



**Cope means Hope...**

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

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## Join us for A Night to Remember—The 11th Annual COPE Benefit November 17, 2007



*Jill Doelp and Joan Brandley  
Benefit Committee Co-Chairs*

*A Night to Remember*, COPE Center, Inc.'s 11th Annual COPE Benefit, will be held on November 17, 2007, at the Essex County Country Club in West Orange. Festivities begin at 7:00 p.m.

Under the leadership of Joan Brandley and her daughter, Jill Doelp, this year's benefit committee has planned a spectacular fun-filled evening with a variety of activities, all designed to provide entertainment for attendees. With a "Cruise" theme, food, drink, and merriment will be the course this COPE ship will be setting sail for on

this fall evening! Attendees can socialize during the cocktail hour, which will also provide time for browsing the Silent Auction items to be awarded at the end of the night. In addition, a "Live" Auction of several items should create some excitement as people bid aloud for some most treasured prizes. And, to add to the fun, a professional group will be on board to run a "Casino Night" activity for the guests, with the payout in the form of tickets for a "Ticket Auction," where prizes will be awarded by the luck of the draw!

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## Caring Counselors Give Hope at COPE's Substance Abuse Program: Part 2

Martin Luther King said, "If you lose hope, somehow you lose the vitality that keeps life moving, you lose that courage to be, that quality that helps you go on in spite of it all." Where can you find hope? How can you replace it if, in fact, it is lost? Hope, which is defined by the dictionary as, "the feeling that what is wanted can be had or that events will turn out well," is not a tangible product for sale at your favorite mall. And yet, five evenings a week, Monday through Friday, people come to COPE's Substance Abuse Program searching for hope through their course of treatment and group therapy sessions.

Rose Maire, Clinical Supervisor of the counseling staff, observes, "Clients come to you wounded, in a lot of pain. They may feel hopeless, not sure that their life can change. They don't know how to change their lives." And yet, when many of these very same clients successfully complete their treatments, Rose Maire and the six

counselors working in the Substance Abuse Program see people given hope. They see lives get better. The providers of this product called hope are the Substance Abuse Counselors. "Professionally, these counselors," Maire states, "are among the most caring and committed people I have ever worked with."

In the previous issue of this newsletter, three of COPE's Substance Abuse Counselors, James Tilghman, Cathi Scandrlick, and Cathie Feenie, and their programs were highlighted. In this installment, we will look at the remaining three counselors and their programs.

Barbara Wofsy works with the Adult MICA (Mental Illness Chemically Addicted) Group on Tuesday evenings from 5:30 to 7:00. These clients have a dual diagnosis, are generally on medication, and need to develop life skills to manage their day-to-day social and emotional tasks necessary for daily living. Wofsy helps

clients discover how to affiliate themselves with a positive network of support. She is gratified to be a "change agent" and to witness improved areas of functioning with individuals who have felt too emotionally paralyzed to consider possibilities in their lives.

Randy Robinson can be found facilitating the Relapse Prevention Group on Friday evenings. The clients have had prior exposure and prior treatment experience. They are referred back so that they can do it differently this time. There is a nucleus of people who are there, and each talks about his own experience in learning not to use. One person helps another. Robinson finds it rewarding to be there and to be instrumental in another person's life, particularly when you see them get themselves back together—financially, in being able to drive again, and with their family. Robinson adds, "Some stop by to thank you."

*...continued on page 2*

## Presidents Message



**Peter M. Rooney**  
President

Dear Friends of Cope,

We look forward to seeing you at our upcoming Benefit dinner on Saturday night November 17th. Come join us for a night of fun where we'll be cruising on the SS COPE at the Essex County Country Club.

Our Benefit Committee has planned for a night of dancing and entertaining activities with dinner served from a variety of stations and open seating. There will be a silent auction, a short live auction, and "casino-night" section with professional dealers, etc. I would like to thank our co-chairs Joan Brandley and Jill Doelp for their extensive efforts. It should be a wonderful evening, as they have considered your preferences and how to best deliver them for many months now. Thanks also to all the committee members involved, particularly to those of you who have recently joined the group.

