



CHILDREN'S AID
AND FAMILY SERVICES



Creating
Brighter Futures
Since 1899

IMPACT

Issue 2 2014

Going Home

"My father gave me the greatest gift anyone could give another person; he believed in me."

~ College basketball coach Jim Valvano

There's a big family barbecue being planned to celebrate Justin's* homecoming. He and his father, Jason*, are excited to begin this new chapter in their relationship. Justin has spent 14 months in one of our therapeutic group homes to help him heal from the abuse he suffered when he was younger and not living with his father. "I compare my son to a young tree right now," he says. "He has a lot of stakes in the ground supporting him: his grandmother, aunts, uncles and friends. We have love and faith around us."

Justin and Jason weren't always this optimistic. They were both nervous when Justin first came to Children's Aid and Family Services. "He's my only biological son, and he didn't know anyone here," he recalls. "He had to go to a new school, make new friends and start to heal from the past. I didn't have the skill set to make him better. I had to put a great deal of faith and trust in the group home's staff."

The adjustment to the highly structured group home was a challenge for Justin at first, and it took six months for Jason to see positive change in his son. "Justin



Justin and Jason.

started taking an active role in therapy and finally expressed everything that was bothering him," he recalls. "He opened up and began using the strategies he was being taught to help him improve his self esteem, take responsibility for his actions and communicate in an open way."

The father-son bond deepened during Justin's stay with Children's Aid and Family Services. Jason was determined to support and encourage his son, and he attended more than 50 family therapy sessions. "I learned how to have a difficult conversation and ask

continued on page 2

AN EVENING OF WINE AND FOOD

Date: **Friday, October 24, 2014**

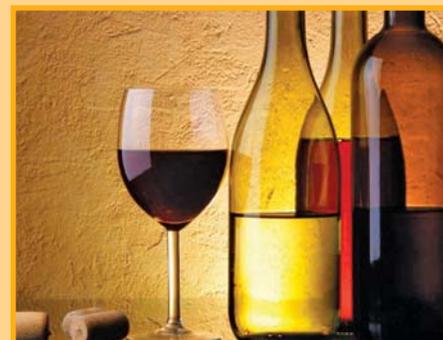
Time: **7:30 – 11:30 p.m.**

Place: **Macaluso's** 161 Rea Avenue, Hawthorne, NJ

Honorees: Corporate:
United Water
Wells, Jaworski & Liebman, LLP

Individual:
Bernadette and Patrick Reilly

We are seeking sponsors and silent auction donations. To make a donation or for more information, please call the Development Office at 201.261.2800 or visit www.cafsnj.org.



Thank you to our corporate sponsors:

Applebee's • BD • Bergen Risk Managers, Inc. • Boiling Springs Savings Bank • Buck Seifert & Jost • Hudson City Savings Bank • Investors Bank • Mutual of America • Otterstedt Insurance Agency • Prestige Motors • The Shannon Rose • Spuntino • TD Bank • Town News Media • United Water

Message from the President & CEO

I am delighted that two of our foster parents have been recognized for going above and beyond to help traumatized children heal and have a second chance of childhood. Their stories are featured in this issue of *Impact*, and I urge you to read them.



Sometimes the term foster care has a negative connotation, and foster parents are unfairly stereotyped. Often because they receive a small stipend to care for their child, their motivation is questioned. What many people don't realize is the high cost of housing, feeding, clothing and providing activities for a child quite often exceeds the relatively modest amount of the stipend.

I can assure you that our parents have a profound commitment to our children – for them, becoming a foster parent was a decision made after much contemplation. **Many of our parents tell us that helping a wounded child to heal is a calling, not a job. The care they give to our children goes far beyond the traditional foster parent relationship of providing a safe place to live. For example, because most of our children have suffered such severe abuse and trauma, our parents receive 27 hours of specialized training before they even meet one of our children.** After they become licensed, they continue to attend monthly trainings to help them manage the behavioral and emotional challenges of children who have been through severe trauma and neglect. They dedicate most of their time to helping severely wounded children heal.

