Access for All



Annual Report 2018

Mission

Our mission is to provide community access through effective and comprehensive services to people with developmental disabilities, youth aging out of foster care and people with affordable housing needs, giving them the opportunity to live independently and to lead normal and productive lives as citizens integrated into the community.

Vision

We strive for our members to:

- Achieve economic self-sufficiency while being as productive as commensurate with their abilities
- Achieve independent living within the community according to their abilities, resources and needs
- Achieve a functional level of money management
- Achieve a satisfying social life
- Achieve a healthy lifestyle
- Achieve personal growth
- Achieve equal rights and self-determination

Values & Beliefs

We believe all our members have a right to:

- Community integration
- Holistic interactions as valued human beings
- Equal treatment as citizens
- Equal value as members of a social activities movement
- Choice and self-determination
- Real lives in real homes



Message from the Board President and Executive Director

This year has been a significant year of transition on the human services landscape in New Jersey. The state began implementing its transition from annual contracts to service providers such as CAU to a fee-for-service model where people with disabilities and their families are now free to "shop around" and select those providers who best meet their needs.

As one of the pilot agencies, CAU was a pioneer in the transition — and CAU is weathering fee-for-service quite well. In fact, many of our members and their families didn't even know when their transition occurred! The payment system has changed. CAU's quality stream of services has not.

CAU currently supports 5,000 people with disabilities and their families throughout New Jersey, with new members and their loved ones turning to us every day. Given our broad array of specialized supports, the breadth and depth of what we do is unparalleled in the state. CAU provides more all-encompassing, individualized supports than any other agency of our kind.

We are experts at delivering comprehensive, individualized supports. We employ experts in the field, with a large cadre of registered and licensed practical nurses, board-certified behaviorists and registered behavior technicians. Our staff training is bar none. For example, our direct service professionals receive extended training so that even the most complex needs of all our members are met.

CAU is well-positioned for continued success. Look at our financial growth and know that we are financially stable. Notice how our strong community partnerships enhance members' ability to live fulfilling lives in real communities. See our mission and values in action. See what being in a relationship with us means.

We welcome you into our family and look forward to a strong relationship with you.

Sincerely,



Sidney Blanchard **Executive Director**



Harold Poltrock, Esq. **President**

There can be no whole community without inclusion of all.

CAU at a Glance

Founded in 1979 with a \$90,000 grant to integrate 20 people in Union County from developmental centers into the community, CAU now boasts a \$62 million dollar operating budget serving more than 5,000 individuals statewide with a variety of disabilities.

CAU provides supports and gives a voice to adults and youth who traditionally have had little support and no voice in society. We help people with housing, life skills training, vocational skills, employment, health maintenance, money management, socialization, education, crisis intervention, civic activities and community support. CAU also supports opportunities for advocacy through training in assertiveness, decision-making and civil rights. The breadth of our services as well as our advocacy and our recreation programs are unique. We provide more all-encompassing residential and support services than any other organization of our kind.

CAU empowers people with disabilities to live normal, productive and meaningful lives as citizens in the community. People have affordable and accessible housing. They get educated. They learn new skills. With better independent living skills, they are able to exercise more independence over their lives and be more engaged in daily living activities. Their lives have meaning through work or social relationships. Their self-esteem rises. They grow as human beings and lead productive lives.



People want to feel productive.

Employment helps achieve financial independence. To help our members find meaningful employment, CAU offers college planning, post-high school education, pre-vocational training, vocational assessment, career planning, supported employment, job coaching and long-term follow-along supports. Supported employment programs are approved by the New Jersey Division of Developmental Disabilities, Commission for the Blind and Visually Impaired and Division of Rehabilitation Services. Sectors where our members have sought job experience or found employment include clerical, hospitality, recreation, retail, manufacturing, facilities management, food services, shipping and receiving and warehouse distribution. Our employer partners include ShopRite, Marshalls, Wal-Mart, DollarTree, Retro Fitness, Sam's Club, Target, Swan Motel, White Castle, Trinitas Regional Medical Center and Galloping Hill Golf Course.

