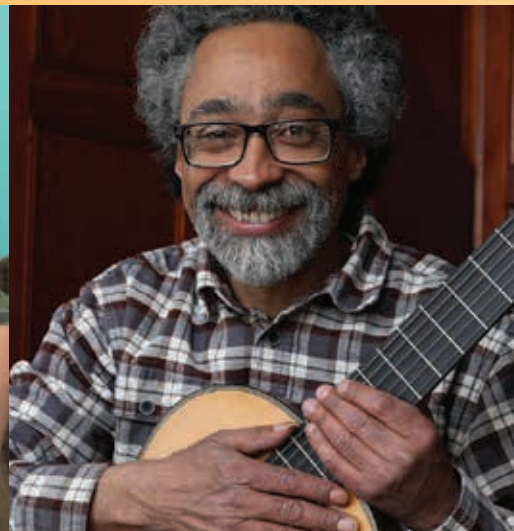


The *Power* of NewBridge



NewBridge Services

IMPACT 2018



*Helping People
Move Forward*

Well-being is what we're about.

Dear Friend,

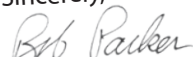
Well-being produces joy, spurs creativity and feeds resiliency, allowing individuals to flourish in the face of adversity. 2018 marked NewBridge Services' 55th year of bringing balance to people's lives. Well-being is what we're about.

NewBridge's pillars — counseling, housing and education — are interwoven, working together for the good of our clients and the communities we serve. Education, for example, plays a key role in our counseling and housing programs. Housing clients participate in counseling to steadily build their independence. Our in-school education workshops can serve as a lifeline to students in crisis, who then get the counseling they need.

Sometimes, our clients become the educators. Andrew Geddis, who learned to manage his schizophrenia, shared his experiences last fall with graduate students at Rutgers School of Social Work, providing them an invaluable first-hand patient perspective.

All of NewBridge's good work is thanks to you, our generous supporters. Last year, NewBridge impacted the lives of 7,200 children, adults and seniors in five northern New Jersey counties (Bergen, Hudson, Morris, Passaic and Sussex) through 18 programs. Based on client surveys, we're pleased to report that clients made impressive strides toward their goals in 2018. Thank you!

Sincerely,


Robert L. Parker
CEO


Debbie King
Board of Trustees President

7 Industrial Road | Pequannock, NJ 07440 | www.newbridge.org

Our Mission

NewBridge brings balance to people's lives through counseling, housing and education.

Our Vision

NewBridge will be valued by the community as the preferred trusted partner in strengthening individual and family lives.

How We Serve

NewBridge has evolved to meet the needs of its communities. With a staff of 182 full- and part-time employees, NewBridge:

- ✓ **Treats** mental illnesses and addictions
- ✓ Teaches **coping skills** to schoolchildren
- ✓ **Counsels** individuals and families so they can deal with stress, grief and challenging relationships
- ✓ Helps children who have been **abused and neglected** — and their families — heal
- ✓ Runs a successful alternative **education and career program** for young adults
- ✓ Supports seniors so they can live as **independently** as possible
- ✓ Performs **psychological first aid** to communities in crisis
- ✓ Provides **affordable homes** for people with special needs
- ✓ **Supports people** with mental illness in the community

In 2018, NewBridge:

- ✓ Completed a six-apartment building in Clifton that provides affordable homes to families dealing with mental illness and other challenges.
- ✓ Trained 200 people in **Youth Mental Health First Aid**, teaching them to recognize symptoms of mental health problems and addiction in children and how to respond.



- ✓ Celebrated children's uniqueness during **Child Abuse Prevention Month** to empower them.
- ✓ Educated parents and other caregivers about the opioid crisis, teenage depression and stress, and human trafficking, as a founding member of **Community Partners for Hope**.

“I thank NewBridge for bringing back the real me!”

— Jacki Romaine



Jacki Romaine began self-medicating as a teenager, attempting to manage depression she first experienced in elementary school. Over the next 30 years, Jacki married, had two sons and built a successful pet-grooming business. But the depression, worsened by family traumas, plagued her.

“At times I didn’t think I was going to make it. I had no will to live,” the Wayne resident said. Jacki was hospitalized six times and had to give up her business. *“I’d feel empowered leaving the hospital, only to be back in a bad place three months later,”* she said. *“I was always looking for the quick fix.”*

The revolving door stopped when Jacki enrolled in the NewBridge Crossroads day treatment program in 2016. *“I felt like I was somebody there. I felt important,”* Jacki said. The 52-year-old has made great strides in her

recovery. Knowing short days and cold weather affect her, Jacki attends treatment more in the winter.

“I’m less angry and I smile more. I have hope for my future,” Jacki said. *“I thank NewBridge for bringing back the real me!”*

PILLAR: COUNSELING

- ✓ NewBridge helped **1,770 people** dealing with addictions, mental illness and other stressors **get their lives on track.**
- ✓ NewBridge set **437 abused and neglected children and their families** on the path to healing.
- ✓ NewBridge Senior Assistance for Independent Living (SAIL) connected **230 seniors** with community services so they could remain in their homes. Another 40 homebound seniors and caregivers received in-home counseling through NewBridge@Home.
- ✓ NewBridge Day Treatment programs provided mental health education, medication management, prevocational services, social supports, and creative group interventions to **172 adults** with severe and persistent mental illness.
- ✓ NewBridge trauma experts responded to nine community crises, helping children and adults process the devastation and connect with ongoing support.

“It was an eye-opening experience for everyone.”

