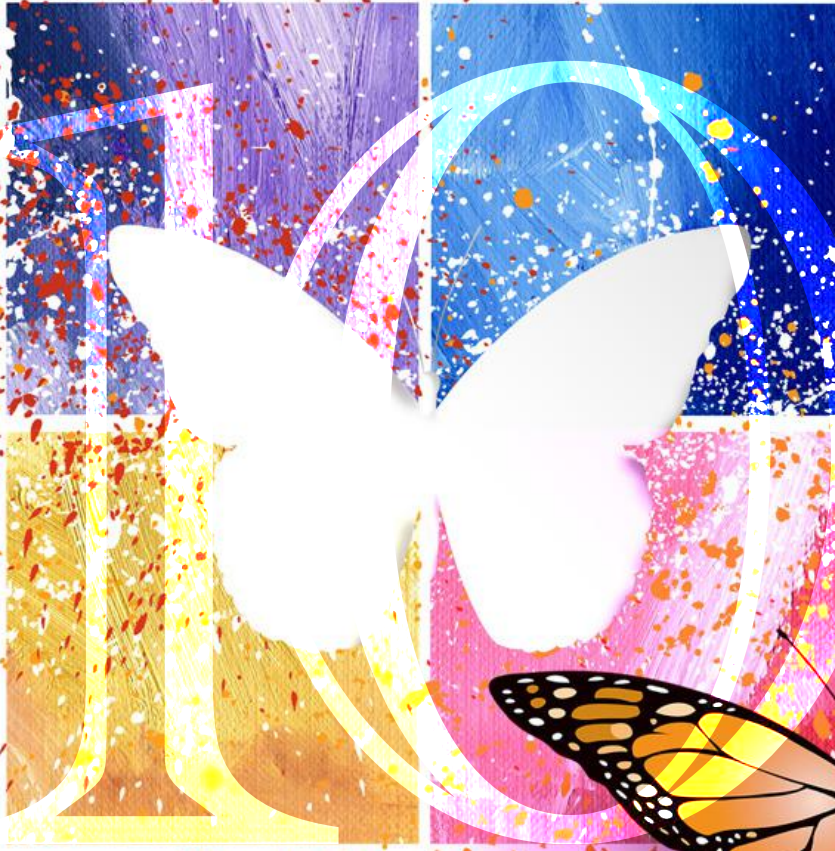


10-YEAR REPORT



HOPE
SHEDS LIGHT

Welcome



Dear Friends and Supporters,

As I reflect on the journey we have embarked upon over the last decade, I am profoundly honored to serve as the CEO of this transformative agency. This year, as we mark our 10th anniversary, we celebrate not just the growth of our programs but the unbelievable growth of a community dedicated to creating a legacy of recovery from addiction.

Our report this year is a mosaic of hope and healing, a testament to the family legacy we've built together with you—our partners in change. Together, we've crafted a foundation that goes beyond the individual, fostering recovery that radiates through families and into the community at large.

With our eyes firmly on the future, we continue to expand our reach through community partnerships that strengthen the bonds of support and understanding. These connections are vital as they enhance our collective capacity to offer hope and comprehensive support to those we serve.

I am immensely grateful for your continued faith in our mission. As we look ahead, we remain committed to innovating and growing with the singular goal of enriching lives and communities. Thank you for being a part of our story, for sharing in our challenges and our successes, and for believing in the power of recovery.

Together, we forge ahead, inspired by the past and driven by a future filled with limitless possibilities.

Warm regards,

Pamela Capaci

CEO, HOPE Sheds Light

Our Mission



The mission of HOPE Sheds Light is to raise awareness and educate individuals, families and the community about the impact of addiction by having the courage to share personal experiences and offer strength, wisdom, hope and resources that lead to positive community change and long-term recovery.



HOPE Sheds Light Founders, pictured from left: Stephen Willis, Arvo Prima and Ron Rosetto.



“The capacity for hope is the most significant fact of life. It provides human beings with a sense of destination and the energy to get started.”

- Norman Cousins



The Four Pillars Of HOPE





Finding Hope: Through our peer-to-peer coaching and support groups, you'll find education, inspiration, support, and HOPE in a community of other loved ones who have been impacted by substance use disorder (SUD).



Building Capital: Helping individuals sustain recovery and reduce the risks of returning to use by increasing a person's support network and living skills to enhance the quality of life in long-term recovery.



Community: Fostering a feeling of fellowship with others through education and supporting recovery-friendly communities by providing hope and offering loving support while encouraging personal development to everyone around us.



Wellness: Wellness programs that lead to personal enrichment, emotional, physical, spiritual, intellectual, social, environmental, and interpersonal well-being of an individual.

Finding HOPE



*We know exactly
how you feel
because we have
felt it too. We will
never judge and
will always listen.*

The heart and soul of HOPE Sheds Lights services are offered in our Finding HOPE Pillar. If you are a person seeking support or a concerned friend, family member, co-worker or teacher when you call for help for yourself or a loved one you will be met by someone on the HOPE team who knows exactly how you feel because we have felt it too. We will never judge and will always listen.

Family Support: HOPE Sheds Light offers weekly family support groups in Toms River, Barnegat, Manasquan, and Keyport. Annually we connect with over 400 family members. The one-hour meetings are offered in a group setting and facilitated by other family members. We just share our experience strength and hope with no judgement or pressure on what is “the right way”. We know for each family, that ‘way’ looks different. We provide education, support, and hope.



Through our peer-to-peer coaching and support groups, you'll find education, inspiration, support, and HOPE in a community of other loved ones who have been impacted by substance use disorder (SUD).



