

Ocean County Office

25 South Shore Drive
Toms River, NJ 08753

691 Mill Creek Rd (Unit 13)
Manahawkin, NJ 08050



Mental Health
Association
in New Jersey, Inc.

MENU OF SERVICES PROVIDED

MHANJ strives for mental health for children & adults through advocacy, education, training, & services. MHANJ has a strong history of providing direct services that focus on providing peer delivered case management, support & educational services to individuals & families dealing with significant behavioral health issues.

ALL Services Are Provided to Individuals 18 Years and Up & Are FREE To Ocean County Residents.

JOURNEY TO WELLNESS (JTW) 732-914-1546 A peer run, community-based center striving to provide support to individuals experiencing mental health and/or substance use issues. The mission of JTW is to create a supportive & consumer focused community which provides resources, assistance, & advocacy. Diverse, innovative, & purposeful groups are delivered by peers who offer a variety of evidence-based strategies & coping skills to obtain & retain wellness & recovery. All groups are held at 25 South Shore Drive Toms River, NJ 08753 unless otherwise specified on calendar. Contact hshawliński@mhanej.org with more information. **Funded by the NJ Department of Mental Health and Addiction Services (DMHAS)*

PEER OUTREACH SUPPORT TEAM (POST) 732-244-0940 The (POST) program offers non-clinical case-management, transportation, & educational/engagement outreach to Ocean County residents living with mental health and/or co-occurring disorders. Certified Recovery Support Practitioners provide emotional & experience-based support, using evidence-based practices, to individuals who are seeking to attain or maintain wellness. Collaboration between POST staff & the individual are made to achieve goals, overcome barriers, & create a system of support. Services are provided Monday through Friday from 9am to 8pm. Saturdays by appointment. Contact mleotis@mhanej.org for more information. **Funded by the Department of Mental Health & Addiction Services*

RECOVERY PEER OUTREACH SUPPORT TEAM (RPOST) 732-244-0940 The RPOST program offers ALL recovery non-clinical case management, transportation, & support groups to assist individuals in recovery from addiction. Certified Peer Recovery Specialists provide emotional & experience-based support, using evidence-based practices, to individuals who are seeking to attain or maintain recovery. Collaboration between RPOST staff & the individual are made to achieve goals, overcome barriers, & create a system recovery capital. Services are provided Monday through Friday from 9am to 8pm. Saturdays by appointment. For more information contact gsheridan@mhanej.org. **Funded by the Ocean County Health Department*

GOLDEN PEER OUTREACH SUPPORT TEAM (GPOST) 732-244-0940 The GPOST program offers ALL recovery non-clinical case management, transportation, & support groups to assist individuals ages 65years & older in recovery from addiction. Certified Peer Recovery Specialists provide emotional & experience-based support, using evidence-based practices, to individuals who are seeking to attain or maintain recovery. Collaboration between GPOST staff & the individual are made to achieve goals, overcome barriers, & create a system recovery capital. Services are provided Monday through Friday from 9am to 8pm. Saturdays by appointment. For more information contact gsheridan@mhanej.org. **Funded by the Ocean County Health Department*

RECOVERY FAMILY SUPPORT SERVICES (RFSS) 732-244-0940 The RFSS program offers non-clinical case management & transportation to family members in Ocean County impacted by addiction. Certified Peer Recovery Specialists provide emotional & experience-based support as family members, using evidence-based practices to empower, educate, provide information & referrals to assist family members in their own recovery journey so they may help those they love. Services are provided Monday through Friday from 9am to 8pm. Saturdays by appointment. For more information contact gsheridan@mhanej.org. **Funded by the Ocean County Health Department*

RECOVERY HOTSPOT (RH) 732-244-0940 MHANJ-Ocean's Recovery Hotspot (RH) is a vehicle equipped with all recovery support information in Ocean County and is staffed by Certified Peer Recovery Specialists. RH visits community "Hot Spots" (Hotspots are high impacted/well trafficked areas throughout Ocean County) providing information, referrals, linkages, and on-going case management & follow up. Recovery Hotspot operates Sunday through Saturday with designated times during the day (including nights & weekends) offering curbside resources for recovery support. For more information contact gsheridan@mhanej.org. **Funded by the Ocean County Health Department*

TEXT FOR RECOVERY TEXTLINE (T4R) The Text for Recovery (T4R) text line is live 7 days a week, from 8am-8pm. The text line consists of 3 parts: the personal concierge, live two-way messaging & initiated keywords. The personal concierge offers participants personal messages up to 3 times a week. These messages range from emotional support, lifestyle support, therapy/treatment information & more. The live two-way messaging is a way for participants to reach out during hours of operations for emotional support & referrals with text specialists. The initiated keywords are where we offer 6 keywords that participants can text in to 51684 as many times as they like. Example would be the participants texting in the word "mood" where they would receive a motivational message. T4R also offers enrollees a direct referral to a Certified Peer Recovery Specialist (CPRS) support services. For more information contact gsheridan@mhanej.org. **Funded by the Ocean County Health Department*

HOUSING, OUTREACH, PREVENTION, & EDUCATION PROJECT (The HOPE Project) 732-244-0940 The HOPE Project is a program for Ocean County residents, 18yrs or older, who are experiencing housing insecurity and homelessness. This innovative and inclusive program assists its participants with non-clinical case management, budgeting, fiscal literacy, employment linkages and training, housing benefit navigation, group support, socialization, transportation, and client specific assistance. Services are provided Monday through Friday from 9am to 8pm. Saturdays by appointment. For more information contact jgallagher@mhanej.org **Funded through Ocean County Human Services*

