

# Integration, Hope & Recovery



2023

ANNUAL REPORT

# MISSION

Our mission is to support individuals, families, and the community in achieving whole health through an integrated system of care designed to promote well-being, recovery, and productive lives.

# VISION

We will create an equitable, accessible, and fully integrated system of care for the treatment of mental health and substance use disorders, physical health, care management services and specialized education, which will improve the lives of individuals and families. At the same time, we will be recognized as a leader for workforce development, innovation, research, and best practices in the field of integrated health.



# VALUES

## DIVERSITY

CPC is restoring hope and building relationships with a trauma informed culture, which supports inclusion, values diversity, and fosters collaboration. We meet each individual wherever they are in their recovery journey.

## EQUITY

We are committed to reducing health disparities by providing equitable, quality, and affordable care in facilities that are safe, welcoming, and confidential, delivered by empathetic, skilled, and diverse staff.

## ACCESSIBILITY

We will expand access to treatment and care management services for underserved populations experiencing significant mental illness, substance use disorders, emotional disturbances, and special education challenges in the communities we serve.

## COLLABORATION

We will collaborate and form strategic alliances to bridge gaps in providing the best care to the whole person.

## SUSTAINABLE OUTCOMES

We will provide evidence-based services that deliver effective and sustainable outcomes through a culture of teamwork and accountability in a system that is person-centered, outcomes-oriented, and data driven.

## SUPPORT

We will enhance and nurture a culture that supports work-life balance, inspires continual learning, and promotes career development to build the leaders of the future.

## TRUST

We are committed to upholding the public trust through transparency, accountability, and the demonstration of financial best practices.

## INNOVATION

CPC Institute for Community Health Innovation will inspire advances in technology and solutions to the complex needs of the underserved, to help our communities be stronger, healthier, and more resilient.

# A Message from Vera Sansone, CEO

Dear Friends of CPC,

2023 was another year of growth and connection for CPC. We completed our sixth year as a Certified Behavioral Health Clinic (CCBHC), serving more community members than ever before, and launched a new program—The Institute for Community Health Innovations, which you can read more about in the following pages. Additionally, we were pleased to be able to update our logo and name to better reflect all the innovative and positive things we have been doing to serve our communities.

CPC is 63+ years strong serving Monmouth and Ocean Counties and we continue to work hard to demonstrate to our community that we are a dependable and effective nonprofit organization that consistently brings high-quality, equitable and affordable comprehensive mental health and substance use services to the people who need them most in our communities. CPC has been effective in our mission over the last six decades because of our unique whole-person philosophy to care. This approach to mental health considers both physical and mental well-being, along with addressing social determinants—ensuring that people can access employment, affordable housing, food, and safety while developing life-skills. Helping people achieve well-being and a sense of purpose & connection is built into the CPC model of care and our approach has enabled us to support people like Kevin, Frank, and Maggie—who you can read about in the following pages.

CPC would not be able to serve our communities without our dedicated staff. They work tirelessly to meet individuals wherever they are in their recovery journey to help them live healthy and fulfilling lives. We are grateful for the way our staff can address behavioral health challenges with their unapparelled skill and compassion—their connection and commitment to our mission is truly at the heart of CPC and we are most grateful.

Thank you also to our generous volunteers and supporters—individuals, government, foundations, and corporate sponsors. We could not do this vital work without you.

With sincere appreciation,  
**Vera Sansone,**  
*President & CEO*



"We are proud to deliver services and programs that support a healthier community at large, and we are humbled to know that our work contributes to a more effective healthcare system. CPC is dedicated to ensuring that everyone, everywhere in our community, can access high-quality, comprehensive mental health and substance use services."

# A New Era for CPC

## Integrated Whole-person Health Improves Lives and Strengthens Our Communities



**Julie Edwards, APN**  
Medical Director of  
Integrated Care

This past year, CPC added the word "integrated" to our name which was important in helping to define our whole-person model of care. Whole-person health involves helping and empowering individuals, families, communities, and populations, to improve their health in multiple, interconnected, biological, behavioral, social, and environmental areas. Instead

of just treating specific disorders like behavioral health or physical health independently, the whole-person health approach focuses on restoring health, promoting resilience, and preventing diseases over the life span.