“

HOPE Sheds Light helped me with expressing myself and letting out my feelings. They gave me good resources on how to keep my sobriety meaning where to go and who to communicate with. It's always motivational to see people in long-standing recovery when HOPE Sheds Light comes to bring a recovery support group to the halfway house I live in, and that inspires me to stay in recovery.

JEFF P. ”



“ COLLEEN D.

HOPE Sheds Light has helped me tremendously in my journey as a Mom whose son has a substance abuse disorder. I started attending the Saturday meetings in April of this year. When I told the other parents about my struggle with my son, they all nodded their heads and could totally relate to my story.

”

Navigation Support: When your loved one is in crisis, it can be hard just to breathe let alone navigate your way through the maze of treatment providers, levels of care, and insurance questions etc. etc. Imagine being the person who needs the treatment. Maybe you don't even have a phone or a warm place to stay. One of the most valuable services we provide is support accessing treatment. HOPE Sheds Light has a 24/7 helpline. We are local and have our finger on the pulse of local resources. Last year we answered 2,245 Helpline calls. 2,030 connected with one of our programs for support.

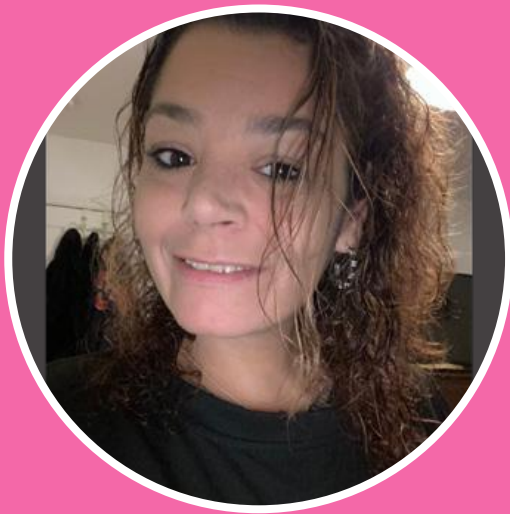
One-on-One Support: We stand ready to meet with anyone one-on-one to offer that extra coaching, personal attention, and one-on-one care to individuals in recovery, seeking recovery or moving through the stages of recovery. Last year, HOPE Sheds Light provided 960 hours of recovery coaching to over 100 people.

Grief Support: The epidemic has taken so many of our friends, and family members and so have our neighbors and co-workers. Grieving the loss of a loved one from addiction requires special understanding and loving support. Our peer-to-peer support group for our neighbors who are in this club that no one wants to hold a membership card.

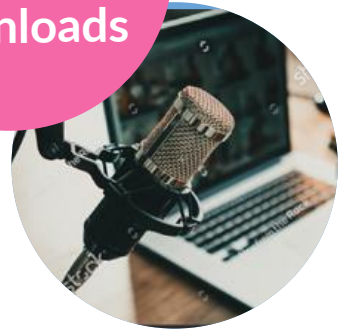
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Heather has made it easy for me to be open and honest and continue to grow towards being the best version of myself. She has become a good friend of mine. I understand HOPE Sheds Light offers different services, and if I needed to utilize them, I know Heather would make it happen. I am grateful for everything HOPE Sheds Light has helped me achieve, especially for the opportunity to work with Heather as my coach.

JENNIFER B. ”



2,624
Podcast
Downloads



967
Family
Meeting
Attendees



3,791
Helpline Calls
Answered

Building Capital



Most people start their recovery with very little “in the bank” both literally and figuratively. The services found in our Building Capital pillar address the physical and personal resources, or “capital”, a person needs to successfully rebuild their new life in recovery. That could mean finding a place to live after treatment, help finding a job, or help achieving your educational goals. All of these, and many more, are examples of capital we need in the recovery bank. HOPE Sheds Light is here to help everyone Build the Recovery Capital they need to be successful. Through one-on-one case management, and our team of certified Recovery Coaches, HOPE Sheds Light works with everyone to build up their recovery capital.

Recovery Coaching: Our Peer to Peer Recovery Coaching program is one of a kind. HOPE Sheds Light hires individuals who have been there and can offer first-hand relatability to the kinds of life situations we find ourselves in when first entering into recovery. Sometimes we don’t know where to begin. Sometimes, we need someone who has been there before and have the knowledge of the resources available. HOPE Sheds Light has 11 Recovery Coaches available to guide us and help us sort through the sometimes complicated process of accessing assistance or give us the strategies and motivation we need to take that next step in our recovery. Not one person’s recovery journey is the same as the next. That’s



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I have had a life-changing experience with HOPE Sheds Light. Lou and the staff there have helped me build my life back to being a productive part of society. I am forever grateful for HOPE Sheds Light.

DESMOND H. ”



Helping individuals sustain recovery and reduce the risks of returning to use by increasing a person's support network and living skills to enhance the quality of life in long-term recovery.

why HOPE Sheds Light offers various services routinely throughout the year to help people get on their feet. Resume Building, Job Placement, Applying for and funding School, and Housing Assistance. In 2023, HOPE Sheds Light provided funding to allow 278 people access to sober living housing. Through the Fostering Hope for the Future program, HOPE Sheds Light provided tuition costs for 15 individuals attending vocational school.

System Navigation: Treatment for substance use disorder isn't a "one size fits all" prognosis. Different people will need different levels of care based on their usage, drug of choice, and their resources.

Knowing where to turn when you first make the choice to get help for a problem you can't control is the most important step, and our professionals at HOPE Sheds Light can guide you through the system of care. Whether it's a detox or a rehab, and intensive outpatient program, or a medical assistance clinic (MAT), at HOPE Sheds Light, we have the numbers, we have the connections to help place you where you need to go in the most vulnerable moments of your recovery. Last year we placed 133 into treatment. And, for every individual, we know there are at least 4 family members that can breathe a little easier knowing they are safe.



