



Cope means Hope...

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

C
O
P
E

COPE Center Receives Outstanding Nonprofit Organization Award from the North Essex Chamber of Commerce

The North Essex Chamber of Commerce (NECC) honored COPE Center with its prestigious award for Outstanding Nonprofit Organization at the NECC Annual Awards and Leadership Banquet held on May 16, at the Montclair Golf Club in West Orange, New Jersey. Sue Seidenfeld, COPE executive director, and Peter M. Rooney, COPE Board of Trustees president, accepted the award on behalf of COPE.



NECC members Rhonda Bassat-Rivera (far left) and Holly Kaplansky (far right) congratulate Sue Seidenfeld, COPE executive director, and Peter M. Rooney, COPE Board of Trustees president, after presenting COPE with the North Essex Chamber of Commerce Award for Outstanding Nonprofit Organization at the NECC Annual Awards and Leadership Banquet held on May 16, 2007, at the Montclair Golf Club in West Orange.

Caring Counselors Give Hope at COPE's Substance Abuse Program: Part 1

Substance abuse. Not a day goes by that we don't hear or read those words in the media. It could be about a celebrity, a socialite, a sports figure, the high school student in your neighborhood, or the man or woman next door. Across all social lines, the problem remains the same—someone has either just started to experience negative consequences from alcohol and/or drug use, or has a continuing serious problem with them. Next, we hear that so-and-so is entering a rehabilitation facility or "undergoing treatment" for his/her addiction. Curious, we wonder where that person went for help, and how his or her life could be restored.

COPE Center's services allow the individual to live and work in the community while seeking treatment. COPE takes into account "the individual's physical, psychosocial, and social resources so that the lowest possible level of care is used. In this way, clients can remain in the community while undergoing treatment."

How are lives transformed? At COPE the answer is obvious—the "C" in COPE stands for counseling, and that means counselors. The six licensed and/or certified therapists in COPE's Substance Abuse Program, under the guidance and leadership of Rose Maire, are the keys to the program's success. Their expertise covers a wide range of specialization in drug and alcohol abuse treatment. Although each counselor meets with a different group of clients, the counselors work together as a team. Clients may attend three or four times a week and see several counselors during their course of treatment. COPE's "multidisciplinary treatment team believes that recovery requires physical, psychological, and spiritual rehabilitation to restore an individual to a meaningful and productive life. Our experience has convinced us that abstinence and recovery are achieved through a combination of proven treatment methods and the fellowship of self-help meetings." Individual

counseling is available for the clients, but the crux of the recovery system is the group therapy sessions.

In this issue, we will look at three of COPE's Substance Abuse Counselors and their programs, and view the balance of the program and counselors in the next installment.

Monday evenings, between 5:30 and 8:00, James Tilghman leads the Men's Substance Abuse group. Topics include, relapse, recovery, triggers, coping skills, and anger. Because this is a gender-specific group, men have the opportunity to share with each other without the hesitation they experience in cogender groups. There are no façades, no masks, and no women to impress. They can discuss their present lives and open up about their sexuality and relationships. While the men help one another, Tilghman says, "I learn from them. Every day is a learning experience. I learn from their triumphs and failures alike."

...continued on page 2

Executive Director's Message



2007 has been an exciting year for COPE thus far. The Capital Campaign to raise money for the renovation of our headquarters totals \$137,197.00 in donations and pledges as of July 15. On behalf of COPE, I thank all the donors for their generous contributions. We would not be able to complete this project without your help.

We are continuing to receive a good amount of publicity in the local newspapers about COPE events, services, and news thanks to our marketing initiative. And, our newsletter's informative articles keep our supporters, clients, and colleagues informed about COPE's services and activi-

ties. In this issue, note that the clinical article, "Caring Counselors Give Hope at COPE's Substance Abuse Program" is the first part of a two-part piece about our substance abuse counselors and how the program works. Half of the team will be covered in this issue, and the fall issue will feature the other half. Read with interest about these dedicated individuals who put their hearts and experience into dealing with every COPE client. An update on the printer-cartridge recycling program, initial plans for our 2007 fall benefit, and a graph displaying where our services were rendered throughout 2006 are also included in this issue. We served

approximately 2800 individuals last year; that's 1300 more than in the prior year.

With the new fiscal year beginning on July 1, I welcome the officers on our 2007-2008 COPE Board of Trustees: Peter Rooney, president; Roger Nelson, Esq., vice president; William Bloom, second vice president; John Finney, secretary; and Steward Campbell, treasurer. Thank you for willingness to serve our organization in such an important position.

