



NewBridge Services

# IMPACT 2017



## The Power of NewBridge

# *Ensuring community access to quality services remains our top concern.*



Whether it was a child who'd been neglected or abused, a teenager who dropped out of high school, an adult struggling with an opioid addiction or mental illness, a senior determined to live independently, or a community distraught in the wake of tragedy, **NewBridge Services was there to answer the call in 2017.**

NewBridge reaches out and responds to neighbors in need, helping residents of Morris, Passaic, and Sussex counties overcome adversity and live better, as it has since 1963.

Just ask Cassandra Reyes, a young mother who, with the help of NewBridge's alternative education program, earned her New Jersey High School diploma and is now studying at Montclair State University with plans to become a doctor.

Alice L. will tell you that NewBridge helped her recover and rebuild a fulfilling life after suffering a mental breakdown.

And the head of the Butler school system said NewBridge provided support that helped get the community on a path to healing following a student's tragic death.

Thanks to you, our generous supporters, NewBridge's counseling services, education programs and housing served nearly 8,000 people in 2017. That is particularly impressive in light of last year's drastic changes to the way New Jersey funds mental health. NewBridge adapted, reducing staff by 5 percent to 176 and consolidating offices to ensure all programs would be preserved.

## How We Serve

NewBridge has evolved over the years to meet the needs of its communities. Because of that, NewBridge means different things to different people. NewBridge:

- ✓ **Treats** mental illnesses and addictions
- ✓ Teaches **resiliency** to schoolchildren of all ages
- ✓ **Counsels** children, adults and families, teaching them skills to cope with stress, grief and challenging relationships
- ✓ Runs **NewBridge Jobs Plus**, a successful alternative **education** program for young adults
- ✓ Help seniors live as **independently** as possible through **NewBridge SAIL**
- ✓ Provides **psychological first aid** to communities in crisis
- ✓ Creates **homes** for individuals and families with special needs
- ✓ **Supports people** with mental illness in the community

## In 2017, NewBridge:

- ✓ Trained more than 180 people in **Mental Health First Aid**, two thirds of whom learned how to recognize symptoms of mental health problems and addiction in children ages 12 to 18 and how to get them help.
- ✓ Educated parents, community leaders and other concerned residents at public forums about the opioid crisis, teenage drug use, and human trafficking, as a founding member of **Community Partners for Hope**.
- ✓ Advocated to protect **New Jersey's mental health network**, convincing the state to adjust policies that threatened the sustainability of nonprofit service providers, critical players in the system.

# *“I have hope!”*

— Alice L.



## COUNSELING

- ✓ NewBridge **helped 1,805 people** dealing with addictions, mental illness and personal problems of all kinds **get their lives on track.**
- ✓ NewBridge **helped 424 abused and neglected children and their families** cope with and overcome trauma.
- ✓ NewBridge Senior Assistance for Independent Living (SAIL) connected **248 seniors** with community services so they could remain in their homes. More than 80 clients received medical treatment from NewBridge's registered nurse.
- ✓ NewBridge Day Treatment programs **served 213 adults with severe and persistent mental illnesses** through mental health education, medications, prevocational services, social supports, and creative group interventions to break the isolation these illnesses often create.

Alice L. recalled a childhood of neglect by her alcoholic mother, who died when she was 5, followed by years of abuse at the hands of her stepmother.

As punishment for being a poor student, Alice said she was forced to stand for hours with her hands behind her back, berated by her stepmother as 'stupid' and 'lazy.' (Alice was finally diagnosed with dyslexia at age 22). She said her stepmother twice burned her face with oven cleaner.

She married and had a daughter, but the scars of childhood manifested as depression. Along with physical ailments, her illness made holding a job difficult, and financial troubles mounted. In 2015, the divorcée suffered a breakdown and tried to take her life.

***“I had no hope. I was devastated and I couldn't climb up,”*** the 59-year-old said.

Following a three-month hospitalization, Alice began attending NewBridge's day treatment program five days a week, learning skills to manage stress and frustration, and to set goals and build on successes. ***“I love the counselors and the classes! They helped me put things in perspective,”*** she said.

With NewBridge's help writing a resume, Alice landed a part-time job that she's held for two years. The West Milford resident still attends NewBridge once a week.

***“I don't feel alone anymore because I have NewBridge. I get to talk to people who can relate to me,”*** she said.  
***“I have hope!”***



*“NewBridge gave me confidence in myself I didn’t know I had.”*

— Cassandra Reyes



## EDUCATION

- ✓ NewBridge helped 37 young adults earn their New Jersey High School diplomas and prepare for college and careers through **NewBridge Jobs Plus**. The program has a 92-percent success rate.
- ✓ An estimated 4,200 schoolchildren learned to deal with bullies, stand up to peer pressure and recognize suicidal thought in themselves and friends through **NewBridge prevention programs**.
- ✓ A total of **824 educators and parents** received training in suicide prevention, self-care, and how to help students cope with stressors.
- ✓ More than 180 people took NewBridge’s **Mental Health First Aid** training to learn how to recognize symptoms of mental health problems and how to react to them. About 120 of those individuals underwent training focused on the mental health of children ages 12 to 18.