The services found in our Building Capital pillar address the physical and personal resources, or “capital”, a person needs to successfully rebuild their new life in recovery.

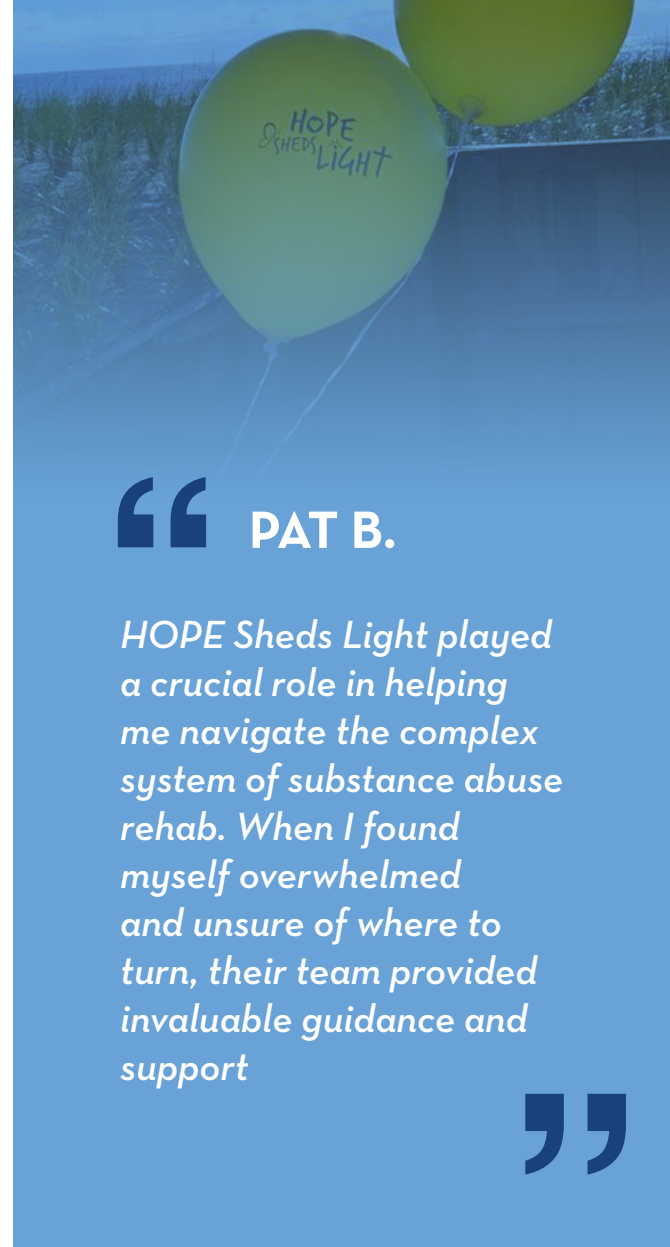
Sober Living Funding: In our experience, one of the greatest needs in our community is housing. Having a stable and supportive home is the foundation of building up recovery capital. There is a gap in services across the state in helping those healing from substance use disorder transition from acute to long term care. We are lucky however to live in an area with several sober living options across two counties. HOPE Sheds Light provides funding for individuals who are hungry for a better life in recovery. We often find ourselves without many resources when we begin our sobriety journey, which is why we have partnered with several local sober houses to assist individuals make that initial payment to secure a bed in one of these facilities. While there, people will meet other clean and sober individuals and start to build a network and build capital. Last year HOPE Sheds Light gave out 136,900.00 dollars in sober living funding which helped 278 people get on their feet.



101
Recovery
Coach
Participants



Academic Support: It is never too late to further your education, and HOPE Sheds Light is here to help. Weekly GED classes are available at no cost to the participant. We also offer onsite Recovery Coaches and a vibrant recovery center on campus at Ocean County College. We have engaged with 552 students on campus. We offer a variety of programming on OCC campus ranging from academic support to social events to recovery support. And for individuals in sober living housing, HOPE Sheds Light offers the innovative HOPE for the Future program, which offers tuition and housing funding while attending vocational school. No matter what your education level or your educational goals, we are here to support you and your recovery on that journey.



“ PAT B.

HOPE Sheds Light played a crucial role in helping me navigate the complex system of substance abuse rehab. When I found myself overwhelmed and unsure of where to turn, their team provided invaluable guidance and support



254
System
Navigation



278
Sober Living
Assistance

24
Academic
Support /
Vocational
Training





HOPE Sheds Light provides funding for individuals who are hungry for a better life in recovery.

Recovery Diversion Program: Sometimes the motivation to recover comes from the legal system. Many people with decades of recovery credit their motivation to change to the justice system. Thankfully the system has begun to change in recent years and recognizes the disease of substance use disorder. Unfortunately, legal trouble is a common side effect of this disease. HOPE Sheds Light in Partnership with the Monmouth County Prosecutors Office has established this program to support individuals with non-violent drug-related charges with the recovery support services they need. Instead of their charges, members can engage with a Recovery Coach, one-on-one case management, and participate in the array of programming at HOPE Sheds Light. Upon successful completion, they have built up their recovery community and recovery capital. Last year 67 people have participated in the program





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Organizations like HOPE Sheds Light help many addicts and alcoholics the opportunity to go to sober living when they don't have any money for the initial fees. Lou was also a great help, giving me much encouragement on the night I moved in. He told me of great opportunities for people who were serious about sobriety, including technical education and rental assistance while attending school. It made me excited for my recovery.

BOB A. ”



Community



It is often acknowledged at HOPE Sheds Light that substance use disorder is a family disease. But we also acknowledge it is a community disease as well. And that also means that recovery from this disease is healing for the individual, their family, and their community. We often hear about the negative side of substance use disorder but we try to give recovery from that disease a positive face in the community. Recovery is something to be celebrated, and the individual in recovery has a lot to offer their community.