Revised 6.2023

STEPPING INTO SUCCESS (SIS) 732-244-0940 SIS is a program for Ocean County residents, 18yrs or older, living with intellectual or developmental disability. SIS will provide individualized support and services through skill building, non-clinical wellness and vocational case management, group support, and continued transitional education for employment if needed. Certified and Trained staff with mental health/co-occurring/disability challenges, use their lived experience and training to support others looking to obtain wellness. Services are provided Monday through Friday from 9am to 5pm. Saturdays by appointment. For more information contact heathere@mhanj.org. **Funded by Ocean County Human Services*

HELPING YOUTH PREPARE for EMPLOYMENT (HYPE) 732-244-0940 In partnership with Bright Harbor Health Care, the HYPE program will offer youth between the ages of 16-24 with non-clinical employment and post-secondary educational individualized support, training in industry valued credentials and employment linkages, group support, and skill building. Services are provided Monday through Friday from 9am to 5pm. Saturdays by appointment. For more information contact heathere@mhanj.org. **Funded by Bright Harbor HealthCare through Ocean County Human Services*

RECOVERY COMMUNITY DEVELOPMENT (RCD) 732-244-0940 RCD is designed to serve adults in NJ (18yrs +), who are in recovery from substance use disorders and seeking trainings that will benefit their employment path. RCD provides 1-1 support and self-paced Ready to Work training. For those pursuing a career in the peer field, MHAOC offers trainings which aide the obtainment of the required 500 hours to earn the CRSP and CPRS credential in New Jersey. Services are provided Monday through Friday from 9am to 5pm. Saturdays by appointment. Contact heathere@mhanj.org for more information.

** Funded by Prevention Links through Substance Abuse and Mental Health Services Administration*

TOOLS FOR SUCCESS (TFS) 732-279-6500 TFS is Private Career School & a WFNJ program provider which trains & educates Ocean County participants to succeed in the work environment. Participants receive comprehensive training in all aspects of employment & certification training in Customer Service & Sales from the National Retail Federation Foundation. TFS provides participants with the tools necessary to obtain & retain employment. **At this time BOSS/PIC referral required.* Contact mkellner@mhanj.org for more information. **Funded by Ocean County Human Services-NJ Department of Labor*

YOUTH PEER OUTREACH SUPPORT TEAM (YPOST) 732-244-0940 YPOST is a program offering non-clinical case management to Ocean County transitional youth, ages 18-24, as well as educational & enhancement-based services. A variety of peer-delivered groups focusing on employment, healthy coping strategies, & mental health/substance use education supports are used to empower young adults. Person-centered non-clinical case management focusing on individual goals, referrals/linkages to community resources, & advocacy. Services are provided Monday through Friday from 9am to 4pm. Contact ajohnson@mhanj.org for more information. **In partnership with Ocean County Community College*

OCEAN ALLIES RESOURCE CENTER (OARC) 732-244-0940 OARC is a program offering non-clinical care management & supports to senior (60 years old +) OR individuals living with a disabling condition, residing in Ocean County, who have been impacted or experienced hardship due to COVID19 pandemic. This is a community-based program providing support, resources, referrals, & system navigation. OARC assists participants to develop a plan of care, and providing information, referrals, & linkages. OARC encourages self-empowerment & self-sufficiency. OARC provides services in English & Spanish and are provided Monday through Friday from 9am to 8pm. Saturdays by appointment. Contact mferrara@mhanj.org for more information. **Funded by the Ocean County Department of Human Services with Partnership with Ocean County Department of Senior Services.*

RESOURCES, OUTREACH, & OPPORTUNITIES FOR TOMORROW (ROOTS) 732-244-0940 ROOTS is a multi-faceted program, offering guidance & support to individuals & their families residing in Ocean County, (age 18 years +), who have been impacted or experienced hardship due to COVID19 pandemic and need assistance with any type of benefit navigation. ROOTS provides one-to-one case management, group support, & community outreach. This program takes a person-centered approach focusing on all social determinants of health, assisting individuals to successfully access the resources & support needed. ROOTS provides services in English & Spanish. Services are provided Monday through Friday from 9am to 8pm. Saturdays by appointment. Contact hrodriguez@mhanj.org with questions. **Funded by the Ocean County Department of Human Services*

FEED THE NEED (FTN) 732-244-0940 Feed the Need is equipped with vehicles, drivers, and peer specialists to assist Ocean County residents who are food insecure through pantry deliveries, grocery needs, and fresh produce. FTN serves individuals & their families specifically with food security, their immediate basic necessity needs, and referrals, resources, & linkages to any other supports needed. FTN provides family-oriented services to safeguard all members of the family are being addressed and having their needs individually met. Services are provided Monday through Friday from 9am to 8pm. Saturdays by appointment. Contact hshawlinski@mhanj.org with questions. **Funded by the Ocean County Department of Human Services*

UNITED BY WELLNESS (UBW) 732-244-0940 MHANJ's STATEWIDE VIRTUAL WELLNESS CENTER. UBW is a virtual wellness center where peers offer hope & skills for recovery to people living with mental health and/or substance use disorder(s). This is accomplished by providing no-cost support, education, & advocacy in a safe, & diverse community. UBW is open to anyone above the age of 18 years old who would benefit from mental health, substance use or co-occurring supports. UBW groups are offered via zoom, 7days a week, with group topics covering all the dimensions of wellness & recovery principles. ***To become a member a one-time membership form must be completed.* UBW Membership form: www.surveymonkey.com/r/8VXP2K8 or contact mprice@mhanj.org with questions or for more info.

Any Questions Regarding Any of MHAOC's Programs/Services - Contact 732-244-0940 or email MHAOC@MHANJ.ORG