



Partnership for a Drug-Free New Jersey

in Cooperation with the Governor's Council on Alcoholism and
Drug Abuse and the NJ Dept. of Human Services



NJCARES.gov
New Jersey Coordinator for Addiction Responses and Enforcement Strategies

Burnout on the Frontline: Managing COVID-19 Fatigue

February 11, 2021



**Kaitlin A. Caruso, Acting Director,
New Jersey Division of Consumer Affairs**

Burnout on the Frontline:

Managing COVID-19 Fatigue

NJ Division of Consumer Affairs



Managing COVID-19 Fatigue

NJ Division of Consumer Affairs

Oversees 51 occupational and professional boards

Licenses over 750,000 individuals

Including over 300,000 healthcare practitioners

NJ Division of Consumer Affairs



Responses to COVID-19

- Expansions to the healthcare workforce through the Healthcare Emergency Licensure Programs (HELP)
- Temporary waivers to safely increase and facilitate access to telemedicine
- Creation of safety protocols for licenses and in-office practice settings

Outreach to Support Licensees

Knock Out Opioid Abuse Webinars, focused on the opioid epidemic & COVID-19

<https://knockoutopioidabuse.drugfreenj.org/webinarpresentations/>

Rutgers Project Echo Video Conferences, providing up-to-date information to healthcare licensees on emerging COVID-19 issues

http://rwjms.rutgers.edu/community_health/other/project-echo/covid-19.xml

Burnout on the Frontline

Additional Resources

Mental Health Resources

NJConsumerAffairs.gov/mental-health-resources

NJ Cares Resources

www.njcares.gov/ohh/

COVID-19 Information & Resources for Healthcare Professionals

NJConsumerAffairs.gov/COVID19



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Featured Panelists



Chantal Brazeau, MD

Assistant Dean for Faculty Vitality, New Jersey Medical School (NJMS) and Robert Wood Johnson Medical School, Chief Wellness Officer at Rutgers Biomedical and Health Sciences (RBHS)

Dr. Brazeau has been a faculty member of New Jersey Medical School (NJMS) since 1995 and is currently professor of Family Medicine and Psychiatry. Dr. Brazeau has served as Assistant Dean for Faculty Vitality at NJMS since 2016 and was appointed Chief Wellness Officer at Rutgers Biomedical and Health Sciences (RBHS) in December 2019 and Assistant Dean for Faculty Vitality at Robert Wood Johnson Medical School (RWJMS) in January 2020. Since 1995, she has taught about professional well-being, conducted research and presented at national and international venues on this topic.



Robert Czepiel Jr.

**Assistant Attorney General
Chief Resiliency Officer, New Jersey
Resiliency Program for Law Enforcement**

Assistant Attorney General (AAG) Robert Czepiel Jr. has served as a prosecutor at the county and state levels in New Jersey for more than 25 years. AAG Czepiel has been employed at the New Jersey Office of the Attorney General, Division of Criminal Justice in the Corruption Bureau and the Prosecutor Supervision and Training Bureau in the positions of lead legal instructor, Deputy Chief of Training and Bureau Chief. In 2019, AAG Czepiel was appointed the state's first-ever Chief Resiliency Officer, responsible for overseeing the New Jersey Resiliency Program for Law Enforcement, a first-in-the-nation statewide program to train officers in resiliency and to become better equipped to handle the daily stress of police work that, when left unchecked, may lead to physical ailments, depression, and burnout.



Erika Shortway

**Director of Recovery Services, Morris County
Prevention is Key's Center for Addiction
Recovery Education and Success (CARES)**

Erika Shortway is the Director of Recovery Services for Morris County Prevention is Key's special project CARES (Center for Addiction Recovery Education and Success), where she leads and oversees all recovery and harm reduction services. She is a woman in recovery for 8 ½ years and uses her past experiences with her own addiction to help empower others to heal and find their own path of recovery. Erika has worked in the addiction recovery field for 7 ½ years, starting her career in a local recovery house as assistant to the director. Erika began at CARES in 2015 and in her time there has worked in telephone recovery support, certified peer recovery certification and leading naloxone trainings.



Chantal Brazeau, MD
Assistant Dean for Faculty Vitality, New Jersey Medical School (NJMS)
and Robert Wood Johnson Medical School,
Chief Wellness Officer at Rutgers Biomedical and Health Sciences (RBHS)



RUTGERS
THE STATE UNIVERSITY
OF NEW JERSEY

Burnout on the Frontline: Managing COVID-19 Fatigue

February 11, 2021

Chantal Brazeau, MD

Assistant Dean for Faculty Vitality

New Jersey Medical School

Robert Wood Johnson Medical School

Chief Wellness Officer

Rutgers Biomedical and Health Sciences

Objectives

- Describe the stages of disaster recovery
- Describe stressors experienced by health professionals related to the pandemic
- Describe symptoms of burnout
- Describe principles of psychological first aid
- Utilize psychological first aid principles to support self and colleagues



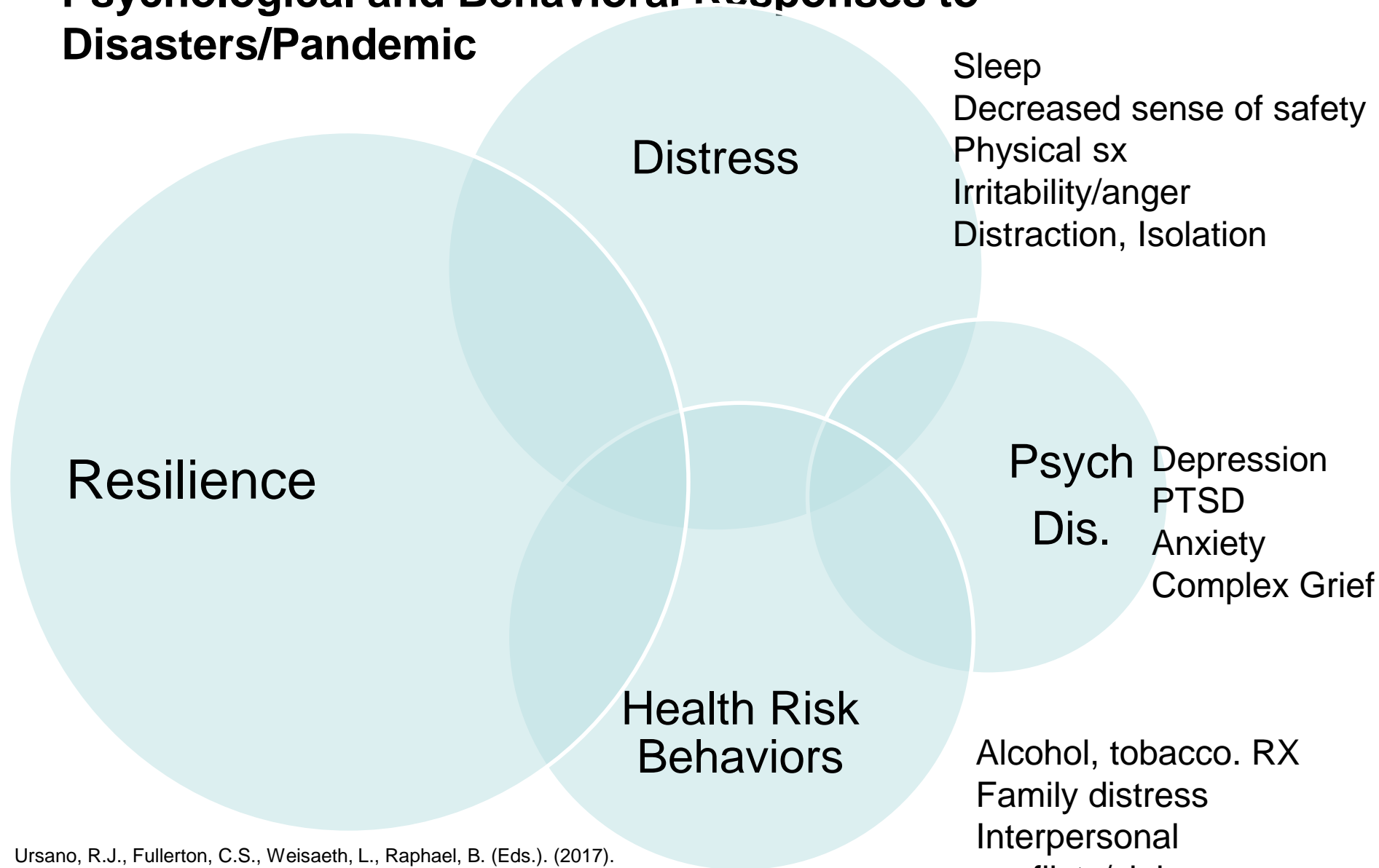
Community Phases of Disaster Response



Adapted from Zunin & Myers as cited in DeWolfe, D. J., 2000. Training manual for mental health and human service workers in major disasters (2nd ed., HHS Publication No. ADM 90-538). Rockville, MD: U.S. Department of Health and Human Services, Substance Abuse and Mental Health Services Administration, Center for Mental Health Services.



