Alcohol Use and Abuse Resource Guide

Greater New Brunswick and Middlesex County

General Information about Alcohol

Alcohol is a central nervous system depressant, which means that it is a drug that slows down brain activity. It can change your mood, behavior, and self-control. Alcohol can cause problems with memory and thinking clearly and can affect your coordination and physical control. Alcohol also effects other organs in your body such as raising your blood pressure and heart rate.

Alcohol's effects vary from person to person, depending on a variety of factors, including:

- Amount a person drank
- How quickly they drank it
- The amount of food a person eats before drinking
- A person's age, gender, race and/or ethnicity
- A person's physical condition
- Whether or not they have a family history of alcohol problems

Alcohol Use Disorder

About 18 million adult Americans have an alcohol use disorder (AUD), which means their drinking causes distress and harm. AUD can range from mild to severe, depending on the symptoms. Severe AUD is sometimes called alcoholism or alcohol dependence.

Someone is considered having AUD if they answer yes to two or more of the following questions. In the past year, has this person:

- Ended up drinking more or for a longer time than originally planned?
- Wanted to cut down or stop drinking, or tried to, but couldn't?
- Spent a lot of your time drinking or recovering from drinking?
- Felt a strong need to drink?
- Found that drinking - or being sick from drinking - often interfered with family life, job, school, participating in enjoyable activities, or caused trouble with family or friends?
- Been in dangerous situations because of drinking, such as driving drunk or having unsafe sex?
- Kept drinking even though it was making them feel depressed or anxious? Or when it was adding to another health problem?
- Had to drink more and more to feel the effects of the alcohol?
- Had withdrawal symptoms when the alcohol is wearing off (these include, trouble sleeping, shakiness, irritability, anxiety, depression, restlessness, nausea, and sweating)? In severe cases, they could have a fever, seizures, or hallucinations.

People with AUD should speak to their primary care provider about symptoms, treatments, and referrals.

Where to Get Help

Al-Anon Family Support Groups

Hosts support groups for families or people with AUD.
https://al-anon.org/al-anon-meetings/

Alcoholics Anonymous Chapter Finder

Provides support for people with AUD.
https://www.aa.org/find-aa/north-america

New Jersey Addiction Services Help Line

Fulltime, free, confidential service providing information and referral to substance abuse treatment agencies.
Additional Languages: LL
Phone Number: 844-REACHNJ (844-732-2465)
Treatment Directory Website:
https://njsams.rutgers.edu/TreatmentDirectory/

Wellspring Center for Prevention

Hosts an online referral to treatment portal.
Additional Languages: ES
Hotline Phone: 732-254-3344
Website: www.WellspringPrevention.org/

IN CASE OF EMERGENCY PHONE: **911**

Counseling & Treatment Programs

Catholic Charities Diocese of Metuchen Addiction Services
Provides comprehensive outpatient alcohol/drug assessments; individual, group and family counseling to individuals and families impacted by drugs or alcohol.
Additional Languages: LL, ES
Access Center Phone: 732-324-8200
Website: https://ccdom.org/middlesex-addiction-services

Center for Network Therapy
Offers ambulatory detoxification from alcohol and other substances and addresses co-occurring psychiatric issues.
Additional Languages: ES
Phone: 732-560-1080
Website: www.recoverycnt.com/

Clarity Treatment Services LLC
Clarity Treatment Services offers counseling and comprehensive treatment plans and programs for alcohol, drug, and gambling addiction in adolescents and adults.
Additional Languages: ES, PT
Phone: 732-442-3535
Website: www.claritytreatmentservices.com/

George J. Otlowski, Sr. Center for Mental Health Care
Offers treatment to Middlesex County residents (ages 5 and older) for a range of emotional disorders, including anxiety, depression, marital, family, and other problems.
Additional Languages: ES
Phone: 732-442-1666
Website:
http://www.middlesexcountynj.gov/Government/Departments/CS/Pages/GOCMH/George-J.-Otlowski,-Sr.-Center-for-Mental-Health-Care.aspx

Hackensack Meridian JFK Medical Center – Center for Behavioral Health
Outpatient services for individuals with substance use/abuse or mental health problems.
Additional Languages: ES
Phone: 732-321-7189
Website: https://www.jfkmc.org/clinical-services/behavioral-health

New Brunswick Counseling Center
The Outpatient Substance Use and Co-Occurring Disorders programs offer multiple services for treatment of non-opiate substance use disorders.
Additional Languages: ES
Phone: 732-246-4025
Website: www.newbrunswickcounselingcenter.org/

New Hope Foundation Inc. – Open Door Outpatient Services
Provides outpatient services for substance use, gambling and co-occurring mental health disorders including drug screening, assessment and referral, aftercare, individual, group and family counseling, drug-free workplace consultation and prevention, and education in New Brunswick. Residential services available at other locations.
Additional Languages: ES
Phone: 800-705-HOPE (4673)
Website: https://newhopeibhc.org/about/facilities/

Rutgers University Behavioral Health Care (UBHC)
UBHC provides clinical care and the development of new treatments, and it also trains professionals across the country in the best ways to support people through difficult times.
Additional Languages: LL
Phone: 800-969-5300
Website: https://ubhc.rutgers.edu/

Language Directory:

ES = Spanish LL = Language Line PT = Portuguese

For more information on the resources listed, please see the *Behavioral Health Referral and Resource Guide: Greater New Brunswick and Middlesex County, 2019 Edition* at: http://rwjms.rutgers.edu/BehavioralHealthGuide/

This guide was created by the Behavioral Health Workgroup, co-sponsored by Rutgers Robert Wood Johnson Medical School and Healthier Middlesex, (joint project of Robert Wood Johnson University Hospital and Saint Peter's University Hospital in New Brunswick, NJ).

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Healthier Middlesex Working Together

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