HOPE Walk: Everyone knows someone. Substance use disorder is in every family and every community. Yet still today many people feel the need to hide that fact. The HOPE walk is an annual walk/fundraiser that has become the largest public event in the state to show support to or honor the memory of individuals with substance use disorder and their families. It is a one mile walk down the boardwalk. It is a family event with impactful speakers and vendors for kids. The walk also features vendors from service providers from across the state and the Hope Butterfly Tree where families place the name(s) of family members and friends lost to the disease. Taking place every year at the Seaside Heights, New Jersey boardwalk, the sight of 2000+ of people every year wearing bright yellow shirts is moving every time you see it.



We often hear about the negative side of substance use disorder but we try to give recovery from that disease a positive face in the community.





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HOPE Sheds Light has given me the opportunity to interact with my community in various ways, including the Recovery Speaks podcast, the annual Celebration of HOPE Walk, and many other outreach initiatives. HOPE Sheds Light has not only provided me with a support system, but has also enabled me to grow as a person. I am so thankful to be apart of such an amazing organization!

CHRISTINA

”

Community Breakfasts: The recovery centers in Ocean and Monmouth counties are special places for our community. We hold meetings, important events, our staff conducts case management; and we even break bread. Our community breakfasts have become a staple for our recovery centers. A free breakfast for anyone who attends and the opportunity to meet new sober people and other important service providers in the area. Last year 30 people attended one or more of our breakfasts. We have also had special friends of our centers join us from the local police and prosecutors' office to local health care providers. The simplest and most effective way to build community is to share a meal.

Warming Centers: Substance Abuse and Mental Health Services Administration (SAMHSA) found that substance abuse was the number one cause of homelessness in the US. According to most recent research, 26% of all homeless individuals abuse drugs and 38% abuse alcohol. The homeless population is also 9 times more likely to die of a opioid overdose than the general population. Local churches have provided a warm and safe place for homeless individuals and families to go to spend the night when the temperature drops to deadly degrees. HOPE Sheds Light visits these warming centers with experience, strength, and hope to connect with these individuals and be there as a face of recovery and a second chance. If anyone there wants help- we want to be there for them.

Fostering a feeling of fellowship with others through education and supporting recovery-friendly communities by providing hope and offering loving support while encouraging personal development to everyone around us.



Overdose Response Team: In partnership with the Toms River Police Department, HOPE Sheds Light has launched a ground-breaking program in combating overdoses in Toms River. Toms River, at one point, had the third most overdoses than any other town in New Jersey. Thanks to this program we have helped dramatically lower that number. When the Toms River Police Department gets a call for an overdose, a member of our Overdose Response Teams also gets a call; anytime, any day. Within 20 minutes, our team member arrives on scene. Soon after the life saving drug “Narcan” is administered, HOPE Sheds Light is there to be a

face of recovery to speak to the individual about the option of recovery. It is easier for someone to speak with someone who has been there before, rather than a police officer or paramedic. We are also there for any family or friends who happen to be there as well. Last year, the Overdose Response Team was dispatched to 161 overdose incidents and helped 42 individuals or their families after that incident. Oftentimes, a person in the grips of their disease isn't ready in that moment. Our hope is that when the day comes, they will remember who was there for them at their most vulnerable moment and call.





Harm Reduction and Advocacy Efforts: In 2022, Ocean County lost 186 people to drug overdose and Monmouth County lost 151. In the first 9 months of 2023, New Jersey has already experienced 1,790 suspected overdose deaths. As this epidemic rages on, HOPE Sheds Light recognizes the critical need to offer life-saving help to our friends and neighbors. By partnering with the New Jersey Division of Mental Health and Addiction Services, the Ocean County Health Department, The Monmouth County Division of Behavioral Health, local law enforcement and community partners, HOPE Sheds Light distributes harm reduction tools and education throughout our area. Meeting a person ‘where they are’ has never been more critical than during this unprecedented epidemic. Offering help to someone with a substance use disorder is not black and white. Treatment access, health parity and insufficient research into effective treatment models all serve as major barriers to care. Harm Reduction efforts deliver compassionate care that does not involve pressure to quit or judgment. It involves offering unconditional positive regard to someone’s sister, brother, mother, daughter, etc. and a lifesaving

tool, a warm place to stay, a cup of coffee and a conversation until if/when that person wants to access a different level of care. Simultaneously, HOPE Sheds Light maintains active participation on county, state and federal advocacy and planning committees to serve as the voice to the voiceless in driving policy that will better serve our community of friends and family struggling with this disease.

Youth Recovery Center: Substance Use Disorder does not have an age requirement. But neither does RECOVERY. HOPE Sheds Light has opened a youth recovery center in Ocean County for teens and young adults to come network and socialize in a clean and sober environment. Returning to school and a potentially unhealthy peer group is one of the biggest obstacles facing teens in early recovery who are trying to stay clean and build new habits. So, whether it’s playing board games with new friends, attending an open mic, or having a quiet space to do homework, our youth recovery center is the perfect place for our sober youth to be themselves and get away from their old “people, places, and things”.



Hope Sheds Light has been an inspiration to me. I have enjoyed and looked forward to our Tuesday meetings. I have gained motivation and peace. Just thinking about my future and being sober. The meetings helped me to realize how important my sobriety is to my family and me. Mike, a representative of HOPE Sheds Light, has been an inspiration. And has broken me of my feeling of isolation. And has been a role model for me and the members of the Solider On Building.



