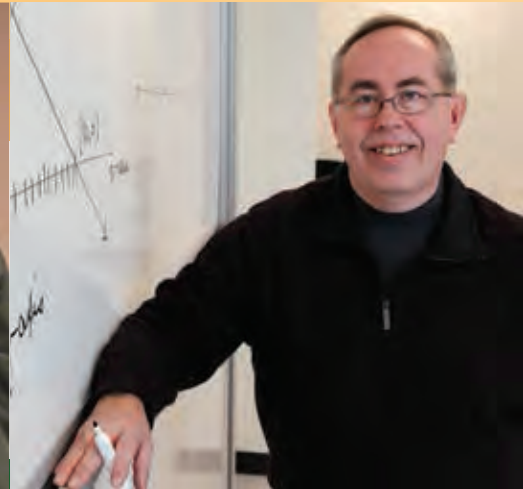




NewBridge Services

# IMPACT 2015



# The Power of NewBridge

# Hearing a client say, “I’m the happiest I’ve been in years,” is incredibly powerful.

Thanks to you, our generous supporters, NewBridge Services inspires that kind of sentiment every day. Through our partnership, we fortify our communities and give hope to the next person in need.

More than 8,700 children, adults and seniors have you to thank for getting them the **counseling services, education programs and affordable housing that put them on a path to a better life in 2015.** We are eager to introduce you to three clients who have made tremendous strides with NewBridge’s help.

## In 2015, NewBridge:

- ✓ Opened a centralized location in Parsippany-Troy Hills to better serve Morris County residents.
- ✓ Partnered with Zufall Health to offer primary medical care to our clients and the public.
- ✓ Built our reputation as a leading advocate for mental health parity, integrated health care, and awareness of opioid and heroin addiction.
- ✓ Provided targeted counseling to students and staff with post-traumatic stress inflicted by Hurricane Sandy, through a collaboration with the Robert Wood Johnson Foundation, United Way of Northern New Jersey and the College of Saint Elizabeth.

## Our Youngest Supporters

Eric Marcy Jr., a 17-year-old senior at West Morris Central High School, is one of NewBridge’s youngest and newest supporters. Determined to eradicate the stigma of mental illness among teenagers, the Long Valley resident in 2015 **raised more than \$2,200 through his “I’m Aware Campaign”** to fund NewBridge counseling and support services for teenagers coping with mental illness.

We at NewBridge are grateful to all our generous supporters. **Together, we are bringing balance to people’s lives — and building stronger communities in the process.**

*“There are a lot of misconceptions about mental illness in our society. People shun it, and that’s wrong.”*



## How We Serve

NewBridge means different things to different people. With its roots as a mental health community center, the **53-year-old nonprofit** has expanded and evolved to meet the growing needs of its communities. NewBridge has offices in Morris, Passaic and Sussex counties, and through more than 20 programs, NewBridge's 225 professionals:

- ✓ Treat mental illnesses and addictions.
- ✓ Teach skills for coping with stress, grief and challenging relationships.
- ✓ Provide affordable and supportive housing, especially for people with special needs.
- ✓ Teach children and teens each year resiliency skills for healthy emotional development.
- ✓ Help young adults earn their New Jersey high school diplomas and prepare for careers.
- ✓ Support seniors so they can live as independently as possible.
- ✓ Provide psychological first aid when crises strike.



## How We Helped in 2015:

### NewBridge Parsippany Center

To improve efficiency in operations and accessibility to services, NewBridge opened a **15,320-square-foot center** in Parsippany, Morris County's most populous municipality.

The center, located off Route 46 near Routes 287 and 80, has **20 counseling rooms** and spacious group therapy rooms, as well as a **drop-in center** for clients. It's also the new **home of NewBridge Jobs Plus**, a free program that has helped more than 1,000 young adults earn their high school diplomas and prepare for careers.

### Integrating Mental Health and Primary Medical Care

**NewBridge Services has partnered with Zufall Health**, a respected community health center, to provide low-cost, high quality medical care to NewBridge clients and area residents. Zufall's Highlands Health Van visits the NewBridge Parsippany Center the first and third Tuesdays of each month.

# Spreading the Word

Having great programs isn't enough. NewBridge understands how critical it is to reach people in need. We do that by networking with schools, social service agencies and other institutions, and by raising the organization's visibility.



## 'I'm the Happiest I've Been in Years'

Caring for six relatives at the end of their lives on top of his own illnesses and financial troubles took a toll on 63-year-old Richard Townsend. *"All this stuff came crashing down,"* said Richard, who struggled with depression for years.

NewBridge Senior Assistance for Independent Living (SAIL) arranged a place for Townsend to live and, through NewBridge@Home, he received weekly in-home professional counseling, learning techniques to manage anxiety.

NewBridge counselor Megan Watson *"provided me excellent resources and good, sound counsel,"* said Richard, who teaches math at Passaic County Community College. *"I'm the happiest that I've been in years."*

## COUNSELING

- ✓ NewBridge **counseled 2,230 people** dealing with addictions, mental illness and personal problems of all kinds get their lives on track.
- ✓ NewBridge **helped 450 abused and neglected children and their families** cope with and overcome trauma.
- ✓ NewBridge **connected 265 people ages 60 and up with community services** so they could remain independent.
- ✓ NewBridge **provided in-home counseling to 75 homebound seniors and 20 caregivers** through NewBridge@Home.

