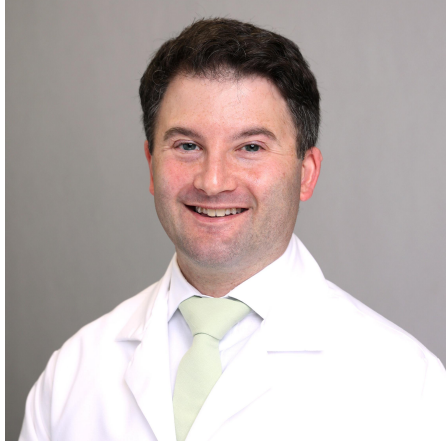


# Recovery In Action: Evidence-Based Approaches to Addiction Treatment

May 13, 2026

# Physician Presenters



**James Sherer, MD**

Deputy Chief Medical Officer,  
Carrier Clinic  
Addiction Medicine Director, Blake  
Recovery Center & Retreat and  
Recovery at Ramapo Valley  
Network Medical Director, HMM  
Addiction Services



**Hussain Muhammad Abdullah,  
MD, FASAM**

Chief, Addiction Service & Program  
Director, Addiction Medicine  
Fellowship, Jersey Shore University  
Medical Center  
Assistant Professor, Department of  
Psychiatry, Hackensack Meridian  
School of Medicine



**Justin Kei, MD, FAPA**

Medical Director, The Debra  
Simon Center for Integrative  
Behavioral Health and  
Wellness  
Assistant Professor,  
Department of Psychiatry,  
Hackensack Meridian School  
of Medicine

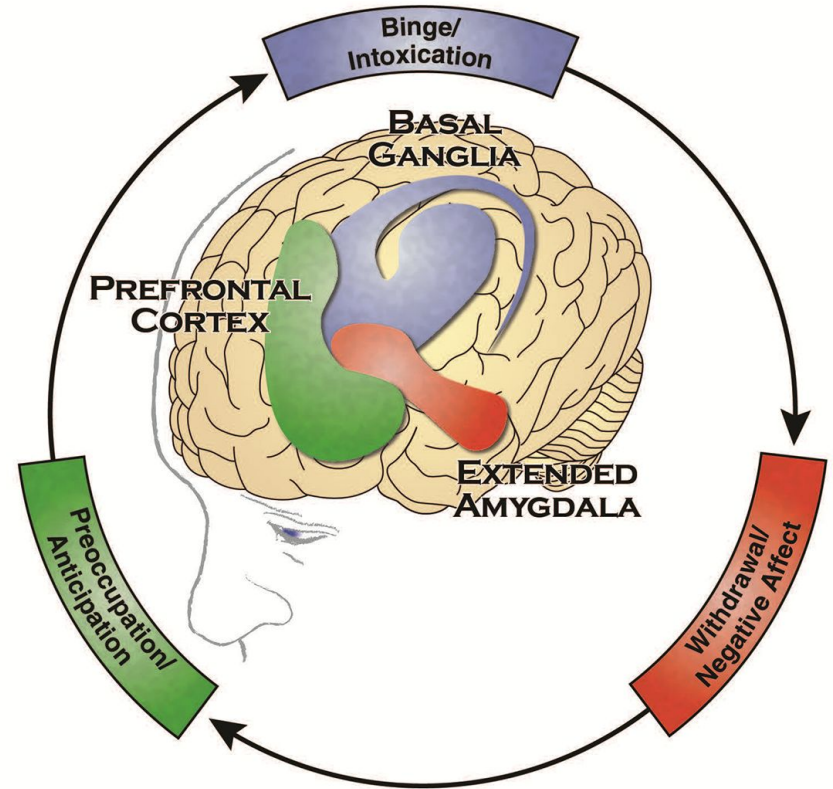
# Why Are We Here Today?

**To help you understand what effective addiction treatment really looks like.**

- Understanding addiction as a chronic medical condition.
- Reducing stigma and improving community support.
- Exploring evidence-based treatment and recovery.
- Connecting you to local resources to support lasting change for individuals and families.

# Addiction: A Disease, Not A Moral Failing

- Addiction changes brain chemistry, behavior and decision-making
- Genetics, trauma, mental health and environment all play a role
- Recovery is possible with treatment, support and time
- Compassion improves outcomes and engagement in care

