

NEWSLETTER



UPDATES! CURRICULUM NEWS

PARTNERSHIP: SUPPORT NOT STIGMA



Their mission? To decrease barriers to behavioral health care, reduce stigma, educate others, and strengthen systems of support for mental health and substance use by equipping people with the skills to be trauma-informed advocates for themselves and others.



How Did We Meet and Partner?

OUR HISTORY & JOURNEY OF TRANSFORMATION



This is a powerful journey that started over 3 decades ago! Deana Cerniglia, the founder of Breaking Cycles, is deeply passionate about education and empowering others to break free from generational cycles. With a Bachelor's degree in Psychology and a Master's in Special Education, she dedicated her career as a high school teacher at a charter school for expelled students, many of whom faced trauma, a lack of support, and broken families.

After raising her family, Deana established a nonprofit organization for young, single mothers called The Open Door (TOD), Breaking Family Cycles and later helped expand and initiate a program to support fathers. Alli Jimenez, co-founder of Support Not Stigma, served as the program director at The Open Door in Lake Worth at one of the mothers' programs. The contributions of Alli and the entire team were nothing short of amazing!

Despite having a significant amount of funds, Deana earnestly urged the Board of Directors to close the organization and donate the resources to the nonprofit education sector. Following this, she shifted her focus to developing a curriculum based on the invaluable insights she gained during her teaching experiences in New Jersey and Florida, along with the classes she created for TOD.



‘The full
circle
moment?’



‘OUR FULL CIRCLE!’

HARD WORK AND COLLABORATION

Alli Jimenez and Dr. Heather Howard established a distinctive organization aimed at supporting, not stigmatizing, those involved in often adversarial systems. With their wealth of experience and education ([view their impressive bios](#)), along with the 40 Class Program of Breaking Cycles, we are thrilled to combine our passion and energy to support those who often need the most help, but struggle to obtain it.



IT GETS MORE EXCITING!

Support Not Stigma will not only implement the Breaking Cycles 40 Class Program into their resources, but will also leverage their research expertise to evaluate and conduct an effective study of the curriculum. The goal is to transform the Breaking Cycles curriculum from evidence informed, grounded in REBT (Rational Emotive Behavioral Therapy) approach, to evidence-based. This can take extensive time, but ultimately that is the goal! This partnership has created a pathway for this to become a reality and we are excited for what's to come!



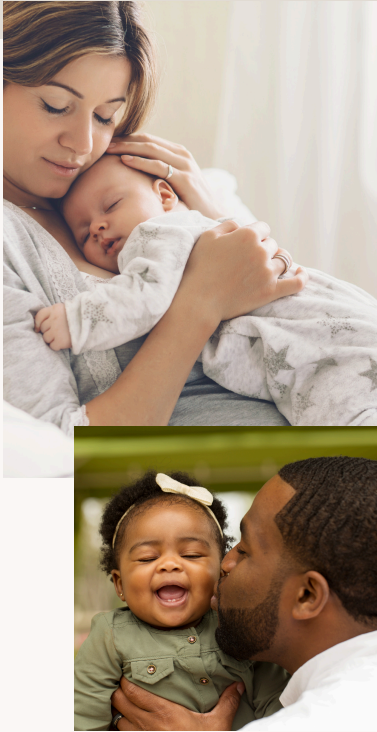
Take the Introduction Class at no cost to you or your organization and learn about the Breaking Cycles 40 Class Program and REBT! [FREE Introduction](#)



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[BREAKING CYCLES FACEBOOK](#)

THERE'S MORE!



PROGRAM TRAINING

Alli and Deana are thrilled to join forces in the classroom! Together, they will deliver the Breaking Cycles Program, allowing them to collaborate on enhancing its effectiveness and impact. Deana will apply her Program Director training from The Open Door to develop a comprehensive training manual for facilitators of the Breaking Cycles Program. Her training focus and program objectives include:

- Developing strategies to boost client engagement
- Providing foundational training in REBT (Rational Emotive Behavioral Therapy)
- Establishing program goals and client goals
- Engaging Peer Recovery Specialists as Facilitators
- Participate in 2026 Conferences for Behavioral Health
- Organizing retreats for administration within the non-profit sector

RETREAT WITH US!

Deana Cerniglia has launched a retreat home designed exclusively for women where they can unwind and support one another. Located in the serene mountains of the Poconos surrounded by walking trails, wineries, and more, this retreat offers a cozy escape.

Retreat Features:

- Spacious 7,000 sq. ft. home
- 5 Bedrooms with king or queen beds, including Murphy beds
- 4 Fireplaces and an outdoor fire pit for cozy gatherings
- Sauna for health and ultimate relaxation
- Ample outdoor seating and communal areas for meals, workshops, and team-building activities
- Opportunities for Bible Studies and workshops

Join Us!!! www.4orgirlsretreat.com.



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