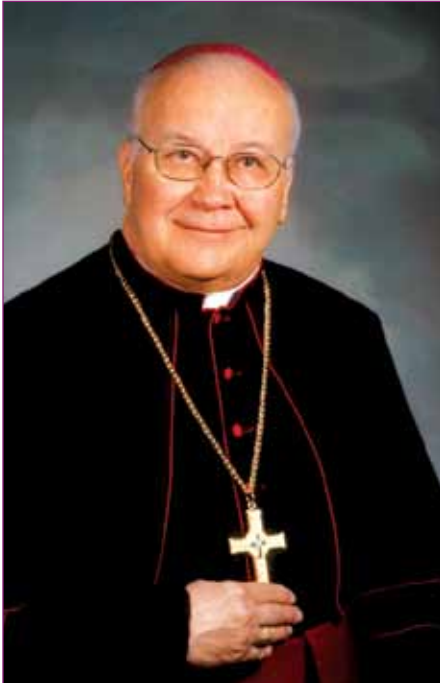




# Helping Families along the **Path** to **Self-Sufficiency**





## Dear Friends,

In the past I have used this space to express my deep gratitude to the staff of Catholic Charities, Diocese of Metuchen, and to you, for assisting me in my responsibility to pastor with special love and concern those who are poor and vulnerable among us.

The current reality faced by Catholic Charities requires that I address you this year with another kind of message. Never in my memory have such numbers of people been forced to turn to Catholic Charities as a lifeline for meeting the most basic of human needs. Many of those seeking help are doing so for the first time in their lives. To cite but one example of the strain this has had on the agency's resources: the monies budgeted monthly for our Parish Assistance Program—which provides immediate aid to parishes faced with individuals or families with emergency needs—are consistently being used up in just the first few days of each month.

We are not just living in a difficult time, but in a time of crisis. Interestingly, the Greek word from which we derive "crisis" means "to decide." Crises are overcome when good people decide to act according to their better natures. If your own resources allow, please decide to make Catholic Charities, Diocese of Metuchen, a favorite charity in 2011.

As always, I am most grateful for your interest and your collaboration in the work of Catholic Charities, and I pray that you will know the Lord's own gratitude.

Sincerely in the Lord,

The Most Reverend Paul G. Bootkoski, D.D.  
Bishop of Metuchen

## Dear Friends,

Last month, I had the extraordinary experience of visiting the Holy Land for the first time. I can say that never in my life was the person of Jesus made more real to me.

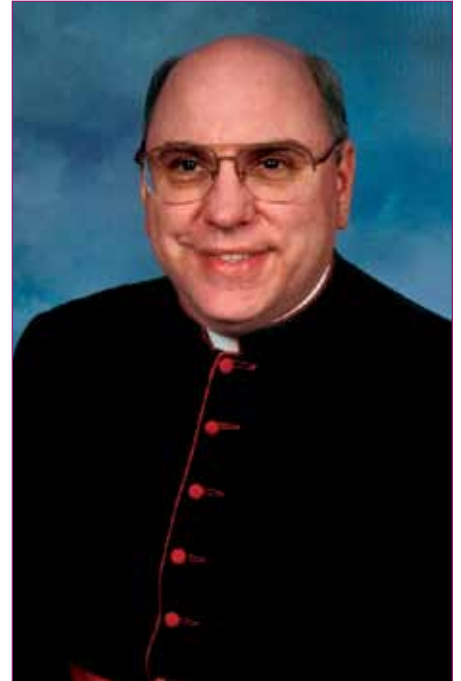
Of course, what we know of Jesus of Nazareth is modest when compared to many historical figures—it is just what we find in the four gospels. But a common thread runs through every gospel portrayal of Jesus: he was a man for others. It stands to reason, then, that those of us who bear the name “Christian” must be men and women for others. And, indeed, Jesus made this very point at the end of his earthly life: “This is how all will know that you are my disciples, if you have love for one another” (Jn 13:35).

Being closely associated with Catholic Charities, Diocese of Metuchen, I have been blessed to have firsthand exposure to the kind of discipleship of which Jesus spoke and to see its impact on the lives of others. As you read and reflect on this year’s Annual Report may you enjoy that same blessing, and may we all be more inspired to be blessings to others.

Sincerely,

A handwritten signature in blue ink, reading "Msgr. Benwell" followed by a stylized flourish.

Rev. Msgr William Benwell, V.G.  
Chairman, Board of Trustees





## Dear Friends,

I am pleased to present the 2010 Annual Report of Catholic Charities, Diocese of Metuchen. This annual report provides information about the programs and services that Catholic Charities provides to the poor and vulnerable living in the four counties of our diocese and beyond. As you read the material shared on these pages, know that with your support, Catholic Charities was able to serve more than 53,000 people this past year.

Catholic Charities is on the frontline during this economic crisis. The agency continues to struggle to meet the increased needs of individuals and working families. Food pantries are empty, homeless shelters are full and shrinking revenue sources from state and federal government, individual donors and corporations threaten our existing programs, services and staff.

We need the community at large to work, advocate and promote human rights, peace building and justice. I am grateful to our donors and funders for supporting Catholic Charities, Diocese of Metuchen, and our efforts to serve those less fortunate. Your continued commitment to justice and your generosity is truly needed and appreciated.

