



CHILDREN'S AID
AND FAMILY SERVICES



Creating
Brighter Futures
Since 1899

IMPACT

Issue 1 2016

The Gift of Independence



Think back to when you were 17 or 18 years old. Chances are, you were excited about getting your driver's license, graduating from high school and going on to bigger and better things. You knew you could rely on your family for support and guidance during this challenging transition to adulthood.

For our teenagers in foster care and the young mothers living at Zoe's Place, the reality is starkly different. Most of them have endured trauma in their lives, have little or no family support, often struggle in school and are at risk for a life of poverty. According to a study "Getting Ahead or Losing Ground: Economic Mobility in America," a child born into poverty today is five times more likely to never escape poverty than a child born into wealth is ever to hit bottom.

We consider the children we care for to be part of our family, and our goal is to always be there for them and help them build bright futures. Thanks to an exceptionally generous three-year grant from the Price Family Foundation, we are providing a new service called "Mobility Mentoring" to our aging out teens in foster care and the young mothers served by Zoe's Place. EMPATH developed the concept of Mobility Mentoring, which partners coaches with clients so that, over time,

they may acquire the resources, skills and behavior changes necessary to achieve and maintain economic independence.

Tisha Mender, who has served as a Youth Development Specialist with the agency for several years and has extensive experience as a life skills facilitator, is now our Mobility Mentoring Specialist, a professionally trained coach who helps our teens assess their strengths and weaknesses and set personal goals.

The Mobility Mentoring program is based on a theory of change that describes a person's advancement from poverty to economic self-sufficiency as a journey across a bridge. The bridge is supported by five pillars — family stability, well-being, education and training, financial management, and employment and career management. "It provides a view of where our teens are currently and where they need to get to in the future," says Tisha.

So far, there are 17 participants in the program. All of them have signed a contract that contains their short- and long-term goals, and Tisha helps them break them down into manageable steps. For example, some of the participants want to go to college, which is a big goal. Tisha provides the navigation and resources such as help with college applications, financial aid sources and transportation to visit campuses or trade schools. She meets weekly with each client to review the goals and measure their progress. If a participant doesn't meet a particular goal, it is changed. "The immediate goal is to get them to start taking charge of their life and making their own decisions." Tisha says, "The long-term goal is that every participant become self-sufficient, with their own residence, a job with a sustainable wage, ability to budget and a savings account, and general stability in their lives."

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Message from the President

This has been a busy and productive year for Children's Aid and Family Services so far. Our Disability Support Services program is expanding. We recently opened our third community home for adults with intellectual and developmental disabilities; this is our sixth community home that provides 24/7 nurturing care from a staff committed to helping our clients lead richer and fuller lives.

Our building at 200 Robin Road in Paramus, which houses the Turrell Child Care & Early Learning Center, the Medical Services & Advocacy Center and our administrative offices, is also undergoing major improvements. Thanks to a Community Development Block Grant from Bergen County, a new HVAC system is being installed. Soon, work will begin on a complete makeover of the Turrell Center's playground, which will include new surfacing. This project is being generously funded by the Copper Beech Foundation.

These are just a few examples of the ways that community support makes an incredible difference, particularly to these large infrastructure projects. We have more large projects that need support. For more information, please contact me. All of us at Children's Aid and Family Services are so grateful for the help!



Jerry Binney, President & CEO



Special thanks to the Myron & Elaine Adler Foundation for a generous donation to the Elaine Adler Toy Library, located at Turrell Child Care & Early Learning Center. Nearly 50 percent of the families whose children attend the Turrell Center are low income. With limited means to purchase books, toys, DVDs and board games, the toy library is a tremendous help to them. Pictured here is Mrs. Adler with some of the children at the Turrell Center.



Alison, who was adopted through Children's Aid and Family Services, recently reunited with her birth mother, Cindy. Alison, Cindy and her adoptive mother, Joyce, attended Children's Aid and Family Services' annual adoption celebration and had a wonderful time together. (l.-r.) Cindy, Allison and Joyce.

