

The *Power* of NewBridge



NewBridge Services

IMPACT 2020



Helping People
Move Forward

Dear Friend,


Resilience. That, more than anything, defined NewBridge Services in 2020. Staff used ingenuity and determination to ensure our clients received ongoing mental health care, and had food, medicine and personal care items throughout the COVID-19 pandemic. Clients adapted to telehealth and practiced self-care techniques they'd been taught. Volunteers made masks and provided meals for residential clients. In spite of the economic turmoil the pandemic wreaked, our dedicated donors gave generously. That was all the more appreciated since we were forced to cancel both major fundraisers.

The spreadsheet of our efforts in 2020 fails to capture the depth of our successes: so many individuals made strides in their recovery and remained connected to community in spite of the hurdles. In a typical year, we teach thousands of schoolchildren resiliency skills. Pandemic restrictions forced us to suspend our in-school prevention programs. Still, NewBridge used technology to provide community outreach. Our staff ran virtual support groups, and created videos and webinars for preteens, teens, adults and seniors. They developed an extensive online repository of useful information on topics from managing stress, to helping young children with remote learning and navigating the vaccine rollout.

While our overall client numbers were down in 2020, our impact remained strong. We received many messages from grateful NewBridge clients. The gist of them all is: **'I don't know what I'd do without you.'** In spite of all the restrictions the pandemic caused, NewBridge served 4,200 children, adults and seniors in 2020, helping them overcome tremendous challenges.

When the pandemic ends, may one of its positive legacies be a universal appreciation for mental health. We are grateful to all who've partnered with NewBridge so we remain a safety net for our communities.

Sincerely,


Michelle Borden
NewBridge 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

If you asked people who've been helped by NewBridge what the nonprofit does, you're likely to get a wide range of answers. Blame that on the scope of 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 2020, NewBridge:

- ✓ Developed extensive resources and provided outreach to help people — clients and the wider community — cope with the ongoing pandemic.
- ✓ Increased by 16% the number of homebound seniors and caregivers who received counseling through **NewBridge@Home**, thanks to increased funding from Morris County.
- ✓ Collaborated with two other nonprofits to create **Seniors in Motion**, a virtual movement class to help seniors ease pain and lift their spirits.
- ✓ Provided resources about alternatives to opioids for pain relief to 550 seniors as part of our **Tame the Pain** initiative; more than 130 seniors and caregivers participated in wellness and education webinars.

HIGHLIGHTS

“I feel like I’ve come a long way.”

— Emmanuel ‘Manny’ Luna



Diagnosed with bipolar disorder at age 19, Emmanuel ‘Manny’ Luna has faced hurdles — including the treatment itself — in his quest to build a fulfilling life.

Medication that helped temper symptoms also caused significant weight gain, compounding his depression. 2015 marked the last of a dozen hospitalizations, he said. Luna landed a good job with New York City’s Metropolitan Transportation Authority, but when his father was diagnosed with terminal cancer in 2019, he resigned to help care for him.

Following his move from Brooklyn, New York to Wayne, New Jersey, Luna enrolled in NewBridge Services adult day treatment program in Haskell. *“He has attended consistently, using the groups to improve his coping abilities and illness management,”* supervising clinician Cheryl Schmidt said. *“He has made great strides.”*

“The program has given me structure, which helps combat depression,” Luna said. Encouraged by his counselors to go back to school, the 35-year-old is earning his certification in medical billing and coding at the Fortis Institute. *“The counselors are very empathetic and supportive,”* he said.

Luna is also committed to improving his physical health. With adjustments to his medications, eating healthier, and exercising, he has shed 50 pounds. *“I feel like I’ve come a long way,”* he said.

COUNSELING

- ✓ **1,471 people** dealing with addictions, mental illness and other stressors received counseling via telehealth and in-person. Sessions with psychiatrists and advanced practice nurses were up 17% over 2019. More than 90% of clients attained or made progress toward one or more of their goals.
- ✓ **259 abused and neglected children** and their families were set on the path to healing. The program achieved 100% success in family reunification.
- ✓ **252 seniors** remained in their homes with support from NewBridge Senior Assistance for Independent Living (SAIL). Surveys found 100% of seniors rated the program good or excellent.
- ✓ **52 homebound seniors** and caregivers received in-home counseling through NewBridge@Home.
- ✓ **178 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. Ninety percent of them attained or made strides toward one or more of their treatment goals.

“I still deal with issues, but with the help of my family and NewBridge, I can cope.”

— David Lucci



Getting sober in 2019 after abusing alcohol and opioids for more than 20 years didn’t alleviate David Lucci’s anxiety, depression and anger. When the COVID-19 pandemic began, *“my life was pretty much out of control,”* the 40-year-old said. He floundered, and lashed out at loved ones.

