Artist Credits Bridges for “Having a Transforming Effect on My Life”

With your continued generosity, Bridges works to help all those who turn to us for assistance, achieve their goals to live healthy, productive and rewarding lives. Despite chronic illnesses, behavioral issues and addiction disorders, our clients work hard to manage and overcome these challenges.

Matt is one individual who has “endured the challenge of living with severe depression...a most hampering disease,” for many years. Matt has been in recovery for nearly twenty years as a client of Bridges.

“The support offered to me by the staff members of Bridges has always been genuine and dear. They are a very dedicated team. Their positive impact has had a transforming effect upon the tempo of my life,” says Matt. “I have been able to gain and build the confidence that my artwork can offer something that is good and worth sharing. I have value.”

An artist since childhood, Matt expresses his thoughts, emotions and his worries about the injustices laid on so many of our fellow citizens through dramatic, colorful paintings and intense stories. He is now exhibiting and selling his works in more public venues, and has gained the confidence in his artistic talent and abilities to expand the business aspect of his work. He hopes one day to make enough money from his creative work to leave his long-time job so he can fully concentrate on his art.

“I hope people understand that a mental illness can happen to anyone, at any age, and completely derail their life if they don’t have the support and professional treatment like I received at Bridges.”

Your gift today will help Bridges give adults like Matt a path toward realizing their dreams and goals. Your donation will also help children and families maintain stable, healthy lives together.
Message from our CEO

Dear Friends,

Bridges Healthcare Inc. is a non-profit agency that has provided quality mental health and substance abuse services to adults, children and families in southern Connecticut for the past 62 years. As a collaborative partner serving the Milford, West Haven, Orange and Naugatuck Valley areas, Bridges works closely and tirelessly with all stakeholders to identify and address the needs of each community. As such, Bridges has developed the well-deserved reputation as a community leader and reliable resource.

Bridges enjoyed a year of substantial progress in 2018. The agency was awarded accreditation via The Joint Commission – the gold standard in the field – recognizing the excellent work that Bridges and its staff has done over the years. Bridges also upgraded its electronic health record for the first time in several decades – affording the agency the ability to become more efficient and effective in its data management. Finally, Bridges brought on new leadership and with it a renewal of its efforts to be a strong local and statewide partner.

2019 will be marked by Bridges developing a new strategic plan which will carry the agency forward over the next three years. Implementing this plan, sustaining our progress, and growing to meet the needs of our community will be challenging in the current state and fiscal environment. We remain dependent upon state grant funding for the majority of our revenue. We are working towards diversifying our funding in an effort to maintain and increase our fiscal stability.

Please consider making a donation to Bridges so we can continue to improve the lives of people with mental health disorders or substance abuse challenges. On behalf of the hundreds of people who rely on Bridges Healthcare for support, I thank you for your continued generosity.

John Dixon
President & CEO

P.S. Every donation supports our clients and enhances our programs. Thanks, in advance, for your contribution!

Outreach and Support for Local Teens

Based on feedback from teens and young adults in our community, in 2018 Bridges rebranded its Young Parent Program to be more inclusive of all the populations it serves. Now known as the B-SAFE Project, it provides teenagers and young people (up to age 22) with access to confidential prevention, pregnancy and parenting information, and resources from Bridges through this community-based program. B-SAFE outreach coordinators are available at the West Haven and Milford high schools’ nurses’ offices. For more information visit bridgesct.org/BSAFE.

