



NewBridge

newbridge.org

Winter/Spring 2026



Dear Friend,

Winter has a way of testing people — not just with cold weather, but isolation, stress and sometimes sadness. At NewBridge Services, this is when showing up matters most. And it's what our dedicated staff does, day after day.

Whether someone is seeking counseling, stable housing, support with aging, help for a child or guidance during a difficult transition, NewBridge is there — consistently and without judgment. This steady presence helps people regain footing and move forward with dignity.

In this issue, you'll see that commitment reflected across our work. You'll read about moments of connection, like our Thanksgiving luncheon, where clients gathered to share a meal and conversation. You'll also meet two new clinicians, one who is expanding access to adult mental health care in Sussex County, and another who specializes in problem gambling treatment.

You can read about improvements we've made to help people find care more easily, including a revamped website designed with access in mind. We included technique for simple meditations to bring peace to your days.

I hope you'll join us for our **Legacy of Hope Gala** on May 7, with details included in this issue. It's a joyful way to support NewBridge and help ensure we can continue showing up for those who need us.

We are tremendously grateful to our supporters, donors and sponsors who recognize the value of this work — lifting up neighbors in need and helping people move toward more fulfilling lives.

With gratitude,

Michelle Borden

Michelle Borden
NewBridge Services CEO
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2026 Gala

Legacy of Hope

Thursday, MAY 7
6:00 - 10:00 PM



NewBridge Services' **Legacy of Hope Gala on May 7** is our major fundraiser of the year — an evening to come together for neighbors in need of NewBridge's counseling, housing and education programs. Held at **The Legacy Castle** in Pequannock, the gala features gourmet dining, a cocktail hour, open bar, dancing, a 50/50 raffle, and the **Golden Ticket** drawing: for \$100, guests have the chance to win their choice of one of four vacation getaways.

The **Mental Health Association of Essex and Morris, Inc.**

will receive NewBridge's Legacy of Hope Award, recognizing its leadership in comprehensive mental health and addiction recovery services throughout our region since 1950. **Longtime CEO Robert N. Davison** will accept the honor.

Information about tickets, sponsorships and donations is available at nbgala2026.givesmart.com. To contribute an auction item, contact Development Officer Jen Tanis at JTanis@NewBridge.org or (917) 929-3964.

Gratitude on the Menu



More than 50 clients from NewBridge's housing and counseling programs gathered for a Thanksgiving luncheon at Butler United Methodist Church to connect and reflect.

The Nov. 25 event was made possible by generous sponsors **Gladstone Wealth Partners** and **Century 21 Crest Real Estate**, along with the many volunteers who served the meal and mingled with guests.



Nigee, a participant in NewBridge's adult psychiatric day treatment program, said clinicians and staff make a meaningful difference in clients' lives. ***"As long as I feel that warmth from NewBridge, I think I can take this journey even further,"*** he said.

Website Redesigned for Easier Access

NewBridge Services in December unveiled its revamped website, designed to make it easier for individuals, families and community partners to connect with counseling, housing and education services across northern New Jersey. The updated site features clearer program descriptions, a simpler layout and a unified look that reflects NewBridge's integration within the Christian Health system, helping people access the right level of care as their needs change. It also makes it easier to explore programs, read client stories and find ways to support NewBridge's mission.

Take a look at newbridge.org

LET'S CONNECT



Email us at Services@NewBridge.org

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Welcoming New Clinicians

NewBridge Services recently welcomed two licensed, experienced clinicians: a psychiatric nurse practitioner and a specialist in problem gambling treatment.



James Castagna provides psychiatric evaluations and medication management/counseling for adults seeking mental health care at NewBridge's Sparta office. He works closely with NewBridge therapists, assessing symptoms, making diagnoses, prescribing medications when appropriate, and supporting ongoing treatment. Castagna treats a wide range of conditions, including depression, anxiety, PTSD, OCD, schizophrenia, bipolar disorder, and schizoaffective disorder.



Marc Rappin joined NewBridge Services in January to strengthen the organization's response to problem gambling, a growing and often misunderstood disorder. Technology has made betting easier to access and harder to detect. Rappin works with individuals and families affected by gambling problems and will provide community education to the public, including warning signs and risks in all age groups.

NEWBRIDGE wellnesscorner



Simple Ways to Invite Calm

By Beth Jacobson, Director of Community Response and Education

These gentle breathing practices can create a sense of ease in your day:

Box Breathing

This structured breathing exercise can help settle your body and mind.

1. Breathe in through your nose for a count of four.
2. Hold your breath for four.
3. Breathe out slowly for four.
4. Hold again for four.

Repeat for a few cycles at a pace that feels comfortable.

You can also imagine tracing the four sides of a square as you breathe.

Noticing Your Breath

Sit or stand comfortably and place one hand on your belly. Breathe in through your nose and notice your belly gently rise. Breathe out and feel it fall. Let your shoulders stay relaxed. If your attention wanders, gently bring it back to the movement of your breath.

Grounding Through the Senses

When thoughts feel busy, grounding can help bring you back to the present moment. Pause and notice:

- five things you can see
- four things you can feel
- three things you can hear
- two things you can smell
- one internal sensation, such as your breath or heartbeat

Body Scan for Rest

A body scan can be especially helpful at bedtime. Lying down or sitting comfortably, bring your attention slowly to different parts of your body — starting at your feet and moving upward. Notice sensations, then let each area soften before moving on. Even a few minutes can help your body unwind.



Treating Gambling Addiction



March is Problem Gambling Awareness Month

Gambling is now almost instantaneous, woven into everyday life in ways that are accelerating addiction. People can place bets in seconds — often just a few taps on a phone. “It’s become normalized,” said Stacey Marowitz, Director of Substance Use Services at NewBridge Services.

Opportunities to wager extend to micro-bets on sports and other events, with dozens of betting apps competing for users. A 2023 Rutgers University study found that 5.6% of New Jersey adults meet criteria for high-risk problem gambling — roughly three times the national average — though experts believe the true number is higher because gambling can be easily hidden.

Problem gambling often goes unrecognized until serious financial or relationship strain occurs. As gambling becomes more pervasive, NewBridge Services is expanding its treatment and prevention efforts. The nonprofit provides specialized counseling for individuals and families affected by problem gambling, along with community education about warning signs and risks. Clinicians also address any co-occurring mental health or substance use conditions.

For support, contact NewBridge at (973) 316-9333 or Services@NewBridge.org, or call 1 (800) GAMBLER.

FORE the Fun of It!

It’s not too soon to set your sights on **NewBridge Services’ 30th Annual Golf Outing**, part of the prestigious **Applied Underwriters Invitational**. Gather friends, clients and colleagues for a premier day of golf, networking and camaraderie on Monday, Oct. 5 at the **Knoll Country Club** in Parsippany.

Golfers will enjoy a scrumptious brunch, food and beverages throughout the day, and a cocktail reception and dinner to

cap the outing. Each player also receives a goody bag valued at \$500+ and chances to win outstanding prizes.

Have a blast while raising money for NewBridge programs in counseling, housing and education that help neighbors overcome serious life challenges.



NewBridge Services' 30th Annual GOLF OUTING

SAVE
the
DATE



Monday, October 5, 2026

Knoll Country Club West, Parsippany, NJ

Brunch: 10:30 a.m.

Shotgun Start: 12:00 p.m.

Food and beverages throughout the day

