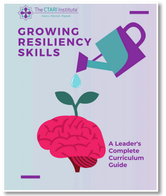
CGE at a Glance

The CTARI Institute Clinical Division Offers Continuing Education Credits in 2021!

CTARI is excited to announce that we will be offering opportunities to obtain 2- and 3-hour NASW-accredited CEs. CTARI trainers will present, via Zoom, both clinical and non-clinical options across substance use disorder treatment, trauma attunement, building resiliency as well as options for professional growth. Visit **www.ctari-institute.org** to sign up for our newsletter to keep up to date!

The CTARI Institute School Division Celebrates New Client and New Product!

CTARI is collaborating with four Connecticut elementary schools to grow The Attuned School™ approach in these communities. Virtual work began in fall 2020 with all-staff trainings and impact steering committee professional development. This month, we begin on-site work and launch parent trainings for the entire district! Simultaneously, our brand-new *Growing Resiliency Skills* student curriculum debuts at Hunterdon Central Regional High School! This 10-module series brings The Attuned School™ concepts straight to the students. Learn more about how CTARI can be of service to your community, by visiting **www.ctari-institute.org**.



Champions of Hope

Champions of Hope are our treasured community of recurring donors. Their year-round donations impact the mission throughout the year, delivering the resources and services clients rely on during their recovery journey.

> ***"Monthly donations are easy and enable me to give more. I just received my annual statement and was so happy to see my total donation. I could never give that much at once. I feel like I'm really making an impact."***
> ~ Christine Morrell, CGE monthly donor

Very important supplies made possible by our donors

One example of how you can impact the mission: A $25 monthly donation will provide nutritious meals for the little ones in Katy's Place.

To become a Champion of Hope or to learn more about the process, please visit our website **https://www.cge-nj.org/support-us/champions-of-hope/** or reach out to Veronica Finlay: **vfinlay@cge-nj.org** or 908-963-9156.

Sustaining Our Strong Future

We are deeply grateful to our supporters and those who stood with us during this unprecedented year of Covid. While serving our women, children, men and families, we also continued our planning and assessment to create a comprehensive strategy for a strong future for The Center for Great Expectations. Essential to this is the creation of an endowment fund to provide reliable annual income for current and new programs and create a safety net for unpredictable circumstances which emerge. Initial leadership gifts have launched our Endowment Campaign and we will be seeking the support of all those who believe in our mission and vision to join us. We will also be seeking support for a reserve fund to address ongoing capital requirements and funding opportunities for growth.

Aerial picture of The Center in Somerset, NJ

The Center for
Great Expectations
Embracing change. Empowering futures.

19B DELLWOOD LANE
SOMERSET, NJ 08873

ADULT RESIDENTIAL PROGRAM
ADOLESCENT RESIDENTIAL PROGRAM
Residential trauma treatment for homeless pregnant/parenting women and adolescents, and the their young children.

PERMANENT SUPPORTIVE HOUSING
Providing a home and supportive services for individuals completing treatment.

KATY'S PLACE
On-site trauma-informed care for infants and young children in a fully-licensed child development center.

ROOTS TO RECOVERY OUTPATIENT PROGRAM
Outpatient services for men and women with substance use and/or co-occurring disorders.

START
Free in-home and telehealth counseling and case management for pregnant and newly parenting persons with substance use disorders.

THE CTARI™ INSTITUTE
Creating Attuned Communities™ to optimally achieve an organization's mission through consultation and training.

www.cge-nj.org

Your Support is Needed and Appreciated More Than Ever!

We are excited about the probability of seeing our incredibly supportive community in person later this year. As we move forward with planning events, we bring with us the experiences of 2020. Decisions regarding in person events will be made while keeping the health and safety of our local and global communities the top priority. Please visit CGE's event website listed below for regular updates. We are so grateful for your continued support and look forward to seeing you in person—once it is safe to do so.
For information on details and sponsorships, contact Veronica Finlay at 732-247-7003 ext 356 or **vfinlay@cge-nj.org**.
Stay connected by visiting our website at **www.cge-nj.org/events**.

2021 ANNUAL
KEN DANEYKO
Golf Classic

July 2021
Suburban Golf Club
Includes brunch and dinner

With your support
healing continues.

Empowering
FUTURES
Transforming
COMMUNITIES

2021 Gala
Friday, October 1
The Hyatt Regency,
New Brunswick, NJ

Our Mission and Vision

Grounded in a spirituality that treasures the dignity of all, The Center for Great Expectations seeks to form a partnership with homeless pregnant and/or parenting women and adolescents, men and their children in creating a safe place, safe presence and safe path, which enables them to experience, choose and maintain physical, psychological, social and spiritual health for themselves, their children and families. Our vision is to be a national leader in providing transformational substance use and mental health treatment to women, children, men and families impacted by trauma, abuse and neglect.