At CPC Integrated Health, we know that a person cannot be well without addressing all three components of health: Behavioral Health, Social Determinants of Health, and Physical Health. CPC has always been on the forefront treating mental health disorders and substance use disorders, but we know from experience that our clients do not just need excellent tailored treatment for their depression or their addictions; they need support in the areas of life that get in the way of treatment and recovery. If a client needs housing, employment, or educational support, CPC is their one stop shop to help address these barriers and improve their overall quality of life. In recent years, we have expanded even further into whole health by providing support to our clients with their medical conditions and physical wellness. We partner with primary care providers and specialists in the community to get clients linked to medical care and continue to assist clients with whatever pieces of their healthcare are overwhelming to them. Our clients may struggle with navigating their insurance benefits, scheduling an MRI, or finding a certain specialist. Our integrated health treatment teams and

medical care managers are with our clients every step of the way to help them achieve their personal health goals and live full happy lives.

It is the story of Kevin and his path to recovery with CPC which best illustrates our integrated, whole-person model of care that we are so grateful to be able to deliver throughout our communities.

Kevin is one of 12,000 clients that CPC supports annually. His success in recovery is what we strive for in each person who seeks our support. At CPC we work together from an integrated perspective to ensure that paths to recovery are easily accessible to anyone who seeks mental health and substance use disorder services. We believe everyone deserves to live a full and healthy life, and we do whatever we can to meet each person wherever they are on their recovery journey.

### Kevin's Journey to Recovery

Kevin faced a long struggle with heroin addiction, attempting to quit on his own without success. Frustrated but determined, he reached out to CPC, where he met an integrated team—case manager, therapist, and prescriber. Together, they crafted a plan that involved careful coordination that addressed his social determinants of health and considered all aspects of Kevin's whole health, not just the addiction. A component to the plan was medication to alleviate withdrawals and cravings which marked a turning point for Kevin, enabling him to break free from daily heroin use and which gave him the stability to reconnect with his family and community.

As his substance use disorder was addressed, Kevin opened up about his depression. His CPC doctor recommended medication, leading to improved mood and a sense of control over his life. During the course of his treatment, CPC identified Kevin's longstanding type 2 diabetes. Kevin recounted frequent

visits to the hospital Emergency Room, where he experienced feelings of stigma and shame due to the frequency of his visits. When the CPC treatment team broached the topic of addressing his diabetes-related medical needs, Kevin hesitated to consult a primary care provider, fearing potential judgment due to his use of buprenorphine for opioid use disorder.

Kevin eventually trusted his care team and addressed his diabetes with support of CPC. CPC advocated for

him with a letter to his new Primary Care Provider, highlighting Kevin's recovery and strengths. Reading the letter, Kevin was moved, expressing gratitude for the positive representation. Over the years, CPC and Kevin's Primary Care Provider collaborated closely, addressing treatment, transportation, and literacy challenges. Using CPC's pharmacy, Kevin managed his medications, gradually taking control of his diabetes, rebuilding his support network, and has found success in his recovery journey.

## Kevin



"It meant so much to me to have CPC write a letter to my new doctor to explain my treatment for addiction and depression. Reading their words was encouraging and it occurred to me that no one had ever written anything nice about me like this. I've been through a lot in my life, but this brought me to tears. Thank you CPC."



**We believe everyone deserves to live a full and healthy life, and we do whatever we can to meet each person wherever they are on their recovery journey.**

# Introducing the CPC Institute for Community Health Innovations

## CPC Leads Behavioral Health Workforce Development + Strengthens the Integrated Care Model in New Jersey

Vera Sansone, LCSW President & CEO



In 2023 we were grateful to usher a new project to the forefront: CPC's Institute for Community Health Innovation. The Institute delivers innovative training, consultation and technology transfer to the physical health, substance use and mental health service delivery community. Through education, workforce development, training, research and technological advancements, CPC's Institute is helping to transform integrated behavioral healthcare throughout New Jersey and beyond.

One of the most exciting components of the Institute is that it is creating a pipeline program that enables interested behavioral health specialists to become licensed behavioral health professionals while also helping to educate the workforce of tomorrow. CPC's collaborative approach and long-standing relationships with colleges, universities and other community-based behavioral health organizations help solidify these pathways to internships and experiential learning.

The Institute is essential in helping to develop a robust healthcare workforce that learns how to integrate care and navigate a wide range of behavioral and physical issues, while addressing the social determinants of health.