Psychological and Behavioral Responses to Disasters/Pandemic



Ursano, R.J., Fullerton, C.S., Weisaeth, L., Raphael, B. (Eds.). (2017).

Textbook of Disaster Psychiatry, 2ED. London, UK:

Cambridge University Press Resilience Psychological & Behavioral Responses to Disasters/Pandemics



Responses Unique to Pandemics

**Isolation and
quarantine**

**Fear and
uncertainty**

**Altered
perception of
risk**

**Misinformation
spread**

Shortages

**Surge in
healthcare
demand**

Anger, stigma



Challenges for Healthcare/Frontline Professionals

Fear

personal and family
safety

Guilt

not being on the front
line; not able to “save” a
patient; bringing the
virus to family

Sustained stress

workload, “no time” for
basic self- care/usual
stress reduction/
connection with family,
protocol changes, media
exposure

“Traumatic” stress

exposure to death in
large numbers, seeing
patients die alone

Mental Health Outcomes in Healthcare Workers

	% Depression	% Anxiety	% Stress/ Stress reactions	% Sleep Problem	% Distress
New York *	48	33	57	45	
China**	50	45		34	74
Italy***	25	19	50	8	

Generally worse in nurses and frontline workers
New York study: 61% increased meaning/purpose

*Shechter et al, J Gen Hosp Psych, June 2020

**Lai et al. JAMA Open e-Pub, March 2020

*** Rossi et al *JAMA Network Open*, May 2020

Burnout existed before COVID-19

- **Emotional exhaustion:** tired, nothing left to give, no pleasure

lost energy

- **Depersonalization:** cynicism, going through the motions, treating diseases instead of people with diseases

lost enthusiasm

- **Decreased sense of personal accomplishment:** never good enough, not worthwhile

lost confidence

Back to Basics: Psychological First Aid

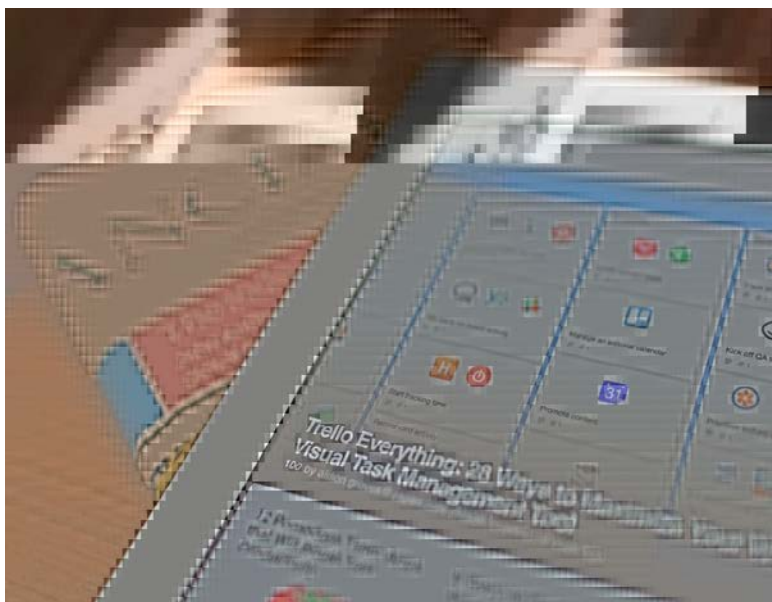
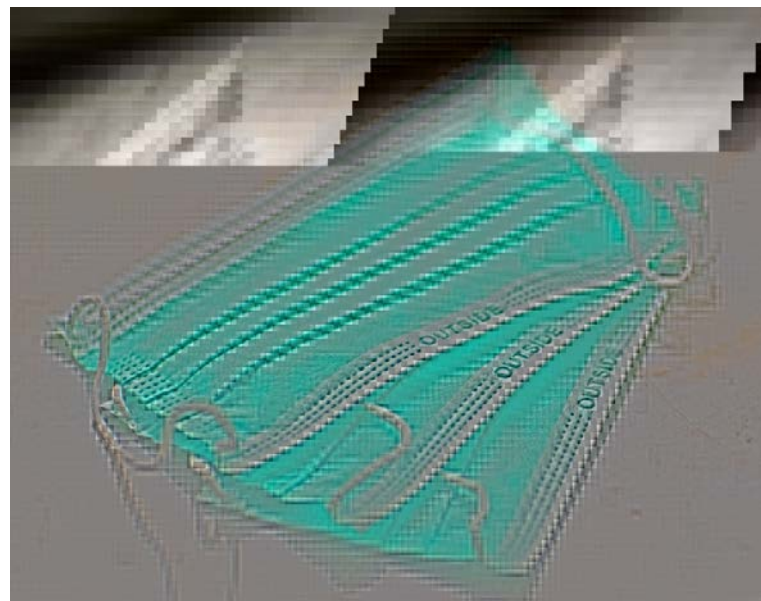
- Safety: To appraise threat realistically
- Calm: To counter anxiety
- Self/Community Efficacy: To be able to solve problems
- Connectedness: To build social support
- Hope/Optimism: To build on strengths



Safety

Safe areas

Safe behaviors



Correct transparent information
Avoid repeated images/news
on media

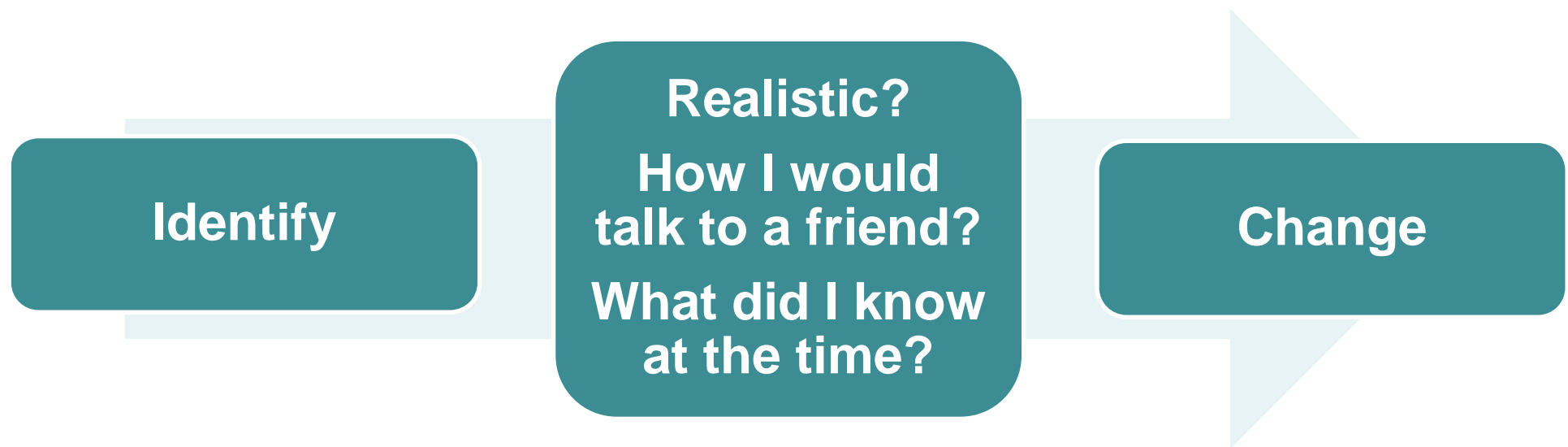
Calm

- Anxiety linked to normal vigilance
- Excess anxiety impairs functioning
- Frequent mini-breaks from sustained stress
- Deep breathing
- Mindfulness/relaxation
- Positive emotions



Self-Efficacy

Stress changes how we talk to ourselves
Troubling thoughts can impair sense of control



I can't do this work	I'm doing the best I can
I should have done...	I did the best I could in a really difficult situation



Self-Efficacy

Self-care: Eat, hydrate, rest, sleep, self-awareness, mini-breaks, routine



Connectedness

- Social support important to combat stress and trauma
- Our peers are crucial support





Self-care and self-awareness: Eat well, hydrate, pace yourself, rest. Know when you need to unburden and “decompress.”



