

Peer Wellness Program



**family
connections**

WHERE HOPE MEETS POSSIBILITY

What We Do

The Peer Wellness Program provides **in-person, telehealth, and hybrid** supportive individual therapy in a **safe, one-to-one environment** for DHMAS-licensed professionals. Services are tailored for Opioid Treatment Providers and Peer Recovery Specialists recognizing the unique stressors of helping professionals. Peer Wellness individual therapy utilizes **evidence-based** approaches to support both personal well-being and professional resilience. In addition to therapy, the program offers a variety of wellness activities to encourage **self-care, connection,** and a sense of healthy fellowship among peers and professionals.



Impact

Participants can expect the following impact from being a part of the program:

Therapeutic support and wellness to help professionals who work for DHMAS licensed providers, providing Substance Use Treatment, Opioid Use Treatment, Mental Health Services, Medication Assisted Treatment, as well as for those professionals who are in recovery themselves.



Services

COST TO CONSUMERS:

FREE, provided through grant funding.

ELIGIBILITY:

*Professionals who work for DHMAS
licensed providers.*

- Benefiting in Outpatient Therapy

PROGRAM HOURS:

Monday - Thursday, 9am-8pm

Friday 9am - 5pm

AVERAGE LENGTH OF STAY:

6-9 months depending on client's severity

SERVICES INCLUDED:

- Individual Therapy
- Case Management
- Recreational Activities



Funded by DMHAS.

Program Structure

PARTICIPANT COMMITMENTS:

Voluntary

REFERRALS:

Self-Referrals accepted. Call (973) 675-3817 to be enrolled.

FOR MORE INFORMATION CONTACT:

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Family Connections is a leading New Jersey non-profit with over 30 different programs to support children, adults, and families. Far too many people in our communities face serious challenges—from trauma and mental illness to addiction, domestic violence, and child abuse. Family Connections is here to make sure no one has to face these challenges alone. Across Northern New Jersey, we deliver counseling, social and emotional skills-building, prevention and training initiatives, programs to strengthen family bonding and reunify families, and more.

Since 1884, Family Connections has proven that communities thrive when everyone is invested in each other's wellbeing.

Our Mission

Growth happens here every day. With our counseling, skills-building, training and prevention services, people take control of their own healing and foster connections that make our entire community stronger, safer, and healthier.

Our Vision

We see a world where no one faces life's challenges alone—where we all have the opportunities, connections, and resources we need to thrive.

For more information about Family Connections' programs, please visit our website at familyconnectionsny.org.

If you have questions or need assistance, please contact Family Connections at (973) 675-3817 or hope@familyconnectionsny.org.



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