If you have any questions about COPE, please contact me at sseldenfeld@copecenter.net or 973-783-6659.

Sue Seidenfeld
Executive Director

Turn Cartridges into Cash for COPE: COPE Needs Your Empty Toner Cartridges



Shown here are Sue Seidenfeld (left), COPE executive director, and Peggy King, COPE's Verona office manager, with their latest collection of used printer toner cartridges, which are being collected as part of COPE's Cartridge Recycling Program to raise money for the Center's behavioral health-care programs.

Designed specifically to help nonprofit organizations like COPE create an ongoing revenue stream with little effort, 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 COPE...all shipping costs are

prepaid by the recycling vendor.

So, when you change your toner cartridge, please save your empty cartridges for COPE. If you sit on a board or work for a large company, consider finding out what they do with their cartridges. We'll be happy to coordinate with any company for onsite collection of their cartridges to benefit 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.

(Caring Counselors Give Hope... cont'd from pg 1)

James Tilghman also leads two other groups—the Recovery group on Wednesdays, which is strictly about recovery, education, concepts to understanding addiction, precursors to relapse, and how to prevent relapse, and the Substance Abuse (cogender) group on Thursdays. About the group experience, Tilghman comments, "New people learn from the veterans. It is the power of the group—people feed off one another." Tilghman is glad to be there "...to see people there talking, helping them help one another."



Catherine Scandrick

Also meeting Monday evening is the Women's Substance Abuse group led by Cathi Scandrick. Like the men's group, this gender-specific group allows the women to feel comfortable discussing their sexuality and family issues in

a safe place. Some women feel alone and have limited information about dealing with the different systems and how to get different benefits. Women help women by supporting one another with understanding, information, and help by teaching the uninitiated that you need patience to navigate the system. Being together in this setting helps the women form a close-knit group, and friendships develop.

Scandrick views these women as courageous. "Even though some women are referred and have to attend or suffer the consequences, they make a decision to come every time they attend. This requires courage, especially when they have to come three times a week [to other meetings]." Cathi Scandrick finds her work rewarding because "it is reassuring that the whole system and education does work. I enjoy the women of different backgrounds. These are the greatest women I have ever met."

Cathi Feenie works with the Early Recovery group on Wednesdays and occasionally substitutes for Cathi Scandrick on Mondays. Feenie sees herself as a facilitator who helps people who are first learning to cope with life without substances talk about the issues they face. Many clients have been in programs before. This program works because, Feenie says, "It's a shared experience, not judgmental. Clients know it's confidential so there's a lot of honesty. I model for them and they model for each other." Feenie remarks, "You see miracles in front of you—slowly, but they do happen."

A miracle is defined as "an extraordinary occurrence that surpasses all human powers." Many clients who come to COPE at the lowest point in their lives, devoid of hope for their future, come to believe that COPE's counselors and Substance Abuse Program are indeed their personal miracle workers.

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

Mr. Peter F. Benedict Central Presbyterian Church Mr. & Mrs. Tom Cherry The Montclair Foundation The Donald and Emily Mulford Fund	Mr. & Mrs. Michael O'Connor Rotary Club of Montclair Mrs. Nancy Stone The Turrell Foundation
--	---

COPE 2007 Donations In Memory of David Brandley

(These are in addition to those listed in the 2006 newsletters.)
Mr. Thomas H. Kaim

COPE 2007 Donations In Memory of Eileen Clark and Marilyn Powers

Mrs. Joan Brandley

COPE 2007 Donations In Memory of Tom Grady

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

COPE 2007 Donations In Memory of William K. Kolbe

(These are in addition to those listed in the 2006 newsletters.)

