



“Between goals and achievement are discipline and consistency.”
 - Denzel Washington

Achieve Your Goals in 2020!

If you have ever set a goal and achieved it, you know first hand how beneficial it is to set a goal, make a plan for achieving it, and follow the plan to success. Setting goals helps trigger new behaviors, helps guides your focus and helps you sustain that momentum in life.

Goals also help align your focus and promote a sense of self-mastery. In the end, you can't manage what you don't measure and you can't improve upon something that you don't properly manage. Setting goals can help you do all of that and more.

Making a resolution, setting a personal goal, has become a tradition at the start of a new year.

The truth is that some goals are achieved while others are not. It's important to understand why. How many times have you set a personal goal, for example 'I am going to change my unhealthy eating habits and lose 20 pounds this year' only to give up after a few days! Chances are, while you dreamed of being healthier and thinner, you probably needed a plan.

Antoine de Saint-Exupéry, early 20th century author of *The Little Prince*, is credited with the following quote "A goal without a plan is just a wish." What he was actually teaching us is to set a goal and make a plan for how you will reach your goal.

Here are five tips for achieving your goals in 2020:

1. Be Realistic

The surest way to fall short of your goal is to make your goal unattainable.

2. Plan Ahead

Don't make a resolution on New Year's Eve. Instead, make a plan well in advance and choose a start date based on being ready to commit to the plan.

3. Practice Mindfulness

Check-in with yourself often. Decide how you will deal with distractions and temptations to give up. Practice positive thinking and self-talk, reminding yourself why your goal is important.

4. Track Your Progress

Set benchmarks that are easy to achieve and track. Celebrating each small accomplishment along the way will help keep you motivated. Keep a journal.

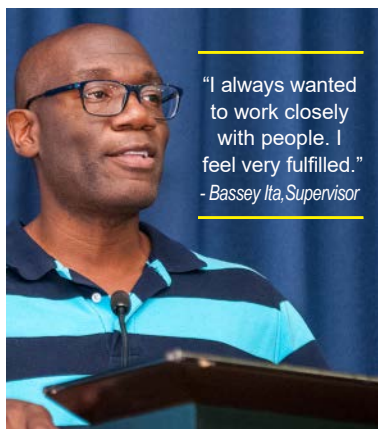
5. Don't Beat Yourself Up

Obsessing over the occasional slip won't help you achieve your goal. Do the best you can each day, and take one day at a time.



“Bridgeway will help you get to where you want to be if you're serious.”
 - Erica Smith

Meet Erica at youtu.be/8TMT88InFdM



“I always wanted to work closely with people. I feel very fulfilled.”
 - Bassey Ita, Supervisor

Congratulations to Bridgeway Team Leader Bassey Ita, awarded Supervisor of the Year by NJPRA, New Jersey Psychiatric Rehabilitation Association

Join Our Online Community!



www.bridgewayrehab.org

Collaborative Documentation Powers Goal Setting

Special thanks to Gina Verne

When you process together what you have experienced when meeting with your clinical staff you will begin to realize the progress you are making and your insights into your recovery journey will be enhanced.

In an excerpt from his presentation, *The Clinical Benefits of Collaborative Documentation And Other Important Considerations*, to the National Council of Behavioral Health, Dr. Bill Schmelter points out that "Most clients do not know their specific treatment plan goals and objectives. When clinicians document the sessions after the individual leaves they are required to relate the work done during the session to the individual's treatment plan, and current goals and objectives, even though this was not specifically discussed during the session." Dr. Schmelter goes on to explain that collaborative documentation forces a discussion of the goals and objectives being addressed and encourages speaking about progress in relation to those goals and objectives.

As staff begin to focus with you on goals and objectives during collaborative documentation, they come to realize that they need more useful goals, and plans to compliment them. These need to actually make sense to you and be measurable or observable outcomes that help you and the clinician know if your work together is helping.

You may find that you are able to leave the session with a better sense of direction, a feeling of accomplishment and a deeper understanding of how the program is working for and supporting you in achieving your goals.

