



Cope means Hope...

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

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COPE Center 2006 Benefit Committee

The COPE Center, Inc.'s Tenth Annual COPE Benefit, held on December 1, 2006 at the Paper Mill Playhouse production of "A Wonderful Life," was a great success. The event was a gala fundraising affair where sponsors, patrons, and other benefactors come out to support COPE and to enjoy an evening of socializing and entertainment. The group gathered at the Paper Mill's adjacent Carriage House Restaurant prior to the theater performance for a cocktail buffet and silent auction, which raised \$30,000 for COPE.

For more pictures from the COPE Center 2006 Benefit see page 3.



From left to right, COPE supporters Carol King of Roseland, Aubon Ames of Montclair, Patsy Kolbe and Kathy Rooney of Essex Fells, take a minute to pose with COPE 2006 Benefit co-chair, Jane Berry, of Roseland.



Attending the benefit from Montclair was John Finney, who serves on the COPE Board of Trustees as its secretary and was also a co-chair of the event.

Managing Your Anger So That It Doesn't Manage Your Life

Now you've done it! You hit someone in the face. Or maybe you threatened your spouse or parent or classmate or teacher—hit them, even—and with the yelling and the shouting, the screaming—well, police were called. "Go to anger-management classes," the judge said.

When the court mandates that you have to go to an anger-management program, the place to go is the COPE Center. Adolescents aged 13 through 17 attend 8 mandated group-therapy sessions to complete their program under the leadership of Francis Parker.

Vinny Viglione is the lead counselor for the COPE Center's 13-week Adult Anger-Management Program, which meets for an hour a half on Tuesday evenings starting at 6:00 p.m.

Both programs work on rolling admissions so that each client referred to the program may attend and partici-

pate in the requisite number of mandated sessions. At any given time there can be people at different levels within the group. Each meeting addresses different concepts, and each concept stands on its own. In this way clients can feel comfortable at every meeting.

What is Anger Management?

"The Anger-Management Program raises the level of awareness of clients and teaches them how to utilize coping strategies," Viglione explains. "For every activating event, there is a reaction and there are consequences to the reaction. The Anger-Management Program helps each group member understand that continuum."

How does group therapy work?

Initially, the adults don't want to be in any program. They feel as if they are

victims of the system. Vinny Viglione meets with and assesses each client before the group sessions. He hears their stories and explains to them what to expect once they come to the group session. Clients learn to respect one another, maintain confidentiality, and share from the "I" position. At first, a client may feel reluctant to share his or her story, but as trust for the group develops, the comfort level rises and members share their history. Group counseling sessions work well because clients get to know each other, identify with one another, appreciate each other, get feed back about their individual circumstances, and counsel each other. They develop a cohesive support group. Viglione says, "That is a great dynamic to watch over time."

...continued on page 2

Presidents Message



Peter M. Rooney
President

Dear Friends of COPE Center:

On behalf of the Board of Trustees, thanks for your continuing support of this worthy cause. As you must appreciate, COPE Center, Inc. plays a vital role in helping the less fortunate in our community to deal with the consequences of substance abuse and addiction.

According to a recent Wall Street Journal article, entitled "The Case for Alcoholics Anonymous," "...for those who attended A.A. following professional treatment, the three year abstinence rate doubled to more than 50%."

Our counselors give patients a chance to speak in private, and allow for the diagnosis of coexisting disorders, such as depression and anxiety, which are common in alcoholics, particularly women. Our clients who attend A.A. or similar 12-step programs afterward

have the best possible chance of overcoming alcoholism and drug addiction. Their futures and our community's welfare are at stake.

As you may know, our building at 104 Bloomfield Avenue suffered a partial collapse last year. The entire building had to be deconstructed and rebuilt. In the end it is planned to have a first-class center with individual counseling rooms as well as group therapy facilities. The new building will also enable us to realize some operating efficiencies by consolidating all of COPE's service activities and administrative functions in one location (currently at three sites).

The total cost of repair and renovation is \$985,500, and over \$532,000 has been raised, leaving approximately \$450,000 to cover the full project. We are in the midst of a Capital Campaign to raise these funds. Thanks to those of you who have given or are

considering a pledge. We would also like to thank Valley National Bank, our new financial partner, who has graciously extended us the credit needed to complete our project.

The members of the COPE Board of Trustees collectively have pledged over \$90,000 to this capital campaign. As a friend of COPE, we know that you are very community minded. We are most hopeful that you can appreciate the need and will assist us in this very important project.

If you have any questions please call our Executive Director, Sue Seidenfeld, at 973-783-6659 or visit us online www.cope-center.net. I thank you for your thoughtful consideration.

Peter M. Rooney
Board President

COPE Toner Cartridge Recycling Program Update

The Essex County Sheriff's Department is now saving its empty toner cartridges to benefit the COPE Center. In January, we received dozens of empty laser cartridges from the county to be recycled through our new cartridge recycling program, which was very exciting. And, since the Sheriff's Department has expressed an interest in continuing to recycle its cartridges to benefit COPE, in February, we set up a process for the empty cartridges to be shipped directly to the

recycling facility from the Department's offices.

Designed specifically to help nonprofit organizations like COPE create an ongoing revenue stream, this recycling program turns empty name-brand laser and ink-jet printer cartridges, such as HP, Lexmark, Canon, Brother, and Dell, into cash for COPE. And the best part is, there is no cost to COPE or to the companies that want to recycle for us...all shipping costs are prepaid by the recycling vendor.

So, when you change your toner cartridge, please save your empty cartridges for COPE.

