

Family News

50th ANNIVERSARY SUMMER EDITION

Celebrating Our History

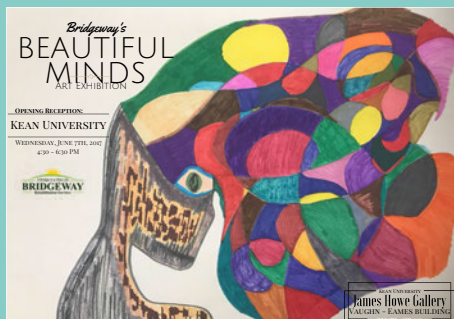
In 1968, the Mental Health Association was operating an important psychiatric rehabilitation program which focused on providing persons served with daily activities aimed at vocational goals and personal fulfillment. The program became an independent service for people experiencing mental illness in Union County, and Bridgeway was born! Originally called Bridgeway House, the program operated out of one building at 615 N. Broad St. in Elizabeth, which is still our headquarters 50 years later. As Bridgeway House, we served between 100-200 people.

By the time our organizational name changed to Bridgeway Rehabilitation Services in 1979, services offered by Bridgeway had expanded to include community and home based care, supported employment and supportive housing. Over the years, as Bridgeway's reputation for excellence and evidence-based practices became apparent to the NJ Department of Mental Health (which later merged with Addiction Services to become DMHAS), we became the preferred provider of services in our region to satisfy New Jersey's Olmstead Agreement - to place and support all appropriate persons who previously were treated in state hospitals for mental illness; who nevertheless had the potential to thrive in their communities. Another milestone came in 1996, when Bridgeway built 3 teams delivering Program of Assertive Community Treatment services, widely known as PACT Teams, to 30 people in Union County. Today, nine Bridgeway PACT Teams serve 620 people.

As we celebrate 50 years of delivering the highest quality psychiatric rehabilitation services in eleven counties in central and northern NJ, we also celebrate the thousands of success stories of people who have learned to manage their mental illness and lead happy, fulfilled lives. We celebrate our current ability to serve more than 2000 individuals each year. We also celebrate an ever-growing portfolio of programs and services customized to treat people who need care in the ways that they choose, each on their individual journeys towards recovery.



Bridgeway staff circa 1982.
Paul McCartney and Stevie Wonder
were singing *Ebony and Ivory*,
everyone watched *Hill Street Blues*
and *Knight Rider* on T.V., and
E.T. phoned home



BEAUTIFUL MINDS Bridgeway's Annual Art Exhibition

Each year, the James Howe Gallery at KEAN University graciously hosts an art exhibition of pieces created by persons served at Bridgeway. Dave D'Antonio, Regional Director, shared that this year's show is based on representing symptoms of mental illnesses via artistic means. Many of the persons-served in our Fine Arts group have worked diligently to visually depict their mental health symptoms so that others could better understand what it's like to live with them. Overall, this show will represent art-making as a coping strategy and outlet for personal expression. Photos of some of the exhibited art inside.

Many thanks to the Union County Office of Cultural and Heritage Affairs for 19 years of funding for Bridgeway's Art Program!



CONGRATULATIONS!

The Distinguished Volunteer Award was presented to Peter Pogany at Bridgeway's 2nd Annual Chairman's Dinner on April 19, 2017. Congratulations Peter! Don't miss the **50th Anniversary Chairman's Dinner**, on May 2, 2018, when we will present the Distinguished Community Partner Award to Kevin Cummings, CEO, Investors Bank



investorsBank

2018



Has Bridgeway made a difference in your life, or the life of a friend or loved one over the years?

We invite you to contribute a message to the 50th Anniversary Tribute Journal.

We will collect messages during the upcoming months and publish the 50th Anniversary Tribute Journal in April 2018.

There is no cost to participate in the 50th Anniversary Tribute Journal.

Simply send an email to feedback@bridgewayrehab.org and include your tribute message - or call Lisa at 908-469-6517 ext. 1004, and ask for a Tribute Journal form to be mailed to you.

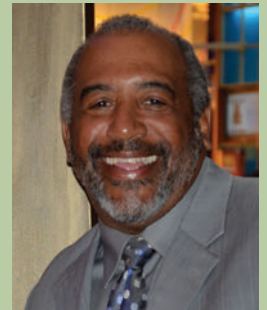
Tribute messages should not exceed 12 words. You may publish your first name only if you prefer.

For example: *Thank you Bridgeway for bringing structure to my life! - Matthew*

Please note that Bridgeway management reserves the right to approve the final publication.

We hope to hear from you!

On June 24th, NAMI NJ (The National Alliance on Mental Illness of New Jersey) presented Bridgeway's Board Chairman, Mark T. Williams, with the Program Recognition Award for his work as an Advisory Board member for AACT-NOW, an African American Community Outreach initiative, at their Annual Awards Luncheon. Mr. Williams was honored for always being willing to volunteer his time to outreach and deliver presentations on mental health in the community. Mark Williams has over 40 years in the mental health community working with persons with severe and persistent mental illness starting with his psychiatric nursing experience at the University of Medicine and Dentistry NJ, now Rutgers, and Rutgers University Behavioral Healthcare. Most recently Mark initiated Stigma-Free Zone campaigns in the Borough of North Plainfield and the City of Plainfield to proclaim the municipalities Mental Health Stigma Free Zones. For more information about NAMI please visit www.naminj.org.