Cassandra Reyes dropped out of high school, following in her sister’s footsteps. But a year later, Cassandra had earned her New Jersey high school diploma through NewBridge Jobs Plus — and so had her sister.

Months after giving birth to her son, Adrian, Cassandra learned she didn’t have enough credits to graduate from Lenape Valley Regional High School in June 2016. Within weeks, she enrolled in NewBridge’s successful alternative education program.

NewBridge helped her prepare for the New Jersey High School exam and then apply to Montclair State University, where she is now majoring in biology with a 3.1 grade point average.

*“NewBridge gave me confidence in myself I didn’t know I had,”* Cassandra said. Working part-time in a pediatrician’s office, the 19-year-old aspires to become an obstetrician or neonatal physician.

Cassandra’s experience inspired her older sister, Leilani, to enroll at NewBridge Jobs Plus. *“I was really proud of her, and I thought, if she can do it while raising a child, why can’t I?”* Leilani is now a freshman at County College of Morris studying criminal justice.

Their mom could not be prouder: *“There has been a lot of pain in our family, but now I’m so hopeful for them, for their future,”* Mirna Reyes said.

*“NewBridge is an integral part of helping the school community and larger community heal.”*

— Mario Cardinale



After the tragic death of a 15-year-old Butler girl last May — within two years of two other local teenagers dying — Butler Interim Schools Superintendent Mario Cardinale called in NewBridge Services to support students, parents and school personnel.

Since then, at least 50 faculty members in the K-12 district have taken Youth Mental Health First Aid, an

eight-hour training that teaches them how to recognize signs of mental health problems in children ages 12 to 18 and how to react.

Secretaries, custodians, bus drivers, and other support staff ***“are learning to be the eyes and ears to recognize signs of mental health problems”*** through a two-hour course called QPR — Question, Persuade, and Refer, Cardinale said.

Mary Vineis, NewBridge’s director of Community Response and Education, has taught more than 500 Butler middle school and high school students positive coping strategies, and she runs evening workshops for parents. Vineis is also helping the district vet new trainings, he said.

***“Without a doubt I would recommend NewBridge to other districts, because the programs are specific, practical and research-based,”*** Cardinale said. ***“NewBridge is an integral part of helping the school community and larger community heal.”***

## HOUSING

NewBridge created and manages 80 units of affordable housing for people with special needs. Local government agencies and other nonprofits have called upon NewBridge to help them develop specialized housing. NewBridge provides housing for people who need around-the-clock, on-site assistance, as well apartments

for families and individuals able to live independently with support services.

In 2017, NewBridge provided services to **147 people diagnosed with persistent and chronic mental illness**, allowing them to live in their communities.

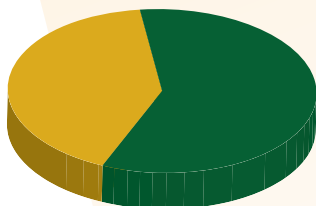
*“We are proud to support NewBridge Services because it passionately lives its mission every day, lifting people out of despair. Even in the wake of greatly decreased government funding, NewBridge is always here for our communities.”*

— Bonnie Holmes of the Holmes Family Foundation

## FINANCIALS

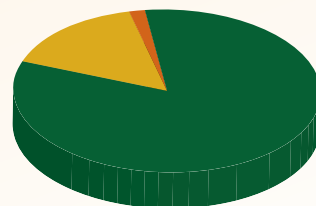
### FY 2017 Revenue

■ Public Support	\$6,334,051
■ Private	4,990,233
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	\$11,324,284



### FY 2017 Expenses (before depreciation)

■ Program	\$9,356,055
■ General & Admin	1,748,356
■ Fundraising	67,461
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	\$11,171,872



Thank you for your donations and please continue to support our efforts. In the wake of dwindling state funding, NewBridge relies on the generosity of individual donors and family foundations more than ever.

If NewBridge has touched your life, we invite you to explore ways you can get more involved, from volunteering to monthly giving, or including NewBridge in your estate planning as a member of the **NewBridge Legacy Society**. Visit [newbridge.org/donate](http://newbridge.org/donate) or contact Director of Development Vicki Hess at [vhess@newbridge.org](mailto:vhess@newbridge.org) or (973) 939-2427 to learn more.

Working together, we lift people out of darkness, building their confidence, and inspiring them to embrace life.

**THANK YOU!**

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to People's Lives



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