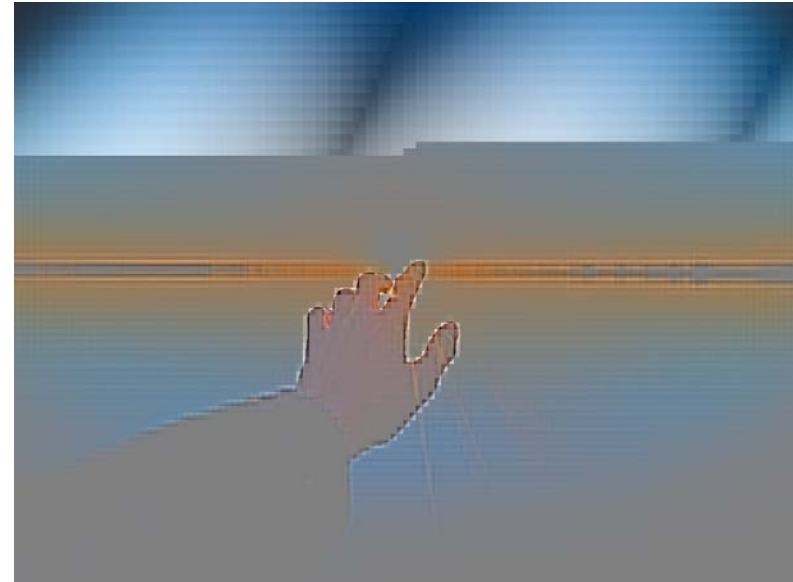
Check-in on 2 colleagues a day for 2 minutes of “decompression”: Ask how they are doing, listen attentively, and acknowledge their experience.

C. Brazeau, M. Soto-Greene, Robert Wood Johnson Medical School Marketing Team

Reach out to colleagues
“Buddy” System
Connecting in a virtual world

Hope

- A positive action-oriented expectation that a positive future is possible
- Must be balanced with reality
- Positive Psychology Model
- Realistic balanced outlook reduces stress vs. an exaggeration of catastrophic outcome



Resources

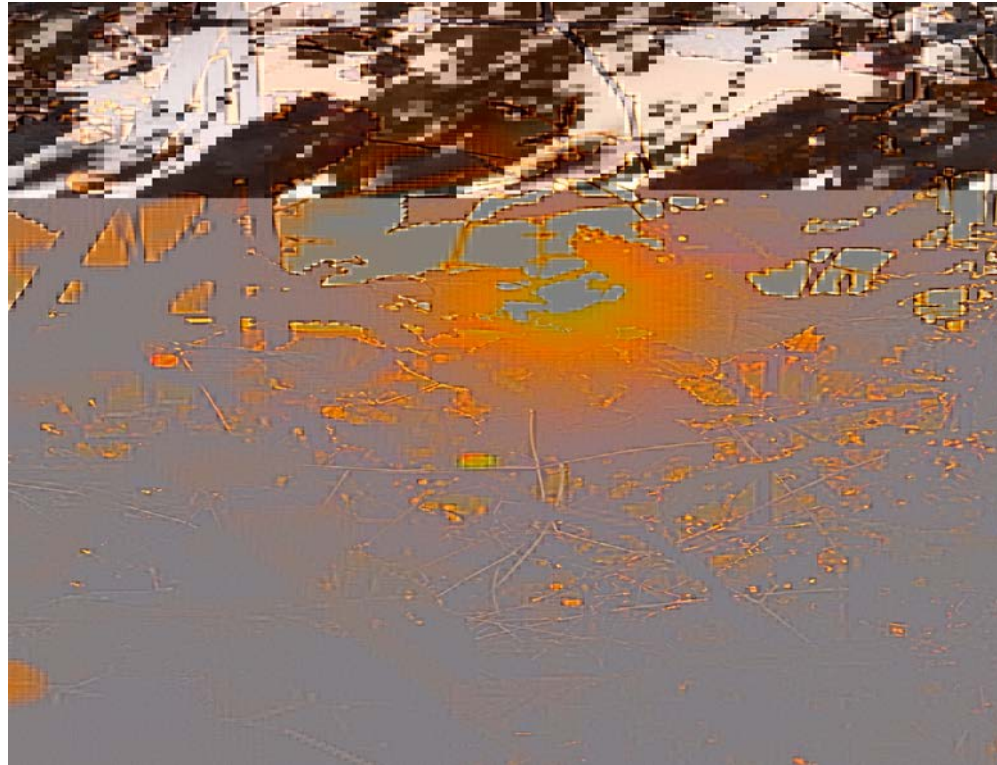
- **COVID Connect: 833-223-0011** For individuals experiencing mental health or substance abuse challenges related to COVID
- **Telephone peer support**
 - **MOM2MOM: (877) 914-6662**
 - **VET2VET: (866) 838-7654**
 - **VETS4WARRIORS: (855) 838-8255**
 - **CARE2CAREGIVER: (800) 424-2494**
- **COVID Crisis Counseling:** NJ Hope and Healing Crisis Counseling Program/Rutgers University Behavioral Healthcare telephone lines. Funded by Federal Emergency Management Agency and Substance Abuse and Mental Health Administration (available until June 2021)
 - **RISE: 833-237-4325** NJ First Responders
 - **HEAL: 833-416-8773** NJ Health Care workers

Resources

- **Mobile Apps (VA)**
 - **COVID Coach:** Education, self-care tools, trackers
 - **CBT-I Coach:** Sleep
- **When to seek help**
 - We are resilient
 - Stress reactions and fatigue are common
 - Seek help if symptoms/problems continue more than 2 months or impair functioning



Growth and New Beginnings



chantal.brazeau@rutgers.edu



Robert Czepiel Jr.
Assistant Attorney General
Chief Resiliency Officer, New Jersey Resiliency Program for Law Enforcement

The New Resiliency Program For Law Enforcement:

*A Blueprint To Help All Frontline Workers Deal
With the Stressors of COVID-19.*

RESILIENT



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In Ten Minutes....A Life Can Change.

- Talk about the New Jersey Resiliency Program for Law Enforcement.
- Basic Concepts of the Resiliency Training.
- Resources Available Through Cop2Cop and Resiliency Program.



RESILIENT



New Jersey Resiliency Program For Law Enforcement

AG Directive 2019-1. Signed by Attorney General in August of 2019.

Resiliency Program Officer (RPO) for all state, county, municipal law enforcement agencies (over 850 state-wide.)

Recommend and promote that law enforcement agencies work with Resiliency Program Chaplains who have attended the Police Chaplain Program Basic Training Course.

Creation of the Officer Resiliency Law Enforcement Training Program.



New Jersey Resiliency Program

- Based upon:

- (1) Confidentiality and
- (2) Trust.

- RPO's are trained to provide in beginning of RPO session:
 - If the officer advises he/she is danger to self or others, they must report. They will report to Cop2Cop or EAP program; and
 - If the officer admits to have committed a crime or future crime, they must report to the chain based upon their duties as LEO.



Why Is Resiliency Important?

- Police Officers/Prosecutors are modern day guardians.
- Police Officers/Prosecutors are the equivalent to the sheep dog always on watch, watching the herd.
- Always looking for the wolf.
- Carries over to personal life.



