



NEWBRIDGE

Counseling

Youth

Seniors

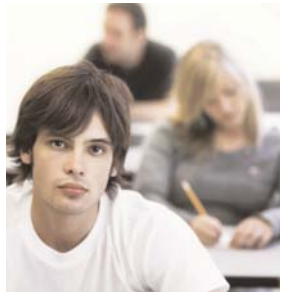
Housing

Addictions

A Valuable Life Lesson

Positive Coping Skills Program Helps Kids Communicate

A breakup, a bad grade, feelings of uncertainty, failure or doubt. A day in the life for most teenagers can be an emotional roller coaster. Navigating that ride is easier said than done for most teens who have never learned



the basic coping skills that will enable them to handle each twist, turn and bump throughout their lives.

Those schools and organizations looking to help ensure that teens have a smoother ride can turn to NewBridge's Positive Coping Skills Program for helpful information and

advice.

The program teaches middle and high school students to successfully resolve conflict by using positive communication skills, active listening techniques and avoiding negative influences like peer pressure or alcohol or drug abuse.

Youth

“Conflict for a child can be as simple as how to choose between getting their homework done when they would rather attend a ballgame or as difficult as dealing with a bully or succumbing to peer pressure,” said Mary Vineis, Prevention Coordinator, NewBridge. “This program teaches children how to pick their battles, get their point across and express

Con't. on page 2

Donations Bring Comfort to NewBridge

Three Corporations Contribute Needed Furniture

Giving can take many forms and recent donations from Wyndham Worldwide, Citi Smith Barney along with Eng Wong Taub Associates brought much needed office and residential furnishings to NewBridge's staff, clients and residents.

From chairs and couches for NewBridge supportive housing residents to desks, chairs, bookshelves and cubicles for NewBridge staff,

the donations have helped improve the overall quality of life and work environment at NewBridge.

“NewBridge spends its limited financial resources on programs that serve its clients and often does not have anything left over to spend on comforts like furnishings,” said Robert L. Parker, Executive Director, NewBridge. “NewBridge is thankful to these companies for

these in-kind donations, which are helping improve working and living conditions while enabling us to remain focused on delivering high-quality services and programs for our clients.”

For more information on how you can support NewBridge visit www.newbridge.org or call Nina McCormack, Director of Development, at (973) 686-2246.

Dear Friends,

A Wake Up Call...

There are few times in our lives that a change occurs that is so dramatic, so profound that it literally alters the course of our lives. An incident that gives us pause, a better perspective and shifts our priorities.



Earlier this year, I had such an experience when I fell and broke my neck. It put me on a journey of physical and emotional recovery. The journey is long, arduous and difficult. I truly thank the many well wishers for their much needed support. I have started to emerge with both a new found appreciation and a reaffirmation of what truly matters - not just today or tomorrow but in 10 years or 20 or more.

Sometimes we need a wake up call. A reminder of what our priorities should be. Understanding this, I encourage you to ask yourself: Are you doing what you are passionate about? Are you helping others? Are you volunteering enough? Are you supporting the causes that matter?

It is interesting what happens when you get off the hamster wheel of life and opt to make a difference; make a statement. Lives can change in an instant. Before that happens, be sure to live life large with no regrets, do the right thing and always do a little more for those who have a little less.

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

Prescription Drug Abuse on the Rise

September is Recovery Month

While prescription medications can provide much-needed relief for emotionally and physically painful conditions, they sometimes can lead to mis-

Addictions

use or abuse. In fact,

between 1995 and 2005, treatment admissions for dependence on prescription painkillers grew more than 300% according to the 2007 Treatment Episode Data Set (TEDS). With September marking the 20th anniversary of National Alcohol and Drug Addiction Recovery Month, it is a perfect time to call attention to this rising trend.

Prescription misuse is a serious and growing issue and NewBridge clinicians are continuously helping clients and families understand the impact that medications have on their bodies and how to manage their medications appropriately.

"It is very important to understand the entire health of the person not just treat the symptom," said Joanne Goer, Director of Integrated Clinical and

Addiction Services, NewBridge. "At NewBridge we educate our clients on how best to advocate for themselves and encourage them to speak with their doctors for other medication options besides addictive ones. We also offer to speak with their doctors on their behalf if they would like us to do so.

