



# NewBridge

[newbridge.org](http://newbridge.org)

Summer 2023



Dear Friend,

Celebrating NewBridge Services' 60-year anniversary throughout 2023 fills me with immense pride and gratitude. Our late summer newsletter includes a stroll down memory lane, tracing NewBridge's roots as a local mental health center and transformation into a regional provider of counseling, housing and education that serves thousands of people a year.

As I look back, I'm reminded of the unwavering support from all who have stood by us through thick and thin. The contributions of every person who has donated, volunteered and shared our mission have propelled us forward. Of course, we owe an eternal debt of gratitude to our five esteemed founders. We honored them at our Legacy of Hope Gala in May, and will do so again at a groundbreaking for our new headquarters in the fall.

I have always said that our staff's dedication makes NewBridge special. In this newsletter, you'll read about

Amy Sheppard, director of NewBridge Jobs Plus, and Erin Young, director of our adult psychiatric day program, both recently honored by state organizations. We'll also introduce two new employees, Chief Financial Officer Marc Mackin and Director of Development Trevor McPherson.

We hope parents find the back-to-school tips useful, and remind you all that it's not too soon to register for [NewBridge's 27th annual golf outing](#) on Oct. 2 at the Knoll Country Club in Parsippany.

Please know how much your support is appreciated. Together, we will write the next chapter of NewBridge, and leave an indelible mark on the lives we touch and communities we serve.

Sincerely,

Michelle Borden  
NewBridge CEO

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## NJAMHAA Honors NewBridge Jobs Plus Director



The director of NewBridge Jobs Plus, a successful alternative education and career program, was honored in June by the New Jersey Association of Mental Health and Addiction Agencies (NJAMHAA).

Amy Sheppard was among nine professionals in the state to receive the Workforce Partners in Advocacy Award. All participated in NJAMHAA's *"Diverse Faces: Partners in Care"* campaign. Sheppard and 2021 NewBridge Jobs Plus graduate Favio Jasso were featured in the campaign's brochure and video. NJAMHAA President and CEO Deborah Wentz said the campaign succeeded in increasing the state's investment in mental health and addiction services.

*"We at NewBridge are incredibly proud of the*

*work Amy and her staff do to make connections with young adults and help them develop the academic and life skills necessary to build satisfying personal and professional lives,"* NewBridge CEO Michelle Borden said. In its 40<sup>th</sup> year, NewBridge Jobs Plus is the longest-serving program of its kind in Morris County. [See the story on page 3 on the NewBridge Jobs Plus graduation.]

*"It has been my honor to work alongside these incredible young people and share in their journey of self-discovery and growth,"* said Sheppard, a licensed clinical social worker. *"They truly inspire me and validate my commitment to our work at [NewBridge] Jobs Plus."* Sheppard was hired as a social worker in 1996 and became the director a few years later.

Jasso described how Sheppard helped him learn to manage depression. *"If it weren't for my counselor Amy, I would never have had the courage to apply for the business administration courses I'm currently taking,"* Jasso said.

## Former Leader at Global Corporation Becomes NewBridge CFO



NewBridge Services welcomed the former leader of a global corporation as NewBridge's chief financial officer in June. Marc K. Mackin, former head of North American operations at the international corporation Lapp, came out of retirement to take the position. *"I'd done the corporate career, and felt it was time to give back,"*

Mackin said.

*"Marc brings to NewBridge tremendous expertise, and will help ensure NewBridge's financial standing as we continue to evolve,"* NewBridge CEO Michelle Borden said. Mackin replaced Walter Dudzinski, who retired after seven years.

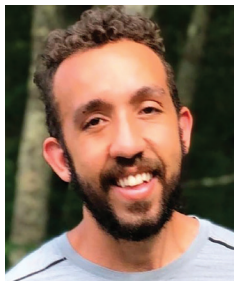
Mackin grew up in Pequannock Township and his mother had used NewBridge SAIL (Senior Assistance for Independent Living), a free program that connects Morris County residents age 60 and up with support services to remain in their homes. *"There is a very strong sense of purpose and mission at NewBridge;*

*I hear from everyone here a deep commitment to the organization,"* he said.

At Lapp, a maker of cables and connectors for industrial use, Mackin worked his way to become managing director for North American operations, overseeing successful operating units in the U.S., Canada and Mexico. Mackin, who holds a bachelor's degree in accounting and information systems, earned executive certificates in leadership, management, and operations and technology from the Massachusetts Institute of Technology while in the leadership role.

Mackin left Lapp in 2015 and worked as a management consultant while completing a five-year master's program in theology at Seton Hall University. He was ordained a Roman Catholic deacon in August 2020, and serves at his home parish of Our Lady of Good Counsel Church in Pompton Plains. The 65-year-old and his wife, Nadine, live in Kinnelon. Their daughter, son-in-law and 2-year-old grandson live nearby.