2,000+
Supporters
for the Hope
Walk



500+
Harm Reduction
Supplies
Distributed

Community Events: HOPE Sheds Light holds several events throughout the year beyond our flagship walk in Seaside. As HOPE Sheds Light is growing, we stay engaged in every community in which we are a part. These events serve as fundraisers, community outreach, networking, and community building events; all to further our mission of putting a positive face on recovery and ending the stigma many families face. Our fall festival and our BBQ, held in the spring and fall each year, each bring an attendance of about 150 people. We have family activities, games, giveaways, music, and food. At our recovery center in Ocean, we host Movie Nights!

Recovery Speaks: The best way to convey the experience, strength, and hope of recovery is to share our stories. Recovery speaks is an initiative we took on nearly two years ago with the purpose of getting our personal stories of recovery out there for people to hear. The public is all too familiar with harrowing stories of addiction. It is an important narrative to hear but often overpowers the success stories that do exist from our disease. HOPE Sheds Light launched the Recovery Speaks Podcast with Host Mike Schmitt. Each month Mike interviews a person as they share their story of recovery, not their story of addiction.

Community Outreach: HOPE Sheds Light recently purchased “The HOPE Van” - the mobile recovery vehicle. With the HOPE Van we can get out into the community and make sure the option of recovery is available to anyone, anywhere. We have been to local Walmarts, train stations, motels, and homeless shelters on pop-up recovery missions. It’s been a great success!

“

These are people who know the struggle and CARE! Everyone there has compassion, empathy, and love for people who are struggling. Without HOPE Sheds light, my recovery journey wouldn't have been the same! I owe them so much for everything they've done for me and continue to do to support me in the journey to a new life!

ELIEL

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Wellness



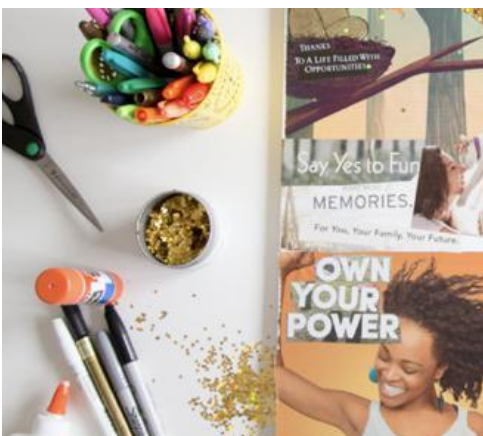
Recovery is more than just not picking up a drink or a drug. The first and last line of defense in “Staying Stopped” is emotional sobriety. If we can find and maintain emotional balance, we allow ourselves the chance to grow as people and do more than just “not using drugs”. But we are gifted a freedom that we never thought possible. And for family members of loved ones suffering from substance use disorder, finding peace of mind and acceptance is the difference to finding a new freedom and a new happiness for ourselves. At HOPE Sheds Light, our wellness pillar is focused on helping everyone find their own inner peace.

At HOPE Sheds Light, our wellness pillar is focused on helping everyone find their own inner peace

Yoga: Every week yoga is offered at our recovery centers. Yoga is scientifically proven to reduce stress. Sometimes we need the world to simply slow down, and an hour of yoga a week can do just that. With instruction from certified teachers, class is for people of all levels of experience.

Vision Board: In recovery we are given a gift of a new life. But when living clean and sober is new, we might not know what that new life will look like. At our vision board workshops, we give you the space to visualize and manifest the goals you wish to achieve in a supportive and encouraging environment.

Trail Walks: Recent studies have shown that regular walks in the woods can have a healing effect on anxiety and depression. Our trail walks are organized through our recovery centers. We go as a group. It is a great way to get outside, smell the flowers, and be grateful.



“ MELINDA

HOPE Sheds Light has been an invaluable source of support for my child. Their dedication to fostering a nurturing environment and providing resources for those struggling with addiction has made a significant impact on my family's journey.

”



Wellness programs that lead to personal enrichment, emotional, physical, spiritual, intellectual, social, environmental, and interpersonal well-being of an individual.



“

What set my recovery coach from HSL apart is the holistic approach my coach took. It wasn't just about stopping the substance use; it was about rediscovering purpose and creating a life worth living. My recovery coach helped me tap into my potential, and today, I am not just sober; I am thriving in all areas of my life.

MIKEY ”



“
 My Recovery coach has been a transformative experience for me. My coach not only provided the support I needed during the challenging times but also helped me uncover the strengths within myself. The journey was tough, but having someone by my side who believed in my potential made all the difference. I am now living a life I never thought possible
 ”

ILLISSA

“

HOPE Sheds Light granted me financial support for Sober Living, enabling me to transition into a healthier environment. This funding allowed me to distance myself from my past associations and environments, preventing a return to old habits. I genuinely believe that my current positive trajectory might not have been possible without this opportunity.

DANIEL G. ”





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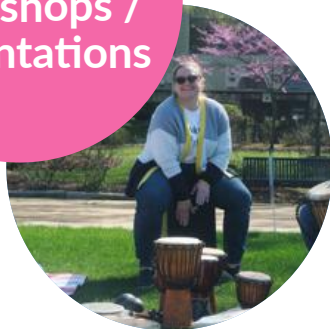
When my child was grappling with substance abuse, HOPE Sheds Light offered a lifeline of assistance. From educational materials to one-on-one coaching for my daughter, they equipped us with the tools needed to navigate the challenges of addiction and recovery. The empathy and understanding shown by their team created a safe space for my child to share their struggles and seek guidance.

