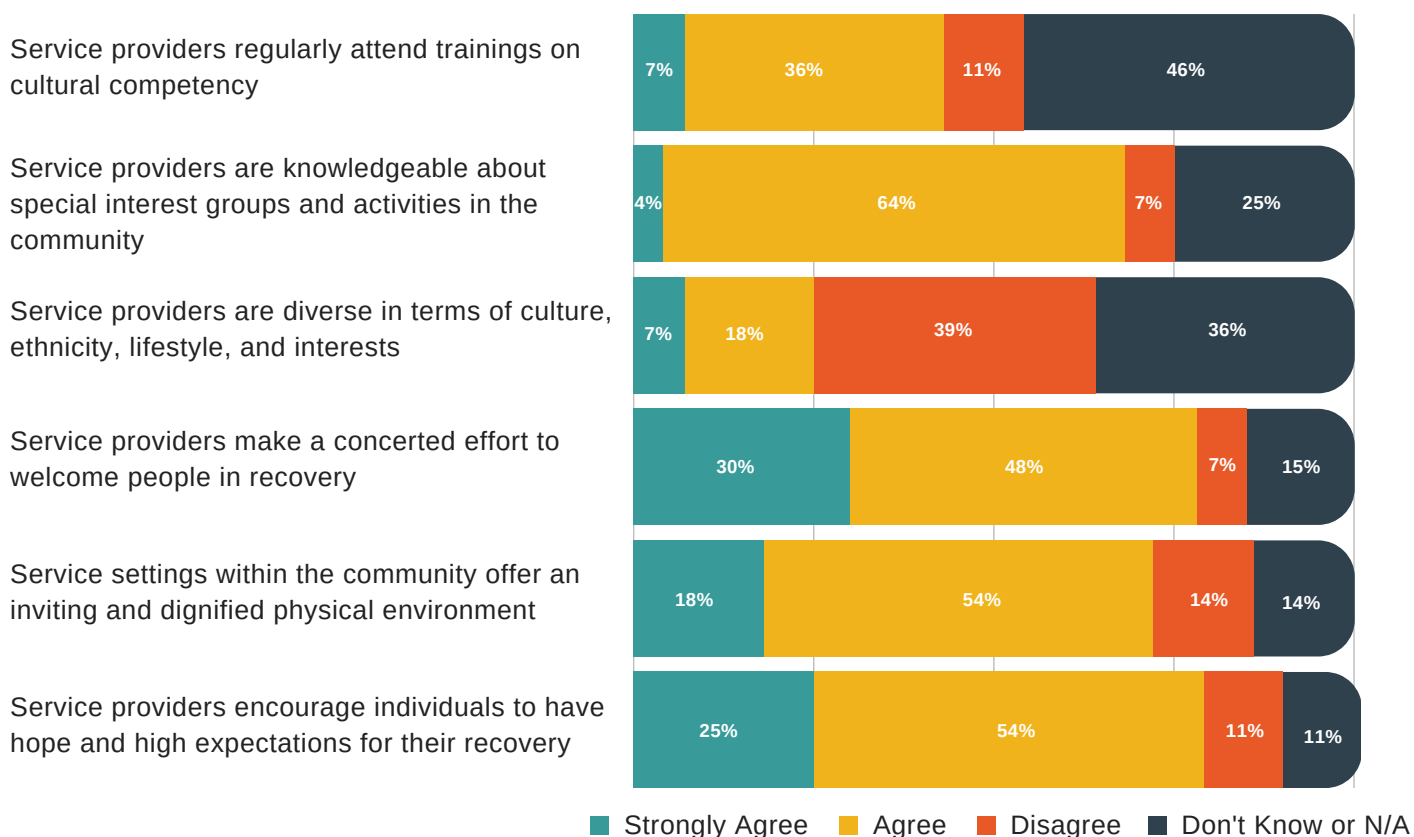


■ Strongly Agree ■ Agree ■ Disagree ■ Don't Know or N/A

