

# 65 YEARS OF HOPE AND CONNECTION

2025 ANNUAL REPORT

**cpc** INTEGRATED  
HEALTH  
Healthy Minds. Healthy Communities.



# Mission and Impact



**13,500**

As a trusted community resource, our Access Line receives over 13,500 inquiries annually.

**10,600+**

CPC serves over 10,600 people annually

**2,400**

Our youth services reach over 2,400 children and adolescents annually. This includes our services at High Point School, Children's Mobile Response, and Outpatient Services.

**234,000**

total interactions with all clients – we are a high touch, client-centered agency working to ensure that mental health, substance use treatment, physical health services and social determinants of health all work together seamlessly to support each client.

**1,600+**

We are grateful that 1,600 families have turned to CPC for crisis stabilization and support in the past year.

**3,200**

Our Crisis Team compassionately provided over 3,200 crisis service interventions.

**357**

Through our Community Programs we have helped over 357 individuals with housing stabilization support. We are dedicated to increasing independence, community integration, and the quality of life for those we serve.

**475**

475 people were treated with Medication Assisted Treatment.





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## A Message of Gratitude

Another year has gone by, and it's been an important one for CPC. Our continued growth as a Certified Community Behavioral Health Clinic (CCBHC) has allowed us to expand access to care, reach more people, and strengthen the services we provide across our communities. We're proud of that progress—and at the same time, we're reminded that some of the most important work we do doesn't always get the attention it deserves.

At CPC, we've always known that care doesn't just happen in an office.

Much of what shapes a person's well-being happens in their day-to-day life—in having a stable place to live, enough food on the table, a way to get to appointments, and people they can rely on. This year, we're highlighting the work we do in the community that supports those realities, alongside our more traditional clinical services.

Our case managers, peer specialists, and community-based teams are at the heart of this work. They meet people where they are—out in the community and in their lives—helping to remove barriers, build trust, and support real, lasting stability. It's not always the most visible work, but it's some of the most important.

We're also continuing to evolve how we deliver care. We're using technology, including emerging tools like

“We remain focused on what has always mattered: listening, adapting, and meeting people where they are.”

artificial intelligence, to improve access, strengthen coordination, and support our staff. Just as important, these tools allow our clinicians to spend more time focused on what matters most—connecting with the people they serve.

Whether it's our new mobile van, our expansion of maternal health services, or the many community-based programs we continue to build, this work is all connected. It reflects a broader understanding of what people need to thrive—and it depends on the dedication of our case managers and peer specialists, whose work is essential to the success of every individual we serve.

As we mark CPC's 65th year, we remain focused on what has always mattered: listening, adapting, and meeting people where they are. This report reflects the dedication of our staff, the strength of our community, and the many ways care can take shape beyond traditional settings.

Thank you for being part of it.

**Vera Sansone,**  
*President & CEO*



# Beyond the Traditional Counseling Office: CPC's Care in the Community

At CPC, fostering a sense of connection and belonging for every client who seeks our support is a foundational part of our model of care.

One vital way we do this is by meeting clients wherever they are on their recovery journey — whenever they need support. This means meeting clients in the communities where they live — this could be shelters, community spaces, their home, or anywhere a client feels safe. We are able to provide a range of care in most any environment — from psychiatric evaluation, case management to peer recovery support and more. With this supportive, community-based framework we can address the real-life challenges people face as they work toward recovery. Plus, when we are working in the community, we can also provide linkages and direct access to other community-based supports. Extending our care beyond the walls of a traditional counseling office strengthens outcomes and supports lasting recovery.

## Care that Meets People Where They Are

In practice, a CPC care manager might recognize that progress in therapy cannot happen if a client is worried about where their next meal will come from. We have seen moments where a simple, compassionate connection, such as linking a client to a local soup kitchen, becomes a turning point.

When we can walk alongside someone to ensure they have access to food, dignity, and human connection, it sends a powerful message: you are seen, you are supported, and you do not have to navigate recovery alone. Meeting a basic need not only addresses the challenge at hand, but it also helps to create the stability and trust that allows healing work to truly begin.

