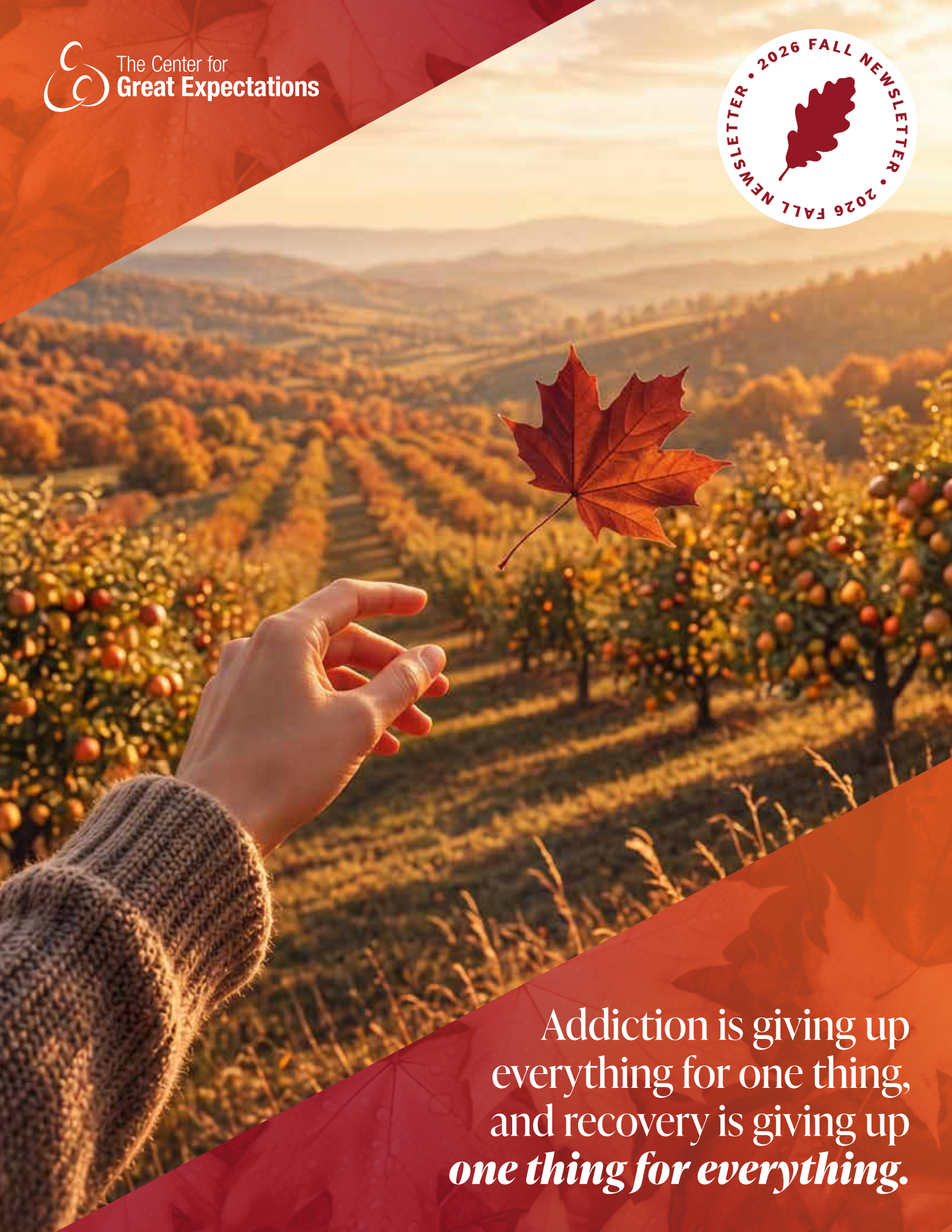
The Center for
Great Expectations

2026 FALL NEWSLETTER • 2026 FALL NEWSLETTER •



Addiction is giving up
everything for one thing,
and recovery is giving up
***one thing for everything.***

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## Dear Friends of CGE,

There is a moment we witness again and again at CGE; a mother, in the earliest, most fragile days of her recovery, holding her newborn not in fear of separation, but in the security of knowing they will heal together. That moment is the heart of everything we do. For too long, the default response to a mother's struggle with substance use has been separation. Remove the child, treat the parent, and hope for reunification later. CGE was founded on a different conviction: recovery is stronger and more lasting when mothers and babies are never asked to choose between healing and each other. Attachment is protective. A mother trusted to parent while she heals has something powerful to recover for.