We also provide certified home health aide training to the general public. The goal of this program is to provide people with an industry-approved certification that will give graduates occupational skills that will provide them with a living wage. CAU's Home Health Aide Training Program is certified by the New Jersey Board of Nursing and is on the New Jersey Department of Labor's Eligible Training Provider list.











Tonya Hopson

Tonya Hopson very much looks forward to going to work at Target in Clark, where she has been employed for 12 years working in the children's department four to eight hours per week. "I like my friends here and the customers I get to meet, the little kids who recognize me when they come in," she said. "Some of them I've known since before they could walk."

"It really becomes a community because a lot of the customers are repeat, and they've gotten to know Tonya," said Shantena Fleming, Lead Employment Specialist in CAU's Employment Services Department, which helped Tonya secure and train for the position at Target. Tonya added that they helped her learn what to do on the job.

In addition to the camaraderie, Tonya also likes earning a paycheck. "It goes into the bank and I save it for my vacation," she said, adding this year's trip will be a cruise to the Bahamas.

Housing

Home is a source of strength and pride.

We believe people with disabilities should live in real neighborhoods as part of the wider community, as opposed to a standalone building or environment. CAU uses a scattered-site approach to housing, with one or two member homes in a neighborhood or community. Our members live in apartments, condominiums, townhouses, single-family homes and multi-family homes in urban, suburban and small-town settings. All homes are equipped with backup generators and sprinkler systems. Homes are located near downtown areas and feature community amenities such as parks, pools and public transportation.

About 40 percent of our housing is accessible to people with physical disabilities. Accessible features include wheelchair ramps, lowered kitchen cabinets and counters, bathroom handrails, roll-in showers and tilted mirrors. Specialized fire alarms and doorbells are installed for those with hearing impairments. Additional programs include mobile street outreach, a youth shelter, emergency placement for people with developmental disabilities, transitional housing, supported housing and community rental assistance.











Gary Rubin

Gary Rubin came to CAU in 1992 after 11 years of institutional living, first at a facility for youth in Pennsylvania, then at a developmental center in New Jersey, where he was abused by both staff and fellow residents and forced to sleep without a door. When Gary moved into a CAU-owned apartment in Hillside, it was the first time he had his own room since he was 15. "I actually kissed the floor in my bedroom," he said. "That's how good it felt."

In the 27 years since, Gary has lived in five CAU properties and today enjoys a spacious two-bedroom unit with plenty of space for his office. Gary is one of CAU's leaders in advocacy for people with disabilities and works hard advancing the causes and raising the voices of his fellow members. Gary still treasures having his own place.

"Nobody bothers me," he said. "Nobody has keys to my place." Gary is grateful to CAU for enabling him to live independently within the community.

Health

We are equipped to meet these challenges.

People with disabilities can have acute, ongoing medical and behavioral needs. CAU is equipped to meet these challenges. We employ licensed registered and practical nurses who provide medical injections, care for wounds, assess non-urgent medical situations, ensure necessary medical follow-up, monitor dietary compliance, audit medical files and run medical topic trainings. Our licensed social workers, licensed clinical social workers and board-certified behaviorists conduct behavioral assessments, develop and implement treatment plans, facilitate groups for members as needed and provide staff training on effective behavioral supports. Our staff also consists of assistive technology professionals who have undergone rigorous training and testing through the Rehabilitation Engineering and Assistive Technology Society of North America.

Through our licensed health care service firm, Certified Home Health Aides, we support senior citizens and people needing extra care in their homes with services including care management, behavior management, dementia and Alzheimer's care, transitioning care, personal assistance and household errands. We also provide safety assessments, clutter removal and home modifications to ensure loved ones can move safely and easily throughout their homes.











Chris Rodriguez

Christopher Rodriguez sat at his dining room table pointing to images to explain what food he wanted from Schlier Langhorn, his CAU Registered Behavior Technician. His mother, Rosemaria Rodriguez, watched as his Australian Shepherd sat beside him hoping for a treat. Each time Christopher, who is on the Autism spectrum in addition to being epileptic, completed the exercise, Rosemaria beamed in delight. She has seen her son make this simple gesture hundreds of times in the last few months yet remains thrilled each time he does so again.

"My long-term goal is for him to be more independent," Rosemaria said. "I'm very happy."