Mental illness and substance use disorders are high and rising, making an urgent need to enhance and expand staff capabilities within the integrated care model. This is particularly crucial now, given the current shortage of licensed behavioral healthcare specialists—psychiatrists, psychologists, and clinical social workers—in our nation, and communities like those in Monmouth and Ocean County. As a community-based nonprofit committed to reducing health disparities by providing equitable, quality, and affordable care, the shortage feels even greater. The work of the Institute is an important piece of the solution to building the integrated behavioral workforce of tomorrow. We are confident that by widening opportunities for future health leaders to engage in the integrated model of care approach will help improve lives in our communities and the healthcare system overall.

For as long as CPC has existed, there have been components of training and development woven into our existence. In our early founding years, we developed training and held weekly seminars attended by psychiatrists at (what was then known as) Marlboro Hospital, Fort Monmouth's Mental Hygiene Clinic, and graduate students of Seton Hall and Rutgers University. Fast forward from 1960 to 2023, the creation of the Institute is undoubtedly something our founders would be incredibly pleased with, and I am certain they would consider the Institute a pivotal initiative that upholds the enduring legacy of CPC.

Educational and Health Institutions with whom we have an active affiliation agreement.

- Alfred University
- Bellevue University
- Caldwell University
- Columbia University — Dept. of Counseling & Clinical Psychology
- Emory University
- Fairleigh Dickinson University — Physician Assistant Program
- Fairleigh Dickinson University — School of SW
- Fairleigh Dickinson University — School OT
- Georgian Court University
- Grand Canyon University
- Hofstra
- Kean University — OT, SW & Counseling Programs
- Liberty University
- Massachusetts College of Pharmacy and Health Sciences
- Hackensack Meridian Health Residency
- Monmouth University — MH Counseling Program
- Monmouth University — SW Program
- Montclair University — MH Counseling Program
- Regis College
- Rider University
- Rutgers University — Department of Psychiatric Rehabilitation and Counseling
- Rutgers University
- Seton Hall University — Dept. of Professional Psychology and Family Therapy
- Southern New Hampshire University — Clinical MH Counseling Program
- The College of NJ
- Touro University — School of SW
- University of Missouri
- Wake Forest University
- Walden University — Nursing, SW, Counseling, Psychology, Health Sciences & Interdisciplinary Studies
- Widener University
- Wilkes University — Passan School of Nursing



With our collaborative approach, and long-standing relationships with colleges, universities, and other community-based behavioral health organizations, we are able to provide the Institute as a backdrop to help address staffing shortages which are prevalent Statewide and Nationally while also developing the behavioral health workforce of the future.

– Vera Sansone President & CEO



## Institute for Community Health Innovation

- 1 Robust intern program for students in accredited medical, counseling & social work programs, and recently, Occupational Therapy students.
- 2 Clinical supervision for students seeking to earn an independent practitioner license or certification.
- 3 Opportunities for research projects & new technology / Kean University, Care Manag-e App for care managers.
- 4 Rotations for APN, PA, and medical students.
- 5 Speaking engagements, seminars & research projects with opportunities to publish in scholarly journals.



# Collaborating with Community Partners

In his decade-long tenure at CPC, Mike has taken on various roles which has benefitted our communities in many ways. However, it's in his current position with a new CPC initiative, collaborating with the Monmouth County Prosecutor's Office and Hope Sheds Light—a community-based peer recovery agency—that his impact is notably profound.

