

POSITIVE ATTITUDE CONTRIBUTES TO SUCCESS

“I just love seeing people and socializing,” said Michael. “I learned that the most important thing to wear every day is a smile.” Yet life wasn’t always ‘all smiles’ for Michael.

RECOVERY JOURNEY

Two decades ago, he ended up hospitalized after a dispute with a neighbor. While in the hospital, a friend recommended that he seek long-term recovery treatment at Catholic Charities’ Delaware House Partial Care program.

Michael began by attending educational programs and counseling groups five days a week through the Partial Care program; then he moved on to programs that increased his independence.

“Coming to Catholic Charities was the best decision I ever made. The structure and support helped me give up drinking and establish healthy ways to live,” said Michael.

EMPLOYMENT ROLE MODEL

Michael’s job coach was able to connect him with employment through his local ShopRite. “My role as a Job Coach at Catholic Charities Supported Employment is to help individuals work through anxiety, strengthen their self-esteem, and present themselves confidently when applying for work,” explained Maria Lambariski. “Once employed, I continue to follow the clients to ensure good communications with their managers.”

Today, Michael attends a support group once a week and volunteers to help prepare and serve lunch to other clients. “Helping out in the kitchen at Catholic Charities Delaware House and working at ShopRite gives me the opportunity to meet people and make friends.”



▲ Arlene Campbell, Program Supervisor, Supported Employment (left), Michael (middle), and Maria Lambariski (right) in the kitchen at Catholic Charities Delaware House.

For nearly 30 years, Supported Employment has enabled individuals with a mental illness diagnosis to find and keep jobs. Maria states that “Michael is the example I use when meeting with new clients because he is outgoing, always smiling and willing to give his best.”

FOR INFORMATION about Supported Employment, which is offered at no cost to clients, contact Arlene Campbell, Program Supervisor at 609-267-9339, extension 5113.



A Message From the **EXECUTIVE DIRECTOR**

Summer is rapidly coming to an end and, as always, it was busy and passed by too quickly. Recently I met with our Congressional representatives on Capitol Hill where, surrounded by fellow advocates, we asked them to consider voting against proposed housing cuts that would hurt our most vulnerable neighbors. On another important day, I joined agency leaders and collaborative partners in welcoming two representatives from the U.S. Department of Health and Human Services. Both were amazed by the volume, breadth and quality of services provided to our consumers.

Join me in welcoming those new to Catholic Charities by spreading the word about the amazing stories of courage and resiliency inside these pages. Share how, with professional and compassionate

care, a person's outlook on life can be transformed—a man finds his purpose with a smile while another gets his life back, and two young girls conquer their fears and find their voice.

"Coming to Catholic Charities was the best decision I ever made," said Michael. But there are others who made their recoveries possible – many of whom they will never know – such as you, our donors and volunteers. Each one of you makes a vast difference in the lives of other people. For that, I want to thank you from the bottom of my heart.

Warmly,

Marlene Laó-Collins,
Executive Director



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383 West State Street
Trenton, NJ 08618
609-394-5181

Publisher: Marlene Laó-Collins
Editor-in-Chief: Nancy Tompkins
Editorial Assistant: Lisa Thibault
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Photography: John Bynum

Special thanks to our donors - together, you help us write the enclosed stories.

Catholic Charities, Diocese of Trenton, inspired by our Catholic faith and shared values, restores dignity and independence to individuals and families, especially the poor and vulnerable; through service, advocacy and community building.

*Some images used in this publication
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28th Annual *Guardian Angel Dinner Dance*

WHO'S MISSING? YOU ARE!

It's not too late to register to attend the 28th annual Guardian Angel Dinner Dance, September 23rd at the Hyatt Regency Princeton. Join us in saluting your neighbors, friends and others who are angels in our community, helping us promote recovery, strengthen families and reduce poverty.

CALL NOW TO RESERVE YOUR SPOT!

Contact Charissa Buskirk, Development Events Coordinator, at 609-394-5181 x1159 or cbuskirk@cctrenton.org.