Christopher had been abused at a day program before Rosemaria turned to CAU. When Schlier and Jennifer Lebowitz, a Board-Certified Behavior Analyst, began working with him, he had limited means of communicating even basic wants and needs. Now he communicates using pictures and can redirect himself when agitated.

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"It's a day-by-day process," Schlier said. "I'll never give up on Christopher."

Social Life

A perfect balance of social relationships.

CAU offers our members a wide array of recreational and interactive opportunities to fully enrich their social lives. We offer activities almost every day of the year to fit all interests and price ranges. Members enjoy evening outings such as dinner at local restaurants, plays or trips to sporting events. Day trips such as visits to New York City or Medieval Times are also available. CAU offers overnight vacations, including trips to Disney World and cruises to the Caribbean. People express themselves artistically through activities themed to their creative nature, including art classes, acting workshops and music clubs. In addition, members can attend our annual Prom, Singles Night or Couples Night.

For people looking for a place to worship and develop relationships with people of similar belief systems, the Union County Interfaith Coordinating Council hosts an annual "speed dating" event, where people can explore a large variety of faith traditions and be welcomed into a community of faith. Additionally, CAU employs a Chaplain who conducts weekly Saturday non-denominational services for members.

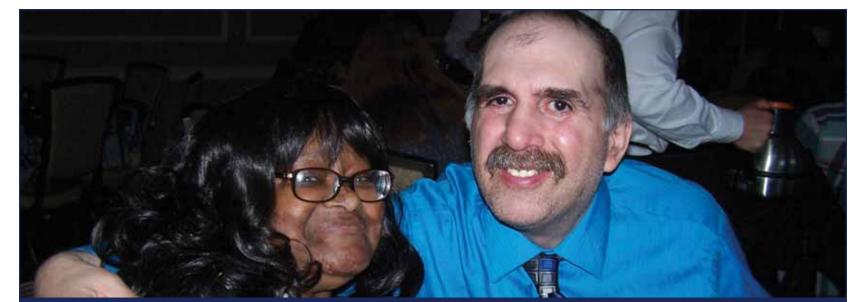












Couples Night

Each spring CAU celebrates members in committed romantic relationships at its annual Couples Night Dinner and Dance.

"Romantic relationships are important, regardless of ability or disability," said Tina Hansen, Director of Behavioral Services at CAU. "Healthy and happy romantic relationships are something that everyone has a right to enjoy and we encourage it. Love doesn't judge."

Rosemary Veale and James Emon have been in a romantic relationship "a very long time," Rosemary said at this year's dinner. They knew each other prior to becoming members of CAU, but their romance blossomed here. Marion Wade and John Barker also found romance after coming to CAU. "We like to take walks and watch TV together and just have fun," Marion said.

Nicole Nagel and Emmett Smith have been in a relationship for four years. "We go to Devils hockey games," Nicole said. "We like to travel, like to Florida." Emmett added that he and Nicole plan to get married and have kids.

Control over one's finances brings independence.

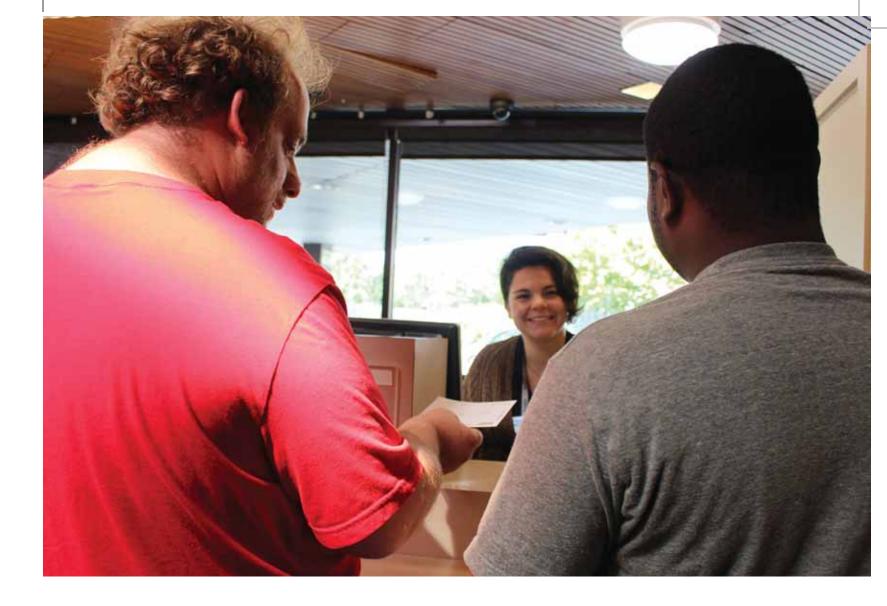
Control over finances results in greater choice and independence. The first step in that quest is understanding money and money management. We take financial literacy seriously. Individuals learn financial concepts in both one-on-one and group bases. Budget instruction is applied through everyday activities such as shopping, recreational opportunities and social pursuits. Group financial literacy training is provided in partnership with banking professionals.

