



update

Summer 2008

COPE Board Elects Roger Nelson as President



Roger Nelson, Esq., a semiretired attorney from Verona, has been elected as president of the COPE Center Board of Trustees. He has held the position of vice president for the past two years, and prior to that, he served as counsel to the board.

No stranger to community service and volunteerism, Nelson served on the board of the Senior Care and Activities Center for many years and has also been on the transportation team of the Montclair–Glen Ridge–Nutley Red Cross. When Nelson lived in Glen Ridge, he held elected positions as a member of the Board of Education and also as a councilman. Additionally, he volunteered as an attorney for both the Zoning Board of Adjustment and the Planning Board.

Nelson is a graduate of Glen Ridge High School and Wesleyan University. He earned his law degree from Cornell University Law School. He and his wife, Lila, have four daughters and ten grandchildren.

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

C
O
P
E



www.copecenter.net

Coping with a DWI



Robert High

Right now, at this very moment, someone, somewhere, is looking for their car keys. We who inhabit the suburbs drive almost everywhere. Whether it be to pick up a gallon of milk, drop the kids off at soccer practice, pick up children from karate or ballet, attend meetings, go to school, buy groceries, or visit grandparents, the car is the favored mode of transportation. In fact, there are those who swear that they just about live in their automobiles. Now imagine if your driver's license were suspended, not for a day, or for a week, but for 6 months or more! That can happen if you are convicted of Drinking While Intoxicated (DWI) or Driving Under the Influence (DUI).

New Jersey laws (N.J.S.A. 39:4-50) regarding those convicted of either DWI or DUI are among the toughest in the nation. The very specific rules of the New Jersey

Intoxicated Driver Resource Center Program (IDRC) state: "If you have been convicted of an alcohol or drug related traffic or boating offense in New Jersey, you must satisfy the requirements of the IDRC." In addition to various fines, license suspension, confinement, education, and evaluation, you will be referred for an evaluation and possible treatment. IDRC regulations say: "If you are referred to treatment, it will be for a minimum of 16 weeks." They continue, with emphasis, "**You must complete treatment** [IDRC bolds the letters] as part of your sentence." The recommended treatment may consist of a series of alcohol education groups through an intensive outpatient program. If you are referred for follow-up treatment, and are lucky enough to come to COPE Center, you will meet Robert High.

Robert High, the clinician who coordinates the DWI Counseling Program, has been employed at COPE Center since 1994. He holds both a BSW and an MSW, and is completing work for his

LCADC (Licensed Alcohol and Drug Counselor). Bob High works on assessments, individual counseling, and on Tuesday evenings, at 6:30, he works with the DWI Group. The group is open-ended or revolving for people 18 and above. Each client must attend 16 weeks, with no big gaps in attendance (such as missing two sessions back to back). The rest of the week High does assessments for DWI clients so that their specific needs are met, and he also does individual counseling.

When DWI clients first come to COPE Center, they may be harboring a lot of anger and resentment. They don't want to be there. Many feel, "I just did what every one else does. Why do I have to be here?" Their sense of independence has been threatened. They have to wend their way to the treatment facility by means of public transportation or depend on others for rides because of license suspension.

...continued on page 2

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 2008 (list may be incomplete).

