

## ONE WOMAN'S JOURNEY TO WELLNESS

### UNDERSTANDING MENTAL ILLNESS

Odds are you know someone struggling with substance abuse and/or mental illness, as 1 in 5 Americans live with a mental health condition. Finding help, understanding the problem, and learning how recovery works often requires patience and a community of support. For Lucinda, her journey to wellness started almost twenty years ago.

In 2000, Lucinda was homeless, depressed and sought various substances to treat her mental illness symptoms in place of taking prescription medications. "It was terrible," says Lucinda. "I knew I was sick and needed help, but my illness compelled me to push everyone away." For years, this behavior continued until Lucinda realized that things would only get worse unless she did the necessary work to manage her mental illness.

Today, Lucinda credits the Catholic Charities' Partners in Recovery program for her nearly decade of sobriety. The counselors worked closely with Lucinda to help her understand mental illness and the available treatment options. The program also helps individuals with severe mental illness and substance abuse build their skills and resources through recovery planning, group therapy, and pre-vocational services.

#### REDUCING THE STIGMA

"Being able to communicate with others about mental illness allows me to help reduce the stigma associated with this disease," Lucinda says. She believes people are afraid of mental illness and that the stigma associated



▲ Lucinda at Partners in Recovery, located at 10 Southard Street, Trenton NJ.

with it keeps people from seeking the treatment which could enable them to better manage the disease and lead productive lives.

"For me, it was a good thing to seek help at Partners in Recovery. Not only am I feeling better and in control of my life, but my counselors gave me the confidence to pursue my GED," Lucinda shares proudly. She is on her way to achieving her long term goal of becoming a nurse's aide.

In addition, Catholic Charities' Behavior Health Services were able to help her find stable housing through the Catholic Charities' Supportive Housing program. She recently moved into her new apartment.

"I never once gave up hope. I knew that once I came to Catholic Charities, all I had to do was sit my butt down, listen, learn, work hard, and, if able, help others too."

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**FOR INFORMATION** about Behavioral Health Services at Catholic Charities, call 800-360-7711.



## A Message From the EXECUTIVE DIRECTOR

Like many of you, I eagerly anticipate Spring each year and experience a burst of energy on those first few warm and sunny days of the season. I have come to expect longer days, more light and warmth at this time of year. As one who believes in the promise of Easter, I trust that renewal and rebirth await us. That belief has helped me through some of the shortest and darkest days of winter.

Many of the stories shared in this issue demonstrate the power of faith and in trusting others when help is needed. They are stories of courage, determination and strength. Women who have renewed their lives and spirits alike—through support from

Catholic Charities and our many partners who help us to make this possible.

Spring is a symbol of spiritual renewal—a new display of God’s presence and power. May this time of year be filled with life’s joy and beauty and the warmth and happiness of Spring.

***Wishing you all the blessings of a beautiful Easter season,***

**Marlene Laó-Collins,  
Executive Director**



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

*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.*

*Every dollar of your support is highly valued at Catholic Charities, Diocese of Trenton. To efficiently steward each donation, we’ve made some cost-effective adjustments to this newsletter. We would appreciate your feedback. Contact Nancy Tompkins at 609-394-5181 x1161 or ntompkins@cctrenton.org.*

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## PROVIDER OF CHOICE

### Catholic Charities Chosen for Healthcare Initiative

Catholic Charities’ efforts to better understand the lives of the people they serve and provide better care has earned the behavior health services programs in Mercer County selection into a new federal healthcare initiative.

One of only seven providers within New Jersey to be selected, Catholic Charities will partner with the State of New Jersey on a U.S. Department of Health and Human Services two year program targeting the improvement of access to high quality care for all people struggling with mental illness and substance abuse disorders.



one door at any of the agencies and gain entry to a comprehensive network of providers.

“The awarding of this innovative federal initiative to the State of New Jersey in partnership with Catholic Charities, Diocese of Trenton and six other provider agencies recognizes our ability to create valuable integrated services to improve the health and well-being of individuals who have traditionally been underserved,” said Susan Loughery, Director of Operations. “The initiative is scheduled to open its doors in July 2017. It will enable Catholic Charities and our hospital and community partners to immediately improve the overall health of both adults and children with serious mental illness and substance abuse disorders.”