Sincerely,

*Marianne Majewski*

Marianne Majewski, LCSW  
Executive Director

## Financial Summary – FY10

Catholic Charities, Diocese of Metuchen, faced many challenges in fiscal year 2010. The failing economy brought an increasing number of clients to the Agency's doors, most notably, the poor and average working class families affected by job loss and the recession. While funding cuts at the state and local levels continued, new funding opportunities were realized from the Federal level and through corporate sponsorship.

Relief for families facing homelessness was made possible through funding provided by the American Recovery and Reinvestment Act of 2009. With these funds, as well as other local and Diocesan support, Catholic Charities was able to provide financial assistance and services to prevent individuals and families from becoming homeless. The Agency disbursed record amounts for client assistance in the form of mortgage payments, rental assistance, rental security deposits and utility assistance.

Corporate sponsorship continued to grow through the Neighborhood Revitalization Tax Credit (NRTC) Program. This program is designed to foster the revitalization of New Jersey's distressed neighborhoods. Tax credits are provided to business entities that invest in the revitalization of low to moderate income neighborhoods in eligible cities. In addition to the \$1 million award pledged in FY09, local corporations pledged another \$1.6 million to Catholic Charities via the tax credit program.

Funds have been used and will continue to be used in New Brunswick to acquire and develop low to moderate income housing, to expand access to medical services and to provide a community center for residents of Unity Square.

The most significant organizational change of fiscal year 2010 was the divestiture of the Agency's Child Care Resource and Referral (CCR&R) programs. In the fall of 2009, Catholic Charities divested its CCR&R programs in compliance with a mandate from a State of New Jersey funding division which prohibited any CCR&R agency from owning or operating any child care programs. The organization transferred its CCR&R programs to Community Child Care Solutions, Inc., a separate nonprofit legal entity. Funding contracts for the CCR&R programs were renewed under the new corporation as of October 1, 2009.

With no economic relief on the horizon for the coming year, Catholic Charities will strive to remain strong and to meet the needs of its clients throughout fiscal year 2011.



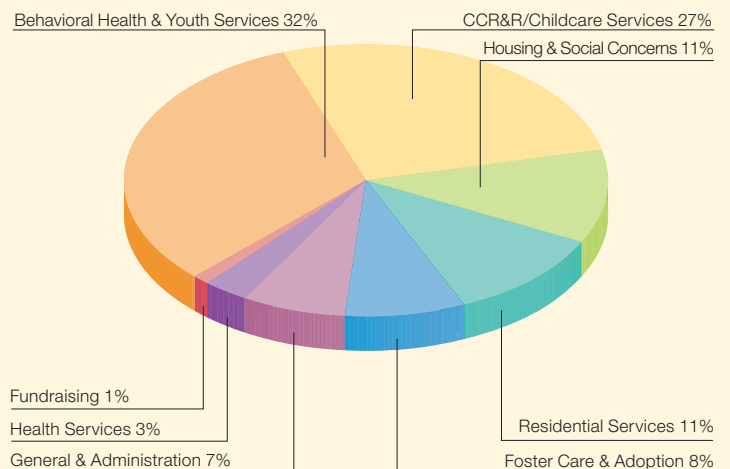
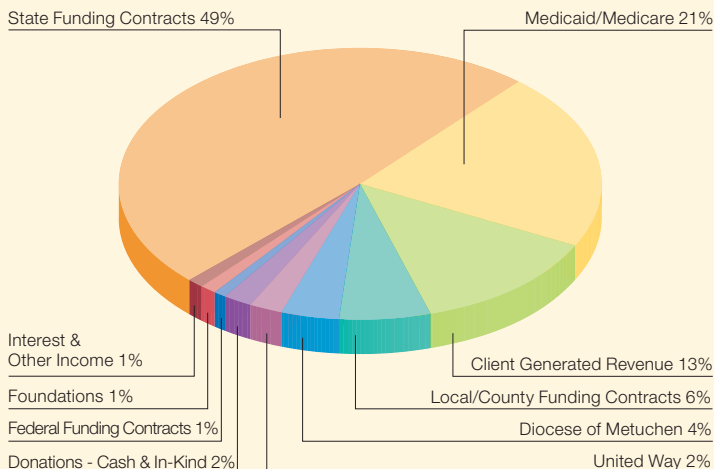
Christine Benitez, M.B.A., C.P.A.  
Chief Financial Officer

### Total Revenue FY 2010

49%	State Funding Contracts	\$22,582,040
21%	Medicaid/Medicare	\$9,737,556
13%	Client Generated Revenue	\$5,998,704
6%	Local/County Funding Contracts	\$2,838,143
4%	Diocese of Metuchen	\$1,945,270
2%	United Way	\$1,083,480
2%	Donations - Cash & In-Kind	\$812,122
1%	Federal Funding Contracts	\$712,415
1%	Foundations	\$693,370
1%	Interest & Other Income	\$120,591
<b>100%</b>	<b>TOTAL</b>	<b>\$46,523,691</b>

### Total Expenses FY 2010

32%	Behavioral Health & Youth Services	\$15,034,565
27%	CCR&R/Childcare Services	\$12,433,077
11%	Housing & Social Concerns	\$5,325,947
11%	Residential Services	\$4,947,113
8%	Foster Care & Adoption	\$3,629,965
7%	General & Administration	\$3,551,316
3%	Health Services	\$1,536,422
1%	Fundraising	\$55,501
<b>100%</b>	<b>TOTAL</b>	<b>\$46,513,906</b>



THE FINANCIAL INFORMATION REPORTED ABOVE WAS DERIVED FROM THE AGENCY'S AUDITED FINANCIAL STATEMENTS AS OF AND FOR THE YEAR ENDING JUNE 30, 2010.

