COUNSELING HOUSING EDUCATION SINCE 1963

NewBridge Services
AN AFFILIATE OF Christian Health

NewBridge

NewBridge.org Summer 2026



Dear Friend,

I've been thinking a lot about Isobel Wayrick, who died in May after serving eight years on our board of trustees. Isobel devoted her time, expertise, and generosity to strengthening NewBridge Services and other nonprofits she cared deeply about.

I admired Isobel's devotion to the community. A successful businesswoman, she brought valuable perspective and thoughtful leadership to our board. She understood that a strong, well-managed organization is essential to advancing our mission.

Isobel's contributions — and those of so many dedicated supporters like her — have helped expand NewBridge's ability to provide vital services. We are fortunate to be surrounded by people who recognize the importance of our work and invest in our future.

That commitment was evident in May, when 240 supporters gathered for our **Legacy of Hope Gala**, a festive and inspiring evening that raised significant funds to support NewBridge's programs for people in need.

The impact of our supporters' generosity can be seen in programs such as **NewBridge JobsPlus**. In June, we celebrated 25 remarkable young adults who overcame challenges to earn their high school diplomas and are now pursuing careers, college, and other goals. We are proud to introduce the NewBridge JobsPlus Class of 2026 in the newsletter.

You'll also find practical advice for helping children and teens navigate the stress and uncertainty of a new school year.

Finally, I hope you'll join us for our 30th Annual Golf Outing on Monday, Oct. 5 at Knoll Country Club. It promises to be a wonderful day of golf, friendship, and support for NewBridge. To register or sponsor:

With gratitude for your continued support of NewBridge Services,

Michelle Borden

Michelle Borden
CEO, NewBridge Services
MBorden@NewBridge.org
(973) 686-2225

Gala Brings NewBridge's Impact to Life

More than 240 supporters gathered at the **Legacy of Hope Gala** in May, where clients shared powerful stories of recovery and resilience. In a video shown during the gala, one man described how a four-year struggle with compulsive online gambling devastated his finances and threatened his marriage before he found help at NewBridge.

NewBridge honored the **Mental Health Association of Essex and Morris** for its partnership and collaboration in helping people facing mental health, housing and legal challenges access coordinated care and support. Proceeds from the gala help sustain NewBridge's counseling, housing, and education programs, which serve thousands of people each year.

You can view the gala video on our YouTube page. https://www.youtube.com/@NewBridgeServices1963



A Memorable Evening. A Lasting Impact.

WHEN TO PRESS PAUSE:
How Inpatient Behavioral Health Treatment Can Help



When life feels overwhelming, pressing pause can be an act of self-preservation.

At Ramapo Ridge Behavioral Health, we offer a safe, structured place to stabilize and rebuild your coping skills so you can resume your daily life with renewed strength, clarity, and confidence.

The Benefits of Inpatient Treatment

Inpatient care offers you space to focus only on your recovery.

Benefits of inpatient treatment include:

- A safe environment away from triggers
- 24/7 support and clinical monitoring
- Stabilization and therapeutic care
- A place to learn coping strategies
- Fewer distractions and stressors
- Dedicated time to prioritize healing

Inpatient Treatment: Common Questions and Fears

"Will I be separated from my family?"

You can stay connected.

Inpatient programs are designed to help you maintain connections with your loved ones and include them in your care. We offer frequent visiting hours, an accessible campus with free parking, and a team that supports your family as well as you.

"Will I be with scary or unpredictable people?"

Patients are thoughtfully grouped for safety and comfort.

Our patients are placed in environments designed to feel respectful and appropriate for their needs. For those in need of specialized care, our programs Haven and Harbor offer dedicated treatment for women and older adults, each in secure wings away from triggers.

"Are they going to drug me?"

Medication is collaborative, not forced.

After assessing you, a psychiatrist may recommend one or more medications and monitor your symptoms to adjust your dose if they improve. However, medication decisions are made carefully and respectfully: your consent is important in your healing journey.

"Will inpatient treatment be traumatic or miserable?"

Most patients report positive outcomes.

While it's natural to feel nervous about inpatient care, most people describe feeling relief once they arrive. Many of our patients leave with a positive opinion of our care: approximately 90% of Harbor patients and 98% of Haven patients said they would recommend our programs.

"Will I be locked in a room?"

Days are structured, active, and supportive.

Inpatient hospitals are often portrayed as cold, restrictive places. However, inpatient treatment centers encourage patients to engage with others and participate in therapeutic activities.

