

The *Power* of NewBridge



NewBridge Services

IMPACT 2021



Helping People
Move Forward

Dear Friend,

NewBridge Services again in 2021 helped thousands of people — from children to seniors — navigate fraught times through counseling, housing and education. Many programs resumed in-person sessions, while we continued to offer virtual options to ensure clients received needed care.

In spite of pandemic restrictions that continued to limit some of our larger-volume programs, NewBridge launched several initiatives to address identified needs in our communities. We collaborated with Morris County to create a twice-monthly peer support group for U.S. veterans, and established an electronic devices lending library for clients to help them cope with isolation.

To address the growing problem of compulsive gambling, several NewBridge counselors underwent specialized training so they can treat the addictive behavior in people who already struggle with substance use disorder or mental illness. The program is part of a state-led initiative.

Our efforts at NewBridge extend beyond the more than 4,000 individuals we served directly. The annual report includes stories of NewBridge's impact from caregivers' perspective. Their experiences demonstrate the ripple effects of NewBridge, something spreadsheets don't illuminate.

We encourage you to peruse the annual report and 'listen' to the voices of those we serve. They will affirm what you already know, that NewBridge plays a vital role in the well-being of our communities. Thank you to our generous supporters who make all NewBridge's good work possible.

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** a variety of 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
- ✓ Performs **psychological first aid** to 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 2021, NewBridge:

- ✓ Increased by 37% the number of seniors receiving in-home counseling through **NewBridge@Home**.
- ✓ **Launched** a compulsive gambling treatment program, and a veterans peer support group.
- ✓ **Delivered Thanksgiving meals** to 150 clients.
- ✓ Expanded **Seniors in Motion** tenfold, to serve more than 200 seniors. The virtual movement class helps seniors ease pain and lifts their spirits.
- ✓ **Upgraded** group homes and other properties, including replacement of aged furnaces/boilers, thanks to grants from the Columbia Bank Foundation and Morris County.

HIGHLIGHTS

“Chelsea has really grown up with NewBridge.”

— Rachel Colongon



Growing up with autism, Chelsea Colongon wrestled not only with depression and anxiety, but an impulsivity when overwhelmed or frustrated. As a teenager, that often resulted in her lashing out in anger, or sometimes harming herself.

“I had a lot of trouble managing my feelings,” Chelsea said. The 21-year-old began seeing Claire Dillon, a NewBridge counselor, when she was 16.

Chelsea said Dillon has taught her coping skills, and made her aware of consequences she would face if she didn’t learn to manage her behavior. *“She doesn’t sugarcoat things,”* Chelsea said with a laugh. *“Claire gives me really good advice, mostly by asking me questions, like ‘what can you do to fix the situation, to make things better?’”* she said.

“Chelsea has really grown up with NewBridge,” Chelsea’s mother, Rachel Colongon said. *“She’s gotten much better at controlling her emotions and mood, and when she has a problem, she knows that NewBridge is there. There are no more outbursts.”*

These days, Chelsea is running the cash register and prepping pickup orders at a restaurant. The East Hanover resident is taking online college classes in hospitality and completing a life skills program through the public school system.

“Before, I wouldn’t have been able to maintain a job because of my anger,” Chelsea said. *“When I have mean customers, I try to understand they may be having a bad day, and it has nothing to do with me.”* She now enjoys healthy relationships with a close group of friends and family.

COUNSELING

- ✓ **1,483 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.
- ✓ **237 abused and neglected children** and their families were set on the path to healing. The program achieved 100% success in family reunification.
- ✓ **354 seniors** remained in their homes with support from NewBridge Senior Assistance for Independent Living (SAIL). The number of seniors served was up 40% from 2020.
- ✓ **71 homebound seniors** and caregivers received in-home counseling through NewBridge@Home.
- ✓ **167 adults** with severe and persistent mental illness participated in NewBridge’s adult day treatment program. Nearly all (96.5%) made progress on at least one goal.

“The program was definitely a confidence-builder for her.”

— Sharon Yoo



Sharon Yoo wanted to help her teenage daughter, Zoe, develop skills to succeed, so she enrolled her in NewBridge Services’ summer youth employment program. Zoe learned to write a resume and persuasive cover letter, and to handle interpersonal conflicts. The mock interview, however, was Zoe’s favorite part.

“They made it seem real,” Zoe said. She dressed professionally and handled tough questions, drawing on all she’d learned. *“Now I know what to expect,”* she said. At 16, the Whippany Park High School sophomore may soon be putting that knowledge to use as she considers getting a summer job.

