



NEWBRIDGE

Counseling

Youth

Seniors

Housing

Addictions

Window into a child's world

Play therapy provides gentler counseling alternative

At NewBridge, play therapy provides a counseling alternative that is designed from a child's point of view. Decorated in bright colors and filled with toys and games, the room is meant to put the child at ease and pique her interest.

The child picks up a toy, and unbeknownst to her, play therapy begins.

"We follow their lead," said Kathleen Kolaritsch, LCSW, clinician at NewBridge. "Something captures

Youth

their attention, and we see where

it goes from there."

By observing, interacting and role-playing, therapists can help children communicate, express feelings, develop problem solving skills, and change behaviors. This type of therapy puts children in the driver's seat, as they



learn to address and resolve their own problems, while the play provides them a safe psychological distance from the actual problems.

Kolaritsch also feels that the regular structure and presence of a trusted person is a key component of play therapy.

"Some of these children's lives are so complex, and their issues can't always be easily fixed," said

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NewBridge exec chosen for affordable housing council

Federal Home Loan Bank of NY selects Federico to advise

Melody Federico, Housing Development Director at NewBridge, has been appointed to the Federal Home Loan Bank of New York's Affordable Housing Advisory Council.

"Ms. Federico's appointment to this prestigious council provides yet

another way that NewBridge can lend its leadership and expertise in response to the need for affordable

housing options," said Robert L.

Housing

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Dear Friends,

On April 22, I had the opportunity to accept the honor for NewBridge as this year's Outstanding Provider at the NJ Association of Mental Health Agencies' annual Courage & Compassion Awards dinner.



Three weeks earlier, I stood before 160 colleagues and corporate partners at our annual gala and gave my thanks for their continued support of NewBridge's programs and services.

These two events are closely intertwined—one could not happen without the other. Your giving allows NewBridge to grow and respond in new ways each year to the ever-changing needs of our community and its residents.

I have never felt luckier to serve an organization that is truly the go-to agency for counseling, youth, senior, substance abuse and housing services in our area. As belts tighten and the need to stretch a dollar persists, it's a better time than ever to reaffirm to you our commitment to being good stewards of your donated dollar. To me, the NJAMHA Outstanding Provider award demonstrates how a community's collaborative support of a nonprofit agency like NewBridge can effect outstanding change for the 10,000 people we serve each year.

Bob Parker

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

State association names NewBridge top NJ provider

Dedication, consumer satisfaction, extraordinary contributions cited in selection

For 45 years, NewBridge has helped the residents of Morris and Passaic counties move forward with high-quality programs and services. This year, the agency has been recognized for its efforts by the New Jersey Association of Mental Health Agencies (NJAMHA) with a Courage and Compassion Award as 2008's Outstanding Provider.

"NewBridge's ability to deliver innovative programs and services, stellar consumer satisfaction, collabora-



tion and staff development epitomize the traits we sought to honor," said Debra Wentz, Ph.D, Chief

Executive Officer, NJAMHA. "New Jersey is better served thanks to the extraordinary work NewBridge does."

NewBridge served more than 10,000 people last year alone through counseling, youth, senior, substance

abuse prevention and treatment, and housing services.

"The programs, services and achievements that make NewBridge excel would not be possible without the support that we receive from the residents in the communities we serve," said Robert L. Parker, Executive Director, NewBridge. "In response, we continue to keep our finger on the pulse of the community and offer the programs and services that are most needed."

In addition to its wide range of programs, NewBridge has recently added caregiver respite and counseling for Morris County residents and an Intensive Outpatient Program for substance abuse in Wayne, NJ.

NewBridge's affordable housing initiative has also begun year two of a five-year plan to create 100 new units of affordable housing.

"NewBridge has dedicated its



NewBridge Executive Director **Robert L. Parker** and Board President **William Eckert** accept the 2008 Outstanding Provider award from **Debra Wentz, Ph.D**, Chief Executive Officer of NJAMHA.

resources to improve the lives of individuals in need, undertake innovative programming, provide a supportive work environment and serve as a leader in affordable housing," said Wentz. "Its impact on helping consumers on their road to recovery is clear."

Make a local difference: Support NewBridge

Your donation in any amount benefits vital programs and services for Morris and Passaic county residents. Donate online at www.newbridge.org or call Nina McCormack at (973) 839-2521, ext. 420.

Helping children through play therapy (continued from page 1)

Kolaritsch. "But play therapy provides children with one thing, one person, that they can depend on each week."

One boy attended play therapy but seldom spoke. He and Kolaritsch played Monopoly, and she would write on a piece of paper where they stopped so they could continue where they left off each week. Over time, the boy became more trusting and open. When the boy attended his last session before moving away, Kolaritsch gave him a gift—his own Monopoly

game.

"He began to cry and said, 'You bought this for me?' I said I did, and he hugged me," said Kolaritsch.