Press Pause and Heal at Ramapo Ridge

To learn more about Ramapo Ridge, call **(201) 848-5500** or visit **ChristianHealthNJ.info/RamapoRidge**.

INVITATIONAL
APPLIED
UNDERWRITERS

NewBridge Services' 30th Annual
GOLF OUTING



Monday, October 5, 2026
Knoll Country Club West, Parsippany, NJ

REGISTER
online at **nbgolf2026.givesmart.com** or scan

For additional information, please contact
Jennifer Tanis at JTanis@NewBridge.org
or (917) 929-3964.

First GEMS Honoree Recognized



Claudia Mattson has been named NewBridge's first **GEMS (Greatness Earned through Meaningful Service)** honoree. A SAIL outreach case manager, Mattson was recognized for the mentorship and leadership she provides to colleagues.

"She has dedicated so much of her own time to ensuring I was prepared to be a great case manager," said Sharika Taylor, who nominated Mattson for the award.

GEMS recognizes employees who make a meaningful difference for clients, colleagues, and the organization.

Three NewBridge Staff Honored by NJPRA

NewBridge is proud to celebrate three team members recognized by the New Jersey Psychiatric Rehabilitation Association (NJPRA). **CEO Michelle Borden, Compliance Support Specialist Ashley Galletta, and Case Manager Martha Palmer** were among the professionals honored for excellence in psychiatric rehabilitation at the association's virtual spring conference on June 11.

Borden and Galletta received awards in the administrative category, while Palmer was honored in the direct service category. The annual NJPRA Recognition Awards celebrate professionals whose work reflects the spirit and values of psychiatric rehabilitation. **Congratulations to all three on this well-deserved recognition.**

NEWBRIDGE
wellnesscorner

Easing the Return to School

Children have a reputation for being adaptable, but that doesn't mean returning to school isn't hard.

"Parents can sometimes underestimate that it can be very intimidating for kids to start a new school year," said Denise Geffke-Ramos, Director of Child and Family Services at NewBridge Services. *"You have to change your routine again. You have to take on responsibility again."*



Back-to-school anxiety is especially common among children transitioning between schools, she noted. Students moving from elementary to middle school and from middle school to high school often worry about fitting in and navigating new social situations. The transition to college brings different concerns as students take on greater responsibility for managing their schedules and coursework.

One way parents can ease that anxiety is by reassuring children that their well-being is the priority and that they'll be there to support them, Geffke-Ramos said.

She encourages parents to approach their children with curiosity. *"Things that might be easy changes for you may not be easy changes for your kids,"* she said. *"Our kids are individual people."*

Geffke-Ramos suggested parents pay attention for any shifts in their child's typical behaviors. A child who becomes withdrawn, loses interest in favorite activities, experiences changes in eating or sleeping habits, or pulls away from friends may be struggling.

In those instances, Geffke-Ramos said parents should start a conversation with their child by pointing out the changes they've noticed. *"Are you okay? Is anything going on that we should talk about?"* By approaching the conversation without judgment, the message to children is, *"I'm observant, I'm paying attention. I'm just being curious,"* she said.

If concerns persist, Geffke-Ramos recommends parents check with teachers or other school staff to see whether they're noticing similar changes. Even if others aren't concerned, parents should trust their instincts if something doesn't seem right and consider seeking professional help.

"Your kids still need you probably more than you think that they do — and more than they're going to let on," Geffke-Ramos said. *"Just trying to be a patient and loving landing spot for them will be really powerful."*

Grads Celebrate Diplomas and Paths Forward

Future health care workers, scientists, tradespeople, and artists were among 25 **NewBridge JobsPlus** graduates who celebrated earning their high school diplomas at a June commencement ceremony.

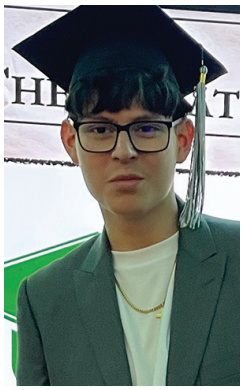
"I stand here today as a product of making it back," said Kasiem Mollette, who spoke openly about battling depression and surviving attempts to end his life. He urged classmates to prioritize their mental health and never give up.

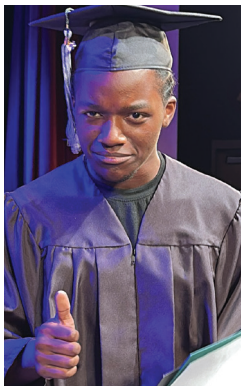
Sisters Mariana Matos and Virginia Leal came to NewBridge JobsPlus after being homeschooled. Matos, a pharmacy technician, plans to study environmental science at County College of Morris. Leal had struggled to pass the high school exam on her own before receiving the academic support she needed. She has since joined the U.S. Marine Corps.

