



## A MESSAGE FROM KATHLEEN ELLIS 180 Board President

**Resiliency** is defined as “an ability to recover from or adjust easily to misfortune or change.” As I begin my second year as Board President of 180 Turning Lives Around, I am pleased to say that resiliency, in a myriad of ways, is alive and well at this exceptional organization.

Throughout these pages, you will see numerous examples of the resiliency of our clients – women whose lives have been torn apart by domestic violence and put back together with help from the Domestic Violence Response Team; teens who struggle with difficult issues and learn to handle them with the support from The 2NDFLOOR® Youth Helpline; and, children who have witnessed and endured unspeakable behavior and work through the fallout with various forms of art therapy at

Amanda’s Easel. These are just some of the people the dedicated professionals and volunteers of 180 see every day. We are pleased to be a part of the healing process, and proud to witness the transformation of our clients lives.

One client recently wrote, “This program has relieved the fears I lived with for 22 years, provided physical comfort and safety, and began to restore my lost faith that there are some nice people ‘out there’ in the world. What I had expected from this program I got in abundance: safety, encouragement to take care of myself, and a peaceful new way of life.” It is indeed our privilege to be a part of the journey.

I also acknowledge the unfailing support and the resiliency, in spite of a still-struggling economy, of those generous

individuals who continue to support us financially. From the smallest donations to the largest, from cash to toys, each has made a significant contribution toward the mission of 180 and has filled many hearts, including my own, with joy. We are equally grateful for the major corporations and foundations that support us year in and year out. (Read about Merck’s donation in the story below and the Robert Wood Johnson grant on page 7).

Finally, I am so thankful for the steadfast guidance and support of our Board of Trustees, and for the dedicated 180 staff and volunteers, who work tirelessly to make this world a better place, one life at a time. Your resiliency, too, is remarkable!

## 2NDFLOOR® Youth Helpline receives Merck Grant

2NDFLOOR®, 180’s youth helpline, has recently received a \$25,000 award from The Merck Company Foundation’s Neighbor of Choice Grants Program.

According to 2NDFLOOR® Director of Development, Nicole Romaine, the monies will be used to improve 2NDFLOOR’s outreach efforts by putting more volunteers in the field. “We want all young people in New Jersey to know that there is a safe place to turn for support when life gets difficult,” said Romaine. “By establishing grassroots outreach groups in various regions of the state, volunteers will be able to share this message with more young people, parents, educators and youth service providers.

“The state-wide Neighbor of Choice Program is highly competitive,” continued Romaine. “We are thrilled that Merck recognizes the important services

2NDFLOOR provides and has given us this money to reach further into the state.”

The first phase of the project’s implementation – the development of a Volunteer Recruitment pamphlet, is already underway. The next step is to identify and establish core groups of volunteers in three New Jersey counties (one each in the northern, central and southern regions). Following completion of a three-hour training course, these newly recruited volunteers will attend, hand out giveaways, and disseminate information at local community, youth and school-based events.

“As the sole statewide program of 180 Turning Lives Around, special attention is needed to recruit 2NDFLOOR volunteers beyond Monmouth County, the target area for 180’s other programs,” continued Romaine.

In 2010, 2NDFLOOR outreach volunteers attended more than 110 events throughout the state. With the addition of new teams of volunteers, 2NDFLOOR can expect to see that number rise considerably.

“It’s inspiring to see such a large corporation recognize the grassroots efforts of a program such as ours,” said Romaine. “We hope that these outreach efforts yield big results for 2NDFLOOR, and ultimately, for the youth of New Jersey.”

Anyone interested in becoming a 2NDFLOOR outreach volunteer should visit the website at [www.2ndfloor.org](http://www.2ndfloor.org) or contact Volunteer Coordinator Danielle Pezza at 732-264-4360 x2266 or by e-mail at [daniellep@180nj.org](mailto:daniellep@180nj.org).







## A MESSAGE FROM ANNA DIAZ-WHITE

180 Executive Director

As we enter our 35<sup>th</sup> year of service and the demand for our service grows; we are fiercely determined to continue to provide the best programs to help overcome domestic violence and sexual assault throughout Monmouth County while facing the needs of youth throughout the state with our state-wide 2ND FLOOR® Youth Helpline.