Top Cop 10 Problems (87,535 calls)

(source- Cop2Cop)

#1 – Depression

#2 – PTSD

#3 – Anxiety

#4 –Other (finances, work stress)

#5 –Marital/Couples Issues

#6 –Substance Abuse

#7 – Legal Problems

#8 – Suicidal Ideations

#9 – Medical/Somatic Complaints

#10 – Family Issues/ parenting

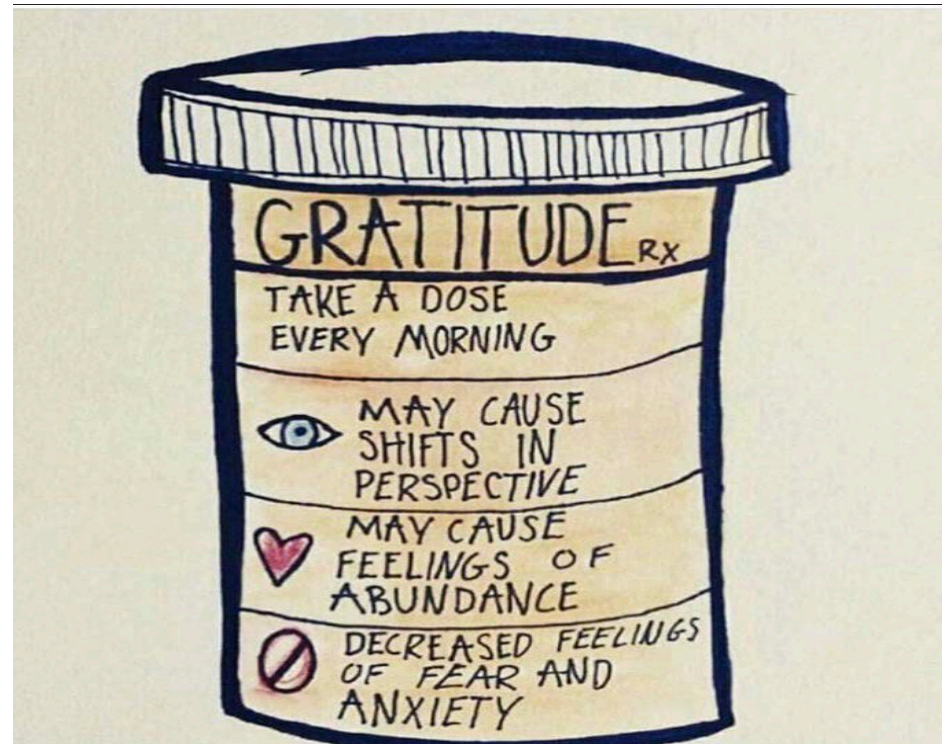
- **COVID Impact indicates increases in anxiety, grief, trauma.**

Why Is Resiliency Important?

Added COVID-19 Stressors

- Studies have demonstrated that large-scale epidemics (including COVID-19) pose various challenges to individuals of all ages and cultures but the emotional stress experienced by frontline workers is severe and can be long-lasting.
- Rapid transmission rate and unparalleled tasks that frontline workers with inadequate equipment.
- Increased workload during pandemic.
- New Jersey- duration, size & scope of the pandemic.
- Short & Long-Term Implications:
 - Burnout;
 - Traumatic Stress;
 - Anxiety;
 - Depression;
 - Post-Trauma Stress Syndrome;
 - Post-Traumatic Stress Disorder;
 - Sleep Disorders/Insomnia;
 - Suicidal Ideations;
 - Acute Stress Disorders;
 - Fear of infection (family);
 - Numerous Psychiatric Disorders Post Pandemic;
 - Higher Risk of Suicide.

What Does It Mean To Be Resilient?



Mental	Physical	Social	Spiritual
<ul style="list-style-type: none"> Awareness Adaptability Decision Making Positive Thinking 	<ul style="list-style-type: none"> Endurance Nutrition Recovery Strength 	<ul style="list-style-type: none"> Communication Connectedness Social Support Teamwork 	<ul style="list-style-type: none"> Core Values Perseverance Perspective Tolerance

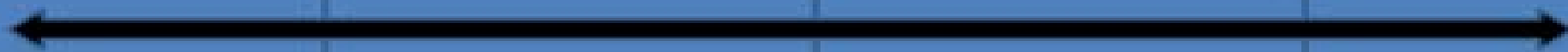
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Positive Thinking

Strength

Teamwork

Tolerance



Four Principles of Resiliency

- Mental: The ability to effectively cope with unique mental stressors and challenges needed.
- Physical: The ability to adopt and sustain healthy behaviors needed to enhance health and wellness.
- Social: The ability to engage in healthy social networks that promote overall well-being and optimal performance
- Spiritual: The ability to strengthen a set of beliefs, principles, or values that sustain an individual's sense of well-being and purpose.

RESILIENT



ACCOMPLISH
GOALS

WITH

REALISTIC
expectations



GOOD LISTENER

BE A
AND AN

ACTIVE
RESPONDER



**COUNT
YOUR
BLESSINGS**



RECOGNIZE AND
MANAGE
YOUR REACTIONS
AND **EMOTIONS**



self-esteem
and self-confidence



ADOPT AND
maintain **HEALTHY**
BEHAVIORS TO IMPROVE
performance, leadership, and
overall health

BALANCE
your thinking



Identify and
challenge
thinking traps.
Separate your
thoughts
from facts.

**CAPITALIZE ON
STRENGTHS**

IDENTIFY AND USE
YOUR STRENGTHS.
FIND STRENGTHS IN
OTHERS



grow and
benefit from
adversity.
shed light
on difficult
situations.

ACCEPT
be **MINDFUL**
MAKE MEANING



**PROBLEM
SOLVING
SKILLS**

**DEEPEN
CONNECTIVITY**

ENGAGE IN POSITIVE
SOCIAL NETWORKS
AND HAVE THE
ABILITY TO SEEK
HELP FROM
OTHERS.

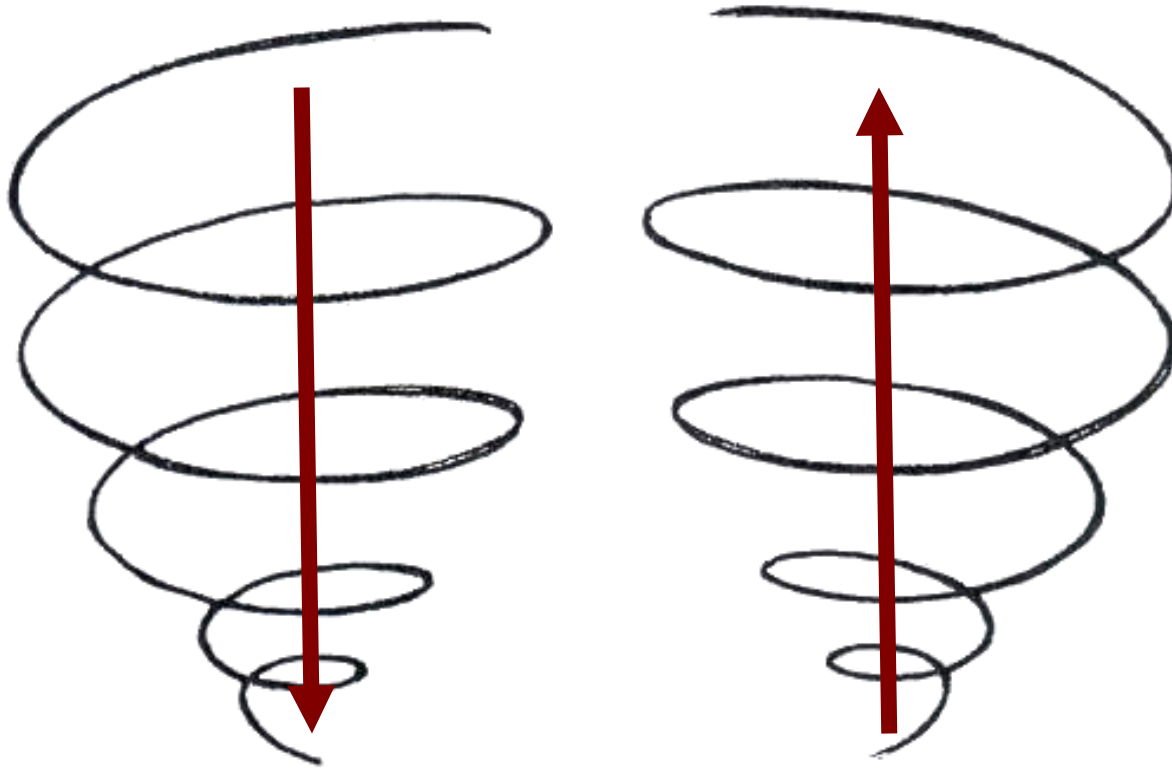


BOLSTER
a set of
**BELIEFS, PRINCIPLES,
OR VALUES** that
sustain a sense of
WELL-BEING AND
PURPOSE