## EXECUTIVE TEAM

Marianne Majewski, L.C.S.W.  
*Executive Director*

Julio Coto, L.C.S.W.  
*Assistant Executive Director*

Joan Lorah, L.C.S.W.  
*Assistant Executive Director*

Christine Benitez, M.B.A., C.P.A.  
*Chief Financial Officer*

Douglas J. Susan, J.D.  
*Director of Compliance*

J. Patrick Byrne, B.S.  
*Director of Administrative Services*

## DIVISION DIRECTORS

Marci Booth, L.C.S.W.  
*Residential Services*

Lysa Fritz, M.S.  
*Therapeutic Foster Care & Maternity Services*

Wesley Moore, M. Div., C.S.W.  
*Housing and Social Concerns*

Sharon Oshatz, M.P.H., M.T. (ASCP)  
*Health Services*

Ernie Revoir, M.B.A., CHE  
*Behavioral Health and Youth Services*

## BOARD OF TRUSTEES

The Most Rev. Paul G. Bootkoski, D.D.  
*Bishop of Metuchen*

Rev. Msgr. William Benwell, V.G.  
*Chairman*

Mr. Thomas G. Toolan  
*Secretary*

Mrs. Marianne Majewski  
*Executive Director*

Mr. Tab M. Chukunta

Mr. Hector Escobar

Mr. Anthony Giancristofaro

Mrs. Maryanne Guenther

Mrs. Marney Schenck Jeney

Sister Florence Edward Kearney

Deacon John F. Kenny

Rev. Joseph Kerrigan

Mr. Joseph Powell, Jr.

Hon. Mathias Rodriguez

Rev. Msgr. John B. Szymanski, P.A., V.G.Em.

Mr. Gordon M. Ur

Ms. Thomasina Wyatt

Mr. Anthony Zarillo



## About Catholic Charities, Diocese of Metuchen

Catholic Charities, Diocese of Metuchen, incorporated in 1982, is a non-profit Agency dedicated to service, quality and outreach for members of the community, especially those who are poor, devalued and in need of help. The Agency, which evolved from the Catholic Welfare Bureau of Trenton founded in 1913, provides programs to the four counties of the Diocese of Metuchen with selected services that reach throughout the State of New Jersey.

Catholic Charities, Diocese of Metuchen, began with seven sites that offered nine programs. In 28 years, it has grown to include more than 22 sites and over 114 programs. This expansion is the direct result of the Agency's aim to provide service to all those in need regardless of race, religion or ethnicity. To fulfill this commitment, Agency administration has consistently created new, innovative programming that would serve to extend the work of Catholic Charities, Diocese of Metuchen.

In its effort to provide the highest levels of service to all its clients, Catholic Charities, Diocese of Metuchen, uses the principles of quality, creativity, respect and empowerment as the guiding forces behind the Agency's mission. When reaching out to those in the community needing service, particular attention is given to the poor, undervalued and those who are disenfranchised. Administration and staff design programs that focus on the value of family, individual knowledge and the right of every client to be treated with dignity and respect.

### Catholic Charities, Diocese of Metuchen Mission Statement

Driven by the social teachings of the Church, Catholic Charities, Diocese of Metuchen provides quality services with dignity and respect to the poor, vulnerable and all people in need, and partners with families and communities to improve the quality of life.

### Catholic Charities Vision

To be a vibrant, dynamic agency dedicated to helping all individuals and families reach full potential while advocating for a more just and compassionate society.

## Catholic Charities Values

### ***We value the:***

- Freedom of each individual to pursue their full potential
- Dignity and fullness of all human life
- Poor, the vulnerable and the devalued
- Differences of others
- Sanctity of the family

### ***We are committed to:***

- Service to individuals in need
- Service to individuals no one else will serve
- Justice and compassion
- Standards of excellence
- Continuous improvement and measurable outcomes
- Success through partnership
- Integrity and honesty

## IN FISCAL YEAR 2010

- **53,223 people in need were served by Catholic Charities, Diocese of Metuchen**
- **1,443 children received Child Care Services**
- **Immigration Services assisted 260 people with the naturalization process**
- **The Ozanam Family Shelter and the Ozanam Inn provided 568 men, women, and children with a place to stay**
- **136 people received services for the treatment of HIV**
- **The Boarder Babies Program provided loving, nurturing homes for 45 infants**
- **72 families were treated by the Family Violence Program**
- **65 volunteers in the Senior Shopper Program shopped for 95 people**
- **Vital healthcare and immunization services were provided to 1,786 individuals at the St. John's Health and Family Service Center**
- **199,041 hours of service were provided by six divisions and over 114 programs across the four counties of the Diocese**

## Health Services

In a country recognized worldwide for its wealth of opportunity, a staggering number of people do not have health insurance or have health insurance that is inadequate. The Health Services Division of Catholic Charities, Diocese of Metuchen strives to provide high quality health care to those who would not otherwise have access.

### The Health Center

St. John's Health Center, located in New Brunswick offers services to the poor, uninsured and disenfranchised. Health Center patients establish a "medical home" for primary and preventive medical care, child and adult immunizations, on-site laboratory services, and medication assistance. St. John's offers HIV medical treatment and clinic-based case management services. St. John's Health Center is open Monday through Friday with a schedule of evening hours to better serve the needs of the patients.

