

The *Power* of NewBridge



NewBridge Services

IMPACT 2022



Helping People
Move Forward

Dear Friend,

Through counseling, housing and education, NewBridge Services supports people at all stages of life. We're here to heal, to teach, to comfort, to inspire, and to lighten burdens, helping thousands of children, adults and seniors each year. In our 2022 annual report, we've shared stories of three families across the life spectrum whose experiences testify to the power of NewBridge.

Last year marked the 10th anniversary of our Child and Family Services program. In 2012, New Jersey chose NewBridge for its expertise in children's mental health services to work with children who experienced neglect or abuse. Since then, we've helped 1,313 children, parents and other caretakers heal. We'll introduce you to Anthony, who greatly improved his parenting skills with support from CFS. Years later, he and his children are flourishing!

Struggles as a young adult can derail aspirations. NewBridge Jobs Plus graduate Crystal Stankevitch has come a long way since leaving high school at age 16. The certified medical assistant specializing in emergency medical care said NewBridge helped her find her professional niche.

NewBridge SAIL has helped seniors Mila and Luis Morales remain in their home. NewBridge arranges caregiver services for Luis, who has serious health issues, provides ongoing emotional support, and makes sure they have what they need.

We are proud to do this important work in our communities and grateful to our supporters who make it possible. NewBridge announced in 2022 we are joining forces with the health care organization Christian Health to ensure NewBridge's viability long into the future. Thank you to all who believe in the power of NewBridge!

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

NewBridge continually evolves to meet the needs of individuals and communities. NewBridge:

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

In 2022, NewBridge:

- ✓ Announced plans to **partner with Christian Health**, a large health care organization, to strengthen NewBridge's viability long into the future.
- ✓ **Purchased property**, with generous support from the Holmes Family Foundation, to create a NewBridge campus in Pompton Plains.
- ✓ Marked the **10th anniversary** of its highly successful Child and Family Services program, which has helped 687 families.
- ✓ **Trained 212 people** in youth and adult Mental Health First Aid — a fourfold increase over 2021.
- ✓ **Expanded** a compulsive gambling treatment program operating in Morris and Passaic counties to Sussex County.
- ✓ **Delivered Thanksgiving meals** to 150 clients.

HIGHLIGHTS

“There are so many moments to cherish. I’m so proud of him!”

— Debbie Vazzano



Debbie Vazzano sends a photo of her son and grandchildren to NewBridge’s Child and Family Services each year as a thank you for helping him become a better parent and regain custody of his son and daughter.

“They were really committed to getting the family back together,” said Vazzano, who fostered her son’s older two children for 13 months about five years ago.

During that time, Anthony Cerza only saw his children at supervised visits and family counseling sessions. First resentful, Cerza said he came to embrace therapy. *“It was very good for me. I learned to be more patient, to take time and listen, and to accept help when I need it,”* the 34-year-old said.

Early on, his son, then age 5, called Cerza The Hulk, after the rage-powered superhero. *“At first I thought he called me that because he saw me as strong, but then I understood he was a little afraid of me: I’d always had a bad temper,”* Cerza said. As they progressed in therapy, Anthony Jr. *“started calling me Superman,”* Cerza said. *“That really felt good.”* The counseling also helped strengthen Cerza’s relationship with his mom, they both said.

Cerza is now engaged and a father of four. He bought a home for his family and owns a landscaping business. He coaches Anthony Jr.’s football and baseball teams. While the children were in foster care, Cerza wrote songs to cope with his feelings. Now he and his 9-year-old daughter, Mia, write poetry together.

“I’m so proud of him!” Vazzano said. *“Five years ago, I never thought he would be doing all these things with them,”* she said. *“There are so many moments to cherish.”*

COUNSELING

- ✓ **1,327 people** dealing with addictions, mental illness and other stressors received counseling. More than 94% of clients attained or made progress toward one or more of their goals.
- ✓ **214 abused and neglected children** and their families learned skills and received support for improved family functioning.
- ✓ **380 seniors** remained in their homes with support from NewBridge Senior Assistance for Independent Living (SAIL).
- ✓ **21 homebound seniors** and **16 caregivers** received in-home counseling through NewBridge@Home.
- ✓ **163 adults** with severe and persistent mental illness participated in NewBridge’s adult day treatment program. Eighty-seven percent made progress on at least one goal.

“I cherish NewBridge. The program and staff guided me with the tools needed to blossom and achieve all the goals wanted.”

— Crystal Stankevitch



Stankevitch worked in child care while studying to become a certified medical assistant. She developed an interest in emergency medical care over the years, landing a job at a hospital emergency department, and most recently at one that handles psychiatric crises. Stankevitch may put her training to use in law enforcement. Urged by friends, she took the New Jersey law enforcement exam, and has been interviewing for positions.

“I cherish NewBridge. The program and staff guided me with the tools needed to blossom and achieve all the goals wanted,” she said.