Small businesses and other nonprofits can join the CAU Office Supply Co-op and save money on office supplies and enjoy the buying power of a large corporation. Other service providers also can affiliate with CAU to lower costs by streamlining their billing through our state-of-the-art electronic health record system. The system ensures health data and delivery of services are properly documented so that service providers realize maximum insurance reimbursement.









TD Bank

Financial literacy is an essential knowledge for independent living. When people with disabilities are able to manage their money, they achieve a level of independence not possible if they have to rely on others for that assistance. To that end, CAU holds regular financial literacy classes for our members, often with the assistance of our community partners. Representatives from TD Bank have long come to CAU to teach these classes, and this year we honored TD at our Annual Awards Dinner with the Organization Community Services & Partnership Program award for their Financial Literacy Program.

"This year, we introduced our new adaptive financial education curriculum," said Eileen Holmes, Retail Market President at TD Bank. "Using a variety of newly created tools and resources, we were able to extend financial literacy to individuals with diverse abilities. This is important because financial education enables individuals to make better, more informed monetary decisions and get the most out of their income."

All people can live with pride as equals.

The CAU Community Players is a unique theater troupe consisting of members with all types of abilities and actors from the wider community. Each year the troupe performs a musical for three days on a Union County community stage, attracting more than 1,200 theatre goers.

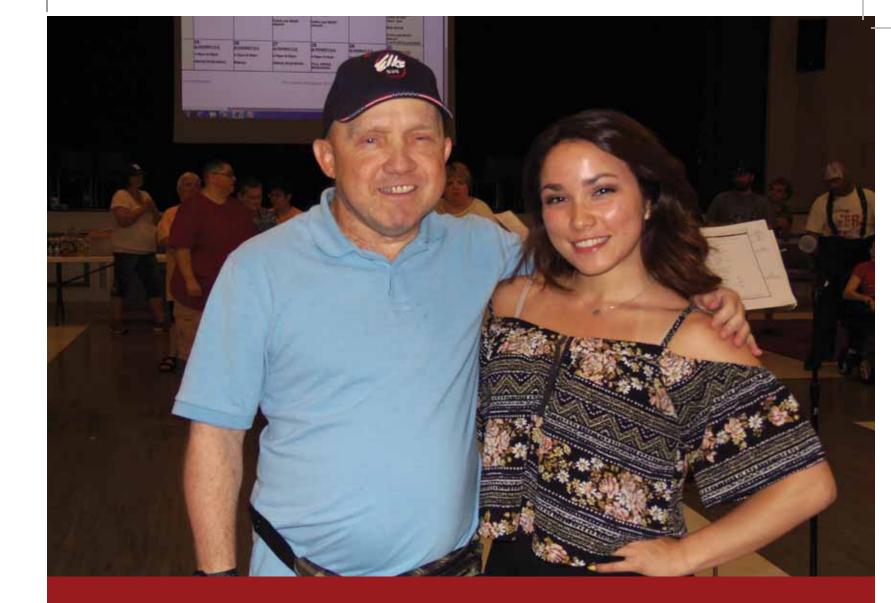
Navigating the system to secure the right services for your loved one can be fraught with confusion and frustration. CAU Family Mentors can help. Family Mentors use their own experiences as parent of children with disabilities to provide guidance. Family Mentors also host quarterly Connecting Families meetings.