“The program was definitely a confidence-builder for her,” Sharon Yoo said. Yoo intends to enroll both Zoe and her 14-year-old son, Brody, in the nine-week, summer 2022 session. Students learn about financial literacy and stress management. The program also nurtures good citizenship with a supervised volunteer component. *“What they’re teaching are life skills every high schooler should have,”* Yoo said.

Zoe said she enjoyed packing meals at the Community Food Bank of New Jersey. Cutting brambles in a county park? Not so much. *“There were a lot of bugs,”* she explained. Zoe is looking forward to attending again. The instructors *“made it really fun!”*

EDUCATION

- ✓ **506 seniors and caregivers** learned of the risks of opioids and alternative approaches to chronic pain management through NewBridge’s Tame the Pain program. Nearly 70% of participants reported reduced pain levels using what they learned.
- ✓ **600 high school students** participated in outreach programs promoting resiliency.
- ✓ **61 seniors** attended presentations on coping with post-pandemic stressors.
- ✓ **25 young adults** earned their New Jersey high school diplomas through NewBridge Jobs Plus. The education and career program has a 96% success rate, measured by participants’ completion of the program’s components.
- ✓ **32 teenagers** learned life and career skills through NewBridge’s summer youth employment program.
- ✓ **54 people** were trained in Youth Mental Health First Aid to recognize symptoms of mental illness in adolescents. Another 10 received training related to adults in crisis.
- ✓ **50 members** of the Morris County Prosecutor’s Office attended NewBridge’s Victims Rights Week presentation.

“I’ve learned to advocate for my mom, but also for myself, to ask for help.”

—Marsha Nazon



A few years ago, Marsha Nazon left her home in New Mexico to help care for her ailing mother in New Jersey. When her mom suffered a major stroke and began showing signs of dementia, the arrangement became permanent.

Nazon took on the role of primary caregiver while also working as a nurse at a special needs school. The circumstances were fraught, largely because her 76-year-old mother resisted help. *“She was thinking she’s fine,”* Nazon said. *“My mom had always been very organized. Now, when she gets out of her routine, she gets very frustrated.”*

Nazon initially connected with NewBridge Senior Assistance for Independent Living for her mom, Hermite. However, NewBridge’s caregiver support service, NewBridge@Home, became a lifeline for Nazon. She began having regular sessions with NewBridge SAIL team leader SueAnn Schierloh.

“I can talk to SueAnn without judgement,” she said. *“I’ve learned to advocate for my mom, but also for myself, to ask for help.”* Schierloh gave Nazon

practical advice too, like using the Alexa virtual assistant to set reminders for her mom. *“That helped her to feel more independent,”* she said.

Nazon’s mom resisted a home health aide, so members of the family’s church check on her mom virtually throughout the day, and get her to medical appointments. Nazon asked a family member to fill in when she underwent medical procedures.

The counseling has helped Nazon cope. *“Mom’s dealing with it from her perspective, and I’m dealing with it from mine,”* she said.

HOUSING

- ✓ **110 people**, many with special needs, resided in 84 units of affordable housing provided by NewBridge, in collaboration with other nonprofits.
- ✓ **57 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.
- ✓ **82 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.
- ✓ **6 or more** disabled/working poor tenants struggling financially due to the pandemic received help from NewBridge in applying and obtaining state, federal, and other assistance for their rental arrears/rent relief.

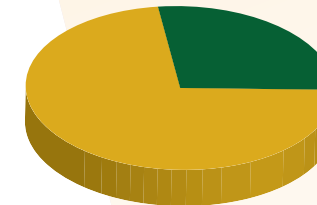
“My family and I continue to support NewBridge because we’ve seen its power in restoring people’s hope and well-being. Healthier people and stronger communities are the return on our investment.”

— NewBridge Board of Trustees President Debbie King

FINANCIALS

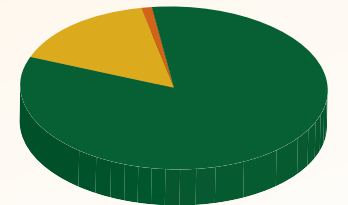
FY 2021 Revenue

■ Public Support	\$3,496,165
■ Private	\$9,275,109
	\$12,771,274



FY 2021 Expenses

■ Program	\$9,719,196
■ General & Admin	\$1,849,719
■ Fundraising	\$125,091
	\$11,694,006



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 2021. 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 been
extremely important
in **helping me**
transform my health
and well-being.
”

“
Over the years,
my **respect and**
admiration has only
grown for my therapists
and staff
at NewBridge.
”

Clients' Voices

“
They handled the
COVID crisis with
tender-loving care.
”

“
The entire staff is
exceptional: **professional,**
educated, kind, patient
and caring. I'm so
grateful for each one
of them in my life.
”

“
NewBridge has
helped me a lot.
I depend on them.
”



*Bringing Balance
to People's Lives*



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