COPE 2008 Donations

<p style="text-align: center;">COPE 2008 Donations</p> <p>John G. Areson Trust Central Presbyterian Church, Montclair Community Foundation of NJ— Donald and Emily Mulford Fund Mrs. Kathleen Fess Mr. and Mrs. Richard Miller</p> <p>The Montclair Foundation Mr. Michael O'Connor St. Lukes Church Women Turrell Fund Washington Mutual Bank The John C. Whitehead Foundation</p>	<p style="text-align: center;">in Memory of Roberta Steiner</p> <p>Mr. and Mrs. William Arnold Mr. and Mrs. Robert Butler Mr. and Mrs. John R. Cannell Ms. MariYln T. Dodd Mr. and Mrs. Robert Constable Mrs. Constance Duhamel Mrs. Emer Featherstone Mr. and Mrs. Grant Gille Hudig Charitable Fund—Mr. and Mrs. J. Maurits Hudig Mr. and Mrs. Theodore Irwin</p> <p>Ms. Joyce R. Michaelson Ms. Mary Anne Miller The Montclair Foundation Mr. and Mrs. Edwin Nieder Renaissance House, Inc. Mrs. Sue Seidenfeld Mr. and Mrs. Richard A. Stanton Mr. and Mrs. William H. Turner Ms. Nancy Wells Mr. and Mrs. Lawrence Whitehouse</p>	
<p style="text-align: center;">in Memory of David Brandley</p> <p>Miss Dana Brandley Mr. and Mrs. David F. Brandley, Jr. Mrs. Joan Brandley</p> <p>Mr. and Mrs. Edward J. Cassidy IV Mr. and Mrs. Robert L. Doelp Mr. and Mrs. Michael O'Brien</p>		
<p style="text-align: center;">COPE Center Foundation, Inc., 2008 Donations</p> <p style="text-align: center;">Mr. Peter F. Benedict</p>	<p style="text-align: center;">in Memory of Clarice Nahum</p> <p style="text-align: center;">Mr. and Mrs. Gary Seidenfeld</p>	<p style="text-align: center;">in Memory of Jack Gilfillan</p> <p style="text-align: center;">Mr. and Mrs. Gary Seidenfeld</p>
<p style="text-align: center;">Clothing and Furniture Donations</p> <p>Mr. William T. Hughes, Ergo Computer Supplies Mr. and Mrs. Richard Miller</p> <p>Mr. Jerry Raymond and Datamation Systems, Inc.</p>	<p style="text-align: center;">in Memory of Teddy Hawkins</p> <p>Mr. and Mrs. Robert Butler Mr. and Mrs. Theodore Irwin</p> <p>Ms. Mary Anne Miller Mr. and Mrs. Richard A. Stanton</p>	

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.

(Coping with a DWI... cont'd from pg 1)

They have to allot more time for their trips, and also allow for time to go to mandatory AA (Alcoholics Anonymous) meetings. In fact, they are required to make a commitment to sobriety and remain alcohol and drug free for the duration of treatment. Each DWI client who enters the DWI Program is taking a life-changing step for the better, even if they don't initially recognize it as such.

COPE Center can ameliorate some of the problems because its location is easily accessible to public transportation, but there is still a sense of outrage at one's "bad luck" to be in this situation. High explains that, "Every single cycle I have to take at least a week to defuse the concept," that the State is responsible for what happened to the clients. High says that "There is a blurring of their responsibility." Responsibility for their actions is just what the clients have to learn. The multiple part group sessions also focus on recognizing alcohol as a drug and alcoholism as a disease. Alcoholism meets all the medical criteria for a disease

and, as part of the group sessions, the clients learn how alcohol affects them physically and emotionally. They discover why they turned to a substance for help or courage on life's journey and how that substance did little to bolster courage but encouraged dependence instead.

Those who struggle with addiction do not take the emotional and psychological steps necessary to progress in life. They become stuck in place. Addiction may interfere with finding one's sense of identity or self-image, or it may prevent someone from learning to make a personal commitment to another, such as a spouse, parent, or partner. Job performance and advancement as well as family relationships may also be negatively impacted. Through group discussions and varied activities, clients learn to identify their individual patterns of use and how to make life changes. They have to work through and resolve their issues, in order to move forward.

Each and every client puts themselves in

the program and has to meet certain specific criteria and be responsible for their actions. They learn how to act and react in situations, especially in business and social surroundings where alcohol is served. High asserts, "Now clients have to look at alcohol as a predator, a grizzly bear, or a great white shark. The first thing alcohol affects is judgement and using good judgement is the very best defense one can have against substance abuse. By acknowledging that fact and employing the learned coping skills, clients can navigate life's situations without alcohol."