Yasell Castillo, 16, once dreaded going to high school and began skipping classes. At NewBridge JobsPlus, he flourished with support from staff and the friendships he formed.

"The time in NewBridge was some of the best time of my life," said Castillo, who







plans to train as an electrician. *"It made me love school."*

Other members of the Class of 2026 are pursuing nursing, fashion design, music production, HVAC and careers working with animals.

For 43 years, NewBridge JobsPlus has helped Morris County young adults overcome challenges, earn their diplomas and prepare for college and careers through academic support, coaching, skills training, and counseling. NewBridge JobsPlus is funded by the Workforce Development Board, Morris-Sussex-Warren Employment Training Services and NewBridge supporters.

Class of 2026 Honors

Kasiem Mollette
Perseverance Award

Virginia Leal
Associate of the Year

Mariana Matos
Parker Endowment Scholarship

Justin Lopez
James Ryan Memorial Scholarship Award

Natali Quintuna
Isobel Wayrick Memorial Scholarship

Christian Garcia Martinez
Parker Endowment Scholarship

Sal Hildebrand
Alumni Appreciation Scholarship Award

Christian Health President and CEO Stephen J. Dumke Appointed to NJ's Alzheimer's and Dementia Care Advisory Commission



With New Jersey's aging population expanding and care needs becoming more complex, Christian Health President and CEO Stephen J. Dumke, LNHA, FACHE, has been appointed to New Jersey's Alzheimer's and Dementia Care Long-Term Advisory Commission. In this role, Dumke will help ensure the state's health care system effectively meets the evolving needs of residents living with Alzheimer's disease and related disorders.

"It is an honor to serve on this important commission at a time when New Jersey must thoughtfully prepare for the growing and evolving needs of individuals living with Alzheimer's disease and other dementias," said Dumke, whose two-year term took effect on May 6, 2026. *"This work is about more than policy. It is about strengthening the systems of care that families rely on every day, expanding access to compassionate and high-quality services, supporting caregivers, and ensuring our state is ready to meet this challenge with innovation, dignity, and purpose."*

"Stephen Dumke has spent his career working to improve care for seniors and vulnerable residents across New Jersey and brings decades of experience to his role on the NJ Alzheimer's and Dementia Care Long Term Advisory Commission," said New Jersey General Assembly Speaker Craig J. Coughlin, who nominated Dumke for the appointment. *"Through his willingness to collaborate across our state's health care community and his firsthand experience working with residents and families, Stephen exemplifies the kind of thoughtful leadership that will help move the important work of the commission forward. I have every confidence that his insight and expertise will guide conversations around how New Jersey can continue improving care for individuals and families affected by Alzheimer's disease and dementia."*

Christian Health supports older adults and their families with comprehensive dementia care across its continuum of senior living communities, rehabilitation services, and mental health programs. With a personalized, integrated approach, the organization provides memory-care assisted living at Courtyard at Longview, memory-care skilled nursing at Heritage Manor, dementia-related behavior management at Southgate Special Care, and inpatient geriatric behavioral health care at Harbor at Ramapo Ridge. Christian Health's specially trained team ensures those with dementia receive the unique care they need at every stage, in a secure, comforting environment that promotes calm, prioritizes dignity, and fosters independence.

To learn more about Christian Health, please visit **ChristianHealthNJ.org**.

MEET OUR AMAZING CLIENT BARBARA



With the NewBridge SAIL team in her corner, Barbara has been able to remain independent in her later years.

Barbara calls NewBridge SAIL Case Manager Claudia Mattson her guardian angel — and for good reason. From sorting through medical bills to connecting the octogenarian with services and simply being there when Barbara needs help, Claudia and nurse Margaret Macrae have eased many of the daily challenges that come with aging.

Barbara says knowing someone is just a phone call away gives her peace of mind and helps her continue living independently. "*She takes the anxiety away so I can have some peace*," she said.

NewBridge SAIL (Senior Assistance for Independent Living) is a free program serving adults age 60 and older in 18 Morris County municipalities. The program offers in-home nursing assessments, case management, assistance with forms and applications, and connections to community resources such as Meals on Wheels, transportation, home health aides, legal services, and adult day care.

For homebound older adults and their caregivers, **NewBridge at Home** offers in-home counseling.

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LET'S CONNECT

Email us at Services@NewBridge.org