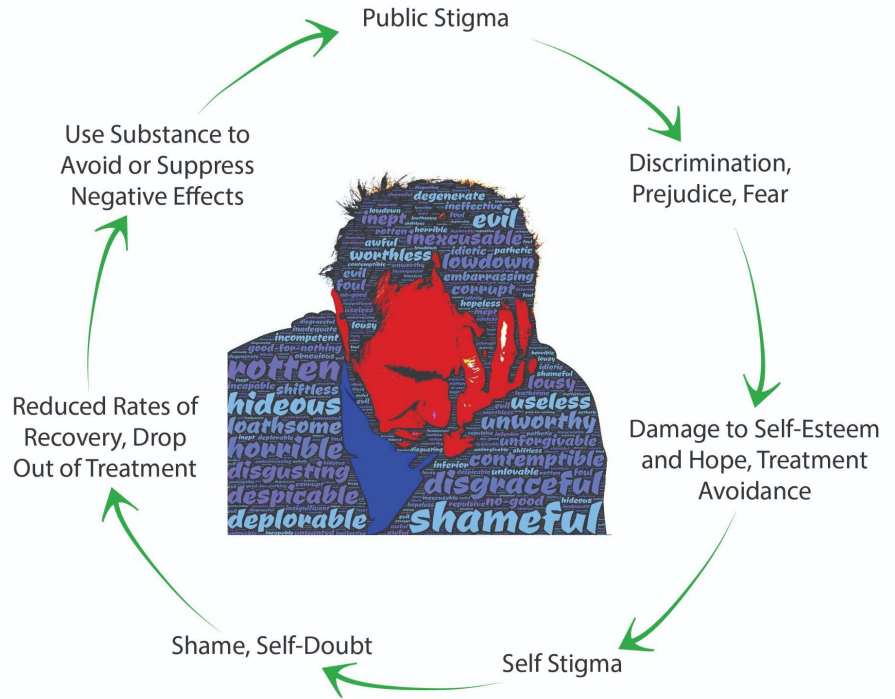


Source: Office of the Surgeon General, Facing Addiction in America: The Surgeon General's Report on Alcohol, Drugs, and Health

# Understanding Stigma

- Stigma creates barriers to treatment and recovery
- Language matters (“person with substance use disorder” vs. labels)
- Shame and isolation can worsen substance use
- Communities and providers both impact recovery culture

## Cycle of Stigma



Source: (Corrigan et al., 2017a; 2017b; da Silveira et al., 2018).

# Recognizing Substance Use Disorder

## Physical Signs

- Sudden weight loss/gain
- Dilated or constricted pupils
- Bloodshot eyes
- Poor hygiene
- Slurred speech

## Psychological Signs

- Cravings
- Mood swings
- Withdrawal symptoms
- Memory impairment

## Behavioral Signs

- Neglecting responsibilities
- Secretive behavior
- Financial difficulties
- Risky behaviors

# Treatment Options: Meeting People Where They Are

## Medication Assisted Treatment (MAT)

- Medication can reduce cravings and overdose risk
- MAT is evidence-based and improves long-term outcomes
- Medication works best alongside support and therapy

## Therapeutic & Behavioral Interventions

- Individual counseling and group therapy
- Cognitive Behavioral Therapy (CBT)
- Trauma-informed and family-centered approaches
- Peer recovery specialists and recovery coaching

# What Long-Term Recovery Can Look Like

- Recovery continues long after formal treatment ends
- Relapse can occur and should be addressed without shame
- Ongoing support improves stability and quality of life
- Recovery pathways are different for every person