Empty cartridges may be dropped off 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 or work for a large company in the area and would like to collect cartridges for COPE at your workplace, please call 973-239-6137 (ask for Peggy) for more information.

(Managing Your Anger... cont'd from pg 1)

Each session begins with a *Check-in Procedure* relative to the Anger Meter concept and clients share their life experience since the last session. Clients learn that anger is an emotion and the Anger Meter rates that emotion by degrees starting from total calm up to out-of-control rage. At Check-in, the client states what degree he or she reached on the meter and how quickly it was reached. As a weekly procedure, clients see their progress, learn how this has impacted on their lives, and counsel one another about handling situations.

Following the weekly check-in, session concepts include:

- ✓ Anger Triggers and Cues
- ✓ 10 Commandments of Anger Management
- ✓ Self-talk
- ✓ The Aggression Cycle
- ✓ The Fear/Anger Connection
- ✓ Assertive versus Aggressive Behaviors

- ✓ The Conflict Resolution Model
- ✓ Hot Button Issues
- ✓ Anger and the Family
- ✓ Forgiveness

Viglione comments: "Everyone who has completed the program walks away with something. All come away with a better understanding of the process."

This holds true for the Adolescent Anger-Management Program as well. The group dynamics and techniques that Francis Parker uses for the young adults in his groups are similar in concept to Viglione's but are age appropriate. Instead of the *Check-in Procedure*, Parker has The 24-Hour Plan. Each young adult keeps a journal to record his or her emotions and reactions. Parker applauds each step the adolescent takes, always emphasizing the positive—even the smallest accomplishment.

Parker explains that the COPE Center's program works because "there is a genuine understanding" and acceptance of the kids for who they are at that point in their lives. Parker elaborates: "We accept them for who they are. We reach them where they are at that point. Then we can work with them on who they can become by providing a good atmosphere. The kids can drop their guard and then feel comfortable, relaxed, and talk freely."

Francis Parker makes sure that the kids in the Adolescent Anger-Management Program understand that "when you hurt a person, you hurt yourself even more."

Now, that is a lesson we can all manage to learn.

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).

COPE 2007 Donations

Central Presbyterian Church Mr. & Mrs. Michael
Mr. & Mrs. Tom Cherry O'Connor
The Montclair Foundation The Turrell Foundation
The Donald and Emily Mulford Fund

**COPE 2007 Donations
In Memory of David Brandley**

(These are in addition to those listed in the previous newsletter.)

Mr. Thomas H. Kaim

**COPE 2007 Donations
In Memory of Tom Grady**

Patricia Bloodgood Gail R. Marentette
Joan Brandley Eileen Metaxotos
Jeanne N. Eckholdt Judith Nemsick
Patricia Green Tierney's Tavern

**COPE 2007 Donations
In Memory of William K. Kolbe**

(These are in addition to those listed in the previous newsletter.)

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COPE Capital Campaign Donations

\$50,000
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\$5,000-\$9,999
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Mr. & Mrs. Peter Rooney

Up to \$999
Mr. Richard L. Anderson

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.

More pictures from the COPE Center 2006 Benefit.



Attending the benefit from North Caldwell were Gina Garrubbo (left) with her sister (and COPE trustee) Anita Johnson.



Shown here are COPE supporter, Kathy Rooney (left) of Essex Fells, with West Orange resident and COPE's executive director, Sue A. Seidenfeld.



Shown here enjoying the event are COPE supporters, from left to right, Susan Tornello and her mother, Elizabeth "Jackie" Enright, both of Succasunna, with Rosanna Imbriano, of RI Consulting, and Donna Thompson, of dtEnterprises, both of Cedar Grove.



From left to right, Ann Campbell, of Montclair; her daughter, Debra Bungerz, of Westfield; enjoy the event with Jill Doelp, of Essex Fells, and Joan Brandley (Caldwell), a COPE trustee.



Essex Fells residents Jill Doelp (left) and Janet Nevius (right), who is a COPE trustee, enjoy a moment with COPE Advisory Board member, Jane Berry, of Roseland. Berry was co-chair of the event.

COPE Center Chosen as Outstanding Nonprofit Organization by NECC

The North Essex Chamber of Commerce (NECC) has designated COPE Center as a recipient of their prestigious award for Outstanding Nonprofit Organization. Sue Seidenfeld, COPE executive director, and Peter M. Rooney, COPE Board of Trustees president, will accept the award on behalf of COPE at the NECC Awards and Leadership Banquet on May 16, 2007 at the Montclair

Golf Club in West Orange, New Jersey.

Each year the NECC publicly recognizes and awards those individuals and businesses that generously give their time, talents, and energy to improve and enhance the community in which they live and work. COPE Center is honored to be among the distinguished recipients of this award.

NECC Awards and Leadership Banquet will

take place on May 16, 2007 at 5:30 P.M. at Montclair Golf Club in West Orange, New Jersey. The cost is \$95 per person. If you would like to attend the dinner to support COPE Center as we accept this award, please send a check, payable to the NECC, to NECC, 3 Fairfield Avenue, West Caldwell, NJ 07006, no later than May 1.

COPE Center, Inc. Board of Trustees 2006-2007

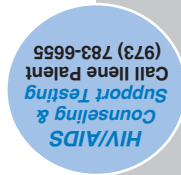
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The mission of COPE Center, Inc. is to provide quality behavioral healthcare services that are affordable, accessible, and responsive to individual and community needs. COPE counselors work in the areas of substance abuse, family crises, problems in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

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