

The *Power* of NewBridge



NewBridge Services

IMPACT 2023



Helping People
Move Forward

The Power of NewBridge 60th Anniversary

Dear Friend,

In 2023, we celebrated our rich, 60-year history while also laying the foundation for a robust future. We are awed by our pioneering founders, who recognized the need for community-based mental health care at a time mental illness remained cast in shadow.

Opening in 1963 as the Pequannock Valley Mental Health Center, NewBridge grew and continually evolved. Today, through counseling housing and education, NewBridge tackles some of society's toughest issues, including mental illness, substance abuse, homelessness and isolation. We help thousands of children, adults and seniors in Morris, Passaic and Sussex counties and beyond each year.

We've made a huge investment in NewBridge's future with the opening of our new headquarters, unveiled in December. The two buildings on Newark Pompton Turnpike are adjacent to our adult psychiatric day treatment program and affordable apartments for adults with special needs. We now have a NewBridge campus in the heart of Pompton Plains, where we got our start six decades ago. We are proud to be a Pequannock Township fixture!

In November, we celebrated 40 years of NewBridge Jobs Plus, our successful alternative education and career program, which has helped well over 1,000 young adults earn their high school diplomas and embrace a purposeful path in life. We also hosted our first in-person Thanksgiving luncheon since the start of the pandemic. More than 60 clients enjoyed a traditional feast and each other's company. We're grateful to the donors and volunteers who made it possible.

2023 was a banner year for NewBridge, and we hope you'll enjoy reading about our accomplishments and three of our amazing clients. As always, we are grateful to our generous supporters who make all NewBridge's good work possible.

Sincerely,


Michelle Borden
NewBridge CEO


Debbie King
Board of Trustees President

PO Box 336 | Pompton Plains, NJ 07444 | 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
- ✓ 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 so they can live in their community
- ✓ **Facilitates** support groups
- ✓ Provides **psychological first aid** to communities in crisis

In 2023, NewBridge:

- ✓ Celebrated the **40th anniversary** of NewBridge Jobs Plus, its successful education and career program.
- ✓ **Unveiled its new headquarters**, creating a NewBridge campus in downtown Pompton Plains.
- ✓ Supported older veterans through **NewBridge@Home**.
- ✓ **Received recognition** from U.S. Representative Mikie Sherrill, New Jersey Gov. Phil Murphy, state Sen. Anthony M. Bucco and other officials.
- ✓ **Received grants** from several prominent foundations to expand programs for seniors and caregivers, and to add safety equipment and a generator at NewBridge properties.
- ✓ **Hosted 60 clients** at its first in-person Thanksgiving luncheon since the pandemic hit.
- ✓ **Created a training program** on Alzheimer's and other dementias.
- ✓ **Received state approval** to provide evidence-based medication assisted treatment (MAT) for clients with substance use disorder and those with co-occurring disorders.

HIGHLIGHTS

“She takes the anxiety away so I can have some peace.”

— Barbara D’Alessio



Barbara with NewBridge RN Margaret Macrae

Coping with several serious health conditions, Barbara D’Alessio is proud to live on her own at 80 — with some behind-the-scenes help from NewBridge SAIL. *“Barbara desperately wants to be independent, but is not afraid to ask for help when she really needs it,”* said Claudia Mattson, Barbara’s NewBridge SAIL case manager since 2020.

Barbara relies on Mattson for completing paperwork to keep her qualified for rental assistance, to negotiate lower payments on doctor bills, and to ensure she receives other social welfare benefits. Mattson also connected Barbara with in-home mental health counseling.

“Claudia manages everything!” Barbara said in her Parsippany apartment filled with photos of her four adult children and nine grandchildren. In 2023, Mattson signed Barbara up for Medicaid, which also provides her \$290 a month for utility bills and food.

“Whenever I have a problem, Claudia always, always, ALWAYS calls me back. She makes my life easier and I love her with all my heart,” she said, tears in her eyes. On a recent visit, NewBridge SAIL registered nurse Margaret Macrae gave Barbara a checkup, as she does every six weeks. *“Margaret is so kind and compassionate, just excellent at her job,”* Barbara said.

Barbara worked as a nurse into her 70s until rheumatoid arthritis sidelined her. She underwent three surgeries since 2018 for tongue cancer.

A woman of deep faith, Barbara attends church weekly with a friend. Another church member cleans the apartment and helps with meals. *“I’m so blessed to get up each morning to see another day,”* she said. *“And Claudia, she is my guardian angel. She takes the anxiety away so I can have some peace.”*

COUNSELING

- ✓ **1,132 individuals** dealing with mental illness, addictions and other stressors underwent counseling. Some clients also received medication management.
- ✓ **240 abused and neglected children** and their families learned skills and received support for improved family dynamics. Ninety percent made progress on at least one goal.
- ✓ **380 seniors** remained in their homes with support from NewBridge Senior Assistance for Independent Living (SAIL). NewBridge made more than 200 referrals to services.
- ✓ **23 homebound seniors** and **11 caregivers** received in-home counseling through NewBridge@Home. The program provided 705 counseling sessions.
- ✓ **150 adults** with severe and persistent mental illness participated in NewBridge’s adult day treatment program. Three-quarters attained or made progress on at least one goal.

“The people at NewBridge showed me life is worth living.”

— Ashley Lopez Cruz



Struggling with depression and anxiety, Ashley Lopez Cruz’ high school experience got off to a rough start — and went downhill from there. By junior year, when she returned to in-person classes after the long pandemic hiatus, it was unbearable.

“I would call my mom to pick me up because I was throwing up. I was barely in school,” Ashley said. *“I realized, I really can’t be here anymore.”*

She enrolled in NewBridge Jobs Plus in April 2022 and immediately, the staff helped arrange counseling to help her cope with her depression and anxiety. *“I was going through a lot mentally. The people at NewBridge showed me life is worth living,”* Ashley said.

