



Being a kid in today's world is more complicated than ever. The most successful children are those who receive guidance and support as they grow. NewBridge offers programs that empower young people to make good decisions in life and feel good about themselves.

NewBridge's programs focus on strengthening positive coping skills and building resiliency so children can manage stress and anxiety in a healthy way, and steer clear of high-risk behaviors.

40 Developmental Assets®

All NewBridge prevention programs embrace the philosophy of Search Institute's 40 Developmental Assets®, experiences and qualities that influence choices young people make on their path to adulthood. Examples of these assets, which are essential to success, are: respecting boundaries, building relationships, developing positive values, using time productively, having a positive identity, and empowerment.

"Studies of more than 2.2 million young people consistently show that the more assets young people have, the less likely they are to engage in a wide range of high-risk behaviors and the more likely they are to thrive."

Search Institute



973-316-9333 ♦ Toll-free: 888-746-9333

www.newbridge.org

NewBridge Services, Inc. has been bringing balance to people's lives since 1963. The community nonprofit serves more than 8,000 children, adults and seniors a year through counseling, housing, and education.

In addition to offering school-based programs, NewBridge:

- Treats mental illnesses and addictions
- Helps people handle life stressors
- Provides affordable housing for people with special needs
- Runs a successful alternative education and career development program
- Supports seniors so they can remain independent
- Responds to community crises



NewBridge Services Community Response and Education

Programs
for Youth,
Parents, Teachers &
Community Organizations

Administrative Office

7 Industrial Road
Pequannock, NJ 07440
973-839-2520

Office Locations:

Haskell ♦ Parsippany
Pompton Plains ♦ Sparta



NewBridge offers a full spectrum of programs that emphasize social-emotional learning (SEL) and address the New Jersey comprehensive health and physical education core curriculum content standards for pre-kindergarten through high school. The evidence-based programs can be tailored to your school's individual needs.



The Early Years

It's never too early to start planting the seeds for good decision-making. NewBridge offers a variety of customizable programs for children in elementary school. Topics include:

- Respect/tolerance
- No more bullying
- Conflict resolution
- Self esteem
- Building social skills
- Stress/problem solving

BABES Puppet Program (Beginning Alcohol & Addiction Basic Education Studies) for kindergarten through second grade. Learning objectives:

- Basic drug resistance skills
- Decision making
- Coping skills
- Feelings & self image
- Peer pressure
- How to ask for help

• All programs are built around evidence-based research.
• Pre- and post-surveys with measurable outcomes are available for all programs.



Middle School

The tumultuous tween years are best navigated with lots of support. NewBridge program topics for middle school children include:

- Drug/alcohol resistance
- Positive coping/stress
- Conflict resolution
- Anti-bullying/cyberbullying
- Diversity/respect
- Overcoming peer pressure
- Suicide prevention



High School

NewBridge programs for high school students capture teens' interest in important issues, such as:

- Drug resistance
- Positive coping/stress management
- Conflict resolution
- Suicide prevention
- Mental health awareness
- Transitioning to adulthood



Just for Teachers

The following programs are eligible for professional development hours:

- Promoting healthy living
- Suicide prevention training
- Stress management
- Motivating at-risk youth
- Youth Mental Health First Aid

CALL US TODAY
at **973-686-2228**
to learn how easy it is
to customize a series
for your school or
organization that
will fit within
your budget!



For Parents & Communities

It's more important than ever for caring adults to know how to intervene effectively when a child is in crisis.

NewBridge offers Youth Mental Health First Aid training to parents, caregivers, school employees, youth group leaders and other adults who regularly interact with children ages 12 to 18.

Participants in the eight-hour training learn the signs and symptoms of mental health problems and addiction in adolescents, and more importantly, how to reach out to them.

NewBridge also offers workshops in suicide awareness and YMHFA training for people who interact with college students.

Crisis Response

NewBridge provides psychological first aid when a crisis strikes a school or the wider community. NewBridge employs state-certified disaster response crisis counselors who help children and adults cope in the immediate aftermath of a tragedy or natural disaster, and connect them with ongoing support. Referrals are made through the Morris County Traumatic Loss Coalition.