RESILIENT



Gratitude

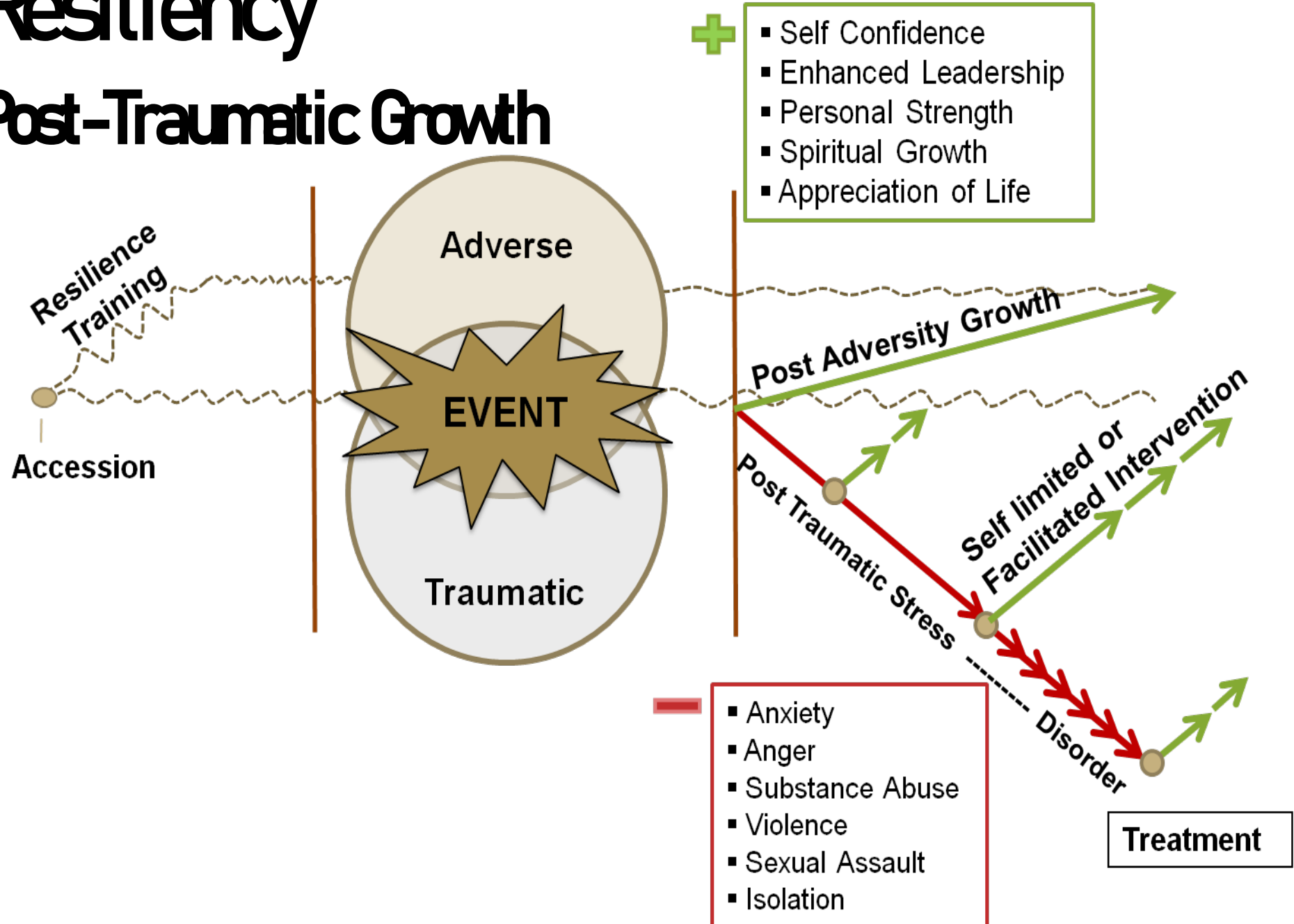


Gratitude and other positive emotions can *undo* the effects of negative emotions

Source: Broaden and Build Theory, Frederickson & Joiner, 2002

Resiliency

Post-Traumatic Growth



Resilient Minds on the Frontlines

onthefrontlines.us



Resilient Minds on Frontlines

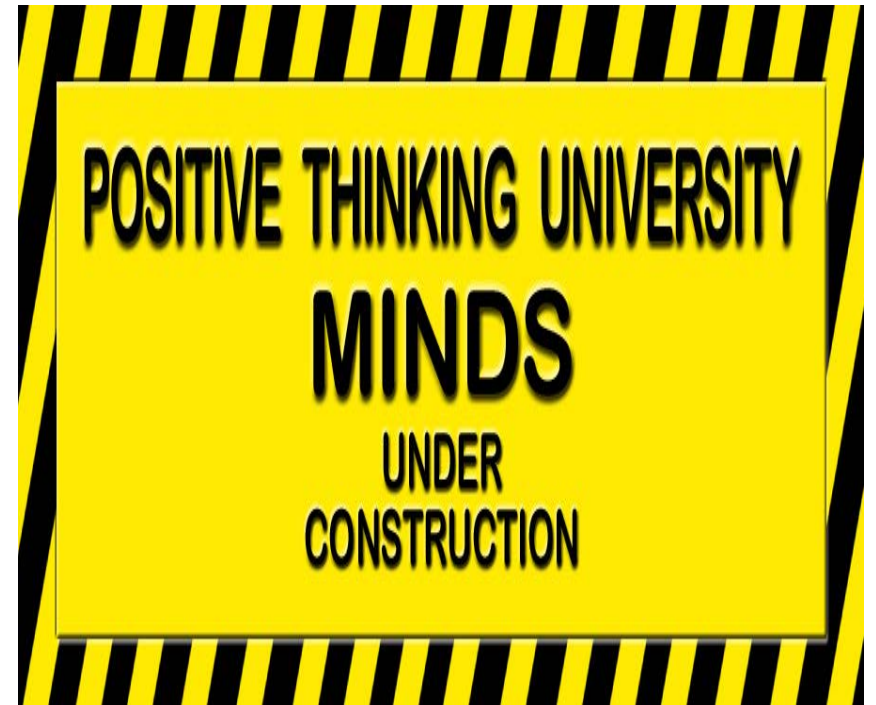
- Created in April of 2020 during height of the pandemic in New Jersey.
- Designed to create ***“fifteen minutes of hope in a world turned upside down.”***
- From April to July, Resilient Minds team recorded and produced 32 webcasts in season one.
- In production on season two.
- All Webcasts, Resiliency Newsletters created by DCJ, additional mental health resources, and bio’s of executive staff found on website at onthefrontlines.us.



Principles of Resiliency

Mental

- Episode 4- ABC Technique
- Episode 5- Mindfulness
- Episode 8: Focus of Purpose of Existence, What's Your Why?
- Episode 12- Resiliency Defined
- Episode 14- Fixed v. Growth Mindset
- Episode 15- Catch Yourself Catching Yourself
- Episode 22- Stigma, Mental Health, & Resilience
- Episode 26- Activating Events
- Episode 27- Catastrophizing
- Episode 28- Invisible Wounds and Seeking Help
- Episode 29- Capitalizing Strengths
- Episode 30- Broaden and Build Your Mindset

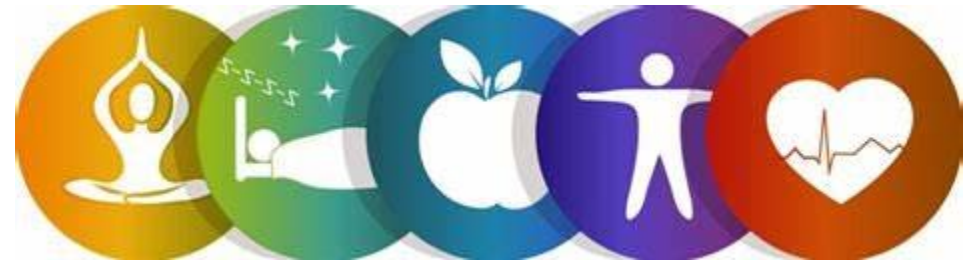


Principles of Resiliency

Physical



- Episode 10- Nutrition
- Episode 11- Yoga For First Responders
- Episode 17- Physical Resilience
- Episode 19- Sleep
- Episode 20- Staying Connected



Principles of Resiliency

Social

Episode 2- Importance of Leadership

Episode 3- Becoming The Leader You
Need

Episode 6- Journey of Resilience

Episode 7- Find A Way with Merril Hoge

Episode 13- COVID and Connection

Episode 16- Teamwork

Episode 18- Meaning Making

Episode 24- Strengths in Leaders

Episode 25- Gratitude During Difficulty

Episode 32- Personal and Professional
Resiliency



Principles of Resiliency

Spiritual

- Episode 9- Spirituality
- Episode 21- Spirituality II
- Episode 23- Spiritual Strength
- Episode 31- Gratitude and Blessings



RPO's Being Proactive

- **DCJ Leading by Example:**

- RPO's have called all staff including executive staff of DCJ/OAG, deputy attorney's general, detectives, administrative staff, and interns to check on emotional well-being;
- Training command staff on resiliency program;
- Promotion and implementation of creative plans to promote connectiveness in a virtual world;
- Monthly meetings of RPO's to discuss issues;
- Publication of Resiliency Newsletter.

