

Our mission is to help you develop the skills to live a healthy, self-directed life.

About STAR

STAR (The Support Team for Addiction Recovery) is comprised of Case Managers and Recovery Specialists (individuals in long term recovery) who have extensive experience and knowledge in supporting a person who has a substance use disorder (SUD) in an effective and compassionate manner. The STAR team meets regularly with members and provides them with education, help and the tools needed to stay on the path of recovery.

Who Is Eligible?

To become a member of STAR, an individual must be a Bergen County resident, have an Opioid Use Disorder diagnosis and be willing to make a one-year commitment to the program. Additionally, members must meet one of the following criteria:

- A participant in the Opioid Overdose Recovery Program;
- Referral from the NJ Department of Corrections;
- Recently discharged from a Substance Use Disorder facility.

We believe the people who have been to the darkest places shine the brightest.

STAR Support

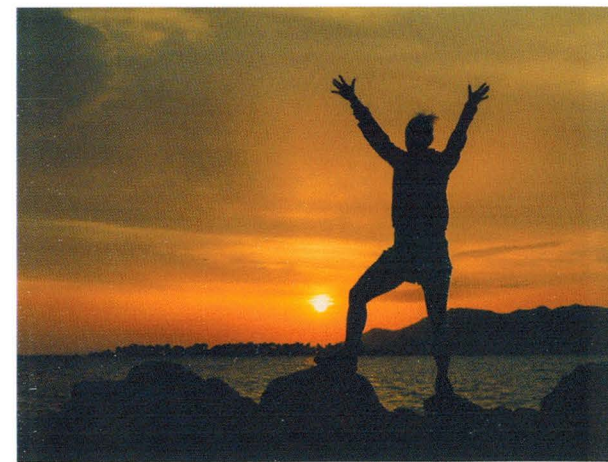
Our approach is based on the four dimensions that support the recovery process: health, home, purpose and community. Each member receives an individual recovery plan designed to provide a personalized experience on the pathway to recovery. All support services are located at Bergen New Bridge Medical Center and include:

- Weekly individual case management and recovery support planning;
- Weekly group sessions: Women's groups, men's groups, relapse prevention, anger management, meditation and yoga, life skills, relationships and goals, and family support groups;
- Recovery meetings and other self-help programs;
- Community forums.



The STAR team provides education, help and the tools needed to stay on the path to recovery.

A Brighter Future



The STAR team is dedicated to helping our members overcome their fears or uncertainties throughout the recovery process. Members of the STAR team know firsthand that recovery is possible for anyone. They model strategies on how to manage recovery and work closely to help members:

- Identify factors that impact wellness and recovery;
- Manage crisis situations;
- Identify short and long-term goals and the steps needed to accomplish the goals;
- Connect to resources for housing and career.

Who We Are

The Support Team for Addiction Recovery program is a partnership of The Center for Alcohol and Drug Resources and Bergen New Bridge Medical Center. It is funded by a grant from the New Jersey Department of Health, Division of Mental Health and Addiction Services and is offered free-of-charge to residents of Bergen County that qualify for the program.

What Our Members Are Saying...

"You never gave up on me."

– Ashley

"Thank you for always having hope and supporting me."

– Eric

"The STAR team helps you navigate through everything. Not only do I have a great today, but now I have a future to look forward to."

– Maria

About The Center for Alcohol and Drug Resources

The Center for Alcohol and Drug Resources, a program of Children's Aid and Family Services, is a recognized leader in community and school-based education programs about alcohol and drug misuse prevention as well as recovery support services. Founded in 1979, The Center provides extensive resources, information, expertise and support in understanding and preventing alcohol and drug misuse and advocates for responsive prevention and treatment services.

Contact Us

Support Team for Addiction Recovery

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WWW.TCADR.ORG

STAR

Support Team for Addiction Recovery



Support on the Journey of Recovery