



The Center for Great Expectations

Embracing change. Empowering futures.

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Center News

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Great Expectations is Trauma-Informed Care



On May 4th, Peg Wright, Dr. Debbie Ruisard, and Joe Gallo, CGE's new Research Coordinator, headed to the Washington DC area to join fellow grantees from the *National Child Traumatic Stress Initiative* (www.nctsn.org), who traveled from all areas of the United States for a 3-day national conference. As we recently shared, CGE's expertise in trauma-informed care was affirmed in September 2016 by a 5 year, \$400,000 grant that will support our partnership in this national initiative!

How will this grant make a difference in our community? Funding will be used to implement "ARC" (Attachment, Regulation and Competency), a proven intervention for youth and families who have experienced multiple and/or prolonged traumatic stress, throughout

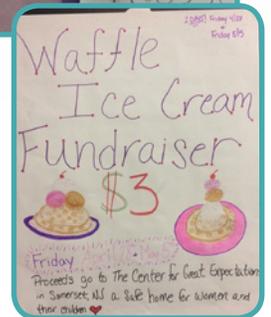
CGE programs, benefiting all we serve, from our adult clients to our youngest babies at Katy's Place. This grant will also impact our local community through CGE-led ARC trainings for other NJ behavioral health care providers who work with similarly vulnerable clients – improving outcomes for more NJ families. Our most recent step was an ARC training for all CGE clinical staff, facilitated by the Trauma Center at JRI in Massachusetts, the creators of ARC! *"I am overwhelmed at the incredible opportunities this network is providing", shared Peg. "All grantees are so invested in the success of each other's efforts, and the network as a whole. It's an organized, collaborative step towards providing the safe, nurturing world that every child deserves."*



Giving Back to Great Expectations!

Meet Melissa, a client in CGE's Supportive Housing program and graduate of our Women's Program, whose most recent accomplishment is completion of training to become a licensed esthetician. Melissa and her classmates at Salon Professional Academy ran a 2 day Ice Cream Waffle Sandwich Fundraiser to benefit the programs at Great Expectations – they raised \$206! We are proud to share that Melissa will be working at Hand & Stone Salon in Somerset.

"I am in awe of what my life has become. CGE gave me my life back, and I now live with my daughter and son – I am forever grateful for CGE and their amazing staff." Melissa had arrived at CGE with a complex traumatic history – a childhood traumatized by her father's mental health issues and alcohol and heroin use, and her young adulthood shattered by abusive relationships, substance use, suicide attempts, and losing custody of her children. "I had lost so much, the pain became so unbearable. CGE's staff believed in me when I didn't believe in myself....While at the Center I started to learn to love myself and discover who I was.... I came into the program homeless, broken and scared. I left feeling loved, strong, full of life and most of all, confident. CGE gave me back life."



2017 Success

Residential – Adult & Adolescent:

Mothers served: 23
Children served: 19
Healthy Births: 4
Reunifications: 2

Supportive Housing:

Apartment Homes: 28
Mothers Served: 28
Children Served: 54

Outpatient Treatment:

Client intakes: 70
Engaged Treatment: 49

Success: A supportive housing mother so impressed her part-time holiday employer that she was hired full-time in 2017!

We are all in awe of Melissa's courage, balance and success - an energizing example of the impact of CGE's unique trauma-informed programs!



New Wheels!

Transitioning to supportive housing can be hard on our moms. Leaving CGE's familiar setting, where they are surrounded by supportive staff and new friends, can be challenging in many ways. One major hurdle is the need for reliable and safe transportation...to get to school, drop off kids, attend job training classes or even go to a new job. While CGE's case management team does their best to help all 28 supportive housing families, true independence comes when you get your own set of wheels.

Thanks to the generosity of a long-time board member and current Chairman of the Board of Trustees, George Trapp, Alethia's wish has come true! After the passing of his beloved wife, Carol, George donated her car to Alethia. Although the car is over 10 years old, Carol only drove the car to church and back - so to Alethia, it might as well be brand new! "I am so grateful to Mr. Trapp and his wife. I will think of them every time I am driving!"

