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Barrett Outdoor Communications • Catherine Bartozzi • Ellen Beatty • Sharon Belfonti • Yael Benoit • Florence Berrien • Karen Besciglia • Taylor Besciglia • John Biancur
Kevin Blagys • Robert and Mim Blake • Issac Bode • Sandra Boltax-Stern • Kevin & Nancy Bonaparte • Bonfire Grille • Jacqueline Bontems • Kathleen Bonvicini
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James Burn • Amanda Byrne Jose Caicedo • Tom Calder • Victor Campanelli Jr • Andrew & Patricia Carauro • Katherine Carlino • Steven and Cynthia Carlson • Claire Casey
T.J. Casey • Rhona Ceppos
Christopher & Christine Cody
Megan Coleman • Julie Collins
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Linda Cordova • Alan Cosenza
Joan Cretella • Jason Crockett
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John DePalma
Cynthia Dodd
David and Susan Eblen
Eli's Tavern • Elvin Web Marketing
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Lawrence Fliegelman
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Genoa Healthcare Co.
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Bringing Recovery into the Community

Message From Our President & CEO

Dear Friends,

Thank you for taking a look at Bridges' Annual Impact Report to the Community. If you are one of the generous individuals, businesses or organizations listed on the cover of this publication, please accept my sincere gratitude for your support



While many recognize Bridges by our main offices on Bridgeport Avenue in Milford, this report's theme, "Bringing Recovery to the Community" reflects the way we reach people in the community. Our staff assists hundreds of children and families in their homes, providing intensive services in the environment where they spend time together and face many of their challenges. We also partner with the Milford and West Haven School Systems to provide services and programming to ensure that children have the support they need to stay safe in school. Also, last year Bridges' Mobile Crisis Services helped nearly 200 adults experiencing a mental health crisis in their homes or other community sites.

Perhaps the most visible example of our work in the community is our Mobile Addiction Treatment Team Van. MATT's Van operates to help individuals with opioid use disorder, (OUD) get into treatment quickly, with the fewest obstacles. Read more about MATT's Van in the feature article on this page.

Thank you for choosing to support Bridges Healthcare. We will continue working hard every day to honor your trust in us to provide the quality mental health and addiction recovery services adults, children and families in our area deserve.

Sincerely,

John Dixon
President & CEO



Caring for People in the Community

MATT's Van saves lives by starting treatment quicker and easier.

On a bitter cold day, March 6, 2019, recently known as "Black Balloon Day" in remembrance of people lost to opioid overdose, Bridges' CEO John Dixon and Medical Director Dr. Tara Kerner stood outside the West Haven City Hall to make an announcement. Bridges was taking the fight against opioids to the streets, with a mobile unit that offers on the spot access to life-saving treatment, and hope for recovery for area residents struggling with opioid addiction.

Bridges' Mobile Addiction Treatment Team, dubbed MATT's Van began services on April 1 and in its first months of work had more visits and had more people in treatment than our office based MAT program. "Our goal is to save lives and provide faster, easier access to treatment in our towns and neighborhoods," said Dixon. "We know that Medication Assisted Treatment (MAT) is the most effective tool we have right now to battle opioid addiction. We hope this mobile service will make the first step to treatment easier for many who are suffering and at risk of overdose."

Bridges was awarded a 2 year grant from DMHAS to support the mobile unit. It is currently staffed with a prescriber (doctor or APRN) and a recovery coach onboard at all times. Services are available to adults, 18 and over, regardless of insurance status. No appointments are required and individuals may simply approach the MATT's van.

According to Dr. Kerner, "The MATT's van program is designed to induct people quickly and safely on Suboxone, and act as a conduit to ongoing treatment. Enough medication is provided until their appointment with the follow up agency." While on the van, a referral is made to an accepting agency for ongoing treatment.

Over the course of its initial months in service, M.A.T.T.'s van saw 32 individuals and started all of them on Suboxone. Twenty-six were referred to Bridges for office-based services, and 6 were referred to agencies closer to their city of residence. The initial rate of retention in treatment at 71% is promising, higher than the national average retention rate of 50% at 12 months.

If you or someone you know needs help for opiate use disorder call or text MATT's Van team at 203-494-5811.

Taking it to the Streets!

Donor Thank You

Thank you to the honor roll of generous 2019 donors* listed on the cover of this report. Bridges Healthcare is an integral part of our community's health and mental wellness for both individuals and families, thanks to your donations. Your contributions to our organization mean that you see the value in our programs and services which are vital in today's society more than ever.

The support we receive from you is the key to our ability to meet the community's emerging needs and change lives for the better.

We greatly appreciate your partnership!

* Donations listed reflect gifts made directly to Bridges and in-kind gifts of goods or services.
We apologize for any errors or omissions on the donor list.

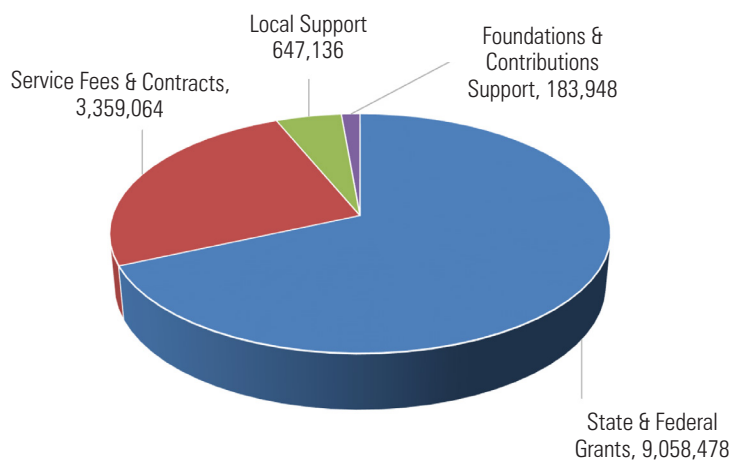
Bridges Healthcare, Inc.