- **Statewide:**

- Some departments creating resiliency rooms;
- RPO's/MRT's provided contact with Cop2Cop to check on their emotional well-being;
- Numerous trainings partnering with Cop2Cop for MRT's and RPO's providing basic concepts of "peer to peer" counselling and preventing suicide through "QPR";
- Training RPO's during a pandemic.

Free and Confidential
24-hour Telephone HelpLine:

1-866-267-2267
1-866-COP-2COP

NEW JERSEY RESILIENCY PROGRAM FOR LAW ENFORCEMENT

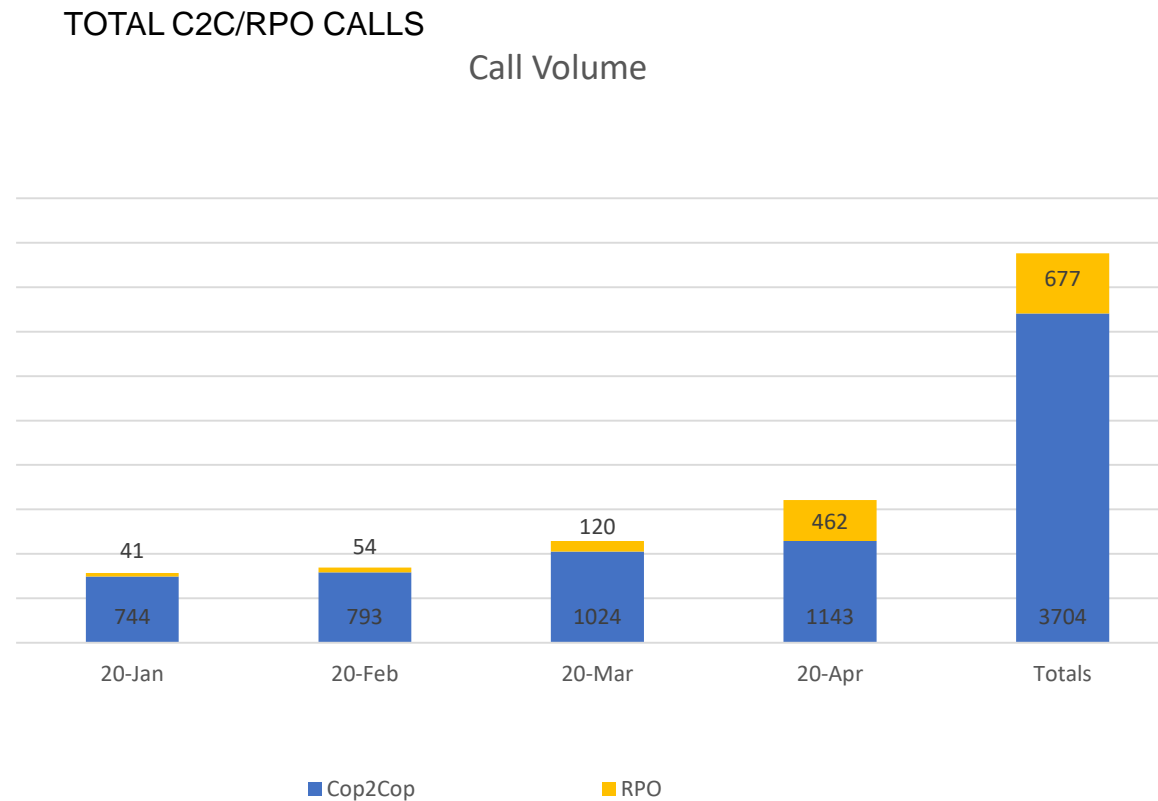
RESILIENT

MORE INFO: NJ.GOV/OAG/RESILIENT



Pandemic Snapshot Referrals to Cop2Cop

- Between January – April 2020 there was a 104% increase in calls.



2020 Yearly Pandemic Referrals to Cop2Cop

- 12,643-Calls to Cop2Cop.
- 5,096-RPO calls.
- 511- 4Blue NJ calls.
- Overall Total- 19,970 calls



Cop2Cop RPO Resource/Referral Tool

COP2COP /Telephone Assessment – 1-866-267-2267

COP 2 COP Resource Database = 250+ “Vetted” COPS ONLY Behavioral Health, Medical, Chaplains, Addictions, Covid, Family

CHOICE- Cop 2 Cop callers get 3 referrals.. Zip, Insurance, clinical specialty, Union,

RPO LINE- 833-4U-NJ RPO- When you need consultation

NJDOC/Corrections Line – 888-4-BLUE-NJ

NJ HOPELINE-1-855-654-6735/Lifeline – 1-800-273-8255- Suicide hotlines

Vets4warriors-855-838-8255- Veteran/family support

NJ Employee Assistance - 800- 367-6577- State EAP

FEMA /RISE Covid First Responder line -1-833 237-4325

“RISE-The New Jersey First Responder Covid Hope & Healing Helpline”



1-833-237-4325

Hours of Operation: 8 am – 8 pm, 7 days a week



“The New Jersey First Responder Covid Hope & Healing Helpline;RISE”

Rise Fact Sheet

- The mission of “ The New Jersey Covid First Responder Covid Hope & Healing Helpline;RISE” is to offer Covid crisis counseling support “live” 8am – 8pm everyday with 24/7 emergency support to New Jersey law enforcement officers, firefighters, EMS professionals, military personnel and veterans throughout NJ
- Our team at “Rise” is comprised of peer police, firefighters, ems and veteran staff partnered with behavioral healthcare experts to offer “peer informed” COVID crisis counseling support
Services include:
 - Rise COVID Crisis Counseling helpline – Dial 1-833-237-4325
 - Rise Virtual Resilience Webinars
 - Rise Virtual Crisis Counseling support groups
 - Rise Resource database/RISE Outreach



1-833-237-4325

Hours of Operation: 8 am – 8 pm, 7 days a week

1-833-237-4325

Hours of Operation 8 am – 8 pm, 7 days a week

Call

Chat

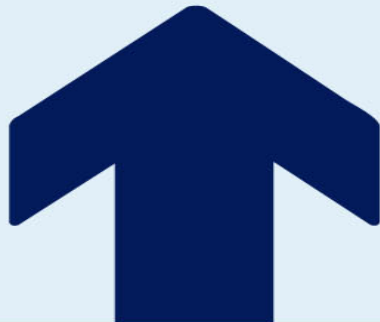
Email

Groups

Webinars



**We understand what First Responders
are facing on the front lines of COVID-19
and we're here to face it with you**



Here, NJ First Responders come first

If you are on the front lines

Talk About It

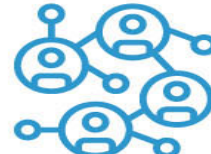
Choose One



Call



Request A Call



Support Groups



Webinars



Contact Information

- Robert Czepiel, Jr.
- Assistant Attorney General
- Deputy Director
- State of New Jersey Chief Resiliency Officer
- czepielr@njdcj.org
- (609) 422-7663





Erika Shortway
Director of Recovery Services, Morris County Prevention is Key's
Center for Addiction Recovery Education and Success (CARES)

Burnout on the Frontline: Peer Specialists

Director of Recovery Services:
Erika Shortway, CPRS



PIK
PREVENTION IS KEY
INCORPORATED
Every Person, Every Day

“Being able to turn some of the most painful experiences I have gone through into a message of hope and inspiration for others is not only healing for my own process, it also helps me to empower others to heal and find their own path of recovery.”

- Erika Shortway, CPRS
Director of Recovery Services



A LIFE IN RECOVERY



CERTIFIED PEER RECOVERY SPECIALISTS

Certified Peer Recovery Specialist (CPRS)

Someone who has undergone extensive training on how to use their lived experiences to help others.