FRANK P. ”



44
Wellness
Groups /
Activities

42
Workshops /
Presentations



960
Hours of
Recovery
Coaching

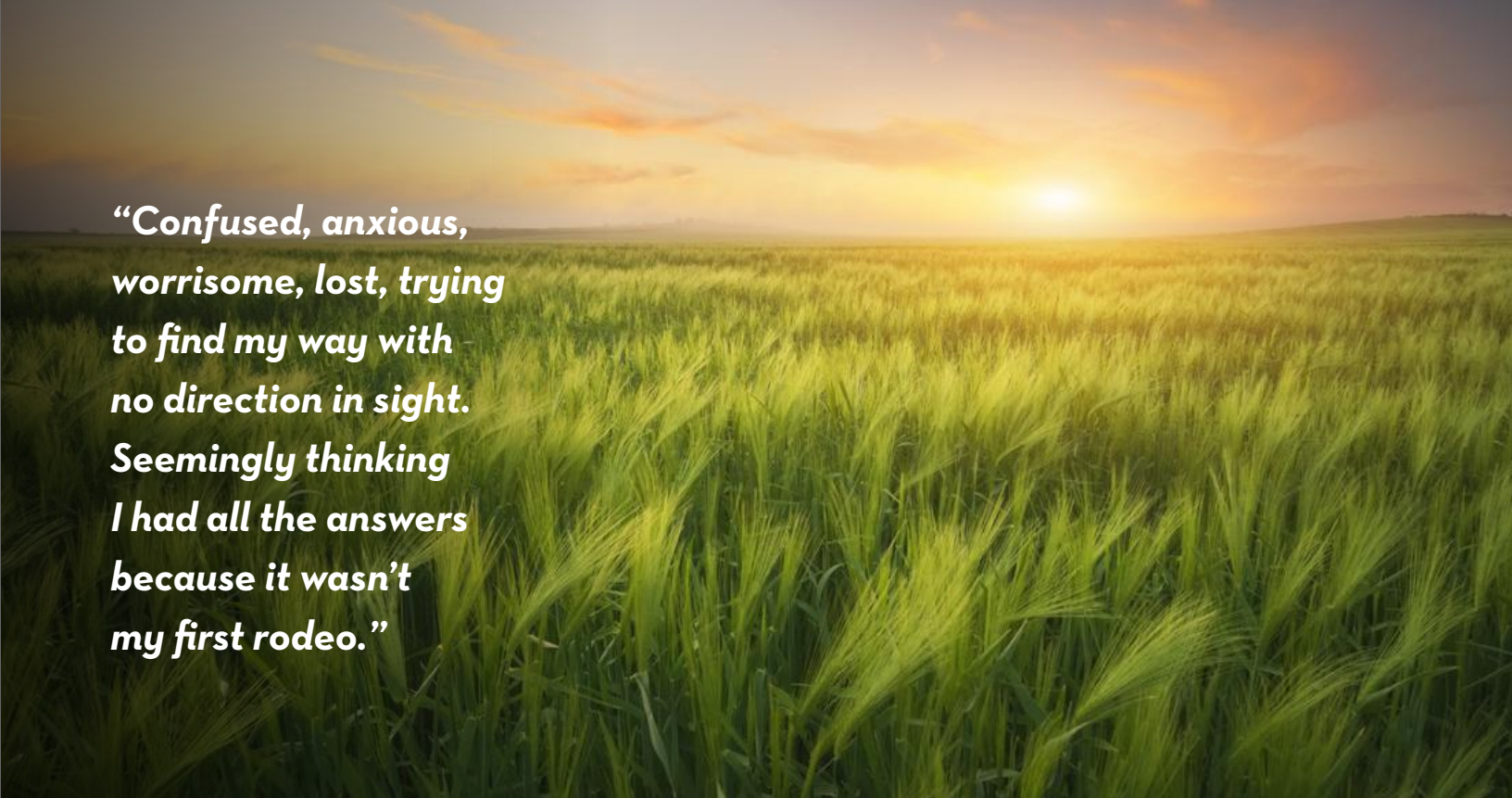
HOPE SHEDS LIGHT® RECOVERY SPEAKS

Embracing the Journey

Confused, anxious, worrisome, lost, trying to find my way with no direction in sight. Seemingly thinking I had all the answers because it wasn't my first rodeo. Yet inside, I was all these things and then some. I resurfaced back into New Jersey with no plan insight. I was in treatment up in New England for 4 months after suffering a fatal overdose from a stupid decision I made Labor Day weekend of last year. Upon arriving through the compassionate benevolence of friends. I was allowed to stay on their couch and then allowed to stay at another friends house for three weeks. I entered the rooms of Narcotics Anonymous and through networking heard about a non profit called Hope Sheds Light. With no plan, and no where to go, no family, and no stable housing or job etc...my options were limited and it all started pointing to Oxford houses. But how will I finance that? I said to myself "I don't have time to secure employment, and save money with what my friend and I have agreed upon, And I don't have the finances to secure the induction fee etc... well through networking, a name was thrown out to me (Lindsay). The gentleman said to me. "I have a friend, her name is Lindsay". I'll have her call you etc... well, sure enough I ended up receiving a phone call, I explained my situation, and then I was outsourced and connected to whom would become my recovery coach. LOL, I chuckle



with that phrase and title "recovery coach" because I never heard of such a title nor knew there was such a thing. But I trusted the process. I began to let my guard down and trust a man named Lou. Lou is a what you see is what you get type guy. No facades, no gimmicks just straight up he will let you know what time it is, and the weather attached lol. I felt bonded and connected instantly. He spent time with me on the phone, referring me to Oxford houses. He assisted me into other avenues by applying for other places and help. But one thing for sure was the comfort of. "Here at HOPE Sheds light, we will cover the induction fee. \$550 was needed and in that time it seemed unattainable due to the timing of such events and occurrences. So I began to just do what he said. I had nothing! Literally nothing, through Hope sheds light and Lou's mentorship, love, compassion, and empathy, and his rod of correction lol when i was not being proactive at times put a fire in me that stayed the course in which I do not regret. The blessings started coming in. I had so much anxiety at the time. I was afraid I would miss something, Lou said he wasn't gonna let me miss anything that he would walk with me each step of the way, and that still continues today. From having nothing two doors opened to two different Oxford houses. I had anxiety on finding a place, now I had anxiety on which place to choose LOL! Lou said



