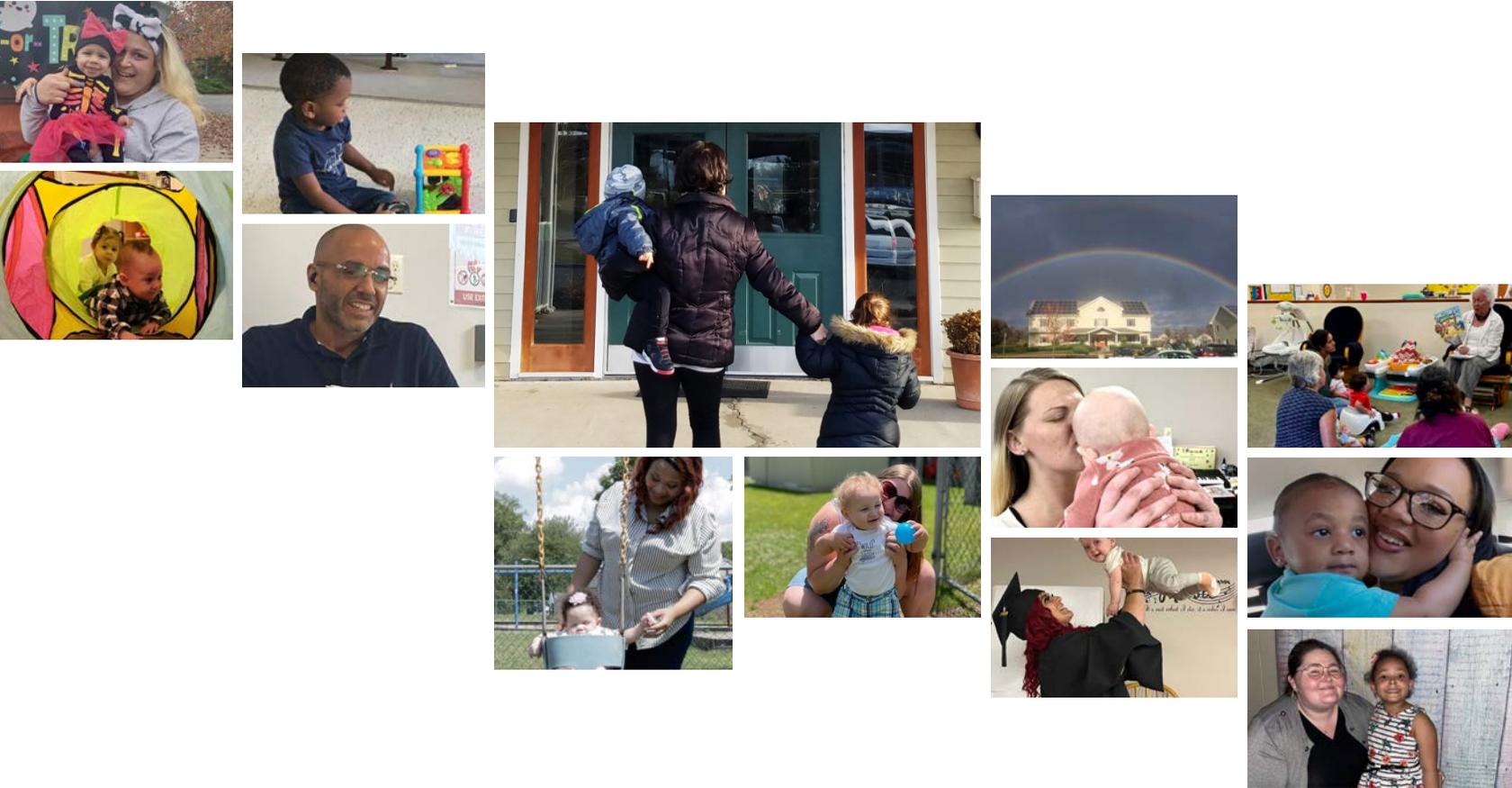




The Center for Great Expectations



IMPACT REPORT

2023

Letter from the Founder



Dear Friends,

Welcome to our 2023 impact report, a celebration of the Center for Great Expectations' (CGE) 25-year legacy of transformation and growth. This report reflects on our journey of hope, resilience, and the impact of collective efforts towards positive change. Our foundation is built on humility, a deep understanding of our continuous learning path, and a commitment to improving lives.

