

Strengthening Outpatient Counseling Programs at NewBridge

When New Jersey drastically changed the way it funds community mental health care in 2017, NewBridge was forced to reduce staff and consolidate locations to remain viable.

While fee-for-service funding caused some community mental health agencies to close their doors, NewBridge adapted. The nonprofit is now pushing ahead to rebuild its outpatient counseling services to meet the great need among children, adults and seniors. (Even with reduced funding from the state, NewBridge succeeded in providing 11 of its 12 valued programs.)

“Ensuring community access to quality services remains our top concern,” NewBridge CEO Robert L. Parker said. NewBridge has hired more licensed clinical social workers so it can provide more family therapy sessions. It has also increased the number of psychopharmacology sessions for people who require medication as part of their treatments, he said.



The nonprofit is also adding group therapy sessions dealing with anxiety and depression, and medication education, and plans to offer more group sessions in the near future, Parker said.

NewBridge’s psychiatrists, addiction specialists, counselors, and social workers:

- **Treat** children, adults and seniors with **mental illnesses or addiction (or both)**
- **Counsel** children, adults and families, teaching them skills **to cope with stress, grief and challenging relationships**
- **Conduct psychiatric evaluations and medical monitoring**
- Provide **psychological first aid** during crises

If you or a loved one needs help, contact NewBridge at **973-316-9333** or visit newbridge.org.



Sharon Hollick
Jeff Gillman
Emeritus
Isobel Wayrick
James Sarto
Rich Paliwoda
Kathy Eberly Ovit
Patricia Lee
Debbie King
Anthony Justo
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NewBridge 2018
Board of Trustees



NewBridge



Dear Friend,

It is so **powerful** to reflect on how our donors’ **generosity** makes such a difference in people’s lives, day in, day out.

On these pages, you’ll read how, together, we help young people get a second chance at academic success and teach community members how they can rescue a person in an emotional crisis. We know we’re doing things right when we attract the caliber of leaders who joined our board of trustees over the summer.

I’ve recently heard from a client whose words move me to tears. *“I would be dead without NewBridge Services. When I was at my lowest, NewBridge Services stepped in and supported me, and helped me get better,”* Jackie said. *“I want to scream how much I love NewBridge Services!”*

We are needed, and we are effective! Please know how much we count on YOU to achieve our mission. Every year, we help more than 8,000 children, adults and seniors through counseling, housing and education.

I hope we can count on your ongoing investment in NewBridge. Thank you!

Sincerely,

Bob Parker

Robert L. Parker
NewBridge Services CEO
parker@newbridge.org

NewBridge Trains in MHFA to Combat Suicide

With suicide rates on the rise, NewBridge is teaching people how to respond effectively to mental health crises through **Mental Health First Aid (MHFA)** training.

“The goal is to arm as many adults as possible with skills to recognize when a person is in crisis and effectively intervene,” NewBridge Director of Community Response and Education Mary Vineis said. NewBridge began teaching MHFA for adults in 2013, and has added specialized trainings for helping children and adolescents, and college students.

The suicide rate in the U.S. climbed nearly 30 percent between 1999 and 2016, according to a Centers for Disease Control and Prevention report released in June. In New Jersey, the suicide rate is up 19.2 percent.

“MHFA training has been shown to diffuse crises and stop people from ending their lives,” Vineis said. Suicide is the 10th leading cause of death in the U.S. The eight-hour, evidence-based training helps people identify, understand, and respond to signs of mental illness.

September was **National Suicide Prevention Awareness Month**. Visit newbridge.org/education/suicide-prevention-awareness for information and tips on how you can help a person in crisis.

So far in 2018, NewBridge has trained 126 adults in **Youth Mental Health First Aid (YMHFA)**. About 170 people over the past five years have been trained in adult MHFA, including a version geared for public safety professionals, Vineis said.

NewBridge has been counseling children, adolescents, and adults struggling with depression and suicidal thoughts for decades. In the schools, Vineis teaches suicide prevention programs for pre-teens and teenagers and offers workshops for parents and educators. NewBridge also responds when a crisis strikes in a community. Visit newbridge.org for more information.

Vineis plans to conduct another YMHFA training for the public in November or December, funded by a Morris County grant. Organizations can also hire NewBridge to provide trainings for public safety professionals and college instructors. For more information, contact Vineis at mvineis@newbridge.org or **973-686-2228**.

2019 Gala

Thursday, May 9, 2019
6:00 - 10:00 p.m.

Cocktail Reception, Silent Auction,
Open Bar, Dancing & more!

The Legacy Castle
Pompton Plains

Save the Date

Families, Friends Cheer Young Adults Who Achieved Academic Success

Donning caps and gowns, members of NewBridge Jobs Plus Class of 2018 walked across a stage at Wyndham Worldwide headquarters in Parsippany on June 14, as more than 200 supporters cheered.

"We are so proud of our graduates for not giving up on themselves when traditional high schools failed them," NewBridge Chief Operating Office L. Michelle Borden said. *"They persevered and overcame challenges to get themselves on track for a better future."*

The NewBridge Jobs Plus Class of 2018 was made up of 44 young adults who left traditional high schools. With support from NewBridge's alternative education and jobs program, they earned New Jersey high school diplomas and prepared for careers.

Started in 1983, NewBridge Jobs Plus is the longest-running alternative education program in Morris County. The program, located at the NewBridge Parsippany Center, is free to young adults living in Morris, Sussex and Warren counties, and transportation is provided to Morris County residents.

Raheem Harris

"NewBridge Jobs Plus was a breath of fresh air. They wanted me to do my best and succeed," said Morristown resident Raheem Harris. Harris is attending Fortis Institute in Wayne to become a dental assistant, and plans to attend college in the future. He received the \$1,000 Wyndham Worldwide Scholarship Award.