Last year we provided services to thousands of Monmouth County residents and assisted youth throughout the state:

- Provided emergency shelter in our Safe House for 125 family members.
- Fielded over 3500 calls to our Domestic Violence and Sexual Assault Hotlines.
- Accompanied more than 900 domestic violence victims at area police stations and over 220 sexual assault survivors and their loved ones were accompanied at area hospitals.

- The 2NDFLOOR Youth Helpline held over 140,000 conversations with youth from every county in the State.

From January through December, our calendar was filled with exciting, inspiring and educational events. While many of these raised much-needed funds; others raised equally necessary awareness of our organization and its mission (Turn to pages 4 and 5 for a look at some of our recent events).

One of the year's highlights includes the Amanda's Easel Art Therapy program expansion. Music Therapy has been added to our creative therapy programming. This nationally recognized arts therapy program helps children and their non-offending parent cope with the abusive events that brought them to 180. They learn to express themselves in ways that help healing take place. The new music therapy component of-

fers children another way to express their emotions through song and playing musical instruments. (For more information, please see the story below).

And, on a personal note, the 180 Board of Trustees and staff mourn the loss of William Thomas, one of the founders of the Friends of Amanda Foundation. Mr. Thomas and his family deeply believed in the value of art therapy, and worked to establish Amanda's Easel, named after his granddaughter. It became a place for children and adults to heal and to cope with the effects of trauma and violence. Amanda's spirit lives on in Amanda's Easel and through the vision of Bill and his family. We will truly miss our dear friend.

## Amanda's Easel Music Therapy

In September, Music Therapy was added to Amanda's Easel Creative Arts Therapy Program, joining the already acclaimed art, play and dance/movement therapeutic modalities. Thanks to a generous grant from The Gannett Foundation, musical instruments have been purchased for use in the program.

According to Amanda's Easel Program Coordinator Cindi Westendorf, music therapy, which encompasses singing and playing instruments, is appropriate for even the youngest children. The music program is facilitated by board-certified Music Therapist Kimberly Febres.

"The addition of music therapy gives us more opportunities to fulfill the individual treatment needs of each of our families," said Westendorf. "By tapping into the musicality present in each individual, music therapy has provided another way to help children express feelings and build communication skills."

According to Febres, some of the children's favorite instruments are the electric and bass guitars, as well as the ocean and gathering drums. "The ocean

drum sounds like waves, which has a soothing affect on the children, while beating the gathering drum allows a child to release tension in a physical but non-violent way," she said.

"Music can help to create a healthy bond between a parent and child, which they may not get in their daily lives," continued Febres.



For two particular families attending Amanda's Easel, music therapy made a huge difference. Two children, a boy and girl, both 11 years old, were each coming to the end of their treatment. When Music Therapy was added, these children were able to participate in 4-6

weeks of this newest offering. While working with Febres, a transformation occurred. The boy, who was painfully shy, began expressing himself in ways he previously hadn't. "He was a different kid through the music," recalled Westendorf.

Near the end of the treatment, the kids decided to put on a show for their parents. The two pre-teens wrote the song's words and Febres helped with the melody. At the performance, Febres sang the song while the children played instruments. The results were nothing short of amazing.

"The kids were so proud, and so were their moms," said Westendorf. "It was the perfect way to end treatment. They had such a sense of accomplishment."

"The music enabled the kids to have a voice," recalled Febres, who saw this as a turning point. "They were able to be heard in a safe way that was important to them."

For more information about Amanda's Easel, visit the web site at [www.180nj.org](http://www.180nj.org) or call 732-787-6503.

(see following page for song lyrics)



# 2NDFLOOR® FEATURE – The Perception Vs. The Reality

Taking the first step is always the hardest. For some young people it's picking up the phone and abruptly hanging up or it maybe it is calling with a made-up problem. Still other callers may find that the third time's the charm: Calling, speaking to someone, having a real conversation about a concern.

At 2NDFLOOR®, this happens every day. Young people find the courage to make a call and have a conversation: a conversation that can start to change everything.

