

A Spirit of Unity

Bridgeway to Honor Mark Williams

Nurse, Advocate, Volunteer, Activist, Friend

Mark Williams has touched thousands of people throughout his career as a psychiatric nurse, and decades as an ally to anyone who needed his support.

Mark became known to Bridgeway when Cory Storch, CEO, recognized his gifts, and asked him to serve as a Board Trustee for Bridgeway, where he ultimately served as the Chair of Bridgeway's Board of Trustees.

NAMI NJ also recognized Mark's gifts and he is currently serving as President of the NAMI NJ Board of Trustees.

Mark was serving as a Board Trustee for Woods Services, a Pennsylvania based multi-service population health focused organization dedicated to serving children and adults with developmental, intellectual and behavioral health disabilities, when the idea of a formal Woods-Bridgeway collaboration was born. Mark was instrumental in Bridgeway's affiliation with the Woods System of Care, a partnership that will launch a future of long-lasting benefits to people needing behavioral health services, as well as far-reaching benefits for the NJ health care system.

Along with Bridgeway, NAMI NJ, and the Woods System of Care, Mark has worked tirelessly to promote CIT initiatives in New Jersey - Crisis Intervention Training for law enforcement personnel - and NJ's Stigma-Free



Zone movement, as well as being an active member of the Unitarian Universalist Congregation. Mark is a practicing humanist, with a deep devotion to his family and friends, who has a hard time turning down an invitation to attend a concert, play golf or go fishing!

Bridgeway will honor Mark's extraordinary contributions with the 2024 Distinguished Service Award at this year's Chairperson's Dinner on April 17, 2024.

For more information, please call Lisa Giannascoli at 908-635-7647, or email lisa.giannascoli@bridgewaybhs.org

Woods System of Care



www.bridgewaybhs.org | 877-692-5664

Join Our Online Community!



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Crossing the Bridge

- by John A. Wasserman

An Individual Served by Bridgeway

Built above the rapid waters.
Above the tide
sure to wash me away.
A bridge there stood before me.
Unsure to cross
would it crumble away.

But by steel and stone and mortar.
Built strongly was it made.
Each step I took them slowly.
And across I found my way.

Upon the other side I stood.
I was in awe of what my eyes beheld.
People beneath were the bridge's support.
With a strength that never fell.

Beneath the waters raged and turned. So
easily could they have drowned.
But with their power and will
they had stood strong still.

And those who crossed could not
fall down.



On February 29, 2024, Kendall Hill, MS, LPC, CRC, NCC, Bridgeway Clinician and doctoral candidate at Rutgers, presented Engagement Strategies for the Black Community.

Please visit Bridgeway's YouTube Channel to view Kendall's presentation:

@bridgewaybehavioralhealths2578



We appreciate our Bridgeway social workers!

Simple Self-Care Practices for Every Area of Life

Dr. Peggy Swarbrick is the Associate Director of the Center of Alcohol and Substance Use Studies and a Research Professor in the Applied Department of Graduate School of Applied and Professional Psychology at Rutgers. Peggy presented self-care practices to Bridgeway staff including her strength based 8-dimensional wellness model to promote recovery from mental health conditions and substance use. One of the ways both staff and persons served can practice self-care is to find your purpose:



* Please click on the image to access the complete .pdf document: Self-Care and Wellness

YOU ARE NOT YOUR ADDICTION

Increasing Access to Substance Use Treatment in Hoboken

At Bridgeway's Center for Integrated Behavioral Health Care, 506 3rd St., Hoboken, the staff want to help you recover!

Beginning Wednesday, April 24th, join an IOP group for Intensive Outpatient Treatment for Substance Use.

Wednesdays, Thursdays, Fridays, 4-7:00PM
Medication Assisted Treatment for individuals is also available

Please call 201-885-2539; fax at 908-248-0836 Email:
hudson.contact@bridgewaybhs.org



Spend Time Outdoors

Spending time in green space or bringing nature into your everyday life can benefit both your mental and physical well being. For example, doing things like growing food or flowers, exercising outdoors or being around animals can have lots of positive effects. It can:

- improve your mood
- reduce feelings of stress or anger
- help you take time out and feel more relaxed
- improve your physical health
- improve your confidence and self-esteem



SUMMER IS ALMOST 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
Please note - 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

ACCESS BRIDGEWAY SERVICES 877-692-5664

Bridgeway is a cornerstone of mental wellness, providing comprehensive and compassionate behavioral health services, including substance use treatment.

We focus on **Community Supports**, for example, homeless outreach and supportive housing services, supported employment and education services, services for those who have been entangled in the criminal justice system, and long term supports for those who have been discharged from state hospitals.

Through Bridgeway's **Outpatient Counseling Services**, we help people build resilience, offering a path to wellness that transforms lives!

Bridgeway is here for **Urgent Mental Health Care**, crisis intervention, and screening, offering living room models for de-escalation in three locations: Somerville, Elizabeth, and Hoboken.

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

* If you would like to be removed from our mailing list, please call 732-913-9666

www.bridgewaybhs.org