#### IMPROVING SERVICES THROUGH TEAMWORK

The program will measure access, outcomes and financial performance with the goal of healthier people and smarter spending. People will be able to access services through

**FOR INFORMATION** about the Healthcare Initiative, contact Susan Loughery, Director of Operations, 609-394-5181 x1166.

# MANAGING HOMELESSNESS in Central New Jersey

Behind the statistics of homelessness in Central New Jersey are real people like Flory, who, with a little temporary housing assistance from Catholic Charities, Diocese of Trenton, can pull themselves out of homelessness.

A smart, easy-going elderly woman, Flory, was living on the streets several months ago. At this low point in her life, when she was feeling scared and hopeless about her future, she turned to Catholic Charities for hope and help.

With her modest Social Security income, Flory qualified for Catholic Charities' Rapid Rehousing program which placed her in safe housing within two weeks. While living there, Flory's case aid, Rakeli Stafford and case manager, Mosudi Idowu, worked with her to apply for permanent housing specifically for seniors. Idowu knew, "the best place for Flory was with a community of her peers and close to her church."

**"I'm very, very thankful to Catholic Charities  
- they gave me hope and a home."**

Flory's wait wasn't long as a perfect space for her became available quicker than expected; however, Flory had been unable to save up enough money to cover the cost of the security deposit and first month's rent. Idowu told Flory to stay hopeful as he reached out to fellow co-worker, Lisha Loo-Morgan with Catholic Charities' Parish Services program. Loo-Morgan was able to secure the funds needed to ensure Flory could call the new senior living space "home".



The program paid her security deposit, first month's rent, and a portion of the following months' rent. Very soon, Flory will be paying the entire rent herself and she couldn't be happier. She now lives in a supportive community, is on the verge of living independently, and can walk to her church every day, which is very important to her. "I'm very, very thankful to Catholic Charities—they gave me hope and a home," shared Flory with a smile.

People from all backgrounds and all religions deserve a chance to achieve self-sufficiency. By strengthening individuals and families, Catholic Charities is dramatically reducing homelessness in Central New Jersey.

**FOR INFORMATION** about our Rapid Rehousing program in Burlington County call 856-764-6940 and in Mercer County call 609-394-8847.



## SAVE THE DATE

Monmouth County Board  
Catholic Charities,  
Diocese of Trenton

*Cheers to Summer!*



**THURSDAY, MAY 25, 2017  
7 PM to 11 PM**

**Spring Lake Bath & Tennis Club**  
One Jersey Avenue  
Spring Lake, NJ 07762

Cocktails, Seated Dinner,  
Dancing, Gift Auction,  
Mega 50/50 Raffle

Music by  
Paul Marino Band

**TICKETS \$125**

Country Club Casual Attire  
No Jackets Required

Tickets and sponsorship  
information available online at:  
**CatholicCharitiesTrenton.org**

Or, contact Jenn Leip,  
Fundraising Manager,  
609-394-5181 x1137



# THE HEART OF GIFT GIVING

From the moment Wally Loza dropped off the Christmas donation of dolls with beautifully handcrafted clothing and accessories created by his wife, Carol, there was excitement at the counseling center of Catholic Charities Providence House Domestic Violence Services. For the second year in a row, each donated doll came with a complete hand-sewn wardrobe of clothing, knitted accessories, several pairs of shoes, a blanket and a pillow. Every adorable outfit is a representation of Carol's personality, taste, effort, thought, and time. This labor of love began for her last January and ended with bringing smiles to the faces of children who witnessed domestic violence.



"I hope that the dolls bring comfort and joy to children who are having a difficult time in their lives," said Carol.

## TIME, TALENT AND TREASURE

For over a decade, both Wally and Carol have been generous to all of the Catholic Charities programs in Burlington County with their time, talent and treasure. From donating gift cards for teens at Christmas, to sponsoring fun social events for those with mental illness, to volunteering weekly at Community Services,



▲ Carol and Wally Loza.

to purchasing fundraiser event and raffle tickets and walking 3.1 miles for hope, their deep commitment to the Catholic Charities mission of renewing lives and restoring hope is inspiring.

As a Catholic Charities Burlington County Board member for twelve years, Wally has been a strong, smart voice who understands the challenges facing the vulnerable in our society and, with compassion, invests in their success. "Catholic Charities' involvement in meeting the wide array of needs of people—be they economic, physical, personal, or informational, falls right in line with what Carol and I want to accomplish," said Wally. "It's the interaction with people that keeps us wanting to do more."