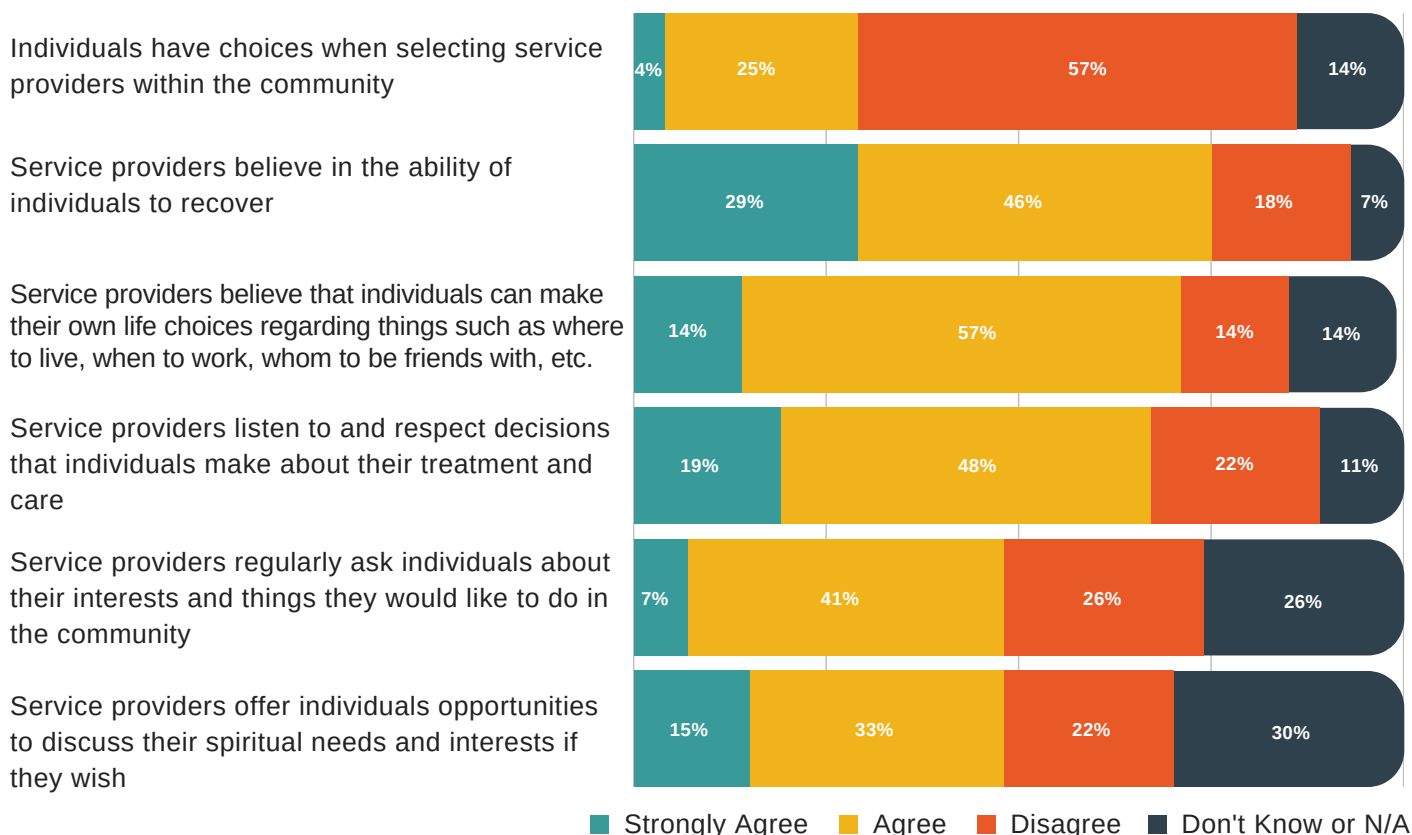
Please rate your level of agreement with the following statements:



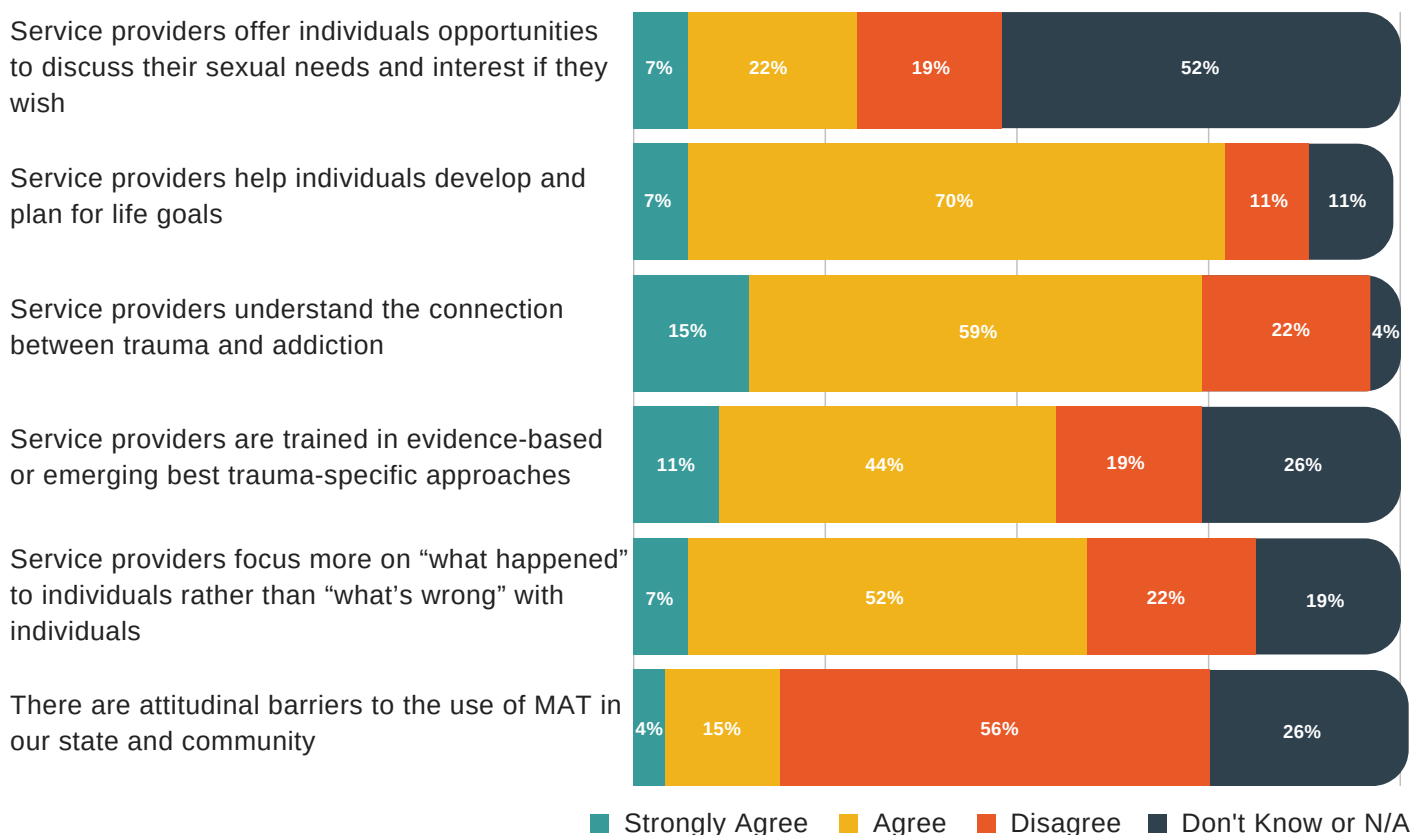
Please rate your level of agreement with the following statements:



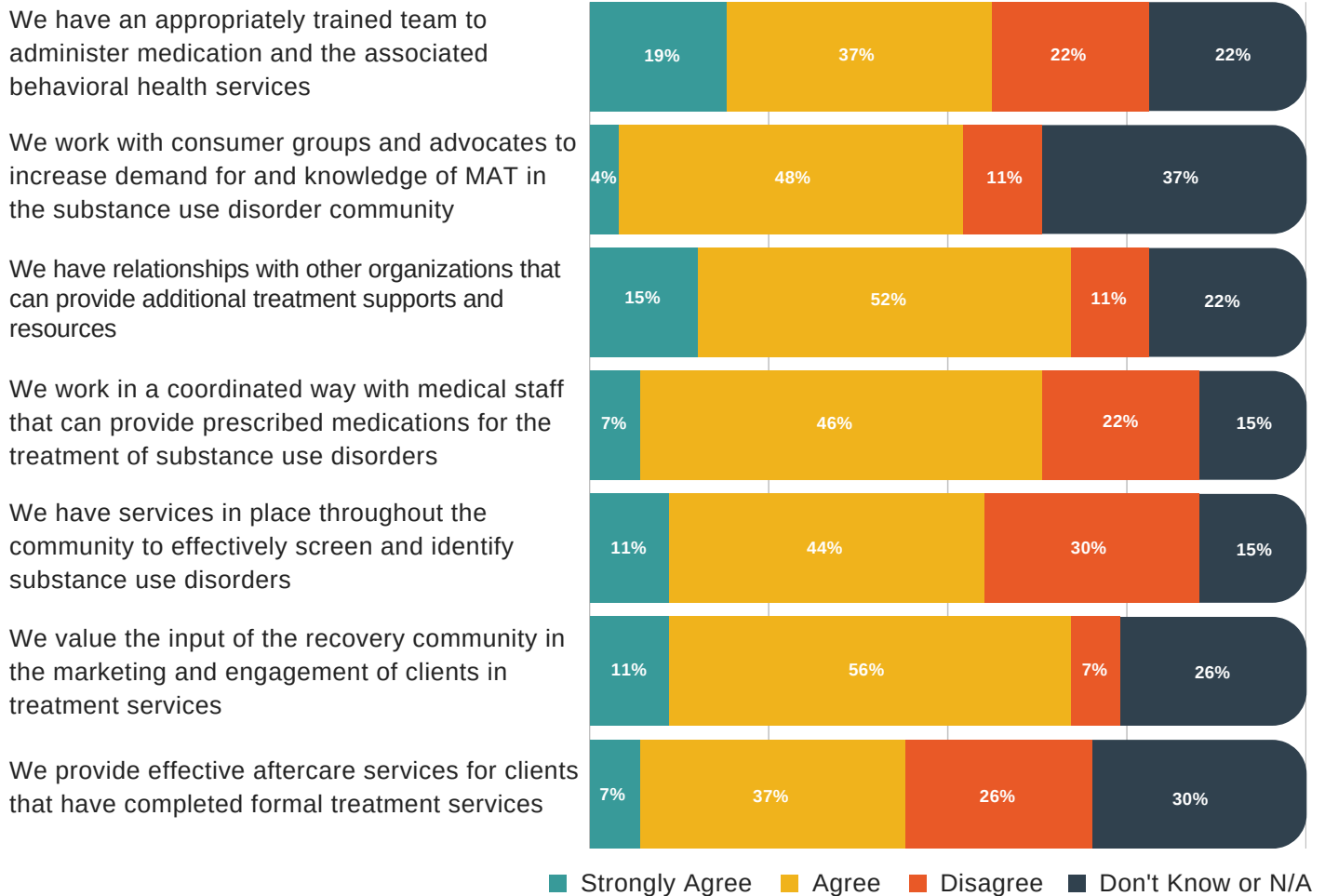
Please rate your level of agreement with the following statements:

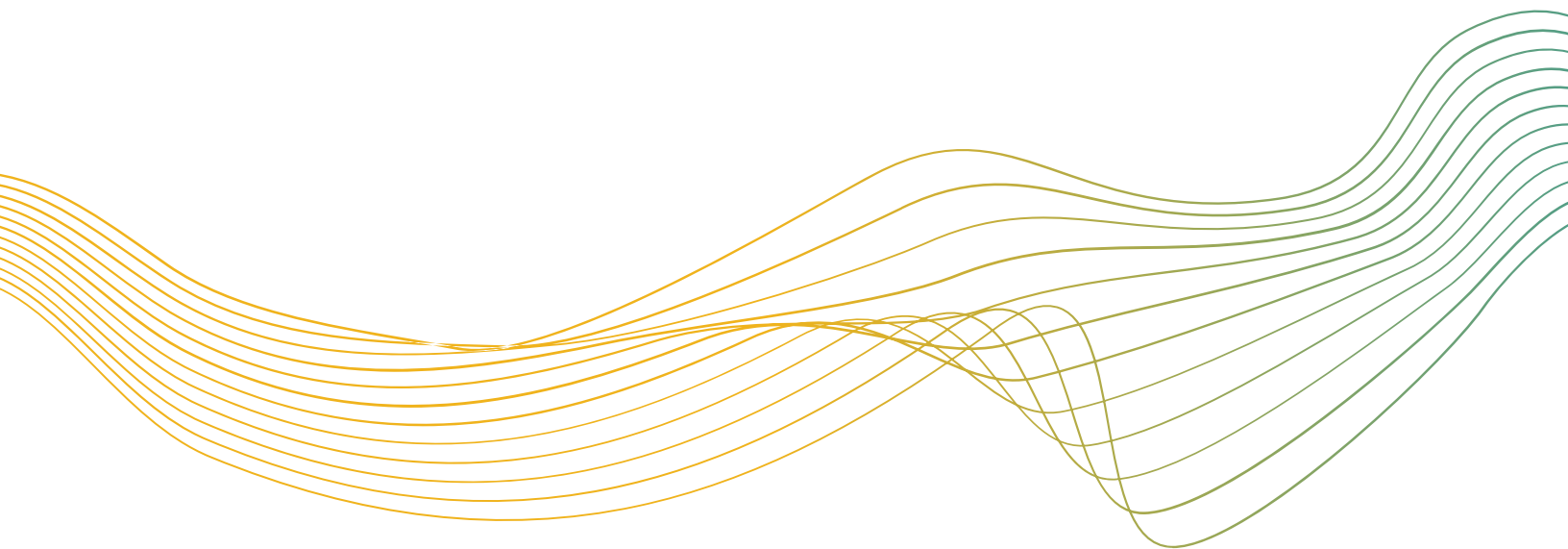


Please rate your level of agreement with the following statements:



Please rate your level of agreement with the following statements:





732-381-4100 | rcdd@preventionlinks.org | www.nj-cars.org