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MISSION STATEMENT

Bridges provides a comprehensive range of outpatient mental health, addiction, community support and home-based services for children, families and adults residing in Milford, Orange, West Haven and their surrounding communities.

Support Bridges Through Planned Giving

Bequests provide an easy and direct way to give to Bridges' Endowment Fund. Interest from this fund will help ensure the finest in mental health and addiction services for years to come. For information on bequests and other planned giving vehicles, please contact Robert H. Morgan, Chief Development Officer at Bridges at (203) 878-6365 ext. 419.

Letter from the President/CEO



Dear Friends,

Fifty years. Five decades. Two generations. No matter the exact words used, Bridges has been an integral and important part of this region's community for a long time. And while there is something inherently admirable about being around for an extended duration, we have so much more to commemorate than a milestone anniversary.

As part of our upcoming celebration, we will remind the people we serve, our supporters and benefactors, and even ourselves, of the commitment to the community that was made in 1957 – a commitment that we have always lived up to.

We will look back only long enough to recognize how we have grown and changed in order to stay fully prepared for the next fifty years, and the shifting needs of all who might benefit from our help.

Against the backdrop of all that Bridges has accomplished and the trust we have earned, we will renew and reinvigorate our promise to provide the highest possible quality care, dispensed with skill by compassionate professionals.

Our proud history is important for many reasons, but none more vital than what it demonstrates about our future. I know that every person associated with our organization takes pride in where we have been. I hope that – like me – everyone will be excited and involved in where we are going.

We are in the initial stages of planning the events and activities that will mark our golden anniversary year. We will – of course – keep you well informed as we move forward. I can assure everyone that there will be ample opportunities for all of us to get involved.

Being involved in planning our 50th is really part of planning for our future and maintaining Bridges' commitment to the thousands of people who turn to us for help every year. Please join us!

Barry Kasdan



▲ Folks on Spokes/Folks on Foot volunteers from Foran High School's Natural Helpers and their advisor, Lori Hart.

◆ The oldest and youngest participants, 14-week old Madison Moriarty and Dr. John Adams, 89.

Program Focuses on Easing Transition

Bridges Staff Helps "YAS" Move Forward

Moving from teenager to adult is difficult for everyone, but is particularly problematic for young men and women with mental illnesses. After spending many years in a health system designed for children up to age 18, the transition into an adult world presents many challenges.

A unique program managed by Bridges staff members, YAS (Young Adult Services), addresses potential stumbling blocks for young men and women ages 18 to 25 who have been transitioned from children's to adult's services. Funded by the Connecticut Department of Mental Health and Addiction Services, YAS monitors and assists post-adolescents with their emotional and physical needs.

One innovative component of this program is the Low Key Café. Born from one staff member's love of music, the Café is a monthly open mike forum for the thirty-plus young adults in the program to express ideas and emotions through music, poetry or story telling. With the ground rule that all participants must display non-judgmental, respectful behavior, a growing attendance indicates the Café's success. The YAS staff has been commended for their outstanding efforts on behalf of their clients.



949 Bridgeport Avenue
Milford, CT 06460

SERVING THE COMMUNITIES OF MILFORD, ORANGE AND WEST HAVEN

Bridges is supported by: CT Dept. of Mental Health & Addiction Services, CT Dept. of Children & Families, CT Dept. of Mental Retardation, CT Dept. of Social Services, CT Health Fdn., U.S. Dept. of Juvenile Justice, United Way of Milford, City of Milford, Milford Board of Education, Town of Orange.

Bridges is accredited by CARF for integrated behavioral programs. Bridges is licensed by the State of CT Dept. of Children & Families, and CT Dept. of Public Health.

Signature Fund-Raising Event Continues to Grow

Folks On Spokes/Folks on Foot Sees Second Straight Year of Record Participation

On two wheels or two legs, supporters of Bridges and its mission took advantage of a perfect late summer day coming out in larger-than-ever numbers for Folks on Spokes/Folks on Foot. Held on September 17th, the event drew 355 cyclists and 230 walkers. The Community Challenge award for the city with the largest increase in participants will stay in Milford's City Hall for at least one more year.

"The support the good people of this area continue to show for Folks on Spokes and Folks on Foot is truly overwhelming," noted Barry Kasdan, President/CEO of Bridges. "It demonstrates an understanding of the important work this organization provides to promote health and recovery for those in need among us."

The 2007 edition of FOS/FOF is scheduled for Sunday, September 16. Mark your calendars!

News in Brief

The Caring Network is a support program for adults who have lost a loved one. Registration is not required and there is no fee for sessions that meet at Milford Hospital, 300 Seaside Avenue, at 7pm on the **third Wednesday of every month.**

The Caring Network for Grieving Children and their Families is a structured program assisting children who have lost a parent or sibling. Sponsored by the Cody-White Funeral Home since 1998, the program meets **two Sundays each month**, September through June at St. Gabriel's Church in Milford. Families are requested to register and make a pledge to participate. For more information, or to register, call Cathy Fisher at (203) 878-6365 ext. 445.

Bridges Readies for 50th Anniversary

March 5 Bridges 50th anniversary Open House and birthday party, 949 Bridgeport Avenue, Milford.

May is Mental Health Month

May 2 Annual photo contest reception, NewAlliance Bank on the Green in Milford.

May 19 50th Anniversary Gala Dinner, Grassy Hill Country Club, 441 Clark Lane, Orange.

September 16 Folks on Spokes/Folks on Foot, Fowler Field, Milford.

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