We cannot do the work we do without the generosity of our community. Thank you George!



Jen Kelly (r.), pictured with Victoria Crawford, Adult Women's Residential Associate Supervisor

CGE Staff Reflections

Hello Friends of CGE, my name is Jennifer Kelly – AKA “Nurse Jen” and I've been blessed to be CGE's Director of Nursing in our Residential Programs for 3 years. During the day to day living moments here, people are helped, blessed, and loved by one another. It is not a fairy tale – and the work is challenging – the populations we serve have experienced many levels of deeply traumatic experiences, which are reflected often by their behaviors and even their ability to accept and experience (at first!), the love and care offered by the amazing staff and volunteers here.

My role includes being a triage Nurse for rashes, boo-boos, bug bites, sprains and the more serious – who should get a Band-Aid, versus who needs to head to the ER stat! It also includes being a member of a team that does what I would describe as “Soul Nursing” which is at the heart of my practice as a professional registered nurse, planting and nurturing the seeds of Love and Self Worth for each woman and child we serve. Some highlights I have experienced are... the births of each and every child...helping each expecting mom come through their pregnancy with pre-natal care...watching new moms grow their mothering skills...seeing the children in our daycare and watching them grow...the fun I've had with co-

workers who join impromptu dance sessions...and the workshops offered to us to further our own self-care and self-discovery as we are trained to work with our clients. I have deep love and respect for CGE's growing, paradigm shifting model of care that uniquely addresses each client's experiences and individual needs.

My favorite memory thus far – A teenage client had decided to leave AWOL with her baby. I followed her out of the building, down the street, around the corner – trying to convince her to stay. It didn't work. I stopped walking, and just watched her walk farther and farther and farther away – my eyes riveted to them both – she kept turning to look back from time to time until she was completely out of sight. I kept thinking - “Love never fails.” A few days later – she returned, and when we had a few moments to talk about the day she left – she said – “you never stopped looking.” Love is like that. It never stops looking. At CGE, we plant the seeds here, and know – that no matter what it may look like in the moment – the harvest is assured, even though we may not always see it blossom. This is love. This is Great Expectations.

Thanks to YOU!

Thank you to all who participated in CGE's first online Crowdfunding event, “PeopleHealPeople” during the month of May. With your support, we surpassed our goal of \$10,000, securing the \$2,500 matching gift and raising a total of \$14,205!

Spring Appeal

We are so close to hitting our goal of our Spring Appeal to supplement a grant received from Middlesex County. When complete, we will purchase additional transportation for the 28 families in supportive housing, allowing staff to transport them to critical appointments as well as to their jobs.

If you haven't already given us your email or would like to submit an update, please sign up for emails on our website www.cge-nj.org. Thank you!

Christmas in July – Wish List

We have less on our shelves in the summer months but our needs are still great for diapers, wipes and more. Gift cards help us meet any specific need that may arise. Our wish is for cards to Amazon, Target, Walmart, ShopRite, CVS, Stop & Shop, Walgreen's, etc.



We can't do what we do without YOU!



Our gratitude overflows for our **2017 Outstanding Service Award Honorees - OLPH and School of St. Elizabeth** in Bernardsville - for their ongoing stewardship - Easter baskets for our children, made by OLPH communicants, a mountain

of diapers collected by the children and families of SSE during their "Dress in Red Day" for substance abuse awareness, and installation of a new countertop and cabinets in Katy's Place <3



Our Adult Moms enjoyed a special Mother's Day Brunch, thanks to empowered women of **Girl Scout Troop 2224** and the leadership of Theresa Benevenuto and Amy DaSilva.



Personal care kits arrived on April 14th thanks to the future leaders of **Girl Scout Troop 60808!**



Thanks to the **Girl Scouts of Troop 60681** for learning more about CGE and bringing diapers and more!