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*Past Board Chair

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Tara Kerner, D.O. – Medical Director

Dawn Silver-DeAngelis – Director of Adult Services
**2017-2018 Financial Statement**

*Prior to Audit*

<table>
<thead>
<tr>
<th>Income Category</th>
<th>Amount</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>State &amp; Federal Grants</td>
<td>$9,043,362</td>
<td>69.25%</td>
</tr>
<tr>
<td>Service Fees &amp; Contracts</td>
<td>3,211,297</td>
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</tr>
<tr>
<td>Local Support</td>
<td>626,862</td>
<td>4.80%</td>
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<tr>
<td>Foundations &amp; Contributions Support</td>
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<td><strong>Grand Total</strong></td>
<td><strong>$13,058,282</strong></td>
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<table>
<thead>
<tr>
<th>Expense Category</th>
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<th>Percentage</th>
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<tr>
<td>Adult Behavioral Health</td>
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<tr>
<td>Adult Community Outreach</td>
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<tr>
<td>Children &amp; Family Behavioral Health</td>
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<td>Children’s Community Outreach</td>
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<td><strong>Grand Total</strong></td>
<td><strong>$12,933,553</strong></td>
<td><strong>100%</strong></td>
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**FY18 Annual Income Report**

<table>
<thead>
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</tbody>
</table>

**FY18 Annual Expense Report**

**You Helped Provide These Services in 2018!**

*Duplicated Services Delivered to Individuals and Families*

**Clinical Services**
- Adult Outpatient Mental Health Including Latino Behavioral Health Services 1,010
- Adult Outpatient Drug & Alcohol Recovery 47
- Adult Emergency Mobile Psychiatric Services 182
- Child & Family Outpatient Behavioral Health 876*

**Total= 1239 Adults; 876 Children & their families**

**Intensive Services**
- Young Adult Services 55
- Intensive In-Home Child & Adolescent Psychiatric Services 495*
- Intensive Family Preservation 129*

**Total= 679 children, young adults & their families**

**Continuing Care Services**
- Adult Case Management 299
- Adult Social Rehabilitation 64
- Adult Employment 85
- Adult Residential/Community Supported Beds 4
- Adult Behavioral Health Primary Care 126
- Child & Family Care Coordination 174*

**Total= 578 Adults; 174 Children & their families**

**Prevention and Early Intervention Services**
- B-S.A.F.E. 87
- CT STRONG 72*
- Caring Network 360
- Milford Prevention Council – Community and School Forums 3200
- Natural Helpers 75

**Total units of service delivered 49,000**

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**Your Gift Makes A Difference!**

Please donate at www.bridgesct.org or via the enclosed envelope.

Thanks for Your Generous Support

**Bridges Healthcare**

949 Bridgeport Avenue • Milford, CT 06460
(203) 878-6365

www.bridgesct.org
In Memoriam

Bridges Healthcare lost two dear friends and long-time Board members in 2018.

**William Sidarweck** joined Bridges’ Board in 2004 and served in numerous roles and committees throughout his tenure. Bill had a rewarding career as a school psychologist, and Bridges greatly benefited from his expertise and dedication to children’s mental health. Bill made many generous contributions of his time and talents to Bridges. We will especially miss his reliable presence at Bridges’ annual Folks on Spokes Ride for Mental Health, when he would arrive before sunrise and quietly get to work, setting up for the event and staffing the registration table each year.

We were also saddened to lose board member **John P. McGill**. John had served on Bridges’ Board since 2003. While John held many roles and officer positions, he is gratefully remembered as a driving force in building Bridges’ Endowment Fund, to which he and his family, including daughter Sarah McGill and her husband James Silberstein were exceptionally generous through the years. John served on the Endowment Fund Committee, and was most effective and comfortable discussing complex financial issues with fellow members and the fund manager.

Bridges’ Board Chair Shaun Mee noted, “The absence of these two gentlemen will continue to be greatly felt by the entire Bridges community. Bridges was honored by their dedication and appreciative of their many years of volunteerism and service to our mission.”

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Every Brick Tells A Story

Bridges’ commemorative brick program lets you honor or memorialize loved ones, pay tribute to a business or mark a special event with an engraved brick in the walk at the entrance of the Moses M. Malkin Center at Bridges.

To create a lasting tribute at the Bridges’ walk, please email Marcy Hotchkiss at mhotchkiss@bridgesmilford.org.