

# THE POWER OF NEWBRIDGE



# THE POWER OF NEWBRIDGE

Dear Friends,

2025 was a year of strengthening — clearer communication with our communities, deeper collaboration with partners, and continued support for clients as they build stable, healthy lives.

One milestone was the rollout of NewBridge's new website and logo, which better reflect who we are today and the professionalism, compassion and expertise behind our work. At the same time, our affiliation with Christian Health improved access to resources for responding to complex client needs.

Partnerships were especially critical in 2025 as NewBridge addressed housing instability and access to care. We began implementing New Jersey's FamilyCare Housing Supports program, furthering our efforts to prevent and reduce homelessness among individuals with significant challenges.

Behind the scenes, our outpatient and adult psychiatric day treatment programs adjusted to changes in Medicaid managed care, transitioning more than 400 clients without interruptions in treatment. This complex, highly coordinated work was essential to continuity of care.

Our commitment to suicide prevention remained paramount. In 2025, NewBridge marked three full years with no suicide deaths among clients. We remain committed to sustaining the nationally recognized Zero Suicide framework for suicide prevention.

We also intensified our response to problem gambling, an increasingly urgent issue as new technologies make wagering accessible to children and adults alike. We are focused on prevention, education and treatment, supporting not only those struggling with problem gambling but their affected family members.

We are proud of our dedicated staff, including Community Support Services team member Ivy Brown, who was recognized in 2025 by the New Jersey Psychiatric Association for her outstanding work.

Your support made this year of strengthening possible and positions NewBridge well for the work ahead.

With gratitude,



Michelle Borden  
Chief Executive Officer



Debbie King  
President, Board of Trustees



## 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 more than a dozen 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

### 2025 Achievements

- Rolled out the NJ FamilyCare Housing Supports Program to help Medicaid recipients with serious health challenges who are at risk of homelessness secure and maintain stable housing.
- Marked three years with no suicide deaths by anyone involved with NewBridge. 66 staff were trained in suicide prevention and risk screening and assessment.
- Bolstered **problem gambling prevention and treatment** efforts to combat the growing risk.
- Transitioned 400 clients to **Medicaid managed care** without any interruption to their treatment.
- Launched a **redesigned website** that is easier to navigate, provides clear information about programs and shares experiences of our resilient clients.
- Unveiled a new logo that reflects NewBridge's **affiliation with Christian Health**, a relationship that has strengthened our ability to connect people to the right care as their needs change.

# HIGHLIGHTS



***"She lets me know I can get through things."***

— Frances Jackson

Before Katie Skolsky began visiting her, 83-year-old Frances Jackson spent long days with her thoughts and chronic pain. Being homebound made life feel smaller, and the passing of close friends weighed heavily.

Today, Frances said she has "far fewer pity parties," a change she credited to her weekly sessions with Skolsky, director of **NewBridge at Home**. The program provides free, in-home counseling to older adults in Morris County who are homebound and struggling with depression, anxiety or loneliness, and support for family caregivers.

Their conversations have helped Frances feel understood. "Katie doesn't push me," Frances said. "She pulls things out of me."

Frances has received in-home counseling since late 2024. She was referred by the visiting registered nurse from **NewBridge Senior Assistance for Independent Living (SAIL)**.

She said she feels confident her conversations with Katie remain private. "What I appreciate a lot about my visits with Katie — this is between me and Katie," Frances said.

"She lets me know I can get through things," added the longtime Morristown resident.

Skolsky said a key part of her work is helping clients shift perspective. When people focus on what they can still do, she said, "you forget about all the things you can't."

When tending a flower garden became too much, Skolsky suggested Frances keep flowers on the porch — most of them artificial but realistic. And while her planting years may be behind her, Frances can still share her gardening expertise with family members.

The retired psychiatric hospital nurse said her quality of life is better, and she plans to continue the sessions. "As long as she'll put up with me," Frances said with a smile. "I never had something like this."

## COUNSELING

- **1,206** individuals dealing with mental illness, addictions and other stressors engaged in counseling. **98%** made progress on at least one of their goals.
- **393** children and their families in the state's child welfare system were treated. All **208** families had their children at home a year post discharge.
- **174** seniors remained in their homes with support from NewBridge Senior Assistance for Independent Living (SAIL). The support allowed **92%** of participants to remain at home.
- **25** homebound seniors and **15** caregivers received in-home counseling through NewBridge at Home.
- **149** adults with severe and persistent mental illness participated in NewBridge's adult psychiatric day treatment program. **82%** attained or made progress on at least one goal.
- **62** clients with co-occurring disorders received case management services through a New Jersey opioid settlement grant to improve access to psychiatric treatment.



***“Without NewBridge opening the door, I couldn’t have walked through.”***

— Nick MacDermott

As a high schooler, Nick MacDermott faced repeating a grade. He lacked structure and support at home and had fallen behind.

Then a guidance counselor connected him with NewBridge JobsPlus, an alternate path to a diploma. Nick found a sense of community, daily routine and individualized support. The education counselor set a welcoming tone each morning, and Nick said he finally “got” math. Within a few months, he earned his high school diploma.

*“NewBridge JobsPlus helped me because it gave me the opportunity for opportunity,”* said Nick, now 30. He understood he had a clean slate, free of earlier missteps.

Nick lived independently and worked for several years after completing the program. At age 20, he developed an opioid addiction that led to overdoses, car accidents and an arrest that finally pushed him to seek treatment. Nick completed detox, residential and outpatient programs and then sober living.

What helped him rebuild, he said, was the mindset he developed at NewBridge JobsPlus — that mistakes are learning opportunities, not something that defines him. As a drug and alcohol counselor helping others navigate early recovery, Nick shares that lesson with his clients.