Celeste Tuvi
"NewBridge Jobs Plus' staff was very supportive in every way," said Celeste Tuvi, who was named NewBridge Jobs Plus Associate of the Year. The Mount Olive resident is enrolled in the County College of Morris' nursing program.

Laura Perez

Laura Perez had anxiety and depression that made her time at Mount Olive High School difficult. *"I had lost hope in myself, and I found it again at NewBridge,"* said Perez, who received the \$1,000 James Ryan Memorial Scholarship

Award, named for one of NewBridge's founders. Perez is studying drama at CCM.



Christopher Grushin
Randolph resident Christopher Grushin looked stunned when he was called up on stage to accept the \$1,000 Lakeland Bank Scholarship Award. *"I never thought I'd stand on one of these!"* said Grushin, who is studying music at CCM.

NewBridge Jobs Plus receives funding from: the Charles Emil Thenen Foundation; Community Foundation of New Jersey; Holmes Family Foundation; John Bickford Foundation; Lakeland Bank; Morris County Freeholders; Morris County Human Services; Morris-Sussex-Warren Employment Training Services; TD Bank Charitable Foundation; United Way of Northern New Jersey; and Wyndham Worldwide.

A Lasting Legacy

Leave your mark on the world by supporting the good work of NewBridge Services.

You can help secure NewBridge's future by joining the **NewBridge Legacy Society**. Members leave a specific dollar amount or asset to NewBridge in their will, or make a residual bequest, which provides NewBridge a portion of their estate after other bequests and expenses are paid.

Other options include naming NewBridge as a beneficiary of an Individual Retirement Account (IRA) or life insurance policy, or deeding property to NewBridge. Planned gifts can provide tax benefits to your estate.

For more information, please contact NewBridge Director of Development Victoria Hess-Lowrie at vhess@newbridge.org or 973-939-2427.

Four Impressive Volunteers Become NewBridge Trustees

NewBridge Services has welcomed four new members to the board of trustees — including a former client — who will fortify its dedicated volunteer leadership board. NewBridge is fortunate that they are willing to use their expertise to help the organization thrive.



Anthony Justo

Justo brings a fresh perspective and tremendous passion to the board. In 2016, he was 25 years old and the oldest graduate of NewBridge Jobs Plus, NewBridge's alternative education and career program.

Addicted to drugs as an adolescent, Justo committed a robbery in 2012 to support his habit. He spent time in jail and at a state rehabilitation facility and turned his life around. Justo now runs a support group for people overcoming opioid addiction and plans to open a fitness center. *"I want to help keep NewBridge strong for the younger generation, and keep it as current as possible while holding onto the beliefs instilled by its mission,"* he said.



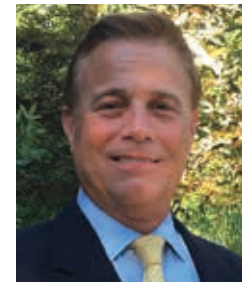
Kathy Eberly Ovitt

Eberly Ovitt is president and CFO at Levitt Properties in Sussex County. She has served on boards for numerous community organizations, and is treasurer of the Mortimer and Mimi Levitt Foundation. Mother to three grown boys, Eberly Ovitt is

sensitive to the challenges facing young people. She also has empathy for seniors and those who support them, having cared for her aging parents. Eberly Ovitt and her husband, Terry, split their time between Hamburg and Dunedin, Florida.

Nearly 250 Guests Helped Raise \$127,000 at NewBridge's Legacy of Hope Gala

NewBridge is grateful to supporters for making the The Legacy of Hope Gala such a success. Guests heard from Rose D., who received help caring for her ailing husband from NewBridge Senior Assistance for Independent Living (SAIL). *"NewBridge Has Been Like Family,"* Rose said. The April event at The Legacy Castle in Pequannock Township was sponsored by: The Holmes Family Foundation (presenting sponsor); Wyndham Worldwide (gold sponsor); Christian Health Care Center, Columbia Bank, and the Robert Collins Fund (ruby sponsors); Boiling Springs Savings Bank (emerald sponsor); and Anne & John Wolfe, Atlantic Health System, Fulton Bank of NJ, Genoa Healthcare, Jack & Mary Hart, Hudson Valley Roofing & Sheet Metal, Murphy McKeon, P.C., PSE&G and Kathleen Parker (friend of NewBridge sponsors).



James Sarto

Sarto spent 40 years as a teacher and administrator and is currently the coordinator for New Jersey Leaders to Leaders, which pairs mentors with new New Jersey school administrators. The lifelong Pompton Plains resident is president of the Pequannock

Chamber of Commerce and a member of the Pequannock Township Coalition. Sarto also serves on numerous statewide education panels. The married father of four is a musician, a pilot and an interpreter for the deaf. *"I've known about NewBridge all my life. I'm very excited to make a difference and help take it to the next step,"* he said.



Isobel Wayrick

Wayrick was a neighbor of the late Herbert Irwin, one of NewBridge's founders. She recently retired as vice president of Mars International Inc., a manufacturing firm she co-founded. She is a talented nature photographer who has donated photos for auctions

at NewBridge's annual gala (and for other nonprofits' fundraisers). Wayrick plans to use her expertise in finance to help NewBridge. *"This is an organization that is doing wonderful work, and I believe that a group of people with diverse talents can help make it stronger,"* she said. Wayrick also hopes to recruit master gardeners to restore NewBridge's Enrich garden on Newark Pompton Turnpike. She still lives in the Pequannock Township home she bought with her late husband in 1958. She has a rescue dog, Bella, and volunteers with several organizations, including Chilton Medical Center and Literacy Volunteers of America.