Audited Financial Statements

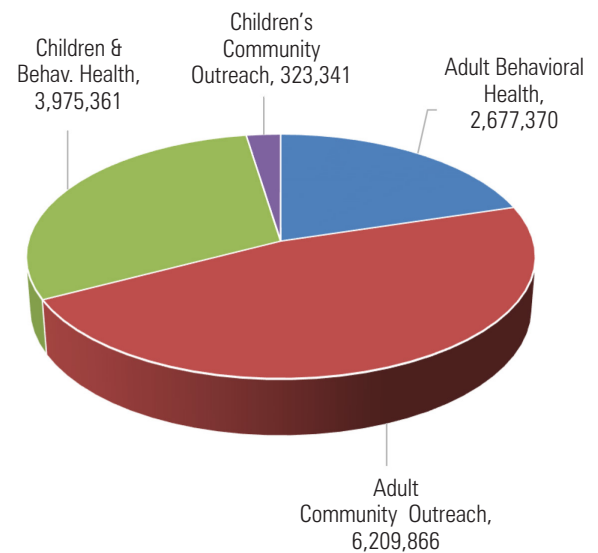
Report 2018-2019

| Funding Type | Funding | Distribution | Service | Funding | Distribution |
|-------------------------------------|-------------------|--------------|---------------------------------|-------------------|--------------|
| State & Federal Grants | 9,058,478 | 68% | Adult Behavioral Health | 2,677,370 | 20% |
| Service Fees & Contracts | 3,359,064 | 25% | Adult Community Outreach | 6,209,866 | 47% |
| Local Support | 647,136 | 5% | Children & Family Behav. Health | 3,975,361 | 30% |
| Foundations & Contributions Support | 183,948 | 1% | Children's Community Outreach | 323,341 | 2% |
| Grand Total | 13,248,626 | 100% | Total Breakdown | 13,185,938 | 100% |

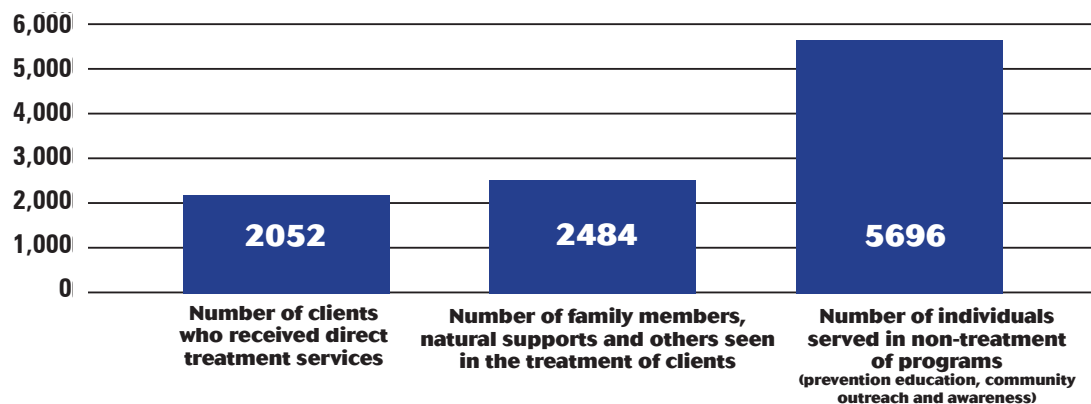
Annual Income Report FY19



Annual Expense Report FY19



Number of Clients Served by Bridges FY 19
N = 10,232





949 Bridgeport Avenue
Milford, CT 06460

(203) 878-6365

www.bridgesct.org

In FY 2019 ...

Bridges Served:

587 children
72 young adults (ages 19 – 24)
1067 adults and
226 seniors (65+)

Bridges Helped:

79 adults experiencing crisis through our emergency mobile psychiatric services

Bridges Processed:

836 service inquiries and referrals and
574 initial intake evaluations.

We're in Your Neighborhood: Bridges' Home and School Based Services

Did you know that Bridges brings outreach and support services directly to local youth, teens and young adults in their homes and at their schools?

Child and Family Services

- Intensive Family Preservation
- Intensive In-home Child and Adolescent Psychiatric Services (IICAPS)
- Care Coordination and Prevention Services

Teen and Young Adult Services

- RM4 Drop-In Center 570 Boston Post Rd., Milford
- B-SAFE Project at local high schools
- Supportive Residential Services
- Vocational Training Program

Client Success Story: Bridges Paves the Way for Recovery

Bridges' client Karen had worked as a certified nurse's aide and as a paralegal before her illness disrupted her career, and for a time, her life.



The program helped her manage her alcoholism and mental illness. Through the support offered at regular meetings, Karen was able to identify her triggers (cues that can lead to a relapse) and set up an action plan for recovery.

Karen attests to now living with a new purpose, being happy and finding meaning in life. Today, she uses her professional skills as a volunteer at the front office of the Beth El Center. According to Karen, "I love working there, and I hope someday to return to paid employment. Bridges is helping me reach that goal."

80% of the people we serve are low-income, uninsured or insured under Medicaid and Medicare.

Without Bridges, many of these individuals would not have access to mental health and addiction recovery services.