## Making Sure People Have What They Need to Heal

True wellness requires addressing three essential components of health: behavioral health, physical health, and the social determinants of health.

When we work to deliver care directly in the communities we serve, we get a closer view of the client and potential barriers to wellness. Recognizing that our clients need more than just treatment for depression or substance use, they may also need support in certain life circumstances that can create obstacles that might be getting in the way of recovery. These circumstances, or social determinants of health, are the non-medical factors that influence well-being and are critical to both healing and sustained recovery. Stable housing, food security, access to transportation, employment, and meaningful social connection all play a vital role in a person's ability to recover and thrive within their community. At CPC we are grateful to work alongside and directly in the communities and spaces where our clients need us most.



“We believe mobility creates access—and access creates opportunity for impact—so partnering with CPC Integrated Health to build their Mobile Clinical Assessment Units has been deeply meaningful for our team. We’re proud to support CPC as they continue leading with innovation and compassion in the communities they serve.”

— Jared McCauslin, Co-Founder and CEO, VanDOit

## CPC Launches New Community Programs

### MOBILIZING RECOVERY: CPC'S MOBILE OUTREACH VAN

Meeting people wherever they are on their recovery journey.

Thanks to a generous grant and a number of philanthropic gifts from our community, CPC has acquired a van which will be deployed throughout Monmouth County to deliver care, compassion, and connection to individuals seeking mental health and substance use treatment. LeeAnn Wagner, CPC Chief Information Officer, who is spearheading the establishment and launch of this new program shared hopes and goals for the year ahead. “The Mobile Recovery Program is a perfect complement to our community-based structure and having the van is an extension of our integrated care model. As a safety-net agency the van brings another element of engagement, allowing us to reach people on multiple levels of service. The van will remove barriers to care and offer people from across Monmouth County accessible mental health and substance use disorder treatment wherever they need it, when they need it.”

**The goals of this new initiative are reflective of our values, and community-centered approach:**

#### BRING CARE DIRECTLY TO THE COMMUNITY

The mobile unit eliminates transportation and access barriers by delivering mental health, substance use, and primary care services to individuals in underserved neighborhoods, rural areas, and community hotspots.

#### TARGET THE MOST VULNERABLE POPULATIONS

Designed to reach uninsured and underinsured individuals, including those impacted by poverty, homelessness, addiction, and untreated mental health conditions, and populations often left out of traditional healthcare systems.

#### PROVIDE EARLY INTERVENTION AND PREVENTION

On-site screenings, brief interventions, and immediate referrals can prevent emergency room visits, reduce crises, and support long-term wellness before issues escalate.

#### REDUCE STIGMA AROUND SEEKING HELP

By offering care in familiar, non-clinical settings like community centers, shelters, schools, and faith-based sites, the unit makes it easier and more comfortable for people to seek support.

#### CREATE A SUSTAINABLE MODEL OF OUTREACH

The program is built to evolve, expand, and integrate with CPC’s full continuum of services—ensuring long-term connection, follow-up, and wraparound care beyond the initial visit.

# CARE FOR MOMS: SUPPORTING NEW MOMS IN SUBSTANCE USE RECOVERY AND MENTAL WELLNESS



Pregnancy and the early months of motherhood can be filled with joy and anticipation, but they can also bring significant emotional and physical challenges. For women in recovery, pregnancy and the postpartum period can be especially complex and involve Perinatal Mood and Anxiety Disorders (PMADs)—a group of conditions that can include depression, anxiety, and trauma-related stress during pregnancy and the postpartum period. To help women through these challenges, CPC’s **Care for Moms** program is designed to support women during and after pregnancy with specialized maternal mental health care and substance use recovery services. Care for Moms works in the community to bring together clinicians and care coordinators who work alongside women as they navigate pregnancy, postpartum and recovery. Through counseling, recovery supports, and care coordination, the program provides compassionate, whole-person care for mothers and their families. Care for Moms offers a supportive, judgment-free environment where mothers can strengthen their mental health, sustain recovery, and build stability for their families—helping to create healthier beginnings for both mother and child.