- Provided by individuals who use their lived experience combined with trained skills to build recovery ecosystems in the community
- Embrace multiple pathways of recovery, this includes harm reduction
- Can be delivered through multiple settings and a variety of service roles both paid and volunteer positions
- Recognizes, respects and advocates for SAMHSA's definition of recovery, including the 4 domains and 12 principles of recovery.
- ..
- CARES Certified Peer Recovery Specialist Participant Manual created by Patrick Roff MA, LCADC, CPRS





CARES

CENTER FOR ADDICTION, RECOVERY, EDUCATION AND SUCCESS

PIK

PREVENTION IS KEY
SPECIAL PROJECT

PEER DRIVEN RECOVERY SUPPORT SERVICES

- 24/7 Telephone Recovery Support (TRS)
- Mutual aid Support Meetings
- Recovery Coaching
- Case Management
- Recovery Wellness Plans
- Linkage to Services
- Navigation to Treatment
- Life Skills
- Narcan Trainings and Narcan Kits
- Multiple Pathways to Recovery
- Transportation
- Substance Use Disorder Education
- Harm Reduction Education and Supplies
- CRAFT Family Support
- Advocacy
- Recovery Friendly Events and Activities
- CARES Packages
- Volunteer opportunities

www.preventioniskey.org

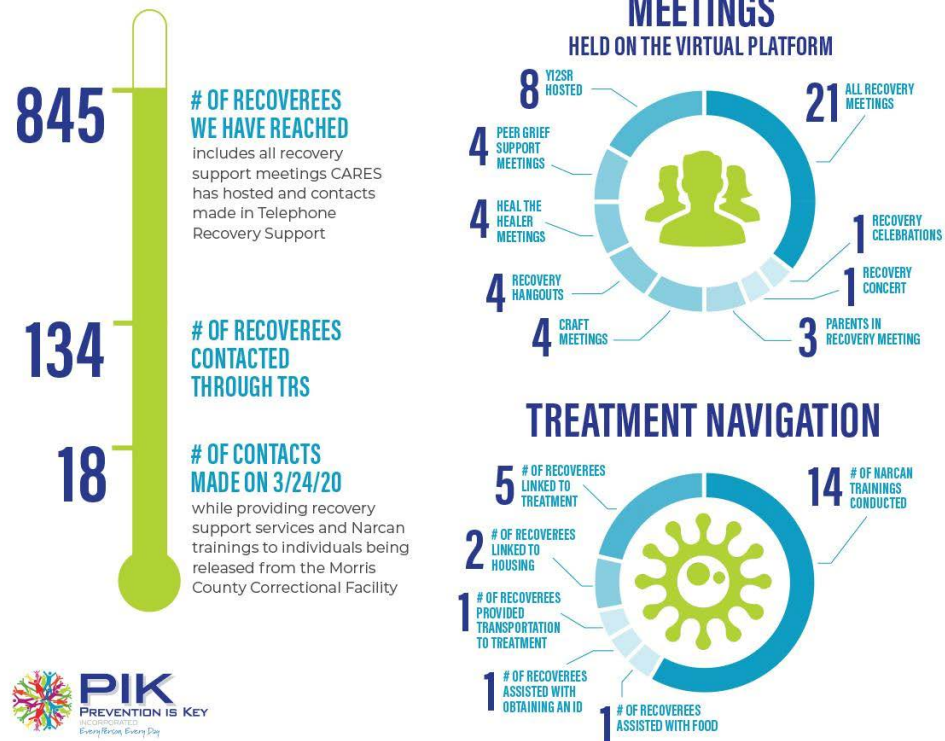


RECOVERY SUPPORT SERVICES THROUGH A PANDEMIC



CARES Impact During COVID-19

March 17 - April 14, 2020



In the spirit of preserving connection and community through these uncertain times, CARES Recovery Center remains a click away. We have created a full schedule of Recovery Center virtual programming throughout the week on the Zoom web conferencing platform at <https://zoom.us/> Check out our virtual calendar!

ZOOM MEETING SCHEDULE & CODES

All Recovery		
Mondays	1-2pm	629-891-552
Tuesdays	2-3pm	343-643-150
Wednesdays	5:30 - 6:30pm	861-615-237
Thursdays	2-3pm	986-473-770
Fridays	1-2pm	349-656-293
Heal the Healers		
Wednesdays (reoccurring weekly)	7:30-8:30pm	498-845-980
CRAFT		
Thursdays (reoccurring weekly)	6-7pm	419-714-303
Multiple Pathway Celebration		
Saturdays (reoccurring last Saturday)	7-8pm	920-113-995
Peer Grief Support		
Sundays (reoccurring weekly)	1-2pm	500-483-086
Y12SR		
Tuesdays	10am-12pm	468-628-094
Thursdays		525-329-878
Fridays (reoccurring last Friday)	7:30-9:30pm	475-256-119
Saturdays		271-756-044
Parents in Recovery		
Mondays	6-7pm	735-738-546
Recovery Hangout		
Saturday (reoccurring weekly)	1:30 - 2:30pm	555-850-666

We will also be offering on-demand Zoom gatherings upon request with some of our peer team between the hours of 9am-9pm.

As always, we have our 24/7 Telephone Recovery Support available at (973) 625-1143. If anyone is in need of guidance or support on how to navigate Zoom, please don't hesitate to reach out to our peer team.

Through all difficult times, unity and love will see our community through! Stay Kind, Stay Well & Stay Connected.

With love – The CARES Team.



RECOVERY SUPPORT SERVICES THROUGH A PANDEMIC



Help Reverse an Opioid Overdose **FREE Narcan Training**

During this Covid-19 Pandemic PIK/CARES is dedicated to helping to prevent overdose deaths. We are offering **Free ONLINE Narcan Trainings**. If you are at risk of an overdose, care about someone who is or work with those at risk you are eligible for this training. We can mail nasal Narcan free of charge at the completion of the training.

TRAINING INCLUDES:

- Overdose prevention strategies
- Signs and symptoms of an overdose
- How to administer Naloxone
- Rescue breathing
- Overdose prevention legal rights

Please contact Kelly LaBar to set up a group Narcan training or get information for the next upcoming community narcan training.

KELLY LABAR
(973) 625-1143
KLABAR@MCPK.ORG



The Opioid Overdose Prevention Project is made possible by funding received from the New Jersey Governor's Council on Alcoholism and Drug Abuse, New Jersey Department of Human Services, Division of Mental Health and Addiction Services and Prevention Is Key, Inc.



Addiction Recovery Services DURING COVID-19

Certified Peer Recovery Specialists are providing recovery support services in collaboration with MORRIS COUNTY PROSECUTOR'S OFFICE OPERATION HELPING HAND

-Virtual And Telephone Support Services For Substance Use Disorders
Law enforcement will continue to connect those in our community suffering from a substance use disorder to available community based recovery services during the COVID-19 crisis.

SOCIAL DISTANCING DOES NOT MEAN INDIVIDUALS SUFFERING FROM SUBSTANCE USE DISORDER CANNOT GET HELP!

The Morris County Prosecutor's Office, in partnership with County and Municipal Law Enforcement will continue to link individuals in need of substance use support to our community partners.

CERTIFIED PEER RECOVERY SPECIALISTS ARE A CLICK OR PHONE CALL AWAY. SERVICES AVAILABLE:

- Virtual Recovery Coaching
- Navigation to Treatment
- Telephone Recovery support
- Narcan Trainings
- Linkage to Resources
- Virtual Recovery Support Groups and Activities



Health, Home, Community and Purpose

We know how vital it is for anyone seeking a path to Recovery be connected to the 4 pillars: Health, Home, Community and Purpose. With this on our hearts and with the recent news of individuals being released from facilities including treatment and correctional facilities, the CARES team is outside of the Morris County Correctional Facility today.