Music Therapy GIVES CHILD A VOICE

It's no small task to find a safe space after experiencing a trauma: a place to heal, a place to rebuild trust, a place to explore complicated emotions. After removing herself and her children from an abusive situation and turning to Catholic Charities Providence House Domestic Violence Services for support, Claire had to face the fact that she wasn't the only one healing.

FACING UNANTICIPATED CHALLENGES

Her daughter Charleigh is an energetic seven-year-old who says she most enjoys swimming, reading, and tickling her little brother. But their new situation has been a difficult adjustment for Charleigh.

"Suddenly she was afraid to go to school—she didn't want to let us out of her sight," said Claire. "Her teachers were trying, but obviously they weren't totally equipped to deal with her anxiety. I didn't know what to do."

"The change in her behavior has been amazing..."

Claire's Case Manager at Providence House recommended the PALS (Peace: A Learned Solution) Program for Charleigh, and she's been attending regular sessions ever since. PALS is a six-month program utilizing creative arts therapies to help children heal after witnessing domestic violence.

HEALING THROUGH CREATIVE EXPRESSION

"Creative arts therapies allow children to access the non-languaged part of the brain to symbolically use art, movement and/or music to express and heal from a traumatic event," said Michele Fesler, PALS Program Coordinator.

In the last four months, PALS has slowly but surely brought back the fearless little girl Claire knew.



Watching Charleigh lightly bounce down the hall for her music therapy session, Claire smiled. "The change in her behavior has been amazing. She's not as anxious about separating from me or her brother," said Claire. "At home, she's even running around the house singing."

FOR INFORMATION about PALS or Providence House Domestic Violence Services, contact Mary Pettrow, Associate Director at 732-350-2120.



23RD ANNUAL TASTE *of Burlington County*

BENEFITING PROVIDENCE HOUSE
DOMESTIC VIOLENCE SERVICES OF
CATHOLIC CHARITIES

**WEDNESDAY,
OCTOBER 11, 2017**



Gift Auction: 6 PM
Dinner: 7 PM (cash bar)
The Merion, Cinnaminson, NJ

*Food from over 20 local restaurants,
gift basket auction, 50/50 raffles
and more!*

For ticket information, to learn about becoming a sponsor or donating gift auction items, contact Treina Fletcher at tfletcher@cctrenton.org or 856-824-0599 x8622, or visit CatholicCharitiesTrenton.org

HEALING THE WOUNDS OF HUMAN TRAFFICKING

“Human trafficking is a shameful wound of the world. It has no place in a civilized society.”

— Pope Francis

Trafficking takes many forms and the victims come from all walks of life. They can be men, women, or children. Carmen Pagan, Catholic Charities Community Services Program Director explained, “Offering the services people need is the easy part of our work. The challenge is earning the trust of a person who has repeatedly been victimized.”

Human trafficking survivor, Aman, was malnourished and suffering from multiple medical problems when he came to Community Services to reclaim his life.

ENDURING DEPLORABLE CONDITIONS

“I would work in the snow for 48 hours without dry clothing and access to a bathroom. When the food and water ran out, I went hungry and slept in a pickup truck,” shared Aman with his Case Manager, Carmen.

Through the Trafficking Victims Assistance Program at Catholic Charities, Carmen supported and guided Aman. They scheduled his medical exam, obtained certification for medical coverage, and got him connected to mental health resources. Together, they also found an attorney who helped him apply for and receive work authorization and a T1 Visa (a visa for individuals who are foreign nationals and have been victims of human trafficking).

FULFILLING A DREAM

“Catholic Charities gave me my life back. I was able to get my driver’s license, social security card, and a job that pays better and offers benefits,” said Aman.



Best of all, Aman was able to fulfill his primary dream: reuniting with his wife and children. “My greatest joy in the last 12 years was seeing my children again. I last saw them as babies and now they arrived at the airport as young adults,” said Aman.

Today, Aman and his family make their home in a suburb. His children are doing well in school and are realizing his dream of having a better opportunity for their future.

PLAYING A LEAD ROLE IN HELPING VICTIMS RECOVER

In recognition of successful outcomes like Aman’s, Catholic Charities Community Services Program was selected by the United States Conference of Catholic Bishops as the provider of services to assist victims of human trafficking in New Jersey. Referrals to the Trafficking Victims Assistance Program primarily come from law enforcement, but any individual may contact the program for help.