Our medically needy infants and toddlers are terribly fragile, usually because of drug exposure experienced during the birth mother's pregnancy. Most mothers will tell you that a healthy newborn needs a lot of time and attention; a baby suffering from drug withdrawal and other medical problems needs a whole other level of care. Our mothers swaddle, cuddle and rock these babies most of the night for months as the poor children scream from the impact of drug withdrawal. These mothers are also busy during the day taking the children to doctors and physical and occupational therapists to help them heal and get on track developmentally. Every day we see "miracle children" as a result of these parents' intense love and care: babies born prematurely with severe delays grow into healthy and happy toddlers who are often on track developmentally by the age of 3. Parenting these children is truly a labor of love.

You may notice as you read new agency communications that we're changing our language around foster care to more accurately reflect what our parents do and the deep commitment they have to our children. We will be using terms such as *therapeutic foster care*, *therapeutic treatment home parents* and *healing homes*. We're making these changes to better describe the profound level of care, commitment and love that goes into helping a wounded child have a second chance at a good life with a bright future.

Robert B. Jones, Ph.D., *President & CEO*



Eli lives in one of our community residences for teenagers with severe autism and other developmental disabilities. He and five other teens played baseball this spring for the first time as a group. For children with autism, team sports can be a challenge. But Eli and the other boys made great strides learning to take turns, the value of teamwork and how to be part of a larger group.

Going Home continued from page 1

tough questions," says Jason. "We really have an open relationship now. I also know I can reach out to our case manager at the agency for help."

Adds Justin, "Before, if I was feeling bad, I would give my father hints. Now he asks and I tell him what's wrong. I feel like I can tell him anything."

Justin's academics have improved dramatically, too, and after initially struggling in school, he made the honor roll two semesters in a row. He loves science and has dreams that his father is determined to help him realize. "I want to go to college, and be an engineer or photographer. I want to have a family and kids one day."

*Name changed to protect client's privacy.

Our Families honored

Two of our families were recently recognized for their outstanding work with vulnerable children.

Our first couple, Patty and Ray, was honored with a "Russ Berrie Award for Making a Difference," which celebrates everyday people whose extraordinary volunteer efforts have made a real difference in the lives of others. Patty and Ray have been Medically Needy Treatment Home parents with us for the past 10 years, and they have provided a safe and loving home for 29 traumatized children. The children they care for are some of the most



Lillian and Ramon were honored as the "Treatment Home Family of the Year."

medically needy in New Jersey, and without exception, they thrive in this family's care.

Our other parents, Lillian and Ramon, were honored with the "Treatment Home Family of the Year" award by the New Jersey Alliance for Children, Youth and Families. This award recognizes certain families who have demonstrated a high level of quality in their commitment and dedication to children.

Lillian and Ramon began as Therapeutic Treatment Home parents two years ago after their three daughters were grown. They said that they "wanted to give hope and a new beginning to the children." They have done this and much more while caring for three older girls. Christa, the first to join their family, had been in state foster care for seven years and had difficulty trusting adults. She adapted to their home easily and got along well with their daughters, who included her in shopping trips and movies, and urged her to apply herself in school. She truly became a member of their family, even visiting Ramon's mother on her own and calling her "grandma." Christa is now 19 years old and lives on her own, but she



Ray and Patty were honored with the "Russ Berrie Award for Making a Difference." Photo © 2014 Eugene Parciasepe Jr./northjersey.com

still stays in touch with the family and spends holidays with them.

Currently, Lillian and Ramon are caring for an 8-year-old girl who has a background of abuse and neglect and who often struggles with aggressive behavior in school and at home. The couple consistently praises her positive behavior and teaches her good choices, and she is responding well to their love and guidance.

"I congratulate Patty and Ray and Lillian and Ramon," says Bob Jones, Ph.D., President & CEO of Children's Aid and Family Services. "I am grateful to them for their remarkable commitment to helping our children heal and have brighter futures."

