

Community-Based Recovery Support Services

Tackling addiction together.



**Community-Based Recovery
Support Services
2023 Yearly Report
January 1 – December 31, 2023**

RWJBarnabas
HEALTH

Institute for
Prevention
and Recovery

In This Report

In 2023, there were 807 unique participants served by the RWJBarnabas Health (RWJBH) Institute for Prevention and Recovery (IFPR)'s community-based recovery support services. IFPR's Support Team for Addiction Recovery (STAR) program served 406 unique participants, Monmouth County Case Management staff served 79 unique participants, the Monmouth County Innovation Program served 53 unique participants, and the Hudson County Family Recovery Support Program (FRSP) served 269 unique participants.

The 2023 Yearly Report presents program updates and information on the population served, services rendered, and program outcomes. Throughout this report, "Unknown" consists of responses of "do not know" or "refused" and missing data. Additional data is available in the Appendix. The information included in this report is subject to change.

Program Background

The IFPR STAR program provides 24/7 community-based case management and recovery support services to individuals with opioid and/or stimulant use disorder in Essex, Hudson, and Middlesex counties. STAR primarily serves individuals admitted to emergency departments due to an opioid overdose, individuals discharged from licensed residential substance use disorder (SUD) treatment facilities, and individuals released from incarceration. The program works to address all of the Substance Abuse and Mental Health Administration (SAMHSA) Eight Dimensions of Wellness (emotional, spiritual, intellectual, physical, environmental, financial, occupational, and social) by providing the tools and resources needed to remove barriers to achieve long-term recovery including access to **All Recovery Meetings (see page 13)**. IFPR All Recovery Meetings are facilitated by NAADAC-certified Recovery Specialists and provide social support for those seeking or maintaining recovery, as well as family members, friends, and supporters of those influenced by substance use.¹

The Monmouth County Case Management and Innovation programs provide community-based recovery support services for individuals with SUD in Monmouth County. A team of certified Recovery Specialists and Case Managers deliver recovery-oriented coordination of care consisting of linkages to SUD and mental health treatment, community resources, and All Recovery Meetings.

IFPR, in collaboration with Monmouth County Assisting Community Through Services (ACTS), developed the Monmouth County Recovery Collaborative (MCRC) to increase access, eliminate barriers, and better coordinate services for Monmouth County residents. Participants include law enforcement; treatment, family support, and case management agencies; peer support providers; Recovery Specialists; and education and housing providers who address social determinants of health including substance use, mental health, health care, housing, finances, transportation, legal services, employment, and family needs to provide full wraparound services.

¹ [rwjbh.org/allrecovery](https://www.rwjbh.org/allrecovery)

Program Background (continued)

IFPR's Hudson County FRSP provides recovery support services through family-based training sessions and All Recovery Meetings to increase support, outreach, education, and assistance for family members and loved ones affected by SUD. The Lead Recovery Specialist also conducts outreach and information sessions throughout the community to receive referrals and connect families to the FRSP.

Program Updates

On August 1, 2023, the Hudson County community-based programs partnered with Operation Helping Hand and the Hudson County Community Action Corporation to participate in the National Night Out event, an annual community-building campaign that promotes police-community partnerships and neighborhood camaraderie. The team distributed flyers to educate the community about overdose awareness.

In 2023 Quarter 3, the Monmouth County community-based teams attended the Monmouth County Recovery Court Resource Fair and connected with Recovery Court members, providing education about available services. Monmouth County Case Managers and Recovery Specialists were also invited to present an overview of services and resources to Honorable Judge Paul Escandon and his team at the Monmouth County Courthouse.

In September 2023, Keisha Brewer, Essex County STAR Case Manager, joined IFPR's team of Clinical Support Supervisors. As part of the Clinical Support team, she will provide support and professional development guidance to recovery specialists following the peer support standards of SAMHSA's core standards and NAADAC's code of ethics.

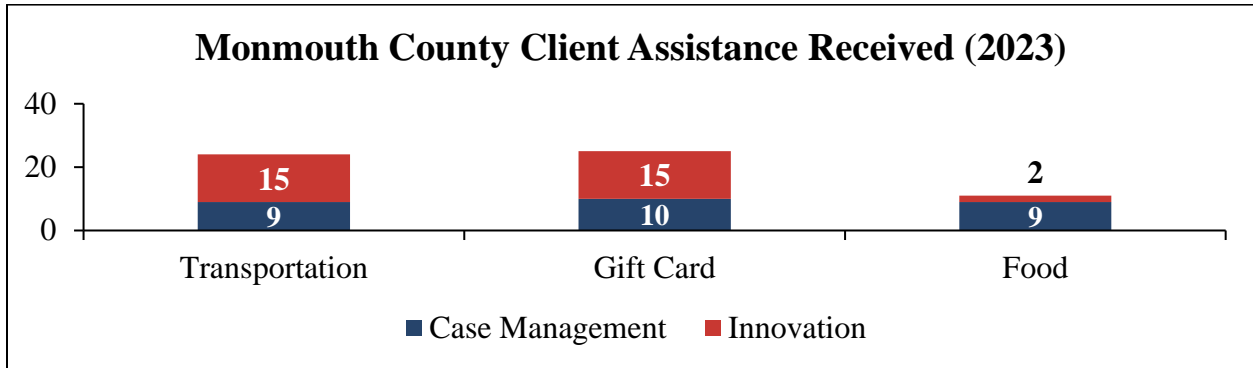
On October 3, 2023, the Monmouth County Case Management and Innovation teams attended the ribbon-cutting ceremony for the student center at Brookdale Community College, where Monmouth County Recovery Specialists began hosting a weekly in-person All Recovery Meeting in September 2023. Meetings are held on Tuesdays at noon and are open to all students, community members, friends, and loved ones interested in initiating or maintaining recovery.

On November 15, 2023, the Monmouth County community-based teams attended a Friendsgiving event with the Phoenix Recovery Center at Kula Farms in Asbury Park and on December 16, 2023, the Hudson County FRSP hosted an in-person holiday event at St. John's Lutheran Church, located in Jersey City. Individuals in attendance shared dinner and stories of their unique recovery journeys.

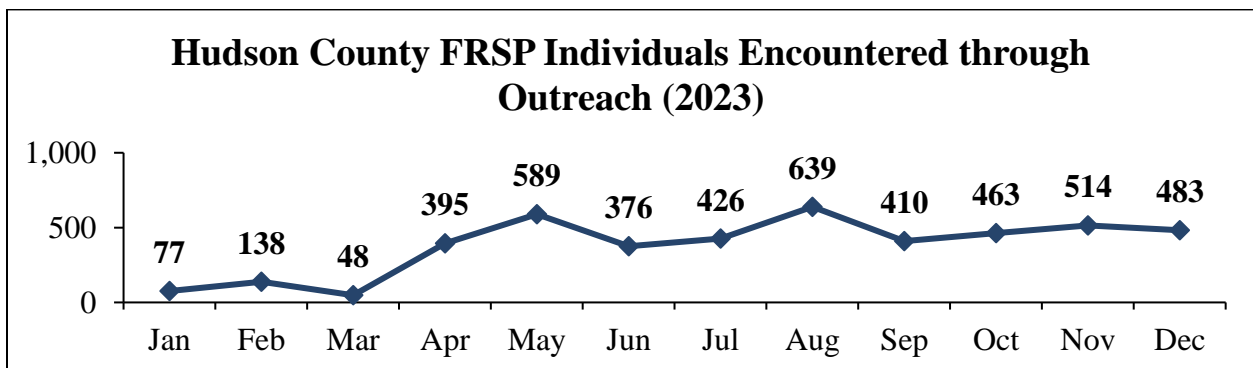
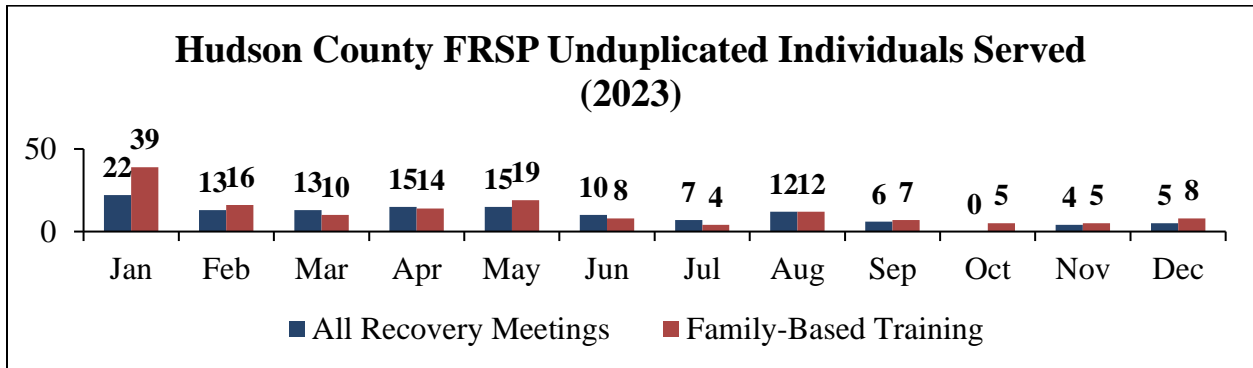
In December 2023, Shay Watson, Monmouth County Case Manager, collaborated with Castiglione Events to organize a virtual giving tree. Individuals from the community provided generous donations of holiday gifts for children at Epiphany House, a recovery housing facility for women with dependent children, located in Asbury Park. The Monmouth County Case Management team plans to continue hosting this event annually.

