



# INDIVIDUAL AND FAMILY SUPPORT & RECOVERY SERVICES

Prevention Resources (PR) is dedicated to promoting the health and wellness of individuals, families and the community through advocacy, education, collaboration, treatment and recovery. PR is a DHMAS licensed level 1 treatment facility, and has three divisions; Family Success Centers, Prevention Services and Support Services. Many services are grant funded and have no cost; services with a cost operate on a sliding scale basis based on demonstrated need. Listed below are services of the Family Success and Support Divisions.

**Please email Karen Widico** at [kwidico@njprevent.com](mailto:kwidico@njprevent.com) if you are interested in receiving more information on any of the services below.

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**Actions Through Cognitive Training (ACT):** An evidence-based 26 week program for batterers referred by court. The program focus on internal forces of change, and teaches healthy relationships, understanding triggers, the toxic trio, conflict resolution and more. This is offered in a virtual setting. **Cost:** \$25 per session, \$75 for intake; sliding scale fee available with demonstrated need.

**Anger Management:** An evidence-based 6 week program that focuses on the anger meter, understanding ones emotions, triggers, and healthy conflict resolution. **Cost:** \$180 for 6 weeks; sliding scale fee available with demonstrated need.

**Early Intervention (EI) Services:** Offered to individuals at risk of developing substance misuse and those struggling with risky behaviors. EI teaches individuals how to make healthy decisions, and how to prevent worsening of the presenting problem. EI is 6 sessions. **Cost:** No cost, grant funded.

**Harvest Family Success Center (HFSC):** HFSC strives to strengthen and empower individuals and families in Hunterdon County through family-centered activities, workshops, employability, parenting classes, financial management, and individualized assistance to help everyone they serve reach their full potential. **Cost:** No cost, grant funded.

**Individual Counseling:** Counseling services assist individuals with an array of issues, such as early substance use intervention, mental health, and life transitions. **Cost:** \$60 per session; sliding scale fee available with demonstrated need.

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## INDIVIDUAL AND FAMILY SUPPORT & RECOVERY SERVICES (CONTINUED)

**Law Enforcement Adolescent Program (LEAP) Hybrid:** An early intervention juvenile diversion program for youth facing criminal charges. Utilizes a combination of life skills, goal setting, parent education, and community service to help youth prevent future law enforcement encounters **Cost:** No cost, grant funded.

**Men's Support Group:** A weekly peer support group for men. The goal is to provide support through interactions with other men who understand and face similar struggles. Members have the power to choose group topics such as stress management, conflict resolution, and healthy relationships. **Cost:** No cost, grant funded.

**Open Door Recovery Center (ODRC):** ODRC utilizes peer-support approaches in a safe and inclusive environment to foster wellness and provide resources to all persons in recovery from substance misuse. **Cost:** No cost, grant funded.

**Parenting/Co-parenting:** PR offers several parenting programs; Strengthening Families is a six week, evidence based program offered 3 times a year. Unifying Families is an evidence based program that offers individual and small group parenting and co-parenting classes and services. Both programs center on positive communication, healthy boundaries, conflict management, healthy discipline, and establishing consistency between households. Co-parenting is offered to parents to help them learn how to co-parent effectively. Focuses on household rules, healthy communication, managing conflict, and having shared values and expectations between homes. 6-10 sessions. **Cost:** No cost, grant funded.

**Sharing the Hope Family Support Center:** Sharing the Hope offers support to family members who have a loved one with a substance use disorder. Offerings include weekly family support groups, individual support, and virtual yoga. **Cost:** No cost, grant funded.

**Substance Use Disorder Assessment:** NJSAMS is utilized to identify the possible presence and extent of an individual's substance use disorder. Also allows for the development of a treatment plan designed to address the individual's specific circumstances. **Cost:** \$125; sliding scale fee available with demonstrated need.

**Substance Use Disorder Counseling:** This counseling service helps individuals who have substance use disorders prevent recurrence by helping them to understand their triggers, develop positive coping skills, and create individual plans of action. **Cost:** \$65 per session; sliding scale fee available with demonstrated need.



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