

**We want to hear your story,
your goals, your needs,
and your strengths.**

**Our program starts right
here, with learning all
about you.**

WHERE LIVES MOVE *forward*

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*“When I accepted help
from those that believed
in me, all things became
possible.”*



HEALING HEARTS & MINDS

*Supporting and strengthening families
along the journey to recovery*

ACENDA
INTEGRATED HEALTH

Healing Hearts & Minds (HHM) is a free and voluntary program that helps parents pre and post substance use treatment. We provide supportive services to parents and their entire family throughout the recovery process.

TARGET POPULATION:

HHM is available to families in Atlantic, Cape May, and Ocean counties who are dealing with the effects of parental substance use and are not yet connected with a peer recovery specialist.

ELIGIBILITY CRITERIA:

- Parenting and/or pregnant adults of children ages 0-17.
- If children are in out-of-home care, it must be for 18 months or less.

CONTACT US TODAY!

Visit: acendahealth.org/referral-hhm

Complete the referral form and email it to: hbm@acendahealth.org



PROGRAM GOALS:

- A Peer Recovery Specialist that will provide motivation, compassion, strength, and hope.
- Your family will receive about 3 months of free in-home family therapy by a licensed social worker/therapist.
- Group recovery support will be available to assist on your journey to wellness.
- Therapists will provide services helping to better you and your family's lives by assisting with coping skills, fostering healthy parent-child relationships, processing trauma, teaching healthy relationship skills, learning boundaries, and other therapeutic interventions as needed.

Let us help you on your journey to recovery:

- Our peer recovery specialists will work one on one with the adult using substances.
- Peer recovery specialist services are provided with respect and without judgment or expectations.
- Your individual's goals, circumstances, and needs, are considered.
- Our therapists will take a strength-based approach to provide you and your family with the tools you need to better yourselves.
- Our groups will provide support and empowerment from your peers.

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