And when 2NDFLOOR's Outreach and Volunteer Coordinator, Danielle Pezza, first meets with students, youth groups and educators, many teens say that help lines like this are for really "messed up" kids... kids who are in trouble with the law, kids who are suicidal, abused, mentally ill or severely depressed. However, these widely accepted beliefs held by both young people and adults couldn't be further from the truth. Despite the common misconceptions, we know each month, nearly 10,000 young people from all over New Jersey call 2NDFLOOR to talk about an enormous range of issues -- from struggling with a

subject in school to peer pressure and abuse. Kids ranging from 10 to 24, boys and girls are reaching out for help in unprecedented numbers.

Nicole Romaine, Director of Development for 2NDFLOOR states, "The reality of the situation is that what is a really upsetting issue for one child may be inconsequential to another. But regardless of the type or severity, 2NDFLOOR is available 24/7 to answer the call of those courageous kids who ask for help, comfort, guidance or support."

A sampling of postings on the 2NDFLOOR website illustrates the wide range of issues that youth face each day.



*Pennsauken High School Youth Advisory Council*

*me at school and I excuse myself to the bathroom to go do it. No one at home understands me; they won't even listen. My grandma is in the hospital. She's the only one who has cared for me. And she doesn't have much time. I've transferred to a different school from all my old friends. And my boyfriend is moving away. Music is the only thing I have right now, and my guitar was thrown out as were all my compositions... I can't be at home, it's slowly killing me."*

"Everyone needs someone to talk to and someone to listen. Even those kids with a family support system or good friends can't always broach certain subjects because of

shame, embarrassment or fear of being judged or ridiculed," said Romaine. "Some can't get the words out. At 2NDFLOOR, kids can talk about or write about their problems in a confidential and anonymous setting without judgment or shame."

In an anonymous survey of high school students from a South Jersey high school, more than 80 percent of the teens said they'd prefer to talk to a friend rather than a family member about a serious problem or question. "For many adults, it's a hard pill to swallow. The thought that their own child has issues and won't talk to them about it. But that's why 2NDFLOOR is here to help kids practice and role play what they want to say to their parents," said Romaine.

Those same teens said that it takes real courage to come forward to ask for help. "It shows that you want help and want to make a change," said one girl.

To find out more about 2NDFLOOR's services, volunteer opportunities or how to make a donation, please email Danielle Pezza at [daniellep@180nj.org](mailto:daniellep@180nj.org) or call 732-264-4360 x2266. Additional information can also be found by visiting our website at [www.2NDFLOOR.org](http://www.2NDFLOOR.org).

## Peace and Harmony

*-Lyrics and music by Amanda's Easel Clients*

When problems come along  
There's just one thing to do  
Express yourself through music  
We know the place for you

(Chorus):

Amanda's Easel  
Perfect utopia for  
Experiences gained

Always express yourself  
Coping with problems, maybe one day the  
Entire world will be peaceful

You don't have to worry  
We were nervous at first too  
Speak up for yourself  
There's one thing to remember

(Chorus)

Don't be afraid to share  
Tell them how you feel  
It's fun and creative  
They'll help you here at

(Chorus)

*"My Dad has a drinking problem, but it is hard to cope with. And I am afraid to tell anyone in my family. How do I deal with this? My school counselor isn't much help; I can only see him once a week for only 20 minutes."*

*"In Elementary School I was the queen bee, but in the last two years I feel like I have no friends. I am not friends with the same people anymore or hardly any people at all. I am stuck between cliques. So on Friday nights nobody invites me to hang out and it really hurts me."*

*"I try my best in school always. But when it comes to taking Spanish tests, I always fail or barely pass. I always try to go and take it over, but I still just keep messing up. My report card looks like straight A's, then one C. My mom says it is a good grade, but for me it feels like an F."*

*"It's not great at home. I am falling deeper and deeper into depression. I'm drinking again and I've started cutting. I carry around scissors with*



# Local Commu



Students from St. Mary's Elementary School organized a food drive and delivered 6 large cartons of non-perishable items to 180's offices.



Peter Pfister and The Curchin Group present 180 with a check after the annual Curchin Mini Golf Open held in November.



Anya Castellano (right) from The Center For Letting Go in Rumson collects donations for 180 from her yoga students each month.