As a specially trained and experienced clinician, Kolaritsch advocates for play therapy, and believes that this innovative program helps NewBridge succeed in counseling its youngest clients.

"Play therapy truly allows a

Play therapy allows a special, subtle form of bonding and helps children develop trust.

special, subtle form of bonding and helps children develop trust, among other crucial assets for healthy development," said Kolaritsch,

who agreed that the children are not the only ones who grow attached.

"When that boy hugged me, I thought, 'I really made a difference.'"

For more information, call toll-free (888) 746-9333 or visit www.newbridge.org.

NewBridge's play therapy program is supported by United Way of Morris County.

NewBridge exec chosen (continued from page 1)

Parker, Executive Director, NewBridge.



Federico

Federico is involved in all aspects of NewBridge's affordable housing initiative to create 100 new units of affordable housing

by 2010. Federico identifies sites for construction or renovation, supervises predevelopment work, creates and manages budgets and timelines, oversees the day-to-day construction

activity and manages the rent-up/sales process.

NewBridge prides itself on listening and responding to the needs of the community and has heard the call for more affordable housing in New Jersey. NewBridge is proud to be playing an active role in providing housing opportunities for everyone in the community.

For more information on NewBridge's affordable housing initiative, call Federico at (973) 839-2521, ext. 250 or visit www.newbridge.org.

May is Older Americans Month

In celebration of Older Americans Month, NewBridge will host an open house on May 21, 2008 to spotlight services available to Morris

Seniors

and Passaic county residents over age 60 through NewBridge SAIL (Senior Assistance for Independent Living). This event will be held from 3:00 p.m. to 5:00 p.m. at 640 Newark Pompton Tpk., Pompton Plains, NJ.

To register, call (973) 839-2521, ext. 420.

Shaping futures, giving hope

New program prepares consumers for return to work

Returning to work or taking on a volunteer position after an extended time can be difficult under any circumstances. For those with mental illness, the challenges of beginning a new job can seem insurmountable. *NewBridge Shaping Your Future*, a new program offered to clients at NewBridge's day treatment program in West Milford, NJ, is designed to prepare consumers for entry into the workforce. It addresses issues such as work skills, interests, personal skills, work history, stigma and anxiety.

In addition to the long period of

time that may have elapsed since they last worked, clients also face a shortage of available transportation and the

Counseling

fear of stigma that they believe

they will encounter.

"Consumers fear having to disclose their mental illness, and the response they might get," said Tara Lange, clinician at NewBridge. "They worry about having to explain to a prospective employer why they haven't worked in so long."

But these and other barriers to work are being addressed, as consumers develop typing skills and conduct job searches, and Lange says the program is giving them hope and self esteem.

"Different clients are at different levels of readiness, but they are all definitely talking more about it," said Lange. "We look forward to following their progress."

To learn more about NewBridge's day treatment programs, call toll-free (888) 746-9333 or visit www.newbridge.org.



NewBridge Medical Director **Norma Talbo, MD** (left) and **Nina McCormack**, Director of Development & Marketing (right) accept a homemade quilt from volunteer **Joan Bickler** of Pompton Plains, NJ. The quilt was auctioned at *The Magic of NewBridge* gala.

Did you know?

NewBridge brought its youth programs to more than 7,000 children and teens last year alone. For information about NewBridge programs for youth and teens, visit www.newbridge.org.

Gala celebrates 45 years of service to community

Leaders honored, \$52,000 raised for NewBridge programs

The stars were out for *The Magic of NewBridge* annual gala on April 3 at The Villa in Mountain Lakes, NJ. During this year's event, Etta Denk, Market Development Manager of Bank of America, Herb Irwin, a NewBridge founder, and Connie Ludwin, State Director of Boys & Girls Club in New Jersey, received NewBridge's 2008 *Helping People Move Forward* award. Ray Garval of Caldwell gave a moving keynote address about his path to success through NewBridge 70001.

The gala was sponsored by TD Banknorth, Diamond Sponsor; Robert D. Collins Fund, Gold Sponsor; Bank of America and Capital One, Silver Sponsors, Pfizer, St. Clare's Health System and WaMu, Bronze Sponsors; and Johnson, Murphy, Hubner, McKeon, Wubbenhorst, Bucco & Appelt, P.C., Joseph A. Trunfio, Ph.D and MCJ Amelior Foundation, Cocktail Hour Sponsors.

Top right: Multigenerational heroes **Lt. Greg Butler** and **Herb Irwin** celebrate *The Magic of NewBridge*, along with **Dot Emmerich** and **Bill Irwin**.

Bottom right: NewBridge Executive Intern **Stacey Lococo**, left, greeted guests to the NewBridge gala, along with fellow volunteers **Josh Eiseman** and **Carina Hayek**.



See more photos at www.newbridge.org.



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