— Andrew Geddis



Andrew Geddis gave future social workers an invaluable gift: the opportunity to talk to a person with a 20-year history of serious mental illness. The NewBridge client was a guest speaker at a Rutgers University School of Social Work class in October.

“Here was a person living with mental illness, openly sharing his story and answering their questions,” said adjunct lecturer Carolyn Artale, who has known Andrew since childhood. ***“It gave them insight and understanding into what works, and how they could be most beneficial to clients.”***

Artale’s 20 graduate students heard how the 50-year-old landed in a psychiatric hospital diagnosed with schizophrenia and bipolar disorder at age 29 — the first of 20 hospitalizations.

“It was an eye-opening experience for everyone,” said Andrew, whose career as a classical guitarist was

sidetracked for years by mental illness. He performed on bass singer Kevin Maynor’s 1998 album, “Paul Robeson Remembered” and did numerous solo shows in New York City.

Andrew began attending NewBridge’s day treatment program in 2017. The psychiatrist listened and ***“we found a treatment that works,”*** he said. Diagnosed with post-traumatic stress disorder, Andrew began using medical marijuana, which allowed him to wean off two anti-psychotic drugs.

“This is the first time my treatment wasn’t dictated to me, and I felt understood,” the Montclair native said. He now attends NewBridge’s day treatment program two days a week, down from five.

PILLAR: EDUCATION

- ✓ NewBridge helped 44 young adults earn their New Jersey High School diplomas and prepare for college and careers through **NewBridge Jobs Plus**. The program has a 91-percent success rate.
- ✓ An estimated 3,240 schoolchildren learned to deal with bullies, stand up to peer pressure and recognize suicidal thought in themselves and friends through **NewBridge prevention programs**.
- ✓ A total of **865 educators, parents and other community members** received training in suicide prevention, self-care, and ways to help students cope with stressors.
- ✓ NewBridge trained 200 people in **Youth Mental Health First Aid** to recognize symptoms of mental illness in teens and teenagers and know how to respond.

“I feel happy in my own home.”

— John Donegan



Voices in John Donegan’s head said police were summoning him. After more than two dozen trips to the station, officers took him for a psychiatric evaluation. John began treatment, but paranoia persisted. One night, he felt compelled to kill himself.

John spent the next 17 months in a psychiatric hospital after being diagnosed with schizophrenia. He was released to one of NewBridge Services’ group homes with round-the-clock supervision, and a year later, moved to another, less restrictive NewBridge group home. By May 2017, he was ready to live on his own.

“I feel happy in my own home,” said John, who shares a two-bedroom apartment in affordable housing built by NewBridge, in partnership with Pequannock Township. With a bus stop close by, John gets himself to medical

appointments and the movies. He bakes and cooks — shrimp scampi is his signature meal — and neighbors often visit. He can be counted on to take his medication.

“John has done fantastic work. He’s been absolutely stable since he came to NewBridge,” said Veronica Richardson, his NewBridge Community Support Services case manager. When John gets anxious or panicky, *“he reaches out for help. He is really on point with his judgement.”*

PILLAR: HOUSING

- ✓ NewBridge created six apartments in Clifton for families in which a parent has mental illness. NewBridge manages **84 units** of affordable housing serving **98 people** with special needs.
- ✓ NewBridge’s five group homes serve **54 clients**, 91 percent of whom made progress attaining their wellness goals in 2018.
- ✓ NewBridge provided support services to **91 people** diagnosed with persistent and chronic mental illness, allowing them to live in their own homes.

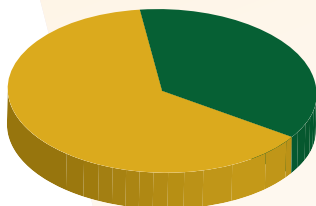
“Wyndham Worldwide is discerning in choosing the nonprofits it supports. They must be solid organizations, demonstrating a firm history of success and a strong view of what the future holds.”

— Patricia Lee, Wyndham Worldwide Senior VP and Chief Diversity Officer and member of the NewBridge Board of Trustees

FINANCIALS

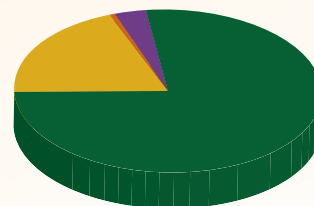
FY 2018 Revenue

■ Public Support	\$4,073,458
■ Private	7,043,559
	<hr/>
	\$11,117,107



FY 2018 Expenses

■ Program	\$8,502,890
■ General & Admin	2,149,741
■ Fundraising	67,818
■ Depreciation	352,054
	<hr/>
	\$11,072,503



Thank you for your donations and please continue to support our efforts. In the wake of dwindling state funding, NewBridge relies on the generosity of individual donors and family foundations more than ever.

If NewBridge has touched your life, we invite you to explore ways you can get more involved, from volunteering to monthly giving, or including NewBridge in your estate planning as a member of the **NewBridge Legacy Society**. Visit newbridge.org/donate or contact Director of Development Vicki Hess-Lowrie at vhess@newbridge.org or (973) 939-2427 to learn more.

Working together, we lift people out of darkness, building their confidence and inspiring them to embrace life.

THANK YOU!

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We Applaud You!

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We are so grateful to the individuals, family foundations and businesses that supported NewBridge in 2018, ensuring thousands of people received the support they needed. Supporters also raised money for NewBridge through FaceBook fundraisers. Our donors build stronger communities.

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Bringing Balance
to People's Lives



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