



# NewBridge

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

Winter 2022



Dear Friend,

A new year is upon us, offering hope and opportunities in spite of the ongoing pandemic. Take comfort in medical advances that are stopping the virus from wreaking havoc at the level it once did. The pandemic will

end. In the meantime, let's take time each day to reflect on all that's positive in our lives and develop our resiliency.

To that end, please read our NewBridge Wellness Corner column on coping with winter blues. We also invite you to join us Jan. 19 for the first-ever NewBridge Services Energy Clearing Event. This hourlong virtual gathering is our gift to you to get 2022 off to a good start.

Throughout 2021, our dedicated staff gave their all to support people through struggles and help them stay connected. Thanks to the generosity of supporters, we provided 150 Thanksgiving meals to clients in their homes. We expanded in-home counseling for homebound seniors and caregivers.

As you'll read in this newsletter, we are participating in depression research conducted by the Kessler Foundation. We also kicked off a compulsive gambling treatment service for Morris and Passaic counties. And I'm pleased to share that we are about to launch a veterans' peer support group.

Thank you for standing by us as NewBridge begins its 59<sup>th</sup> year of service to our communities.

We are in the midst of our annual giving campaign and welcome donations of any amount at [newbridge.org/donate](http://newbridge.org/donate). May the new year be filled with peace, love, health and happiness. Enjoy the winter 2022 newsletter.

Sincerely,

Michelle Borden  
NewBridge CEO

[mborden@newbridge.org](mailto:mborden@newbridge.org)

## NewBridge Creates Treatment Program for Chronic Gambling

NewBridge Services is part of a state-led effort to treat compulsive gambling among people who also struggle with substance abuse disorder or mental illness.

*"Gambling is a serious problem, and more common among people challenged by substance abuse or other mental health concerns," NewBridge CEO Michelle Borden said. "We are pleased to be part of this comprehensive solution, and we're committed to developing effective treatment plans for each client."*

NewBridge's gambling disorder clinician program will serve residents of Morris and Passaic counties. It will treat individuals with a dual disorder of compulsive gambling and substance use, or people with a co-occurring mental health disorder who struggle with gambling, Borden said.

Funded by the state Department of Human Services, the program provides training in techniques to treat chronic gambling to staff with expertise in substance use therapy. So far, three staff members have completed it, Borden said.

Client-centered goal development is central to the treatment, which involves individual therapy and education, group therapy, a psychiatric evaluation, medication management



and counseling for co-occurring disorders. Through case management, participants will receive care coordination for community supports.

The state funding will also allow NewBridge to screen current NewBridge clients. *"There are a lot of people who don't realize they have a compulsive gambling problem, or that it can be treated,"* Borden noted. NewBridge will also join other organizations in educating communities about problem gambling, she said.

For more information, email [services@newbridge.org](mailto:services@newbridge.org) or call 973-316-9333.

## NewBridge Clients and Wider Community Invited to Participate in Depression Study

NewBridge Services is involved in new research on how depression influences learning.

Investigators at the [Kessler Foundation](#) are recruiting NewBridge adult clients and others diagnosed with major depressive disorder, or who have experienced any depression symptoms, such as sadness or hopelessness, loss of energy, or an inability to enjoy pleasurable activities.

Participation involves several hours of neuropsychological testing, with 45 minutes answering word-pairing questions inside a magnetic resonance imaging (MRI) scanner, said Julia McMillan, the study's research assistant. Participants receive \$125 for their time, estimated at four to five hours, she said.

*"NewBridge is glad to have a role in shining a light on depression research,"* NewBridge CEO Michelle Borden said. *"It's another way for NewBridge to support our communities."*

Kessler researchers are conducting a five-year study to determine if people with depression fare better at learning with delayed feedback on their performance, rather than with immediate feedback, McMillan said.

Feedback — both positive and negative — helps people learn. It is often provided immediately after an attempt at a task to underscore the connection to outcome, she explained.

That learning mechanism involves the striatum, located within the basal ganglia deep in the brain. There's evidence that depression and traumatic brain injury (TBI) affect brain structure and function and may impair learning involving the striatum. *"With depression, that type of learning may not be advantageous,"* McMillan said. When there is a lapse between a subject's response to a question or requested action, a different part of the brain is used.