Mary came to us in the middle of a high risk pregnancy, overwhelmed by medical complications, anxiety, and the pressure of caring for her family while struggling to care for herself.

Our team surrounded her with **coordinated support**—a therapist who helped her manage anxiety and stay grounded in the present, a psychiatrist who guided her through safe medication options, and a case manager who bridged communication with her physicians and helped her navigate the daily challenges that once felt impossible. Week by week, Mary began advocating for herself at prenatal appointments, reconnecting with her family, and preparing for her baby with a calm confidence she hadn’t felt in months. What began as crisis slowly became stability. What once felt isolating became supported. This is the kind of transformation that CPC’s Care for Moms Program makes possible.



# INTEGRATED CONNECTIONS TO CARE: SUPPORTING SUSTAINED RECOVERY FOR JUSTICE-INVOLVED INDIVIDUALS

When Marcus\* spoke with his CPC case manager for the first time, he was still incarcerated and unsure what life would look like once he returned to the community. Through a secure video meeting arranged by CPC, the two were able to connect before his release and begin planning the steps that would help him transition successfully.

For many individuals leaving incarceration, the challenges are immediate and overwhelming. Stable housing, access to healthcare, communication tools, and employment opportunities are often uncertain. Without support, the gap between incarceration and community reentry can quickly become a barrier to recovery and stability.

Through CPC's Justice Involved Services program, Marcus was met with support from the moment he returned to the community. His case manager helped him secure essentials, including a phone and email account, ensuring he had reliable ways to communicate with service providers and stay connected to appointments. Together they worked on building digital skills, learning how to use Zoom for telehealth visits and exploring AI-assisted tools to help him develop a résumé and prepare for job opportunities.

These steps may seem simple, but for someone starting over, they are critical building blocks for independence and stability. With consistent support, Marcus was able to access treatment, strengthen his recovery, and begin reestablishing himself in the community.

CPC's Justice Involved Services program focuses on meeting individuals where they are—both in the community and, when possible, even before release. By combining compassionate care management with modern technology, the program helps bridge the critical gap between incarceration and reentry, ensuring individuals are connected to housing, healthcare, employment supports, and the tools they need to move forward.

Through strong community partnerships and innovative approaches to care, CPC continues to help individuals rebuild their lives with dignity, stability, and hope.

Stories like Marcus's reflect the heart of CPC's in-community model of care—meeting people where they are and ensuring support follows them beyond institutional walls and into the neighborhoods where they live. By combining compassionate care management, strong community partnerships, and thoughtful use of technology, CPC can bridge the critical gap between incarceration and reentry and continue that care for long-term, sustained recovery and wellness. Through this approach, individuals are not only connected to housing, healthcare, and employment supports, but also surrounded with the tools, relationships, and encouragement they need to strengthen recovery, rebuild stability, and move forward with renewed hope.



“Through strong community partnerships and innovative approaches to care, CPC continues to help individuals rebuild their lives with dignity, stability, and hope.”

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# Walk With Me: How Peers Light the Way to Healing and Recovery



**A Voice of Lived Experience:** *We are both proud and grateful to share this story written by Nicole "Nikki" Tierney, CPC Senior Case Manager, whose personal recovery journey has been an inspiration for all of us at CPC. Her voice is a powerful reminder that recovery is possible, and that compassionate, community-based care along with lived experience can inspire connection, trust, and healing in others.*

Healing and recovery do not always begin with a diagnosis or a treatment plan. For many people, they begin with being seen—with hearing the words, “You are not alone.”

I began my journey of wellness at CPC in 2007 after trying to die by suicide. At that time, peer support was not yet widely recognized or available in the way it is today. But CPC offered something deeply meaningful long before the term Certified Community Behavioral Health Clinic (“CCBHC”) existed: integrated, whole-person care for my mental health and substance use disorders.

Because I felt seen, supported, and valued, I remained connected to CPC for the next eleven years. I did not just receive therapy. I received support that extended beyond traditional treatment—help navigating parenting challenges, connections to additional services, and consistent care that addressed more than just my symptoms. My journey of wellness was not a straight line. It was shaped by persistence, setbacks, support, and connection. Over time, healing became possible.