Mr. & Mrs. R. Norton Babson Mr. & Mrs. Doug Bittner Mrs. Susanne E. Bogart Mrs. Gail Bradley Mrs. Joan C. Brandley Mr. & Mrs. Robert L. Brightman Mr. & Mrs. Steven H. Brose Mr. & Mrs. Robert C. Butler Mr. & Mrs. Gray Bryan Mr. Nello P. Canellopoulos Mr. Paul Canellopoulos Mr. Takis P. Canellopoulos Ms. Dorothy Chaffee Ms. Ann D. Curtin Mr. & Mrs. James G. Crowther Mr. Raymond F. Dacek Mr. & Mrs. Robert D'Alessandro Michael K. or Lois Deenihan Mrs. Marilyn T. Dodd Ms. Corianne F. Driver Mr. & Mrs. Jeffery Eastman Mr. & Mrs. Ray G. Ellis Mr. & Mrs. Moore Gates, Jr.	Mrs. Helen M. Geysler Mr. & Mrs. Peter Green Mrs. Murielle B. Hester Mr. & Mrs. Ted Irwin Mr. & Mrs. Alex G. Iskenderian Mr. & Mrs. John Kelly Ms. Elizabeth G. Kenny Ms. Carol A. King Ms. Elizabeth E. King Mr. & Mrs. James King Mrs. Patricia Kolbe Mrs. Betty H. Lamborn Mr. & Mrs. William J. Le Buhn Mr. & Mrs. Raymond M. Lesczynski Mr. & Mrs. John E. MacKenty Ms. Gail Marentette Mr. & Mrs. W. Thomas Margetts Mrs. Jean B. Marquardt Mr. & Mrs. Bernard J. Martin Mr. James F. Mauze Mr. Patrick McGstoker Mrs. Helen N. McLendon	Mrs. Eleanor A. Meyer Mr. & Mrs. John V. Mohn Mr. & Mrs. R. Foster Nevius Mrs. Joan F. Nickenig Mr. Henry G. Parker III Mrs. Florence L. Peters Mr. & Mrs. Peter M. Rooney Mr. & Mrs. Arthur V. Savage Mr. & Mrs. Laurence Schiffenhaus Mr. & Mrs. John H. Smith Mr. & Mrs. James G. Stier Mr. & Mrs. Robert W. Stone Mr. H. Carl Sturcke Dr. & Mrs. Allison D. Teaze Mr. J. Anthony Terrell Thelen Reid & Priest, LLP Mr. Robert T. Tiernan Mr. & Mrs. Wallace F. Tillman Vail Resorts - Ms. Amy Damon Vail Resorts Mr. & Mrs. Richard L. Williams Mr. & Mrs. Robert B. Williams
---	---	--

COPE Capital Campaign Donations

\$50,000
The Helm Foundation

\$25,000-\$49,999
Mr. & Mrs. Robert Butler

\$10,000-\$24,999
Mr. & Mrs. William Bloom
Mr. & Mrs. Stewart Campbell
Mr. & Mrs. Martin Garvey
The Hyde and Watson Foundation
Mr. & Mrs. Theodore Irwin
United Way North Essex
Mr. John C. Whitehead, Whitehead Foundation

\$5,000-\$9,999
Mr. & Mrs. Tom Cherry
Mr. & Mrs. Roger Nelson

Mr. & Mrs. R. Foster Nevius
Mr. & Mrs. Peter Rooney
Mr. & Mrs. Roy Smith

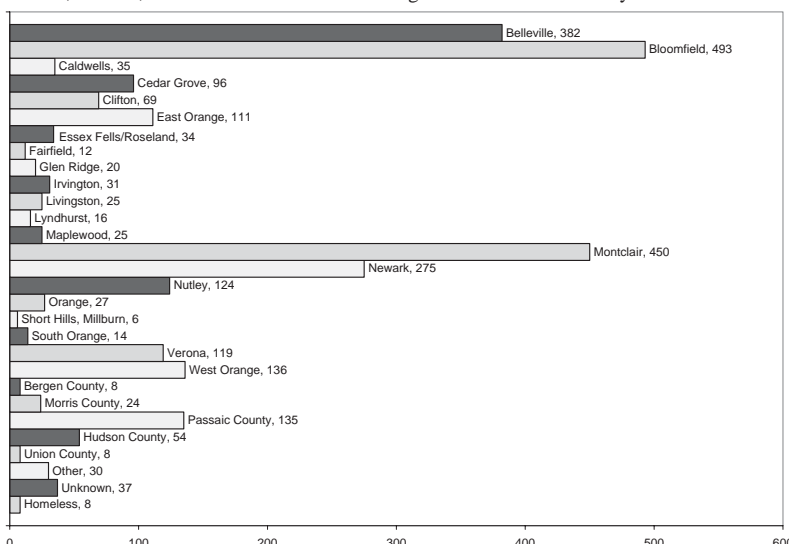
\$1,000-\$4,999
Berkowitz Family Foundation
Mr. & Mrs. Hartley Bingham, Jr.
Mr. & Mrs. Robert Constable
Mr. & Mrs. David Crowell
Douglas & Wyndham Eberle
The Finney Foundation
Mr. Wilton A. Hawkins
Mrs. Patricia C. Kolbe
Mr. & Mrs. Stephen Lindo
Mr. & Mrs. Francis Rooney, Jr.
Mr. & Mrs. Lawrence Schiffenhaus
Mr. & Mrs. Stanton Weissenborn
D. Williams

