Being a kid in today’s world is more complicated than ever. The most successful children are those who receive guidance and support as they grow. NewBridge offers programs that empower young people to make good decisions in life and feel good about themselves.

NewBridge’s programs focus on strengthening positive coping skills and building resiliency so children can manage stress and anxiety in a healthy way, and steer clear of high-risk behaviors.

40 Developmental Assets®
All NewBridge prevention programs embrace the philosophy of Search Institute’s 40 Developmental Assets®, experiences and qualities that influence choices young people make on their path to adulthood. Examples of these assets, which are essential to success, are: respecting boundaries, building relationships, developing positive values, using time productively, having a positive identity, and empowerment.

“Studies of more than 2.2 million young people consistently show that the more assets young people have, the less likely they are to engage in a wide range of high-risk behaviors and the more likely they are to thrive.”

Search Institute

NewBridge Services, Inc. has been bringing balance to people’s lives since 1963. The community nonprofit serves more than 8,000 children, adults and seniors a year through counseling, housing, and education.

In addition to offering school-based programs, NewBridge:
- Treats mental illnesses and addictions
- Helps people handle life stressors
- Provides affordable housing for people with special needs
- Runs a successful alternative education and career development program
- Supports seniors so they can remain independent
- Responds to community crises
NewBridge offers a full spectrum of programs that emphasize social-emotional learning (SEL) and address the New Jersey comprehensive health and physical education core curriculum content standards for pre-kindergarten through high school. The evidence-based programs can be tailored to your school’s individual needs.

**The Early Years**

It’s never too early to start planting the seeds for good decision-making. NewBridge offers a variety of customizable programs for children in elementary school. Topics include:

- Respect/tolerance
- No more bullying
- Conflict resolution
- Self esteem
- Building social skills
- Stress/problem solving

**BABES Puppet Program** (Beginning Alcohol & Addiction Basic Education Studies) for kindergarten through second grade. Learning objectives:

- Basic drug resistance skills
- Decision making
- Coping skills
- Feelings & self image
- Peer pressure
- How to ask for help

**Middle School**

The tumultuous tween years are best navigated with lots of support. NewBridge program topics for middle school children include:

- Drug/alcohol resistance
- Positive coping/stress
- Conflict resolution
- Anti-bullying/cyberbullying
- Diversity/respect
- Overcoming peer pressure
- Suicide prevention

**High School**

NewBridge programs for high school students capture teens’ interest in important issues, such as:

- Drug resistance
- Positive coping/stress management
- Conflict resolution
- Suicide prevention
- Mental health awareness
- Transitioning to adulthood

**Just for Teachers**

The following programs are eligible for professional development hours:

- Promoting healthy living
- Suicide prevention training
- Stress management
- Motivating at-risk youth
- Youth Mental Health First Aid

**For Parents & Communities**

It’s more important than ever for caring adults to know how to intervene effectively when a child is in crisis.

NewBridge offers Youth Mental Health First Aid training to parents, caregivers, school employees, youth group leaders and other adults who regularly interact with children ages 12 to 18.

Participants in the eight-hour training learn the signs and symptoms of mental health problems and addiction in adolescents, and more importantly, how to reach out to them.

NewBridge also offers workshops in suicide awareness and YMHFA training for people who interact with college students.

**Crisis Response**

NewBridge provides psychological first aid when a crisis strikes a school or the wider community. NewBridge employs state-certified disaster response crisis counselors who help children and adults cope in the immediate aftermath of a tragedy or natural disaster, and connect them with ongoing support. Referrals are made through the Morris County Traumatic Loss Coalition.

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- All programs are built around evidence-based research.
- Pre- and post-surveys with measurable outcomes are available for all programs.

**CALL US TODAY**

at 973-686-2228 to learn how easy it is to customize a series for your school or organization that will fit within your budget!