When Robert High was asked how these once resentful people learned how to cope with and progress in life, he replied, "People can accomplish more than they think. There is no substitute for the resiliency of the human spirit."

At COPE Center's DWI Counseling Program clients learn that you can really enjoy your life without driving in the fast lane.

Report on the Capital Campaign

At the time we initiated the COPE Capital Campaign in 2007, we had a stated goal of \$450,000 to meet the total costs of restructuring the main counseling center on Bloomfield Avenue. We are most grateful for the generous response to our appeal.

In total, we have received over \$260,000 from individuals and private foundations. COPE also received additional support from the State of New Jersey. However, some unexpected construction delays were encountered that increased total project costs. We have also identified some additional needs not included in the original scope (e.g., \$35,000 in furnishings and computer equipment).

In summary, we are still about \$70,000 short of covering total costs. Therefore, we are continuing our efforts to raise capital funds so that COPE may resume regular operations in one location without the burden of a mortgage loan.

Our sincere thanks to all our patrons who supported this effort.

Robert C. Butler
Capital Campaign Chair

COPE Center Headquarters Reopens



On September 17, the COPE Center, Inc., will be celebrating the grand reopening of its headquarters and main counseling center located at 104 Bloomfield Avenue, Montclair, after a two-year reconstruction period.

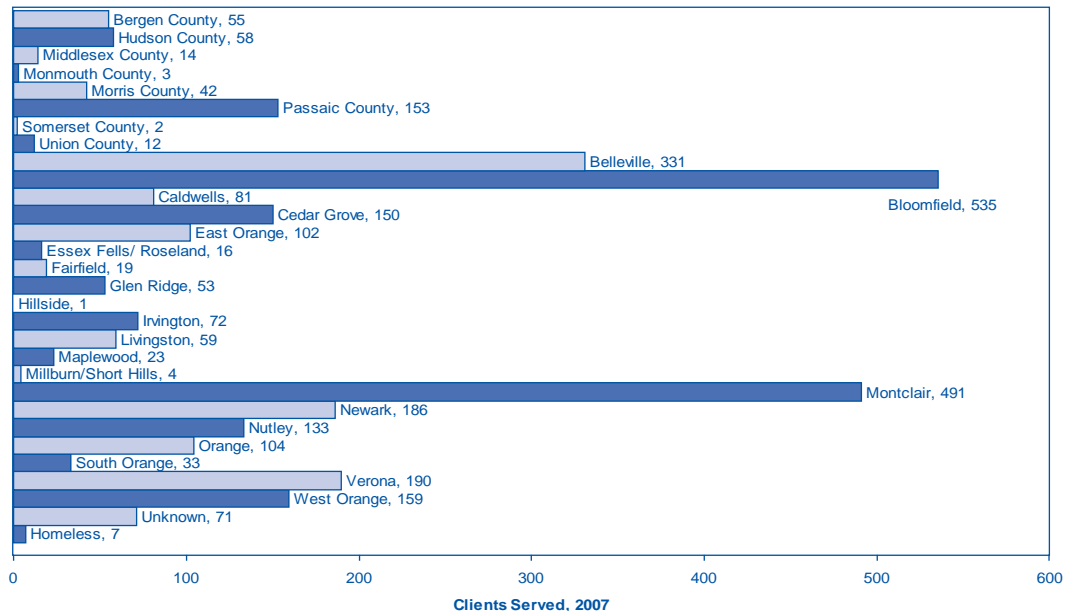
Invited guests will participate in grand reopening festivities that will take place from 4:30 to 7:30 P.M., with a ribbon-cutting ceremony at 5:30 P.M. COPE Capital Campaign donors will be recognized for their generosity and continued support throughout the construction phase. Refreshments will be served.

