

# Support Team for Addiction Recovery (STAR)

## Providing 24/7 wellness-based recovery support

Successful recovery depends on individuals fully committing to improve their health and wellness. All too often, individuals ready to change their lives through health long-term recovery are faced with personal obstacles that can be difficult to overcome.

The Support Team for Addiction Recovery (STAR) provides the tools and resources to finally remove these barriers, allowing individuals with opioid use disorder to fully invest themselves into their health, wellness and long-term recovery. Following an assessment to determine program eligibility, STAR provides holistic recovery support that actively engages individuals in their recovery by addressing the whole person and their personal obstacles to recovery. The STAR program works to address all eight dimensions of wellness to improve physical and mental health:

- Emotional
- Intellectual
- Environmental
- Occupational
- Spiritual
- Physical
- Financial
- Social

### The STAR Program aims to provide a direct, warm hand-off from the following priority referrals:

- Individuals from the Peer Recovery Program (formerly known as OORP)
- Hospital Emergency Department opioid overdoses
- Discharges from licensed, residential substance use disorder facilities
- Individuals recently released from incarceration

The STAR Program provides recovery support 24 hours a day, 7 days per week and is available in Essex, Hudson and Middlesex Counties. STAR is funded by the NJ Department of Health, Division of Mental Health and Addiction Services.

#### To refer an individual to the STAR program, contact:

Lynn Seaward

315-759-0428

[lynn.seaward@rwjbh.org](mailto:lynn.seaward@rwjbh.org)

If you need immediate assistance outside of business hours, please call 848-303-3940.  
For emergency medical assistance, dial 911.

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