### Medical Outreach

The Medical Outreach Program is a community based program that emphasizes the use of a "medical home" for routine medical visits for all ages, instead of overcrowded hospital emergency departments. The Outreach Worker identifies adults and children that have not been receiving proper medical attention and ensures that they are reconnected with their doctors or clinics. Parents are provided with education about the importance of having their children immunized and screened for lead poisoning. Families also receive reminders to schedule medical appointments when immunizations are due.

### HIV Services

For those in the community afflicted with or affected by HIV, life can be made even more difficult by a lack of access to much needed medical and social resources. St. John's Family Health Center provides primary medical care for persons living with HIV/AIDS. Clinic-based case management services are also available at St. John's for these individuals. Additionally, St. John's offers the HIV Testing program. The testing is private, confidential, free of charge and timely; preliminary results are available 20 minutes after the test is taken.

### Community House at St. Thomas

Located in a residential neighborhood of Old Bridge Township, Community House at St. Thomas is a supervised, shared residence for eight self-directed, low-income adults living with severe physical disabilities. Community House offers a more appropriate, minimally restrictive and cost effective community based alternative to nursing home placement.

# SERVICES

## OFFICES

		HIV/AIDS Services	Behavioral Health	Child Care/School Age (D)	Health Care/Outreach	Housing Search/Advocacy	Immigration (D)	Information/Referral/Advocacy	In-Home Services for Abused/Neglected Youth (D)	Material Needs/Disaster Relief (D)
<b>BRIDGEWATER FAMILY SERVICE CTR</b> Bridgewater, NJ	908.722.1881		●	●		●		●	●	●
<b>COMMUNITY HOUSE</b> Old Bridge, NJ	732.251.0022									
<b>EAST BRUNSWICK FAMILY SERVICE CTR</b> East Brunswick, NJ	732.257.6100		●					●		
<b>EDISON FAMILY SERVICE CTR</b> Edison, NJ	732.738.1323							●	●	
<b>FLEMINGTON FAMILY SERVICE CTR</b> Flemington, NJ	908.782.7905		●					●	●	
<b>INDEPENDENT LIVING</b> Phillipsburg, NJ	908.454.0414					●				
<b>MAPLE STREET FAMILY SERVICE CTR</b> Perth Amboy, NJ	732.324.8200							●	●	
<b>NAOMI'S WAY</b> New Brunswick, NJ	732.565.7974					●		●		
<b>NAZARETH HOUSE</b> Perth Amboy, NJ	732.324.0331									
<b>NEIGHBORHOOD CTR</b> Perth Amboy, NJ	732.826.0788							●		
<b>OZANAM FAMILY SHELTER</b> Edison, NJ	732.985.0327					●		●		
<b>OZANAM INN</b> New Brunswick, NJ	732.729.0850					●		●		
<b>ST. BAKHITA HOUSE</b> Phillipsburg, NJ	908.454.0912									
<b>PHILLIPSBURG FAMILY SERVICE CTR</b> Phillipsburg, NJ	908.454.2074		●	●				●	●	
<b>PHILLIPSBURG THRIFT STORE</b> Phillipsburg, NJ	908.859.5447									●
<b>ST. AGNES HOUSE</b> Bridgewater, NJ	908.704.3401									
<b>SOCIAL SERVICE CTR</b> Phillipsburg, NJ	908.859.5447					●		●		●
<b>SOMERSET STREET EARLY LEARNING CTR</b> New Brunswick, NJ	732.545.1789			●						
<b>STATE STREET TRANSITIONAL HOUSING</b> Perth Amboy, NJ	732.826.7711					●		●		
<b>ST. JOHN'S HEALTH &amp; FAMILY SERVICE CTR</b> New Brunswick, NJ	732.745.9800	●	●		●					
<b>TRINITY FAMILY SERVICE CTR</b> Perth Amboy, NJ	732.826.9160		●			●	●	●	●	●
<b>YES EARLY LEARNING CTR</b> New Brunswick, NJ	732.249.3881			●						



Administrative Offices  
319 Maple Street  
Perth Amboy, NJ 08861  
*Ph:* 732.324.8200  
*Fax:* 732.826.3549

## DIRECTORY

BEHAVIORAL HEALTH & YOUTH SERVICES			
Behavioral Health			
Middlesex	800.655.9491	Warren	908.454.2074
Hunterdon	908.782.7905	Somerset	908.722.1881
Youth Services			
Middlesex	732.324.8200	Warren	908.454.2074
Hunterdon	908.782.7905	Somerset	908.722.1881

CHILD CARE SERVICES	
Middlesex & Somerset	908.725.1912
Hunterdon & Warren	908.454.2074



	PACT Services (D)	Parenting Education	Parish/ Outreach (D)	Youth Partial Care	*Maternity Services (D)	Residential Services for Youth	Services for the Disabled	Services for the Elderly	Shelters for the Homeless/ Transitional Housing	Substance Abuse Services	Supervised Visitation	TFC/Boarder Babies (D)	Youth Mentor/ Recreation/ Tutoring
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## OF SERVICES

### HEALTH SERVICES

St. John's Health Center – New Brunswick 732.745.9800

### HOUSING & SOCIAL CONCERNS

Men's Shelter 732.729.0850  
 Family Shelter 732.985.0327  
 Immigration 732.826.9160  
 Social Concerns 732.257.6100  
 Social Service Center 908.859.9544

### RESIDENTIAL SERVICES

908.454.2074

### THERAPEUTIC FOSTER CARE & MATERNITY SERVICES

Foster Care Services 732.324.8200  
 Resource Family Inquiries 866.247.HOME  
 Maternity Services 732.324.8200

\*(D) Services offered Diocesan wide

## Housing and Social Concerns

The Housing and Social Concerns Division assists individuals and families who are hungry, need shelter, or lack the financial resources to meet their basic needs. Over 20 programs are available to provide short term assistance that will lead to self-sufficiency and an improved quality of life.

