

The Mission of Telephone Recovery Support

- ◆ Promote hope that callers can recover from Substance Use Disorder and regain meaningful roles and relationships in the community
- ◆ Seek to reduce reoccurrence and prevent future overdoses
- ◆ Connect callers to appropriate services in order to end “revolving door” of cycling through emergency services & treatment
- ◆ Support improved recovery, wellness, and healthy lifestyles
- ◆ Identify factors that will impact the individual’s wellness and recovery
- ◆ Enhance callers’ knowledge about the continuum of care including treatment, Medication Assisted Recovery (MAR), and Harm Reduction
- ◆ Promote a recovery path that focuses on supports that work best for an individual, even when medication is part of the journey
- ◆ Through a person-centered approach, support callers as they move through all stages of recovery

RUTGERS HEALTH
University Behavioral Health Care
Rutgers, The State University of New Jersey
151 Centennial Avenue, Piscataway New Jersey 08854



833-TALKTRS

The **TRS** program provides confidential peer-based telephone support, encouragement, and information about Substance Use Disorder, Opioid and Stimulant addiction, and recovery resources to New Jersey residents, age 18 and older.

RUTGERS HEALTH
University Behavioral Health Care



What is TRS?

Peers provide confidential outgoing weekly calls to individuals new to or curious about recovery & support, for a minimum of 16 weeks. Incoming calls are welcome with confidential voicemail available.

Who is a TRS Peer?

A TRS Peer is a person in recovery. Our peers have a **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

TRS supports multiple pathways including:

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



"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 guys are safe to talk to."

Where is TRS located?

TRS is operated by Rutgers Health - University Behavioral Health Care (UBHC) and is funded through the New Jersey **Division of Mental Health and Addiction Services (DMHAS)** to provide support throughout the state.

TRS connects callers with locally based resources and recovery supports, working in partnership with agencies throughout New Jersey. TRS seeks opportunities to best serve and support agencies providing peer and recovery services.

Want to Know More?

Contact Us

TELEPHONE RECOVERY SUPPORT

(833) **TALK TRS**
(833) 825-5877

Sunday	8am-4pm
Monday	8am-4pm
Tuesday	8am-8pm
Wednesday	8am-8pm
Thursday	8am-8pm
Friday	8am-4pm
Saturday	8am-4pm

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