FOR INFORMATION about Community Services Trafficking Victims Assistance Program, contact Carmen Pagan, 732-901-3261.

Considering Leaving a Legacy Gift?

You believe in what we do; you’ve proven it by partnering with Catholic Charities, Diocese of Trenton. Your support has given us the power to continue our important work, together! Consider extending your generosity beyond your lifetime by naming Catholic Charities, Diocese of Trenton in your will. A bequest in any amount provides you the opportunity to match your philanthropic goals with Catholic Charities needs.

If you’ve included Catholic Charities in your will, please let us know so we can thank you. To discuss leaving a legacy gift, please contact Nancy Tompkins, Director of Development and Marketing, 609-394-5181 x1161 or ntompkins@cctrenton.org.

Catholic Charities Helps **PACT CLIENT THRIVE**

Barbara, a new client at PACT (Program of Assertive Community Treatment), said she was looking forward to the program's monthly outing to Empire School of Beauty because she was excited to get a complimentary manicure. "I want something sparkly," said Barbara. She explained that since coming to PACT, "I feel less alone and the staff and clients are easy to talk to and friendly. Every week we have activities and meetings that get me out of the house so I'm not alone."

"I feel less alone and the staff and clients are easy to talk to and friendly."

According to PACT's mental health advocate Benjamin Watson, Barbara, who lives in her own apartment, "has been a real pleasure to work with and has been doing very well managing her mental illness as well as extensive and challenging medical issues." In the eight months Barbara has been with PACT, she has had no hospitalizations. He added, "In the past,



Barbara had been hospitalized approximately 20 times, but now seems to be living a balanced and fulfilling life, full of positive experiences." A cross stitching enthusiast, Barbara also enjoys science fiction, especially Dr. Who and Star Wars. Always smiling and upbeat, "Barbara engages well with PACT and fits in wonderfully with staff and peers in her quiet and kind way," said Watson. "We look forward to getting to know Barbara even better over time and working with her for many years to come."

FOR INFORMATION about PACT services available through Catholic Charities, Diocese of Trenton, call 800-360-7711.

PATHway to **MAKING A DIFFERENCE** Today

Among the many gift choices you can make to Catholic Charities, Diocese of Trenton, is one of growing interest to several donors—the IRA Charitable Gift Rollover. On December 18, 2015, then President Obama signed permanently into law the Protecting Americans from Tax Hikes Act of 2015 (the PATH Act).

HERE'S HOW IT WORKS

If you are 70½ years old or older, you may transfer up to \$100,000 from your IRA annually to a qualified charity. (Catholic Charities is one!) To do this, simply speak with your broker and ask to have the paper work sent to you.

\$100,000 IS A LOT OF MONEY

The transfer allowed is UP TO \$100,000 but you may transfer any amount that is right for you: \$500, \$1,000, \$5,000. Margaret Guellich (pictured to the right),



Catholic Charities cherished volunteer and valued donor, started doing a PATH transfer last year. She is now giving \$2,000 a year to help with Community Services in Burlington County.

CAN I GIVE TO MULTIPLE QUALIFIED CHARITIES?

Yes! Margaret sends an IRA Charitable Gift Rollover to her parish and to her high school.

WHY WOULD I MAKE A GIFT FROM MY IRA?

Your charitable IRA gift is not taxed AND it counts as part of your annual distribution as long as it comes directly from your IRA to the charity. "Right now I do not need my entire annual distribution. So, with this opportunity, I can make larger gifts to my favorite charities. This is one way for me to make a more significant impact today rather than later through a bequest," said Margaret.

Catholic Charities is most grateful to you for considering this type of gift and assures you that your donation helps offer our clients hope.

FOR INFORMATION about the IRA Charitable Gift Rollover, please contact Nancy Tompkins, Director of Development and Marketing, 609-394-5181 x1161 or ntompkins@cctrenton.org.

THE TRAUMA CANNOT BE UNDONE BUT THERE IS RECOVERY

Sometimes even a basic task of daily living, such as ordering food from a man behind the counter at a fast food restaurant can be nearly impossible for a survivor of child sexual abuse. This was the case with Debbie, a nine-year-old girl who had been sexually abused by an older boy.

