



# NewBridge

Counseling • Youth Services • Senior Programs • Housing • Substance Abuse Services

Serving Morris and Passaic county residents since 1963

May 2007

## Helping children succeed

### NewBridge programs balance a complicated world for youth

*John is being teased on the bus. He comes home, and his parents are arguing about money. They don't notice his stress, and he doesn't mind—he'd rather not share his problems with them. He escapes into the imaginary world that his computer game provides, and blasts away the villains, pretending that they are the bullies.*

This scenario is not uncommon. Childhood isn't easy, and children today live in a faster-paced, more complicated world than ever before. They are exposed to much more

violence, sex and real-life issues than previous generations. What they see on television and in the world around them overwhelms their developing minds. Parents are busy and often-times don't share in the experiences of their child's day.

To achieve success in this complicated world, children need to be armed with skills to help them cope and adapt. They must build character, resilience and self-worth and feel

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Dear Friends,



Like many nonprofits, NewBridge works to increase revenue through public and private funding in order to maintain current programs, offer new services and serve more clients. Your support is always needed and appreciated.

However, we cannot rely just on public funding and fundraising. This year's proposed 1% state funding increase cannot sustain the cost of living increase, or the nearly 25 percent increase in requests for our services over the past year. People are increasingly looking to us to help them find balance in their lives.

And so, the entrepreneurial spirit is alive and well at NewBridge. We are exploring various forms of social enterprise, which are new business ventures that address a community need and drive revenue for us to continue to deliver on our mission.

The most recent success of these efforts is evidenced by our affordable housing initiative. But we are not just creating new affordable housing—through efforts like this we are also generating new revenue to support our core mission—helping people live better, more fulfilling lives.

Robert L. Parker, Executive Director  
parker@newbridge.org

May is Mental Health Month!

Visit [www.newbridge.org](http://www.newbridge.org) to test your mental health IQ.

## Former dropouts to turn the tassel

### Second chance spurs young adults to academic & career success

Dozens of young men and women will don caps and gowns on June 27, when a walk across the stage and all that it means will become reality. These students will graduate with their state-issued high school diplomas and a successful future on the horizon thanks to NewBridge 70001 JOBS PLUS.

This free program for high school dropouts ages 16 to 21 in Morris, Sussex and Warren counties provides them with an alternative education option, including job and GED preparation, personal and career counseling, and transportation in Morris County.



Graduates from NewBridge 70001 JOBS PLUS Class of 2006 celebrate their success.

For more information on NewBridge 70001 JOBS PLUS, call (973) 335-0666 or visit [www.newbridge.org](http://www.newbridge.org).

Inside... Prom safety, Gala raises \$49,000, Survey results & more

# NewBridge senior program expands in Passaic County

Celebrate Older Americans Month by learning more about NewBridge's senior services

NewBridge is proud to announce the expansion of its care management services to upper Passaic County seniors.

NewBridge SAIL (Senior Assistance for Independent Living) is a

free program for residents over the age of 60 that provides links to services to help people

remain living independently in their homes, including nutrition programs, home repairs, transportation, healthcare assistance, adult day care, legal counseling, procurement of entitlements, and hospice. This program has been serving Morris County seniors for many years.

"Our newly expanded staff at SAIL is available to provide

important home-based services to seniors in need," said Robert L. Parker, Executive Director, NewBridge. "We are pleased to broaden this program's reach into West Milford, Ringwood,

Wanaque, Pompton Lakes, Bloomingdale and Wayne, where a need for senior assistance has been identified."

The expansion of this program, which was created by funds from the Passaic County Division on Aging, is made possible by a grant from United Way of Passaic County.

**For more information on the NewBridge's wide range of services to seniors, call (973) 839-2520 or visit [www.newbridge.org](http://www.newbridge.org).**

**Learn more about senior services at NewBridge.**

**Call (973) 839-2520 or visit [www.newbridge.org](http://www.newbridge.org).**

## The Magic of NewBridge



*The Magic of NewBridge* annual gala, held on March 29 in Parsippany, NJ, honored three leaders and raised \$49,345 in support of NewBridge's programs. Pictured above are honored guests **Deborah Zastocki**, President and CEO of Chilton Memorial Hospital; **Richard Brown**, Executive Director of Monarch Housing Associates; and **John Franklin**, CEO of United Way of Morris County.

Sponsors included **Chilton Memorial Hospital**, **Robert D. Collins Fund**, **North Fork Bank**, **Wyeth**, **Janssen**, **Pfizer**, **Wall Street Business Products**, **Washington Mutual** and **Johnson, Murphy, Hubner, McKeon, Wubbenhorst, Bucco & Appelt, P.C.**

Visit [www.newbridge.org](http://www.newbridge.org) for photos.

## Spring cleaning at Enrich horticultural therapy garden

Aisha, a consumer at NewBridge's Enrich horticultural therapy program, sweeps the greenhouse floor around the tropical plants that will be transplanted to the Enrich garden later this month.

The garden, seasonally located at 640 Newark Pompton Turnpike in Pompton Plains, NJ, has become a well-known detour for visitors, but also provides an innovative way for men and women to achieve wellness and recovery. For more information about this program, call toll-free (888) 746-9333.

**Gift cards and artwork that benefit the Enrich program are available for purchase at [www.newbridge.org](http://www.newbridge.org).**

# 12th golf outing invites sponsors and golfers

Columbus Day tradition sells out every year; register early!



NewBridge's 12th Annual Golf Outing will be held on Monday, October 8, 2007 at the Knoll Country Club in Parsippany, NJ.

