



# NEWBRIDGE

Counseling

Youth

Seniors

Housing

Addictions

## With Help, Caregiver Honors Mother's Wish to Remain at Home

Throughout her life, Joan's mom avoided hospitals and made it clear to her family that she didn't want to



### Seniors

wind up in one at the end of her life.

When her mother's health began to deteriorate five years ago

and she could no longer walk, Joan was determined to keep her at home.

"I didn't know what to do or where to turn," Joan said. She called town hall and got the number for NewBridge's Senior Assistance for Independent Living (SAIL) program.

"They called me right back and set up an appointment," Joan recalled. A NewBridge social worker met with the family, assessing their needs and providing referrals to a physical therapist and a home health aide. NewBridge advised them where to get the proper type of walker - Joan had bought one at a local pharmacy - and the type of wheelchair that would best suit her mother.

NewBridge also connected Joan's parents with an elder care attorney who came to the house and helped them write their wills.

When her father fell down a flight of stairs a year later, breaking ribs and puncturing a lung, the NewBridge social worker checked on his needs too. When Joan's mother's condition began to worsen in 2008, NewBridge was there to help Joan's father.

"When she saw mom going downhill, she talked to my dad, getting him ready," Joan said. "She really helped prepare him." Joan's mother had hospice for two days before she died at home on Dec. 27, 2008, at age 90.

"I was able to honor my mom's wishes because of NewBridge," Joan said.

Currently, the aide Joan hired for her mother now helps her dad, and Joan knows that should her father need more services, NewBridge is just a phone call away.

"It's nice to have one number to call to connect us with all the services we need," Joan said. "Without NewBridge, I would have been frazzled."

## The Best Gift Ever: A New Home for the Holidays

Twenty-three people will have a new home this holiday season as construction on two affordable housing projects in Hanover and Pompton Plains will be completed in December of 2010.

"We are so excited that our tenants will be able to celebrate the holidays in their own home," said Melody Federico, Director of Housing Development. "NewBridge is proud that its housing programs are not only helping people, but also help stabilize neighborhoods and communities."



## Are You One?

Dear Friends,



This fall finds us in the middle of our first major fundraising campaign, *Are You One?* - a call for each of us to discover the philanthropist within. We launched it with an understanding that NewBridge cannot rely on our financially beleaguered state for money, and with an expectation that the communities we serve would see the value of investing in NewBridge.

Supporters have so far given and pledged \$203,500 toward our \$250,000 goal. The outpouring has been inspiring — from the local dentist who encouraged patients to give, to annual donors who quintupled last year's gift and to family foundations that gave generously.

We are grateful for how far we've come, but we know we cannot let up. As any runner knows, the last leg of the race is the toughest. But it also can be the most exhilarating because the finish line is within sight.

We need you to help ensure our programs, which more than 12,000 neighbors a year rely on, continue. Gifts large and small can have a big impact on the lives of those most in need in our community.

Please help us cross our finish line. It's time to take a stand and say

**Yes!** I Am One!

Robert L. Parker, Executive Director  
[parker@newbridge.org](mailto:parker@newbridge.org)

# New Program For Traumatized Youth Shows Early, Quick Success

NewBridge Services child and family supervisor Kathleen Kolaritsch is excited about a new approach for counseling traumatized children. Kolaritsch is one of the first mental health professionals in New Jersey trained in Trauma-Focused Cognitive Behavioral Therapy (TF-CBT). Almost immediately, the evidence of the program's positive impact convinced her it works.

NewBridge has successfully used the technique with a young child who witnessed domestic violence, a pre-teen and a teenager who both were victims of sexual abuse and a middle schooler who was severely bullied, she said.

"I was very impressed with the program and how quickly clients responded. It's a wonderful, time-limited and focused way of doing treatment," said Kolaritsch.

She and NewBridge therapist Nancy

Begin were among 59 mental health professionals in New Jersey trained by the Child Abuse Research Education and Service Institute, part of the University of Medicine and Dentistry of New Jersey.