Shown outside COPE Headquarters at its June Board of Trustees meeting are (from left to right): Roger Nelson, board president; John Finney, secretary; Joan Brandley, trustee; Robert Butler, capital campaign chairman; Patricia Kolbe, trustee; Peter M. Rooney, immediate past president; Sue Seidenfeld, executive director; and Karen Carter, Tom Cherry, and Robert Prout, trustees.

COPE 2007 Demographics

In 2007, COPE served a total of 3159 individuals. Of that total, 2742 were from towns within Essex County and the remainder were from other counties across the state (78 of whom were either homeless or gave no address). That total is up from 2804 served in 2006 and 1494 in 2005. In prior years, there were 1517 served in 2004, 1509 in 2003, and 1455 in 2002. The chart below shows totals for each town within Essex County and totals for those served in other counties as well.

Essex County Municipalities and Other Counties



Save the Date

12th Annual COPE Benefit

Saturday, November 1, 2008, 7:00 P.M.

Plans for the 12th Annual COPE Benefit is in the works! Another fabulous and fun-filled Casino Night, at the Essex County Country Club in West Orange, is being planned by the Benefit Committee, chaired by Liz Irwin. Please mark your calendars to save the date of Saturday, November 1, 2008, for this COPE annual event.

The evening's festivities will include cocktails, dinner, live music, a Silent Auction, a Live Auction, and Casino Night activities that will result in some lucky prize winners.

The other Benefit Committee members are Jill Abbot, Jane Berry, Joan Brandley, Eileen Butler, Elaine D'Avella, Jill Doelp, Laurie Fusco, Miriam Irwin, Jody James, Patsy Kolbe, Kristine O'Connor, Alex O'Neill, Bonnie Post, Jane Redmond, Kathy Rooney, Mary Shearin, and Susan Smith.

Upcoming Events:

- Sept. 20** 100th Anniversary, Montclair State University
- Sept. 27** Cedar Grove Wellness Day Health Fair, at Cedar Grove Middle School, 10am–2pm
- Oct. 3** Essex County ASAP, at Mayfair Farms
- Oct. 3** Essex County Mental Health Legislation Breakfast, at Mayfair Farms



COPE Center, Inc. Board of Trustees 2008-2009

Officers

President

Roger M. Nelson, Esq.

Vice President

William Bloom

Second Vice President

Janet Dryden-Nevius, Ph.D.

Secretary

John Finney

Treasurer

Stewart Campbell

Board of Trustees

Joan Brandley
Robert C. Butler
Karen Carter
Tom Cherry
Richard Hatzembuhler
Patricia Kolbe
Robert Prout
Peter M. Rooney
Reese Stone

Executive Director

Sue A. Seidenfeld, M.S., LCADC

Director of Clinical Services

Rose Maire, M.A., LCADC, C.C.S.

Administrative Assistant

Helen Caso

Office Manager (Verona)

Peggy King

Receptionist

Patricia Townsend

Bookkeeper

Kathy Fess

Psychiatrist

Esha Khoshnu, M.D.

Advisory Board

Carmen & Yogi Berra
Dick & Jane Berry
Helen Breen
Timothy R. Cutting
Grace DePaola
Constance DuHamel
Jeffery Eastman
Elizabeth Enright
Mrs. Floyd Hall
John Helm
Ted & Miriam Irwin
Patricia Marchase
Elizabeth & Robert Skinner
Jane Stanton
Judith & William H. Turner
Nancy C. Wells

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

COPE Center Inc.
104 Bloomfield Avenue
Montclair, NJ 07042



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 Inc.
104 Bloomfield Avenue
Montclair, NJ 07042
973-783-6655
973-233-1396 (fax)

60 So. Fullerton Avenue
Suite 206
Montclair, NJ 07042
email:
info@copecenter.net
www.copecenter.net

**HIV/AIDS
Counseling**
Call Ilene Palant
(973) 783-6655