Helping Hands is the state's oldest and strongest self-advocacy group for people with disabilities. They focus on education in voting and voting rights, legislative updates, letter-writing campaigns, meet-your-candidate events and peer mentoring. Jumpstart is the consulting arm of Helping Hands. Members develop training on topics that are important to them and then deliver that training in developmental centers and workplaces and to professionals in the field. MAC Attack offers similar training for youth in the child welfare system transitioning to adulthood. The New American Movement for People with Disabilities (NAM) is a social movement committed to changing the social, political and economic structure of American society so that all people can live with pride as equals regardless of gender, sexual orientation, religion, income or disability status.





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John Drescher & Sara Law

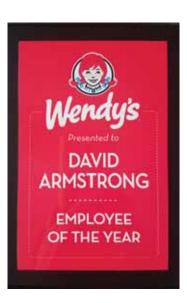
John Drescher has blossomed into quite a performer over the last few years. Each year he takes part in CAU's annual musical production staged by the CAU Community Players, a troupe of actors both with and without disabilities who perform side by side. He also is a member of CAU Rocks, our musical band that also consists of musicians with and without disabilities. "It's a lot of fun," John said. "It makes me feel young again, like a teenager. It also gives me confidence."

Sara Law, a 22-year-old Garwood resident, has been acting beside John for years – this year John played Bundles and Sara held multiple roles in the production "Annie, Jr."

"I started off not knowing what to expect," Sara said. "Ever since it's become family for me. It's nice to see everyone's smile and hear how they've progressed. It's a very special environment. It led me into my future." The recent graduate of Millersville University of Pennsylvania has decided to become a medical physical therapist working with people with disabilities.

Support Coordinators maintain ongoing contact.

New Jersey's new fee-for-service model offers adults with disabilities living at home and their families greater options and flexibilities in fulfilling their needs, goals and budgets. Yet at times these choices can seem overwhelming. CAU's Support Coordination program provides them with a dedicated Support Coordinator who helps them make clarity out of confusion and maximize the benefits of their state-assigned budget. Our support coordinators work with our members and their families to custom-design, coordinate and monitor individual support plans that fit their needs and goals. Through in-depth knowledge and research, they connect families with essential supports available in the community, exploring both natural and professional resources and enabling their loved ones to enjoy an active and engaging lifestyle. Support Coordinators maintain ongoing contact and meet face-to-face on a quarterly basis. Support Coordination services are available in every New Jersey county except Union.













Mari McInerney

Mari McInerney has places to go – figuratively and literally – and CAU is helping her get there. The 26-year-old has not allowed her disability to interfere with her education, her career plans or her passions. Mari recently graduated from Sussex County Community College with an associates degree in psychology and was accepted into a bachelor's program at the Rutgers University branch at County College of Morris. She is interning at Bristol Glen Senior Living Community and plans to work in the field of geriatric psychology after graduation. In addition, she and her service dog, Godfrey, are training to become certified as a service animal team.

Mari is grateful for the assistance she receives through CAU's Support Coordination services. "They give me a budget so I have access to a driver so I can do all the things I do, such as attending school and getting to the gym," she said. "It's a relief because I'm able to hire my own employees. Also, it's nice knowing whenever I need help, they're there to help me."

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Guiding youth to a brighter future

CAU supports youths aged 13-21 to ensure they receive the resources they need to find their path, fulfill their potential and become fully integrated members of the community. CAU operates the Union County Youth Shelter for runaway and homeless teenagers and those referred by the juvenile detention system or family court, aged 13-17, providing shelter, care and education for up to 30 days. Our Transitional Opportunities Program (TOP) provides a structured support environment for youth aged 13-21, including progressive housing – group home, supervised transitional living, semi-independent living and supported independent living – life skills training, including budgeting and home skills; career planning and job placement; advocacy and leadership development; drug and alcohol awareness; and case management in coordination with the state Department of Children and Families.

CAU also implements the Pathways to Academic and Career Exploration and Success college and career preparation program in Essex and Union counties. In this program, youth prepare to leave the protection of the youth services system, and CAU is there to guide them to a brighter future.