An Easy, No-Cost Way to Help

If you are a customer of TD Bank or Boiling Springs Savings Bank, mention that you would like to join their Community Program. You can partner with **TD Bank's Affinity Program** and/or the **Boiling Springs Savings Bank Community Alliance Program**. You can register your personal and/or business checking and savings accounts for the program. Children's Aid and Family Services will receive ongoing donations from these banks. The programs are open to new and existing customers. There is no cost to join, and all information is kept confidential.

The most important gift you make



Helping vulnerable children forever. Incredibly, that's what's possible with your gift to the Anne Goheen Crane Endowment. A planned gift, bequest, or donation to the endowment can do good forever. That's an impressive legacy.

You can help our children today—and those we care for in the future—by making a gift to the Anne Goheen Crane Endowment.

For more information, call the Development Department at 201.261.2800.

Corporations that care

Volunteers are the lifeblood of a non-profit agency, generously offering gifts of time, talent and enthusiasm. Recently, Children's Aid and Family Services reached a milestone: we now have more than 800 volunteers making a substantial difference in the lives of vulnerable children and families!

In this issue of *Impact*, we are spotlighting the volunteer efforts of some of our corporate partners, including BD, Samsung, and UPS. "I can't say enough about these dedicated corporations and their teams and the ways they give to others," says Bob Jones, Ph.D., President & CEO.



Volunteers from BD read to the children at the Turrell Center during "Read Across America Day."

supply drives for our Baby Basics program, painted rooms in our therapeutic group homes, participated in holiday gift drives for the children in our care, read to the children attending Turrell Child Care & Early Learning Center and helped us with mailings. BD has also sponsored several of our fundraising events. **"Children are our resources of the future,"** says Linda Stewart of BD. **"Whatever we can do to nourish and care for this resource should be our top priority. Children's Aid and Family Services helps us accomplish this goal. Thank you."**

Samsung

For nearly 20 years, employees from Samsung have been helping to fulfill the holiday wishes of our children in therapeutic foster care.

They have also led drives for back-to-school supplies, donated care packages for teens leaving foster care and entering independent living, served as teachers' assistants at the Turrell Center, painted rooms in our therapeutic group homes and arranged for 50 teenagers in therapeutic



Samsung made a generous product donation to Zoe's Cupcake Café. (l. - r.): Susan Stier, Bob Jones, Ph.D., President & CEO and Jennifer Pena.

BD

BD has been involved with Children's Aid and Family Services for 30 years. Its employees have led diaper and

foster care and staff to go to the Museum of Natural History. **"It's very meaningful to be able to give back to the community through Children's Aid and Family Services,"** says Abby Gallo, Assistant Manager, Corporate Citizenship. **"So many of us live in the communities that the organization serves, and it's a great feeling to know that we can help support that effort in some small way."**

UPS

UPS began volunteering with Children's Aid and Family Services five years ago, helping as teachers' assistants at the Turrell Center. They have since painted rooms at our therapeutic group homes, assisted with several mailings, and helped transport and unload large loads of diapers for the Baby Basics program. Frank Cobuzzi, Senior Applications Development Manager, recently went the extra mile and donated a car to a young woman transitioning out of foster care who needed transportation to get to school. **"Helping Children's Aid and Family Services does many things for UPS and myself,"** says Frank. **"UPS helps children in need in the community where we work and live, and I see how we can enhance the lives of the children in need."**



Employees from UPS unloading diapers for the Baby Basics program.

Grants UPDATE

Children's Aid and Family Services wishes to thank the many generous organizations and foundations that recently provided vital support to its programs for vulnerable children and families.

- Fred J. Brotherton Charitable Foundation
- Gift of Life America Fund
- Hopes and Dreams Foundation for Children
- Hyde and Watson Foundation
- Nordstrom, Inc.
- Novartis Pharmaceuticals Corporation
- Orange Orphan Society
- Todd Ouida Children's Foundation
- The Henry and Marilyn Taub Foundation
- UPS Foundation

The heroin epidemic: Early intervention important

With more teenagers and young adults becoming addicted to prescription pain medications and heroin, it's vitally important to talk to your children early and often about drinking alcohol and using drugs. Research has shown that parents have the greatest influence on the decisions their children make about drinking and drug use; even when it appears as if your kids aren't listening, they are.