Years later, after returning to graduate school, I came back to CPC in a very different role: as a peer. That journey—from receiving services to walking alongside others—has given me a unique vantage point. I understand both how vulnerable it feels to seek help and how transformative it can be when someone walks beside you without judgment.

While I did not receive peer support during my early treatment because it was not yet a structured component of care, my professional and lived experience have shown me—again and again—how powerful it can be for others. Peer support offers something distinct within behavioral health care: support grounded in lived experience, mutuality, and hope, rather than hierarchy or clinical authority.

Research consistently shows that peer-delivered services improve engagement, reduce stigma, and strengthen recovery outcomes. But beyond the evidence, peer support changes how people experience care. When someone meets a peer, they are often meeting someone who understands—not because they were trained to, but because they have lived it.



“When someone says, ‘Walk with me,’ peer support answers, ‘I already am.’ And that is the moment when healing and recovery truly begins.”

At CPC, peer support is not an “add-on” or optional service. CCBHC, peer services are an essential part of our model of care. Peers are integrated into care teams to support engagement, continuity, and healing throughout different points in the system. They are uniquely positioned to walk alongside individuals who are system-impacted—those navigating complex service networks, justice involvement, housing instability, or long histories of feeling unheard.

Peer support reflects a broader understanding within behavioral health: healing and recovery are not driven by clinical intervention alone, but by connection, trust, and hope.

Peers help individuals navigate systems that can feel overwhelming. They offer reassurance during moments of crisis, model resilience during periods of doubt, and remind people that healing is possible—even when it feels distant. For many individuals, a peer is the first person who believes them, understands them, and stays with them through uncertainty.

When someone says, “Walk with me,” peer support answers, “I already am.” And that is the moment when healing and recovery truly begins.

**Nicole Tierney, J.D.**

*Licensed Professional Counselor & Licensed Clinical Alcohol and Drug Counselor*

*Certified Peer Recovery Specialist & Certified Recovery Support Practitioner*

*Senior Case Manager, CPC Integrated Health*

*Pictured above left: Nikki Tierney with her son Kyle and daughters Amanda and Ashley.  
Pictured above right: Nikki and her son Cole.*

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# High Point School: Where Community Comes Together for Every Child

At CPC's High Point School, education and behavioral health support extends far beyond the classroom walls. With the belief that every child deserves the opportunity to thrive, High Point blends therapeutic care and academic instruction with the power of community collaboration, creating a network of support that surrounds each student and their family.

For many students, learning challenges are intertwined with emotional, behavioral, and environmental stressors. High Point School is designed to meet the unique needs of students with significant emotional and complex behavioral health disorders with compassion and coordination. Teachers, clinicians, and social workers work side by side each day, developing individualized plans that support academic growth while nurturing mental, physical, and social well-being—and this work does not stop when the school day ends.



“Meeting students and families where they are, and ensuring care and support is woven into the fabric of their daily lives.”

At High Point, staff understand that a child's ability to thrive is deeply connected to their life outside of school. That is why the team actively steps into the community alongside families. Staff coordinate and attend medical and behavioral health appointments, often providing transportation when it is a barrier, and helping families navigate care, ask questions, and feel supported throughout the process. They connect students to outpatient mental health providers, participate in meetings with community partners, and conduct home visits to better understand and support each family's individual needs.

When families face challenges such as food insecurity, High Point staff provide immediate and compassionate support—linking families to local food pantries, accompanying them on grocery trips, and utilizing the school's on-site pantry to meet urgent needs. Support continues beyond school hours, with clinicians and staff available in the evenings and weekends to provide guidance, respond to concerns, and help families navigate moments of crisis or uncertainty.

This is not only the heart of High Point's work—meeting students and families where they are, and ensuring care and support is woven into the fabric of their daily lives—but also is a reflection of CPC's broader mission to strengthen lives and communities.