## WANTING TO DO MORE

"Wally and Carol are an amazing example of the variety of ways you can make a difference with Catholic Charities," shares Nancy Tompkins, Director of Development and Marketing. "Their generosity of time, talent and treasure is about the heart of gift giving and knowing with confidence that your gifts are helping those struggling in our community."

**FOR INFORMATION** about volunteering with Catholic Charities, donating much needed items, and/or joining a County Board, contact Ann-Marie Casperite, Community Affairs Manager, 609-394-5181 x1149 or [acasperite@cctrenton.org](mailto:acasperite@cctrenton.org).

## 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.

To discuss leaving a legacy gift, please contact Nancy Tompkins, Director of Development and Marketing, 609-394-5181 x1161 or [ntompkins@cctrenton.org](mailto:ntompkins@cctrenton.org).

# Volunteers Making Repairs and **GENERATING SMILES IN OCEAN COUNTY**

Minor home repairs can be costly and, if neglected, can adversely affect the health and/or safety of the people who live there. Catholic Charities' Fix It program volunteers simply do the same maintenance tasks they would do at their own homes.

Del, a spirited and gracious woman over 60, was told by a contractor who fixed her broken hot water heater that the wooden enclosure surrounding the heater needed to be fixed. She called the Fix It program to see if they could help her mend the enclosure before another expensive repair. As a senior woman living on her own, Del represents approximately 85% of the Fix It program's clients.

A dedicated volunteer repaired the wood panels and has since returned to her house for minor repairs to her doorbell and a drafty front door.

"The Fix It program is fantastic!" exclaimed Del. "I'm an old lady and alone. I don't have anyone to help me. It's wonderful they do this for anyone, no matter what religion."



## **GETTING INVOLVED**

Helping seniors maintain independence and be safe in their homes one small repair at a time is the goal of the Fix It program. Projects include changing hard to reach light bulbs, replacing/installing smoke alarms, and installing grab bars in the shower. The program's dedicated volunteers provide all services **FREE** of charge. Residents do pay for the materials and often make a donation to the program as a thank you.

**FOR INFORMATION** about volunteering with the Fix It program, Judy Minetree at 732-363-5322 x3234 or email [jminetree@cctrenton.org](mailto:jminetree@cctrenton.org)

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## Join Our **CIRCLE OF FRIENDS**

Contributions to the 2017 Circle of Friends Campaign are an important way to ensure that Catholic Charities can continue to meet the ever increasing needs of the most vulnerable in the Trenton Diocese.

Bob Tanzola, Board of Trustees Chair, reports that "last year this campaign reached an all-time high of over \$150,000. This year, with continuing strong leadership from the Board of Trustees, we expect another record result."

With the help of Catholic Charities, over 100,000 people annually, remove the barriers preventing them from living a healthy life and discover within themselves a strength and courage that they never knew they had. This is possible because donors recognize the cry for compassion coming from struggling neighbors and respond generously.



"I've been very fortunate in my career and recently joined Catholic Charities to give back to the community," revealed new Catholic Charities Board Member, Stan Koreyva. "I chose Catholic Charities because I am deeply committed to their cause. And I've asked my friends to join me in supporting this wonderful organization because I know once they become aware of the need they will want to give back, too."

A new investor in the success of Catholic Charities through the Circle of Friends Campaign, Fox Rothschild LLP's Jack Plackter, thanked Stan for reaching out and giving him "the opportunity to support this fine organization."

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**TO SUPPORT** the Circle of Friends Annual Gifts Campaign, please contact Nancy Tompkins, Director of Development and Marketing, 609-394-5181 x1161 or [ntompkins@cctrenton.org](mailto:ntompkins@cctrenton.org).



# HELPING THOSE WHO NEED HELP NOW

Since opening its doors in 2014, Catholic Charities' Early Intervention Support Services (EISS) program has helped many people

in crisis who were struggling with depression, anxiety, and suicidal thoughts by being on call around the clock and accepting walk-ins 8am-8pm seven days a week. This January the program made a big change—a new location.

## RELOCATING FOR ACCESS

Previously located on Cass Street in Trenton, the program has relocated to 1225-1255 Whitehorse-Mercerville Road in Hamilton. "The new location of this crisis intervention program has made it more accessible to those in the suburbs, but it is located along a bus route connecting it to city residents as well," said Karalee Pieluc, EISS Director. "We continue to provide immediate care to those who are in crisis, but whose situation does not require that they are committed to the hospital for care."