Tony Hvizdoz, District Manager for Marshalls, Toms River presents JoAnn Palumbo, Director of Program Services with a \$5,000 grant to support 180's Child Advocacy Program.



Local author Norah Marler and Tom Faragalli of T&T Coast GMC hold toys unloaded from a pickup truck that was filled by staff and customers in the T&T showroom and delivered to 180 for families.



"Silent Witnesses," one of the many displays created by students at Middletown North High School to raise awareness during Domestic Violence Awareness month.



180 staff enjoy a day of beauty at the Concorde School of Hair Design. This day-long event was part of a large fundraising drive organized by Stefanie Ruffano.



New Jersey 101.5 producer Jasmine Rodriguez (right) and radio station interns take a break after unloading toys for the holiday at 180's Hazlet offices.



# Community Support



Over 1100 women participated in the Jersey Girl Triathlon in August. A portion of the proceeds benefitted 180. At left, race organizer Doug Rice of Split Second Racing announces finishers post race.



Director of Development Connie D. Heath shows last year's "Walk A Mile In My Shoes" art exhibit to Patricia Bailey at the Deal Ladies luncheon in December.



Students from Monmouth University take part in the "Walk A Mile In My Shoes" event to raise awareness about domestic violence on campus.



Seniors at the MCVSD High School in Hazlet arranged a drive to collect clothing and other much needed items for 180 clients.

Josephine Morgan (left) presents 180 Executive Director Anna Diaz-White with a \$7,500 grant from the Wachovia Wells Fargo Foundation for the Families in Transition Program.



## Other Ways you can GIVE and make a difference to 180 Turning Lives Around

- **Memorial/Tributes** - make a donation in honor or in memory of a special person.
- **Planned Giving** - consider donations or bequests to 180 Turning Lives Around when planning your finances in your will.
- **Make a donation** to 180 Turning Lives Around in lieu of favors at a special event, birthday, bat mitzvah, etc...
- **Host a fundraiser** for 180 Turning Lives Around.
- **Corporate Matching Gifts** - many businesses have matching gift programs which can double or even triple your gift. Check with your human resources department.
- **Be a volunteer** at one of our many programs.

For more information contact Barbara Lovell-Napoli at 732-264-4360 or [barbaran@180nj.org](mailto:barbaran@180nj.org).



# Special Events



180's first annual "Kites For Kids" event hosted by Jenkinson's Boardwalk in Point Pleasant Beach was a huge hit with families.



In October, 180 held its 4th Annual Golf Classic at Hollywood Country Club in Deal. Above, the New Jersey Natural Gas foursome from left, Tom Hayes, Robert Becker, Bob Gallo and Ben Waldron.

Below, Co-Chairs Michael Benedetto, Tom Widener and Rick Blank present awards during the evening's program.



Kelly Tomblin-Morgan receives a hand from volunteer Bonnie Sasher before stomping grapes.

180's November "Stomp Out Violence" grape stomping cocktail party included a wine tasting, informational exhibits on 180's programs, dancing and the chance to climb into a vat of grapes!



The Lucarelli family, who helped transform the greenhouse of their Dearborn Market business with a myriad of pumpkins, haybales and a "working" vintage wine press, hold commemorative bottles of wine.



## 180 receives grant from The Robert Wood Johnson Foundation

180 Turning Lives Around is grateful to be the recipient of a \$100,000, two-year grant from The Robert Wood Johnson Foundation. This initiative supports the work of 180 in its 2NDFLOOR® Youth Helpline program. The program includes an Outreach Coordinator, who connects with clubs in high schools throughout the state, creating Youth Advisory Councils. These consumer-driven councils promote the 2NDFLOOR Youth Helpline in their communities, organize publicity drives and fundraisers, and provide much needed feedback to program staff regarding how the helpline can keep up with changing youth cultures and youth needs. The program also supports evening and weekend phone counselors who are specially trained in the wide variety of concerns or issues that are discussed by the youth calling the helpline.