At the heart of our success are the individuals who make up our extraordinary team of staff members. They are the driving force behind the impact we have achieved, and their compassion, competence, and unwavering service have been our guiding light. We invite you to join us in recognizing and celebrating their tireless efforts.

Our journey is not a solitary one. It has been shaped by the collective efforts of our dedicated Board of Trustees, both past and present. We honor their commitment to our mission and their invaluable contributions to our growth. Additionally, our volunteers, donors, and advocates ensure our sustained success through their generosity, support, and partnership.

Now, as you delve into the core of this report, we will provide you with context for the crucial work we undertake at CGE. In 2023, the New England Journal of Medicine published a report that shed light on the disconcerting statistic that almost 15% of pregnant women were misusing substances like alcohol and drugs. This report also highlighted how women of color and those from low socioeconomic backgrounds faced heightened stigma and scrutiny. The consequences ranged from arrests and prosecutions to convictions and child removals leading to reluctance in seeking care. CGE's commitment to offering treatment to pregnant and parenting women, along with their children, is a rare and vital contribution, with only 2% of treatment facilities in the country providing these services. What sets us apart is our belief that our client is not just either the mother or the child, but the relationship between them.

Our vision for the future is one where our work not only continues but expands to bring hope, healing, and recovery to even more lives. We believe that by addressing social determinants of health and adverse childhood experiences we can make a profound impact on society. Through collaborations, partnerships, and innovative programs with RWJ Barnabas Health and Hackensack Meridian Health, we are working to turn this vision into reality.

So, we invite you to join us as we explore the past, and the future of the Center for Great Expectations. It's a journey marked by resilience, compassion, and unwavering dedication - a journey that continues to be guided by love. We are confident that with your support our vision for a brighter future will become a reality.

Thank you for joining us on this remarkable journey!

With gratitude,

Peg
President/CEO

Donor Impact

Philanthropic Impact by the Numbers

\$775K

Monetary Donations

Donations from individuals and families, including single gifts, monthly giving, matching gifts, bequests, and blended gifts are essential in supporting the mission.

\$227K

In-kind Donations

In-kind donations of food, clothing, toiletries, diapers, or other necessities support the needs of the women, girls & children at CGE.

\$731K

Events

Events include the Hope Takes Flight Luncheon, Ken Daneyko Golf Classic, and the Hope Lives Here Gala. The 2023 25th Anniversary gala was the highest grossing gala in CGE history.

\$1.2M

Grants

We receive business and local government grants that support specific programs and facilities upkeep.

2023 Total: \$2,933,000

Endowment

A permanently vested endowment provides reliable, annual income to not only cover current and new programs, but also create a safety net for any unpredictable circumstances that may occur. Revenue to Date \$1,838,954 Goal \$5,000,000.



Ken Daneyko Golf Classic



Hope Lives Here Gala



Hope Takes Flight Luncheon



John & Linda Deitchman

"We continue to support the Center because we believe in its mission, but also because we've witnessed its success, and its ability to change lives."

- John & Linda Deitchman, CGE supporters for seventeen years



Mindy Morris

"I became a monthly donor to give the residents and their children an opportunity to enjoy life experiences, such as pizza parties. It's a great feeling knowing that they will be smiling and having fun thanks to my donations."

- Mindy Morris



New York Life is a long-time partner of CGE. James Mbithi, CLTC, and his team have volunteered on numerous occasions assisting with upkeep on the residential houses. They have volunteered at special events, spending the entire day assisting at the Ken Daneyko Golf Classic and Hope Takes Flight Spring luncheon. New York Life volunteers also brought holiday cheer to the women and children of CGE by decorating the Center - inside and out - for the holidays.

Continuum of Care

Adolescent Program



13 Clients served **2** Reunifications

The Adolescent Program serves pregnant or parenting women ages 13-20. Clients receive individual mental health counseling, group counseling, life skills groups, and Early Relational Health counseling, focusing on their parenting skills and connection to their child. We strongly encourage education and connect clients with schooling at their individual level of need including GED courses or college.

Early Relational Health



Early relational health is the ultimate prevention of the transmission of intergenerational trauma, substance use, and mental health difficulties. By focusing on strengthening the relationship between mother and child, we support the wellness of both.

"When a mom reflects upon how she wants to be different for her child, compared to what she received in her own upbringing, we not only prevent the transmission of trauma, but help mom to heal her own traumatic experiences." Carolyn Flynn, program manager

START



38 Clients + 58 Children **7** Births
3 Reunifications **3** Graduations

START is a community-based program in 8 NJ counties. It is a relational-focused program which works to develop and strengthen bonds between infants and parents, while working on Substance Use Disorder related issues.