## Meet NewBridge's Director of Development



NewBridge Services' new director of development understands nonprofits, having worked at several and creating one — a sanctuary for neglected or abandoned farm animals. The nonprofit world has offered Trevor McPherson a way to immerse himself in issues he cares about and to connect with those

deserving of support. Through the work, *"you grow a heart for what people go through,"* he said.

McPherson served as an advocate for a Sussex County organization addressing homelessness, another that promoted literacy in the Paterson schools, and a third focused on providing legal assistance to help women break free of

domestic violence and/or sexual assault.

A mental health advocate, McPherson felt NewBridge's mission spoke to him, and his nonprofit experience has heightened his regard for social workers, he said. NewBridge's housing for people with special needs and its alternative education and career program for young adults are among NewBridge offerings near and dear to his heart.

The 32-year-old also brings experience from the corporate world. He worked in the fitness industry and started his own company during the pandemic providing virtual training. He and his wife, Stephanie, created the Found on Thyme Sanctuary in 2017, sharing their 170-year-old farm in Wantage with more than 50 horses, pigs, goats, and ducks. The couple also has four boys, ages 2 to 9.

## Director of NewBridge's Adult Psychiatric Day Program Recognized by State

Erin Young, director of NewBridge Services adult psychiatric day program, was recently recognized as a superior supervisor by the New Jersey Psychiatric Rehabilitation Association.

NewBridge promoted Young to her current position last year, when the program's two locations, Haskell and Pompton Plains, served 163 adults with severe and persistent mental illness. She coordinates treatments with medical personnel and is in charge of a staff of a dozen, directly supervising three clinicians.

*"What I enjoy most about my work is being able to instill hope in people and being able to watch the individuals I work with succeed,"* said Young, noting how honored she felt by the NJPRA recognition. She joined NewBridge in 2005 as a graduate intern and then mental health counselor. Two years later, she became a supervising clinician.



Young replaced the program's longtime director Viki Ferlauto, now executive director of counseling services at NewBridge. Ferlauto nominated Young for the NJPRA award.

*"Her efforts to keep the principles of inclusion, self-directed care, and personal determination at the forefront of our everyday practice creates an environment in which staff and participants alike can feel empowered to do their best work and truly promote and encourage community participation for those who have been most marginalized in our society,"* Ferlauto said.

Young served five years as the pre-vocational specialist at the Pompton Plains location. *"Seeing my clients move from a mindset of 'I'll never be able to work again' to a place where they are working and receiving accolades at their job is truly inspiring to me,"* she said.



## Resilience Shines at NewBridge Jobs Plus Graduation



Stories of young adults' resilience took center stage at the 2023 commencement for NewBridge Services' alternative education and career program, NewBridge Jobs Plus.

*"We are here to celebrate all you have overcome and all you have accomplished,"* NewBridge Services trustee Patti Lee told the graduates. *"We are here to celebrate your future because we know that your best is yet to come."* Cheers erupted

from the more than 100 relatives and friends attending the ceremony held at Morristown Beard School in Morris Township.

In its 40<sup>th</sup> year, NewBridge Jobs Plus is the longest-running program of its kind in Morris County. Participants learn at their own pace and receive academic support, life and professional skills training, career and college coaching, and counseling to overcome emotional challenges. The program is free to area young adults, and NewBridge provides transportation to Morris County residents.

Several students received scholarships to pursue higher education:

- **Ingrid Padilla** of Morristown was awarded the \$1,000 Alumni Appreciation Scholarship Award. Padilla, who also won the Perseverance Award, is studying to become a medical billing specialist.
- **Ariel Kissling** of Denville and **Ashely Lopez Cruz** of Dover each received a \$2,000 Parker Endowment Scholarship Award. The scholarships are named for retired CEO Robert L. Parker and funded through an endowment created by Parker's sister, Kathleen. Kissling is studying mortuary science, and Lopez Cruz is a college student majoring in biology. Lopez Cruz also was named Associate of the Year.
- **Rafael Hernandez** of Dover received the \$2,000 James Ryan Memorial Scholarship Award, created in honor of one of NewBridge's founders. Hernandez is training to become a diesel mechanic. His twin brother, **Ricardo**, received the Spirit of 70001 Award.
- **Alexander Santana** of Morristown received the \$2,000 Lakeland Bank Scholarship Award. Studying exercise science, Santana aspires to become a physical education teacher.

Go to [NewBridge's Facebook page](#) to view more photos of the graduation ceremony. Read the full commencement story [here](#).

## NEWBRIDGE wellness corner



### Preparing Children for the 2023-24 School Year

With the new school year close at hand, NewBridge Services has advice for parents to help ease their children's transition from lazy summer days to the bustle of fall. As families head to out to buy school supplies and new outfits, it's important to make sure students are emotionally prepared too.