Program Updates (continued)

In 2023, the Monmouth County Case Management and Innovation Programs began providing client assistance. Since May 2023, Monmouth County staff have provided **transportation services including bus passes and non-emergency medical transportation through Uber Health to 24 individuals, gift cards for groceries, rental assistance, business attire, or other expenses to 25 individuals, and food for 11 individuals.**



In March 2022, IFPR received funding from Hudson County to implement the Hudson County FRSP. In 2023, **122 unique participants were served through All Recovery Meetings and 147 unique participants** through family-based support sessions, and conducted **outreach with more than 4,500 individuals** at shelters, food pantries, treatment facilities, and other community locations and events throughout Hudson County.



Success Stories

The **Essex County STAR team** worked with a woman who was recently discharged after successfully completing the program. When she initially enrolled in the program, she was struggling to maintain her recovery and a relationship with her family. She worked with a Recovery Specialist to establish short- and long-term goals for her recovery. Throughout her time in the STAR program, she gained employment, housing, and transportation, improved her relationship with her family, and has expressed her gratitude for the support she received from STAR.

The **Hudson County STAR team** worked with a man who successfully completed the STAR program. He was able to gain employment and move out of supportive housing. His determination, resilience, and commitment have led to a successful outcome. His story inspires others, demonstrating that overcoming addiction and rebuilding one's life is possible with the proper support and personal dedication. We celebrate his achievements and wish him continued success.

In October 2023, a man with substance use disorder and was without housing or transportation enrolled in the **Middlesex County STAR program**. A Case Manager was able to provide linkages to housing and other resources such as food and clothing. He received the support needed to overcome minor setbacks, is now employed, actively involved in his church and other recovery-based programs, and is working to re-establish a relationship with his children.

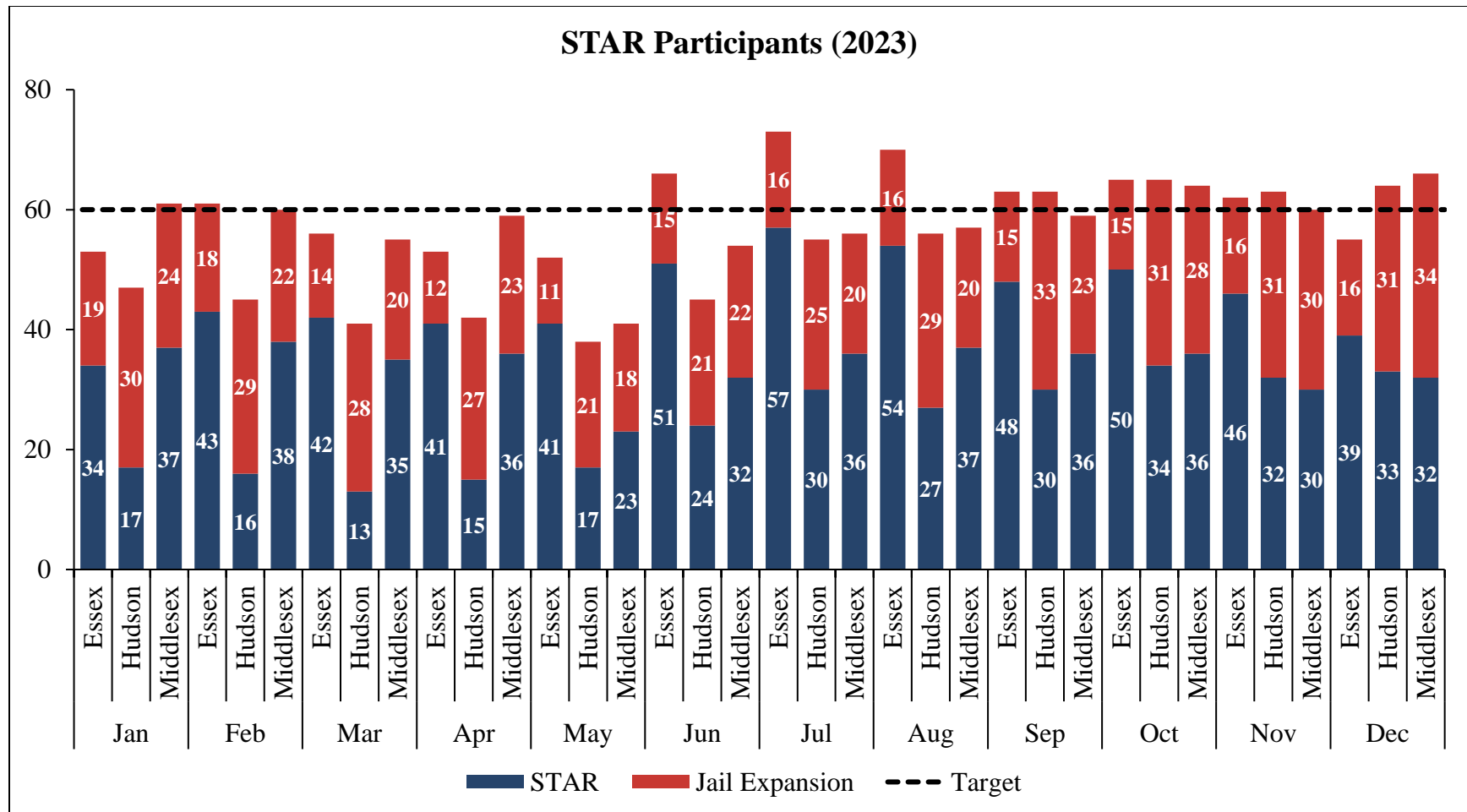
An individual who was referred to the **Hudson County FRSP** through Recovery Court began attending family support sessions after losing their child to an overdose and facing their own substance use disorder. They were able to share their story, connect with other individuals, and develop skills to cope with their child's death and maintain their own recovery.

In June 2023, an individual enrolled in the **Monmouth County Innovation program** and has received both case management and recovery support services. He recently obtained stable housing, gained employment, and is grateful for the support he has received from the Innovation program.

Since April 2023, the **Monmouth County Case Management team** has worked with a woman who was unemployed, unhoused, and struggled with her mental health. She recently gained employment, moved into a new apartment, and addressed her legal issues. She was also linked to counseling services and is thankful for the support, referrals, and resources that the Monmouth County Case Management program has provided.

