

THE BRIDGE CROSSINGS

REFLECTING BACK & LOOKING FORWARD—2016

INAUGURAL ISSUE

Dear Friends,

We have had another banner growth year at The Bridge. As you will read throughout this newsletter, The Bridge has continued to blaze trails on many fronts. We have undergone a second move to a professional office building in the heart of the Irvington community at 50 Union Avenue in Irvington; were awarded the **Pioneer in Children's Wellbeing Award** by **The Robert Wood Johnson Foundation & Ashoka Changemakers** for our groundbreaking **Peace Model Project**, and are gearing up for our **45th Anniversary GALA** on **Friday, March 31, 2017** at **Greenbrook Country Club**, honoring **Robert Podvey, Esq.**, our longstanding and dedicated Board of Trustee member, with a **Lifetime Achievement Award & The Reverend Dr. Johann Bosman & the members of The Community Congregational Church of Short Hills** with our **Outstanding Community Partner Award**.



Irvington Mayor Tony Vauss cuts the ribbon at The Bridge's new Irvington locations Grand Opening along with Bob Masella, Bridge Board President, Audrey Lyon, Bridge Trustee and Inya Chehade, Bridge CEO.


The Bridge welcomed three new Trustee members — Audrey Lyon, Jeannie Gomez and Dr. Jacob Jacoby. We are thrilled to have them on board as we continue to seek additional innovatively minded & enthusiast trustees!

The Bridge has also significantly expanded its intern training program — with Masters Level interns from many fine institutions of higher learning including Rutgers University, Iona College, Montclair State University, Seton Hall University, Northwestern University, Caldwell University and others. The energy and enthusiasm that our interns bring to The Bridge and to the field is infectious!

Our core counseling programs continue to serve thousands of children, adolescents and families annually and you will learn more about each of their accomplishments in these pages. This is just a snapshot of the work taking place day in and day out at The Bridge so you can only imagine how busy we are!

On behalf of the Board, Staff & Interns at The Bridge, we wish you a peaceful holiday season and leave you with two words that guide our work every day - **YOU MATTER!**

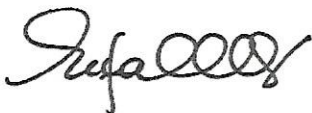
Please consider making a donation to The Bridge. Private funds are critical for us to be innovative, relevant to the needs of families in 2016, and poised for growth.



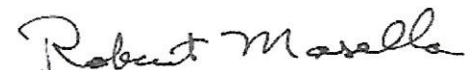
John J. Clancy

This newsletter is dedicated to John J. Clancy, Founder of The Bridge, who sadly passed away on May 15, 2016. May his vision to help those in need continue through his long legacy of service.

Warm wishes,



Inya Chehadé, MSW, LSW
Chief Executive Officer



Robert Masella
President, Board of Trustees

Healthy Minds. Healing Hearts. Peaceful Communities.

860 Bloomfield Ave, West Caldwell, NJ 07006 | 50 Union Ave, Irvington, NJ 07111 | 1253 Clinton Ave, Irvington, NJ 07111

www.thebridgenj.org || 973-228-3000

THE PEACE MODEL PROJECT

Amazing Accomplishments



The Bridge, in partnership with the Caldwell-West Caldwell School District, launched The Peace Model Project in four elementary schools in 2015 after securing a \$750,000 3-year grant from the U.S.

Department of Education. Now in its second year, The Peace Model Project has incredible accomplishments to share.



OUR IMPACT

- Every elementary school in the district has a **dedicated PEACE ROOM**, a safe and welcoming space for children to access when they are feeling stressed, overwhelmed, anxious or sad.
- **Four full-time Masters-level Peace Model counselors have been hired** — one dedicated to each elementary school.
- Every elementary school child in the district (**over 475 children**) receives in-class instruction by our Peace Model counselors in stress reduction/mindfulness through Evidence-based Peace First curriculum monthly.
- **Over 30 psychoeducational counseling and intervention groups** have been conducted (e.g. 5th Grade Girls in Real Life Situations: Group Counseling for Enhancing Social & Emotional Development).
- Peace Model counselors provided **direct services (intervention, counseling and referral)** to identified students who exhibit symptoms for stress or mental health concerns.
- A successful **Parent Education series** has been launched.
- The entire Peace Model Project was designated a **PIONEER IN CHILDREN'S WELLBEING** through a highly competitive national challenge initiated by the **Robert Wood Johnson Foundation & Ashoka Changemakers**.

BRIDGE STAFF ARE LEADERS ACROSS THE STATE

Allison Reynolds, 27-year veteran employee at The Bridge and Program Director of the Family Preservation Services Essex & Union Counties Program, was invited by the New Jersey Department of Children & Families (DCF) to join their Statewide Advisory Group on the Integration of Evidence-Based Practice into the DCF service array and to create a blueprint of recommendations for programs across the state. We are honored to have Allison involved in such an important effort impacting the children in our State.



