

**COPE Centers offer nicotine patches
as part of new smoking cessation program**

The COPE Centers of Verona and Montclair have announced a new program for their group participants. The Tobacco Cessation Program, with nicotine patches provided by the New Jersey State Tobacco Dependence Program, is being funded for COPE by Addiction Treatment Providers Management Services Network, Inc. of New Jersey (ATPMSN). Through this program, the COPE Centers are able to provide their substance-abuse clients with nicotine patches free of charge in addition to supportive counseling.

Tracie Sarkar, COPE admissions coordinator, explains that smokers are abusers of nicotine and, as with any other addiction, the COPE Center's aim is to help individuals who are having substance-abuse issues.

"We are grateful for the funding from ATPMSN for the nicotine replacement therapy," notes Sue Garfinkel, the COPE Center's executive director. "It is because of this generous donation that we can offer free nicotine patches to our clients, which will help them stop smoking." Tobacco cessation is one of the hardest addictions to deal with for many people.

The COPE Centers provide comprehensive outpatient care and support to both adolescents and adults while they are in treatment with the centers, which also offer a specialized psychotherapeutic group, every Thursday evening at 7:00 P.M. specifically focused around the issue of tobacco cessation.

The letters of COPE's name stand for Counseling, Outreach, Prevention, and Education, all areas in which the agency's professional staff is actively engaged in programs throughout Essex

County and surrounding areas, and at the centers in Montclair and Verona. The nonprofit agency is dedicated to providing quality behavioral healthcare services that are affordable, accessible, and responsive to individual, family, and community needs. Its counselors work in the areas of drug and alcohol abuse, family crises, problems in daily living, and AIDS. Started over 30 years ago by the United Way of North Essex, COPE continues as one of its member agencies.

Information any of COPE's programs is available by calling 973-783-6655 or by visiting the agency's Web site, www.copecenter.net.