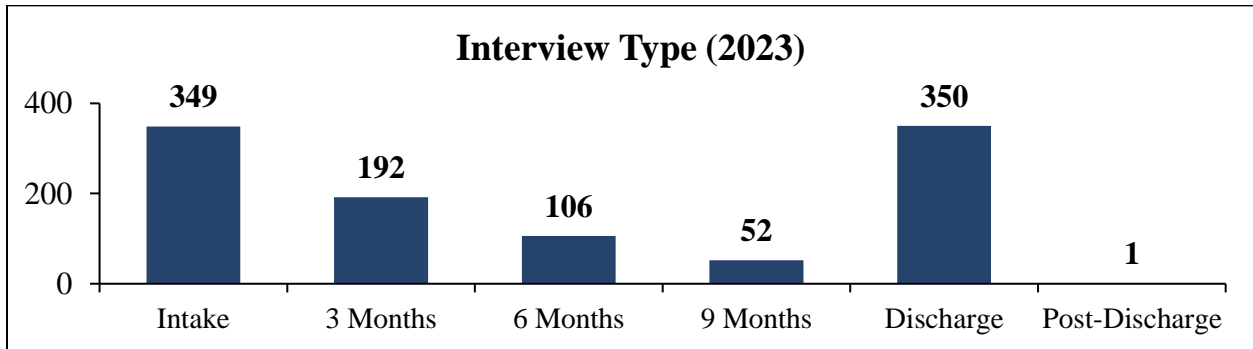
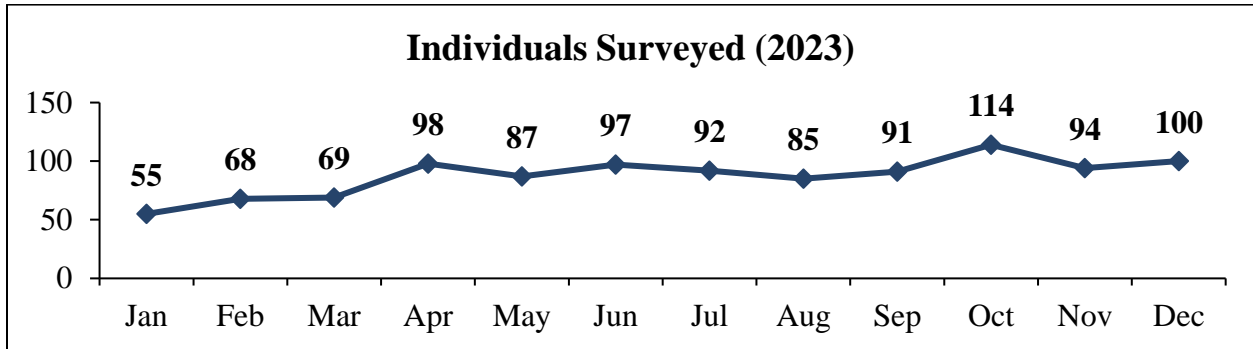
Population Served

In 2023, **406 participants** were served in Essex, Hudson, Middlesex, and Monmouth counties. Recovery Specialists and Case Managers completed **1,050 participant surveys** in 2023. There were 541 Surveys in 2022, 617 surveys in 2021 and 574 surveys in 2020.

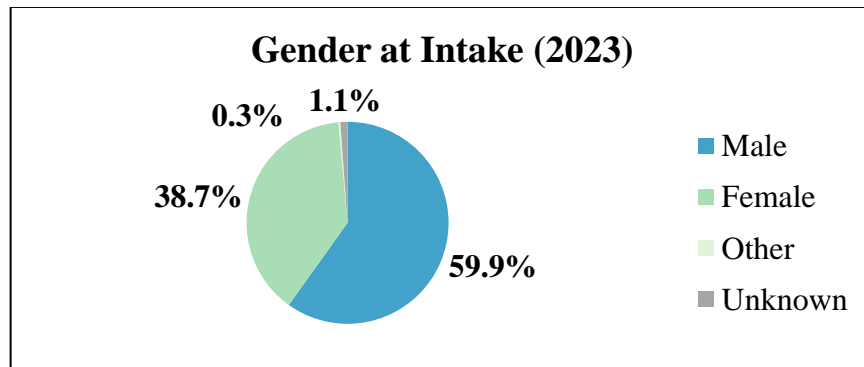


Population Served (continued)

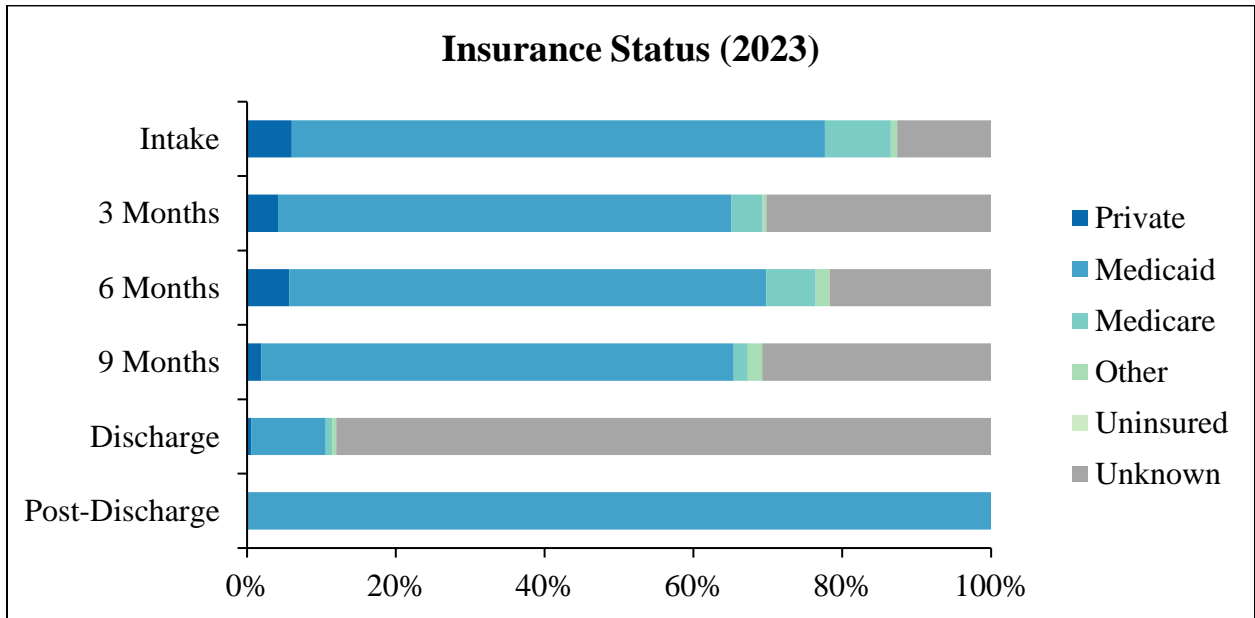
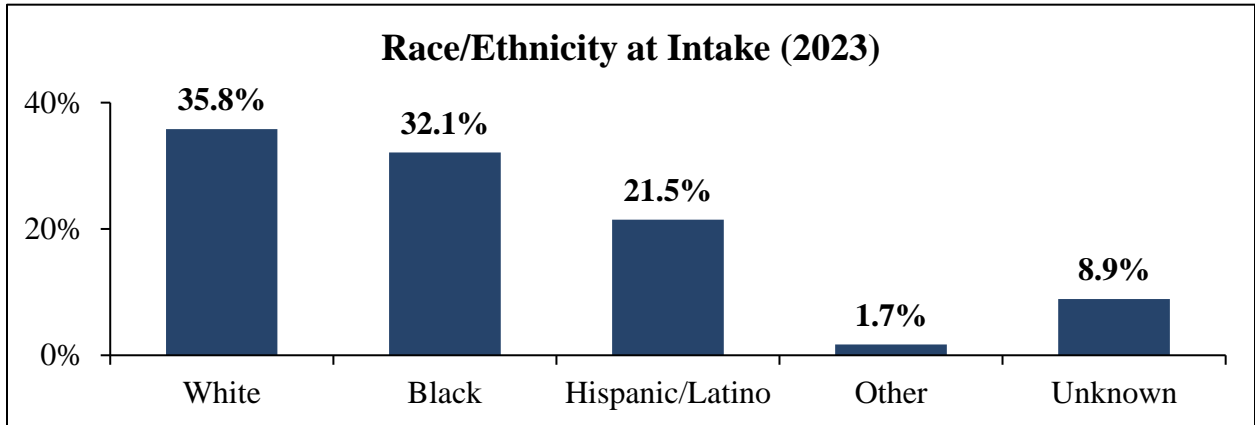
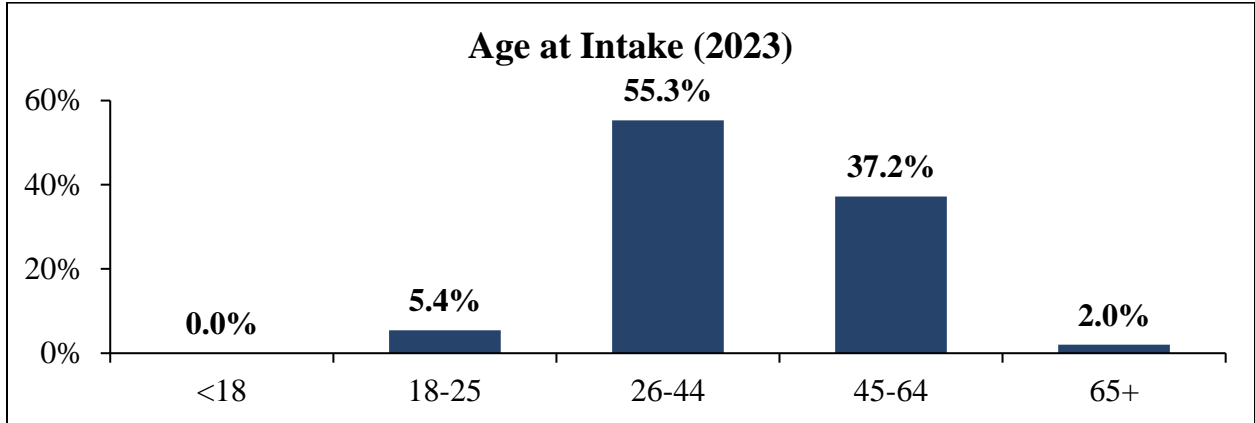
The STAR Participant Survey is administered to participants of STAR and the Monmouth County Case Management and Innovation programs at intake; three-, six-, and nine-months post-intake; at discharge; and every six months post-discharge. In 2023, there were **1,050 participant surveys completed and 349 were new intakes**, accounting for approximately one-third of surveys. The total number of surveys is not reflective of the number of unique participants.