SYMPTOMS OF TRAUMA

Debbie was so traumatized she had a difficult time speaking with any men or boys. Following the assault, Debbie even feared her own father. She began distorting facts and her thinking about any men and boys was inaccurate.

Debbie was referred to Catholic Charities Family Growth Program and she started counseling with Maria, a Mental Health Clinician. "She was already avoiding certain situations; she had recurring nightmares and flashbacks," said Maria. "At school Debbie was becoming aggressive with her peers."

INTERVENTION AND SUPPORT

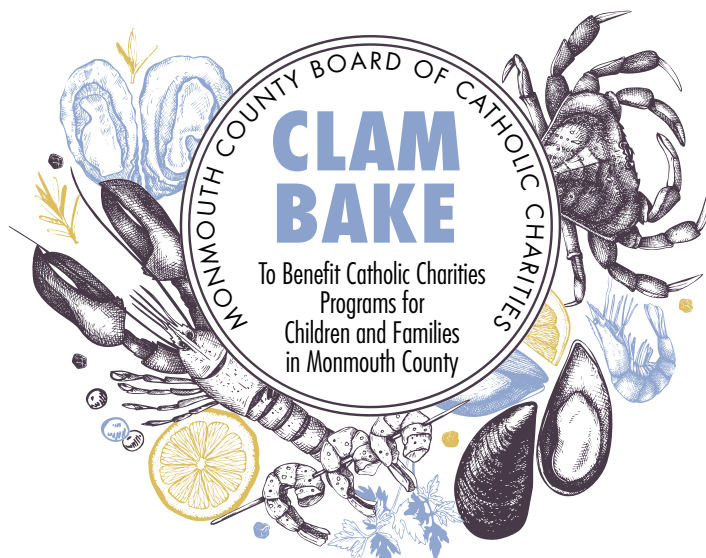
We knew Debbie would benefit from Trauma Focused Cognitive Behavior Therapy. With this approach children and parents learn skills to help process and manage thoughts and feelings related to traumatic events. Debbie responded well, as did her parents. Her trust was strengthened and her self-confidence soared. Debbie's nightmares, flashbacks and avoidant behaviors also diminished.

Maria explained, "The first person Debbie hesitantly told about the assault was her teacher. Today, she's more verbal about the trauma and suggested that a lesson on sexual assault be presented in class. She even volunteered to speak with other sexual assault survivors to give her support."



As far as ordering food—now it's simple, according to Debbie: "I can go in and order at McDonald's by myself. And when a man made a mistake with my order, I was able to speak up and correct him. I could never have done that before."

FOR INFORMATION about the Family Growth Program in Monmouth County, contact Jane Meyer, Director, at 732-747-9660.



SATURDAY
SEPTEMBER 30
7 PM to 11 PM

BELMAR
FISHING CLUB
100 OCEAN AVE
BELMAR, NJ

Featuring

- ★ Lobster, Clams, Corn and More!
- ★ Indoor and Outdoor Bars (*beer and wine included*)
- ★ Live Music by Contraband
- ★ Casual Attire
- ★ 50/50 Raffle and Auction

Tickets available online at CatholicCharitiesTrenton.org
or by phone at 609-394-5181 x1137

Catholic Charities Mercer Behavioral Campus Hosts U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES VISIT

On July 1, the Certified Community Behavioral Health Clinic (CCBHC) opened its doors, greatly enhancing access to fully integrated care for vulnerable individuals in Mercer County. The CCBHC is a Federal demonstration grant that will be used to determine if better outcomes can be achieved through coordinated behavioral and primary care services. Catholic Charities, Diocese of Trenton was one of just seven New Jersey providers selected to participate. The next phase of services roll-out will start in late September and is to include a new Ambulatory Detoxification program and a U.S. Military Veterans treatment program, in coordination with the Veterans Administration. "Given the current opioid epidemic, we are optimistic about being able to offer a solution, bringing more than a century of Catholic Charities experience in helping members of its community," said Marlene Laó-Collins, Executive Director.