It may take a while to get accustomed to engaging in this type of reflective collaborative documentation with your clinical staff at the end of a session, but more than likely this will strengthen both the therapeutic alliance between yourself and the counselor, as well as help you to achieve your goals with more success.

Congratulations to Sussex Community Support Team!



Cory Storch, President & CEO of Bridgeway, surprised the Sussex Community Support Team as they celebrated Thanksgiving with the Bridgeway family. Cory brought the team a special plaque acknowledging the team for 5 years of raising the most funds for Bridgeway through walkathon pledges. One team member in particular raised over \$1,000 for the 2019 Walkathon by asking her family members and friends to sponsor her participation. As much as we appreciate these extraordinary efforts, we want to emphasize that all donations to Bridgeway are meaningful and appreciated - whether the donation is \$1 or \$100. As a non-profit mental health organization, Bridgeway focuses on achieving results in partnership with persons served, as opposed to for-profit companies whose focus is making profits. Funds

received as donations to Bridgeway are put to work improving the chances that the people we serve achieve their goals, whether that means controlling a medical condition like diabetes, stable housing, educational goals, or career goals.

Along with making a donation to Bridgeway, a great way to support the work of Bridgeway is to give your business to our corporate sponsors. Special thanks to the following 2019 Walkathon sponsors:



SUPLEE, CLOONEY & COMPANY

Seeking Qualified Candidates

Open positions include: Psychiatric Nurse, Career Services Recovery Coach, Wellness Clinician, Supported Education Specialist 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

Winter Wellness Planner

How do you stay well in the winter? How are you affected by the shorter days and the changes in the weather? Our colleagues at Collaborative Support Programs of New Jersey have developed a Winter Wellness Planner that includes tips and ideas to develop a personalized plan to keep yourself well until the spring flowers return. This has been a very popular resource for over ten years! We encourage you to use it yourself, share with a family member or friend, or plan a workshop or series of group sessions. To download your own Winter Wellness Planner, visit: www.cspnj.org. Special thanks to Peggy Swarbrick and Pat Nemec, Co-Editors of *Words of Wellness*.

Speaking of Wellness . . .



By Mike Swerdlow, PhD, Director of Bridge to Wellness

Two years ago, Frank came to the partial care program after a number of psychiatric hospitalizations. As part of his treatment he opted for Bridgeway's primary

health care program - **Bridge to Wellness**. Located in the partial care building, and staffed by Donna DeGiovine, Nurse Practitioner, and Melissa Campos, LPN, Bridge to Wellness provides physical exams, and diagnosis and treatment for a wide range of medical conditions including: asthma, diabetes, high blood pressure, obesity, and high cholesterol. Frank told the team that he was feeling fine, but after an exam and some labwork, Donna and Melissa determined that Frank was pre-diabetic. Frank and his care team discussed treatment options and he agreed to take medication. Since being overweight was contributing to his pre-diabetic status, Frank was referred to a nutritionist and he joined a gym. Today, Frank's weight is down 35 pounds, he doesn't take medication for diabetes, feels much better emotionally, and he's ready for his next goal!



Donna and Melissa in the exam room with Erica

As Frank's case demonstrates, many people at risk for diabetes are unaware of their condition. Diabetes is now the number one cause of death worldwide. If untreated, diabetes can cause serious health problems such as vision loss, kidney disease, nerve damage, and circulation problems. In fact, 1 in 10 people in the United States have diabetes, and 1 out of 4 don't know they have it. Even more surprising is that about 1 in 4 people in the US are pre-diabetic and 90% of them don't know they're at risk. Because diabetes is such a serious problem, we want to answer some important questions:

What is the difference between Type 1 and Type 2 diabetes?

Type 1 diabetes usually occurs in children and young adults. People with Type 1 diabetes don't produce insulin. The causes of Type 1 are complex and may include family history and genetics. Type 1 can't be prevented, but it can be treated. Type 2 diabetes is much more common. The body produces insulin, but it's unable to use it effectively. The risk factors for Type 2 are being overweight, having pre-diabetes, over age 45, and being physically inactive. Also certain groups—such as African-Americans, Hispanics, and Native Americans, are at a higher risk. Type 2 diabetes can be controlled, and even reversed, with diet and exercise, and medication.

