

The *Power* of NewBridge



NewBridge Services
IMPACT 2024



Helping People
Move Forward

The Power of NewBridge

Dear Friend,

As 2024 drew to a close, we reflected on NewBridge Services' achievements, measured by the successes of our clients. What stood out most was what has always made NewBridge special: our unwavering commitment to **walk alongside clients throughout their healing journeys.**

Nancy Bell-Padilla, a client of NewBridge SAIL (Senior Assistance for Independent Living), found herself homeless after a debilitating stroke in 2022. Team leader SueAnn Schierloh connected her to temporary housing, Medicaid, Meals on Wheels, and phone counseling through NewBridge@Home. With support, Nancy eventually secured an apartment, and SueAnn continues to ensure she has the resources she needs to thrive.

Since our founding in 1963, NewBridge has evolved to meet the changing needs of our communities. Our **innovative, evidence-based programs** help individuals recover from addiction and mental illness, overcome trauma, and build lives of stability and purpose. We provide housing for people with special needs, supports for seniors and those with serious mental illness to live independently, and psychological first aid when tragedy strikes. At the heart of our work is personalized care that brings balance to people's lives.

Joining Christian Health in 2024 has strengthened both organizations' ability to serve. NewBridge, for example, hired a **gambling addiction specialist** to address this growing crisis, which increasingly affects children. The specialist provide intervention programs in schools and one-on-one treatment to struggling individuals.

All of this is possible because of you. Your generosity fuels our mission and ensures we can meet people where they are and guide them toward brighter futures. Thank you for believing in the **Power of NewBridge.** We hope you enjoy reading about our 2024 accomplishments and meeting three incredible clients who will undoubtedly put a smile on your face.

Sincerely,

Michelle Borden
NewBridge CEO

Debbie King
Board of Trustees President

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 tackles some of society's toughest challenges, including mental illness, addiction, homelessness and isolation. Through 12 programs, NewBridge:

- ✓ Treats **mental illness and addictions**.
- ✓ **Counsels** individuals and families to overcome conflicts and grief.
- ✓ **Helps neglected and abused children heal** and trains parents to be the caregivers their children deserve.
- ✓ Provides **in-home mental health counseling** to homebound seniors and their caregivers.
- ✓ **Connects older adults with needed services** and provides wellness check-ins so they can remain in their homes.
- ✓ Runs a **successful alternative education and career program** that gives young adults a second chance at success.
- ✓ Provides **case management and psychiatric rehabilitation services** to adults with mental illness so they can live in their communities.
- ✓ **Operates group homes and apartments** for those with serious mental illness and a history of hospitalizations who require intense supervision.
- ✓ **Offers psychological first aid** to communities in crisis.

2024 Achievements

- ✓ Attained the goal of NewBridge's **Zero Suicide** initiative of no loss of life to suicide by anyone directly involved with NewBridge.
- ✓ Launched program that helps adults with both serious mental illness and substance use disorder **navigate treatment and recovery services**.
- ✓ **Purchased a group home** long operated by NewBridge to assure its future.
- ✓ Celebrated naming of NewBridge's Mike Fritts as **NJ Supervisor of the Year**.
- ✓ **Streamlined client intake process** for quicker appointments.
- ✓ **Increased participation** in adult psychiatric day treatment group programs.
- ✓ **Relocated our Parsippany Center** to 99 Cherry Hill Road.
- ✓ **Joined Christian Health**, strengthening the impact of both nonprofits.

HIGHLIGHTS

“I have changed so much, I have revived!”

— Dolores “Dee” Davis



Dolores ‘Dee’ Davis was referred to NewBridge@Home after suffering a traumatic head injury in a brutal attack in December 2023. After a 10-day hospital stay, Dee still dealt with blackouts, vision problems and extreme fatigue. When NewBridge@Home clinician Jillian Jantzen first visited, Dee was falling

asleep mid-sentence. Jantzen helped identify the culprit: a dangerous mix of prescribed medications.