Nowhere is this more visible than in our Adult Women's Residential Program, CGE's clinical home base. Here, pregnant and parenting women in recovery live alongside their infants and young children, not visiting on weekends, but raising them day by day while doing the deep work of recovery. This year, our Relational Recovery Model deepened that work further, treating the mother-child bond not as an obstacle to sobriety but as a resource for it. The results aren't abstract, they're first steps taken in our hallways, and birthdays celebrated by mothers who, a year earlier, weren't sure they would be present for them.

It has not been an easy year for the field that supports this work. Funding pressures and shifting systems have tested organizations across New Jersey. But CGE's commitment to this program has not wavered, and it will not.

What keeps so many of you invested in this work for years, even decades? I think it's proof, proof that families can heal together, that recovery sticks, that nearly thirty years of showing up for mothers and children has changed thousands of lives.

That kind of proof deserves to outlast any one of us. This fall, I invite you to consider a legacy gift to CGE, through a bequest, a beneficiary designation, or another form of planned giving, so the mothers and babies who arrive in 2030, 2040, and beyond find the same open door and the same unwavering belief that they belong together. I'd welcome the chance to talk with you personally about what that could look like, or you're welcome to reach out to our Development office anytime.

Thank you for believing that no mother should have to choose between recovery and her child, and that some commitments are worth making for a lifetime.

With gratitude,

Peg

Peg Wright

*Why does CGE*

# KEEP MOTHERS AND BABIES TOGETHER?

by Carolyn Flynn, LPC, CD, IMH-E

The question "Why do you keep mothers and babies together?" assumes separation is the norm. But separating a mother with a substance use disorder from her child is often rooted in stigma, not in what is best for mother or baby.

When safety and support are in place, keeping mothers and children together during treatment leads to stronger outcomes for both.

Treating the parent-child relationship preserves attachment, increases a mother's motivation to enter and complete treatment, reduces foster care trauma, and improves the likelihood of lasting reunification.

Children removed from their parents due to caregiver substance use often face worse outcomes throughout the child welfare process. Foster care can increase the risk of emotional, behavioral, neurobiological, and social difficulties, and each additional placement can deepen attachment disruption.

For many mothers, the parent-child bond is a primary reason to begin and continue treatment. Separation can trigger shame, hopelessness, depression, and anxiety - emotional states that may increase the risk of recurrence of use.

CGE's model keeps mothers and children together while providing parent-child relational therapies. Through Mommy-and-Me Residential programs, supportive housing, home visitation, and the Early Relational Health Program, CGE supports recovery, strengthens relationships, and helps shift intergenerational patterns of trauma and substance use.

According to the **Substance Abuse and Mental Health Services Administration (SAMHSA)**, less than 4 percent of the nation's rehab facilities allow a mother and her children to live together during substance use treatment.

Research published by the **National Center on Substance Abuse and Child Welfare (NCSACW)** shows that parental substance use is a contributing factor in nearly **40 percent of all foster care placements** in the United States.

Healing Happens Here

# INSIDE THE ADULT ADULT MOMMY AND ME PROGRAM AT THE CENTER FOR GREAT EXPECTATIONS

At the Center for Great Expectations, healing happens through small, brave steps taken by mothers and children together. In the Adult Residential Program, pregnant and parenting women receive substance use and mental health treatment in a safe, nurturing place where recovery and motherhood can grow side by side. Here, mothers are supported as they rebuild their lives, strengthen bonds with their children, and create moments they may once have thought were out of reach: a healthy birth, a long-awaited reunification, a birthday celebrated with joy, or a peaceful day shared with their child. With compassionate, trauma-responsive care and practical life-skills support, women build stability, choose healthier relationships, and discover their own strength. As mothers heal, their children experience safety, consistency, and love. Healing happens when women are met with dignity, compassion, and the belief that a brighter future is possible for both mother and child.