Alejandro Amaya

Sometimes a struggling youth simply needs the right environment and support to turn around his or her life. Alejandro Amaya has been with CAU for just about a year but has already made significant progress toward a better future. An unfortunate home life situation led Alejandro to a short stay in a youth shelter in Bergen County before being referred to CAU. Today he lives in a CAU property and has improved his independent living skills. He is working toward his GED, maintains good grades and has obtained a national certification in food handling that allows him to work in any restaurant nationally, which is his goal.

Alejandro is thankful for the support he receives at CAU, with his counselors helping him define and stay on a life path. "They give me a lot of opportunities, and every time I have an opportunity, I take it," he said. "They help me a lot. I feel like if they weren't helping me I wouldn't be where I'm at now."

Our partners work hand-in-hand with us.

The CAU Community Network is a collaboration between CAU and the business community, meeting twice annually to foster relationships and inform business professionals about philanthropic opportunities that benefit them and their community.

The Union County Nonprofit Consortium is a group of executive directors of social service providers from throughout Union County who meet monthly to discuss and increase organizational and community capacity in the human services sector in the county. The consortium's annual Doing Good Better conference educates nonprofit professionals about available resources and encourages networking that results in greater collaboration.

The Union County Youth Services Network is a collaboration of governmental and community youth services agencies dedicated to coordinating and developing a seamless network of services for youth in Union County. The Network holds an annual conference attracting about 200 people, which also enables networking to foster greater collaboration among participants.

The Union County Interfaith Coordinating Council comprises more than 40 congregations of all faiths to promote inclusion of people with disabilities into their communities. The council hosts an annual speed dating event to allow our members to explore a variety of faiths and the Annual Union County Day of Prayer. CAU provides administrative support to the council while the council provides supportive faith communities to our members.









Kean University Music Department

For a number of years, CAU members and Kean University music majors have been making beautiful music together as part of a partnership that has drawn national attention. Lyn Schraer-Joiner, Kean University's Music Education Coordinator, and Marguerite Modero, CAU's Music Director, have been coordinating to bring to our members the joys of singing, playing music and performing on stage side-by-side with Kean students.

The collaboration started with the Kean students working with our members to teach them to play instruments. That was followed by a collaborative concert on campus that has become an annual event. More recently was the formation of the bands CAU Rocks and The Keaniacs.

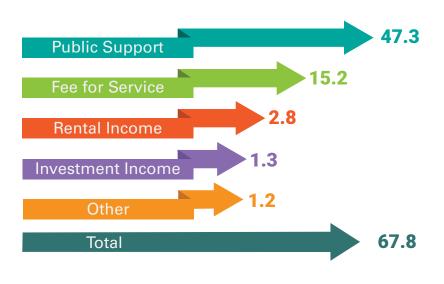
"Music is the great unifier," Lyn said. "It connects all people equally and brings them together. That's what happened to us."

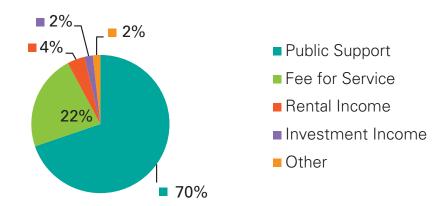
This spring, Lyn and Marguerite were recognized for their efforts at the 2018 Research Conference of the National Association for Music Education (NAfME) in Atlanta.

"This has given our members the chance to achieve what everyone else can achieve and be judged for their abilities and not their disabilities," Marguerite added.

Financial History

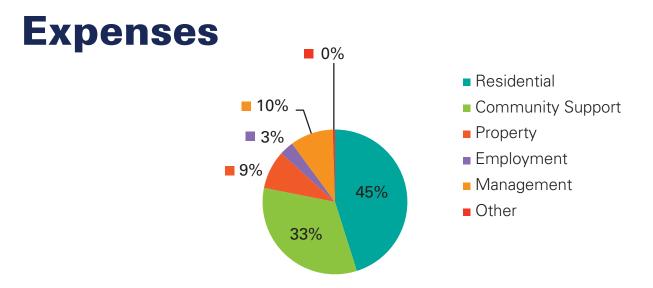
Revenue 2017 Amount (in millions)