How can I help a friend or family member who has diabetes?

Friends and family can play an important role in supporting people with diabetes. Go on walks with your friend. Cook healthy meals together. Provide encouragement. Make it a team effort—decide to lose weight together. Attend a diabetic support group together. Offer to ride along to doctor's appointment. Learn about diabetes.

How can I cope with diabetes?

First of all, you are not alone. Join a support group. Set goals, but don't expect perfection. Break your goals down into small steps. Diabetes can cause stress so it is important to learn how to relax. Share your feelings with your medical team and family. Don't assume that other people know how you feel. Many times finding an understanding person to talk to can make all the difference.

Like Frank, the first step is to see a health care professional and be honest about your symptoms and your lifestyle to determine your risk level for diabetes and the best ways to prevent it. [Contact Bridge to Wellness call 908-202-0416](tel:908-202-0416)

A Thanksgiving Facebook post worth sharing!



John Anthony Hey my BWay peeps ! This comment is truly from my heart and I will be saying the same to my Bway team. There are many times my severe bipolar makes me act up and sometimes has me cursing and speaking badly of BWay. But I truly want to take this opportunity to say that without you guys I don't know if I could have made it through somethings. I am very grateful you understand a client's possible episodes and do not take their behaviors personally. Sadly due to my own past I've lost people in my life that mean the world to me. And finding reason for myself isn't always easy. So having people like yourselves is a light in the dark I've allowed myself to sometimes stay in. So before I write too much, let me end by saying, THANK YOU.! What you guys do may be the difference between hope and Hopeless, life and lifeless. You truly are a blessing... Again thank you...

John Anthony is a member of the Bridgeway family in Fords. He wants to acknowledge his counselors Tom and Lauren on RIST Team II (Residential Intensive Support Team.)

A message to all our online friends:

We 🥰 interacting with the Bridgeway family online. It's important to keep in mind that once you post online, even if you change your mind and go back and delete your post, there is no guarantee that it was not seen, and wasn't shared.

Anonymous Compliance Hotline - If you suspect fraud, waste, or abuse
Call 732-317-5098

Community Wellness Centers

Bergen County

Bergen County
Community Wellness Center
177 Hudson Street
Hackensack, NJ 07601
(p) 201-489-8402

On Our Own
179 Main St 2nd Fl, Suite 3
Hackensack, NJ 07601
(p) 201-489-8402

Essex County

Pleasant Moments
Self Help Center
465 Broadway
Newark, NJ 07104
(p) 973-991-2773

Better Life
101 14th Avenue
Newark, NJ 07103
(p) 862-229-1400 ext 2806

Hudson County

Hudson Self Help Center
124 Claremont Ave
Jersey City, NJ 07305
(p) 201-420-8013

Hunterdon County

Getting Together
52 East Main Street
Flemington, NJ 08822
(p) 908-806-8202

Middlesex County

Moving Forward
25 Elizabeth Street 2nd Fl
New Brunswick, NJ 08901
(p) 732-317-2920

Passaic County

Our House
750 Broadway
Paterson, NJ 07514
(p) 973-553-1101

Social Connections
Hamburg Turnpike, Suite 1
Wayne, NJ 07470
(p) 973-778-8810

The Recovery Center
at Eva's Village
16 Spring Street
Paterson, NJ 07501
(p) 973-754-6784

Somerset County

Freedom Trail
Self Help Center
166 West Main Street
Somerville, NJ 08876
(p) 908-722-5778

Sussex County

A Way to Freedom
Community Wellness Center
29 Trinity Street
Newton, NJ 07860
(p) 973-300-0830

Union County

Park Avenue
Community Wellness Center
333 Park Ave
Plainfield, NJ 07060
(p) 908-757-1350

New Beginnings
Community Wellness Center
144 Madison Avenue - LL
Elizabeth, NJ 07201
(p) 908-352-7830

Esperanza - Bi-lingual
144 Madison Avenue
Elizabeth, NJ 07201
(p) 908-810-1001 ext. 359

Warren County

Better Future
21 W. Washington Ave
Washington, NJ 07882
(p) 908-835-1180