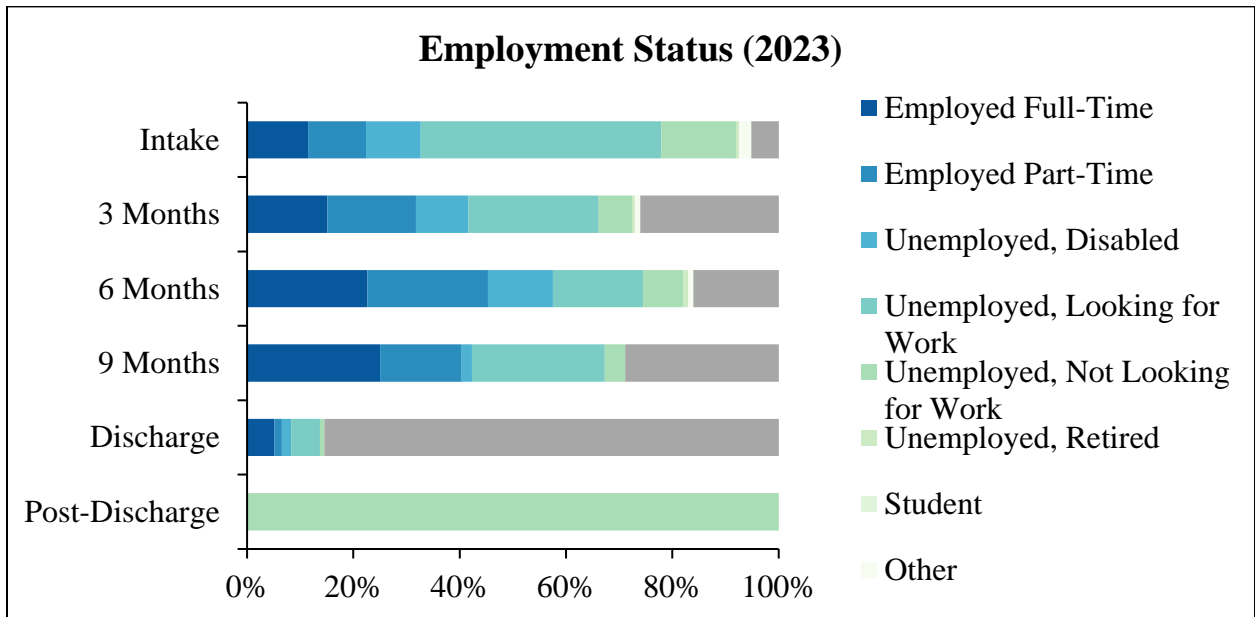
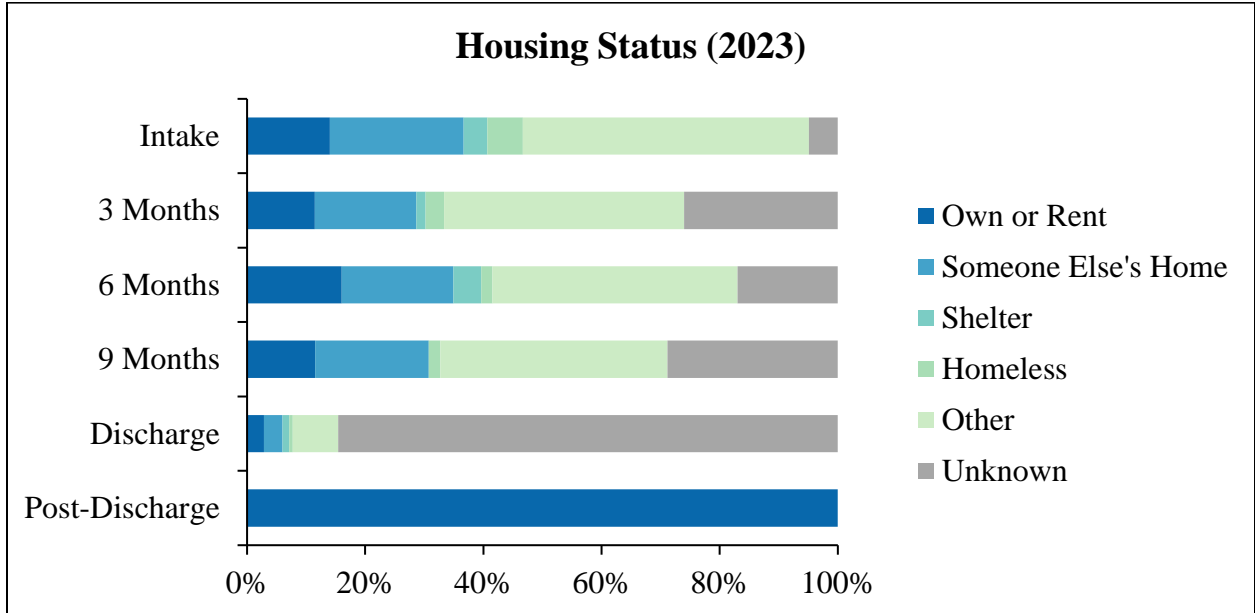
In 2023, the majority (59.9%) of the participants surveyed at intake were male. Most participants were between the ages of 26-44 (55.3%) and 45-64 (37.2%). More than one-third of participants (35.8%) were white, 32.1% were Black, and 21.5% were Hispanic/Latino. At intake, the majority of participants (71.6%) were covered by Medicaid, 11.5% were employed, and approximately 10% were unhoused or residing in a shelter.