Up to \$999
Mr. Richard L. Anderson
Mr. & Mrs. William Arnold
Mr. & Mrs. Scott Bartlett
Ms. Jennifer Beatty
Ms. Ruth G. Bedford
Mr. Joseph D. Bell, Jr.
Mr. & Mrs. Copeland Bertsche
Mrs. Joan Brandley
Mr. & Mrs. Thomas Butler
Mr. & Mrs. John Cannell
Mr. & Mrs. Richard Connor
D'Alessandro Family Gift Fund
Ms. Emer Featherstone
Mr. & Mrs. James Ferguson
Mrs. Russell Graham
Mr. John Harin, Younique Fitness LLC
Mr. Stanley Hollander, M.D., P.A.
Mr. & Mrs. George P. Jenkins
Mr. & Mrs. Christopher Johnson

Mr. & Mrs. Reed Jones
Mr. & Mrs. Richard Makin
Mr. & Mrs. Robert Manns
Mrs. Ward Miller
Mr. & Mrs. John V. Mohn
Mr. & Mrs. John O'Donnell
Mr. & Mrs. Peter Perretti
Prout Funeral Home
Mr. & Mrs. Lloyd Provost
Mr. & Mrs. Lawrence F. Reilly
Dr. & Mrs. Gary Rombough
Mr. & Mrs. Myles Sachs
Mrs. Jerome Shelby
Mr. & Mrs. Brian Sterling
Mrs. Nancy Stone
Mr. & Mrs. William Treene
Mr. & Mrs. Christopher G. Turner
Mr. & Mrs. Donald Ullmann
Mr. & Mrs. James Watt
Mr. & Mrs. John Weisel

2804 Individuals Served by COPE in 2006

Men, women, and children from the following areas were counseled by COPE in 2006.



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.



Save the Date: A Night to Remember—The 11th Annual COPE Benefit November 17, 2007



A Night to Remember, COPE Center, Inc.'s 11th Annual COPE Benefit, is being planned for November 17, 2007. Please mark your calendars to save the date for this spectacular annual event.

This year's benefit committee is hard at work planning every last detail. Committee members shown above include, from left to right, 1st row: Jane

Berry, Miriam Irwin, Patsy Kolbe, and Kathy Rooney; 2nd row: Jackie Savarese, Ann Campbell, Jill Abbot, Joan Brandley, Jane Redmond, and Jill Doelp. Committee members missing from photo include Jody James, Elaine D'Avella, Bonnie Post, Terri Minish, Penny Finkle, and Kristine O'Connor.

COPE Center, Inc. Board of Trustees 2007-2008

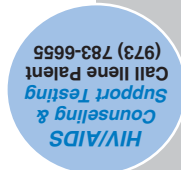
Officers	Board of Trustees	Advisory Board
<p>President Peter M. Rooney</p> <p>Vice President Roger Nelson, Esq.</p> <p>Second Vice President William Bloom</p> <p>Secretary John Finney</p> <p>Treasurer Stewart Campbell</p>	<p>Joan Brandley Robert C. Butler Tom Cherry Janet Dryden Nevius Martin Garvey Richard Hatzembuhler Robert Prout Brenda Yearwood Stone Nancy Stone</p> <p>Executive Director Sue A. Seidenfeld, M.S., LCADC</p> <p><i>Director of Clinical Services</i> Rose Maire, M.A., LCADC, C.C.S.</p>	<p><i>Agency Manager</i> Keshia Marshall Sumner</p> <p><i>Office Manager (Verona)</i> Peggy King</p> <p><i>Administrative Assistant</i> Zakkiyyah Williams</p> <p><i>Bookkeeper</i> Kathy Fess</p> <p><i>Psychiatrist</i> Esha Khoshnu, M.D.</p> <p>Nancy C. Wells Carmen & Yogi Berra Dick & Jane Berry Helen Breen Timothy R. Cutting Grace DePaola Constance DuHamel Jeffery Eastman Elizabeth Enright Mrs. Floyd Hall Teddy D. Hawkins John Helm Ted & Miriam Irwin Patricia Marchese Elizabeth and Robert Skinner Jane Stanton Judith and William H. Turner</p>

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
94 Park Street
Montclair, NJ 07042
973-783-6655

COPE Center of Verona
30 Gould Street
Verona, NJ 07044
973-239-6137

email: info@copecenter.net
www.copecenter.net



COPE Center Inc.
60 So Fullerton Avenue, Suite 206
Montclair, NJ 07042



Non-Profit Org.
U.S. Postage
PAID
Montclair, NJ
Permit No. 35