**“Confused, anxious,
worrisome, lost, trying
to find my way with
no direction in sight.
Seemingly thinking
I had all the answers
because it wasn’t
my first rodeo.”**

“Jon that rarely happens, let’s look at the pros and cons” we did, and I chose what was seemingly best not alone but through mentorship and accountability through hope sheds light from the experience, strength, and hope their staff have gone through themselves to combat this horrendous disease called addiction. Hope Sheds light kept their word. They granted me the induction and the pieces of the puzzle started coming together. Next thing a job came through instantly, it was as if God was truly placing everything in its perfect timing and he was! As time went on and staying connected to Lou and communicating through gratefulness and absolute thankfulness another opportunity came my way. HOPE Sheds Light has a program for schooling that they will pay 8 weeks of rent as long as you do school. Well I wasn’t sure what to do. In walked Nancy, and we began discussing and talking and she’s a gem! She led me to what seemed at the time the best decision for schooling and that was culinary school. I peeked interest because if you know me, Big Jon loves to eat, and never trusted a skinny cook. As time went on, and as healing takes place desires start to change and new ideas come to life. I began getting the desire to do what the staff at HOPE Sheds Light do. To become a peer recovery specialist .

Now this was not the plan, but through talking, healing, and discovery about this path something came to life. However with the cost of the class, I could not afford it. But again, Lou aka old faithful, came through. Through his network and connections he led me to NJreentry. It was there that, I got connected into the course and took the class and am now in the process of becoming a peer recovery specialist. I am indebted to HOPE Sheds Light. When I had nothing, they gave of themselves to a man like myself that I no longer have to be the man I was. But could become a man I never knew. A new man, with new dreams, new hope, new passion, HOPE Sheds Light shed light into my darkness and I have hope today. And still, I do not do it alone. They continue to walk with me daily! I want to give utmost thanks, to Lindsay, Lou, Nancy, Emily, and all the staff of HOPE Sheds Light. Finally one of my favorite phrases is an old Latin phrase, “Post Tenebras Lux” it means after darkness light! It reminds me so much of the mission and title coined HOPE Sheds Light. When It was dark, and there was nothing, HOPE Sheds Light came alongside me, and shed light on my darkness and gave me hope! And the best is yet to come!!! Thank You all.

Thank You and God Bless, Jon R.

2013-2023



YEARS OF HOPE ...



Through the YEARS

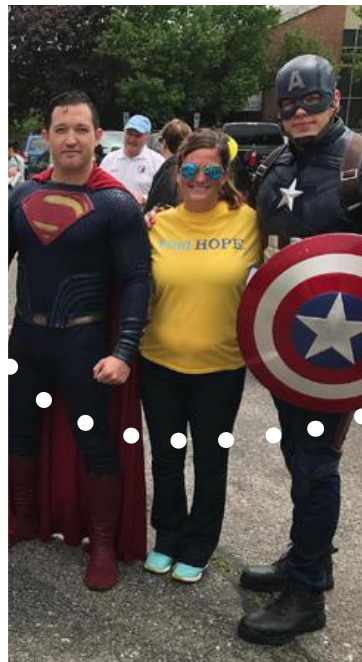


Through the YEARS





Through the YEARS





A Vision of HOPE for the Future



WHERE COMMUNITY MEETS WELLNESS

OUR NEIGHBORS ARE STRUGGLING

Ocean and Monmouth counties have some of the highest rates of overdose deaths in New Jersey. Substance Use Disorder (SUD) is a greedy disease—it takes everything in its path. And drugs don't discriminate by income, class, race, or age. In the New Jersey Shore region, it is hard to find anyone who does not know someone affected by substance misuse.

Drug addiction affects crime rates, hospitalizations, child abuse, and child neglect. On some level, substance misuse affects the entire community. Family and friends of those with addiction problems often feel isolated and struggle to find the support they desperately need.

For those who battle SUD, the road to recovery is long and difficult. Continuing support remains important for years—not just days or months. HOPE Sheds Light

offers strength, wisdom, hope, and resources that lead to positive community change and long-term recovery. Too many in our community are struggling. Together, we can help. Together, we can give them hope for recovery and a better future.

WHERE WE STARTED

HOPE Sheds Light (HSL) began when three fathers lost their sons to the disease of addiction. Ron Rosetto, Stephen Willis, and Arvo Prima have since dedicated their lives to keeping their sons' legacy alive by helping others find the courage to face addiction and to find recovery so that other people's sons and daughters might live.

HSL's philosophy is rooted in hope. Because addiction impacts everyone in that person's life, we offer recovery support services for the whole family. Instead of focusing on the story of addiction, HSL looks to the promise of recovery.

Social entrepreneurship is different than traditional entrepreneurship. It is a different approach to addressing social problems in our communities. Social entrepreneurship (SE) uses some of the best aspects of capitalism as an approach to address social problems and environmental challenges.

At our two locations in Toms River and Manasquan, HOPE Sheds Light works to remove the fear and stigma surrounding the disease of addiction. We are thankful for friends like you as we partner together to make change possible.

THE HOPE CENTER FOR WELLNESS

HOPE Sheds Light wants to make sure other families don't have to struggle the way our founders did when they needed help for their children. After 10 years, HSL is committed to growth and expanding our influence.

We currently rent two spaces, and rent costs more than what a mortgage would be. We seek a building to remodel or land where we can build. Our goal is to have one permanent home. This space will also be available for others to rent, and become an earned income opportunity to ensure long-term sustainability.