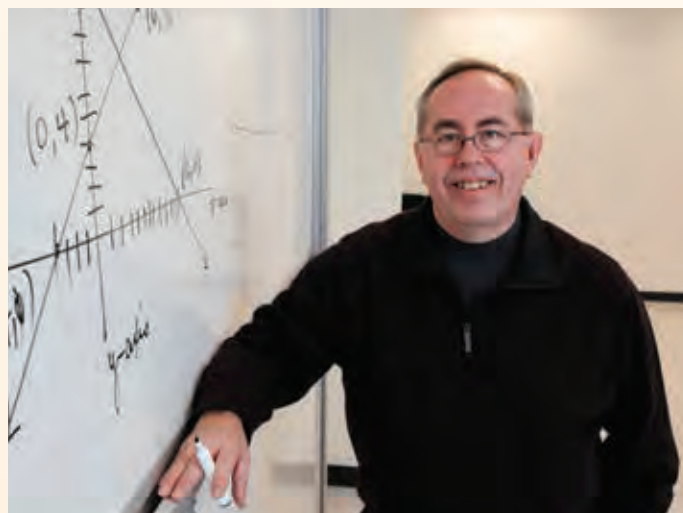


Photo by Jerry McCrea





Photo by Keith Muccilli, Courtesy of the Daily Record

## EDUCATION

- ✓ **Fifty-five young adults earned their New Jersey High School diplomas** and prepared for college and careers at NewBridge Jobs Plus, the longest-running alternative education program in Morris County with an **89 percent success rate**.
- ✓ **More than 5,000 schoolchildren learned to deal with bullies, stand up to peer pressure and recognize suicidal thoughts** in themselves and friends through NewBridge prevention programs.
- ✓ **Seven hundred educators and parents received training** in suicide prevention, self-care, dealing with students' stress and Mental Health First Aid.

## 'NewBridge Helped Me See My Potential'

When Ricardo Chavez' mother became seriously ill, Chavez picked up extra shifts at a restaurant to help cover the family's bills. But that decision meant he missed too many days at Hopatcong High School to graduate on time.

Chavez' prospects vastly improved when he enrolled at NewBridge Jobs Plus and earned his New Jersey high school diplomas.

*"I never thought I'd go to college, but NewBridge helped me see my potential. Without NewBridge, I probably would have ended up in a dead-end job,"* the 2015 graduate said. Chavez attends County College of Morris and plans to pursue a master's degree in business administration.

## HOUSING

NewBridge provides a continuum of housing options, from group homes with round-the-clock supervision to independent apartments, to allow people to live as independently as possible. In 2015, NewBridge:

- ✓ Provided homes to 125 people with special needs in NewBridge's group home and supportive housing.
- ✓ Built four units of affordable housing, adding to a total that exceeds 200 units.
- ✓ Broke ground on a six-apartment building in Clifton that will provide homes to families in which a parent has a mental illness.



*Photo by Jerry McCre*

### **'It Makes Me Feel Proud to Have My Own Apartment'**

Steven Henry lived in NewBridge supportive housing in Pequannock for nearly two decades while attending NewBridge Crossroads day treatment program to manage his mental illness. In December, Henry moved into his own apartment for the first time.

*"He has come a long way,"* said NewBridge case manager Elaine Houckes.

Henry has worked hard to control his emotions and he has taken on client leadership roles at Crossroads. He uses public transportation to get to and from his part-time job at Foundation for the Handicapped in Wayne, and he is in a long-term relationship.

While he continues to receive help with grocery shopping and paying bills, Henry is mostly independent.

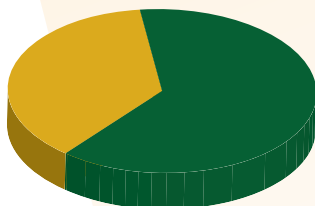
*"I think I would have wound up in a long-term hospital if it weren't for NewBridge,"* said Henry, who became a NewBridge client in 1997. *"It makes me feel proud to have my own apartment."*

We thank you for your generosity and ask that you continue to support our efforts in 2016.

## FINANCIALS

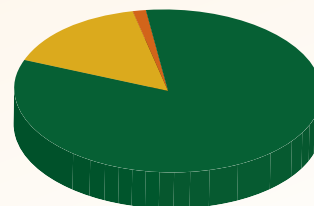
### FY 2015 Revenue

■ Government	\$7,980,792
■ Private	4,670,737
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	\$12,651,529



### FY 2015 Expenses (before depreciation)

■ Program	\$10,423,361
■ General & Admin	1,944,596
■ Fundraising	173,184
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	\$11,485,689



If NewBridge has touched your life, we invite you to explore ways you can get more involved, from volunteer opportunities to monthly giving or joining the NewBridge Legacy Society. Visit [newbridge.org/donate](http://newbridge.org/donate) to learn more.

NewBridge believes in the power of partnerships — with other nonprofits, towns and cities, state agencies, and most importantly, with you, our supporters. Working together, we are impacting people's lives, building their confidence, lifting them out of darkness, and inspiring them. Thank you!

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