## Charlotte's Story

Charlotte is a 17-year-old student who has been placed at High Point School for approximately two years. She carries a diagnosis of Autism Spectrum Disorder (ASD), which was identified in early childhood. Charlotte's history is notable for significant exposure





to trauma. She was raised in an environment impacted by a caregiver's mental health challenges, as well as exposure to domestic violence, substance use, and periods of homelessness. These experiences contributed to emotional and behavioral challenges prior to her placement.

Since enrolling at High Point School, Charlotte has made substantial and meaningful progress. She no longer engages in self-harming behaviors and has not required hospital screening for nearly two years. With the consistent support of staff, she has expanded her diet to include a wider variety of foods, resulting in improved and stabilized health. Charlotte has also demonstrated notable growth in her social functioning and is now able to engage appropriately with peers in the community. Academically, she has applied to and been accepted into college,

reflecting her strong motivation and commitment to achievement. The treatment team has coordinated care through ongoing communication with her pediatrician and community therapist to support continuity of care.

Charlotte has shared that she wishes she had been placed at High Point School earlier, as she often felt misunderstood in prior settings, where her emotional experiences and trauma history were not consistently validated or addressed. Everyone at High Point School is extremely proud of Charlotte and the progress she has achieved. She is a talented artist who has developed strong self-advocacy skills, increased confidence, and consistently demonstrates kindness toward others. She remains highly motivated to succeed academically and to continue her personal growth.



## Thanks to CPC's dedicated staff and our supportive donor community, together we made it possible for:

**Kathleen** and her daughter to move from a shelter to their first apartment. Kathleen is finding success in recovery from an opioid use disorder. She has a renewed sense of hope and is grateful to be connected with a peer advocate who is helping her stay connected in her community. Her counselors at our Red Bank Outpatient Counseling Office report significantly improved overall health and wellness.

**Josh**, who found stability after a psychiatric hospitalization, attended CPC's Partial Care Program in Aberdeen for 18 months where he developed a sense of belonging with his peers and counselors and recovery community. Through the Culinary Program through CPC's Aberdeen program, he learned new skills and is now working weekends at a local restaurant while also being enrolled as a part time student at community college.

## A word of thanks from our clients:

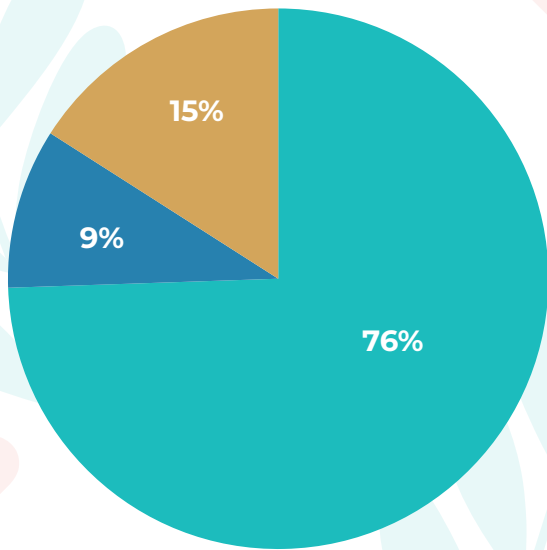
I am so grateful for my experience with CPC. The staff treats me with love and respect, and the doctors genuinely want to see me get better and stay better. I'm so glad I found them when I did. They saved my life and more ways than one.

– **Anthony**

When I think back to my entire recovery journey, I can't help but feel grateful. I entered the doors of CPC a little over six years ago, not too sure if I even wanted to stop using substances. I didn't know I no longer wanted to live how I was living. CPC introduced compassion, love acceptance, and integrity to me. After a short time, I finally felt like someone understood me. CPC treated me like I was a human being something I never felt with any other treatment provider. My weekly meetings were catered to me and super powerful. The weekly group sessions gave me the tools I needed to really start my process of recovery. They taught me to identify with the other members in my group and their feelings, and to not compare situations, it taught me it was OK to speak about my truth and that I wasn't alone.

