

# The *Power* of NewBridge



NewBridge Services

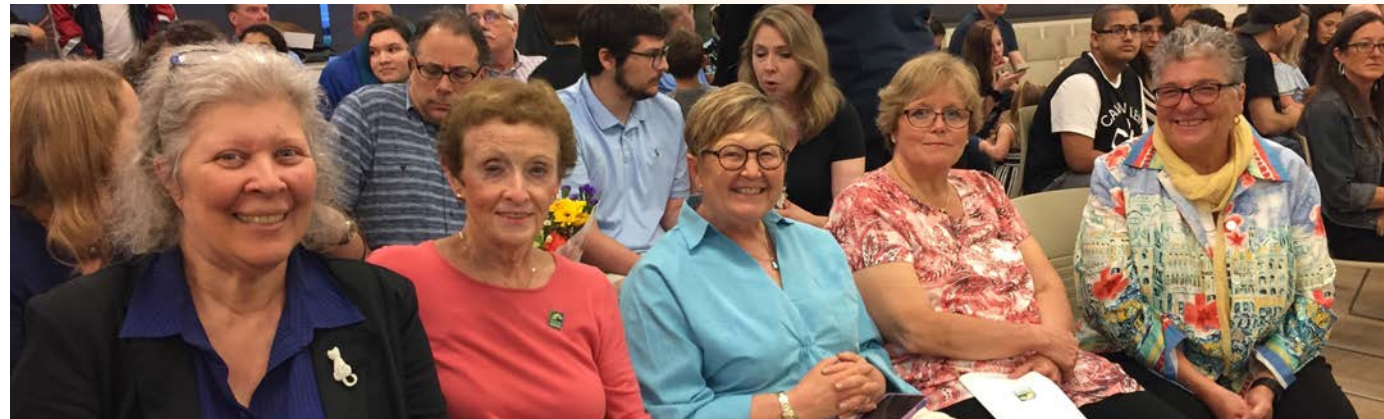
# IMPACT 2019

## 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.*



**NewBridge Services** is all about people: our clients, staff, volunteers and donors. The bonds of the NewBridge family are strong, and we are awed by the devotion to this organization.

In 2019, NewBridge Services helped nearly 8,000 people overcome challenges and live better. We're glad to have served so many, but what matters most is the empowerment of each individual. The child who learns how to stand up for herself. The man who's managing his mental illness and feeling whole again. A senior who is reassured she can remain in her home with NewBridge's assistance. That's how we count our success.

Beyond statistics and program highlights, this year's annual report spotlights NewBridge's longest-serving volunteer and generous donor Jeff Gillman; Carolyn Dean, NewBridge's stalwart director of Community Outreach and Support; and client Nancy Finch, who has made impressive strides in her wellness journey.

Thank you to every 'one' who supports NewBridge, so we can continue supporting residents of Morris, Passaic, Sussex, Bergen and Hudson counties through counseling, housing and education.

## How We Serve

NewBridge's 180 full- and part-time employees, including 58 licensed and certified professionals, are its heart. NewBridge invests in developing their skills through specialized professional training that results in enhanced resources for clients. NewBridge's staff is committed to meeting communities' needs through 10 programs. NewBridge:

- ✓ **Treats** mental illnesses and addictions
- ✓ Teaches **coping skills** and **resiliency** to children through in-school prevention programs
- ✓ **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** for communities in crisis
- ✓ Provides **affordable homes** for people with special needs

- ✓ **Supports people** with mental illness in the community
- ✓ Provides **in-home mental health counseling** to homebound seniors and caregivers

## In 2019, NewBridge:

- ✓ Launched **Tame the Pain**, a free program that teaches seniors about the risks of prescription opioid use and effective opioid-free pain management options.
- ✓ Received increased investments by **family and corporate foundations** to fund transportation and IT upgrades, and direct services.
- ✓ Completed rental of a six-apartment building in Clifton, providing **affordable housing** to six families dealing with mental illness and other challenges.
- ✓ Trained 140 people in **Youth Mental Health First Aid** and another 20 in MHFA for adults.

HIGHLIGHTS



*“Not only did NewBridge save my life, but it continues to give me a quality of life worth fighting for.”*

— Nancy Finch



As her sister was dying of cancer in 2017, Nancy Finch's marriage fell apart. Finch suffered a psychotic episode that fall during a job interview, ending her teaching career. Six months later, her ex took his life.

Depression engulfed Finch, who'd been diagnosed with bipolar disorder at age 17.

Then she found NewBridge Services. At its adult day treatment program in Haskell, the 59-year-old immersed herself in healing, art and friendship. NewBridge found her an apartment and continues to provide support services.

*“The staff cared about me when I didn't care about myself,”* Finch said.

She has developed skills and a support system to restore balance, and no longer experiences the extreme mood swings that resulted in five lengthy hospitalizations. Finch now volunteers to help others learn to manage mental illness.

Even in her dark days, Finch persevered. After her first marriage ended in 1994, she raised her three sons, enrolled in college and became a middle school language arts teacher.

*“Not only did NewBridge save my life, but it continues to give me a quality of life worth fighting for,”* the grandmother of two said. *“I didn't know there would be so much love on the other side.”*

### COUNSELING

- ✓ **1,618 people** dealing with addictions, mental illness and other stressors received help to get their lives on track.
- ✓ **386 abused and neglected children** and their families were set on the path to healing.
- ✓ **223 seniors** were able to remain in their homes because NewBridge Senior Assistance for Independent Living (SAIL) connected them with services.
- ✓ **25 homebound seniors** and **20 caregivers** received in-home counseling through NewBridge@Home.
- ✓ **210 adults** with severe and persistent mental illness received mental health education, medication management, prevocational services, social supports, and creative group interventions through NewBridge's adult day treatment program.
- ✓ **10 communities** that suffered tragedies received mental health first aid from NewBridge trauma experts, who helped children and adults process the devastation and connect with ongoing support.