### Housing

- Ozanam Family Shelter in Edison provides emergency shelter for 16 single women and 26 families. The Ozanam Inn, located in New Brunswick, provides shelter to the homeless men of Middlesex County. The facility has 14 emergency shelter beds and 26 transitional housing beds. While living in the shelter, program residents work with case managers to improve their earning capacity and obtain permanent housing.
- Naomi's Way is the Division's newest program. The facility, located in New Brunswick, has 16 one or two bedroom units. The program offers support to homeless mothers who are employed or engaged in job training. Stays at Naomi's Way can last up to 24 months. While in residence, the women are provided with case management and life skills training.
- The State Street Program has a total of 56 units including studio apartments, single rooms and low income housing apartments for singles and couples. Many of the men and women tenants once resided in Catholic Charities, Diocese of Metuchen shelters. Tenants are offered case management, life skills training, transportation, counseling and linkage to substance abuse and mental health counseling.
- The Project for Assistance in Transition from Homelessness (PATH) is designed to assist mentally ill individuals who are homeless. The project provides assistance securing entitlements, mental health treatment and housing. Services are provided to clients in the community in train stations, hospital emergency rooms, shelters and soup kitchens.

### Immigration

The Immigration Program assists immigrant individuals and families to adjust their legal status in the United States, to reunite their family members, to

become free from abusive living situations, or to become United States citizens. Services are also available to assist those seeking asylum and refugees who are fleeing from oppressive governments to seek freedom in the United States. Open house sessions are offered weekly in Perth Amboy to immigrants in need of credible information and services. Individuals eligible for citizenship are guided in the steps that will lead to legalized residency. Services are available in English, Spanish, French and Creole.

### Social Services

Social Services are provided in several different areas throughout the four counties. In Philipsburg, a Thrift Shop and a Food Pantry are available. Also in Philipsburg is the division's Social Services Center. The Center has become a life-line for many of the working poor who cannot afford to provide for themselves or their families. Additional services that are provided include counseling, life skills, case management and job readiness training.

The Family Financial Stabilization Program and STEPS are programs that are provided in Somerset County. Case Managers meet clients in their homes and provide financial counseling, as well as assistance with rent, mortgage and utilities. The Multi-Service Center in Perth Amboy manages the distribution of federal and state monies to clients in need of assistance with rent, mortgage and utilities.

### Services to the Elderly

Volunteer services are provided by community volunteers to seniors and the disabled in Somerset County who need assistance with the activities of daily living. A comprehensive needs assessment matches the client with a volunteer to provide services such as shopping, household tasks, yard work or friendly visits.

### Multi-Service Program

The Multi-Services Program provides financial assistance and case management to low-income residents of Middlesex County who are having financial difficulties. Areas of assistance include rent, mortgage, utilities for those who are facing eviction, foreclosure or utility shut-off. The program serves the lowest income earners in the community

and those who have the most difficulty accessing services and resolving problems. All applicants are screened for eligibility, and are provided with a rapid response to their needs.

These services are consistent with the mission of Catholic Charities, Diocese of Metuchen which is to provide for those in need who are economically disadvantaged or who may not be protected by society's "safety net".

### Social Concerns

The Office of Social Concerns serves as the connection between Catholic Charities, Diocese of Metuchen, and the 101 parishes in the Diocese. This office works to increase and maintain a collaborative relationship with the parishes in an effort to better meet the needs of those coming to us when they are experiencing hardship of any kind. Parishes support our efforts particularly during major holidays by collecting food and gifts. The Diocesan Emergency Assistance Program provides financial assistance to individuals and families referred by local parishes, while providing other Agency resources and referral in the areas of mental health, physical health and basic needs. Assistance is provided through local community parishes, and is inclusive of all faiths.

The Office partners with the Diocese to support and facilitate social justice education and awareness throughout the Diocese. We are active on committees on the Diocesan level and at an Inter-diocesan level that includes NJ Catholic Conference, NJ Catholic Coalition for Environmental Justice and Metuchen Catholic Relief Services (CRS). Through this program, the Agency disseminates information, support and direct services to the pastors, social ministers and parishioners of 101 parishes in the Diocese of Metuchen.

### Unity Square Neighborhood Revitalization Project

The Unity Square Neighborhood Revitalization Project is part of the Housing and Social Concerns Division at Catholic Charities, Diocese of Metuchen.

Unity Square is a 37-square block neighborhood in New Brunswick between Commercial and Livingston Avenues and Sanford and Welton Streets. The office is located on the Sacred Heart

Church campus. This neighborhood, which is composed of a mix of African Americans who have lived in the area for many years and are predominantly homeowners, and new immigrants mostly from Mexico who are predominately renters. The neighborhood has an estimated population of 10,000 people, of which 24% live below the federal poverty limit. The diversity of the neighborhood reflects the richness and opportunities in this area which have been captured in the revitalization projects.

