

New Jersey Center of Excellence for Recovery-Oriented Cognitive Therapy

CT-R provides concrete, actionable steps to promote recovery, wellness, and resiliency for individuals experiencing serious mental health challenges



A Chance to Enhance Your Effectiveness

- Find creative ways to **engage** more people
- Collaborate to promote **hope** and meaningful action
- Empower people to get **“unstuck”**
- Promote success in living **personal values**
- Employ **practical strategies** to overcome a range of challenges
- Work with experts to **practice** your new CT-R skills

Get Involved!

New Jersey adult mental health programs are eligible to participate. All roles and disciplines in care can benefit from training.

Learn More:

<https://beckinstitute.org/center-for-ct-r/new-jersey-center-of-excellence-in-ct-r/>

A federal block grant funds The NJ COE for CT-R; training is provided at *no cost* to participating agencies