

The POWER of NewBridge Services



"Helping People Move Forward"

IMPACT 2016

Every day, NewBridge Services helps individuals young and old overcome obstacles and live better. We measure our success in their triumphs.



For 82-year-old Marie Tishy, that meant finally getting hearing aids and overcoming anxiety so she could again enjoy the company of others. For Anthony Justo, it was earning his high school diploma and beginning anew at age 25, after casting off a life of addiction and crime. And for a fellow named Mike, it was overcoming severe mental illness to become a mental health professional at NewBridge.

Thanks to you, NewBridge in 2016 served **10,000 children, adults and seniors through counseling services, education programs and affordable housing**. Our commitment to treating all clients with the utmost professionalism and respect resulted in impressive results in a satisfaction survey: **95 percent** of counseling clients surveyed would recommend NewBridge to family and friends.

Your generous support makes it all possible.



Carl Stahl Sava Industries, Inc. staff volunteered at the annual Thanksgiving luncheon.

How We Serve

NewBridge, a 54-year-old nonprofit, has evolved to meet the growing needs of its communities.

NewBridge's 225 professionals:

- ✓ **Treat** and **support** people recovering from mental illness and addiction
- ✓ Teach **resiliency** to schoolchildren of all ages
- ✓ **Counsel** children, adults and families, teaching them skills to cope with stress, grief and challenging relationships
- ✓ Run a successful alternative **education** program for young adults
- ✓ Help seniors live as **independently** as possible
- ✓ Provide **psychological first aid** during crises
- ✓ Create **homes** for individuals and families with special needs

In 2016, NewBridge:

- ✓ More than doubled the number of people age 60 and over in Morris and Passaic counties who receive support services to help them **remain** in their homes.
- ✓ Increased by 20 percent the number of seniors and caregivers receiving **in-home counseling**. Through a survey, respondents said they found the program to be meaningful and effective.
- ✓ Became a founding member of Community Partners for Hope, a coalition of a 11 community groups and houses of worship that are committed to raising awareness about the **opioid addiction** crisis.
- ✓ Took a lead role **advocating** a safety net of services for those with the inability to pay.

“NewBridge has made such a big difference in my life.”

— Marie Tishy



COUNSELING

- ✓ NewBridge **helped 2,207 people** dealing with addictions, mental illness and personal problems of all kinds get their lives on track.
- ✓ NewBridge **helped 505 abused and neglected children and their families** cope with and overcome trauma.
- ✓ NewBridge connected **662 people age 60 and over** — 2 1/2 times the number in 2015 — with community services so they could remain independent. Thanks to a \$55,000 grant from the Taub Family Foundation, the number of Passaic County residents served increased from 38 to 98.
- ✓ NewBridge Day Treatment programs **served 261 adults** with severe and persistent mental illnesses through mental health education, medications, prevocational services, social supports, and creative group interventions to break the isolation these illnesses often create.

“It Is Unbelievable the Work NewBridge Does for People.”

After losing a \$2,500 hearing aid long before she'd paid it off, Marie Tishy resigned to a life without conversation, a world of muffled sounds. The 82-year-old's income put her just over the Medicaid limit, and she'd charged the hearing aid to a credit card. *“There was no way I could afford another one, let alone two of them,”* she said.

But when Tishy told Claudia Mattson, her case manager, researched and found a resource that provides reduced-cost hearing aids for seniors.

Not long after, Tishy was fitted for two hearing aids at a cost of only \$250. *“That changed everything. I can hear what people are saying, and I'm not afraid to socialize like I was,”* she said.

The widow was introduced to NewBridge when she moved into Pequannock Township's senior housing 14 years ago. *“I had such severe anxiety, I sometimes couldn't move,”* she said. Tishy began seeing a NewBridge counselor, who helped her learn to manage anxiety and depression.

Tishy is very independent, but she calls on Mattson when she feels unsure filling out financial paperwork and paying bills. *“It is unbelievable the work NewBridge does for people, and what they know! I can call Claudia about anything and she'll find out and tell me what do to,”* Tishy said. *“NewBridge has made such a big difference in my life.”*

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EDUCATION

- ✓ **NewBridge helped 35 young adults** earn their New Jersey High School diplomas and prepare for college and careers. This program has a nearly 90 percent success rate.
- ✓ An estimated **5,610 schoolchildren** learned to deal with bullies, stand up to peer pressure and recognize suicidal thoughts in themselves and friends through NewBridge prevention programs.
- ✓ A total of **623 educators, parents and other community members** received training in suicide prevention, self-care, dealing with students' stress and Mental Health First Aid.