Setting clear expectations about what is acceptable and not acceptable in the home is crucial. "We know that if parents say it's not okay to drink in the home, their kids will drink less when they are outside of the home and, conversely, when children are allowed to drink at home, they are more likely to binge drink when they drink outside of the home," says Ellen Elias, Vice President, Prevention and Addiction Services who oversees, The Center for Alcohol and Drug Resources.

Using drugs and alcohol at such a young age has several consequences; changes in the developing adolescent brain can increase the chances of addiction and have long-lasting effects, and early use also supports the development of a lifestyle which includes drinking and drug use.

"The concept of progression is when the relationship someone has with drinking or drug use deepens and worsens over time," says Ellen. "For example, drinking alcohol may have started out as a once in awhile

thing that a teen did when they went to a party, but over time it has turned into planning the weekend around when and where they will drink. Parents need to know when it's time to intervene."

Some of the signs of a problem include lower grades, change in friends, more distance in family relationships and deceitful behavior. Parents need to remain vigilant and not be afraid to snoop; check their child's phone, text messages, online history and look around their room. They should also keep their eyes open for drug-related paraphernalia, including breath spray, water bottles (which may contain alcohol), small plastic bags, lighters, matches, eye drops, foil, spoons, straws and rolled up money.

"If you are concerned about your child, take them to the doctor so they can be tested for drugs. Don't chalk up your child's behavior to a phase they are going through, because their drinking or drug use may be

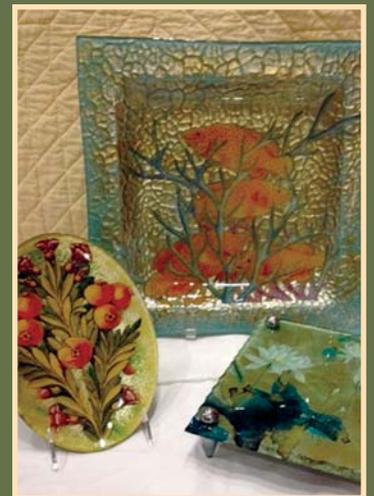
much more than a phase that may get worse without intervention."

It's important to ask what's going on with our kids early on. If you need to talk to a professional to find alcohol and drug counselors or outpatient programs, or are interested in bringing programs to your school, please call The Center for Alcohol and Drug Resources at 201-261-2800. Visit www.tcadr.org for tips on how to talk to your child.

"Parents shouldn't wait until their kids get to high school to become aware that alcohol and drugs are around them, because some kids start as young as age 12. Most people in treatment report that they started experimenting with alcohol and drugs at around the age of 14."

~Ellen Elias

Custom-made decoupage plates at The Depot



Preserve your memories forever with a custom-made decoupage plate, created with family photos or invitations from a special occasion, handcrafted by local crafter Faye Samuels, available at The Depot, a unique Gift and Handcraft shop. Faye makes a copy of your original image and then decoupages it onto the bottom of any style plate or tray, making it usable for serving food. Original images are returned along with a lovely, one-of-a-kind memory plate. Faye also uses a variety of materials, including computer images, wallpaper and fabric to create a beautiful, one-of-a-kind decoration!

The Depot is located at 22 Prospect Street in Midland Park, NJ. During July, The Depot is open Monday through Saturday from 10:00 a.m. – 2:00 p.m. In August, it's open Tuesday, Thursday and Saturday from 10:00 a.m. – 1:00 p.m. All proceeds benefit Children's Aid and Family Services.



Children's Aid and Family Services
200 Robin Road
Paramus, NJ 07652-1414

Non-profit
 U.S. Postage
PAID
 Hackensack, NJ
 Permit No. 104

Board of Trustees

Chair Bruce M. Brady, Esq.
1st Vice Chair Robert G. Sommer
2nd Vice-Chair Kenneth Bronfin
Secretary Nancy Slott
Treasurer & CFO Joanne E. Mandry, C.P.A.
President & CEO Robert B. Jones, Ph.D.