The 19-year-old said Educational Counselor Jasiah Rodriguez helped her become a more independent student ready for the rigors of college. *“I loved doing school work again,”* she said. Within four months, Ashley had earned her New Jersey high school diploma. She was named the Class of 2023’s Associate of the Year and received a \$2,000 Parker Endowment Scholarship Award.

Ashley is studying biology at County College of Morris and works in the campus bookstore. After earning her associate’s degree, she plans to transfer to Cedar Crest College in

Pennsylvania and pursue veterinary medicine. Of the many NewBridge Jobs Plus field trips Ashley went on, her favorite was a horse sanctuary where she walked and groomed horses.

Ashley lives in Dover with her parents and sister. Her mom, Veronica Lopez, said she is incredibly proud of Ashley for earning her diploma and pursuing her dream. *“Everyone at NewBridge supported Ashley’s education and her mental health,”* Lopez said.

EDUCATION

- ✓ **442 people, including 200 public school staffers**, received training in Youth Mental Health First Aid to learn how to respond to youth in crisis. Nine EMS/firefighters and 10 others trained in adult MHFA.
- ✓ **59 Morris County law enforcement and human services staff** trained in suicide prevention.
- ✓ **106 residents** of senior housing centers learned about life transitions, safe medication use, and how to effectively communicate with health care providers.
- ✓ **198 seniors and caregivers** attended Tame the Pain programs including Bodies in Motion, the movement-to-music class to help ease pain.
- ✓ **30 young adults** completed the NewBridge Jobs Plus alternative education and career program.
- ✓ **14 teenagers** learned life and career skills and participated in six community service projects through NewBridge’s summer youth employment program.
- ✓ **1,800 high school students and staff** were among those who received information on mental health resources from NewBridge at four community education and outreach events.

“I am so happy with my life now!”

— Colleen Hageman



In the late 2000s, Colleen Hageman had a psychiatric break and spent nine months at Greystone Park Psychiatric Hospital. As her discharge approached, she worried: *“I didn’t have anywhere to go,”* she recalled.

NewBridge Services welcomed her into one of its five group homes. A year later, Colleen moved into a NewBridge two-bedroom apartment so her teenage son could live with her.

Despite the stable home, Colleen’s struggles continued. Almost yearly, she was admitted to a hospital psychiatric ward, she said. When a pain management doctor prescribed Percocet for herniated disks in her neck and back, she became addicted.

A turning point came when she returned from a hospital stay to find her apartment in disarray. *“My son said, ‘Mom, you did this.’ That’s when I realized how out of control I was,”* she said.

Doctors found a medication that effectively manages Colleen’s schizophrenia. She attended intensive outpatient addiction treatment and joined Alcoholics Anonymous. *“My first AA meeting was like coming home. Everyone was so supportive,”* Colleen said.

Colleen has been sober seven years and hasn’t been hospitalized for mental illness in more than eight. She has worked four years as a part-time cashier at the same grocery store. NewBridge helps ensure she receives Medicaid and other benefits. *“NewBridge saved my life. I owe them a lot!”* she said.

The 63-year-old’s children, Rain and Nick, are back in her life, and she found lasting love with a man named Bill she met at AA. Colleen is proud that, because of her recovery, she is entrusted to care for her 3-year-old grandson, Kai, regularly. *“I am so happy with my life now!”* she said.

HOUSING

- ✓ **100 people**, many with special needs, resided in 84 units of affordable housing. More than 30 have been tenants for 10-plus years and several for more than 20.
- ✓ **58 people** lived in NewBridge’s five group homes, with all making progress toward or attaining at least one of their goals.
- ✓ **74 people** diagnosed with persistent, chronic mental illness live independently; more than 80% reported satisfaction with NewBridge’s supports.

“People with mental health problems. Broken families. Seniors who want to stay in their homes. Young people who need help getting their high school diploma. NewBridge is there for all of them.”

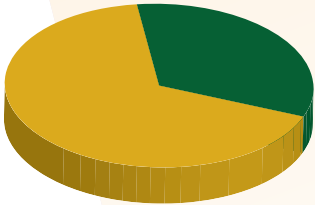
— Jeff Gillman, who marked 50 years as a NewBridge volunteer

FINANCIALS

For the Fiscal Year Ended June 30, 2023

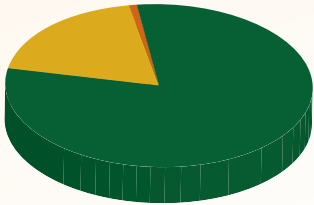
Revenue

■ Public Support	\$3,787,639
■ Private	\$7,602,564
	\$11,390,203



Expenses

■ Program	\$9,006,355
■ General & Admin	\$2,133,659
■ Fundraising	\$76,480
	\$11,216,494



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.

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 2023. 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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Thank You!



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Clients' Voices

“ I feel like **I have grown a lot** since I first started. My therapist has and is helping me better myself on so many different levels. ”

“ A big thank you to my counselor for her help by **listening, sharing thoughts without being judgmental.** ”

“ I love how NewBridge works next to me and **doesn't try to push me** to my next level. ”

“ The remote session appointments have completely **transformed my ability to stay consistent** with my treatment. ”

“ The staff is constantly outreaching to me with various assistance programs that are **helping me balance** the things I would have never been aware of, if not for them. ”



Reverend Donner B. Atwood • Mary Jane Kelly • Jim Ryan • Judge Herbert Irwin • Dr. Kurt Manrodt

NewBridge
60+ Years of Service
Bringing Balance to People's Lives



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