

Telephone Recovery Support Goals

- Encourage hope for recovery from Substance Use Disorder
- Decrease relapses & prevent overdoses
- Guide towards suitable services to break the cycle of emergency use
- Foster improved recovery, well-being, + healthy lifestyles
- Educate about treatment options, including Medication Assisted Recovery & Harm Reduction
- Advocate for individualized recovery journeys
- Use a person-centered approach to support all recovery phases

Connect with TRS

(833) TALK TRS
(833) 825-5877

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

mytrs@ubhc.rutgers.edu



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The Telephone Recovery Support (TRS) program provides New Jersey residents aged 18 & above with free confidential peer-based telephone support, encouragement, & information regarding Substance Use Disorder, Opioid + Stimulant addiction, as well as recovery resources.

What is TRS?

Telephone Recovery Support (TRS) is a compassionate warmline operated by certified Peer Recovery Support Specialists. We offer weekly outgoing calls to individuals new to or exploring recovery, providing at least 16 weeks of support. Incoming calls are encouraged, & confidential voicemail options are available. TRS delivers peer-based phone support, motivation, & valuable information on Substance Use Disorder, Opioid + Stimulant addiction, & recovery resources, tailored specifically to New Jersey residents aged 18 & above.

Who is a TRS Peer?

A TRS Peer is a person who has gone through recovery themselves, having firsthand knowledge of addiction & the recovery process.



What is Recovery?

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

Multiple Pathways of Recovery

TRS embraces diverse pathways to recovery, including but not limited to:

- Medicated Assisted Treatment (MAT) / Medication-Assisted Recovery (MAR)
- Self-directed Recovery
- Peer-Based Support Services
- Harm Reduction
- Mutual Aid programs
- SMART Recovery
- Spiritual or Faith Based
- DHARMA Recovery
- Holistic approaches

We are here to listen

& more!

Where is TRS located?

TRS is operated by **Rutgers University Behavioral Health Care (UBHC)** & 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 & recovery supports, working in partnership with agencies throughout New Jersey.

TRS seeks opportunities to best serve & support agencies providing peer + recovery services.



Telephone
Recovery
Support