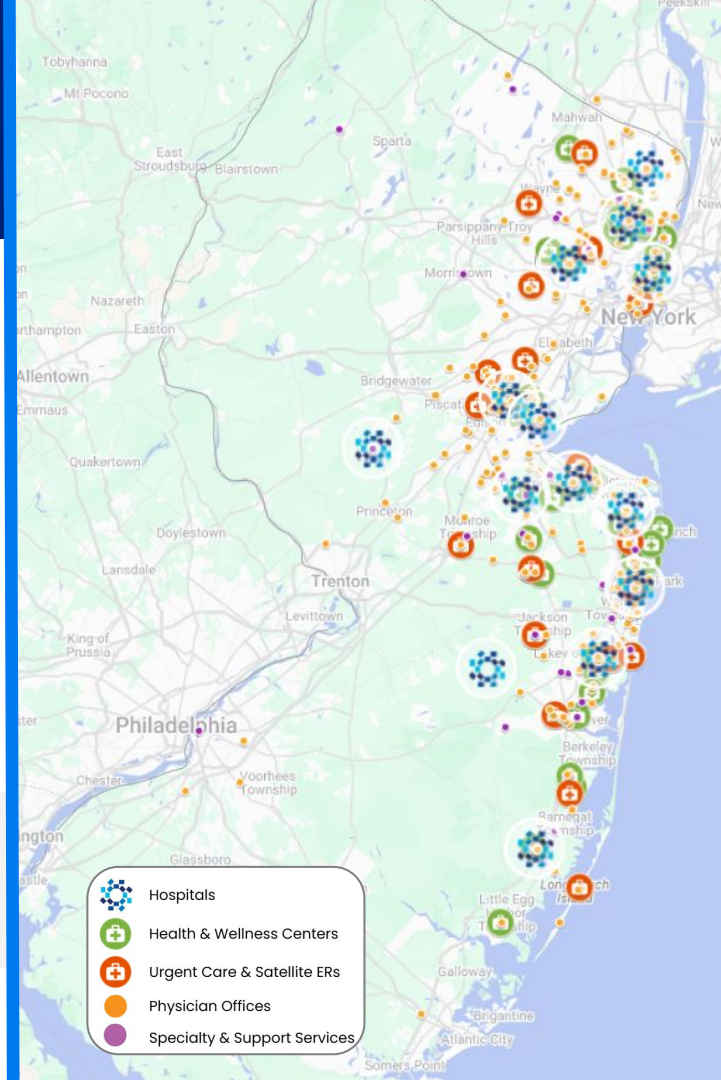
# WHO WE ARE: NEW JERSEY'S LARGEST HEALTH NETWORK

## 18 HOSPITALS

and 500+ patient care locations

- |   |                              |   |                                     |
|---|------------------------------|---|-------------------------------------|
| 3 | Academic Medical Centers     | 1 | Carrier Behavioral Health Hospital  |
| 1 | University Teaching Hospital | 1 | Long Term Acute Care Hospital       |
| 8 | Community Hospitals          | 1 | Center for Discovery and Innovation |
| 2 | Rehabilitation Hospitals     | 1 | School of Medicine                  |
| 2 | Children's Hospitals         | 3 | Nursing Schools                     |

Home to nationally ranked addiction and pediatric & behavioral health programs



# Carrier Clinic

Blake Recovery  
Center named the

**#1**

Addiction treatment  
center in NJ by  
Newsweek the last  
**3 consecutive years**



**100+ YEARS**  
of providing care



Commitment to serving  
a **broad range of age  
groups** with **varying  
needs**

**\$40 MILLION**

Expansion and  
modernization  
dedicated to pediatric  
Behavioral Health  
services



Comprehensive  
continuum of  
**CARE**

*Inpatient, residential and  
outpatient services*

Located in **Belle Mead**, NJ, Carrier Clinic, a part of  
Hackensack Meridian Health, provides  
comprehensive inpatient and outpatient mental  
health and substance abuse treatment for  
adolescents, adults, and older adults, including  
specialized care at its East Mountain Lodge and  
School, with its nationally recognized Blake Recovery  
Center consistently ranked among New Jersey's  
best.

## Contact:

**Carrier and Blake Recovery Center**  
**252 County Road 601**  
**Belle Mead, NJ 08502**

**Phone: 800-933-3579**

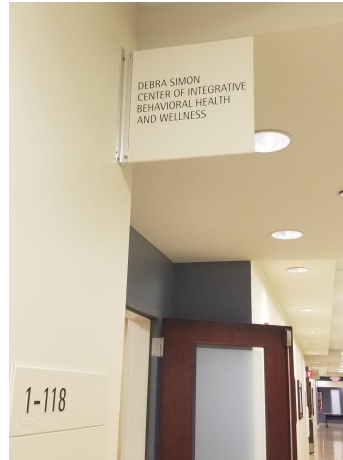
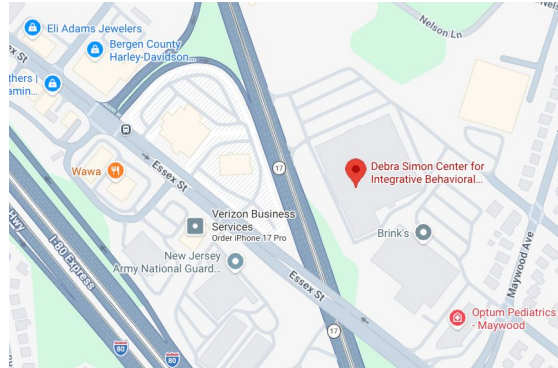


# Northern New Jersey Resources

## Debra Simon Center for Integrative Behavioral Health and Wellness

87 Route 17 North  
Maywood, NJ 07607

Phone: 551-996-4450



## Retreat & Recovery at Ramapo Valley

1071 Ramapo Valley Road  
Mahwah, NJ 07430

Phone: 833-734-0171



# Southern New Jersey Outpatient Resources

**Addiction Medicine Continuity Clinic  
at Hope Tower**

**Addiction Medicine Adolescent Dual  
Diagnosis Clinic at Hope Tower**

**Jersey Shore University Medical Center Addiction Medicine  
Hope Tower, 9th Floor  
1945 NJ-33  
Neptune City, NJ 07753  
Phone: 732-897-3640**

**Addiction Medicine Dual Diagnosis  
Clinic at OUMC/Brick**

**1610 Rt. 88  
Brick, NJ 08724**

**Phone: 732-295-6570**

**Addiction Recovery Services (ARS)**

**61 Davies Avenue  
Neptune, NJ 07753**

**Phone: 732-643-4400**

# Questions & Answers

## Resources:

- **VISIT:** [HackensackMeridianHealth.org/HealthyMind](https://HackensackMeridianHealth.org/HealthyMind)
- **SCAN:** 
- **CALL:** 1-844-HMH-WELL



# Thank you for joining us!

Tune in next Wednesday at 5:30 PM for our webinar session:

**Her Mind, Her Health: Women's Mental Wellness Across the Lifespan**