“If it weren’t for Jillian, I’d be dead! I was out of my mind with all that medication,” Dee said.

Jantzen provides weekly in-home mental health counseling and support to Dee, who is diagnosed with schizophrenia, bipolar disorder, and anxiety. ***“She is my guardian angel,”*** Dee said.

The 64-year-old has struggled much of her life. Her parents died in their 50s, and she became a mother at age 16. Dee plunged into grief when her daughter died at 7½ months. Within a few years, Dee became addicted to heroin and codeine — a habit she said she fed by shoplifting and stealing stereo systems from cars. She landed in prison after committing a house burglary.

Getting caught turned out to be a blessing. She received early probation and entered a residential drug treatment program, where she excelled. Upon completion, Dee became a certified drug counselor helping adults and later adolescents.

With her medications adjusted and weekly counseling with Jantzen, Dee feels energetic. ***“I have changed so much, I have revived!”***

Jantzen agrees wholeheartedly: ***“Dee has learned from her past mistakes and is looking ahead to the future to live a more independent life with a higher purpose,”*** Jantzen said. ***“She has more self-confidence, is more aware of when people try to take advantage of her, and uses her past experiences and trauma to inform others to help them live better lives.”***

COUNSELING

- ✓ **1,248 individuals** dealing with mental illness, addictions and other stressors engaged in counseling, and some received medication management.
- ✓ **254 children** and their families in the state’s child welfare system were treated. 95% of families had their children at home a year post discharge.
- ✓ **171 seniors** remained in their homes with support from NewBridge Senior Assistance for Independent Living (SAIL). NewBridge made more than 110 service referrals.
- ✓ **31 homebound seniors** and **24 caregivers** received in-home counseling through NewBridge@Home. The program provided 931 counseling sessions.
- ✓ **164 adults** with severe and persistent mental illness participated in NewBridge’s adult psychiatric day treatment program. 83% attained or made progress on at least one goal.

“What NewBridge JobsPlus gave her – and gave us – is life-changing.”

— Alyssa Adonis



Anxiety triggered by crowded, noisy halls made attending Roxbury High School untenable for honor student Madyson Adonis. *“I was struggling to even walk in the building,”* Madyson said.

Madyson withdrew in October 2023 and enrolled in NewBridge JobsPlus. The atmosphere at the alternative education and career program was welcoming and calm, the 17-year-old said.

Madyson benefited from the life and job skills training, becoming more self-confident and comfortable around others. Her mother, Alyssa, was astonished when Madyson participated in a mock interview.

Named NewBridge JobsPlus’ 2024 Associate of the Year, Madyson enrolled at County College of Morris beginning in summer 2024 to study animation. (JobsPlus helped her secure a scholarship.) Her mother said she is thriving and shared this anecdote:

Madyson’s instructor for media aesthetics made a deal with the class: anyone earning an A on assessments could skip the final exam. Short one point, Madyson mustered the courage to explain she had misunderstood a question. On the spot, the instructor had her answer it. She got her A.

“Madyson is a different kid from what she was before,” Alyssa Adonis said. *“What NewBridge JobsPlus gave her — and gave us — is life-changing.”*

Madyson first showed symptoms of anxiety at age 9, soon after her twin brother, Matthew, was diagnosed with brain cancer, and she later developed anorexia. Madyson is managing both disorders well, and her brother is cancer-free.

EDUCATION

- ✓ **63 young adults** enrolled in **NewBridge JobsPlus**: 19 earned high school diplomas and all the rest progressed toward that goal.
- ✓ **12 high schoolers** learned life and career skills and engaged in community service through the **Summer Youth Employment** program.
- ✓ **233 people** trained in **Mental Health First Aid** to learn how to respond to individuals in crisis.
- ✓ **132 older adults** and caregivers took part in **Bodies in Motion**, a move-to-music class to ease pain. Another 58 senior housing residents attended healthy aging education workshops that included Bodies in Motion.
- ✓ **85 senior housing residents** learned about **life transitions, safe pain management**, and effectively **communicating with health care providers**.
- ✓ **28 people** affected by 5 community crises received psychological first aid.
- ✓ **1,400 high school students** and staff were among 1,800+ people involved in NewBridge **community trainings, outreach and education activities**.
- ✓ **71 law enforcement** and human services professionals trained in **suicide prevention and awareness**.