Population Served (continued)

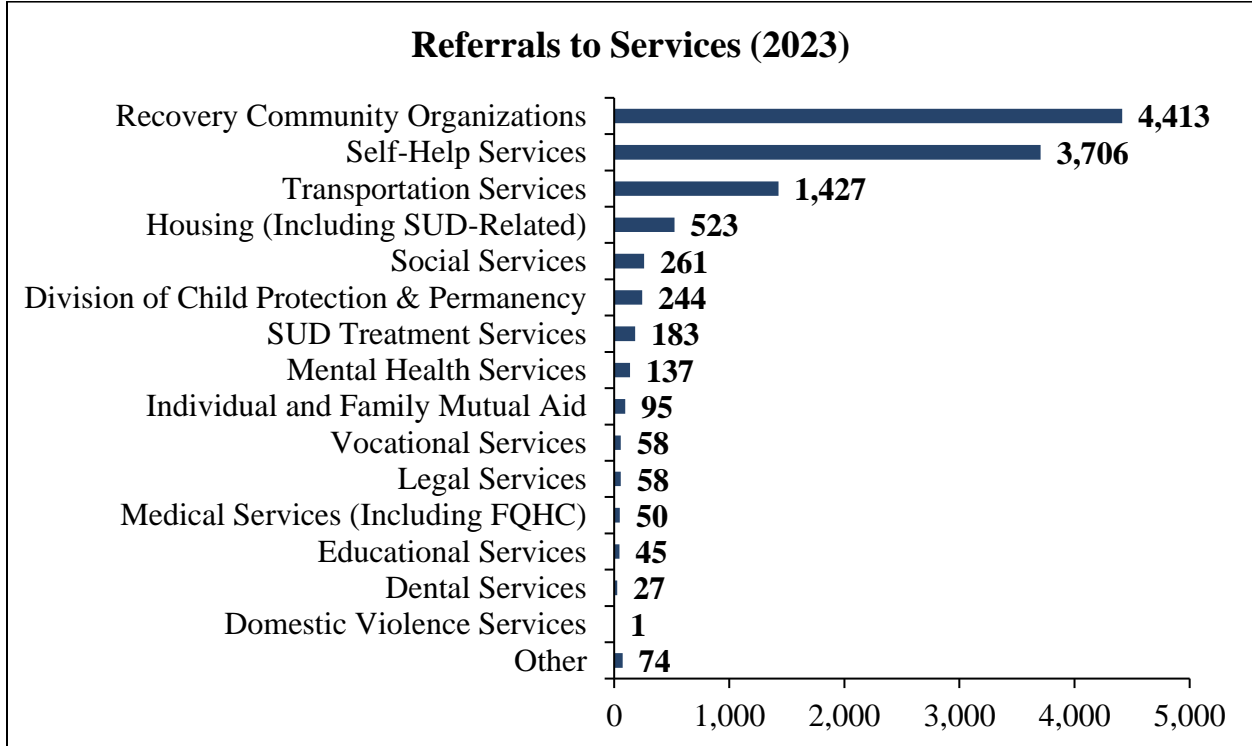
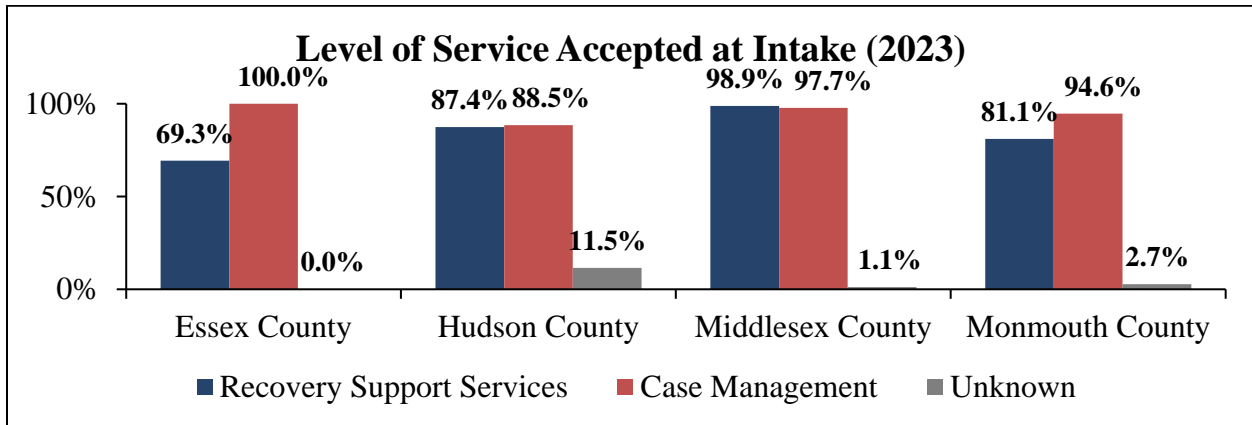


Population Served (continued)



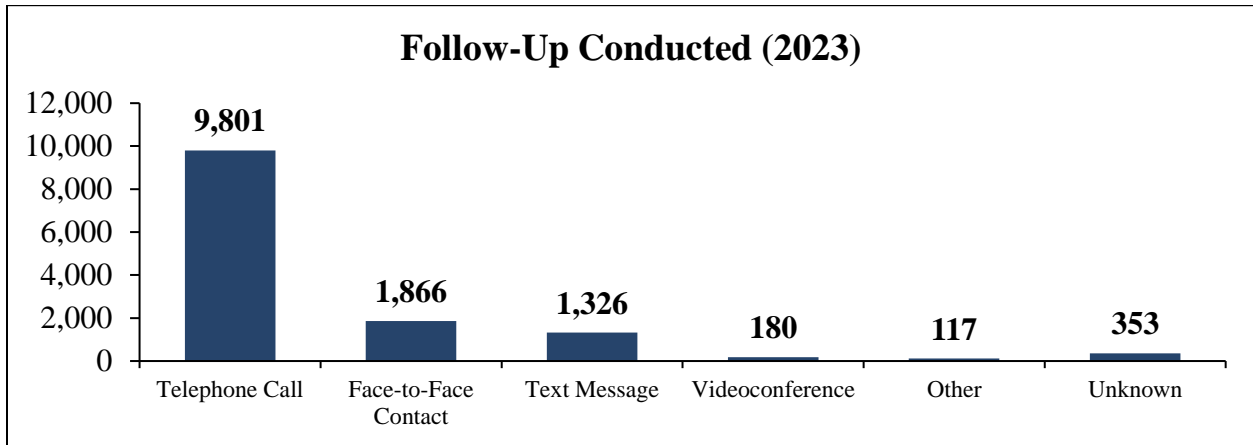
Services and Referrals

Enrollment in STAR, Monmouth County Case Management, or Monmouth County Innovation enables participants to receive access to both recovery support services and case management services. Recovery support services includes receiving guidance and support throughout the recovery process from individuals who have experience in the principles of recovery, and case management services include addressing individuals’ needs and providing referrals or linkages to community resources. During intake, **83.7% of participants accepted recovery support services and 95.4% accepted case management services.** Community-based Recovery Specialists and Case Managers **provided more than 11,000 referrals** to recovery community organizations, self-help services, transportation, housing, and other community resources.