"In the START program I have learned ways to cope with my addiction while raising my children. The program has been instrumental in helping me find housing and standing beside me through court to restore my license. I appreciate all the help and care this program has offered to me and my family."

Supportive Housing



29 Clients served **50** Children

The Supportive Housing program offers support and intensive case management services to women and their children in one of our 27 one and two-bedroom apartments in Somerset and Middlesex Counties. The focus of the program is to aid families in achieving housing stability, financial independence, and promote empowerment.

"Supportive housing has helped me grow in so many ways. SH has helped me see something in myself I didn't think possible! Between weekly groups, individual therapy, consistent communication, and support; I have found a new outlook on life as a whole!"

Adult Women's Mommy and Me



The Adult Women's program is a long-term substance use program providing services to homeless, pregnant and/or parenting women, and their children. The program addresses the underlying, complex factor of addiction-trauma.

100% of the women served at our residential program have experienced ACEs (adverse childhood experiences) and been impacted by generational trauma.

"Since I've been at CGE, I've been able to love myself again, cherish my children, and learn coping skills to stay clean. I just want to thank CGE for being a home and safe haven for me to heal."

Katy's Place



Katy's Place is our on-site licensed child development center integrating the Teaching Strategies Curriculum, while providing daily professional childcare for the children within the CGE community in a safe nurturing environment.

"Katy's Place is a healthy environment where our children recover as we recover. The staff provides a sense of caring, safety, and belonging, where our kids feel loved."

Roots to Recovery

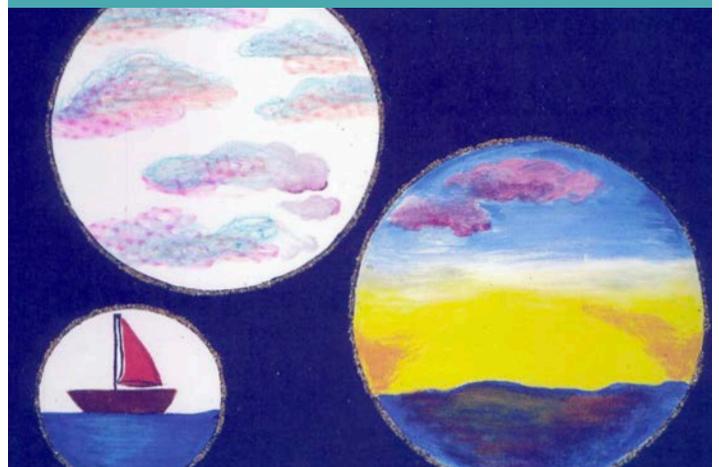


249 Clients served in 2023

Roots to Recovery is an Outpatient Program licensed both as a substance use treatment program and a community mental health provider serving men and women. Treatment is tailored to the specific needs of the persons served.

"I have been to more treatment programs than I can count. I would say that I am like a padlock who keeps these secrets locked inside; but my counselor at Roots to Recovery somehow knows the exact combination to get me to open-up and explore my trauma."

Alternative Therapies: Music and Art



While talk therapy has incredible value, CGE respects the power of alternative means to healing. Expressive art groups provide an opportunity to create, get messy, and play! It can offer catharsis as one works through tumultuous times.

"Using a focused image, client expressed a view of recovery from three different perspectives of the same scene. The sunrise representing a new day. The clouds representing freedom from addiction, and the boat representing the journey."

Broadening Our Impact

The Institute of CGE is our relationally based, trauma-attuned professional development and consulting service. It is guided by CGE's 25-year commitment to weaving a stronger social fabric to promote resilience within the larger community. Our reach in 2023 spanned educational, healthcare and community settings and our clients ranged from NJ, north to New England and west to New Mexico.

The Institute's training programs are provided to physicians, school personnel (faculty and administrators), criminal justice staff, parents, and students.



CGE's Relational Recovery Model

Building upon years of implementing and refining CGE's relational recovery model addressing substance use and parenting simultaneously, we have taken significant steps in creating a manual of the model. The objective is to disseminate it to a broader audience of clinicians and educators, while sharing our successful approach with the public at large, benefitting countless individuals from this method of treatment. Its overarching distinctiveness is that it is designed to treat the complex trauma that often underlies substance use and its intergenerational impact.



CGE's collaboration with Hackensack Meridian Health is expanding.