Catholic Charities, together with Sacred Heart Parish began organizing the neighborhood in 2004, and has formed partnerships with many local civic, religious and governmental organizations. A grass roots based neighborhood plan has been completed, which has been approved by the NJ Department of Community Affairs for the purpose of obtaining tax credit funding for projects that reflect the goals within the plan. Some of the goals include the development of housing affordable to families that earn between 35% and 50% of the median income in order to alleviate some of the overcrowded living conditions the residents are experiencing; improving access to health care for those without insurance; economic development; improving recreational activities for youth, particularly reducing crime and the development of a Community Center. To date, five affordable housing apartments were acquired through NJ Neighborhood Revitalization Tax Credit funding. Five additional single family homes are under construction. Funding

for these homes has been made available through municipal HOME monies and NJ Neighborhood Revitalization Tax Credit dollars. In addition to affordable housing development, program funds are being used for various initiatives, such as increasing the hours at the free health clinic.

This past year, vast improvements were made with neighborhood community gardening. The Feaster Park garden was completely renovated and transformed with the help of all of the gardeners. Thus, the gardeners were able to enjoy a bountiful season of fresh vegetables and beautiful flowers that were admired by everyone who visited.

Our focus now is to work on leadership development within the community. Through this organizing effort, we will build bridges between the African American and Latino communities. Our goal is to find common ground on the issues that affect both communities and identify solutions for the betterment of the entire Unity Square neighborhood.

Unity Square also has held a number of very well attended community events including Earth Day, Night Out Against Crime, and Halloween events for children.



### Community Development and International Solidarity

**These programs reach beyond the Diocese of Metuchen and provide direct assistance and stimulate local community response to disaster and long-term poverty:**

- \* The Catholic Campaign for Human Development (CCHD) is the United States Catholic Church's official antipoverty program. Over 4,000 projects have been funded in the past 30 years through the support of Catholics residing in the Diocese of Metuchen and nationwide.
- \* Unity Square Community Development in New Brunswick, support of New Labor outreach for immigrants, and ACORN community organizing efforts in the Diocese of Metuchen are examples of local projects.
- \* Catholic Relief Services-Metuchen (CRS) works with the local community, and the national CRS headquarters, to advance global solidarity and social justice. CRS is the official overseas arm of the U.S. Catholic community, sponsoring education, advocacy and fund-raising programs for at-risk communities in over 95 countries.

## RESIDENTIAL SERVICES

The Residential Services Division believes something miraculous is possible for troubled youth when they receive structure, caring and specialized services. Guided by this belief, the Division serves children and teens requiring extra assistance to successfully transition from childhood to adulthood. Too often, these children come from chaotic or abusive homes that lack sufficient guidance and direction. Too often, these children are left unattended, raising themselves without parental support or intervention. Yet, with vigilance, faith, support and care, their possibilities are endless and achievement is possible.

### Independent Living Program

The Independent Living Program is for youth who are approaching adulthood, yet remain unable to return to their families. This program provides a supervised apartment type setting to facilitate the transition from a group home to living in the community without adult supervision. While in the facility, youth receive case management services and opportunities for real life experiences in a supportive environment.

The program provides education in household maintenance, food shopping, meal preparation, money management, methods for accessing community resources and assistance obtaining employment. Program participants are required to maintain employment and contribute financially to rent and groceries. All program components prepare these youth to live independently in the community.

### Residential Treatment Programs

A temporary out-of-home placement often provides the opportunity for participants and their families to identify and work through issues that led to placement. Residential Treatment facilities provide a highly structured environment that is designed to target specific treatment needs. The focus is on stabilizing youth in order to reintegrate them into the most appropriate community placement.

The Residential Services Division operates two Residential Treatment Programs: St. Agnes House is located in Somerset County and Nazareth House is located in Middlesex County. These programs provide intensive, short term treatment in a community setting. The focus of the program is to reintegrate a client, who has often been in the system for many years, to the least restrictive community setting. The program focuses on individual and family therapy with a behavior modification component. Clients

are encouraged to earn unsupervised time in the community and to participate in community service projects. The program works with the client to become a productive member of the community.

### Intensive Independent Living Program

St. Bakhita House, located in Warren County, is an intensive independent living program for clients with limited family resources. These clients have lacked the positive life experiences necessary to prepare them to live successfully in the community. Many of these clients have a long history of out of home placements. St. Bakhita House focuses on intensive education to prepare the young adult for living on her own in the community through a curriculum diverse in nature and focusing on the strengths of the client. The program will not only teach the client life skills, but will also provide her with real life experiences from which to build upon as she enters the community on her own.

Education and training in independent living skills areas (including job readiness, grocery shopping, money management, and personal hygiene) are provided on a daily basis. Most of this education will take place in the community as real-life experience. Individual, group, and family therapy are provided on a weekly basis to help the client transition into the community successfully. Groups offered include therapeutic groups and psycho-educational groups. The clients are encouraged to obtain employment, as well as further their academic or vocational education. The clients earn unsupervised time within the community to practice being without adult supervision. Completion of the St. Bakhita House program culminates in clients living independently on their own, whether through family reunification or independent living arrangements in the community.