So I never made it to the big leagues.

But **I'll be there** when life throws you a curve ball.

Could you foster a child?

For information about foster parenting or adoption, visit www.YesICanFoster.org or call 201.261.2800.

 CHILDREN'S AID AND FAMILY SERVICES
Serving vulnerable children and families since 1899.

Disability Support Services: Keep on Moving

It has been a busy spring for our Disability Support Services program. We opened our sixth community home — the third for adults — in Montvale, NJ recently. Now that the weather is milder, our clients have been busy playing various sports. Children and adults with special needs who are active experience increased balance, motor skills, body awareness and self-esteem.



Betsy, who lives in our community home in Montvale, is aiming for a strike.



Mark and Logan at a track meet.



Michael had a blast at Sky Zone.



Eli shows off his basketball twirling skills at Sky Zone.

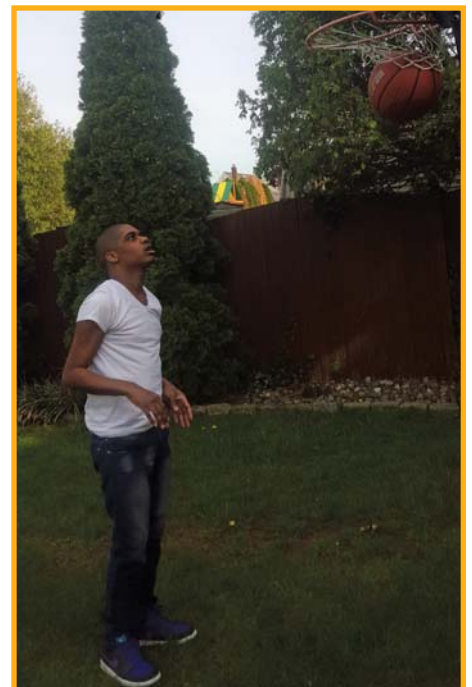
Helping Children Forever



Helping vulnerable children forever. That's what your gift to the Anne Goheen Crane Endowment does. A planned gift, bequest or endowed fund established in your name can do good forever. That's a wonderful legacy.

You can help give our children — and the future generations of children we help — a brighter future by making a gift to the Anne Goheen Crane Endowment.

To discuss planned giving opportunities at Children's Aid and Family Services, please call Liz Mason at 201.740.7100.



Patrick shooting hoops.

THE CENTER FOR ALCOHOL AND DRUG RESOURCES

Recovery Coach Program Being Launched

According to The Drug Enforcement Agency, drug overdoses are the leading cause of injury death in the United States, ahead of traffic and firearm fatalities. More than half of those deaths are caused by prescription pain killers and heroin. In Bergen County alone, there were 42 overdose deaths in 2014, and that number more than doubled to 87 in 2015.

Law enforcement and EMTs routinely administer Narcan to reverse heroin overdoses during emergency medical calls. Although more than 8,000 lives have been saved, there has been little intervention support for overdose survivors, who are often released from the emergency room into the community without follow up. Because of the nature of addiction, many of them quickly return to using and end up in the emergency room again.

To address this gap in service, The Bergen County Prosecutor's Office announced plans for a Recovery Coach Academy in partnership with The Center for Alcohol and Drug Resources last fall. We're excited that The Center, which has led substance abuse prevention and education efforts in Bergen County for more than three decades, is collaborating with the prosecutor's office on this important effort. The Center is interviewing former opioid users who are living a life of recovery for at least three years and want to serve as volunteer

coaches to help others on the path to recovery. The volunteer coaches will be specially trained and support individuals who have been revived by Narcan by motivating them to seek treatment, connecting them to resources and providing follow-up support.

