



Cope means Hope...

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

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Anita Johnson Joins COPE Board



Anita Johnson

Anita G. Johnson, resident of North Caldwell, and currently a Red Cross Disaster Team member, is a more

than appropriate choice for appointee to the COPE Board of Trustees. Most recently, Johnson was deployed to Florida to help victims of Hurricane Wilma. She has also had training in crisis intervention as well as responding to victims of domestic violence in an effort to provide aid, comfort, and invaluable information concerning their safety and welfare.

Johnson considers herself honored to be counted among the other members of COPE Center Board of Trustees. And the board is looking forward to her contributions in the future. "We are excited about welcoming Anita to our board," explains Sue

Garfinkel, COPE Executive Director. "She brings to the board over 10 years of entrepreneurial experience and a background in crisis intervention."

A former member of the North Caldwell Town Council, Johnson leads a full life as mother of two—a son, Blair (18), and daughter, Laura (16)—and Vice President of Investment Properties Group, LLC, a Caldwell property management and brokerage company owned by Anita and her husband, Christopher. Their company, established in 1995, specializes in multifamily housing throughout New Jersey.

Adult Children of Alcoholics

Growing up in a home in which one parent suffered from alcoholism can leave invisible scars—ones that continue to affect your life even as an adult.

According to the U.S. Department of Health and Human Services' Substance Abuse and Mental Health Services Administration (SAMHSA), children of alcoholics:

- are at high risk for alcohol and other drug problems
- often live with pervasive tension and stress
- have higher levels of anxiety and depression
- do poorly in school
- experience problems with coping

There were 28.6 million children of alcoholics in the U.S. in 1991, more than 17.6 million of whom were adults, according to SAMHSA's National Clearinghouse for Alcohol and Drug Information (NCADI).

What signs or symptoms in your own life might suggest that your childhood experiences with an alcoholic parent are adversely affecting you today?

Characteristics of Adult Children of Alcoholics (ACoAs)

In 1983, the late Dr. Janet G. Woititz wrote the book *Adult Children of Alcoholics*, now widely regarded as the definitive work on this subject. Dr. Woititz identified 13 characteristics of adult children of alcoholics, based on her research and experience. She found that adult children of alcoholics:

1. Guess at what normal behavior is.
2. Have difficulty following a project through from beginning to end.
3. Lie when it would be just as easy to tell the truth.
4. Judge themselves without mercy.
5. Have difficulty having fun.
6. Take themselves very seriously.
7. Have difficulty with intimate relationships.
8. Overreact to changes over which they have no control.
9. Constantly seek approval and affirmation.
10. Usually feel that they are different from other people.
11. Are super-responsible or super-irresponsible.
12. Are extremely loyal, even in the face of evidence that the loyalty is undeserved.

13. Are impulsive. They tend to lock themselves into a course of action without giving serious consideration to alternative behavior or possible consequences. This impulsivity leads to confusion, self-loathing, and loss of control over their environment. In addition, they spend an excessive amount of energy cleaning up the mess.

Further, in her expanded edition in 1990, Dr. Woititz concluded that the 13 characteristics are, in fact, typical of people who grew up in dysfunctional families in general.

If you did not grow up with alcoholism but lived, for example, with other compulsive behaviors such as gambling, drug abuse or overeating, or you experienced chronic illness or profound religious attitudes, or you were adopted, lived in foster care or another potentially dysfunctional system, you may find that you identify with the characteristics described here.

It appears that much of what is true for the children of alcoholics is also true for others and that this understanding can help reduce the isolation of countless persons who also thought they were "different" because of their life experience.

