



Resilience & TRANSFORMATION





Dear Friends,

This past year brought significant challenges and meaningful transformation for The Center for Great Expectations. The sudden loss of major federal and state funding placed real strain on our continuum of care, yet our mission - to break cycles of trauma, substance use, and homelessness for pregnant and parenting individuals - never wavered. Instead of retreating, we responded with resilience, innovation, and deep community partnership.



Our staff demonstrated extraordinary strength, adapting quickly while upholding the highest standards of trauma-informed care. Their commitment ensured that mothers and children continued to receive the safety, stability, and dignity they deserve.

Even amid uncertainty, we experienced important growth. We formally launched our Relational Recovery Model, a relationship-centered framework shaped by decades of experience and grounded in trauma-informed, attachment-based, and evidence-driven practices. This milestone strengthens our identity and positions CGE as a leader in relational, trauma-responsive recovery.

Our training and consultation division, The Institute, also expanded its reach. By delivering our Trauma Attuned Approach to schools, social impact organizations, and healthcare systems, The Institute is helping professionals create environments where healing can take root while also building a sustainable revenue stream that reduces reliance on government funding.

None of this progress would have been possible without the steadfast support of our donors and partners. Your generosity stabilized essential services, preserved critical programs, and fueled innovation when families needed us most.

As we look ahead, we do so with renewed clarity and determination. Guided by the Relational Recovery Model, strengthened by The Institute's growth, and supported by a committed community, we are building a more resilient future for the families we serve.

Thank you for your partnership, your trust, and your commitment to this life-changing mission.

Warm regards,

Peg Wright, Founder and CEO

“I believe that the goals I set and the expectations I’ve created for myself at CGE have improved my future and helped me make better choices”



OUTCOMES DATA FOR THE ADULT RESIDENTIAL PROGRAM

CGE's impact is both measurable and deeply meaningful. By staying connected with clients long after discharge, CGE helps ensure lasting stability. CGE's outcomes stand out as a powerful example of what sustained, relationship-centered care can achieve - breaking cycles of relapse and helping families thrive. CGE follows up with adult residential clients at 3, 6, 9, and 12-months post discharge. Of those clients:

72%

have maintained their recovery

91%

have maintained custody of their children

91%

say their life has improved since their time at CGE

“I grew as a person, individual, and a mother. CGE instilled hope and motivation into my life. They helped show me that there is a better way to live and that I deserve it. CGE changed my life forever.”

OPIOID USE DISORDER:

Nationally, only 5-20% of individuals with Opioid Use Disorder maintain recovery within the first year, with many relapses occurring within the first month. Of the CGE Graduates in this cohort, who were diagnosed with Opioid Use Disorder, **85.7%** report maintaining their recovery. Of those women, **50% have 12 months or more of sobriety.**

“Substance use disorder is a chronic condition,” explains CGE clinician and Director of Early Relational Health Carolyn Flynn, MA, LPC, CD. *“Like diabetes or cancer, it requires ongoing care. Yet our systems are largely built around short-term treatment, which often leads to cycles of treatment, relapse, and return to care.”*

National research reflects this reality. Fewer than one quarter of individuals successfully complete treatment.

COMPLETION RATES FOR THE AGENCY COMPARED TO NATIONAL/STATE RATES:

1. 2025 is the **THIRD** year in a row all removals have been prevented with our Adult residential women
2. In 2025, **Roots to Recovery** median length of stay was 28.6 weeks (200 days) as compared to the national average of 57 days
3. 70% of clients completed Roots to Recovery in the first three months as compared to SAMHSA's nationally REPORTED 50% or lower completion rate.

CGE Adult Residential program reduces
the anxiety in mothers by

65%

WHAT DOES THAT MEAN.

*Let me introduce you to Grace and her
6-month-old daughter, Caroline.*

Before CGE Treatment

Like many of the beautiful, traumatized women who first come to us, Grace arrived with a long history of heavy substance use, housing instability, legal trouble, and the constant threat losing custody of her child.

One of the first things we learned was that Grace was drowning in severe anxiety.

She was so consumed by this crushing hypervigilance that she lacked emotional capacity for treatment, healing, and to fully care for her baby.

It wasn't just exhausting; it was a deadly trap. The anxiety fueled her addiction and led to continued use.

After CGE Treatment

Today, Grace is celebrating 8 months of continued recovery.

The crushing anxiety is gone. She hardly ever feels nervous or on edge now. Her worries are no longer about "anything and everything," but about normal, manageable life concerns.

But here is the moment that makes every hour of our work worthwhile: She has not only learned to relax herself, but she is now able to respond to Caroline in a way that helps her feel relaxed, too.

No longer held captive by racing, addicted thoughts, Grace now sits on the floor, singing softly, watching her daughter's tiny hands explore a toy. They play together.

