



S.T.A.R.T.* Bulldozes Barriers to Recovery for New Jersey's Pregnant and Parenting

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It's okay not to be okay. In response to the COVID-19 pandemic, The Center for Great Expectations has increased access to mental health and recovery services in two of its programs.

With the support of the State of New Jersey, S.T.A.R.T. has expanded and now offers free teletherapy, teledoulas and virtual peer recovery coaching for pregnant and postpartum persons, striving to overcome use of alcohol and other substances.



Licensed clinicians offer counseling tailored to the needs of mothers in recovery. Certified doulas provide birth education, support at the hospital, and honor the transition to motherhood as a rite of passage. Peer recovery specialists bring the expertise and perspective of someone who has reclaimed their life and gained freedom through sobriety. Complimentary services include an on-staff APN for initiation and maintenance of pharmacotherapy, toxicology screening and therapeutic groups via telehealth to provide connection with other mothers in recovery. Services are provided for up to 18 months in Essex, Hunterdon, Western Hudson, Middlesex, Morris, Somerset, and Union Counties. To schedule your S.T.A.R.T. consultation, call (732) 247-7003 x 422. Text (732) 434-8577 or email cflynn@cge-nj.org.



Roots to Recovery Outpatient Services is offering a full array of virtual substance use and mental health treatment services, including Intensive Outpatient and recovery support. We provide individualized assessments and evaluations to inform client-centered treatment plans, which include virtual individual and group therapy, psychiatric care, Medicated Assisted Treatment (MAT), case management and peer support. For an intake appointment, scheduled at your convenience, call (732) 993-6403 ext. 414 or email dscott@cge-nj.org.

The Center for Great Expectations has been serving the most resilient and courageous New Jersey residents for over 20 years and continues to offer a range of free substance use and mental health services during this pandemic. We know times of extraordinary stress provide opportunities for transformation and stand ready to assist clients in elevating themselves and creating an intentional life filled with joy and connection.

*The S.T.A.R.T. acronym stands for Supportive, Trauma-Attuned, Attachment-Based, Recovery & Treatment. This program is solidly aligned with the agency's core mission to provide a safe place, a safe presence, and a safe path to the clients we serve.

About CGE: [The Center for Great Expectations](http://www.cge-nj.org) provides an uncompromised continuum of care across prevention and treatment of substance use and mental health disorders. Programs include: Prevention Services of The CTARI Institute; Residential Treatment Centers for women and adolescents; Katy's Place, child development center; Roots to Recovery, an outpatient center; and Permanent Supportive Housing; S.T.A.R.T. program, a comprehensive, relationally-based in-home treatment program for pregnant or parenting women and their infants who have experienced trauma and substance use. CGE's organizational Trauma C.A.R.E.(c) model provides a safe environment for each client and the creation of client-centered treatment, informed by evidence-based approaches, including early relational health, for the best possible outcomes for both parent and child to break the intergenerational cycle of trauma, substance use, abuse and homelessness.

For information about [The Center for Great Expectations](http://www.cge-nj.org) or its programs, please contact Pam DeLuca at pdeluca@cge-nj.org or 732-247-7003, ext. 346. Please also visit **S.T.A.R.T.** and **Roots to Recovery**.

www.cge-nj.org