Executive Director's Message



The first half of 2006 has been a busy one for COPE. Renovation of our head-quarters is progressing nicely and is still on track for completion at the end of December. We have launched a program to raise money for COPE through the collection of used toner cartridges. Anita Johnson and Nancy Stone have joined our board of trustees, and our new board officers have been installed as follows: Peter Rooney, president; Roger Nelson, Esq., vice president; William Bloom, second vice president; John Finney, secretary; and Steward Campbell, treasurer. At this time,

I would like to congratulate these men and women on their appointment to the board positions and also extend my thanks on behalf of everyone at the COPE Centers to last year's board for their dedication and volunteer efforts. My deepest gratitude goes to Ted Irwin, outgoing president, for being a wonderful support and leader to COPE during his tenure as president. I also thank Reverend Jim Leamon for his years of service on the board. We wish him the best as he relocates to south Jersey.

Thanks to our new marketing initiative, we have received lots of publicity in the local newspapers about COPE events, services, and news. In addition to the increased press coverage, we have also redesigned our newsletter to be more appealing and informative for our readers. In this issue, our featured clinical

piece is about Adult Children of Alcoholics, which I believe you will find interesting. A news item on Anita's appointment to the board, details on the new recycling program, initial plans for our 2006 fall benefit, and a graph displaying where our services were rendered throughout 2005 are also included. We served approximately 1500 individuals last year.

As we move into the new fiscal year under tighter funding constraints, we will be launching a capital fundraising campaign to enable us to make the most of our headquarters renovation project and to help offset the rising costs of running a business. I am looking forward to another successful year for our organization. If you have any questions or suggestions, feel free to contact me at any time.

Sue Garfinkel
Executive Director

COPE Needs Your Empty Printer Cartridges

Sure, you can take your empty ink-jet or toner cartridges to the local "big box" office supplies store for a few bucks off your next purchase. But here's a charitable alternative: why not donate them to COPE to help support the services we provide?

"Fundraising is very important to COPE's survival," explains Sue Garfinkel, executive director of COPE, "and we see this recycling program as an innovative way to raise funds. We

encourage all COPE supporters as well as all residents and businesses in Essex County to recycle their ink-jet and toner cartridges through COPE."

Besides raising cash for COPE, cartridge recycling benefits both the environment and our local towns: empty cartridges won't clutter the landfills or add to the towns' trash collection bills. One way or another, cartridge recycling is good for everyone.

You can drop off your empty cartridges at any COPE location: 94 Park Street or 60 South Fullerton Street in Montclair or 30 Gould Street in Verona. If you're a local business owner and would like to collect cartridges for COPE at your workplace, please call 973-783-6655.

So hang on to those empty cartridges! Donate them to COPE and help us continue our work in support of your families, friends, and neighbors.

Children... *continued from page 1*

The ACA Organization

Several years before Dr. Woititz first wrote her book, adult children of alcoholics were already reaching out to each other for support and understanding. In the late 1970s, "graduates" of Alateen—a young people's group that is part of Al-Anon, a group for family and friends of alcoholics—began to meet in New York City. Their group became known as ACA (rather than ACoA, Adult Children of Alcoholics). Today, ACA meetings are held throughout the United States and around the world.

"Our main focus in ACA is to 're-parent' ourselves," according to the ACA's Web site (www.adultchildren.org). Group members recover by, for example, "selecting those past parental instructions that are healthy and useful to our lives today, and discarding those that are not." And in line with Dr. Woititz's conclusion that ACA characteristics may be found in members of any type of dysfunctional family, having an alcoholic parent is not a prerequisite for joining ACA. If you think that the characteristics apply to you, then you are welcome to join.

COPE's Services for ACoAs

The COPE Center in Montclair is currently running a group for adult children of alcoholics, Clinical Director Rose Maire said. "Often people come in to counseling for other reasons and it becomes apparent that the core issue is that the person is an ACoA," Maire explained. "The common themes become difficulty trusting—If you can't trust your parents, whom can you trust?—and difficulty identifying and expressing feelings.

"Many ACoAs have intimacy and relationship problems as adults," she said. "Many will say that they don't know what a 'normal' relationship is."

