



Family News

Fall 2019

Bridgeway's Art Instruction Program



Artist Maria Villa with her signature painting chosen to represent *Through Our Eyes*

For more than 20 years, Bridgeway's Partial Care program in the City of Elizabeth, Union County, has offered persons served the opportunity to participate in fine art instruction as part of their recovery journeys. Championed by Director Dave D'Antonio and Team Leader Debra Brown, with the support of Union County Cultural and Heritage Affairs, Bridgeway has hosted an exhibition of art created by persons served in Bridgeway programs each year. This year, the art program welcomed art instructor Alice Gmelin. An accomplished artist herself, Alice has inspired and facilitated an exciting collection of art works by a group of passionate artists titled *Through Our Eyes*.

Since its founding more than 50 years ago, Bridgeway's guiding vision has been that all persons experiencing mental health conditions get the opportunity to live happy, healthy, satisfying lives in the vocational, educational, social, and living environments of their choice. The fine art instruction program has been ensuring that people who chose to pursue art as a vocation would be exposed to a wide range of visual art forms and techniques, as well as information about pursuing careers in the field of art.



2019 has been an extraordinary year in the Bridgeway art program, as many passionate and gifted artists have emerged. One of them, Maria Villa, was chosen to be featured on the cover of this year's *Through Our Eyes* exhibition. Several of Maria's paintings will be prominently featured as Bridgeway's exhibition moves to the Elizabeth Public Library right after the Labor Day holiday. Maria says she never had an opportunity to paint with acrylics on canvas before arriving at Bridgeway less than two years ago. Since first experimenting in art class, Maria's progress has been phenomenal. She has produced many paintings with autobiographical themes, such as the one featured below titled *Fearless*. Maria explains that when she first became part of the Partial Care program, she was afraid of everything, spending a lot of time sleeping to escape. As she became more and more engrossed in her painting she became more and more courageous. Her paintings show her journey in every brush stroke, from fearful, to *Fearless*, to ethereal landscapes with celestial light sources.



Fearless

The *Through Our Eyes* collection will be featured at the Elizabeth Public Library for the month of September. All are welcome to attend the opening reception on September 4th from 4:00 - 6:00 PM.

Join Our Online Community!



www.bridgewayrehab.org



www.elizpl.org

Hate is Not a Mental Illness

Recently, Carolyn Beauchamp, President and CEO of the Mental Health Association in New Jersey, was compelled to communicate publicly in response to the mass shootings in Texas and Ohio. She said "Watching pundits blame mental illness for these events has been painful, and I automatically reject the premise. I reject it because I know that this is the easiest blame game - our population of people with mental health challenges has little power, few champions, and not much ability to fight back. There are many reasons that such violent acts happen. While every country has its citizens with mental illnesses, violent video games and angry people, others have nowhere near the US's level of death by gun; the major difference is the level of gun control." On behalf of Bridgeway, we agree.

"These people are mentally ill," President Trump said of mass shooters, "and nobody talks about that." Actually, no. They are haters, for sure, but hate is not a mental illness. The fact is that someone who is suffering with untreated mental illness is more likely to isolate, struggling to maintain the most basic self-care. The fact is that 96% of all violence is not connected to mental illness.

According to Bridgeway CEO Cory Storch, stigmatizing statements about mental illness and violence highlights the importance of using facts to talk about mental health. Unfortunately, as Ms. Beauchamp points out "Links between mental illness and mass shootings are inaccurate, stigmatizing and marginalizing; they strengthen people's misguided fears about people with mental illness."

FACT:

4%

Mental illness is connected to 4 percent of all violence

96%

96 percent of all violence is not connected to mental illness

Meet Mark

Among the many extraordinary staff working at Bridgeway is Mark Firth, MA, MSW, LSW, Senior Clinician at Supportive Housing in Hunterdon.

Recently, Buddy Garfinkle, Bridgeway COO, received a letter that said "Because of Mark, I was able to maneuver through the difficult housing paperwork and obtain Section 8 housing a little over two years ago. . . I now have a good job and have over 3 years of sobriety. This status now says that it is time to move on and close out my 'stay' with Bridgeway. I cannot thank Mark, or Bridgeway, enough for all the help. Please know that you have helped one person achieve success amidst many roadblocks."

We are so happy to share these sentiments, and so happy that Mark came to Bridgeway in 2014 after spending nine years at the NJ DMHAS, and several years in the roles of psychiatric social worker, supervisor, and mental health screener. Please visit www.bridgewayrehab.org and click on the map to find services, and staff like Mark near you.

SAVE-THE-DATE!