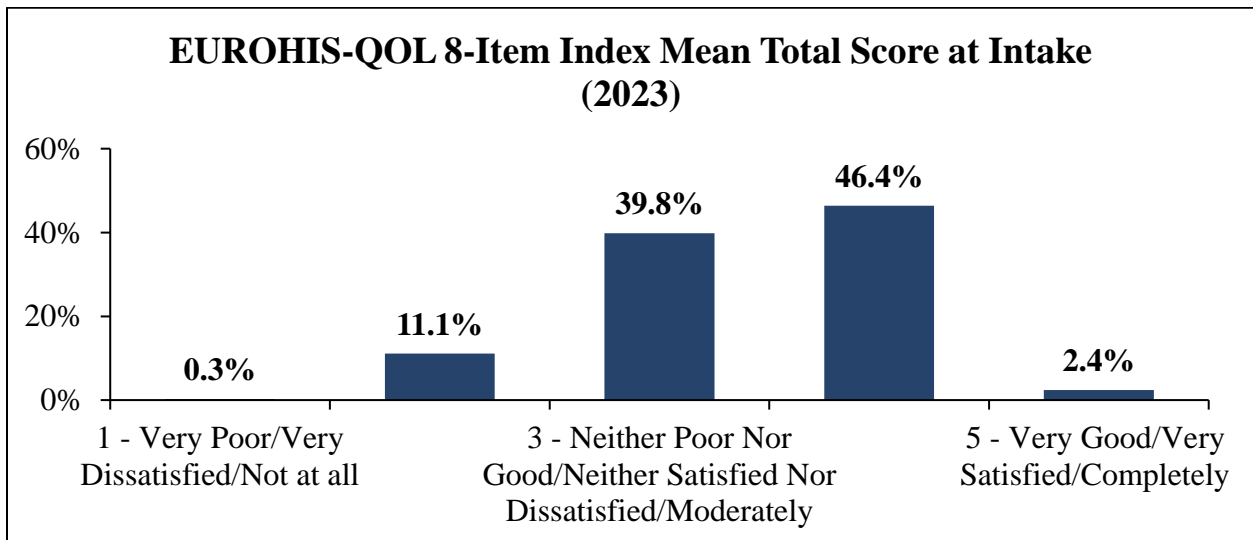


Program Outcomes

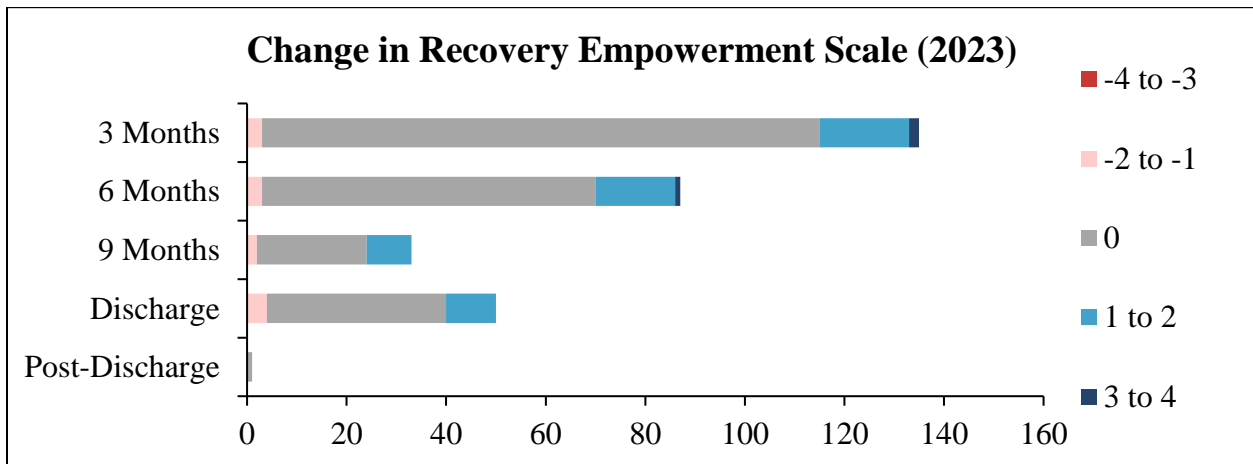
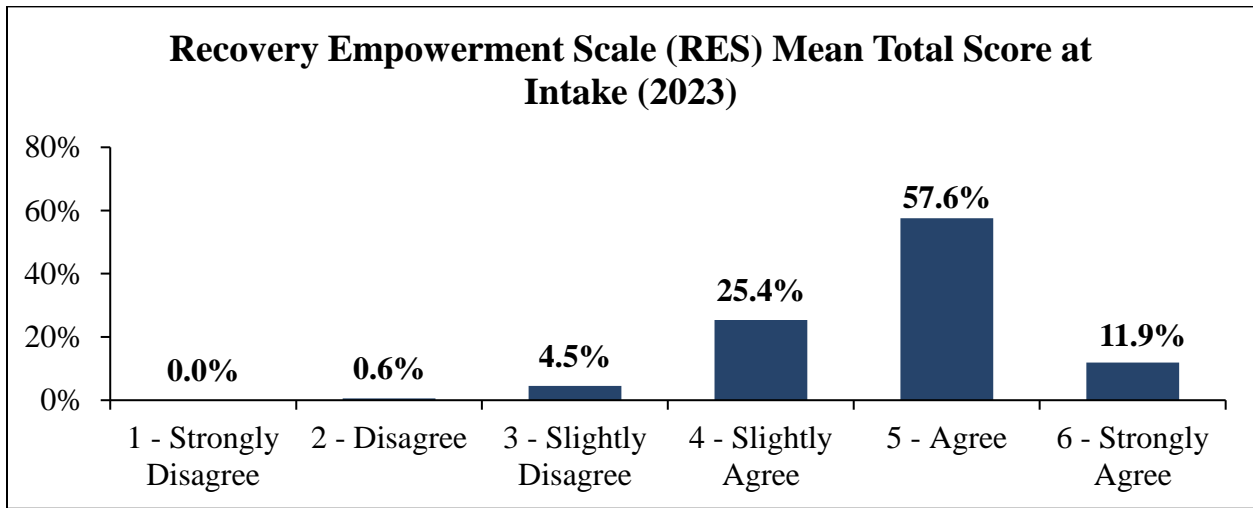
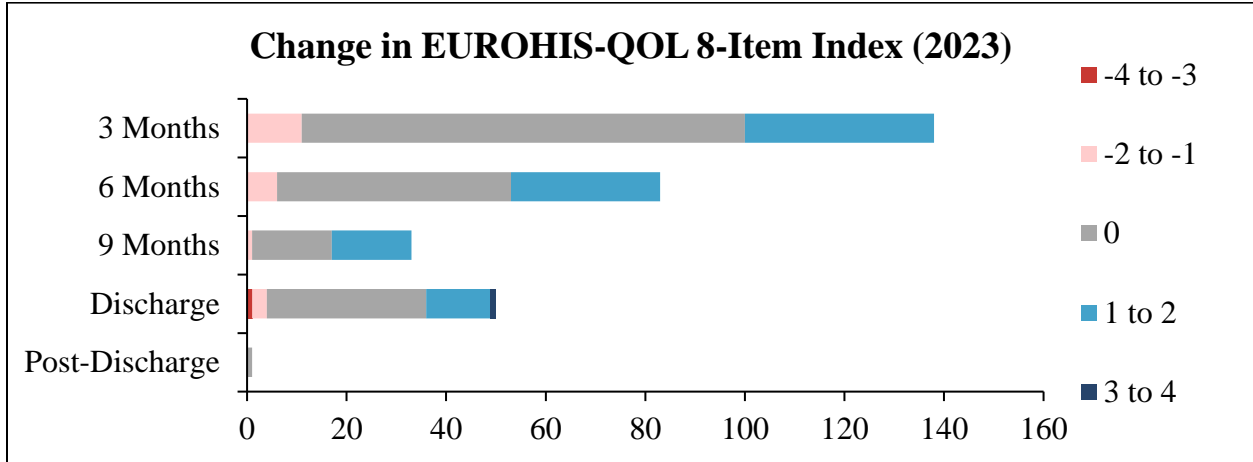
In 2023, community-based Recovery Specialists and Case Managers **attempted approximately 9,800 telephone calls and more than 1,800 face-to-face contacts** to participants.



Participants’ quality of life (QOL) and recovery self-efficacy are assessed during intake; three, six, and nine-month follow-up; discharge; and post-discharge surveys using the EUROHIS-QOL 8-item index and Recovery Empowerment Scale (RES), respectively. At intake, 39.8% of the participants surveyed reported being neither satisfied nor dissatisfied with their QOL and more than half (57.6%) of participants agreed they had enough self-efficacy to sustain their recovery. Of the 138 participants surveyed at three-month follow-up, **38 participants (27.5%) reported a one- to two-point increase in QOL and 20 out of 139 participants surveyed (14.4%) reported an increase in recovery empowerment.** Of the 33 participants surveyed at nine-month follow-up, **16 participants (48.5%) reported an improvement in QOL and nine out of 33 (27.3%) reported an improvement in recovery empowerment.**