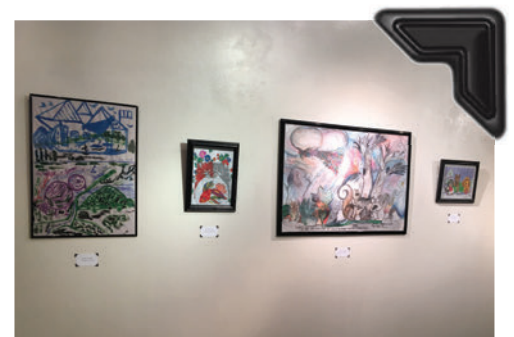


Mark T. Williams
Chairman of the Board
of Trustees

FAMILY PHOTO ALBUM



Above: Featured artwork from Bridgeway's Beautiful Minds Exhibition at the James Howe Gallery



A group of artists, staff, and guests

Below: 2nd Annual Chairman's Dinner Amy Spagnolo, Vice Chair of the Board; Social Hour Putting Green



Senior Staff and VIP table in the Atrium



SUMMER IS HERE!

Bridgeway would like to remind family members, and significant others to be aware of the summer heat and sun risks that this season can pose. Risk factors such as antipsychotic medication usage, chronic medical conditions, obesity, diabetes, alcohol use, and age can place the individuals we care about at higher risk of heat-related illness. During the summer season family members may want to review safety precautions, such as staying hydrated, keeping plenty of cool drinking water available, monitoring the outside temperature and planning activities accordingly, and staying in air-conditioned facilities when possible. Individuals should reassess and reconsider any activities that would expose them to prolonged periods of high heat and humidity, as this can lead to heat exhaustion or heat stroke, requiring immediate medical attention. Symptoms of heat stroke that may require emergency medical attention include:

- High body temperature. A body temperature of 104 F (40 C) or higher is the main sign of heatstroke.
- Altered mental state or behavior
- Alteration in sweating
- Nausea and vomiting
- Flushed skin
- Rapid breathing
- Racing heart rate
- Headache



Join our online community!

Somerset PESS Opens Permanent Location Psychiatric Emergency Screening Services



Pictured L to R:
Clinical Supervisor
Abigail Ocampo,
CEO Cory Storch,
Program Director
Allison MacFadyen
on moving day

Bridgeway is happy to announce that our new permanent PESS location in Somerville is now open! Operating on East Main St. in Somerville will ensure prompt psychiatric assessment, crisis intervention, and referral services 24 hours per day, 365 days per year. The program will also operate a 24 hour hotline, with calls being answered by trained clinical staff at all times.

The PESS program's permanent space will enable professional staff to care for Individuals who are approaching or experiencing a mental health and addiction crisis. Bridgeway will offer a strong community-based, mobile outreach service that will readily deliver crisis intervention services in a variety of community settings. The goal will be to relieve an individual's immediate distress and prevent psychiatric hospitalization. In the event that the screening service finds that an individual's symptoms indicate the need for involuntary mental health care, Bridgeway will be authorized to initiate involuntary commitment proceedings. To contact Somerset PESS, please call 908-526-4100. Program Director Allison MacFadyen.

BRIDGEWAY

PROUD TO BE

**Mental Health
STIGMA-FREE**

Through the leadership of CEO Cory Storch and Board Chair Mark Williams, Bridgeway has partnered with two municipalities to launch Mental Health STIGMA-FREE ZONES in the City of Plainfield, and in the Borough of N. Plainfield. STIGMA-FREE ZONES work to reduce the stigma associated with mental illness through education. Widespread lack of knowledge about mental illness can result in false assumptions about those who are directly affected resulting in prejudice and fear of social rejection known as stigma. Reducing the stigma associated with

mental illness will help ensure that people will not avoid seeking treatment for fear of being stigmatized. If you would like to initiate a STIGMA-FREE ZONE campaign in your town, please visit www.werstigmfree.org and download the toolkit.

www.bridgewayrehab.org

Save-the-Date!

Bridgeway Annual Awards Presentation

Sally Robinson

Each year, Bridgeway honors the achievements of persons served selected for their outstanding accomplishments. This year's Annual Awards Presentation will be held on September 21st, 4pm, at the KEAN University STEM Building.

Awards at 4pm. Buffet dinner in the Atrium immediately following.

*** Reservations are required ***

Please call 908-469-6517 ext.1006 or write to sylvia.chiu@bridgewayrehab.org



* If you would like to be removed from our mailing list, please call 908-469-6517 ext.1006 or write to feedback@bridgewayrehab.org



Bridgeway Rehabilitation Services
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Join our online community!