



## Two Lenses, One Light: Mental Health and Addiction Recovery Explored

**September 16, 2025 | 9 AM - 3 PM | Eatontown, NJ | \$150 Per Person\***

Discover powerful insights and interconnected strategies for addressing mental health and substance use challenges. This training will illustrate how these seemingly distinct fields are increasingly converging, offering a unified light on the path to recovery.

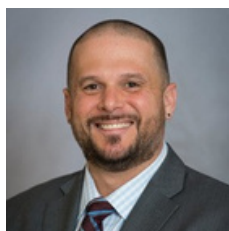
Emily Grossman will share her profound understanding of recovery from mental health challenges, including twelve psychiatric hospitalizations and a hopeless prognosis of "no chance at recovery" from bipolar disorder. She will also share insights from her book, *Unlocked: 25 Keys to Recovering from Depression, Anxiety or Bipolar Disorder*.

As a person in long-term recovery and a leader in peer-driven support models, Nicholas Beam brings his unique lens to explore the evolving world of substance use recovery. Drawing on his lived experience and professional background, Nicholas will examine emerging trends in harm reduction, emphasizing how compassionate, evidence-based interventions are transforming the landscape for individuals navigating substance use disorder.

### Featured Speakers:



**Emily Grossman  
MA, CPRP**  
Senior Training and  
Consultation Specialist  
Rutgers University  
Department of  
Psychiatric  
Rehabilitation



**Nicholas Beam  
MPH, CADC,  
NCPRSS**  
Manager, Peer  
Recovery Program  
RWJBarnabas Health  
Institute for Prevention  
and Recovery

**Scan or click  
to register:**



Lunch and a copy of Emily's book, *Unlocked: 25 Keys to Recovering from Depression, Anxiety or Bipolar Disorder*, is included in the registration fee.

\*6 NJDOE and NAADAC CEUs Provided

For questions, email [IFPRTrainingInstitute@rwjbh.org](mailto:IFPRTrainingInstitute@rwjbh.org).