



NEWBRIDGE

Counseling

Youth

Seniors

Housing

Addictions

Affordable Housing Rises at Former NewBridge Headquarters

NewBridge Services broke ground on an apartment complex that will provide housing for 11 adults and families and help the Township of Pequannock meet its affordable housing obligation.

The project encompasses three buildings on a nearly one-acre property that used to be NewBridge's headquarters. Tenants should be able to move into the apartments in late fall.

"This project is an important step in NewBridge's commitment to provide affordable housing for persons with special needs," said Melody Federico, NewBridge's director of housing development.

The 11 apartments bring NewBridge closer to its goal of adding 100 new units of affordable housing in New Jersey. With their completion,

NewBridge and its partners will have built 32 new units, with another 27 in the pipeline.

Local support gave the project life, Federico said. NewBridge is especially proud of the backing from the Pequannock Township Senior Citizens Corporation as well as the Pequannock Township Council's

approval of NewBridge's use of its Affordable Housing Trust Fund.

"You can't get better community support of a local project," Federico said. Funding also came from the NJ Housing Mortgage Finance Agency (NJHMFA), Morris County Division of Community Development - HOME funds and the United Way of Morris County as well as the Corporation for Supportive Housing.

The funding will allow the agency to improve and perpetually maintain an attractive property that blends in with the community.

"This project is an important step in NewBridge's commitment to provide affordable housing for persons with special needs."

*—Melody Federico,
Director of Housing Development*

Dear Friends,



In February, we announced the kickoff of NewBridge's Are You One? campaign to spare cuts to our vital programs for youth and senior citizens. I am pleased to report that we are off to a strong start, having raised \$70,000 toward our \$250,000 goal.

The truly great news is that all types of donors - from individuals to big corporations - have responded in this early stage of the fundraiser. Of course, the first steps out of the gate in any race are easy; it's the last mile that hurts - so please don't stop now!

We are excited to be attracting donations from family foundations and community development grants. Our corporate sponsors came through at our recent "Magic of NewBridge" celebration, as did four individuals who also sponsored the event.

Finally, I am so proud of our dedicated staff, who have pledged generously through payroll deductions.

We are encouraged with the results and proud of these donors who recognize that NewBridge strengthens neighborhoods and communities. But we still have long way to go - \$180,000 before June 30, 2011. So I have to ask - Are You One? One of the advocates of youth? A supporter of seniors? A visionary in the community who will turn this encouraging start into out-right SUCCESS?

Your continuing, resounding YES! is the answer I am looking for. More than ever, we need your help so we can be here when people need ours.

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



On May 5th, NewBridge held the official groundbreaking. Pictured left to right: Dave Hollberg, Pequannock Township Manager; John Franklin, United Way Morris County; Robert L. Parker, NewBridge Services; Jeff Gillman, NewBridge Board of Trustees; Paul Hollick, Pequannock Township Senior Citizens Corporation; Sabine Von Aulock, Morris County Community Development; Rocco Di Verita, Boulder Construction; Dennis Kaczka, Architect A.I.A.; Melody Federico, NewBridge Services.

Day Program Leads Young Man Toward Wellness

Joel Lumpkin was diagnosed with bipolar disease and depression at 16, and for more than two years, medication kept his illness in check.

But in May 2008, Joel stopped taking his mood stabilizer so he could

Counseling

drink with friends during his senior prom weekend. The binge began a seven-month downward spiral, as he self-medicated with alcohol nightly. Along the way, he lost his job and flunked out of college.

Then, in the early hours of Christmas 2008, Joel had a nervous breakdown. "I started crying and I couldn't stop," he recalled. Curled up on the floor in a fetal position, "I had all these thoughts racing through my head."

After a week in a local hospital and nearly two months as an outpatient, Joel enrolled in NewBridge Services' day treatment program. He began

spending his days participating in recovery groups and counseling, including art therapy, and learning to tend to a garden - and to his own recovery.

NewBridge "put a lot of structure in my life," said Joel, who in good weather rides his bike to the program. "If I didn't have this, I would probably be sleeping all day, and drinking. This gives me something to look forward to every day."