*“If it wasn’t for NewBridge setting that example — that it’s OK to not be the cookie-cutter example of what society expects a person to be, just get it back together and try again — I wouldn’t be where I am today,”* he said. *“You only fail when you quit. When you don’t quit, you get to learn a lesson.”*

He has found healthy outlets in skateboarding, walking in nature with his dog, and playing music with friends. *“Without NewBridge opening the door, I couldn’t have walked through,”* he said.

## EDUCATION

- 189 people trained in Mental Health First Aid, including 157 who learned how to respond to adolescents in crisis.
- 72 residents of senior housing centers learned about life transitions, safe pain management, and how to effectively communicate with health care providers.
- 75 older adults and caregivers took part in Bodies in Motion, a move-to-music class to ease pain.
- 50 of the 57 young adults who enrolled in NewBridge JobsPlus completed the alternative education and career program, an 88% success rate.
- 22 teenagers completed the Summer Youth Employment program, learning life and career skills and participating in community service projects.
- 12 people affected by 3 community crises received psychological first aid and grief resources.
- 2,589 people, including 1,400 high school students and staff, participated in NewBridge community outreach events.
- 101 caregivers for individuals with forms of dementia learned about the diseases and effective coping strategies.



**“Freedom. And I love my freedom.”**  
— Eddie Massenburg

## HOUSING

- **103** people with mental illness or other special needs resided in **84** units of affordable housing provided by NewBridge in collaboration with other nonprofits.
- **54** people resided in NewBridge group homes and supervised apartments, receiving case management services. **92%** attained or made progress toward at least one of their goals.
- **68** people with persistent, chronic mental illness lived independently with help from NewBridge’s Community Support Services. **90%** reported satisfaction.
- **13** clients at risk of homelessness and living with a complex health condition enrolled in NJ FamilyCare Housing Supports Program and received help securing a safe place to live.

Each morning, police cleared people sleeping at Newark Penn Station before the commuter rush. Eddie would often take a train to towns along the line to pass the day. That’s how he found himself in Morristown when he suffered a medical crisis — and first connected with NewBridge Services.

Eddie had been diagnosed as a teenager with a trauma-induced multiple personality disorder. His mental illness was not well managed and he’d been homeless more than a year when he met staff from NewBridge’s Community Support Services program while hospitalized in 2013.

When he left Morristown Medical Center, public funding allowed him to rent an apartment, and NewBridge provided help with daily living. Eddie’s needs were extensive. Staff took him shopping and to appointments, and paid his bills.

He has since gained independence, caring for himself and taking over management of his expenses two years ago.

*“Now he’s doing it on his own and handling all his finances,”* said Michael Fritts, a CSS supervisor and former case manager who met Eddie in 2016. *“He’s just come such a long way.”*

Eddie receives medication management from a NewBridge psychiatric nurse practitioner. At age 63, he’s taking online classes to earn his high school diploma. He intends to use his education to help others. *“Helping the homeless again. Always helping young people,”* Eddie said.

*“He has such a big heart,”* Fritts said. *“In his own little area, Eddie wants to change the world.”*

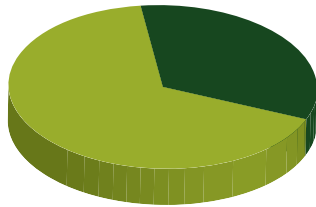
Having a place of his own represents something Eddie once lost and has worked hard to regain. When asked what having a home meant to him, he said: *“Freedom. And I love my freedom.”*

**“I support NewBridge Services because of its compassion, professionalism and commitment to helping those in need. I first came to know NewBridge while working as an RN supervisor at Chilton Hospital and saw how vital its services are to individuals and families in crisis. NewBridge truly changes lives.”**

— Longtime NewBridge trustee Marie Episale. She and her company, Century 21 Crest Real Estate, have supported NewBridge for more than 20 years.

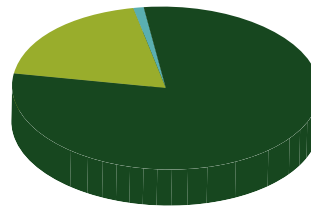
## FINANCIALS

For the Fiscal Year Ended December 31, 2025



### Revenue

Public Support	\$4,346,850
Private	\$8,623,757
<b>Total</b>	<b>\$12,970,607</b>



### Expenses

Program	\$10,103,594
General & Admin	\$2,443,028
Fundraising	\$108,733
<b>Total</b>	<b>\$12,655,355</b>

NewBridge Services helps individuals facing mental illness, addiction, homelessness, and other challenges build safer, more stable lives. We can significantly impact our communities because of your support. Join us in bringing balance to people's lives by donating today at [newbridge.org/donate](https://newbridge.org/donate).

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We are so grateful to the individuals, family foundations and businesses that supported NewBridge in 2025. 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.*

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# Clients' Voices

“

*I don't know where I would be if I didn't have my therapist in my life. Because of her and my tools I've learned, I am able to function in life.*

–NewBridge Adult and Family Services client of 18 years

“

*I am grateful to staff for being kind to me and letting me grow with space.*

– NewBridge housing client

“

*NewBridge is helping me tremendously with coping with my everyday struggles.*

–NewBridge Adult Psychiatric Day Treatment program client

“

*Here, I feel validated and cared for in ways I had been seeking out forever.*

–NewBridge Adult and Family Services client

“

*My counselor had been very understanding. She lets me see both sides of the problem and lets me handle [it] — doesn't try to sway me either way.*

–NewBridge at Home client





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CONNECT**



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