



RAMP is a *private, voluntary* program that works with nurses, licensing boards employers and healthcare providers.

RAMP offers nurses support in receiving treatment, closely monitoring recovery, and re-entering the workplace.

RAMP works to ensure public safety, safe nursing practice, personal health and professional wellbeing.

RAMP provides support to nurses in maintaining wellness.

RAMP facilitates the provision of safe, high quality care to New Jersey.

24 Hour Hotline Available

800-662-0108

Signs of Impaired Practice

These are just a few examples

- Changes in usual behavior
- Increased irritability, defensiveness, anger or moodiness
- Unprofessional/inappropriate ways of relating to problems and patients
- Poor documentation, late reports or assignments
- Missed work or frequently late due to vaguely explained reasons



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**Recovery and Monitoring Program
of New Jersey**



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About Us

The **Recovery and Monitoring Program** or **RAMP** was established in 2003 as an *Alternative to Discipline monitoring* program. RAMP is managed by the Institute for Nursing for the New Jersey Board of Nursing.

Purpose of RAMP

- Public protection
- Early detection of issues and prompt treatment
- Educate nurses, employers and students about impaired practice
- Support for professionals in recovery
- Maintain highly skilled nurses in the field
- Promote open work environments

Who do we help?

- Nurses who are identified as having their practice impaired by a physical, mental or addictive disease
- Nurses who are willing to refrain from practice and seek evaluation and treatment
- Nurses who agree to abide requirements for a safe return to practice
- Employers who need support managing risk with impaired practice

How do we help?

- Provide support to nurses and employers
- Assist with treatment plans and provide information on options for recovery
- Advocate for nurses with licensing boards and other sanctioning agencies
- Create structure for safe return to practice
- Maintain record of ongoing maintenance of recovery

Program Details

Each plan is individualized, but these are the general requirements:

- Evaluation and treatment
- Return to work process and workplace monitoring
- Weekly peer support meetings
- 12 step recovery program with sponsorship and meetings
- Randomized drug screening and daily monitoring
- Monthly reporting

Monitoring is typically for a five year period



Peer Assistance Program

Nurses Supporting Nurses

Because health professionals are not immune to substance abuse or mental illness we have the Peer Assistance Program.

For nearly 30 years, the Peer Assistance Program has worked tirelessly to support nurses around New Jersey by:

- Holding nurse led support groups
- Operating a 24 hour hotline for nurses in need of assistance 1-800-662-0108
- Providing continuing education programs about substance abuse and wellness
- Providing support and information to nurses, administrators about identification, intervention and referral

The Peer Assistance Program works collaboratively with RAMP to provide expertise and facilitate weekly support groups throughout New Jersey.

If you are interested in working with the Peer Assistance Program or in any education programs, please contact at RAMP@njsna.org or 609-883-5335.