Joel especially likes Enrich, NewBridge's horticultural therapy program, which through gardening teaches those with chronic mental illness how to be responsible, detail-oriented and nurturing - skills that help them grow personally and are the seeds of a successful life.

"I like being outside and working in the garden," said Joel, who also has a

gift for remembering the scientific names of plants. During the yearlong program, Enrich participants grow more than 500 tropical flowers,

shrubs and trees. His favorites are Angel's Trumpet and Magnolias.

Joel, now 20, enjoys drawing and hopes to become a tattoo artist. He sports tattoos on his right arm that he designed himself. He is considering returning to school for graphic design or illustration.

But until then, he is working at a local Dunkin' Donuts and getting the most out of his time in the program.

"NewBridge has helped me become a better person, smarter and more aware of my surroundings," he said. "It's made me a happier person."



Joel Lumpkin

Group Therapy: Healing with the Help of Peers

Knowing others are in your situation can be a comfort. For people wrestling with both mental illness



and addiction, it can inspire changes that allow them to manage their illnesses - and their lives.

NewBridge counselor Matthew Williams understands that well. He runs weekly group therapy for clients who deal with both serious mental illness and substance abuse.

"Having a peer say you need to take your medicine to get better is powerful and motivating," Williams said. The co-occurring group therapy gives participants a place to learn more

about mental illness and an outlet to vent. It is important for clients to talk about how their mental illness affects their addiction and vice versa, Williams said.

NewBridge runs an array of group therapy programs to help bring balance to people's lives, including parent support, addictions and anger management groups.

The co-occurring group therapy, which NewBridge started in October 2009, helps participants overcome resistance to attending 12-step programs and encourages them to take needed medications to manage their mental illness. Williams uses a structural and behavioral approach to help his clients shift their belief systems and attitudes.

Patience, he said, is one of the most

important skills needed for the job. "You have to be satisfied with little progress." Incremental progress, however,

leads to breakthroughs and brings stability to clients' lives.

One participant with bipolar disorder refused to take medication for his illness. After several months in group therapy, and with the urging of Williams and the man's sister, he started taking his medicine and his life stabilized. The man is able to live independently and holds a full-time job.

"That is what you strive for," Williams said.

Addictions

NewBridge Executive wins Prestigious National Award

When NewBridge Executive Director Robert L. Parker was seriously injured in a February 2009 accident, L. Michelle Borden, his second-in-command, handily filled in for five months. She led the organization's first relocation in 25 years and guided it through one of its toughest financial years.

"NewBridge is a stronger, more flexible organization today" because of Borden, said Parker. He nominated her for the National Network for Social Work Managers' National Exemplar Award, which she won in April.

Since joining NewBridge in 1997, Borden, associate executive director, has been the architect of many of NewBridge's innovative programs. In 1998, she launched the Summer Youth Employment Program, which connects local teens with Morris County businesses and organizations that need to fill both paid and volunteer seasonal positions. She recently created NewBridge@Home, which provides in-home mental health counseling to senior citizens

and persons with physical disabilities.

She also has been a driving force beyond NewBridge. Following the terrorist attacks on Sept. 11, 2001, Borden helped create a Morris County crisis response network, which became a model statewide. Borden then helped New Jersey become one



L. Michelle Borden (center), after receiving her National Network for Social Work Managers' National Exemplar Award on April 29. Also pictured: William Waldman, lecturer (professor) and executive in residence (left), and Bonnie Holmes, vice president, NewBridge board of trustees (right).

of the first states in which people could become certified as Disaster Response Crisis Counselors.

Working for NewBridge allows Borden, a licensed social worker, to keep a close connection with clients and the communities NewBridge

serves. She feels strongly that social workers should be on the forefront of running human services organizations because they best understand the needs of the clients.