Our building project will be complete in March of 2008, as there have been delays in getting the structural issues resolved. We will plan a grand reopening to showcase this state-of-the-art facility. In the meantime, we continue to provide services to about 2800 clients from three temporary locations. Our expenses are nearly three times the normal amount, so we need your support more than ever before.

Finally, I would like to welcome our new Board members Patsy Kolbe from Essex Fells and Brenda Yearwood-Stone from Montclair.

So, the S.O.S. signal is sent out to all of you. Please come and support the important work we do for the community and have a great time. We hope to see you there.

Thanks for your continuing interest in COPE Center.

Sincerely,

*Peter Rooney*

President, Board of Trustees

## Caring Counselors Give Hope... cont'd from pg 1



**Francis Parker**

When the substance abuser is an adolescent, Francis Parker is the counselor. Parker has a passion for what he does, and what he does is educate kids. Adolescents meet on Tuesday and Friday afternoons between 4:30 and 6:00. Dealing with adolescents differs in format from the adult group because their needs are different. They need structure and they need to vary the dialogue. Francis creates all his material so that he can help the young adults in his charge see how they can fit in dealing with "the everyday stuff" of their lives. Each session is a different topic and is accompanied by a questionnaire to direct their thinking. On

Tuesday he brings up a topic and on Friday he tests them on how they fared, and likewise on Monday about the weekend. One program he created, which he calls Getting Trapped, is based on a picture of a man inside a bottle of alcohol. The point is that along with the alcohol, there is a lot of other stuff in that bottle, including poor grades, jail, and drunk driving.

Parker's message to the kids is, "Listen to each other and learn from each other. Learn that you can get help and learn from one another." Parker enjoys working with the kids and to "...see them change their life around—they can live a drug-free lifestyle."

One of the ironies of substance abuse is that you abuse a substance to make your problems go away, to take you out of the reality show of your life. And yet, it is that addiction that

brings you down and creates more problems. The irony is that only when you learn how to live substance free can your life really begin. It is that hope for the future that COPE's counselors bring to the clients at COPE Center.

Each of the counselors was hand-picked by Rose Maire. "I've known all of the counselors in the Substance Abuse Program for years." The counselors put their emotions on the side to be there for the clients, and Rose is then there for the counselors in their time of need. It is this generosity of spirit, this mutual respect, this confluence of compassion and caring that moves from Clinical Supervisor, to counselors, to clients, that gives one the courage to be. This is the quality that helps you go on in spite of it all. This is HOPE—and you can find it at COPE's Substance Abuse Program.

**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 2007 (list may be incomplete).

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*(These are in addition to those listed in the 2006 newsletters.)*  
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**COPE Benefit... cont'd from pg 1**

So as you can see, the committee has tried to provide something for everyone to enjoy. In addition, there will be live music throughout the evening, as well.

Tickets for the event are \$200 each. To order, send a check made out to COPE Center, Inc., for the total to COPE Center Inc., 60 South Fuller-

ton Avenue, Suite 206, Montclair, NJ 07042. Remember to include your name, address, and phone number, and a self-addressed stamped envelope, too.

We hope you will join us for an entertaining evening and participate in COPE's major fundraising event of the year.



*A group shot from last year's 10th Annual COPE Benefit at the Papermill Playhouse. It was definitely a "wonderful" evening. This year's 11th Annual Benefit will be "A Night to Remember," too!*

**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.

## What's New at COPE?

- SAVE THE DATE—2007 COPE Benefit to be held on November 17. See the article on page 1 for the details.
- COPE Web site is undergoing a redesign. Details about the newly designed site will be covered in the next issue.
- Grand reopening of COPE Headquarters is tentatively scheduled for March 2008.

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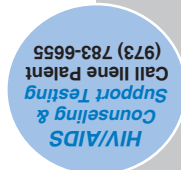


**COPE Center Inc.**  
 60 So Fullerton Avenue, Suite 206  
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*The mission of COPE Center, Inc. is to provide quality behavioral healthcare services that are affordable, accessible, and responsive to individual and community needs. COPE counselors work in the areas of substance abuse, family crises, problems in daily living, and AIDS.*

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