They will be helping individuals being released who are in need of Recovery support in the following ways:

- NARCAN TRAININGS AND NARCAN KITS
- CARES SUPPORT PACKAGES
- NAVIGATION TO TREATMENT
- LINKAGE TO SERVICES
- RECOVERY COACHING
- CONNECTION TO VIRTUAL AND TELEPHONE RECOVERY SUPPORT

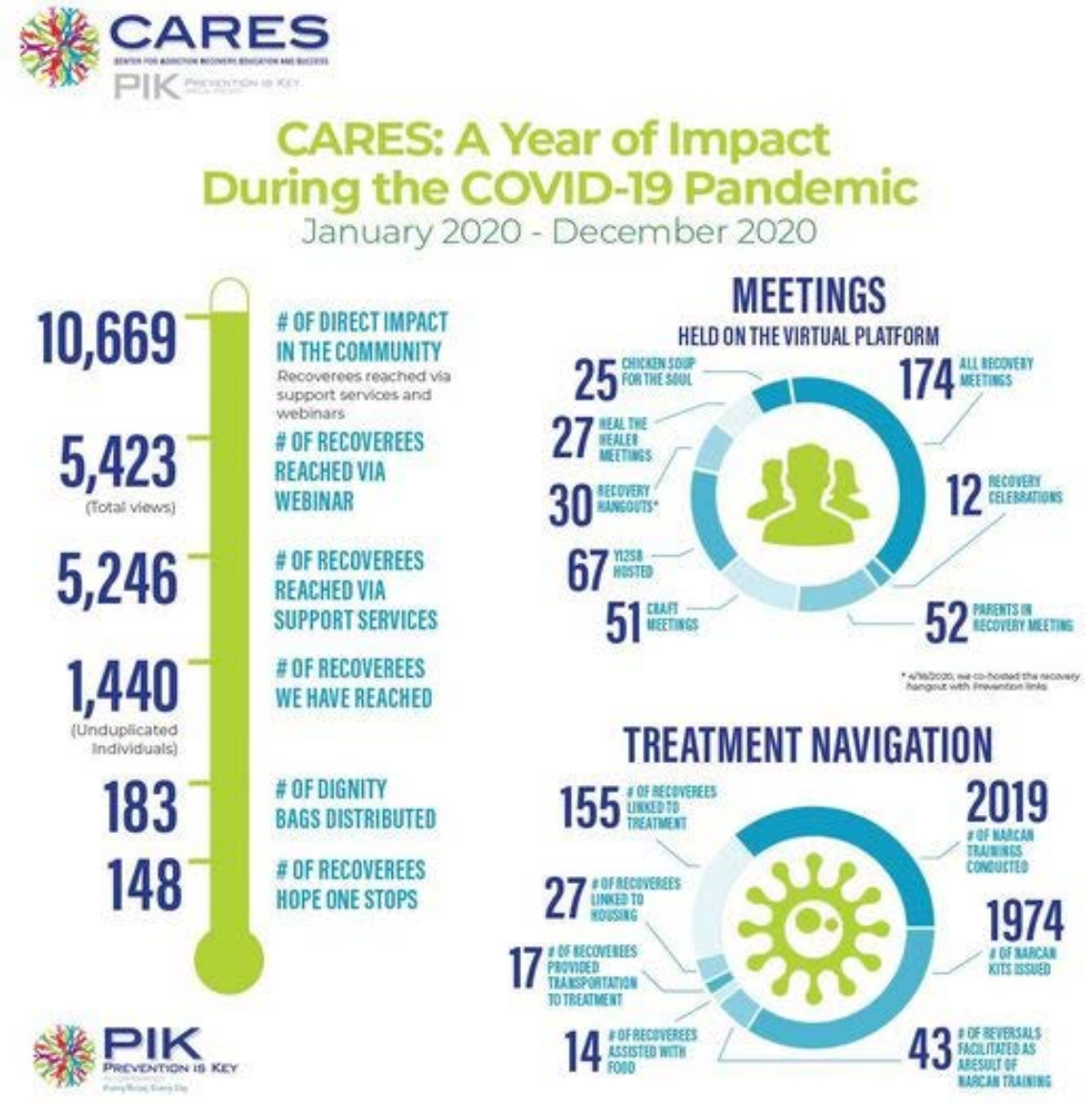
If you know someone who could benefit from these services, Contact us at 973-625-1143 or email our Patient Navigator **Emily Monks @ emonks@mcpiik.org**



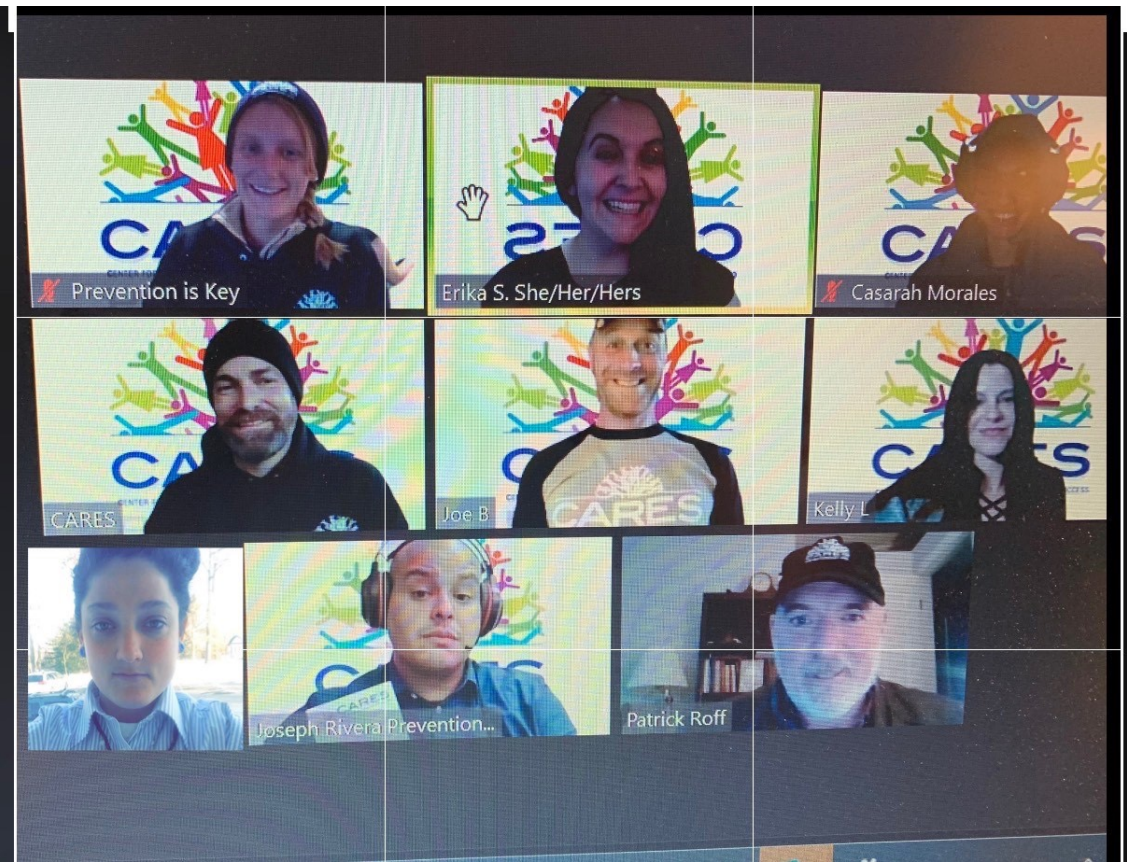
OPERATION HELPING HAND



A YEAR OF IMPACT



CARES TEAM MARCH 2020 – MAY 2020



CARES RECOVERY SUPPORT OUTREACH



HOW WE REMAIN RESILIENT THROUGH THE FATIGUE

- Collective Care
- Supervision both individual and group
- Team building experiences: Harm reduction shark tank, setting intention for the week
- Peer support – NJCARS.NJPN & Heal the Healers
- Helping others

ZONE of
FABULOUSNESS
RESISTING BURNOUT & SHOULDERING EACH OTHER UP



RESOURCES AVAILABLE TO PEERS



Support Resources for Frontline Workers

[State of New Jersey \(njcares.gov\)](https://njcares.gov) Support-Resources-for-Frontline-Workers.pdf (njcares.gov)



<https://nj-cars.org/>



<http://www.njpn.org/confab>



<https://www.facebook.com/MHANJConsumerConnections/>



<https://www.preventioniskey.org>



<http://www.rwjbh.org/hopeandhealing>



Erika Shortway, CPRS
Director of Recovery Services

Prevention is Key/ CARES
eshortway@mcpik.org
www.preventioniskey.org



Stay Kind, Stay Well and Stay Connected!



Partnership for a Drug-Free New Jersey

in Cooperation with the Governor's Council on Alcoholism and
Drug Abuse and the NJ Dept. of Human Services



NJCARES.gov
New Jersey Coordinator for Addiction Responses and Enforcement Strategies

NEXT WEBINAR: The Perfect Storm: COVID-19's Impact on Addiction Over the Past Year
March 18, 2021

Register at KnockOutDay.DrugFreeNJ.org

Additional Resources

Prescribers and healthcare professionals attending today's webinar are eligible to register free of charge for "Do No Harm: Exploring Strategies for Safer Prescribing of Opioids," a pre-recorded webinar that fulfills the New Jersey one-hour continuing education requirement concerning prescription opioids.

Visit knockoutopioidabuse.drugfreenj.org/njsaferx and use the discount code KNOCKOUT.

Additional information and resources are available at KnockOutDay.DrugFreeNJ.org



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