2019 walkathon

Saturday, October 26th

10am registration at Partial Care,

567 Morris Ave., Elizabeth

11am kick-off, Rizzuto Park

Lunch provided to all registered walkers

Prizes for Best Costumes!

Kids and Friendly Pets Welcome!

Raising funds for Bridgeway through pledges

www.bridgewayrehab.org for pledge forms

Seeking Qualified Candidates

Open positions include: Psychiatric Nurse, Career Services Recovery Coach, Wellness Clinician, Supported Education Specialist, Human Resources Recruiter, Co-occurring Clinician, Vocational Specialist, Wellness Nurse & Wellness Specialist.

Upload resume and cover letter : www.bridgewayrehab.org. Click on Careers tab

For more information email: human.resources@bridgewayrehab.org or call 908-355-7886



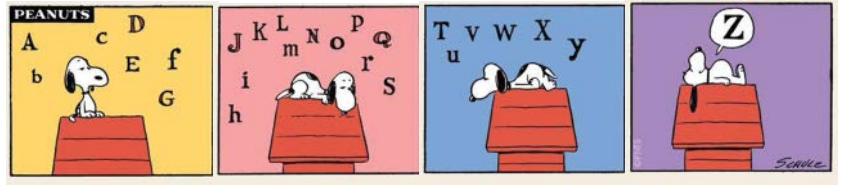
* If you would like to be removed from our mailing list, please call 908-469-6517 ext.1006
or write to erica.smith@bridgewayrehab.org

Are You Getting Enough Sleep?

Research shows that you're more likely to succeed and enjoy greater well-being if you get enough sleep.

Of course, it's not easy to sleep when you're feeling overwhelmed. In fact, nearly two-thirds of Americans say they lose sleep because of stress. That's especially unfortunate because sleep combats some of the fallout of stress, and poor sleep has been linked to significant problems, including:

- Greater risk of depression and anxiety
- Increased risk of heart disease and cancer
- Impaired memory
- Reduced immune system functioning
- Weight gain
- Greater likelihood of accidents



Experts suggest that adults get seven to nine hours of sleep a night. Everyone is different, though, and you may need more after a few late nights in a row.

Tips to sleep longer—and better:

- Set a regular bedtime. Your body craves consistency, plus you're more likely to get enough sleep if you schedule rest like your other important tasks.
- De-caffeinate yourself. Drinking caffeine to stay awake during the day can keep you up at night. Try resisting the coffee and colas starting six to eight hours before bed.
- De-stress yourself. Relax by taking a hot bath, meditating or envisioning a soothing scene while lying in bed. Turn off daytime worries by finishing any next-day preparations about an hour before bed.
- Exercise. Working out can improve sleep in lots of ways, including by relieving muscle tension. Don't work out right before bed, though, since exercise may make you more alert. If you like, try gentle upper-body stretches to help transition into sleep.
- Make your bed a sleep haven. No paying bills or writing reports in bed. Also, if you can't fall asleep after 15 minutes you can try some soothing music, but if you remain alert experts recommend getting up until you feel more tired.

Excerpted from www.mentalhealthamerica.net/get-enough-sleep

4 Steps to Creating Habits of Self-Care

1. Build in rest as a catalyst for productivity, not a break from it.
2. Streamline your schedule by doing fewer things better.
3. Pair a self-care habit with your regular routine so it becomes automatic.
4. Focus on the strengthening the habit over results.

Special thanks to cultofpedagogy.org

Special Thanks!

Special thanks to Captain Williams and the Linden Police Department Crisis Intervention Team (CIT) for inviting Bridgeway to their annual barbeque at Veterans Memorial Field. We had a great time!

Event sponsored by the Linden PBA, Superior Officers Association, Linden Mayor's Youth Commission, and the Linden Municipal Alliance.

Thanks to a unique collaboration between Bridgeway Partial Care staff Darryl B. Costello, Debra Brown, and Kevin Cole, Bridgeway programs have been chosen as the annual charity initiative of the International Free and Accepted Modern Masons and Order of the Eastern Star. On behalf of the people who have already benefitted, and who will benefit in the future from this generous pledge of donations of food and personal items, we are very grateful!



Bridgeway Annual Awards

Congratulations Honorees!

Please join us as we honor thirty-one persons served for
Sally Robins outstanding accomplishments towards their goals.

September 19th at 4:00 PM in the
KEAN University STEM Building Auditorium.
Buffet dinner in the Atrium immediately following.

*** Reservations are required ***

Please call Erica Smith at 908-469-6517 ext.1006



KEAN University STEM Building, 1075 Morris Ave., Union - Parking around back