## CHILD CARE SERVICES

Affordable quality child care is one of the services most frequently requested by the clients of Catholic Charities, Diocese of Metuchen. The Child Care Services Division has assisted families through various child care programs within Somerset, Morris, Warren, and Middlesex Counties since 1995. Currently serving approximately 1,400 children, ages preschool to middle school, the Child



Care Division meets the needs of working families by providing their children a safe and supportive atmosphere in a quality child care setting. Programs are provided during the school year and year round to accommodate the needs of the communities.

## Programs

### Abbott Services

The Partners School Age Child Care Programs, located in Warren, Morris, Somerset and Middlesex Counties, provide before and after school care for children, ages five through thirteen. Primarily located in local elementary schools, thereby eliminating transportation issues and greatly reducing parental stress, programs include enrichment activities and homework assistance supported by the “Links to Learning” curriculum through the National Institute on Out of School Time (NIOST). Programs are offered on a sliding fee scale to allow families at various economic levels to participate where available and local subsidies are accepted. Nine of the school age programs are nationally accredited through the National Afterschool Association (NAA) focusing on high quality standards of care in an afterschool setting. Currently, there are only 25 school age programs nationally accredited in New Jersey including the Catholic Charities’ programs.

### Summer Program Services

The Child Care Division provides full day summer program services to communities located in Warren, Somerset, and Middlesex Counties. Summer programs offer weekly themes, field trips, special events, enrichment, on site presenters, and weekly swimming. Approximately 200 children are served through the school age summer programs in the Division.

### Additional Child Care Services

Holiday care, wrap around child care, and kindergarten enrichment services are additionally provided in the Child Care Services Division. Services are specific to the location and needs of the communities.

### Family Outreach Program (FOP)

The Family Outreach Program, supported through the Early Childhood

Abbott districts, the Division of Family Development, and Prevent Child Abuse NJ, works collaboratively with Family Workers, Child Care Directors, Family Worker Coordinators, Social Workers, PIRT Teams and Community Agencies in order to enhance children and their families’ lives. Catholic Charities currently oversees two Family Worker Coordinators who provide support and mentoring to 37 family workers in both New Brunswick and Perth Amboy.

## THERAPEUTIC FOSTER CARE

There are over 9,000 children in out-of-home placements in New Jersey. Catholic Charities provides stability and a sense of security for children placed in our foster care homes during a very difficult time in their lives.

### Foster Care

The Foster Care Program serves children from birth to 18 years of age in need of temporary foster care and a structured, therapeutic foster home experience. The Agency is committed to helping children maintain connections to their kin, culture and community while in care. Every effort is made to reunite children with their family of origin, kin, or into permanent homes as soon as possible.

To meet the needs of foster children in the State, the Home Study Unit specializes in the recruitment of potential foster families. Applicants complete a screening process that includes fingerprinting, local police checks, interviews, home visits and reference checks. The Home Study Unit also arranges for pre-service education and continued training of all TFC foster parents.

### Foster Care Programs

#### The Boarder Baby Program

The Boarder Baby Program offers temporary care to abandoned, drug exposed, or neglected children, ages birth to five years old. Catholic Charities’ foster parents provide love and stability in a nurturing environment to over 50 children annually. Children, referred through the Division of Youth and Family Services (DYFS), are the innocent victims of drug abuse, poverty, homelessness, abandonment and ill-equipped parents.

### The Medically Fragile Program

The Medically Fragile Program provides care to children between birth and 18 years of age who are in the DYFS foster care system and have specific medical needs. Foster families are provided extra training to provide care for children with medical conditions and meet their specialized needs.

### The Treatment Home Program

Our Treatment Home Program provides not only traditional foster care services, but ongoing therapy and support to children at risk. Many of the children have experienced abuse, trauma and multiple out-of-home placements. Treatment home families who care for children are trained by Agency staff to provide a warm, nurturing home with the level of structure and supervision they need to thrive.

### The Adoption Support & Advocacy Program (ASAP)

Adoption Support & Advocacy works with children in DYFS foster care and pre-adoptive homes to ensure a stable transition from foster placement to adoption. Program clinicians provide in-home behavioral therapy and case management support as the family moves towards adoption.

### Maternity Services

Maternity Services offers free options counseling to expecting or new parents in need of guidance and support. A Master’s level clinician works with birth parents and their families to explore options available, including parenting, foster care and adoption. Assistance is also provided with obtaining medical care for mother and child.

The Maternity Services Program also provides resources and referrals for parents exploring adoption as a way to grow their family. A clinician will prepare families for the process, waiting time and placement practices. They will be provided with referrals to licensed agencies that provide adoption placements.

## BEHAVIORAL HEALTH & YOUTH SERVICES

Life's challenges can affect any individual or family. The Behavioral Health and Youth Services Division of Catholic Charities, Diocese of Metuchen serves adults and youths struggling to cope with life in the face of psychological, behavioral and/or addiction issues. Programs offered throughout the four Diocesan counties provide counseling, treatment, guidance and support to many who would not otherwise have access to these services.

### Behavioral Health Outpatient

Outpatient Behavioral Health Programs provide short-term, outpatient counseling and treatment to individuals, families, and couples who may be impacted by depression, anxiety, the loss of a loved one, parenting difficulties and other common life stressors. Services are provided throughout our Family Service Centers located in Perth Amboy, Edison, East Brunswick, Bridgewater, Flemington and Phillipsburg.

