



The New Jersey Department of Health was awarded the CDC NJ COVID Disparities Grant to promote resilience and sustainability of the NJ DOH public health workforce as a result of the pandemic. **Hope for Health** is based on the SAMHSA Crisis Counseling Program model key principles: strengths-based, anonymous, outreach-oriented, and designed to strengthen existing community support systems. It does NOT provide clinical services but refers to existing mental health resources in the community.

Hope for Health Program Goals:

- Helping health workers understand their current situation and reactions
 - Reducing stress and providing emotional support
 - Assisting in reviewing recovery options
 - Promoting the use or development of coping strategies
 - Connecting health workers to resources

Hope for Health program supports the following interventions:

- Individual and group crisis counseling including hotline/helpline support
 - Psychoeducational groups
 - Community networking and support
 - Assessments, referrals, and resources
- Development and distribution of educational materials

Specialized Programs Offered



For further information:
Tammy.Reynolds@rwjbh.org