About NewBridge

Let’s face it, we can all benefit from some help at times. Getting through difficult times sometimes requires the expertise and guidance of professionals, like those at NewBridge Services.

Founded in 1963, NewBridge Services is a 501(c)(3) nonprofit community organization providing innovative programs and education services in five program areas: counseling, addiction services, housing, youth and senior assistance. Whether guiding people as they cope with stress, grief, or substance abuse, or providing advice to those with parenting, relationship or caregiving challenges, NewBridge helps people bring balance to their lives.

NewBridge employs more than 175 professionals, including adolescent specialists, certified addictions specialists, care managers, clinical nurse specialists, domestic violence specialists, marriage and family therapists, nutritionists, play therapists, psychiatrists, and licensed social workers.

NewBridge Services is able to provide crisis response and support to local businesses and communities.
For families, children and adults, NewBridge’s mental health services cover a broad spectrum, including education and prevention services, individualized counseling, medication monitoring and specialized intervention for those with serious mental illness. Traditional family and individual counseling programs, educational forums and mental health services help individuals effectively manage and cope with the pressures of everyday life.

Programs and groups cover a wide range of relevant topics, including:

- Managing anger
- Choosing a parenting style
- Communicating with teens
- Productive problem solving
- Recovering from an addiction

NewBridge’s senior program, NewBridge SAIL (Senior Assistance for Independent Living) is focused on improving the daily life of seniors by providing the services and resources to help them age-in-place in their own home. NewBridge@Home is a free program that provides weekly in-home professional counseling to homebound senior citizens in Morris County.

Designed for preschool-aged children through young adults, NewBridge’s youth services include a variety of life-enriching educational and counseling programs, including improving communication skills, enhancing social skills and substance abuse prevention and education. Programs are also offered for parents and teachers.

Program topics include:

- Conflict resolution
- Positive coping skills
- Building self-esteem
- Healthy decision making
- Drug/alcohol resistance
- Anti-bullying/cyberbullying
- Violence prevention
- Suicide prevention
- And so much more

NewBridge’s addiction services include prevention efforts that focus on children, parents and educators. In addition to prevention services, NewBridge’s comprehensive program includes evaluation, referrals, educational groups, intensive outpatient programs and counseling.

NewBridge Jobs Plus is an education and employment program for those ages 16 to 24 who are looking for an alternative to traditional high school. Graduates of the NewBridge Jobs Plus program achieve a New Jersey State high school diploma and many secure a career-oriented job or continue their education at a college or trade school.

NewBridge offers a creative and innovative approach to housing that provides the most appropriate level of service needed with the ultimate goal of increased independence and helping residents remain in a home of their own.

NewBridge’s housing services include a full continuum of services from residential care to permanent housing, including:

- Semi-supervised and supervised residential programs for those with mental illness through which personalized attention and individualized services are received.
- Supportive Housing programs that provide permanent, affordable housing options to those able to hold their own lease, live independently and successfully manage their mental illness.

NewBridge is focused on all aspects of developing affordable, sustainable housing for families and individuals with low and moderate income levels and for persons with special needs. NewBridge develops its own affordable housing and partners with other entities, including municipalities, other nonprofits, and financial institutions to help develop new housing opportunities.