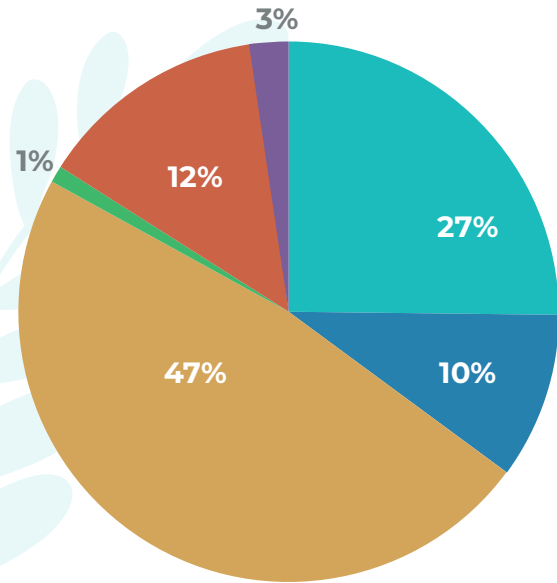
– **Rose**

## FY 2025 SPENDING



■ Direct Care Staff & Benefits    ■ Direct Program Expenses  
■ Administrative Costs

## FY 2025 PROGRAM REVENUES BY SOURCE



■ Special Education Tuition    ■ Commercial Insurance & Fees  
■ Medicaid    ■ Medicare  
■ Government Funding    ■ Charitable Contributions/Other

# Gratitude for Giving

Your charitable contributions strengthen our communities by supporting those who need it most.

Your generous support of CPC helps provide critical funding for our integrated behavioral health programs and services across Monmouth County. Each year, CPC delivers mental health and substance use recovery services to more than 10,000 individuals through our community-based care model, and at our three outpatient counseling centers in Red

Bank, Freehold, and Aberdeen. Additionally, our elementary and adolescent school, High Point, located in Morganville, provides specialized support for students with disabilities.

Charitable contributions enable CPC to provide essential care to those who need it most — especially individuals facing systemic barriers such as lack of transportation, housing instability, and food insecurity. Your generosity plays a pivotal role in helping us remove obstacles to care, foster trust, and build connection while strengthening the health and well-being of our communities.

As a safety-net organization we prioritize the most vulnerable individuals and provide resources that span every aspect of their life. In doing so we create a foundation for lasting and positive change. By addressing an individual's unique, full-range of needs, spanning mental and physical health, support for addiction recovery, access to specialized education, housing and employment support, as well as linkages to other social services in the community, we change lives and strengthen our communities.



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# Board & Staff

## CPC Executive Staff

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

LeeAnn Wagner, LPC, LCADC, ACS  
*Chief Information Officer*

Donna Coyle, LCSW, LCADC,  
CCS, CPRP  
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Cheryl Mountain, LCSW  
*Chief Academic Officer*

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

## Administrative Leadership

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*Director Information Technology*

Rick Gonzalez  
*Director Facilities*

Lynn Lucarelli  
*VP & Chief Development Officer*

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*Division Director of Children's Crisis  
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*VP Human Resources*

Kristin Tito  
*Director Health Information  
Management*

## Medical Administration

Anthony Green, MD  
*Medical Director*

Liza Rodriguez, MD  
*Medical Director of Substance Use*

Julie Edwards, APN  
*Medical Director Integrated Care*

Tina Albrecht, APN,  
*Director of Nursing, Infection  
Control Coordinator*

## High Point School Administration

Cheryl Mountain, LCSW  
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Beth Lukeman, LCSW  
*Division Director*

Joe Gabriel, MAEdL  
*Principal*

Julie Lipton, MA, MS  
*Special Education Supervisor*

Michelle Miller, LCSW  
*Clinical Program Manager*

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Timothy Stroebel

Deborah Sundermann, CPA

## Locations

### Aberdeen Counseling Center

1088 Highway 34  
Aberdeen, NJ 07747

### 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

Sincere thanks to all CPC staff past and present throughout our 65 year history—your dedication, skill and compassion has impacted countless lives and continues to strengthen our communities.





10 Industrial Way East, Suite 108  
Eatontown, NJ 07724

732.935.2220 | [cpcintegratedhealth.org](http://cpcintegratedhealth.org)