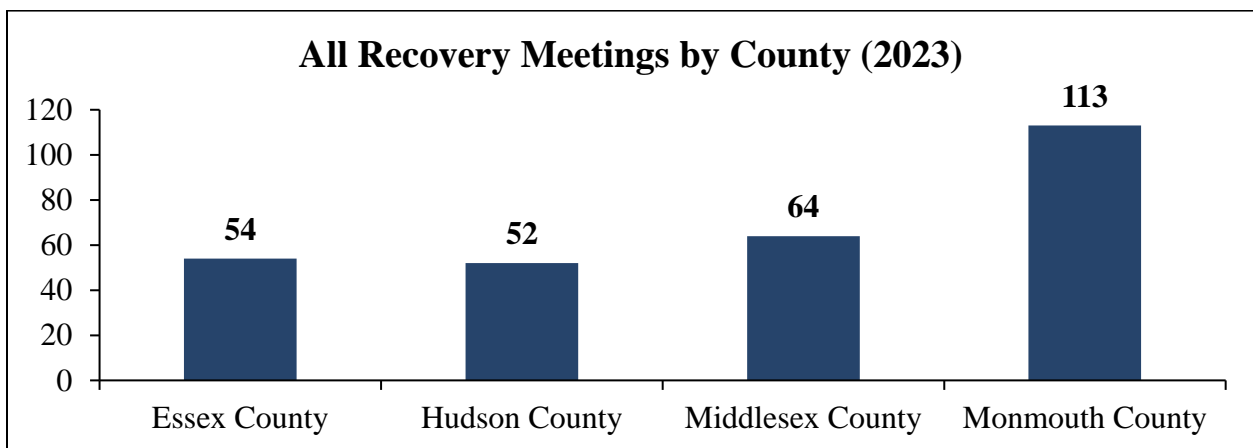
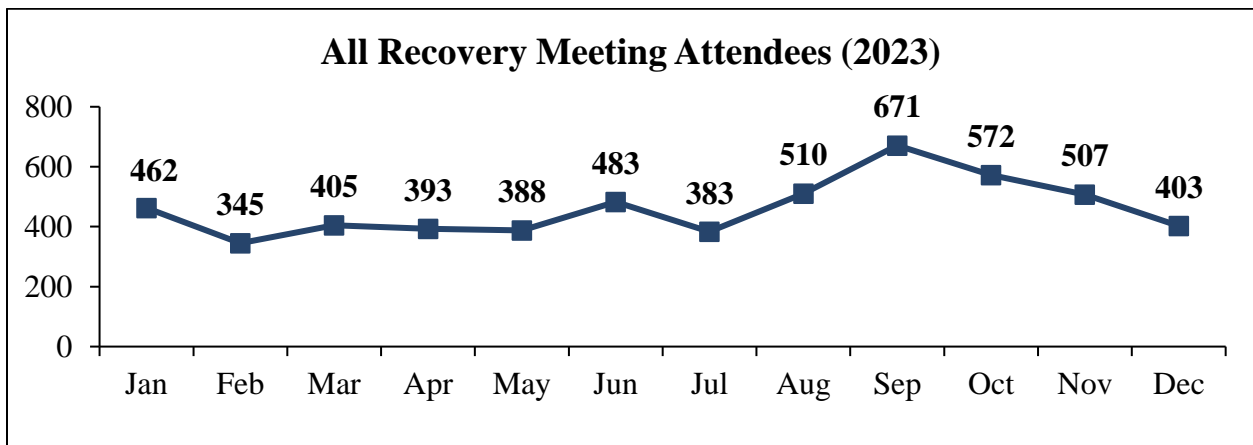
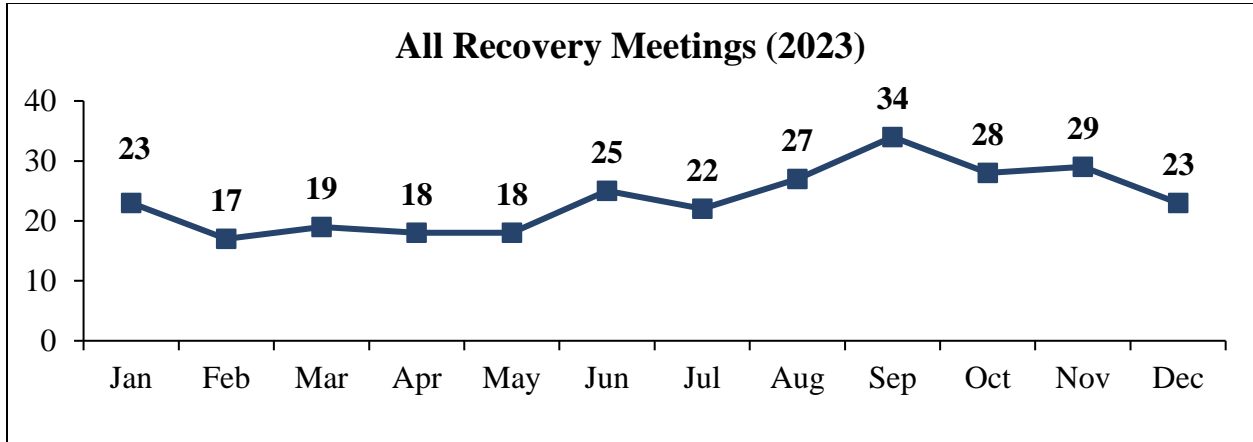


Program Outcomes (continued)



All Recovery Meetings

In 2023, there were **283 virtual and in-person All Recovery Meetings** facilitated by STAR and Monmouth County staff, reaching **more than 5,500 attendees** and **averaging 20 attendees per meeting**.



Appendix

Note: All tables include data for STAR and Monmouth County programs unless specified otherwise.

Individuals Surveyed (2023)

Month and Year	#	%
January	55	5.2%
February	68	6.5%
March	69	6.6%
April	98	9.3%
May	87	8.3%
June	97	9.2%
July	92	8.8%
August	85	8.1%
September	91	8.7%
October	114	10.9%
November	94	9.0%
December	100	9.5%
Total	1,050	100%

Interview Type (2023)

Type	#	%
Intake	349	33.2%
3 Months	192	18.3%
6 Months	106	10.1%
9 Months	52	5.0%
Discharge	350	33.3%
Post-Discharge	1	0.1%
Total	1,050	100%

Participant Type (2023)

Month	Essex County		Hudson County		Middlesex County		Monmouth County
	STAR	Jail Expansion	STAR	Jail Expansion	STAR	Jail Expansion	Monmouth County Recovery Support Services
	#	#	#	#	#	#	#
January	34	19	17	30	37	24	68
February	43	18	16	29	38	22	69
March	42	14	13	28	35	20	72
April	41	12	15	27	36	23	75
May	41	11	17	21	23	18	77
June	51	15	24	21	32	22	73
July	57	16	30	25	36	20	75
August	54	16	27	29	37	20	72
September	48	15	30	33	36	23	73
October	50	15	34	31	36	28	66
November	46	16	32	31	30	30	60
December	39	16	33	31	32	34	56

Gender at Intake (2023)

Response	#	%
Male	209	59.9%
Female	135	38.7%
Other	1	0.3%
Unknown	4	1.1%
Total	349	100%

Age at Intake (2023)

Response	#	%
<18	0	0.0%
18-25	19	5.4%
26-44	193	55.3%
45-64	130	37.2%
65+	7	2.0%
Total	349	100%

Race/Ethnicity at Intake (2023)

Response	#	%
White	125	35.8%
Black	112	32.1%
Hispanic/Latino	75	21.5%
Other	6	1.7%
Unknown	31	8.9%
Total	349	100%

Education Status (2023)

Response	Intake		Discharge		Post-Discharge	
	#	%	#	%	#	%
Some High School	71	20.3%	16	4.6%	1	100.0%
High School Diploma/GED	157	45.0%	26	7.4%	0	0.0%
Some College	94	26.9%	4	1.1%	0	0.0%
Bachelor's Degree or Higher	19	5.4%	2	0.6%	0	0.0%
Unknown	8	2.3%	302	86.3%	0	0.0%
Total	349	100%	350	100%	1	100%

Insurance Status (2023)