"It is vital that we raise awareness that this is happening in our communities and provide the information and assistance needed to protect our friends, family members and neighbors," Goer added.

There are simple steps you can take in your home to protect loved ones. For parents with young children and teens, take inventory of the medications in your home and lock them in a medicine cabinet or safe place. Remember that medicine should be taken until the last dose. Outdated or unnecessary medications should be disposed of properly.

If you or someone you love is misusing or abusing drugs or alcohol, the best thing to do is encourage them to

seek help. It often takes a family member, friend, or neighbor to help someone take the first step toward recovery.

For more information on how NewBridge can help, call (888) 746-9333 or visit www.newbridge.org.

NewBridge recognizes the national trend of prescription drug misuse effecting our local communities, mainly in the form of painkillers. According to the 2007 National Survey on Drug Use and Health (NSDUH), misuse of prescription drugs currently ranks second only to marijuana.

These include: Methadone®, Oxycodone® and Hydrocodone® all potentially fatal drugs when misused.

This trend also includes the misuse of sleeping pills, like Ambien®, as well as anti-anxiety medications, like Xanax®.

If you or a loved one needs help, call NewBridge at (888) 746-9333 or visit www.newbridge.org.

Helpful Tips, Info on NewBridge Website



Visit our website for tips and information on the issues, trends, programs, events and strategies to help find balance in your life.

Sign up to receive our quarterly newsletter and be sure to include your email address to receive helpful tips directly each month!

www.newbridge.org

A Valuable Life Lesson (continued from page 1)

themselves in a positive manner while making healthy, appropriate decisions."

The program's emphasis is on conflict resolution and the importance of communication skills. It teaches teens active communication skills - to be able to say "I" am upset or "I" am angry and to avoid negative coping skills like alcohol or drugs, which can lead to emotional distress, depression or suicide.

The program also helps parents identify signs of stress in their children and raises their awareness of the additional pressures and expectations that children face today compared to

when they were young.

"Children emulate behavior and it is important for parents to be mindful of the unspoken messages their actions send to their children," Vineis added. "It is beneficial for them to know how to cope with conflict as well so that they, too, can demonstrate appropriate, healthy behavior."

The Postive Coping Skills program, which is offered year round, is available in both Morris and Passaic counties.

For information on prevention programs, contact Mary Vineis, Prevention Coordinator, at (973) 686-2228 or visit www.newbridge.org.

You Are Not Alone

Group Therapy Plays a Role in Wellness and Recovery

Counseling

In its comprehensive approach to helping its clients on a path toward wellness and recovery, NewBridge offers group therapy to augment individual counseling sessions.

“While clients must remain focused on their personal growth and take care of their own needs, group programs offer much needed connections,” said Andrea Wasser Malmud, Director of Professional Services, NewBridge. “People who are on a similar journey can connect with each other, express themselves and learn from each other.”

Group therapy is a useful tool of expression. Each group is based on skills training, which helps clients reframe the way they look at themselves and the world and teaches them how to implement the specific skills that have been learned.

Recently, two new groups have been introduced as part of the counseling programs offered by NewBridge. The first, Women in Stressful Relationships for women who feel victimized by partners emotionally or physically or who feel mistreated. The second is a preschool program for parents and children ages 3 to 5 years old. In this group parents

and children work as partners to learn and practice new skills.

Other NewBridge group sessions include:

- ✓ Wiping out Worry (WOW)- stress management for children ages 7 to 9
- ✓ Parenting Support Group
- ✓ Anger Management for Adults
- ✓ Cool Under Fire - teen anger management group
- ✓ Teen Girls Group
- ✓ Life After 50 - for women

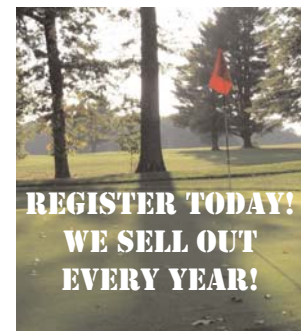
For more information, call toll-free (888) 746-9333 or visit www.newbridge.org.