#### Tips for Parents of Elementary School-Age Children:

- Begin implementing school-year routines a few weeks in advance. Set consistent bedtimes, wake-up times, and meal schedules.
- Invite your child to share their feelings and concerns about returning to school. Listen attentively and validate their emotions, offering reassurance and support.
- If your child is attending a school for the first time, arrange to have them tour it before the first day.
- Encourage your child to engage in expressive play as a way to process their feelings and build resilience.
- Teach your child simple relaxation techniques such as focusing on their breath to calm them when they feel anxious.

#### Tips for Parents of Preteens and Teenagers:

- Encourage open conversations and validate your adolescent's feelings, acknowledging their emotions without judgment.
- Work with your preteen/teenager to set achievable academic and personal goals for the upcoming year. Help them break down big objectives into smaller tasks.
- Foster independence by allowing and encouraging your teen to take on responsibilities, make decisions, and learn from their mistakes.
- Talk with your child about the importance of self-care and mental well-being, encouraging them to exercise regularly, sleep eight to 10 hours a night, and participate in activities they enjoy.
- Promote healthy friendships, which helps support good mental health.

NewBridge offers in-school programs on resiliency building, and runs a virtual weekly support group for teens ages 13 to 17, addressing adolescent life issues such as emotion management, coping skills, social issues. The support group has rolling enrollment. Call NewBridge at (973) 316-9333 for more information.

## NewBridge Marks 60 Years of Service — and Counting



In 1963, five Pequannock Township residents took on the problem of mounting mental health concerns in the community by launching a nonprofit to provide professional treatment close to home. With the opening of the Pequannock Valley Mental Health Center, **Pastor Donner B. Atwood**, **Municipal Court Judge Herbert Irwin**, **Mary Jane Kelly**, **Dr. Kurt Manrodt** and **Jim Ryan** made treatment accessible, giving people with mental illness hope, said NewBridge Services CEO Michelle Borden.

*"Their foresight, drive and humanity changed the course of mental health care,"* Borden said. The nonprofit grew and expanded, and in 1998 adopted the name NewBridge Services. Today, NewBridge Services is a regional provider of counseling, housing and education that annually helps thousands of children, adults and seniors in Morris, Passaic and Sussex counties, and beyond.

NewBridge tackles some of society's toughest issues, including mental illness, substance use, isolation, and homelessness. It offers psychological first aid in the aftermath of tragedies and

natural disasters. NewBridge provides affordable housing for people with special needs, and supports seniors so they can remain in their homes. It helps keep families together, and gives young adults who leave high school a second chance at earning a diploma and finding a career path.

NewBridge honored the five founders at its 60th Anniversary Legacy of Hope Gala in May, and produced a video and biographies about them. In the fall, NewBridge will again honor the five at a groundbreaking for NewBridge's new headquarters, situated alongside its adult psychiatric day treatment program and apartments for adults with special needs on Newark Pompton Turnpike. NewBridge plans to bury a time capsule in 2023 to be opened on its 70<sup>th</sup> anniversary.

*"My dad would be in amazement at the depth, breadth and vitality of NewBridge,"* said Andy Atwood, whose father was pastor of The First Reformed Church of Pompton Plains.

Read NewBridge's full history [here](#). Access our 60<sup>th</sup> anniversary coverage [here](#).

## Help Build NewBridge Services' Future

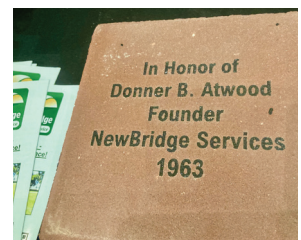
You can help build NewBridge Services' future by purchasing commemorative bricks for a special pathway at our new campus. It's a great way to honor our 60 years of service to the community, and leave a lasting mark as a NewBridge supporter.

NewBridge is relocating its headquarters to Newark Pompton Turnpike in Pompton Plains, adjacent to a site that includes its adult psychiatric day care program and the Evans Place apartments. The walkway created with personalized bricks will recognize the lasting impact of our supporters' generosity.

Bricks are available for \$100 for the 4x8-inch size and \$150 for the 8x8-inch size. A 4x4-inch keepsake of your brick in black granite can be purchased for an additional \$20. Honor or remember a loved one or memorialize a meaningful life event.

Go to [polarengraving.com/newbridgeservices](https://polarengraving.com/newbridgeservices) to order.

Thank you!



## Get Ready to Golf

Heads up! **NewBridge Services' 27<sup>th</sup> annual golf outing** tees off Monday, Oct. 2 at the idyllic **Knoll Country Club West** in Parsippany, and you're invited. Festivities begin with brunch followed by a 12:15 p.m. shotgun start and lavish evening reception. Food and drink will be provided throughout the day. All who register by Sept. 1 pay the early bird rate of \$300 per golfer; the price increases to \$325 after that date. Foursomes and individual golfers are welcome to play on the champion 18-hole course, and corporate sponsorships are available. Click [here](#) to register. Questions? Contact NewBridge Director of Development Trevor McPherson at [tmcpherson@newbridge.org](mailto:tmcpherson@newbridge.org) or (973) 939-2427. All proceeds support NewBridge programs that help thousands of people each year. See you on the links!