EDUCATION

- ✓ **200 seniors and caregivers** learned the risks of opioids and alternative approaches to chronic pain management, and practical approaches to health and wellness. All surveyed reported making lifestyle changes as a result.
- ✓ **1,700 high school and middle school students** participated in outreach programs/wellness fairs promoting resiliency.
- ✓ **24 young adults** earned their New Jersey high school diplomas through NewBridge Jobs Plus.
- ✓ **30 teenagers** learned life and career skills through NewBridge’s summer youth employment program.
- ✓ **212 people** were trained in Mental Health First Aid to recognize symptoms of mental illness. Of those, 90 received youth MHFA training.
- ✓ **130 seniors and caregivers** participated in the virtual Bodies in Motion! program that helps seniors ease pain through gentle movement to music.

Crystal Stankevitch has found her professional calling, and she credits NewBridge Services’ alternative education and career program with helping her onto the path. The 25-year-old mother of two is working in emergency medical care and pursuing a career in law enforcement, leaving the social and academic struggles she faced in middle school and high school far behind.

On her 16th birthday in 2014, a Friday, Stankevitch withdrew from her high school, and that Monday, she started classes at NewBridge Jobs Plus. Her reading level rose and her interpersonal skills vastly improved. The program included tours of colleges and mock interviews for job hunting. Within four months, she completed the program’s requirements and earned her New Jersey high school diploma.

“I wanted better opportunities for my life, more than high school had to offer, and NewBridge gave me the opportunity to accomplish more goals I had in mind,” she said.

“I feel rejuvenated. NewBridge is very healthy for me!”
— Mila Morales

“The Holmes Family Foundation continues to support NewBridge Services, which has for six decades cared for society’s most vulnerable. We want to help ensure NewBridge’s future, so it is always here to help people in need.”
— Bonnie Holmes



When Luis Morales suffered a massive heart attack on his postal route 22 years ago, his wife, Mila, became his primary caretaker. She has since tended her husband of 47 years through a heart transplant and numerous serious ailments.

In 2021, as she faced her own health problems, Mila Morales reached out for help to care for her husband. The Morris County Office on Aging, Disabilities & Veterans connected her with NewBridge Services, and the couple’s support system took shape.

Adrienne Sauer, their first case manager with NewBridge Senior Assistance for Independent Living (SAIL), helped obtain 14 hours a week of caregiver services and medical equipment for Luis Morales through Veteran’s Affairs.

“Adrienne went right into helping mode,” said Mila Morales. She hadn’t known her husband’s two years in the Army during the Vietnam War qualified him for benefits.

Claudia Mattson took over as case manager when Sauer became Mila Morales’ counselor. Mattson helped

the couple secure a break on their heating bills, as well as another nine hours of caregiver services. When Mila Morales had to be hospitalized, Mattson assisted their 19-year-old granddaughter, Julianna, in applying for and receiving temporary 24-hour care for her grandfather.

“When we need help, Claudia springs into action,” Mila Morales said, calling Mattson a hero. *“All she needs is a cape!”*

Through weekly counseling sessions with Sauer, *“I found out I deserve to take care of myself, without guilt,”* the 65-year-old said. After each Zoom session, *“I feel rejuvenated. NewBridge is very healthy for me!”*

Mila and Luis Morales, 78, said they don’t know what they would do without NewBridge SAIL. *“Claudia and Adrienne are always right there for us, like family,”* she said.

HOUSING

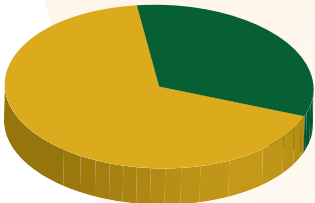
- ✓ **105 people**, many with special needs, resided in 84 units of affordable housing provided by NewBridge.
- ✓ **62 people** lived in NewBridge’s five group homes, with all residents making progress toward or attaining at least one of their goals related to mental health, physical health, socialization, and daily living activities.
- ✓ **77 people** diagnosed with persistent and chronic mental illness received support services that allowed them to live on their own. Nearly all reported making strides in managing their mental health symptoms.

FINANCIALS

For the Fiscal Year Ended June 30, 2022

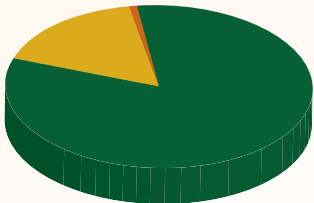
Revenue

■ Public Support	\$3,653,559
■ Private	\$7,472,636
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	\$11,126,195



Expenses

■ Program	\$9,182,423
■ General & Admin	\$1,852,654
■ Fundraising	\$80,845
	<hr/>
	\$11,115,922



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 2022. 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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*NewBridge
has helped me
so much through
the years!*
”

“
*I would recommend
NewBridge to anybody
who needs help.*
”
**Clients’
Voices**

“
*Great place
to be and staff
are kind-hearted.*
”

“
*My counselor is
nice, knowledgeable
and easy to talk to
about anything.*
”

“
*Really appreciate
your follow-up
to make sure mom
gets services.*
”



*Bringing Balance
to People's Lives*



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