That constant fear that something awful might happen? It still creeps in occasionally, but Grace now has the tools to meet it head-on, without resorting to drugs or alcohol.





THE LEGACY OF **65%**

The true, life-altering impact of that **65% reduction in anxiety** unfolds over the next years and decades:

65% means Grace is well enough to get and keep a job, breaking the agonizing cycle of poverty and homelessness.

65% means Caroline will grow up with her mother, never having to endure the trauma of bouncing between **three, five, or ten** different foster homes.

65% means they will be together for **Christmas morning**. They will share every **birthday**. Grace will be standing there, beaming, on Caroline's **first day of school**.

65% means a much higher chance that Grace will **finally break the cycle** - that Caroline will grow up healthy, whole, and **never have to experience the pain her mother did**.

65% is not just a number; it's a family saved. It's a stable, recovered, loving future made possible at CGE.

Outcomes for children in KATY'S PLACE



88%

achieved gross - motor and manipulative skills

82%

showed an increase in listening and understanding complex language

94%

achieved reduction in fearful emotions and behaviors

Average # of hours per week/per child	37.5
# of meals/snacks served	4,848
# of volunteers during year	9
# of volunteer hours	604

“I’m so grateful for Katy’s Place and their help. It’s a safe place for me to bring my child where she learns and is loved. This is the only break we get. We are all so grateful for the staff at Katy’s Place and all they do.”

Fast FACTS

Clients came to CGE from 13 of the 21 counties in New Jersey

The majority of the women served in the Adult Residential Program, Supportive Housing Program and the START Program were between the ages of 25-38

Most women were from Essex, Middlesex, Passaic and Somerset Counties

PROGRAM SERVICES OFFERED AT CGE

- Support for reunification with children following custody removal
- Medication Assisted Therapy
- Transportation
- Access to social determinants of health
- Clinical Assessment
- Early Relational Health/Parent-Child Therapy
- Treatment for SUD & co-occurring disorders
- Case Management
- Doula Care
- Peer Recovery Support
- Advocacy
- Child assessment (Katy’s Place)
- Appropriate Interventions (Katy’s Place)

WHY CGE HAS BEEN SMOKE-FREE

and Why the Research Is Confirming It Was the Right Move

At The Center for Great Expectations (CGE), we have maintained a smoke-free campus for years. For us, it's more than a policy, it's an evidence-based decision: **sustained recovery means removing barriers to health while meeting people where they are.** That includes addressing tobacco use, one of the most overlooked and most harmful addictions.

Evidence shows that smoke-free treatment environments don't just support wellness, they can significantly **improve recovery outcomes.** A recent study highlighted by WRD News found that treatment centers that adopt **tobacco-free protocols** experience **25% higher recovery rates** compared to conventional models. This is a powerful finding, and an important one.

Why? Because tobacco is not a harmless coping tool. It is often a hidden but lethal addiction. Research shows that more than half of individuals who complete traditional substance use treatment eventually die from tobacco-related illnesses. That's a heartbreaking reality: people may recover from one substance, only to lose their lives because nicotine dependence was never addressed.

What the Science Is Showing: When Tobacco Cessation and Recovery Go Together

- **Quitting smoking predicts stronger recovery from other addictions.** A large NIH/NIDA analysis found that individuals who quit smoking had **42% greater odds of sustained remission** from non-tobacco substances.
- **Smoking cessation interventions improve long-term recovery outcomes.** Meta-analyses show that offering tobacco cessation during addiction treatment is associated with a **25% increase in abstinence from alcohol and other substances over 6–12 months.**
- **Tobacco-free policies work in real-world programs.** In California's Tobacco Free for Recovery initiative, residential programs implemented smoke-free grounds while expanding access to nicotine replacement therapy. **Smoking prevalence among clients dropped from approximately 54% to 26%.**
- **Long-term studies show better outcomes for people who quit smoking.** A four-year longitudinal study (PATH Study) found that individuals who transitioned from current to former smokers had significantly better substance-use outcomes overall.

At CGE, we believe in recovery with **dignity, flexibility, and care.** Our smoke-free campus isn't about control, it's about giving people the strongest possible foundation for healing. Harm reduction teaches us that progress matters, health matters, and every step toward wellness counts.





UPCOMING EVENTS



Hope Take Flight Luncheon and Spring Market

Friday, April 10, 2026 | The Marigold, Somerset



Ken Daneyko Golf Classic & Pickleball Round Robin Tournament

Monday, June 29, 2026 | Fiddler's Elbow Country Club



Hope Lives Here Gala

Friday, November 6, 2026 | The Marigold, Somerset



Information Sessions & Tour

Thursday, June 4, 2026 | Thursday, October 1, 2026