Winter 2021

The Center for
Great Expectations
Embracing change. Empowering futures.

Safe Place
Safe Presence
Safe Path
since 1998

A Letter from Peg Wright

Dear Friends,

It is truly hard to believe that we are in a New Year, a new beginning…2021! So many times in 2020, I found myself losing track of time. I know I was not alone in that phenomenon. In some cases, it seemed like time stood still, and in another sense, the year flew by.

"CGE Now More Than Ever" has become our refrain. Because of the wisdom and compassion shown by our incomparable community of employees, along with our esteemed trustees, research partners and generous supporters—and the incredible resilience and compassion this moment in history has brought out in all of us—our uncompromised continuum of care continues to impact the trajectory of the lives of the individuals and families we serve.

Providing our client-centered prevention and treatment of substance use and mental health disorders, and relationally-based programs for individuals who have experienced trauma, has been no easy task through this crisis, but it has always remained a privilege. It has never been clearer to me that in this time of extraordinary upheaval on every front, the "secret sauce," the very core of what CGE stands for, is our ability to create a path to resilience, safety and unconditional love with CGE's foundational Trauma C.A.R.E.© model. In its implementation, we create the best possible outcomes for both parent and child, to break the cycle of intergenerational trauma, substance use and homelessness. Now more than ever, it is critical to acknowledge the gift of our collective love for one another, creating the very culture that all who are "a part of" contribute / to each day.

To close this letter, I have to acknowledge the great outpouring of support from our constituents. It has been a transformative, life-affirming force—a wind beneath our wings! We could not do this without all of you. I thank you from the bottom of my heart for staying alongside us, with your commitment to our mission and vision.

I wish each and every one of you and your families health and happiness as we begin 2021.

With gratitude,

Peg

Client opens her gift at the Gift Wrapping Party '20

Enjoying the Katy's Place playground

HOPE *lives here*

Champion to Many, Newcomer to CGE

Ellen Purtell

With this first newsletter of 2021 arrives the chance to introduce to our remarkable community, and extend a warm welcome to, Ellen Purtell, MBA, MS, LPC, ACS, who began her role as Clinical Manager of Outpatient Services at CGE's Roots to Recovery last summer in the midst of the pandemic—and with a broken leg she got on vacation the week before she started! Undeterred, Ellen joined the outpatient team to continue addressing the formidable challenges faced by all behavioral health providers today. The team at Roots to Recovery opened the virtual door for Ellen, ushering in the next phases of ensuring that delivery of our agency's gold standard of compassionate mental health and substance use disorder treatment would continue in the face of skyrocketing and immediate need.

Ellen's nuanced understanding of treating the trauma at the core of an individual's experience in tandem with forging for each a path toward recovery and self-actualization, made her the perfect addition to the agency's highly-regarded clinical team. Before her arrival at our New Brunswick outpatient offices, Ms. Purtell spent twelve years at Daytop NJ in multiple roles, most recently as Program Director at Crawford House—a twenty-three-bed women's halfway house. Ellen oversaw the evolution and development of all facets of the program, as well as its clinical supervision, modernizing its clinical approach to accommodate evidence-based practices including the use of MAT as part of the overall recovery plan of the persons served.

Additionally, like CGE, Daytop understood the importance of engaging community to provide support to the women in treatment. The local recovery community supported Ellen and her team as they provided the best evidence-based treatment available, a bigger challenge in the early days of the pandemic. The closing of Crawford House this month marks the end of an era and shows how important the work is for those of us who remain in the fight.

The two agencies' shared ethos focused on holistic wellbeing in a safe and supportive environment—found in the finest behavioral health programs—signaled an alignment of philosophies and a direct invitation to Ellen to bring the breadth and depth of her experience and compassionate approach to those individuals welcomed at CGE's Roots to Recovery. Located in the heart of downtown New Brunswick, Roots is a vital component of CGE's relationally-based, uncompromised continuum of care across prevention and treatment of substance use and mental health disorders for individuals who have experienced trauma. Maintaining it's place at the leading edge of person-centered care, Roots to Recovery staff helps each individual based on gender identification, in a safe, dignified environment.

Already the challenges set before Ms. Purtell have been significant, embracing all facets of the program. Among the goals of Roots' multi-disciplinary teams were to ensure a successful integration of CareLogic, CGE's new electronic health records platform. Working with external advocacy groups remains ever more important in this era: Based on information shared by NJAMHAA (NJ Association of Mental Health and Addiction Agencies), Roots applied for and received funding for cellphones to be loaned to persons served who would not otherwise be able to participate in virtual Intensive Outpatient Groups, restarting in January for the first time in the pandemic. No less important is the office's "Wow" wall, noting such staff achievements as successfully shepherding individuals through the program, completing degrees, thriving after the first month of an internship during a pandemic, or completing two-day ARC training. These milestones, met in a very short time since Ms. Purtell's arrival, foretell the team's and Roots to Recovery's brilliant accomplishments to come!