*“NewBridge encourages us to innovate, to develop solutions and fill gaps in service.”*

— Carolyn Dean



When Carolyn Dean's two young daughters asked about her work, Dean explained, *“My job is to help people fix their own hearts and their own minds.”*

As NewBridge Services' director of Community Outreach and Support, Dean ensures clients with severe mental illness who live in apartments and NewBridge group homes, and seniors who want to remain at home, receive the supports they need — and feel included in their community.

*“We see people who've lost everything or who are at risk of losing everything learn how to dream again, and trust that they won't have to go through that loss again,”* said Dean, who oversees a staff of 64. *“There's something magical about that.”*

Dean was one of the first people in New Jersey trained to teach Mental Health First Aid. In response to the opioid abuse crisis among older adults, Dean last year helped develop **Tame the Pain**, a NewBridge program that informs seniors of effective, non-opioid pain management approaches.

*“NewBridge encourages us to innovate, to develop solutions and fill gaps in service,”* said Dean, who joined the staff in 1999 and earned a master's degree in counseling a few years later. Dean is currently on a statewide task force to improve community support services programs.

### EDUCATION

- ✓ **831 seniors and caregivers** participated in 27 Tame the Pain presentations and events that raised awareness about the risks of opioids, and alternative approaches to chronic pain management.
- ✓ **30 staff members** went through specialized training in healthy aging and chronic pain management to increase their expertise and enhance client experiences. Fifteen seniors participated alongside staff in the Wellness Initiative for Senior Education.
- ✓ **35 young adults** earned their New Jersey high school diplomas, completed workplace training and secured employment and/or enrolled in college or vocational training through NewBridge Jobs Plus.
- ✓ An estimated **3,500 schoolchildren** learned about mental illness and substance abuse, and how to deal with bullies, stand up to peer pressure, and recognize suicidal thoughts in themselves and friends through NewBridge prevention programs.
- ✓ **650 educators, parents and other community members** received training in suicide prevention, self-care, and ways to help students cope with stressors.
- ✓ **140 people** trained in Youth Mental Health First Aid to recognize symptoms of mental illness in tweens and teenagers and know how to respond. NewBridge trained another 20 in adult MHFA.

*“When you see an individual who’s life has been repaired, you know all this work is worth it.”*

— Jeffrey Gillman

*“NewBridge is so comprehensive, its scope so broad and its reputation strong, that I want to do what I can to help further its mission.”*

— NewBridge trustee Joen Ferrari



He and his wife of 54 years, Marie, have made significant contributions over the years, and Gillman became the first member of the NewBridge Legacy Society by including NewBridge in his will.

Empathy, Gillman said, is his motivation. **“When you see an individual who’s life has been repaired, you know all this work is worth it,”** said the 78-year-old, a father of two and grandfather of four.

During Jeffrey Gillman’s first term on NewBridge Services’ governing board, the agency tripled in size. It was 1977, and Gillman, who holds an MBA, used his business acumen to help the nonprofit manage the growth. Then he helped launch FUNd Run, a fundraiser that would draw the community together for years to come.

**“I realized mental health issues had a stigma, and I wanted to cure that,”** said Gillman, who has volunteered 48 years with NewBridge — longer than anyone else.

Gillman served 18 years as a trustee, including three as president. He co-chaired the early NewBridge golf tournaments, and still chairs the event, which is now in its 25<sup>th</sup> year. The longtime Pequannock Township resident has attracted major donors to NewBridge.

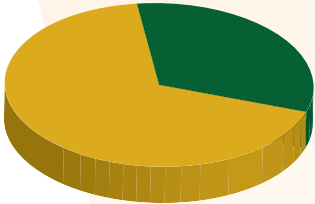
HOUSING

- ✓ **104 people** with special needs resided in 83 units of affordable housing provided by NewBridge, in collaboration with other nonprofits.
- ✓ **62 people** lived in NewBridge’s five group homes, with 89% of residents making progress toward or attaining goals related to mental health, physical health, socialization, and daily living activities.
- ✓ **91 people** diagnosed with persistent and chronic mental illness received support services that allowed them to live on their own. More than 80% of them required no psychiatric hospitalizations during the year.

FINANCIALS

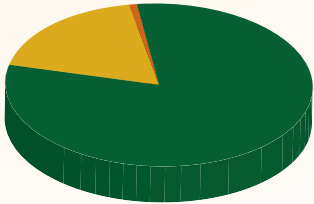
FY 2019 Revenue

■ Public Support	\$3,494,179
■ Private	7,335,713
	<hr/> \$10,829,892



FY 2019 Expenses

■ Program	\$8,601,952
■ General & Admin	1,938,746
■ Fundraising	69,973
	<hr/> \$10,610,671



Thank you for your much-needed donations, and please continue to support our efforts. State funding continues to dwindle, and NewBridge relies on the generosity of individual donors and family foundations more than ever.

If NewBridge has touched your life, we invite you to consider ways to get more involved, such as volunteering, signing up for monthly giving, and including NewBridge in your estate planning as a member of the NewBridge Legacy Society. Visit [newbridge.org/donate](https://newbridge.org/donate) or contact Director of Development Vicki Hess-Lowrie at [vhess@newbridge.org](mailto: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 2019. Your investment in NewBridge improved the lives of our communities' most vulnerable residents. Thank you!

*We apologize for any errors or omissions in the list. Please note supporters also raised money through Facebook fundraisers.*

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Bringing Balance  
to People's Lives



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