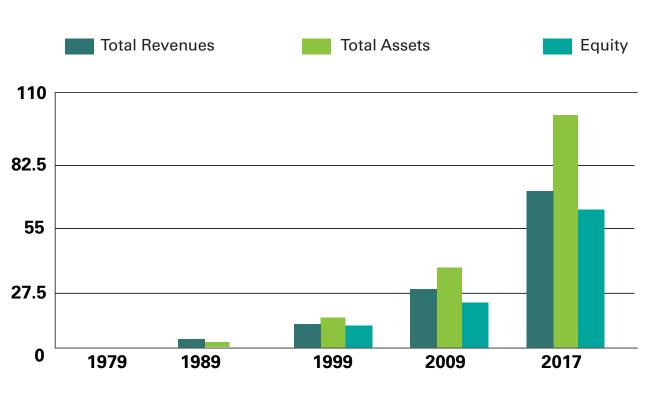
Expenses





Financial Growth 1979-2017

	1979	1989	1999	2009	2017
Total Revenues	80.0	4.4	10.4	25.9	67.7
Total Assets	0	2.4	13.6	34.9	101.1
Equity	0	0.09	9.7	19.7	59.7



Financial Growth

Platinum Plus (\$10,000 +)

Borden Perlman Salisbury & Kelly Disability Rights New Jersey EJ Grassmann Trust Help for Children Herzog, Mr. Daniel Inglesino, Webster, Wyciskala & Taylor, LLC Kessler Foundation Northfield Bank Foundation Peter & Cynthia Kellogg Foundation TD Bank Charitable Foundation The NJ Council on Developmental Disabilities The Provident Bank Foundation Union County Savings Bank Charitable Foundation United Way of Greater Union County Valley National Bank

Platinum (\$5,000 - \$9,999)

Catholic Human Services Foundation Chase Bank Innovative Benefit Planning Investors Bank Foundation Karma Foundation M&T Bank Santander Bank Spire Group, P.C. The DeAlessandro Foundation The Hyde & Watson Foundation Union Foundation Westfield United Fund

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Gold (\$2,500 - \$4,999)

Griffin Alexander, P.C. Harold Poltrock, Esq. Hehl & Hehl, P.C Northfield Bank Sopher Financial Group, LLC Spencer Savings Bank Woodruff Developers

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Silver Plus (\$2,500 - \$4,999)

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Silver (\$500 - \$999)

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Bronze (\$100 - \$499)

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Carnegie, Tamoy Carter, Carolyn Castro, Iliana Charity Golf International Charles, Natalie Chez, Jose Chin, Cathy Cisson, Angel Clair, Cara Clark Volunteer Fire Department Clark, William Cohen, Ryan Coleman, Stephanie Collins, Melissa Cook, Deshala Cort Furniture, Marilyn Ticktin Cottle, Courtney Crawford, Brandon Crawford, Robbie Cryan, Senator Joseph Daniel, Jayden Darby, Taina Donelly, Vercilia Dorceus, Junie Dunn, Lushima Durham, Marvin Edwards, Janae Eibach, Sarah Eiser, Alan Epstein, Becker, & Green, P.C. Ero, Evelyn Ervin, Linda Evwieruroma, Lucky Ezeanya, Chukwuma Fair, Deborah Falana, Shamece Falletti-McCarthy, Melissa Fay, Patrick Ferguson, Fuguana Flagg, Steven Flemings, Shantena Kaplunovskiy, Boris Flores, Michelle Kates, Asherah Fonesca, Mr. & Mrs. Anthony Kuprianov, Rose

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The Z Restaurant Group Theodore, Danie Thompson, Laneesha Tiller, Ja'Net

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Tumu, Victoria

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Trinitas Children Therapy Services

Union County College Vasey, Audrey Vett, Jennifer Wade, Eric Wade, Tyechia Walker, Charlene Walrond, Dorinda Warren, Alicia Webb, William Weber Jr., Mark

Wells Fargo Bank Community Support Program

White, Jazmine White, Lashanda Whitsons Culinary Group

Wiener, Kathy Williams, Anne Williams, Daryl Williams, Karen Williams, Shakifah Williams, Taneisha Williamson, Lolita Willis, Sheila Wilson, Iyanah Wilson, Jackie Wingard, Judith Woodard, Linda Woodley, Valarie Wright, Robyn Wright, Tuquan Zabala, Michelle Zorrilla, Rolando

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