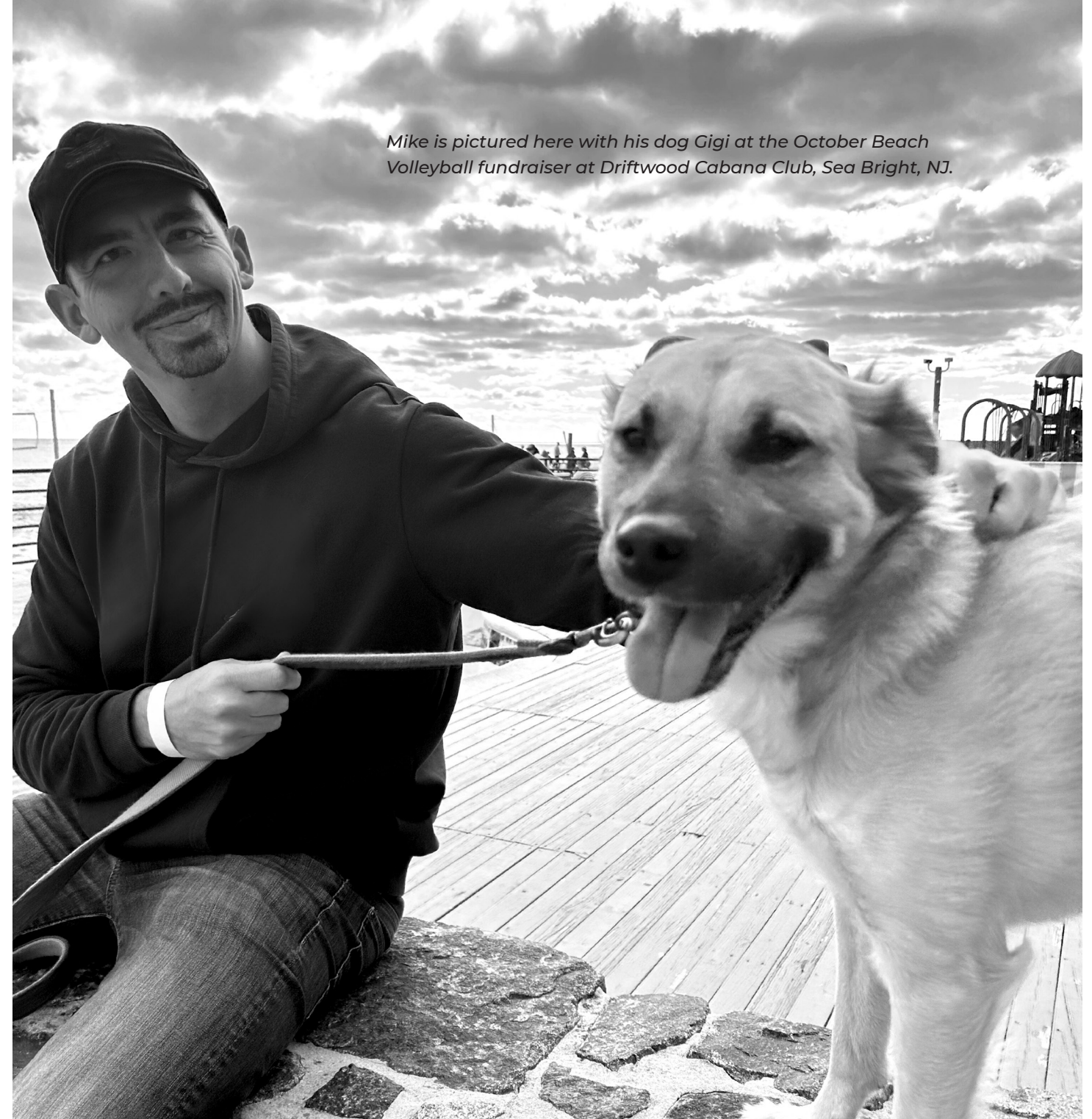
The Recovery Diversion Program (RDP) provides substance use resources to support municipal court defendants. Instead of traditional prosecution, non-violent, low-level offenders with substance abuse disorder are offered a road to recovery through the RDP. The program, which takes between 12 weeks and six months to complete depending on treatment recommendations, helps to combat early substance abuse, decrease stigma surrounding addiction, and strengthens the relationship between law enforcement and the community.

"Many people look at the RDP program as an opportunity to have a second chance, but really for so many of the clients I am working with, it is the very first time that anyone offered them support and a first chance at recovery."

The program started in Asbury Park and has grown to include Long Branch, Red Bank, Howell and Keansburg—

and there are plans to expand even more, with a goal of graduating 10-12 people from each court annually. Mike speaks of a father and son who struggled with addiction for most of their lives and who participated in the Recovery Diversion Program together. Mike reflects on how the program helps to break down barriers. "African American communities and culture frequently encounter disparities, making the journey to overcoming addiction even more challenging. While cycling in and out of the system for most of their lives with an addiction to crack cocaine, they have since completed their treatment program, successfully graduated from RDP, and are gainfully employed and living meaningful lives in their communities."

CPC provides the mental health and addiction recovery services for the RDP participants, while also coordinating any physical health needs with their primary care provider while making sure social determinants of health are addressed. Program participants are linked with a peer recovery specialist at Hope Sheds Light and are also provided with resources from NJ Reentry Corporation to assist with employment, housing, and legal needs. The RDP program and CPC's partnership with the Monmouth County Prosecutors Office is a great example of how CPC is reaching underserved populations, restoring hope and collaborating with community partners.