“I have a much better quality of life with NewBridge.”

— Ken Hughes



Ken Hughes' life was once ruled by obsessive-compulsive disorder and anxiety. He was afraid to leave his house. He took two-hour showers. He brushed his teeth so much he stripped the enamel.

Diagnosed at 18, he cycled through medications that either didn't work or had unbearable side effects. After his father died in 2000, he moved from Long Island to New Jersey, where his sister found NewBridge's adult psychiatric day treatment program.

Ken participated in group interventions and individual therapy, learning to manage stress and maintain sobriety following 12 years of self-medicating with alcohol. He also made friends.

In March 2002, he moved into a NewBridge group home where he learned life skills, including cooking. ***“I really developed a love for it,”*** said Ken, whose signature dishes include lemon chicken, baked ziti and meatloaf.

His NewBridge psychiatrist helped Ken find a medication that worked and allowed him to take the next step toward

independence. He transitioned to a shared NewBridge apartment and then, with Section 8 funding, he landed his own apartment in 2012.

NewBridge's Community Support Services (CSS) program helps him stay on track. His case manager checks in on him, takes him grocery shopping, and accompanies him to medical appointments.

“I have a much better quality of life with NewBridge,” Ken said. The 51-year-old attends the day treatment program three afternoons a week, down from the five full days when he first joined.

“All the counselors and workers at NewBridge give me good advice and assistance,” said Ken, who enjoys hosting friends for dinner. ***“NewBridge has made a big difference in my life.”***

HOUSING

- ✓ **105 people** with mental illness or other 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.
- ✓ **51 people** lived in NewBridge's group homes and supervised apartments. 76% attained or made progress toward at least one of their goals.
- ✓ **56 people** diagnosed with persistent, chronic mental illness receive supports including illness management and care coordination that allowed them to live independently.

“I support NewBridge Services because of the caring, professional assistance it provides to those in need – from children to seniors – in mental health and addiction treatment, education, and desperately needed housing. NewBridge truly needs and deserves our support.”

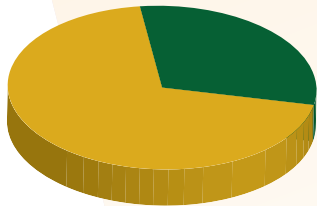
— NewBridge Services Trustee Isobel Wayrick

FINANCIALS

For the Fiscal Year Ended June 30, 2024

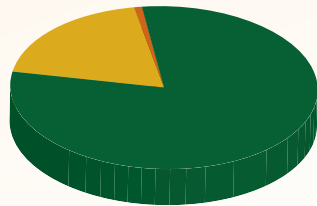
Revenue

Public Support	\$3,678,747
Private	\$8,381,689
	\$12,060,436



Expenses

Program	\$9,995,590
General & Admin	\$2,370,890
Fundraising	\$93,646
	\$12,460,126



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!

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We are so grateful to the individuals, family foundations and businesses that supported NewBridge in 2024. 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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Clients' Voices

“NewBridge has *helped me understand my illness and symptoms*. I am very happy with this program. Thank you!”

“I don't know where I would be if I didn't have my therapist in my life. *I continue to grow and learn* so much with our weekly sessions.”

“I have been in therapy and struggle with anxiety and depression for years. Here *I feel validated and cared for* in ways I had been seeking out forever.”

“I thank all of my counselors at NewBridge for their dedication and hard work. They are *amazing counselors* and they made treatment so much more comfortable for me because of how nice and trustworthy they are. Amazing.”

“My counselor is fantastic, and we clicked right away. The office *staff is caring and always willing to help*. I'm grateful for a place like NewBridge!”



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