180 is also pleased to announce that it has been awarded \$25,000 from The Robert Wood Johnson Foundation for its legal advocacy work in Monmouth County court and local municipal courts. So often, survivors of domestic violence, both women and men, arrive at court unable to afford legal representation and unaware of their rights as victims. 180 staff offer a listening ear and sharp expertise in procedures and protections such as restraining orders. This advocacy service is a core requirement of the New Jersey legislative system, and 180 is grateful to the Foundation for supporting its success.

### Denim Day

Wearing jeans to work is a not the norm in many places of business. However, on April 28th we encourage everyone to participate in the internationally recognized "Denim Day."

Wearing jeans became an international symbol for the rights of all sexual assault victims in 1998, after an Italian Supreme Court decision overturned a rape conviction. The case involved a young woman who was attacked by her driving instructor. The victim wore tight-fitting jeans and the judge ruled that the victim must have consented to sex, even though she was forced to help her attacker remove her jeans. People all over the world were outraged. Wearing jeans became an international symbol of protest against erroneous and destructive attitudes about sexual assault.

At 180, the Men's Task Force, lead by Ray Eckhoff, spearheads this annual campaign, calling upon its members' partners in the business community to participate in Denim Day.

"Denim Day is an outward example of how a community can help change people's perceptions about violence against women, men and children," said Eckhoff. "The Men's Task Force stands in support of survivors and encourages others to do so as well."

"Last year, our corporate friend, New Jersey Natural Gas, allowed employees who contributed \$5 to wear jeans to work on that day," said Connie D. Heath, Director of Development. "Thanks to their generosity, more than \$1,000 was raised for 180's vital services to survivors of sexual assault."

Any business or organization that would like to participate in Denim Day 2011 should contact Jaimee Skidmore at 732-264-4360 x4232 or [jaimees@180nj.org](mailto:jaimees@180nj.org).



### Planned Giving

Each year thousands of individuals make gifts to charitable organizations and institutions of their choice. The funds from these gifts are used to help ensure continued excellence in any number of different programs. Many have found that time spent considering the best ways to structure their contributions can help them make meaningful gifts while meeting personal planning goals as well. Contact your financial planning advisor to explore some of the possibilities we present for you here.

- You will discover ways to make larger gifts than you may have thought possible.
- You will learn how to make gifts that actually "give back" for a time, providing extra income in retirement years or helping to fund educational expenses and other needs.
- You can add meaning to your gift by using it to honor a special friend or loved one.
- You will see how to save money on income, gift, and estate taxes and instead put those amounts to use in ways you choose.
- You will enjoy your giving more, knowing that you are investing in the lives of others in ways that allow you to give the most you can at the lowest possible cost.

That's what effective gift planning is all about. It just makes sense to maximize the potential of what you have by preserving financial security for yourself and your loved ones, while at the same time making a positive impact by funding the organizations and institutions in which you believe.

For more information on how to make a planned gift, please contact Connie Heath, Director of Development at 732-264-4360 x4230 or [connieh@180nj.org](mailto:connieh@180nj.org).

### In Memoriam



*180 Turning Lives Around will miss our dear friend, Bill Thomas, one of the founders of the Friends of Amanda Foundation.*



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Hazlet, NJ 07730

NON PROFIT  
US POSTAGE  
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#### Hotlines

732.264.4111  
732.264.RAPE

#### Toll Free

888.843.9262  
888.264.RAPE

#### 2NDFLOOR® Youth Helpline

888.222.2228

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## UPCOMING EVENTS

### “Movers & SHAKERS” Spring Gala

Friday, April 8, 2011

The Berkeley Hotel, Asbury Park

Contact Barbara Lovell-Napoli,  
barbaran@180nj.org

### Jersey Girl Triathlon to benefit 180

Sunday, August 7, 2011

Pier Village, Long Branch

300 yard swim ... 10.5 mile bike ... 3 mile run

Individual or Relay

[www.jerseygirltriathlon.com](http://www.jerseygirltriathlon.com)

### 5th Annual Golf Classic

Monday, September 26, 2011

Hollywood Golf Club, Deal

*180 IN MOTION* is published by *180 Turning Lives Around, Inc.* a non-profit organization serving individuals affected by domestic and sexual violence, rape and child abuse. \*180 apologizes for any omissions. Please send corrections to [connieh@180nj.org](mailto:connieh@180nj.org).