Mike is pictured here with his dog Gigi at the October Beach Volleyball fundraiser at Driftwood Cabana Club, Sea Bright, NJ.



Mike

"Many people look at the RDP program as an opportunity to have a second chance, but really for so many of the clients I am working with, it is the very first time that anyone offered them support and a first chance at recovery."

# CPC In The Community

The work we do in partnership with other community groups and organizations, allows us to extend our mission—providing recovery, help & hope to those who need it most in our communities. Collaborating with community partners is crucial for CPC as it helps us provide comprehensive, holistic support and access to resources which significantly bolster our ability to support those who need us most. By fostering connections with other healthcare providers, nonprofits, peer recovery organizations, law enforcement, and schools, we increase our outreach and our impact.

Together our work helps to raise even more awareness for mental health and substance use while reducing stigma.

We are grateful to be a part of such a caring community and offer our sincere appreciation to the many partners we collaborate with the whole year through. These connections allow us to create a more resilient and supportive environment for individuals wherever they are on their recovery journey.



# Gratitude in Action: Community Compassion Nurtures our Mission

We are grateful for the generosity received from our communities throughout the year. Through individual and corporate giving, foundation grants, and special events such as the Golf Classic at Navesink Country Club and the Beach Volleyball Event at Driftwood Cabana Club, CPC's mission is strengthened, and the lives of our clients are supported. Donations provide CPC clients with the gifts of health, recovery, connection, safety and hope. Donations improve lives and help people facing mental health and addiction challenges get better. Thanks to hundreds of annual donors and event participants, CPC is able to support those in our community with the greatest need. Community philanthropy provides safety-net services such as temporary housing and transportation to counseling and doctor appointments, high-cost medications, special programming for children attending CPC's High Point School and emergency assistance for things like gift cards for warm coats, self-care items and food for the holidays. We deeply appreciate the generous hearts that support our mission and value being part of our communities' charitable giving.



Volunteer Co-chairs of the Annual Golf Tournament, Alex Tragnitz and Ralph Finaldi at the June 2023 event which raised over \$100,000. Save the date for the 2024 event: June 3, 2024



In the Peace Garden at High Point School donors and staff gather to remember the generous spirit of beloved supporter, Caroline Huber who was remembered fondly for her strong compassion and belief in the importance of inclusive and accessible therapeutic mental health services for all. Seated L-R: Joan Rechnitz & Sam Huber, Standing L-R: Shelby Leder, Cheryl Mountain, John Dias, Linda Lanni, Vera Sansone, Laura DiTommaso, Dan Burns, Todd Herman and Rick Gonzalez.