Our vision is for a transformative movement that removes the fear and stigma associated with addiction. A permanent facility will provide a place to access programs and support and to build the skills and social networks to find sustained healthy, long-term recovery. Working together, we can help others find a renewed purpose and bring wellness to our community.



Summary

Individuals and families living with untreated substance use disorder can feel hopeless. Lasting Hope cannot be taught in a book, or conjured by will power alone. **Hope starts** with seeing it in another person first. **Hope knows** a better outcome is possible. **Hope grows** one day at a time. And finally, **Hope takes flight** when you use your experience to help the next person find Hope for themselves.

HOPE Sheds Light was founded with a simple message- and it is in the name. HOPE will Shed renewed Light on your life. 10 years ago, with a support of so many, our mission took flight to help the next person or family struggling with this disease. We share our stories because we cannot bare the weight of our experiences alone. We share the burden of our disease together and learn to live again.

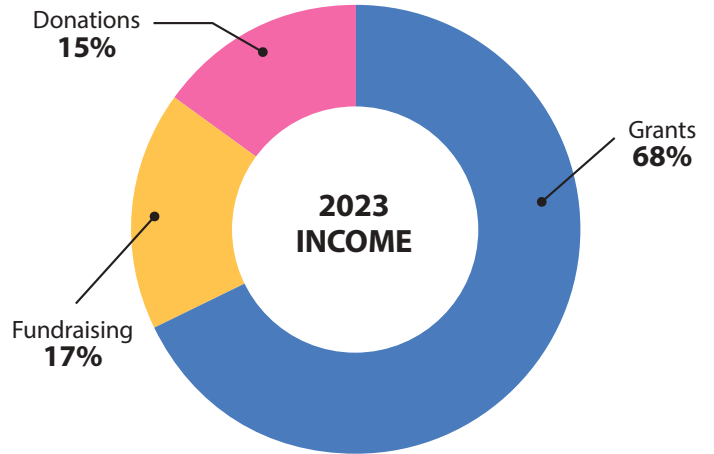
Throughout the 4 pillars at HOPE Sheds Light, we walk people through the stages of HOPE. Whether you are a family member or an individual, whether you are a newcomer or have years of recovery – **we are hope**. Finding Hope in a group, building your individual capitol, giving back to the community, and enriching your wellness lifestyle – we walk these steps with you. **Hope is knowing you are not alone, and recovery is possible. HOPE Sheds Light.**



Income / Expenses

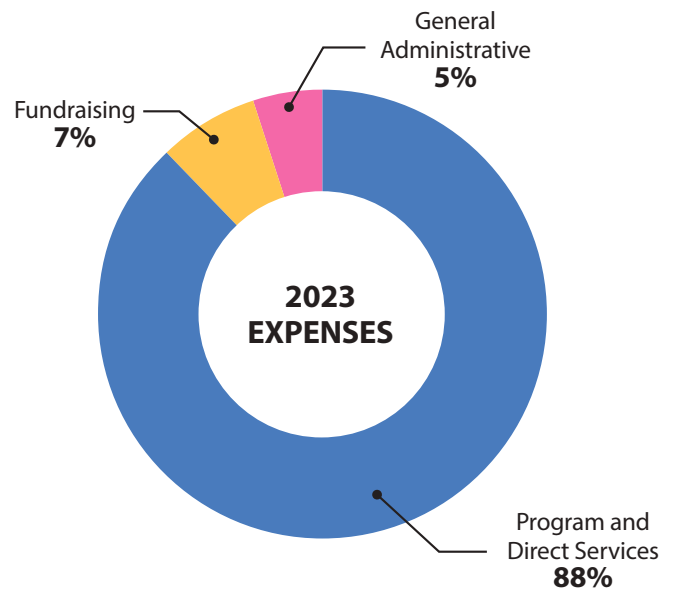
Income Sources		
• Grants	\$881,878.00	68%
• Fundraising	\$219,837.00	17%
• Donations	\$199,705.00	15%

TOTAL: \$1,301,420.00



Expenses & Distribution of Income		
• Program and Direct Services	\$1,090,223.00	88%
• Fundraising	\$89,001.00	7%
• General Administrative	\$57,131.00	5%

TOTAL: \$1,236,355.00



In Loving Memory...



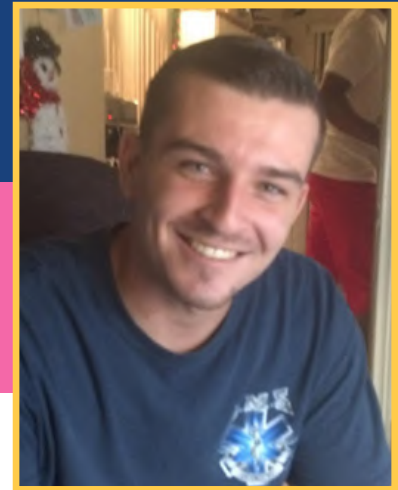
Marc A. Rosetto

June 12, 1980 -
November 21, 2012



Mark Kyle Willis

November 7, 1981 -
September 15, 2013



Paavo Jaan Prima

August 3, 1991 -
April 5, 2017

HOPE exists, as families in recovery, to share hope and joy with others. We have to draw strength from the wisdom of our peers because when we do it, we start getting better. We must believe that there is a better life beyond the confines of our own limited thinking and that's what HOPE Sheds Light is. That's what we offer. It's a wonderful combination of faith, hope and love grounded in wisdom, strength and experience. Why do we do it? Because our sons want us to.





HOPEShedsLight.org

HOPE Sheds Light offers confidential, personal support 24 hours a day, 7 days a week.

Call us now **855.850.HOPE** (4373)

Ocean County

253 Chestnut Street, Toms River, NJ 08753

Monmouth County

2510 Apache Road, Manasquan, NJ 08736

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