“They Helped Me Earn My High School Diploma and Start a New Chapter of My Life.”

As a teenage skateboarder, Anthony Justo miraculously survived being hit by a car. But the traumatic experience led him to behave recklessly rather than to treasure his life. He began using drugs and then stealing to support his habit. After committing a robbery in 2012, the only thing that stood between Justo and state prison was the victim, a chaplain who asked a judge to send Justo to drug court instead. That program — along with Justo's faith in God — helped save his life, he said.

Following 14 months in the county jail and seven months at a state treatment facility, Justo enrolled in NewBridge Jobs Plus. ***“Going back to school at age 24 wasn't easy, but everyone at NewBridge Jobs Plus made me feel welcome,”*** he said. ***“They helped me earn my high school diploma and start a new chapter of my life.”***

The Parsippany resident is driven to help others. As a certified peer recovery specialist, Justo helps people who overdose on opioids, while also pursuing a career in social work. He works full-time at a restaurant and is studying to become a personal trainer.

“There was a time I wanted to die, but now I love living life every day.”

— Mike W.

HOUSING

NewBridge provides a continuum of housing options, from group homes with round-the-clock supervision to independent apartments, to allow people to live as independently as possible.

In 2016, NewBridge built three new group homes with a total of 12 units in Parsippany, Haledon and Northvale for nonprofit partners. Since 2008, NewBridge has created **53 units for other organizations** who tapped NewBridge’s housing expertise.

NewBridge operates **91 units of affordable housing** for NewBridge clients and provides services to **146 people** diagnosed with persistent and chronic mental illness, allowing them to live in their communities.



“NewBridge Gave Me Hope, and I Saw Opportunity.”

Mike W. went from psychiatric hospital patient to mental health professional because people involved in his recovery recognized his potential. *“They helped me see a life I never could have imagined years ago,”* he said.

Mike spent more than five years at Greystone Park Psychiatric Hospital recovering from major depression and hallucinations and paranoid thoughts caused by years of self-medicating with cocaine and alcohol. Pledging to help others struggling with mental illness, he trained to become a peer specialist.

When he was discharged in 2011, Mike moved into one of NewBridge Services’ group homes, and a year later, he was living in an apartment and working part-time cleaning and cooking at a NewBridge group home. The certified peer specialist was then promoted to residents’ aid.

When a case manager position opened in 2014, Mike was the obvious candidate to oversee four NewBridge clients. *“I guide them exactly how I was guided,”* he said.

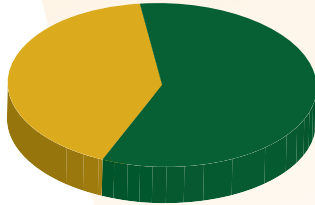
Through determination, hard work and support, Mike now enjoys a balanced, fulfilling life. ***“NewBridge gave me hope, and I saw opportunity,”*** said Mike, who lives in a condominium he bought nearly two years ago. *“There was a time I wanted to die, but now I love living life every day.”*

Thank you for your generosity and please continue to support our efforts in 2017.

FINANCIALS

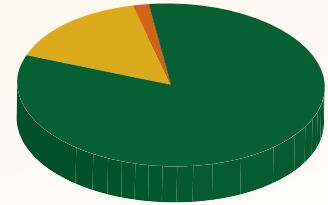
FY 2016 Revenue

■ Public Support	\$8,103,647
■ Private	5,700,553
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	\$13,804,200



FY 2016 Expenses (before depreciation)

■ Program	\$10,611,113
■ General & Admin	1,988,128
■ Fundraising	182,211
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	\$12,781,452



State funding of community mental health care is at a crossroads, and more than ever, people in need rely on you!

If NewBridge has touched your life, we invite you to explore ways you can get more involved, from volunteer opportunities to monthly giving or joining the NewBridge Legacy Society. Visit newbridge.org/donate to learn more.

Working together, we are improving people's lives, lifting them out of darkness and inspiring them. **THANK YOU!**

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to People's Lives



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