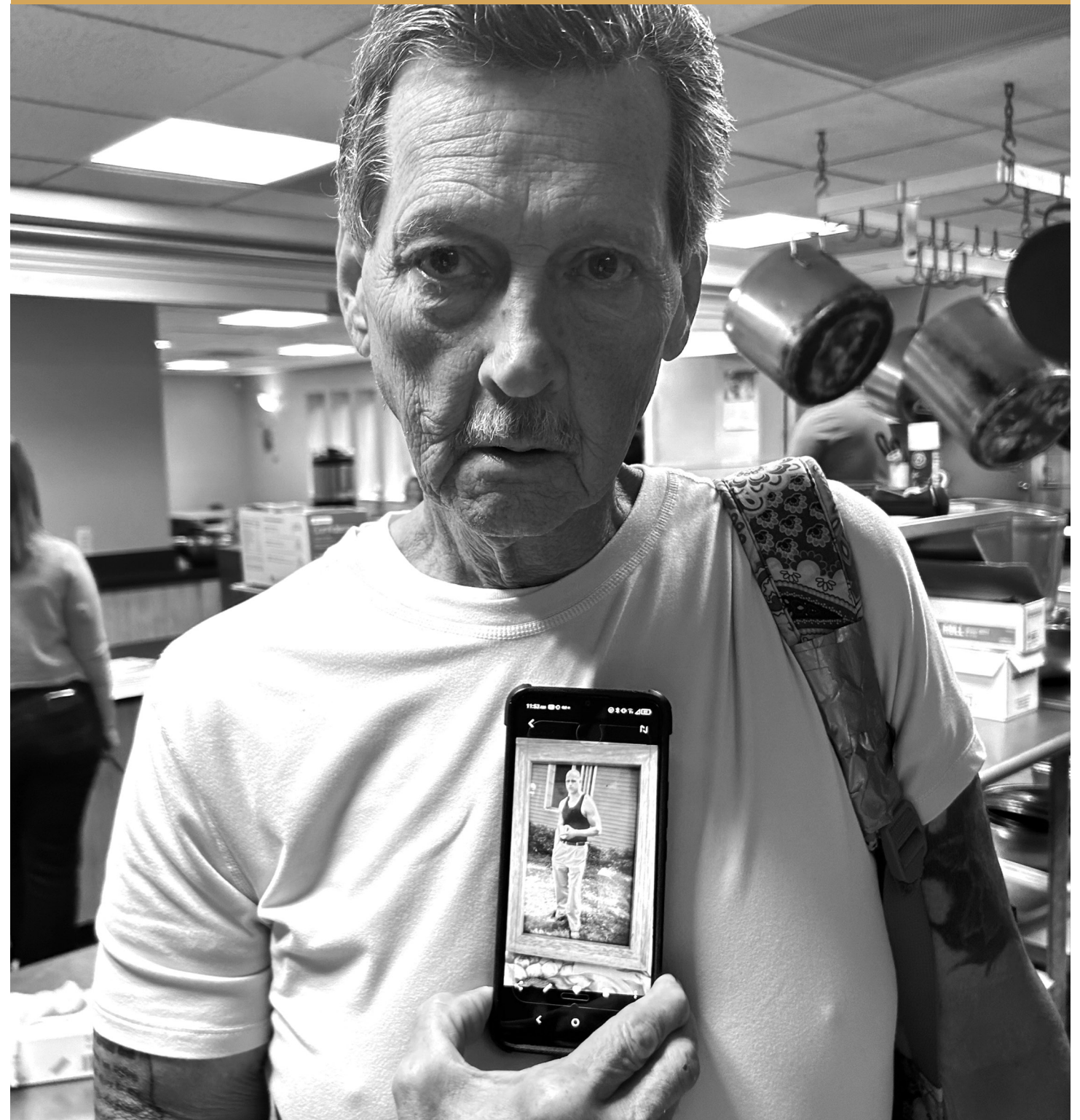
CPC is grateful for the support of OceanFirst and their 2023 grant which helps to support our efforts to create healthier and more equitable communities in Monmouth and Ocean Counties. Pictured L-R: Sharon M. Frankli, VP, Branch Manager, OceanFirst Bank; Dan Burns, Senior VP & Chief Financial Officer, CPC Integrated Health; Lynn Lucarelli, VP & Chief Development Officer, CPC Integrated Health, and Katherine Durante, Executive Director, OceanFirst Foundation.



Mike Warshauer pictured here, celebrates a successful Beach Volleyball Event this past October 2023. Mike served as co-chair along with his sister Stacy Warshauer and friends Brian and Chris Torcivia. Thanks to this incredible leadership team, nearly \$50,000 was raised in support of CPC's Addiction Recovery Services.

## Frank

"When my son died at 17 years old, I lost my life. My addiction escalated. My mental health deteriorated. Being a part of CPC and this program has given me so much--there is nothing like it. I've been clean and sober for 9 years. I am so thankful."

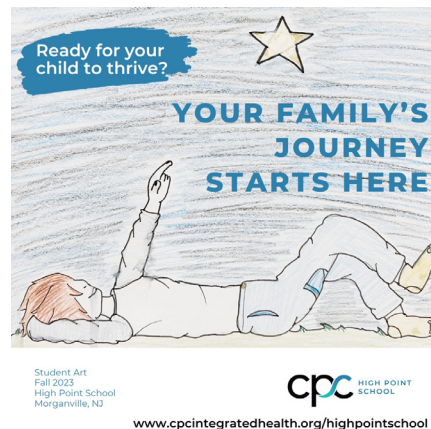


# Grateful to Grow at High Point School

2023 was a terrific year for the students and staff of CPC's High Point School---a State of New Jersey approved, K-12 private school for students with disabilities from school districts throughout New Jersey.

Thanks to our caring and skilled staff, students were surrounded with a safety-net of support which helped them to grow and develop over the school year. We are very grateful to the team of professionals at High Point School who have been able to connect with our students and embrace their journey—academically,

socially, psychologically, and in terms of their physical needs. The integrated & highly personalized approach, makes all the difference in setting the stage for each student's growth and progress. Students thrive in High Point School's setting which includes therapeutic support plus individualized academics. The commitment of our staff to provide our students with specialized supports & unique opportunities to grow and discover their personal potential makes High Point a special destination for our students.



