



THE BRIDGE

*Healthy Minds. Healing Hearts.
Peaceful Communities.*

Our Mission Statement

The Bridge is a nonprofit community based organization that provides behavioral health care services which are designed to strengthen and support the family and promote the personal growth of children, adolescents, adults and seniors.



We are a private, nonprofit community agency that has been helping families in the Essex County area since 1971.

Individual, group and family counseling are offered by culturally diverse, skilled professional staff in the areas of mental health and substance abuse.

We are accredited by the New Jersey Department of Human Services to provide drug and alcohol treatment services.

Our funding support comes from Federal, State, County and Municipal government sources as well as private philanthropic support from individuals, foundations and corporations.

What Makes The Bridge The Best Choice

- Over forty years of expertise and knowledge serving individuals and families
- Sliding scale fees for individuals and families seeking therapy
- State-licensed, highly-qualified therapists with multiple professional licenses
- A supportive and comfortable office environment
- A commitment to helping individuals and families on their journeys back to wholeness



Inya Chehadé, MSW
CEO

Every day, for over forty years, The Bridge has enhanced the lives of individuals facing a variety of challenges through individual and group counseling, school based counseling, in home family preservation services, and family crisis intervention services.

We hear over and over again how the counselors at The Bridge have helped and supported clients on their paths towards wholeness, dramatically impacting the course of their lives. Our whole organizational culture is about one thing: making a difference and committing to creating a positive impact on people's lives.

The Bridge is a leader in providing a variety of mental health and addiction support services to all members of our society. From our beginnings in 1971, The Bridge has grown to serve nearly 1,500 individuals on an annual basis at a variety of locations. Our future goal is to continue to infuse more holistic modalities into our work and to focus on empowering clients through individually customized support, education, and counseling and we welcome you to become involved and join us in this vital work.

We are a federally recognized 501(c)(3) nonprofit organization and are supported through a variety of funding sources including government and private grants and individual donations. Donations are appreciated at all levels, so please consider making a donation. Please don't hesitate to contact us if you have suggestions or would like additional information.

Main Office
Clinical Counseling Services
Caldwell Office
860 Bloomfield Avenue
W. Caldwell, NJ 07006
Phone: 973.228.3000
Fax: 973.228.2742

Making Achievement Possible
University Middle School
255 Myrtle Avenue
Irvington, NJ 07111
Phone: 973.372.4962
Fax: 973.372.7195

Clinical Counseling Services
Irvington Office
1065 Clinton Avenue
Irvington, NJ 07111
Phone: 973.372.2624
Fax: 973.372.0103

Family Preservation Services
589 Grove Street
Irvington, NJ 07111
Phone: 973.371.3771
Fax: 973.372.0016

Irvington School Based Programs
1253 Clinton Avenue
Irvington, NJ 07111
Phone: 973.399.7797
Fax: 973.372.6545

*"Thank you for your time and being supportive to me and my family."
A grateful client of The Bridge*

THE BRIDGE

Our Services

The Bridge understands the many challenges that today's families often face. We offer a variety of high quality, cost-effective, professional mental health and substance abuse assessment and treatment services to adolescents, adults and families. Individual, group and family counseling services are offered by licensed clinicians, some of whom are bilingual, representing several mental health and substance abuse disciplines.

Adult Substance Abuse Services

Our Substance Abuse Services consist of a variety of programs and service components that are offered to clients based upon their assessed level of care and specific clinical need.

Family Crisis Intervention Unit

The goal of the Family Crisis Intervention Unit is to provide short-term crisis intervention services to referred juveniles and families to stabilize the current crisis, divert the case from family court and prevent the development of more serious substance abuse problems in adolescents, ages 14 to 18.

The program targets adolescents in Northwest Essex County who are in need of aftercare following residential substance abuse treatment or for whom substance abuse and related issues are significant enough to warrant more intensive intervention.

Counseling Services

We offer professional counseling services to adults, adolescents and children. These services help individuals and families with marital problems, parent/child conflicts, grief and loss, depression, anxiety, compulsive behaviors, substance abuse and more. Our two counseling sites are staffed by licensed clinicians, some of whom are bilingual, who provide individualized assessment and treatment services.

Stepping Stones/ Women's Addiction Services

Stepping Stones is a unique women's intensive outpatient service empowering women to take control of their lives and plan for their futures through emotional, spiritual and healthy lifestyle components.

The program is designed for women referred by DCP&P who are in need of addiction counseling.

Family Preservation Services (FPS)

This program uses a professional team that coordinates an intensive in-home family crisis intervention and education program to families identified by the Division of Child Protection and Permanency as having a child(ren) who is at risk of out-of-home placement in Essex and Union Counties.

The MAP Program

"Making Achievement Possible" is a middle school based program at the Middle School in Irvington. This program offers students learning support and preventative health services, mental health and substance abuse counseling.

School Based Substance Abuse Prevention Services

These services are designed to offer primary prevention/early intervention services to contracting local schools. Working closely with school personnel, we identify students who are at high risk for substance abuse. The substance abuse prevention counselor, who is on-site at the school, provides a range of professional services including: information and referral, assessment for students and their families, consultation to teachers and other school personnel, and crisis intervention and referral.

School Based Youth Services – The Imani Center

SBYS is directed towards teens at Irvington High School. This program strives to help youth stay in school, graduate, continue their education or gain employment with strong skills. Working closely with Irvington High School personnel we identify students who may be at risk for school failure or substance abuse. Our on-site social workers provide a wide range of professional services, including crisis intervention and referral, educational workshops for students and parents, assessment and referral and consultation with teachers and other professionals.

The Bridge works with individuals and families regardless of their ability to pay. We are very committed to our programs and our services would not be possible without the support of individuals, corporations and foundations who support our mission. If you would like more information about making a donation to our organization please call (973) 228-3000 or visit our website at www.thebridgenj.org.

The Bridge is designated as a 501(c)(3) organization by the Internal Revenue Code, therefore all contributions are tax deductible to the extent permitted by law. The Bridge is registered as a public charity with the state Attorney General's Office.