Tee Up For People in Need! NewBridge 14th Annual Golf Outing

Columbus Day, October 12, 2009
Knoll Country Club, Parsippany, NJ

Join us for a great day of golf to benefit NewBridge programs!

To register or become a sponsor, visit www.newbridge.org or contact Nina McCormack at (973) 686-2246 or nmccormack@newbridge.org



Largest Class Graduates from NewBridge 70001 JOBS PLUS 57 Graduates Get Ready to Focus on Careers



Stephanie Rivera, proud graduate of the NewBridge 70001 Jobs Plus Program

Fifty-seven members of the largest-ever graduating class of NewBridge 70001 JOBS PLUS celebrated their success at the 2009 commencement ceremony on June 10. After leaving traditional high schools for various reasons, these associates found another way to achieve academic success - through this alternative program. NewBridge 70001 JOBS PLUS provides Morris, Sussex and Warren county residents between the ages of

16 and 21 with an opportunity to earn their state-issued high school diplomas and receive job placement counseling. For 2009 graduate Stephanie Rivera of Dover, NJ, NewBridge 70001 gave her a new lease on life.

“I liked NewBridge 70001 because the teachers focused on me and treated me as an adult,” said Rivera, who will attend County College of Morris in the fall and hopes to transfer to Brigham Young University-Idaho to study journalism and photography. “I struggled with math but the teachers helped me every step of the way. They were always there when I needed help. I never received that kind of one-on-one attention before.”

NewBridge 70001 JOBS PLUS,

which fills the growing need for educational alternatives for young adults, receives funding from a number of sources, including the Workforce Investment Board of Morris/Sussex/Warren Counties, the Morris County Board of Chosen Freeholders, United Way of Morris County, Novartis Pharmaceuticals, as well as community residents, businesses and people who believe in this program and its students. As budgets tighten and funding continues to shrink, NewBridge relies on contributions and grants to maintain this program, which is free of charge to students.

For more information on NewBridge 70001 JOBS PLUS, call Kim Rivera, Team Leader, at (973) 335-0666. To make a donation visit www.newbridge.org.

Helping Seniors in Need

Do you know an elderly relative or neighbor who could use a helping hand? Maybe they just need someone to help them with errands, drive them to a doctor's appointment, or assist them with paperwork.

Since 1987, NewBridge SAIL (Senior Assistance for Independent Living)

has helped make a difference in the quality of life for hundreds of seniors each year. This free program assists Morris and Passaic county residents over age 60 and provides them with links to services including home health aides, transportation, shopping assistance, adult day care, legal coun-



seling, nutrition programs, medication monitoring, form completion, and home repairs. Additionally, SAIL offers a Caregivers Counseling Program and Caregiver Companion Program to provide support for those taking care of a senior.

For more information call Sherry Kotcher, Team Leader, NewBridge SAIL, at (973)-686-2210 or visit www.newbridge.org.

Seniors

NewBridge Participates in Affordable Housing Tour



Pictured left to right: Melody Federico, NewBridge; Melissa Wankmuller, United Way of Morris County; Dan McGuire, Homeless Solutions; Michelle Roers DiNapoli, United Way of Morris County.

With a continued focus of bringing affordable housing opportunities to Morris County, NewBridge once again participated in the third annual Morris County Affordable Housing Showcase Bus Tour, which was held on June 17, 2009.

"Newbridge has been at the forefront of affordable housing development since its first official housing site in 1999 and we continue to work with developers, elected officials and other nonprofits to make housing a reality for area residents," said Melody Federico, Director of Housing Development, Newbridge, who also serves as co-chair of the Housing Alliance.

The annual tour is organized each year by the Housing Alliance of Morris County, a program of United Way of Morris County that is comprised of public, private, and non-profit agencies including NewBridge. The tour provides insight into affordable housing development and discusses the private/public partnerships that make the projects possible.

For more information on NewBridge's affordable housing development programs, call Melody Federico, Director of Housing Development, at (973) 686-2250 or visit www.newbridge.org.

Housing



Your donation benefits NewBridge's youth, senior, housing, counseling and substance abuse programs. Donate online at www.newbridge.org or call Nina McCormack at (973) 686-2246.

Make a local difference: Support NewBridge

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