"There is a critical need to intervene during the immediacy of the crisis and connect with those who are reversed with Narcan to provide support and connection to recovery resources," says Ellen Elias, Senior Vice President, Prevention & Community Services. "The volunteer recovery coaches will play an important role in the recovery process. A survivor is more likely to listen to someone who has been through the process of addiction and recovery and understands firsthand what they are feeling." A similar recovery coach program launched in Monmouth and Ocean Counties in January has a 71% success rate in linking individuals to

treatment so far. The Center is also developing additional recovery support initiatives in Bergen County, as well as support services to the families of those struggling with addiction.

Volunteers are needed for the Recovery Coach Academy. For more information, please contact Chanel at The Center for Alcohol and Drug Resources at 201-740-7069 or e-mail TheCenter@cafsnj.org.

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AWISE (Wellness Initiative for Senior Education) participant receives her certificate for completing the six-session program. Facilitated by The Center for Alcohol and Drug Resources, the program celebrates healthy aging by educating older adults about the positive aspects of growing older, maintaining a positive attitude and developing a comprehensive plan for working with health care professionals. Participants gain an understanding of common aging issues so they can avoid problems associated with the interaction of over-the-counter, prescription medication, herbal remedies and alcohol while supporting their ability to make positive lifestyle choices as they age.

If you are interested in more information or would like to bring this program to your group or community, please contact Marigrace Flynn at (201) 740-7098 or mflynn@cafsnj.org.

Mentoring: Always There for a Child in Need



Melinda Iannarone, Volunteer and Resource Specialist and mentor John Morris.

John Morris is a long-time mentor with Children's Aid and Family Services. He has influenced the lives of five children and finds his role as a mentor has impacted his own life; he shares that he has "a deeper appreciation for his family and upbringing." John works with each

child to teach them life lessons, such as counting change after making a purchase, calculating percentages while discount shopping or leaving a tip for a waiter, and holding the door for the next person. He encourages the children to make decisions by sorting through every option and then forming their own opinion. He knows they were not given these opportunities growing up and wants to enforce these life skills.

John is a hands-on mentor and stresses he will always be there for his mentees. One of the children is now a young adult. Steven is 19 years old and has a job working at TGI Fridays. Some nights he gets off work at 1:30 a.m., and he will occasionally call John for a ride. Although he may be tired, John always makes the trip to pick up Steven. When Steven moved, John was there with a rented U-Haul truck to help him out.

"It is important for the children in our care to have a trusting, responsible, and positive influence they

can rely on in their lives," says Jerry Binney, President & CEO of Children's Aid and Family Services. "So often they've been let down by the adults in their lives. A mentor plays a huge role in helping them to develop trust."

John believes more people should get involved in Children's Aid and Family Services' mentoring program. He says, "You have to be someone who is patient because it is not an instant reward but rather a long-term one; the process is definitely worth it." He is also a valued volunteer with us, helping out at special events.

Children's Aid and Family Services has an urgent need for mentors. Our program offers children in foster care the opportunity to receive adult guidance from a different perspective other than a teacher or staff member. The mentor/mentee relationship helps to create stability in a child's life. Please contact Marcia Fisher at 201-261-2800 or visit www.cafsnj.org for more information.

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.

- AIG Multinational
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Visit us online at www.cafsnj.org
 Call us at 201.261.2800

SAVE THE DATE

Our annual Evening of Wine and Food is:

Date: **Friday, October 21, 2016**
 Time: **7:00 p.m. – 11:00 p.m.**
 Place: **Indian Trail Club**
 830 Franklin Lake Road
 Franklin Lakes, NJ



This fabulous evening will feature a tasting of wines specially selected by Chuck Russo of Carlo Russo's Wine & Spirit World of Ho-Ho-Kus. You'll enjoy unique hors d'oeuvres, carving stations, a delicious buffet, open bar and elegant desserts. Join us for an exciting silent auction, and raffles for your chance to win great prizes! Be sure to save the date! Sponsorship details are available at www.cafsnj.org.

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.