Marie Adler-Kravecas	J. Christopher Nettleton
Harvey D. Braun	Anne W. Oros
Gregory J. Bullock	William Paquin
Jason Cosimano	Frank Plateroti
Patricia Duarte, C.P.A.	Bernadette Reilly
Tracey Gerber	David Sabath
Stuart Hinchin	Nina A. Sharma
Barbara Hyslop P	Dan Shiver
Peter Jadrosich	Joan Stearns
Mary Krugman	Andrea Visser
C. Tyler Mathisen	Carol Whaley

Change Service Requested

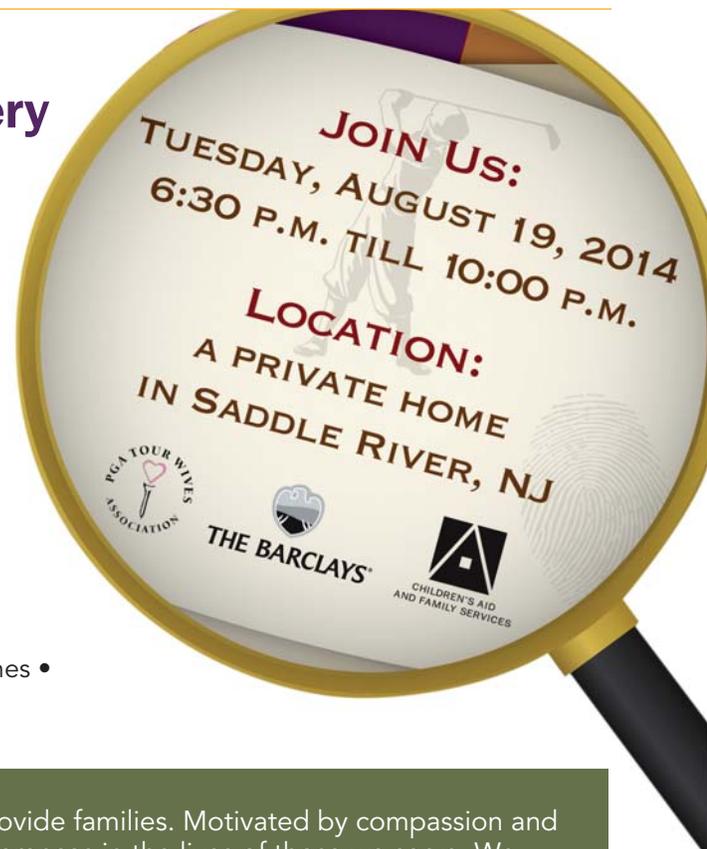
Visit us online at www.cafsnj.org
 Call us at 201.261.2800

Tickets Selling Fast: Ragtime Rendezvous Murder Mystery

Date: **Tuesday, August 19**
 Time: **6:30 p.m.–10:00 p.m.**

Children's Aid and Family Services and the PGA TOUR Wives Association will host "**Ragtime Rendezvous - A Murder Mystery Event.**" Best-selling author **Harlan Coben** will serve as the evening's emcee and fellow authors **Mary Higgins Clark** and **Michael Connelly** will direct the evening's investigation. Guests will join teams led by PGA TOUR Wives Association members and their professional golfer spouses, including FedEx Cup #1 Jimmy Walker, who are in town participating in The Barclays, a PGA TOUR FedEx Cup playoff event at Ridgewood Country Club. **To register, visit www.cafsnj.org or call Eve Marsan at 201.740.7107.**

Sponsors: PGA Tour • Robert Coin • Prestige Motors • Curvature Wines • Investors Bank • Michelob ULTRA • Coca-Cola Refreshments.



Our **Mission** is to preserve, protect, and when needed, provide families. Motivated by compassion and in partnership with the community, we make positive lasting differences in the lives of those we serve. We provide high quality, innovative services to children and their families that advance social, educational and emotional development and well-being.