Sponsorships and reservations are now being accepted for this sellout event. Sponsorships range from \$100 tee sponsors to \$10,000 event sponsors. The outing fee is \$195 per golfer or \$780 per foursome, which

includes 18 holes with cart, lunch, dinner, awards and prizes. Proceeds benefit NewBridge's youth, senior, counseling, housing and substance abuse programs.

For more information, visit [www.newbridge.org](http://www.newbridge.org) or call Nina McCormack, Director of Development & Marketing, NewBridge, at (973) 839-2521, ext. 420.

## Helping children succeed (continued from page 1)

empowered. And NewBridge can help.

Last year, NewBridge brought its comprehensive prevention programs to more than 5,000 students and dozens of schools throughout Northern New Jersey, from Vernon to Flemington. And they have helped children like John deal with bullies. Control their anger. Find ways to cope. Build self esteem.

One NewBridge program, "What Teens Need To Succeed," works a little differently. Rather than teaching specific life skills, this program teaches teens to identify the strengths already in their lives that can help influence their choices. Teens learn to see in themselves the "assets" they possess, such as a positive identity, good relationships, a support system—and how to cultivate these assets to advance themselves as individuals. Through this program, teens gain self-awareness and insight into

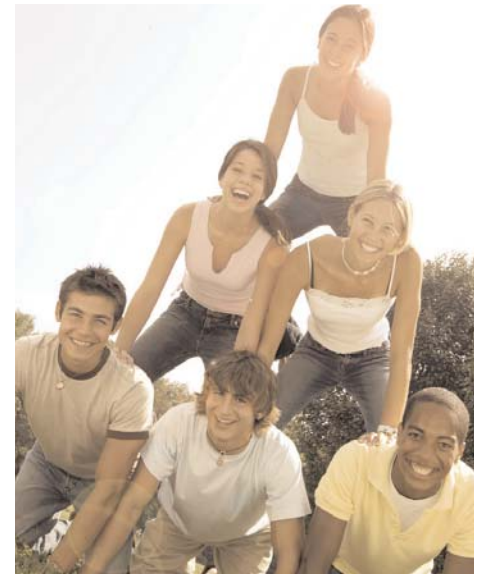
their goals, and learn to function as independent, capable young adults conscious of the decisions they are making.

NewBridge offers a wide range of programs designed to help youth in grades K-12, and can tailor programs to meet an individual group's specific needs.

Visit [www.newbridge.org](http://www.newbridge.org) to learn more about youth programs on:

- Anti-bullying
- Positive coping skills
- Stress
- Self esteem
- Conflict resolution
- Respect/tolerance
- Substance abuse prevention

"The good news is, children are utilizing the skills that they learned in these programs," said Michele Iannucci, Director of Prevention



Services, NewBridge. "That really hits home that what we're doing is real and purposeful, and if we can shape young lives, there's just no greater mission."

For more information on NewBridge prevention programs, call Iannucci at (973) 839-2521, ext. 228.

## And the survey says. . .

**95 percent** of those receiving counseling at NewBridge would recommend NewBridge to a family member or friend.

**100 percent** of NewBridge partial care clients are satisfied with the quality of care their doctor provides.

**95.6 percent** of NewBridge partial care clients are pleased with the quality of their group therapy.

Ever considered a job at NewBridge? Staff satisfaction is at an **all-time high** (86 percent)! Visit our career page at [www.newbridge.org](http://www.newbridge.org).

# Keeping prom season safe

NewBridge experts stress importance of communication during spring celebrations

Spring is here! With it comes the end of another school year— and for high school seniors that means prom, graduation, and the parties that follow. With celebratory nights, newfound independence, and underage drinking that often occurs, it is important for parents to help their teens make sound decisions.

“Parents can help ensure their teen’s safety by maintaining an open dialogue,” said L. Michelle Borden, LCSW, Associate Executive Director, NewBridge. “As they get older, teens begin to take responsibility for their

own decisions, but during this time, communication, guidance and advance planning can help steer them in the right direction.”

This is a time of tremendous adjustment for parents as well, who hope that their past parenting will help their children make positive decisions as they enter adulthood. But communication remains an important tool for parents.

“Your child is never too old to

**Before you let them go – did you know?**

**The decision-making part of the brain is not fully developed until about age 20!**

benefit from your guidance,” said Borden.

If you or a loved one are suffering from excessive stress related to this issue or any other problem, you might benefit from speaking with a professional. Call NewBridge toll-free at (888) 746-9333.

Visit [www.newbridge.org](http://www.newbridge.org) for 10 tips to keep teens safe during celebrations.

## Land sought for Morris Habitat/NewBridge partnership projects

That plot of land you’ve been paying taxes on forever can help make a deserving family’s dream of home-ownership come true.

“As part of our affordable housing effort, NewBridge is seeking land to build ‘for sale’ housing in partnership with Morris Habitat for Humanity,” said Robert L. Parker, Executive Director, NewBridge.

NewBridge, a 501 (c)3, is interested in either donated land or a below-market purchase. For Morris County properties, Morris Habitat will

partner with NewBridge by handling the general contracting, providing construction volunteers, and

working with the family, who will put in 300 hours of “sweat equity.” Morris Habitat will also hold the mortgage and ensure that the home remains affordable for 30 years, as per COAH requirements.



NewBridge has taken an active role in providing affordable housing opportunities for those with disabilities, particularly those with special needs, as well as those with moderate and low incomes. NewBridge’s community-based housing program includes a continuum of services from residential care to lease-based affordable housing.

For more information, call Parker at (973) 839-2521, ext. 224 or email [parker@newbridge.org](mailto:parker@newbridge.org).



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