This is the first time that COPE has offered an ACoA group. "Most ACoA counseling that we do is individual, but the group is working well," Maire said—so well, in fact, that while the group was originally intended to run for six sessions, its members asked COPE if it could be extended to eight. "We are doing that," Maire said.

The ACA Web site's description of "recovery" aptly summarizes the goals of individual and group counseling for ACoAs:

You will become an adult who is imprisoned no longer by childhood reactions. You will recover the child within you, learning to love and accept yourself. The healing begins when we risk moving out of isolation. Feelings and buried memories will return. By gradually releasing the burden of unexpressed grief, we slowly move out of the past. We learn to re-parent ourselves with gentleness, humor, love, and respect.

If you think that the characteristics of ACoAs may apply to you, there is a simple 20-question screening test on the Internet to help you decide. It can be found at http://alcoholism.about.com/od/adult/a/quiz_adult.htm. If your life is affected in these ways, then seek help. Past emotional trauma need not interfere with your happiness today.

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 2006 (list may be incomplete).

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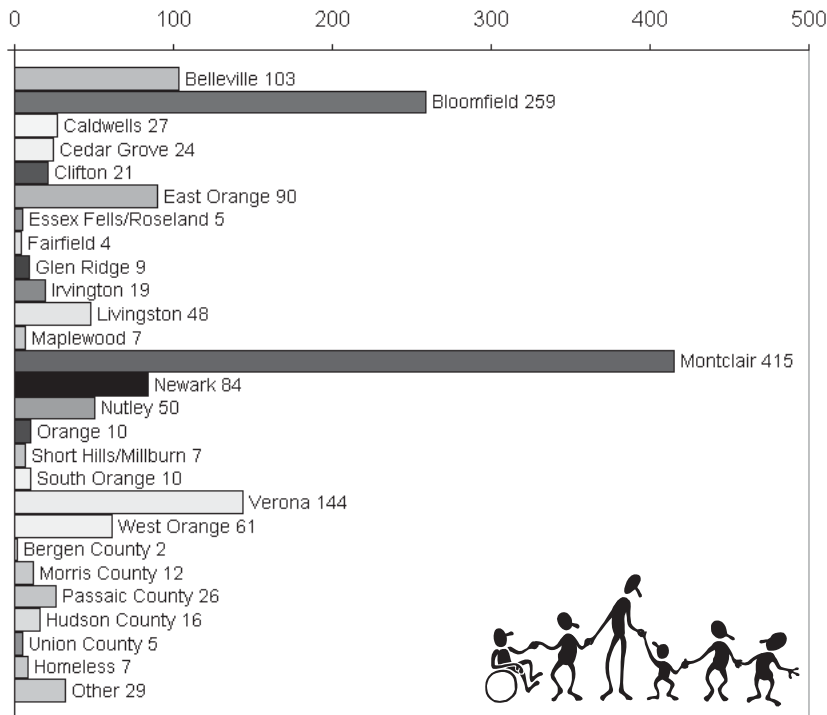
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Ways of Giving

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.

Our Clients

Men, women, and children from the following communities used COPE's services in 2005



COPE CELEBRATES A WONDERFUL LIFE

The COPE 2006 benefit is taking a new shape this year. On December 1, we will be gathering at the Papermill Playhouse for a theater production of *A Wonderful Life*. The play is a musical adaptation of the Frank Capra film "It's a Wonderful Life." The evening's festivities will begin at 6:00 P.M. with cocktails, a light dinner buffet, and an auction prior to the performance, which starts at 8:00 P.M.

Chairing this event for COPE are Janet Nevius, Jane Berry, and John Finney, who expect this to be another great event to benefit COPE. They note that the auction will be different from those in the past, with all new items.

So save the date! More information will be available soon. The Papermill Playhouse is located on Brookside Drive in Millburn, NJ.

Coming Up...

In our next issue, we will introduce you to Nancy Stone, our newest trustee.

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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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