"I feel very lucky - and grateful - to be able to say that I love what I do and that my work gives me great satisfaction," she said. "I also feel very lucky that my path crossed with a progressive organization like NewBridge Services, where I am given the opportunities to grow professionally, foster and guide new leaders, and to help shape and support the organization as it continues to meet challenges in the human services field on behalf of our communities."

Borden, joins other NewBridge employees who have been honored recently. Parker last month was chosen to receive a leadership award from the Mental Health Association of New Jersey, and in February Joanne Goer, director of Integrated and Addiction Services, was named Outstanding Clinician for 2010 by Addiction Professional, a national magazine.

New Program Provides In-Home Counseling for Seniors

Sometimes those needing mental health counseling don't get it because they can't or won't leave their homes.

Thanks to a grant from the Morris County Division on Aging, NewBridge has eliminated that barrier by launching NewBridge@Home, a program that provides in-home professional homebound senior citizens and persons with physical disabilities in Morris County.

NewBridge@Home will serve as many as 50 seniors as well as 25 other adults who cannot leave their homes because of physical and other limitations. Its goal is to help people who struggle to handle the challenges of their day-to-day activities. Illness,

Seniors

the loss of independence, the stress of caring for a loved one, the loss of friends and family to death, family problems, as well as alcoholism and substance use can cause depression, anxiety and other difficulties.

"The program provides mental health support and services that give individuals the care they need and allows them to stay in their homes," said NewBridge Services Executive Director Robert L. Parker.

The service is part of NewBridge's Senior Assistance for Independent Living program (SAIL), which last year alone helped more than 400 residents of Morris and Passaic counties continue to live independently.

NewBridge@Home receives

referrals from case managers working with Morris County's Senior Case Management System and the DAWN Center for Independent Living.



NewBridge@Home staff do a comprehensive assessment of the client's emotional functioning and identify strategies for improving well-being, which may include individual counseling, family consultation and referrals to community providers. Staff also evaluate the client's improvement over time.

With NewBridge Youth and Summer Employers, 'Everyone Benefits'

The Lakeland Hills Family YMCA was so pleased with the eight teenagers from NewBridge's Summer Employment Program who volunteered last year that it will tap the program again this summer.



"All of them I would have back in a heartbeat," said Gwen McNamara, aquatics director at the Lakeland Hills

Family YMCA in Mountain Lakes. She called the NewBridge teens "mature and wonderful."

NewBridge is looking for employers who need help this summer. Since 1998, NewBridge has been matching youth ages 14 to 18 with Morris County businesses and organizations that need to fill paid and volunteer seasonal positions. The

program provides employers with reliable help while building the teens' self confidence. It also teaches them how to work as part of a team and to become productive members of society.

Youth

"In the end, everyone benefits," said Jill Worrall, NewBridge's summer youth employment coordinator. "Employees get highly motivated summer help and the teens learn important life skills and responsibility that can transfer to paying jobs and insight into their future career paths."

The teens, who are carefully screened and matched with prospective employers, receive continued support from NewBridge throughout the summer. McNamara thinks that support system is great. She knows Worrall keeps an eye on the teens and gives them extra guidance and praise as warranted.

Last year, 30 teenagers worked with about a dozen employers. At the YMCA, six NewBridge teens were assistant swim instructors and two volunteered in the preschool summer camp, providing added supervision of the children. Participants have also worked as food services employees, recreation workers, landscape assistants, painter assistants and in retail.

McNamara said she would recommend the program to other employers "without a doubt. We definitely see the value in it." She said she will be able to offer several positions that come with a paycheck this year.

The program receives support through the Juvenile Justice Commission, the State/Community Partnership Grant Program, and the Morris County Department of Human Services.

For more information, call Worrall at (973) 335-0666.

Are You One?
NewBridge is betting you are! (See page 1)
Donate Now!



NewBridge Services
15th Annual Golf Outing
 Columbus Day,
 October 11, 2010
 Knoll Country Club West
 Parsippany, NJ



Register Today!
 We sell out every year!
 Visit www.newbridge.org
 for more information.

P.O. Box 336
 Pompton Plains, NJ 07444
 www.NewBridge.org
 (973) 839-2520

