



Cope means Hope...

...for those struggling with AIDS, substance abuse, family crisis issues, and problems of daily living.

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A Party of Hope for COPE

Our 2005 COPE Benefit Dinner Gala was again a splendid affair, with approximately 180 people in attendance at the Montclair Golf Club. COPE trustee Timothy Cutting and Advisory Board member and past board president John Helm were honored for their continued outstanding service to COPE.

In addition to recognition of the honorees, the evening's festivities included cocktails and hors d'oeuvres, dinner and dancing, as well as a sports memorabilia auction and art show. COPE Trustee Peter Rooney served as Master of Ceremonies and the music was provided by Diane Moser.

The Benefit Committee, co-chaired by Jane Berry and Miriam Irwin, did a magnificent job on this

year's benefit. Committee members included Marie Addis, Carmen Berra, Ruth Bloom, Joan Brandley, Megan Cadematori, Kelly Corbett, Stephanie Cutting, Lynn Dodd, Jill Doelp, Sue Dusenberre, Melissa Evans, Pam Garvey, Marilyn Hatzenbuhler, Liz Irwin, Jennifer Marquardt, Lila Nelson, Ruth Johnson, Janet McKenna, Janet Dryden-Nevius, Kristen O'Connor, Bonnie Post, Lucy Probert, Jane Redmond, Katherine Rooney, Mary Shearin, Susan Smith, Jane Stanton, Nancy Wells, and Molly Werner. COPE appreciates the committee's hard work to bring us this worthwhile and enjoyable evening.

Thanks to these volunteers and to the financial contributions from our sponsors, patrons, and other



2005 Honorees John Helm of Montclair (Advisory Board member), left, and Tim Cutting of Essex Fells (Board of Trustees nominating chair)

benefactors, this COPE Benefit was a financial success. COPE also extends its thanks for all the donations it received from individuals, organizations, and businesses to make this year's benefit one of our most successful ever.

Cutting is on the Rise among Teens: What Can We Do about It?

Cutting, or deliberately injuring one's skin with a sharp object, is the most common form of self-injury and appears to be on the rise, especially among teenagers. It is estimated that 1% of the population in the United States uses cutting as a way to deal with intolerable emotional distress. This percentage is believed to be significantly higher among adolescents and particularly among teenage girls.

Self-Injury: What and Why?

"Self-injury occurs predominantly among adolescents, but it can be found in any age group," explains Rose Maire, Director of Clinical Services at the COPE Center. Besides cutting themselves with a knife, a razor blade, scissors, broken glass, or almost any other sharp object, people may self-injure in other ways too. They may burn themselves with cigarettes, hit themselves, or pull out their own hair or eyelashes.

The question is: Why? Why does causing physical pain make emotional pain more bearable?

"People who cut say that, when they're in a lot of emotional pain,

they let some of it out by cutting," Maire says. "Or they cut for the opposite reason: they feel so numb inside that they just want to feel something."

Self-injury, including cutting, is present when the harm is:

- done to the self
- done by the self
- involves physical violence
- not intended to end one's life
- done intentionally

Self-injury is also done repetitively, over time, and is intended to cause immediate harm.

Who Cuts?

People who cut may be characterized by any of the following:

- a history of physical, sexual or emotional abuse or exposure to violence
- substance abuse
- eating disorders
- mood, anxiety and/or personality disorders
- low self-esteem
- youth – cutting usually begins in the teens, peaks in the 20s, and ends by the 30s

Reasons for Cutting

Cutting may occur because the self-injurer has never learned healthy ways to cope with overwhelming feelings like anger. Unable to express painful emotions directly, cutters take them out on themselves. By causing the body to deal with physical pain, cutting indirectly—but only temporarily—relieves repressed emotional pain.

This pain may stem from difficult emotional experiences, such as divorce or death in the immediate family, a relationship breakup, or relentless bullying. "Teenagers may cut if they feel that they don't get enough attention from their parents," Maire notes.

Some teens try cutting out of curiosity (cutting has been depicted in movies and on TV) or to express their individuality or on a dare. This type of cutting typically doesn't persist.

What Parents Can Do

If you discover that your teenager is cutting him- or herself, you should communicate with your child about it in a calm, direct way. Let your teen know that you're aware of it, that you're concerned, and that you want to get help for him or her.

Executive Director's Message



Throughout the persisting economic societal stresses of today's world, COPE has remained steadfastly committed to helping the individuals, families, and communities that count on our services.

Despite continued funding cuts overall, COPE staff reached out to many local schools and homeless shelters to provide much needed services. We also continued to provide high-quality counseling and substance-abuse treatment for adults and adolescents; even expanding the adolescent counseling and support services. Again last year we saw more adults and adolescents

complete our substance-abuse programs than ever before.