Kolaritsch said it was intense, beginning with three days of lectures and role-playing. Over the next six months, trainers checked in with Kolaritsch and Begin by phone every other week,

providing guidance and answering questions. The training concluded with another two days of in-person sessions.

TF-CBT is a proven method of treatment that is recognized as one of the most effective interventions for children with psychological symptoms stemming from a traumatic experience, according to The National Child Traumatic Stress Network.

More than a dozen studies have demonstrated that TF-CBT helps children and families recover from symptoms of post-traumatic stress

disorder, and related issues faster and more completely than other more traditional forms of treatments.

At the heart of the treatment, which typically runs 12 to 14 weeks, is a narrative that helps the child articulate what happened.

"We write down every single detail because every detail is important," Kolaritsch said.

As sessions progress, the clinician helps the child express thoughts and feelings connected to the experience.

TF-CBT gets children and their parents to talk openly to help desensitize them to the experience. The children learn relaxation techniques and ways to reframe negative thoughts and overcome bad feelings. Early in treatment, the clinician mostly sees the child and parents separately, but as treatment continues, more sessions are done jointly.

The introduction of this program is just the latest example of NewBridge's commitment to bringing innovative services to local residents.



Youth

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## Heroin: Use on the Rise in Suburbs and Schools

Heroin: It's getting cheaper, is more readily available, can be taken orally rather than by injection and it is gaining in popularity. As the rate of heroin use in New Jersey continues to soar\* the sobering reality is that those who use it are increasingly younger and the geographic reach from traditional urban cities to suburban communities is expanding.

With children as young as 12 trying heroin, it is certainly not something that any Morris or Passaic county parent or school official wants to hear. Unfortunately, it is the reality.

No longer hard to get or expensive, it is increasingly becoming the gateway drug - replacing alcohol and

marijuana - as the first drug that children and adults try.

"Any perceptions about drug use that people may have had from the past are no longer relevant or accurate," said Joanne Goer, MA, LPC, LCADC,

CODS, Director of Integrated Clinical and Addiction Services at NewBridge. "It is alarming because not only is the age of users creeping downward but the availability of the drug is much more accessible."

"Heroin is now taken orally so track marks - the traditional tell tale sign - is no longer the key indicator," Goer

added. "The side effects are manifested differently for each person so it's important to look for any deviation from what is normal for that individual."

Those using heroin may become more aggressive, experience mood swings, irritability, become depressed or change their eating and sleeping patterns.

As always, it is best to talk openly about drug and alcohol use, be actively involved in your family and friend's lives and be mindful of any changes from their "normal" behavior.

If you or a loved one needs help call NewBridge at (973) 839-2520.

\*njnewsroom.com

### Addictions

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# A Life of Despair Transforms Into a Life of Hope, Help

At age 19, schizophrenia exploded into Barbara's world with a full-blown psychotic break that, in her words, left her "crazy."

Barbara dropped out of college and fell into despair.

## Counseling

Over 14 years, she self-medicated with alcohol and marijuana instead of taking her prescribed medication. She was hospitalized 21 times.

"I was so messed up. I was out of my mind," said Barbara, whose family has a history of both mental illness and alcoholism. She would periodically seek help from mental health agencies, but then disregarded the treatment plan, losing any gains she had made.

The revolving door of hospital stays finally ended in 1995 when she left Greystone Park Psychiatric Hospital and moved into one of NewBridge Services' group homes in Morris County. Living at NewBridge with 24-hour supervision finally got her to understand the steps she needed to take to

achieve wellness. Barbara became sober, joined a support group for people with addictions and mental illness and began taking her medications for schizophrenia regularly.

Barbara's transformation took time but she showed steady progress. As she got better, she moved to a NewBridge home that gave her more independence. She finally got to the point where her illness was undetectable most of the time.

"Because of NewBridge, I am profoundly better," said Barbara, now 48. NewBridge gave her life skills and the confidence to take control of her own life.