Response	Intake		3 Months		6 Months		9 Months		Discharge		Post-Discharge	
	#	%	#	%	#	%	#	%	#	%	#	%
Private	21	6.0%	8	4.2%	6	5.7%	1	1.9%	2	0.6%	0	0.0%
Medicaid	250	71.6%	117	60.9%	68	64.2%	33	63.5%	35	10.0%	1	100.0%
Medicare	31	8.9%	8	4.2%	7	6.6%	1	1.9%	3	0.9%	0	0.0%
Other	3	0.9%	1	0.5%	2	1.9%	1	1.9%	2	0.6%	0	0.0%
Uninsured	0	0.0%	0	0.0%	0	0.0%	0	0.0%	0	0.0%	0	0.0%
Unknown	44	12.6%	58	30.2%	23	21.7%	16	30.8%	308	88.0%	0	0.0%
Total	349	100%	192	100%	106	100%	52	100%	350	100%	1	100.0%

Housing Status (2023)

Response	Intake		3 Months		6 Months		9 Months		Discharge		Post-Discharge	
	#	%	#	%	#	%	#	%	#	%	#	%
Own or Rent	49	14.0%	22	11.5%	17	16.0%	6	11.5%	10	2.9%	1	100.0%
Someone Else's Home	79	22.6%	33	17.2%	20	18.9%	10	19.2%	11	3.1%	0	0.0%
Shelter	14	4.0%	3	1.6%	5	4.7%	0	0.0%	4	1.1%	0	0.0%
Homeless	21	6.0%	6	3.1%	2	1.9%	1	1.9%	2	0.6%	0	0.0%
Other	169	48.4%	78	40.6%	44	41.5%	20	38.5%	27	7.7%	0	0.0%
Unknown	17	4.9%	50	26.0%	18	17.0%	15	28.8%	296	84.6%	0	0.0%
Total	349	100%	192	100%	106	100%	52	100%	350	100%	1	100.0%

Employment Status (2023)

Response	Intake		3 Months		6 Months		9 Months		Discharge		Post-Discharge	
	#	%	#	%	#	%	#	%	#	%	#	%
Employed Full-Time	40	11.5%	29	15.1%	24	22.6%	13	25.0%	18	5.1%	0	0.0%
Employed Part-Time	38	10.9%	32	16.7%	24	22.6%	8	15.4%	5	1.4%	0	0.0%
Unemployed, Disabled	36	10.3%	19	9.9%	13	12.3%	1	1.9%	6	1.7%	0	0.0%
Unemployed, Looking for Work	158	45.3%	47	24.5%	18	17.0%	13	25.0%	19	5.4%	0	0.0%
Unemployed, Not Looking for Work	49	14.0%	12	6.3%	8	7.5%	2	3.8%	3	0.9%	1	100.0%
Unemployed, Retired	2	0.6%	1	0.5%	1	0.9%	0	0.0%	0	0.0%	0	0.0%
Student	0	0.0%	0	0.0%	0	0.0%	0	0.0%	0	0.0%	0	0.0%
Other	8	2.3%	2	1.0%	1	0.9%	0	0.0%	0	0.0%	0	0.0%
Unknown	18	5.2%	50	26.0%	17	16.0%	15	28.8%	299	85.4%	0	0.0%
Total	349	100%	192	100%	106	100%	52	100%	350	100%	1	100.0%

EUROHIS-QOL 8-Item Index Mean Total Score at Intake (2023)

Mean Total Score	#	%
1 - Very Poor/Very Dissatisfied/Not at all	1	0.3%
2 - Poor/Dissatisfied/A Little	37	11.1%
3 - Neither Poor Nor Good/Neither Satisfied Nor Dissatisfied/Moderately	133	39.8%
4 - Good/Satisfied/Mostly	155	46.4%
5 - Very Good/Very Satisfied/Completely	8	2.4%
Total	334	100%

Note: Total scores reflect only completed responses.

Recovery Empowerment Scale (RES) Mean Total Score at Intake (2023)

Mean Total Score	#	%
1 - Strongly Disagree	0	0.0%
2 - Disagree	2	0.6%
3 - Slightly Disagree	15	4.5%
4 - Slightly Agree	85	25.4%
5 - Agree	193	57.6%
6 - Strongly Agree	40	11.9%
Total	335	100%

Note: Total scores reflect only completed responses.

Change in EUROHIS-QOL 8-Item Index (2023)

	3 Months	6 Months	9 Months	Discharge	Post-Discharge
Change in Mean Total Score	#	#	#	#	#
-4 to -3	0	0	0	1	0
-2 to -1	11	6	1	3	0
0	89	47	16	32	1
1 to 2	38	30	16	13	0
3 to 4	0	0	0	1	0

Note: This data is inclusive of only individuals who completed both an intake and the respective follow-up form.

Change in Recovery Empowerment Scale (2023)

	3 Months	6 Months	9 Months	Discharge	Post-Discharge
Change in Mean Total Score	#	#	#	#	#
-4 to -3	0	0	0	0	0
-2 to -1	7	3	2	4	0
0	112	67	22	36	1
1 to 2	18	16	9	10	0
3 to 4	2	1	0	0	0

Note: This data is inclusive of only individuals who completed both an intake and the respective follow-up form.

Level of Service Accepted at Intake (2023)

Response	#	%
Recovery Support Services	292	83.7%
Case Management	333	95.4%
Unknown	13	3.7%
Total	349	100%

Note: The total number of level of service types reflects the number of intakes completed. Patients can receive both services.

Referrals to Services (2023)

Services	#	%
Recovery Community Organizations	4,413	39.0%
Self-Help Services	3,706	32.8%
Transportation Services	1,427	12.6%
Housing (Including SUD-Related)	523	4.6%
Social Services	261	2.3%
Division of Child Protection & Permanency	244	2.2%
SUD Treatment Services	183	1.6%
Mental Health Services	137	1.2%
Individual and Family Mutual Aid	95	0.8%
Vocational Services	58	0.5%
Legal Services	58	0.5%
Medical Services (Including FQHC)	50	0.4%
Educational Services	45	0.4%
Dental Services	27	0.2%
Domestic Violence Services	1	0.0%
Other	74	0.7%
Total	11,302	100.0%

Follow-Up Conducted (2023)

Mode	#	%
Telephone Call	9,801	71.8%
Face-to-Face Contact	1,866	13.7%
Text Message	1,326	9.7%
Videoconference	180	1.3%
Other	117	0.9%
Unknown	353	2.6%
Total	13,643	100%

All Recovery Meetings (2023)

Month	#	%
January	23	8.1%
February	17	6.0%
March	19	6.7%
April	18	6.4%
May	18	6.4%
June	25	8.8%
July	22	7.8%
August	27	9.5%
September	34	12.0%
October	28	9.9%
November	29	10.2%
December	23	8.1%
Total	283	100%

All Recovery Meeting Attendees (2023)

Month	#
January	462
February	345
March	405
April	393
May	388
June	483
July	383
August	510
September	671
October	572
November	507
December	403
Total	5,522

All Recovery Meetings by County (2023)

Location	#	%
Essex County	54	19.1%
Hudson County	52	18.4%
Middlesex County	64	22.6%
Monmouth County	113	39.9%
Total	283	100%

Hudson County Family FRSP Unduplicated Individuals Served (2023)

Response	All Recovery Meetings		Family-Based Training	
	#	%	#	%
January	22	18.0%	39	26.5%
February	13	10.7%	16	10.9%
March	13	10.7%	10	6.8%
April	15	12.3%	14	9.5%
May	15	12.3%	19	12.9%
June	10	8.2%	8	5.4%
July	7	5.7%	4	2.7%
August	12	9.8%	12	8.2%
September	6	4.9%	7	4.8%
October	0	0.0%	5	3.4%
November	4	3.3%	5	3.4%
December	5	4.1%	8	5.4%
Total	122	100%	147	100%

Hudson County Family FRSP Individuals Encountered through Outreach (2023)

Month	#	%
January	77	1.7%
February	138	3.0%
March	48	1.1%
April	395	8.7%
May	589	12.9%
June	376	8.2%
July	426	9.3%
August	639	14.0%
September	410	9.0%
October	463	10.2%
November	514	11.3%
December	483	10.6%
Total	4,558	100%

Monmouth County Client Assistance Received (2023)

Assistance Type	Case Management		Innovation	
	#	%	#	%
Transportation	9	32.1%	15	46.9%
Gift Card	10	35.7%	15	46.9%
Food	9	32.1%	2	6.3%
Total	28	100%	32	100%