As we begin our new year there are many exciting things happening at COPE. First, we will be repairing and renovating our main site at 104 Bloomfield Avenue. Although we have been fortunate to have received some funding to start this, we have a long way to go and greatly need your assistance. With gratitude to the Helm Foundation for their donation, we will be repairing the front façade and doing emergency structural repairs inside. We will be adding handicapped accessibility to the front entrance and to our bathrooms. We also hope to add additional counseling/service space to the building overall so we can better serve our clients. Some of the other funding to

date for this comes from the Addiction Treatment Providers Management Services Network through a grant for Barrier Free and Life Safety Initiatives. However, there is still much left unfunded.

We have completely relocated our addiction services for the time being to 60 South Fullerton Avenue, Suite 206, in Montclair. We continue to provide services at 30 Gould Street in Verona. Our commitment to the community and our clients has not changed.

Sue Garfinkel
Executive Director

Renovation and Restoration of COPE Headquarters

The COPE Center headquarters, located at 104 Bloomfield Avenue in Montclair, has temporarily relocated to 60 South Fullerton Street, also in Montclair, while the original facility undergoes restoration and major renovations.

The restoration and major renovations at the Bloomfield Avenue location will include restoring the front of the building to its historical origins as well as handicap accessibility to the front entrance, support work,

structural repairs, and handicap accessible bathrooms. When complete, the Center will be better able to serve its clients.

This project is a Barrier Free-Life Safety Improvement Initiative. Funding has been provided by the NJ State Division of Addiction Services (DAS) and is administered by the Addiction Treatment Providers Management Services Network (ATPMSN). These funds are very much appreciated but will not be enough to see the project through to

completion, which is anticipated to be sometime in December 2006. Community support in the form of donations for this capital campaign would be most welcome and can be sent to the COPE Center, 60 South Fullerton Street, Montclair, NJ 07042.

During the time of renovations, services will be available at the South Fullerton location as well as at the COPE Center located at 30 Gould Street in Verona.

Cutting... *continued from page 1*

Young people should not be threatened or punished for cutting. "Shame is already associated with cutting," Maire explains. "So don't shame them further."

Treatment

Cutting can be successfully treated through individual or group therapy, but the person must be ready. Cutters must view their cutting as a problem and want to stop.

"In therapy, they can talk about what-

ever the pain is that they're trying to relieve," Maire notes. They'll also learn healthy ways to cope with emotional pain and distress, such as how to develop an effective support system.

Although medications aren't used to treat cutting per se, they may be indicated if it has been determined that the self-injurer suffers from, as examples, depression or an anxiety disorder.

At times, the cuts themselves may need medical treatment. A cut may become infected or be deep enough to

require stitches. And although suicide is rarely the goal of the person who self-injures, cutting can occasionally result, unintentionally, in a life-threatening situation.

"Cutting can be stopped," Maire says. "But it's important for parents and health care providers to remember that these kids don't like themselves; they're punishing themselves. They should not be made to feel bad about cutting," she stresses. "They need help."

Thank You!

to all contributors to COPE Center, Inc. Your generosity allows the agency to grow and to continue offering innovative programs to meet changing needs. Because fees for COPE's professional services are determined by a sliding scale based on an individual's ability to pay, people frequently receive help they would not otherwise be able to afford. COPE is pleased to acknowledge the following donations received in 2005 (list may be incomplete).

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More Gala Photos...



From left to right, Tim Cutting, Jr., Ted Irwin (Board President), and Mr. & Mrs. William Bloom (Board member) of Essex Fells



From left to right, Miriam Irwin of Essex Fells (Advisory Board member and benefit co-chair), C.Y. Treene, Dewey Smith, and Marilyn Hatzenbuhler of Verona (wife of Board VP)

Ways of Giving Your tax-deductible contribution—in your name or as a memorial or tribute to another person—helps support COPE's work in the community. If your employer has a matching gift program, your donation can be twice as much help. Also, you can make a donation to the United Way and specify COPE as the beneficiary. In addition, contributions made to Willing Hearts consignment shop, 487 Bloomfield Ave., Caldwell, help the agency when their proceeds are earmarked for COPE.

Coming Up...

**April is
Alcohol Awareness Month**

April 25–27 ATP of NJ Annual Conference,
Trump Taj Mahal Casino Resort, Atlantic City

June 1 – Essex County MICA Task Force Workshop
on Cutting For information on this event, call
COPE at 973-783-6655 or e-mail us at
info@copecenter.net

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The mission of COPE Center, Inc. is to provide quality behavioral healthcare services that are affordable, accessible, and responsive to individual and community needs. COPE counselors work in the areas of substance abuse, family crises, problems in daily living, and AIDS.

COPE Center of Montclair

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Montclair, NJ 07042
973-783-6655

COPE Center of Verona

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