His fiancée became sober with NewBridge Services’ help and convinced him to give it a try. *“I wanted to better myself, and move past all this,”* he said. In July, Lucci began weekly sessions with NewBridge counselor Katherine Rella. (He also connected with a NewBridge psychiatrist to manage bipolar disorder.) Sessions initially were by phone because of the pandemic, which suited Lucci; social anxiety made in-person encounters uncomfortable, he said.

Rella helped him develop coping strategies, beginning with creating a daily to-do list that led to a steady routine. *“NewBridge has helped me become more confident,*

to rely on myself and not drugs and alcohol to get through daily life situations,” said Lucci, who works as a handyman and is training to become an electrician. Long estranged from his siblings and aunts, the West Milford resident has reestablished relationships with them.

“I still deal with issues, but with the help of my family and NewBridge, I can cope,” he said. *“NewBridge cares about me and how I’m doing.”*

EDUCATION

- ✓ **550 seniors and caregivers** received resources about the risks of opioids and alternative approaches to chronic pain management; more than 130 seniors and caregivers participated in wellness and education webinars.
- ✓ **10 young adults** earned their New Jersey high school diplomas and another 29 prepared to take or retake the exam to earn theirs through NewBridge Jobs Plus. All 39 completed workplace training and most secured employment and/or enrolled in college or vocational training.
- ✓ **120 schoolchildren** learned resiliency skills, including how to stand up to peer pressure, deal with bullies, and recognize suicidal thoughts in themselves and friends.
- ✓ **25 educators, parents and other community members** received training in helping children cope with COVID stressors.
- ✓ **69 people** trained in Mental Health First Aid to recognize symptoms of mental illness and know how to respond. That included 15 who received training specific to helping youth.

“I’m so grateful to NewBridge for this place. We feel safe and happy here.”

— Carol Moronta



Carol Moronta noticed the attractive three-story apartment building in Clifton’s historic Botany Village section, and thought, ‘that’s the place.’ At the time, Moronta and her three young children were living in a poorly maintained building infested with mice and roaches, she said. *“It wasn’t a safe place for my kids and myself,”* said the 29-year-old, whose boys — ages 9, 4 and 3 — all have asthma.

They moved into NewBridge Services Clifton Family Housing in December 2019. NewBridge built it for families with low and moderate incomes, especially those in which a parent has mental health problems. *“I love everything about it!”* Moronta said. NewBridge staff is quick to respond to calls, and *“they are very kind*

and understanding,” she said. Moronta’s federal Section 8 housing voucher covers about two-thirds of the rent and utilities.

Moronta said she struggled with mental health issues in high school and dropped out her junior year. She trained as both a medical assistant and pharmacy technician, and eventually earned a GED diploma. She’s now working on a social work degree through Passaic County Community College. *“Education is so important, and I want my children to see that I take it seriously,”* she said.

“I’m so grateful to NewBridge for this place.” Moronta said. *“We feel safe and happy here.”*

HOUSING

- ✓ **109 people**, many with special needs, resided in 83 units of affordable housing provided by NewBridge, in collaboration with other nonprofits.
- ✓ **56 people** lived in NewBridge’s five group homes, with 98% of residents making progress toward or attaining at least one of their goals related to mental health, physical health, socialization, and daily living activities.
- ✓ **85 people** diagnosed with persistent and chronic mental illness received support services that allowed them to live on their own. More than 85% of them required no psychiatric hospitalizations during the year.

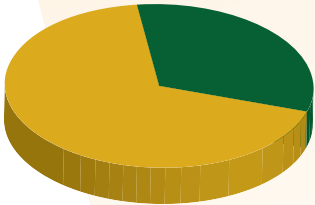
“Knowing your care for our mission, I trust you will continue to partner with NewBridge as it tackles some of society’s toughest issues: mental illness, addiction, isolation, homelessness and more.”

— Retired NewBridge CEO Robert L. Parker

FINANCIALS

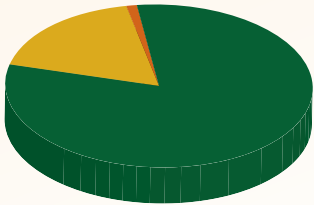
FY 2020 Revenue

| | |
|------------------|--------------|
| ■ Public Support | \$3,616,534 |
| ■ Private | 7,689,945 |
| | <hr/> |
| | \$11,306,479 |



FY 2020 Expenses

| | |
|-------------------|--------------|
| ■ Program | \$9,061,567 |
| ■ General & Admin | 1,989,575 |
| ■ Fundraising | 117,603 |
| | <hr/> |
| | \$11,168,745 |



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 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!

DONORS

We are so grateful to the individuals, family foundations and businesses that supported NewBridge in 2020. 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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“
*I don't feel alone
anymore because I
have NewBridge.
I have hope!*”

“
*As a parent
of two girls,
I'm **thankful**
for NewBridge
in our life.*”

Clients' Voices

“
*It is
unbelievable
the work NewBridge
does for people.*”

“
*Have learned a lot
about myself and
how to cope.*”

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



NewBridge

50+ Years of Service

Bringing Balance
to People's Lives



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