**Our therapeutic support is comprised of onsite clinicians including: psychiatrists, nurses, social workers and speech & occupational therapists. Our conveniently located, expansive campus is equipped with:**

- comfortable learning spaces and socialization areas
- playground
- reflective peace garden
- outdoor swimming pool

**Our students often experience anxiety, depression and other mood disorders, behavioral & attention difficulties, and developmental & learning disabilities. To support each child, we offer a wide array of therapeutic services & evidence based positive behavior supports including:**

- a comprehensive NJ Department of Education approved academic curriculum
- 1:3 staff-to-student ratio
- small class sizes, limited to 12 students each
- comprehensive clinical programming
- medication management
- individual, group and family therapy
- speech and occupational therapy
- summer extended school year program
- pre-vocational opportunities



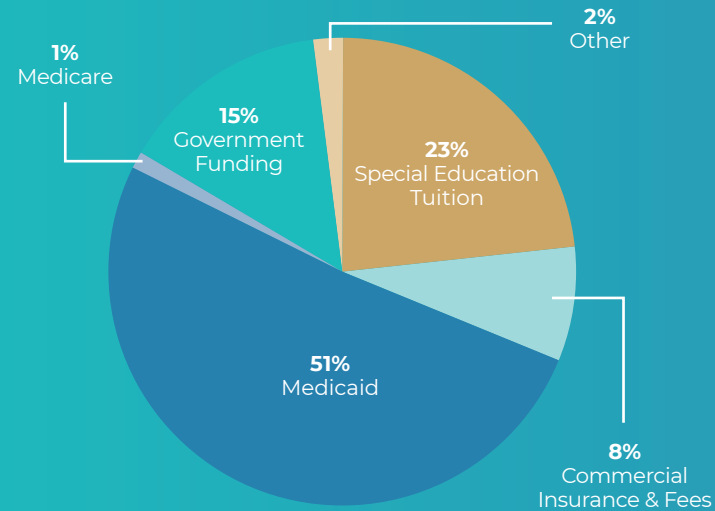
## Rodney

Rodney is High Point School's Health & Physical Education teacher. The students love him. His genuine smile and warm personality radiate when he shares the life-lessons he provides while coaching the students. High Point School faculty and staff provide hope to our students.

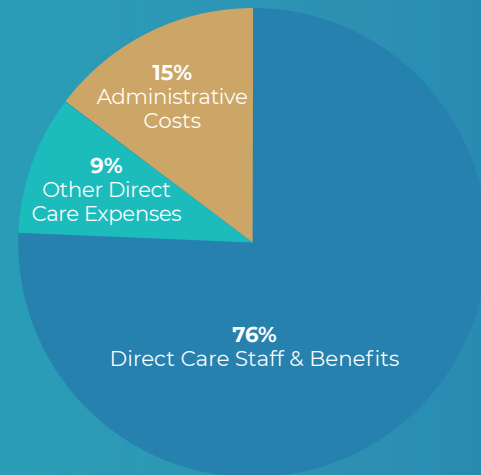


# Financials

## FY 2023 Program Revenues by Source



## FY2023 Expenses



As an efficient mission-driven organization, we are grateful to be able to dedicate 85% of our revenue to program services and client care.

## Maggie

Maggie is finding safety & community within the program she attends at our Aberdeen Counseling Center. She will tell you that her fellow program participants and counselors are like family and critical to her recovery journey. At CPC we provide equitable, quality and affordable care in facilities that are safe and welcoming.



# The Impact of Your Donation

**Your gift goes further!** We are proud that as a safety net organization, 100% of funds raised support direct client services including:

Emergency Temporary Housing

Transportation to counseling and doctor appointments

High cost medications

100%

Special programming for children & adolescents at High Point School

Emergency Assistance for items such as gift cards, food and self care items

## Grateful to Make a Positive Impact

### Excellence in Client Centered Service

The CPC Client Satisfaction Report provides feedback and a greater understanding of our client's experiences with our services.

**87%**  
Adult clients report positively about access to care.

**94%**  
Adult clients report positively about general satisfaction with programs & services.

**97%**  
Family members of children/adolescents report high cultural sensitivity of CPC staff.



**63+ YEARS**  
serving Monmouth Ocean Counties



**50% Reduction**  
in wait time from first point of contact until initial evaluation since becoming a CCBHC-Certified Community Behavioral Health Clinic



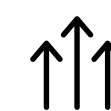
**16,000+**  
Our Access Line receives over 16,000 calls annually, referring callers to various CPC programs and other resources in the community.



