

The Mission of Telephone Recovery Support

- ◆ Reduce relapses and prevent future overdoses
- ◆ End the “revolving door” where too many individuals endlessly cycle in and out of emergency departments and/or other paths and never connect to support services
- ◆ Engage peers by promoting hope that they can recover from Opioid Use Disorder and regain meaningful roles and relationships in the community
- ◆ Identify factors that will impact the TRS individuals’ wellness and recovery, as appropriate
- ◆ Promote improved recovery, wellness and healthy lifestyles
- ◆ Enhance individuals knowledge about the continuum of care that includes rehabilitation services including Medication Assisted Treatment
- ◆ Promote a recovery path that is dependent upon supports that work best for an individual, even when medication is part of the journey
- ◆ Improve health behaviors and quality of life.

Telephone Recovery Support (TRS)

The TRS program provides telephone support, encouragement, and information concerning Opioid addiction recovery resources to New Jersey residents, age 18 & older



What is TRS?

Peers provide confidential weekly telephone support calls to individuals that are seeking recovery or are individuals that are new to recovery.

Who is a TRS Peer?

A TRS Peer is a person in recovery, they have **lived experience of addiction and recovery**.

“Knowledge drawn on to provide peer based recovery services is acquired through life experience rather than education. It is first hand rather than second hand. It means that peer support specialists understand long-term recovery as a ‘lived experience’ and can offer guidance on the nuances of this experience as it unfolds over time.” - William White

What is Recovery?

SAMHSA defines **recovery** as a process of change through which individuals improve their health and wellness, live self-directed lives, and strive to reach their full potential .

Multiple Pathways of Recovery

- Medicated Assisted Treatment
- Self-directed Recovery
- Mutual Aid programs
- Peer-Based Support Services

“I knew I could call you and I wouldn’t be judged.”

“You called at the right time, I need help.”

“I’m calling to tell you I just got out of treatment, Thank you for your help.”

“Thank you for continuing to call me when I wasn’t ready to pick up...thank you for not giving up on me.”

“I haven’t talked to anyone else about this yet. You are safe to talk to.”



Who Manages the TRS Program?

Rutgers University Behavioral Health Care (UBHC) was awarded a grant from the **NJ Division of Mental Health and Addiction Services (DMHAS)** to provide TRS services and to manage the TRS program throughout New Jersey.

Want to Know More?

The TRS program offers the participant a toll-free phone number to call when there is a need to contact the TRS staff.

That toll-free # is 833-825-5877.

Should an individual wish to have more information about the TRS program they may call the toll-free phone # to talk to a TRS peer at UBHC.

Contact Us

TELEPHONE RECOVERY SUPPORT

(833) TALK TRS
(833) 825-5877

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