

## RPOST Mission

Providing FREE non-clinical case management & support to those who face the challenges of addiction. Certified Peer Recovery Specialists offer one-to-one person-centered support to individuals in recovery.

Focusing on Strengths...  
Unconditional Support...  
Empowerment, & Acceptance!  
Recovery IS Possible.

### Program Requirements:

- ✓ Be an Ocean County Resident.
- ✓ Be 18yrs of age or older.
- ✓ Be proud of yourself for taking this step!!



**Mental Health  
Association in  
New Jersey, Inc.**

## OTHER MHA-OCEAN PROGRAMS

### **Recovery Family Support Services (RFSS)**

non-clinical case management & support to family members in Ocean County impacted by addiction  
*\*Funded by Ocean County Health Department*

### **Text for Recovery (T4R)**

Text the word RECOVERY to 51684 for Additional Substance Use Supports Right at Your Fingertips  
*\*Funded by Ocean County Health Department*

### **Pathways to Success (P2S)**

holistically address barriers individuals impacted by opioids are facing so they may find gainful & long-term employment. P2S will train & educate Ocean County residents to succeed in the workplace.

*\*Financed 100% with WIOA National Dislocated Worker NEG federal funding totaling \$3,000,000*

### **Peer Outreach Support Team (POST)**

non-clinical one on one support to Ocean County residents living with mental health and/or co-occurring disorders, who are seeking to attain or maintain wellness.

*\*Funded by the DMHAS*

### **Journey to Wellness (JTW)**

A peer run, community wellness center providing peer led support groups to individuals experiencing mental health, substance use, and/or co-occurring disorders

*\*Funded by DMHAS*

### **United by Wellness (UBW)**

*A peer led, statewide virtual wellness center covering all dimensions of wellness & recovery principles.*

For access to these services call  
732.244.0940



# FREE

## Individualized Support

## Total Acceptance

## Multiple Pathways



## MHA-Ocean

25 South Shore Drive  
Toms River, NJ 08753  
P: 732-244-0940  
F: 732-244-0948

691 Mill Creek Road (Unit 13)  
Manahawkin, NJ 08050  
P: 609-205-1600  
F: 609-488-6165

### Main Contacts:

Gary Sheridan / [gsheridan@mhanj.org](mailto:gsheridan@mhanj.org)  
Michelle Price / [mprice@mhanj.org](mailto:mprice@mhanj.org)

Serving Ocean County Residents, Ages 18 years old & older



## CONTACT:

### MHA-Ocean

Recovery Peer Outreach  
Support Team  
(RPOST)

Gary Sheridan / [gsheridan@mhanj.org](mailto:gsheridan@mhanj.org)

Michelle Price / [mprice@mhanj.org](mailto:mprice@mhanj.org)

732.244.0940


Funded by:

Ocean County Health Department



**Mental Health  
Association in  
New Jersey, Inc.**

- One to one non-clinical case management
- Short-Term Transportation Assistance
- Referrals & Information
- Evidence-Based Wellness & Recovery techniques & skills for individuals in recovery
- Peer Run Support Groups
- Multiple Recovery Pathways



NO MATTER WHAT YOUR  
STORY IS ... OR WHAT PATH OF  
RECOVERY YOU ARE ON...  
ALL OF US HERE AT  
MHA-OCEAN ARE HERE FOR  
"YOU" & "YOUR" RECOVERY!

Free non-clinical case management to those who face the challenges of addiction.

Certified Peer Recovery Specialists (CPRS) offer one-to-one person-centered support to individuals who are seeking to attain or maintain recovery.

- No Cost
- No Insurance
- No Judgment

***Just complete  
acceptance & support...  
regardless of what recovery  
pathway you are on!***