## RELAXING ENVIRONMENT

The new location has a home-like feeling with living room couches for seating. The intention was to create a very supportive environment that would be considered friendlier than a hospital setting. Here EISS offers crisis screening and counseling services to help those who need help now. For those unable to come into the office, in-home services are offered.



If you would like to schedule a tour of the new location, please contact Karalee Pieluc, Associate Director of Psychosocial Rehabilitation, 609-256-4200 or [kpieluc@cctrenton.org](mailto:kpieluc@cctrenton.org).

SAVE THE DATE

**Kick-off Reception**  
**Thursday, May 11, 2017**  
6 to 8 PM  
Hyatt Regency Princeton



**Dinner Dance**  
**Saturday, September 23, 2017**  
5 to 10 PM  
Hyatt Regency Princeton



The 28th Annual Guardian Angel Dinner Dance is our signature fundraising event, attracting over 500 attendees and generating approximately \$300,000 to help 100,000 individuals annually, regardless of religious affiliation.

Each year we honor individuals, parishes and corporations from our community who have positively impacted our ability to meet the needs of the poor and vulnerable.

**For tickets, event sponsorship or to donate to the auction, please contact Charissa Buskirk, Development Events Coordinator, 609-394-5181 x1159.**



# Michele and Madison: HEALING AND GROWTH STARTED AT CATHOLIC CHARITIES

Two years ago, 10-year-old Madison was in crisis – defiant at school and at home – she had even started self-destructive behaviors that had her mom, Michele, extremely concerned. “We had been through many different counseling services and the outcome was always the same; Madison’s difficult behavior continued and we were constantly at war.” Spending as much time at home on suspension as she did in school, Madison was falling further behind and this fueled Michele’s determination to get effective counseling. She and Madison came to Catholic Charities’ Family Growth Program and it has made all the difference in the world.

“Our counselor encouraged Madison to open up, feel safe talking and to follow the rules.”

“Our counselor encouraged Madison to open up, feel safe talking and to follow the rules,” said Michele. One of the best outcomes has been a vast improvement in their relationship. “We are no longer fighting all the time and enjoy spending time together,” Michele said. Additionally, Madison’s teachers say they enjoy having her in class and her academic performance more closely matches her significant abilities.



What made the difference?

“Our counselor was so patient with the process and remained positive and encouraging, even when Madison’s behavior was at its most challenging,” said Michele. “Today, my daughter is happier, getting along better with her family and friends. And the counseling has helped me to be a more effective and confident parent.”

**FOR INFORMATION** about the Family Growth Program at Catholic Charities, call 609-278-1213.



## FOR MORE INFORMATION

To learn more about Providence House Domestic Violence Services of Catholic Charities or the Gift Auction, call **732-350-2120** or visit **CatholicCharitiesTrenton.org**.

**Come out for a night of fun, great prizes, refreshments and hope for those living with domestic violence!**

**WHEN: FRIDAY, JUNE 9, 2017**

Doors open at 5 PM — Winners announced starting at 7:30 PM

**WHERE:** The Wellness Center at Georgian Court University  
900 Lakewood Avenue, Lakewood, NJ

**WHAT:** This “tricky-tray-style” Gift Auction with more than 400 baskets is our biggest fundraiser of the year and allows Providence House to continue offering free and confidential services to domestic violence survivors.

**COST:** Tickets are \$20 each

**PARKING:** Parking Lot A



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# SATURDAY, MAY 20, 2017

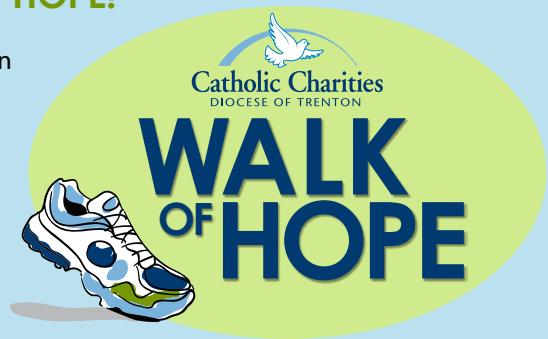
JOIN US AS WE WALK TOGETHER TO  
REDUCE POVERTY • PROMOTE RECOVERY • STRENGTHEN FAMILIES

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 pick-up

**10 AM to Noon**  
Walk of Hope

## QUESTIONS?

Contact Jenn Leip,  
Fundraising Manager,  
**609-394-5181, ext. 1137,**  
or [jleip@cctrenton.org](mailto:jleip@cctrenton.org).