

# Support Team for Addiction Recovery



Are you or someone you know struggling with opioid or stimulant use?

Are you in recovery, but still facing challenges in other areas of life?

Recovery can be hard, we are here for support.

## Case Management

- Case management is a person-centered strategy involving identifying goal and needs, planning, linking to relevant services and community resources, and advocacy.
- STAR Case Managers work with individuals to assist in areas such as: Homelessness, Incarceration, Legal Issues, Education, Transportation, Employment, Social Services, Health Care Needs and Health Insurance

## Peer Recovery Support

- Peer Recovery Specialists provide recovery support services which includes serving as a role model, mentor, advocate, and motivator to individuals in all phases of recovery.
- Identify factors that will impact wellness and recovery.
- Model strategies on how to manage and navigate addiction
- Assist individuals to identify their personal interests, strengths, and weaknesses regarding recovery.
- Foster connections with community-based groups.

STAR provides recovery support services and a team of experts for individuals with current and/or a history of opioid or stimulant use.

For more information or to make a referral,  
please call Shelly Whitmore at (201) 398-3364  
or email [ShellyW@CarePlusNJ.org](mailto:ShellyW@CarePlusNJ.org)

Hours are flexible based on individual needs. This is a grant-funded program, there is no cost for services and insurance is not required for participation.