Specialized services include treatment for survivors of sexual abuse and/or domestic violence, counseling and case management for individuals who are developmentally disabled and are also suffering from a mental illness. Also provided are psychiatric/forensic evaluations. Specialized individual and family therapy is also available for Spanish-speaking clients in the Perth Amboy, East Brunswick, Bridgewater and New Brunswick offices. The East Brunswick Office offers services for adults and children who experience serious or chronic mental illness. Intensive Outpatient Treatment for Somerset & Hunterdon residents who have a serious mental illness is available in the Bridgewater and Flemington Family Service Offices, by referral from the County Screening Center. Parish counseling geared to faith communities with a Christian focus is offered upon request. Counseling to address the emotional distress associated with post-abortion issues is available Diocesan-wide.

### Substance Abuse

Substance abuse has no boundaries and can affect anyone, regardless of age, race, religion or economic status. The programs in the Substance Abuse

area serve adult individuals, families and adolescents who are struggling to overcome their addictions. Programs are offered on an outpatient basis and include substance abuse evaluations, individual and group counseling, education through the Intoxicated Drivers Resource Center (IDRC) and linkage to community support groups and 12-Step programs.

Catholic Charities has several locations to meet the growing needs of this service. The Bridgewater Office provides an intensive outpatient group for adolescents that meet after school and is designed to facilitate the road to recovery, as well as an adolescent prevention group and community outreach. The East Brunswick Office offers traditional programming for outpatient substance abuse counseling and treatment in both a group or individual setting, including group counseling for children impacted by substance abuse in the home. The Edison Office is the home base for the Child Protection Substance Abuse Initiative for the NJ Division of Youth and

Family Services (DYFS) for the Counties of Middlesex, Union, and Essex. This program assesses families for substance abuse issues and makes treatment referrals in response to possible abuse and neglect situations.

### Program for Assertive Community Treatment - The PACT Teams

The PACT Teams provide comprehensive, integrated rehabilitation treatment and support services to those individuals who live with serious and persistent mental illness. Services are delivered by a mobile, multi-disciplinary team that focuses on self-management of mental illness, as well as preventing unnecessary psychiatric hospitalization. The three PACT Teams within the Diocese of Metuchen are located in Perth Amboy, Edison and East Brunswick.



### Youth Partial Care

Youth Partial Care Services are offered in Edison and serve individuals who need intensive behavioral and psychiatric care in an outpatient setting, while maintaining in-home and in-community functioning. The service is an adolescent program that serves youth, ages 9 to 17. The program serves those who are at risk of psychiatric hospitalization by providing three to five days of treatment each week. These services include psychiatric assessment, medication monitoring, behavior modification, social skills, and education in daily living skills, as well as individual, group and family therapy. Transportation services are provided for all participants.

### In-Home Therapy

In-Home Therapy programs are designed to meet the needs of families with youth at risk of out-of-home placement and/or those who have been resistant to traditional outpatient treatment. The in-home component provides a familiar safe environment that helps the therapist observe real situations in order to be able to model healthier and safer parenting behaviors.

### Case Management

Case Management services provide individuals and their families with a wide range of services, resources and opportunities to enhance coping skills and promote self-sufficiency. Service coordination, supportive counseling, advocacy, linkages and referral services are provided to clients throughout the Diocese.

### Mentoring

Mentoring is an opportunity for youth to partner with adults who will support their dreams and goals, and provide a positive role model while sharing activities and experiences. Mentoring is provided in Middlesex County. Volunteer mentors work with youth experiencing a significant loss, medical problems or difficulty responding to traditional counseling.

### Recreation

Recreation Enrichment Programs are provided in the community for at risk youth. The centers which are found in Perth Amboy, Carteret and Woodbridge offer homework assistance, tutoring, specialized sports, group activities, informal youth outreach and counseling. The Bridgewater Family Service Office partners with the County of Somerset in providing a Therapeutic After-school recreation program. The centers provide a safe alternative environment, as well as positive role models.

### Education and Training

Education and Training programs are provided throughout the Diocese and include Parent Education groups and assault prevention workshops for teachers, parents and children, both in the schools and in the community (CAP). Anger management groups and domestic/family violence groups are also offered.

### Visitation

Visitation programs provide supervised visitation and therapeutic visitation to families and youth who are either involved with the Division of Youth and Family Services (DYFS) or Family Court throughout the four counties of the Diocese. Programs provide services to ensure safe visitation between children and their non-custodial parent, or to evaluate family reunification potential.

### Planning and Advocacy

The Hunterdon County Children's Inter-Agency Coordinating Council (CIACC) convenes in order to identify resources and needs within the child behavioral health system. They also evaluate provider agencies funded through the Division of Child Behavioral Health Services and facilitate collaboration between provider agencies engaged in working with children evidencing behavioral and/or mental health problems. Leaders from the Behavioral Health & Youth Services Division are involved in various planning and advocacy initiatives surrounding Behavioral Health and the Child Welfare System on the local, county, and State levels.

### School Based Services

Through this program, counselors provide assessment and referral services, individual and group counseling sessions, crisis intervention, and substance abuse education and testing to school age youth in both private and public schools in Somerset and Middlesex Counties.

### Post-Abortion Counseling Services

Catholic Charities offers hope and healing through post-abortion counseling and reconciliation programs. The programs offer private and confidential counseling services to those women/men experiencing post-abortion trauma. Individual counseling is available through the Project Rachel program. Project Rachel also offers post abortion counseling services in Spanish through a weekend retreat program called Rachel's Vineyard.





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