The **Raritan Valley Community College Workforce Outreach and Development** program brought a panel to assist CGE clients in navigating opportunities and building their self-esteem, helping them take their next right step!



The empowered women at **Rutgers Douglass College** hosted Peg Wright at their **#likeagirlweek's The Phenomenal Women's Brunch** on Sunday April 2nd, and presented CGE with donations of money, diapers and women's toiletries.

AvalonCommunities' Spirit of Giving Day on May 19th brought a dedicated group who painted, repaired and replaced inside and out, thanks to Senior VP, and CGE Trustee, Ron Ladell, and organizer **Nancy Nordling, CGE's 2017 Volunteer of the Year.**



Comcast Cares Day was Saturday April 22nd and sixteen employees arrived that Saturday morning to weed, mulch, plant, wash and more!



Cleaning, washing and even assembling a toddler bed were all completed by the **Novartis** team on their Community Partnership.



On Friday May 12th **Turner Construction** sent a great team of colleagues on their "Paint the Town Blue Day" to organize us inside and out, with mulching, planting and shelf construction.



The **Central NJ Jack and Jill** came on March 10th with a delicious dinner and gift cards too!



Our sincere gratitude to all pictured here, and to all you who are not, but whose help continues to invest in our clients and their futures! Thank You!



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RESIDENTIAL PROGRAMS

Homeless pregnant/parenting adolescents;
Homeless pregnant/parenting women with
substance use disorders; their children

KATY'S PLACE

On-site, licensed Child Development Center

OUTPATIENT PROGRAM

Clients with substance use and/or
co-occurring disorders

PERMANENT SUPPORTIVE HOUSING

28 Apartment homes and supportive services
for successful graduates and their children



find us on **facebook**

If you would prefer to receive correspondences electronically,
please email us at info@cge-nj.org

How You Can Help

- Summer help is needed – please, email us to find out how you can help us over the quiet summer months!
- Sign up to receive our Critical Needs email blast – no obligation, maybe you can help!
- Suggest CGE to your corporate HR/community outreach or faith community – get us on their calendar!
- Be an Ambassador – introduce Great Expectations to your company, church and friends
- Donate your car!
- Become a monthly donor – a small but constant gift is BIG to us!

Call Noreen at 732-247-7003 x25 or email nwhittemore@cge-nj.org for more information.

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NEW BRUNSWICK, NJ

Save the Date

The Gift of Hope Gala

Honoring:

Humanitarian of the Year
Brach Eichler/Mark Manigan

Outstanding Service Award
Our Lady of Perpetual Help, Bernardsville

Volunteer of the Year
Nancy Nordling

Friday, November 3, 2017
6:00 - 11:00

Fiddler's Elbow Country Club
811 Rattlesnake Bridge Road, Bedminster, NJ

Black Tie preferred



Thank you to all those that helped us start strong in 2017, including...

Rust-Oleum Corporation; Falgi Carting; Sterling Pointe Women's Club; Safe & Sound in Somerset; Raritan Self Storage; Rockaway Reformed Church; Mary Mother of God Church; School of St. James Basking Ridge; Epsilon Alpha Chapter; Bonner & Schaible Dentistry; St. Matthias Loaves & Fishes; ShareGood Thrift Shoppe; Our Lady of Victories Rosary Altar Society; MidWest Chapter of Columbiettes, Kenilworth; Garden State Quilters Sunshine Committee; A Better Choice Empowerment; Our Lady of the Mount; St. Augustine of Canterbury Outreach Ministry/Giving Cross; Franklin Women's Club; Center for Professional Development; Ancient Order of Hibernians; Rho Chapter Delta Kappa Gamma Society; Christ the Redeemer Knitting & Quilting Club; Our Lady of Mt. Virgin Church; Girl Scout Troop 60285.

Our dedicated staff at Katy's Place are committed to supporting memory making and bonding for our moms and their children! <3