As part of an initiative from Secretary Price, U.S. Department of Health and Human Services regional offices were to begin connecting with key faith-based organizations locally, in particular those working on mental health and substance abuse. Two representatives from the U.S. Department of Health and Human Services met with Marlene Laó-Collins, along with some of the Agency Leadership staff, and were joined by partners from the Henry J. Austin Health Center, a Federally Qualified Health Center. "We had a great time together touring and I was impressed with the level of interest and enthusiasm shown by both Mr. Borges and Mr. Hightower from the United States Department of Health and Human Services," said Laó-Collins.



▲ (from left to right) Dr. Adriana Torres-O'Connor, Service Area Director for Behavioral Health Services; Anthony Borges, Public Affairs Specialist, U.S. Department of Health and Human Services (HHS); Marlene Laó-Collins; Susan Loughery, Director of Operations; Cheryl Davis, Assistant Director of Clinical Services; Dr. Kemi Alli, Chief Executive Officer, Henry J. Austin Health Center; Dr. Anita Porbeni, Director of Integrated Services, Henry J. Austin Health Center and Sean Hightower, Media/Public Affairs Specialist, U.S. Department of Health and Human Services.

FOR INFORMATION about the Certified Community Behavioral Health Clinic, contact Susan Loughery, Director of Operations, 609-394-5181 x1166.



▲ (from left to right) Paul Kolano, Chair of the Mercer County Board and member of the Board of Trustees, donating a box of personal care items; Dr. Adriana Torres-O'Connor, Service Area Director for Behavioral Health Services and Rich Glickstein, Director of Addiction and Recovery Services.

Looking for a Volunteer Opportunity Where You Can Make an Impact?

Catholic Charities, Diocese of Trenton is looking for volunteers on our Burlington, Mercer, Monmouth and Ocean County Boards. Board members learn about the courage and resilience of people who come to Catholic Charities as a result of trauma and adversity, and explore ideas for ways to support the programs in their county. Each of the County Boards meets five times a year.

If interested, please contact Ann-Marie Casperite, Community Affairs Manager, at 609-394-5181 ext. 1149, or ACasperite@cctrenton.org.

Together, we can change lives!



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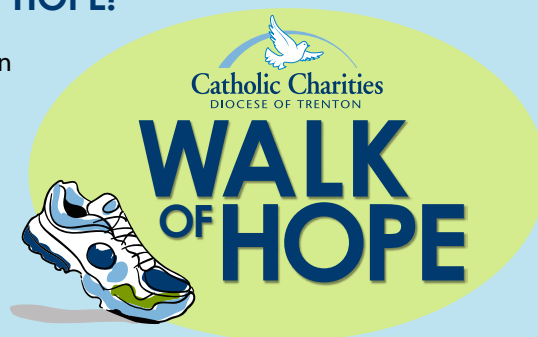
JOIN US AS WE WALK TOGETHER TO
REDUCE POVERTY • PROMOTE RECOVERY • STRENGTHEN FAMILIES

Looking to support Catholic Charities,
Diocese of Trenton?

BE A PART OF THE WALK OF HOPE!

Help Catholic Charities continue its mission of reducing poverty, promoting recovery and strengthening families by joining the 4th Annual Walk of Hope!

Catholic Charities has been a trusted resource since 1913, making sure no one in crisis has had to go it alone by offering programs that provide food, financial assistance, counseling and support.



**LEARN HOW TO FORM A TEAM,
GET SPONSORS AND JOIN
THE WALK OF HOPE!**

Register today at:
WalkofHopeNJ.org

LOCATION

Mercer County Park
1638 Old Trenton Road,
West Windsor, NJ
(west entrance)

COURSE LENGTH

3.1 miles (with optional
1- and 2-mile walks)

REGISTRATION FEE

Adults (18 years and older): **\$25**
17 and under: **FREE**
(includes t-shirt)

SCHEDULE OF EVENTS

9 to 10 AM
Check-in and t-shirt pickup

10 AM to Noon
Walk of Hope

QUESTIONS?

Contact Jenn Leip,
Development and
Marketing Manager,
609-394-5181, ext. 1137,
or jleip@cctrenton.org.