**12,000**  
clients served annually through our mental health, substance use treatment programs and at CPC's High Point School



**2,000+**  
Provide in-home & community emergency crisis response to over 2,000 Monmouth County children & families annually.



**Triple!**  
In the last few years we have been able to triple the number of clients assisted with accessing vital resources such as primary healthcare, housing, employment, food & transportation.



**100%**  
of all clients are screened for health & safety risk factors such as suicide, depression, chronic health conditions, tobacco, alcohol & substance use



**350+**  
We support our community with over 350 dedicated behavioral health specialists across all programs. The CPC team includes Social Workers, Physicians, Psychiatrists, Nurses, Nurse Practitioners, Educators, Peer & Family Support Specialists and Care Managers.

# Locations

**Aberdeen  
Counseling Center**  
1088 Highway 34  
Aberdeen, NJ 07747

**Howell  
Counseling Center**  
4539 US Highway 9,  
Howell, NJ 07731

**Freehold  
Counseling Center**  
22 Court Street  
Freehold, NJ 07728

**Neptune  
Children's Mobile  
Response & Stabilization  
Program Office**  
72 Morris Ave.  
Neptune, NJ, 07753

**Red Bank/Middletown  
Helen Herrmann Counseling  
Center**  
PACT Program

270 Highway 35  
Red Bank, NJ 07701

**High Point School Campus**  
1 High Point Center Way  
Morganville, NJ 07751

**Eatontown  
Administration**  
Community Programs  
ICMS Program  
Justice Involved Services

10 Industrial Way East  
Suite 108  
Eatontown, NJ 07724



**Anthony Green, MD,  
CPC Medical Director**

"At CPC our clinicians take great care to focus on the whole person in creating a treatment plan for mental health and substance use disorders."



# Board of Directors

## CPC Foundation Board

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Board Chair

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**Henry Eisenstein**

**Lori Goldstein**

**James D. Hiles**

**Jeffrey R. Rich, Esq.**

**Richard Sussman**

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**Lewis Eisenberg**

**Edward Hirsch**

**James Jacobson**

**Charlie Parton**

**Mark Solow**

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J. Peer\***

**Anthony Rubino**

**Geoffrey Sadwith**

# Leadership Staff

## CPC Executive Staff

**Vera Sansone, LCSW**  
President & CEO

**Dan Burns, CPA**  
Senior VP & Chief  
Financial Officer

**Marissa H. Fanelli,  
MSW, CCEP, CHC**  
Chief Information  
Officer

## Medical Administration

**Anthony Green, MD**  
Medical Director

**Liza Rodriguez, MD**  
Medical Director  
Addiction Services

**Julie Edwards, APN**  
Medical Director  
Integrated Care &  
ISC Program

**Mike Tierney, RN**  
Nursing Director  
Withdrawal Management

## High Point School Administration

**Cheryl Mountain, LCSW**  
Chief Academic Officer

**Beth Lukeman, LCSW**  
Division Director

**Joe Gabriel**  
Principal

**Julie Lipton**  
Special Education  
Supervisor

## Clinical Administration

**Donna Coyle, LCSW,  
LDADC, CCS & CPRP**  
Senior Chief Clinical  
Officer

**Leanne Wagner,  
LPC, LCADC**  
Chief Clinical Officer

**Linda Lanni,  
LPC, LCADC**  
VP Addiction  
Recovery Services

**Tricia Floyd**  
Division Director, Howell  
Counseling Center

**Susan Jagodich, LCSW**  
Division Director

**Danielle Gasperini,  
LCSW**  
Division Director,  
Mobile Children's Services

## Administration

**Denise Compitello**  
VP Human Resources

**Lynn Lucarelli**  
VP Public Relations  
& Chief Development  
Officer

**Roger Borichewski,  
LCSW**  
VP Quality & Risk  
Management

**Kenneth Pecoraro,  
LCSW, LCADC**  
Division Director,  
Community Outreach

**Ryan Collins**  
Director, Information  
Technology

**Rick Gonzalez**  
Director, Facilities

**Kristin Tito**  
Director, Health  
Information  
Management

\*deceased



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[cpcintegratedhealth.org](http://cpcintegratedhealth.org)