ROOTS to RECOVERY
An outpatient program from
The Center for Great Expectations

Ken Daneyko Golf Classic

After much contemplation, The Annual Ken Daneyko Golf Classic took place—in person, as only a golf outing could. It was held on the beautiful fall day of September 24 at Suburban Golf Club. To accommodate for the pandemic, participation was limited and all Covid-19 protocols were in practice. Thanks to those who participated and to those who chose to support the day from afar—this was our most successful golf outing to date! We are grateful to our sponsors, our dedicated volunteers, and to Suburban Golf Club along with Ken Daneyko for being such dedicated partners in this event. We look forward to seeing you all in July 2021 as we continue this great tradition in support of The Center's programs.

Golfers at Suburban Golf Club, Union, NJ

Empowering Futures, Transforming Communities Gala

Thank you for making our first ever Virtual Gala a success. On Thursday, October 29 with the help of Scott Clark as MC and special guest Elizabeth Vargas, along with our very own Peg Wright and Pam DeLuca, we hosted this online event. We could not think of a better time to open our doors, virtually, and give you a glimpse of what your support brings to our programs. You are the invisible thread of encouragement and hope woven into the work of The Center. What a joy it was to share this special evening—seeing and hearing from our clients and frontline staff. Thanks to the support of our caring community, the event was well received and successful beyond ourGreatest Expectations!

Our 2021 EFTC Gala will be held on Friday, October 1. Please mark your calendars—we look forward to seeing you in person.

CGE's Virtual Gala on Zoom with Peg Wright, Elizabeth Vargas & Scott Clark

The Adult Women's Residential Program

The Adult Women's Residential Program serves homeless, pregnant and/or parenting women with substance use disorders—and their children up to age five—who may have experienced Adverse Childhood Experiences (ACEs) and trauma, including physical and/or sexual abuse, emotional abuse, neglect, traumatic loss, domestic violence, homelessness and poverty and co-occurring mental health disorders.

Informed by CGE's foundational Trauma C.A.R.E.© model and evidence-based approaches, we provide client-centered treatment for the best possible outcomes for both parent and child, including early relational health, to break the cycle of intergenerational trauma, substance use and homelessness.

Our multi-disciplinary team develops an individual treatment plan and collaborates with each resident to meet the specific needs of a mother and her children, focusing on the family's health and well-being.

Through our care and services, residents are able to maintain early recovery from substance use and stabilize symptoms of co-occurring disorders. Additionally, our team works collaboratively with all relevant partners to prevent a removal by the New Jersey Division of Child Protection and Permanency. If a child has already been removed, the clinical treatment team will work collaboratively with the mother in a concerted effort to reunite with the child.

"The Center for Great Expectations has lived up to its name. In fact, it exceeds any expectation I could have ever had for a treatment program. I am grateful to have been blessed with the opportunity to experience such an amazing program." ~ CGE Client

CGE client with her child

CGE clients and their children on Halloween

"I came into this program hopeless, broken-hearted and desperate for help. During my experience here at CGE, the healing process has helped me to let go and to forgive myself, and to learn to love myself."
~ CGE Client

The Giving Season

Covid could have been like the "Grinch Who Stole Christmas," but not at CGE. With caring hearts and creative solutions, CGE supporters, despite the pandemic, made 2020 a memorable holiday season!

Gift card drives replaced mall shopping trips; while Amazon Wishlists were posted on church websites. Rutgers Against Hunger made a very generous donation to assist CGE families with clothing, grocery and personal care needs. WE—the Women's Empowerment Board—donated colorful reusable bags filled with cosmetics, gloves and so much more. Macy's donated robes, tops and leggings along with a monetary grant used to replace small appliances and cookware in CGE's residential homes. Volunteers wrapped gifts from home while the Notre Dame Club of Central NJ, wearing face coverings, festively decorated CGE's front porches. Still others socially distanced and delivered gifts to our porch, all part of 2020's "new normal."

The outpouring of gifts touched every CGE family in our Residential, Supportive Housing, START and Roots to Recovery programs. "The generosity and kindness of donors have touched our hearts," commented Noreen Whittemore, CGE Director of Community Relations.

WE Board drops off donations at CGE

Christmas Tree Donated by the Notre Dame Club of Central NJ

The Notre Dame Club of Central NJ with CGE Staff