- The creation of an official referral mechanism by HMH to CGE's START program. START is our free community-based, home visitation and telehealth program in 8 New Jersey counties for persons seeking substance use services during pregnancy and postpartum.
- CGE can also offer students and residents enrolled in Hackensack Meridian School of Medicine training through the Institute at CGE.
- An emerging partnership with HMH JFK Medical Center's family medicine clinic has the potential to focus on pregnant women as well as children.



RWJBarnabas Health and Newark Beth Israel Hospital

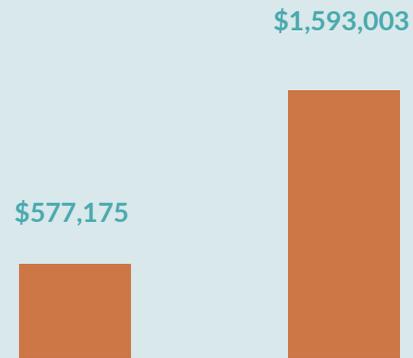
CGE is developing a partnership with Newark Beth Israel Hospital (NBI), a member institution of RWJBarnabas Health, to integrate behavioral health in pediatrics, for young children and their families. Through a pilot intervention program in Newark Beth Israel's pulmonology department, children diagnosed with, or at risk for asthma will receive services from an early relational health clinician and a community health worker in our relational model of care. The objective is to improve overall health and reduce chronic disease states, as well reduce healthcare costs.

CGE's Positive Impact on Child Welfare and the Financial Cost to our Communities

“The magnitude of intergenerational transmission (of unmet mental health needs) is substantial, with one study finding that children of parents with mental health problems were twice as likely to develop mental health problems in adulthood. Society also bears many of the costs of mental health disorders through public disability programs that pay for income support for those who cannot work. Additional costs to society of inadequately treated mental illness include increased homelessness and incarceration.” (White House Report (May 2022), “Reducing the Economic Burden of Unmet Mental Health Needs.”)

Cost Savings to Child Welfare System through CGE's Programs

**Calculated by aggregate costs of NJ Stipend, Medicaid cost and administrative fees.*



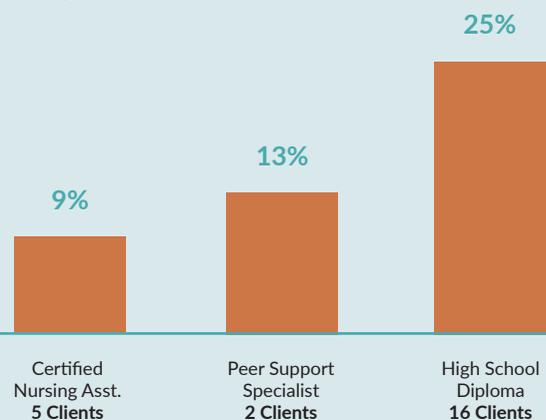
Cost to child welfare system for each child in foster care: \$23,087 annually*

The graph shows the number of children CGE helped to stay out of the foster care system through reunifications with parents and preventing removals, along with associated costs saved in the child welfare system.

Increasing Employment Outlook through Education

Mental health stabilization increases the opportunity for employment, as well as reduces economic losses to individuals, such as in medical costs, and days lost at work. The financial implications are significant for communities, states, and the nation. Earning potential and contributions to the community are increased significantly when a client's educational status and degree are heightened. CGE's Residential programs, Supportive Housing, and START enabled 24 women in 2023 to complete their next level of education, securing more income for their families as well as increasing job stability.

Earning potential increase through Education



Earning Potential Increase

Source: US Bureau of Labor Statistics

Additionally, one client earned her bachelor's degree. This represents a 93% increase in earning potential.



The Center for
Great Expectations

19B Dellwood Lane
Somerset, NJ 08873

IMPACT REPORT 2023

www.cge-nj.org

CGE nurtures healing and growth.

Save the Dates



Hope Takes Flight to Wellness Luncheon

April 19, 2024
Fiddler's Elbow Country Club



Ken Daneyko Golf Classic 20th Anniversary

July 16, 2024
Fiddler's Elbow Country Club



Hope Lives Here Gala

October 18, 2024
The Marigold



Information Reception/Tours

June 6, 2024, 11:45 am
November 7, 2024, 11:45 am
The Center for Great Expectations

CGE documentary screening, "Mending Marissa"

June 27th , 7:00 pm, Raritan Valley Community College. Open to the public.