FAMILY PRESERVATION SERVICES

OUR IMPACT

FPS continues to provide much needed in home support and training to families in need. Recently one of our FPS counselors worked with a single mother of an 8 year old daughter on life goals including parenting skills, substance abuse recovery and budgeting skills. FPS assisted this young mother with enrolling her daughter into school, helped to empower the mother to provide basic needs for her children so that the family could be joyfully reunited after several years of living apart.

YOUR IMPACT: A SPECIAL THANK YOU TO SOME OF OUR GENEROUS DONORS!

The Community Congregational Church of Short Hills awarded The Bridge's IMANI CENTER \$50,000 to hire two part-time bilingual Creole & Spanish Parent Outreach Coordinators.

The Bridge received a generous \$15,000 grant from Hyde & Watson Foundation for capital improvements and infrastructure support.

The Bridge received a \$3,500 Community Grant from the Provident Bank Foundation to enhance our online clinical health record system!



Michael Kahn, VP/Market Manager, Provident Bank presents Debbie Micchelli, Director of Administration, with a donation.

The Bridge received 12 donated computers from the Christina Foundation to establish our computer coding laboratory in Irvington!

THE IMANI CENTER

The Bridge's Irvington School Based Youth Services Program (fondly known as "The IMANI Center") has been serving students who attend Irvington High School since 1988. Imani means faith in Swahili and it is our goal to make all of our students feel welcome, encouraged, empowered and heard.

OUR IMPACT

- We helped register **twelve students** into the **New Jersey Youth Challenge Program** where students reside on the **New Jersey Fort Dix Military Base** for six months. There they learn self-discipline and life skills, prepare for the GED exam, perform community service, and are taught life lessons.
- We advocate for students & continually place them into various programs including **Seton Hall University Upward Bound Program**, Trooper Youth Week, **Essex County Prosecutor Summer Program**, Rutgers Smart Trio Program, Sadie Nash Project & **Dress for Success**.

IRVINGTON KIDS ARE CODING!!!

The Imani Center launched an amazing new **Basic Coding Series** program on Saturdays. Thanks to a generous donation from the Christina Foundation, we are now able to introduce students to the language of computer coding while inspiring them to create computer applications, websites, and other technologically advanced programs. **Twenty-seven students have participated to date!**



STEPPING STONES

Our Stepping Stones Program works to empower women to establish and maintain a sober lifestyle that enables them to make healthier choices and live a more purposeful life with their children.

OUR IMPACT

"I like art therapy because it motivates me to go on and helps me to stay sober and get up in the mornings and do what I have to do to regain custody of my children. I put everything on my wall and look at it and wait for the day that I can do these projects with my children."

Stepping Stones Client

Right photo: Councilman *Mike Docteroff*, West Caldwell Mayor *Joseph Tempesta*, Bridge Board President *Bob Masella*, Bridge CEO *Inya Chehadé*, Bridge Trustee *Gerry Tuch* & Councilman *Steve Wolsky*

Our Goal: 100 Donors Committing \$1,000 per year for five (5) years.

A SPECIAL THANKS TO OUR \$500K GIVING CIRCLE MEMBERS

Frank & Deborah Astorino
Dr. Ghassan & Inya Chehadé
Robert & Joan Masella
Robert & Deborah Podvey
Memory of Charles Rose, Jr.



COUNSELING & WELLBEING

We continue to work with children, tweens, teens, adults & seniors who are experiencing depression, anxiety, loss, addiction, anger, and a host of other life challenges.

The Bridge's counseling programs continue to grow and expand. We will soon be **opening our doors on Saturdays** in West Caldwell & Irvington to accommodate our expanding counseling programs & to be responsive to the requests we've received for weekend appointments. We also have applied for our **Medicare license** and hope to provide more counseling and support services to seniors.

The Bridge has also launched several new counseling and support groups including:

- **You're Not Alone!** Group Therapy & Support for Teen Girls 12-17 to help manage stress and difficult emotions, develop self compassion, manage peer pressure, and connect with their inner voices
- **Group Support for Teens** Experimenting with Alcohol & Drugs
- **Grief & Loss Groups** for various age groups
- **After School Groups** for elementary school-aged children

DID YOU KNOW?

The Bridge received a Beautification Award from the Environmental Commission of the Township of West Caldwell in June 2016. We are proud to be a part of the Caldwell community.



Save the Date!

The Bridge's 45th Anniversary Gala

**Friday, March 31st, 2017
Greenbrook Country Club**

Honoring

Lifetime Achievement Award

**Robert L. Podvey, Esq.
Bridge Board Vice President
Partner, Connell Foley**

&

Outstanding Community Partner Award

**The Rev. Dr. Johann Bosman & the Members of
The Community Congregational Church
of Short Hills**

BOARD of TRUSTEES

**Robert Masella, President
Robert Podvey, Vice President**

**David Black, Treasurer
Jennifer Gomez, Secretary**

Francis X. Astorino

Francis Cook

Francis Ewell

Patty Fost

Joseph Jacangelo

Dr. Jacob Jacoby

Audrey Lyon

Gerald Tuch

The Bridge is a non-profit 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.



THE BRIDGE

860 Bloomfield Avenue
West Caldwell, NJ 07006