***"For me, I lost my self-respect, morals, kids, and my home. I lost my sanity, and my vision of hope, until one day I fell on my knees and begged the lord to give me the supernatural strength to overcome this awful, cunning disease of addiction. Crack cocaine stole my soul, but my higher power answered my prayers.***
***Now, one day at a time, I am finally living for my children, not dying for my kids! Thanks to CGE, I got another chance to live life on better terms. I can be a mother to my special son whom I love dearly. Thank you, thank you, thank you!"***

*"Addiction comes with giving up your daily routine, hustling, jail time, and the high of getting away. You give up the love that was good for you, your life, your kids, your family, and a nice lifestyle. Recovery is giving up horrible times for brighter days. Recovery is putting in the work every day to become a better person than the day before. Recovery is doing the right thing while nobody is watching. It's integrity, being honest with yourself and others whether it's a judge, your program councilor or program manager. Recovery is having the utmost gratitude throughout it all. Recovery is being grateful my life isn't how I used to live day to day and night to night."*

*"Thanks to CGE I now have relationships with my children. The staff's love is what I need to teach me how to love and treat myself. The gratitude I have for CGE is unexplainable. I get tears when I think how lucky and blessed I am for being here."*

Addiction is giving up everything for one thing, and recovery is giving up ***one thing for everything.***

What is

# YOUR LEGACY?

Create your legacy at CGE, an organization you trust, whose mission sits at the intersection of intergenerational healing and protecting children's futures..

A legacy gift - whether through a will, trust, beneficiary designation, or other planned giving option - is not about the size of the contribution. It's about the enduring impact of your values. It's a way to say: "I believe in this mission, and I want it to continue long after I'm gone."

A planned gift not only supports the mission and future of Great Expectations but also provides valuable tax benefits and perhaps even an additional source of income for the donor. For example, all bequests/estate gifts to Great Expectations are free from federal estate taxes, and bequests of certain resources, such as retirement plan assets, allow you to give more to Great Expectations at a significantly reduced after-tax cost to your other beneficiaries.

A planned gift can also memorialize your loved ones or minimize tax obligations for your heirs.

For more information visit our website **https://www.cge-nj.org/support/** or call **Veronica Finlay, Director of Development 908.963.9156**

*"I have been donating annually to CGE for many years. Prior to that, I had been contributing to very large nation-wide or world-wide charities until I realized that my money could best be used locally. Now, almost all my support is to local charities like CGE. I strongly believe in the work they do. Last year, I was fortunate to take a tour of their facilities where I also learned about legacy giving. It appealed to me immediately. I liked that they had options for how to make a gift. I chose a percentage of my estate. The timing was perfect as I was redoing my will. It gladdens me that I can continue to make a difference after I am gone."*

**ALLAN MARKOWSKI**

# Golf OUTING

What an incredible day at the Ken Daneyko Golf Classic! We were thrilled to sell out all three courses at the beautiful Fiddler's Elbow Country Club, making this year's event our most successful yet. Thanks to the generosity of our sponsors, golfers, and supporters, we raised an unprecedented $365,000 to serve the women and children at The Center for Great Expectations. We are so grateful to everyone who helped make this day such a tremendous success, and we're already looking forward to next year! Save the date: Monday, June 28, 2027. We can't wait to see you back on the course!

# Vital VOLUNTEERS

## COLGATE VOLUNTEERS

Thanks to their talent, hard work, and dedication, Colgate volunteers accomplished many meaningful projects. The time and skills they brought to these projects will make a lasting difference in the lives of CGE's mothers and children by making their home more comfortable.

## KENVUE CARES WEEK

As part of Kenvue Cares Week, volunteers from Kenvue assembled 50 cleaning buckets for our families. We were thrilled to partner together for the first time and look forward to future collaborations.

## RUST-OLEUM CORPORATION

We have proudly partnered with Rust-Oleum since 2017. Most recently, a team of Rust-Oleum volunteers painted the all-purpose room in our Adolescent Program, creating a brighter, more welcoming space for the young mothers and children we serve.

The Center for
**Great Expectations**

19B Dellwood Lane | Somerset, NJ 08873

## INFORMATION RECEPTION

An in-depth view of CGE, our mission,
and programs. Free and open to the public.

**October 1, 2026, 11:45 am.**
19B Dellwood Lane, Somerset, NJ 08873

Tour our campus after a light lunch and program.
Registration is appreciated.
Veronica Finlay 732-247-7003 Ext. 356