Barbara moved into her own apartment three years ago and handles her own affairs, including paying bills, doing laundry, working and volunteering in the community.

But when she needs help, NewBridge is there for her.

"You have a big family you can call on if you have a problem," she said. Barbara still meets weekly with her NewBridge therapist.

Barbara was so grateful for reclaiming her life that she decided to help others who were in a situation similar to hers.

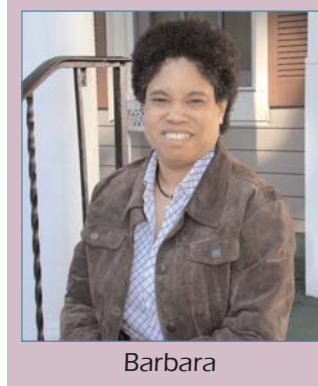
Soon after getting her own place, she went through training and became a resident counselor at one of

NewBridge's group homes.

She enjoys the part-time work and said her colleagues and clients treat her with respect and kindness.

"That's what sets NewBridge apart — the people," said Barbara, a spiritual woman who believes finding NewBridge was a blessing from God.

"I was in a pit. They saw the depths that I came from," she said. "I am completely transformed."



Barbara

## NewBridge 15th Annual Golf Outing A Success!

This year's outing netted over \$45,000 for programs!

### Thank you to our sponsors!

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Doug Cook, Chair, (far right) along with (l to r) Richard Iberer, Dan Battaglia, Gino Battaglia.



Sponsor Precision Door: (l to r) Glenn Nunez, Tim Coleman, Doug Bencsko and Bob Earley.



Rick Ricca of Verizon (far right) joins (l to r) Steve and Nancy Dalzell and Maryann Ricca.



Nancy Grimbilas, NewBridge Board Member, with (l to r) Jennifer Trainor, Diane Templeton and Kathy Merse.

Visit [www.newbridge.org](http://www.newbridge.org) for more photos and a complete list of sponsors.

## Local Dentist's Creative Fundraising Inspires Giving



Jeffrey Falduto, DMD and Robert L. Parker, Executive Director, NewBridge Services

Dentist Jeffrey Falduto, who has a practice in Lincoln Park, has a passion for supporting local nonprofits, and has found a way to magnify his impact by enticing his patients to give.

Falduto, who has run his Lincoln Park practice since 1988, held a raffle in support of NewBridge and asked his patients to give. Those who made a donation got a chance at a prize.

His patients responded generously, raising \$2,050

toward NewBridge's Are You One? campaign.

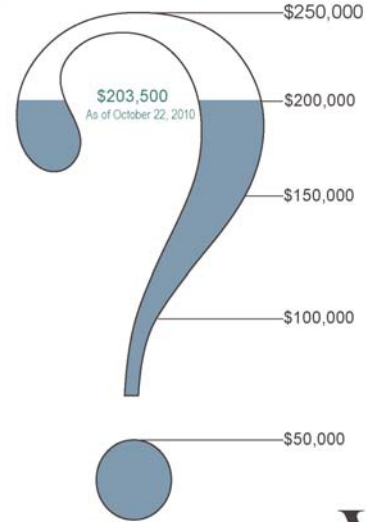
"I was impressed with how far-reaching and varied NewBridge's services are," said Falduto, who lives with his family in Pequannock.

"We are honored that Dr. Falduto recognized the value of our services, and came up with a creative way to raise money for us," said NewBridge Executive Director Robert. L. Parker. "Clearly, when local professionals team up with a local nonprofit, the local community comes out the winner."

Have a creative way to support NewBridge? Contact Nina McCormack at (973) 839-2521, ext. 2246.



# Are You One?



# Yes!

We know that you are a philanthropist. Every dollar makes a difference. Support NewBridge's youth and senior programs in YOUR community!

Visit [www.arenouone.org](http://www.arenouone.org) to learn more!

# Are You One?



March 31, 2011

Magic...

the

Celebrate

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