Researchers seek to recruit a total of 180 participants, 45 in each of the following categories:

1. Physically healthy without depression
2. Physically healthy with depression
3. TBI without depression
4. TBI with depression

Adults ages 18 to 65 may contact Julia McMillan to be screened for enrollment in the study. If approved, participants would schedule a day to undergo testing at the foundation's research center in West Orange. McMillan can be reached at [JMcMillan@KesslerFoundation.org](mailto:JMcMillan@KesslerFoundation.org) or 973-323-3684.

If you need help dealing with depression, contact NewBridge Services at [services@newbridge.org](mailto:services@newbridge.org) or 973-316-9333.



Thanks to all who helped NewBridge provide 150 Thanksgiving meals to our clients. The Little Food Inn prepared the delicious food, with financial support from Andy & Priscilla Mainardi, Century 21 Crest Real Estate and Fulton Bank.



Stop & Shop in Pompton Plains provided bags for distribution.



## NewBridge 2022 Board of Trustees

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## Join Us Jan. 19 for NewBridge Services FREE Energy Clearing Event



Please join us **Wednesday, Jan. 19 at 7 p.m. EST** for NewBridge Services' first-ever **Energy Clearing Event** and get 2022 off to a great start. Life coach and wellness professional Charlie Sage generously offered to host this virtual event — **OUR GIFT TO YOU!** All that's needed is an open mind, comfortable clothes, and an internet connection. The hourlong event involves:

- Breath awareness
- Light calisthenics
- Gentle movement
- Meditation

Register for this **FREE** event at

[https://www.thetalenthack.com/talent\\_classes/90492](https://www.thetalenthack.com/talent_classes/90492)

## 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](mailto:vhess@newbridge.org) or 973-939-2427.

# NEWBRIDGE wellness corner



## Tips for Managing Winter Blues

After the hectic pace of the holiday season, many people will feel let down, while those who struggled through the holidays may find little relief in these

cold, short days. The latest wave of the pandemic only compounds the stress, anxiety and loneliness the winter months can cause.

Winter can be a quiet time of reflection, planning and personal growth, but first we have to manage negative feelings that can overwhelm us. Here are some tried-and-true coping strategies to help you move to a place of peace within yourself:

**Get proper sleep.** Go to bed and rise at the same time each day to help get your circadian rhythm on track.

**Go outside during daylight hours.** Getting outside can help replenish serotonin levels.

**Move your body.** Mix it up: walk, dance, ride a stationary

bike, do an exercise video, or sign up for a fitness challenge.

**Eat balanced meals.** Go for lean proteins, vegetables, unprocessed foods and complex carbohydrates.

**Stay connected.** Call a friend. Use video conferencing apps. Gather safely with friends and family.

**Volunteer.** It's good for your well-being as well as the people you help.

**Practice gratitude.** Acknowledge at least three good things each day, either aloud or in a journal.

**Laugh.** Watch or listen to something that tickles your insides.

**Meditate.** It can be as simple as sitting quietly and breathing deeply a few minutes at a time, or doing guided meditations. Give [this one](#) a try.

**Take a mental health screening.** [Screening](#) is an anonymous, free, and private way to learn about your mental health.

If you have seasonal affective disorder, a form of depression that occurs most often in winter, you may need to seek treatment including light therapy, cognitive behavioral therapy and/or antidepressants. If you feel you need professional help, contact NewBridge Services at 973-316-9333, [services@newbridge.org](mailto:services@newbridge.org) or visit [newbridge.org](http://newbridge.org).



## NewBridge Services' 25<sup>th</sup> Golf Outing was a Rousing Success!



Thank you to the golfers, sponsors and volunteers who made **NewBridge Services' 25<sup>th</sup> Annual Golf Outing** at **Preakness Hills Country Club** such a success.

*"This was everything you want in an outing, after a one-year postponement,"* NewBridge golf committee chair Jeff Gillman said. *"Great job everybody!"*

The daylong outing included gourmet meals, an open bar and great gifts and prizes. Proceeds went to support NewBridge programs, which help

thousands of residents in northern New Jersey each year. NewBridge tackles some of society's toughest issues, including mental illness, addiction, isolation, and homelessness, with a strong emphasis on prevention and early intervention.



**WHEN:**  
Thursday, May 12  
6:00-10:00 p.m.

**WHERE:**  
The Legacy Castle  
Pompton Plains, NJ

NewBridge Gala features a cocktail reception, silent auction, open bar, dinner, dancing and much more!

# 2022 Gala

## Legacy of Hope

