



# Help, Hope, Opportunity

## Our Mission



The mission of The Bridge is to change lives by offering help, hope and opportunity to those most vulnerable in the community. We offer a comprehensive array of mental health, rehabilitation and housing services that assist clients to achieve more independent and productive lives in the community. Services are available at its program headquarters at 248-250 West 108<sup>th</sup> Street on Manhattan's Upper West Side five days a week and on holidays, and at program and residential sites throughout Manhattan, Queens and the Bronx.

## Our History



The Bridge was established in 1954 as a private, not-for-profit, 501(c)(3), community-based organization. Now in its 57<sup>th</sup> year, it has evolved into a multi-service, multi-site and multi-borough agency serving close to 2,000 men and women a year including people with serious mental illness, the homeless, people with substance use disorders, those exiting the criminal justice system, and people living with HIV and AIDS.

## Funding



Funding for our comprehensive array of services comes from federal, state and city government partners and through the generosity of foundations, corporations, donations from individuals and through special events. The Bridge is licensed by the New York State Office of Mental Health and the New York State Office of Alcoholism and Substance Abuse Services.

Ann R. Hyatt—Director of Development

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## Services & Treatment

**Personalized Recovery Oriented Services (PROS):** Our core outcome-driven rehabilitation and recovery program for people with serious mental illness, the program is licensed by NYS OMH, and offers evidenced-based and best-practice services to help participants achieve more successful, productive and independent lives in the community. The program offers a comprehensive array of services including mental health treatment, life skills, entry-level vocational training, social and recreational activities, job placement, and support services. Participants in PROS also engage in The Bridge *Creative Arts* and *Horticulture* programs, the latter in collaboration with the *Horticultural Society of New York*. As an approved VESID and federal Employment Network vendor, The Bridge provides vocational services for PROS participants and clients of its other programs.

**Housing - the cornerstone of rehabilitation:** The Bridge is sponsor, developer, social services provider and manager of 18 buildings and more than 350 scatter-site apartments in Manhattan, Queens and the Bronx. We offer housing with services to 744 individuals and another 198 units are in development. Specialized housing is available for mentally ill adults who are aging and physically frail, homeless mentally ill women with substance abuse problems released from prison, the chronically homeless and those with HIV/AIDS. New housing is planned for homeless veterans and young adults, 18-25, aging out of foster care and the children's mental health system, and low income families.

**Services for Special Populations:** For the homeless, we offer outreach, support services and housing. For persons with psychiatric and substance abuse disorders, we offer a licensed medically supervised integrated mental health and substance abuse treatment program, support groups with intensive relapse prevention, and housing. For persons with mental health diagnoses and HIV/AIDS, we offer intensive case management, treatment services and housing. For persons who have been in the criminal justice system, we provide specialized treatment and housing.

**Health Care:** Through an arrangement with the *William F. Ryan Community Health Center*, we offer primary healthcare services to every client at our headquarters. A staff nurse works with the Ryan team providing follow-up and referral. Recognizing that physical wellness is an essential component of mental wellness, we encourage healthy living through exercise, good nutrition, diabetes wellness groups, and smoking cessation programs in our rehabilitation and residential settings.

**Assertive Community Treatment (ACT):** A best practice, this model offers psychiatric treatment, case management, health care and social services to individuals with mental illness and substance abuse problems who are not participating in traditional treatment programs. We operate a Manhattan-based ACT team for 68 adults, and a Bronx-based ACT team uniquely linked to supportive housing for 68 chronically homeless adults.

**Blended Case Management:** This program offers case management services to 132 individuals with serious mental illness in Queens. Staff visits clients where they live or work to ensure that they continue receiving services they need to remain in the community.

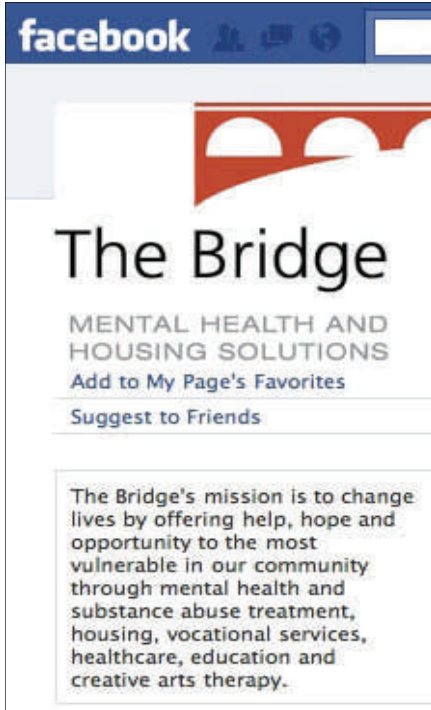
**Mental Health Clinic:** This OMH-licensed program offers individual, group, family psychotherapy and medication evaluation, administration and monitoring to Bridge clients and community residents.

**Creative Arts Therapies:** Through painting, poetry, creative writing, music and photography clients have an important outlet for self-expression and personal growth. Bridge artists and poets have received wide recognition for their work. Bridge artists work with the *Museum of Modern Art* in an exciting collaboration that includes an annual exhibition.



# Join Our Community

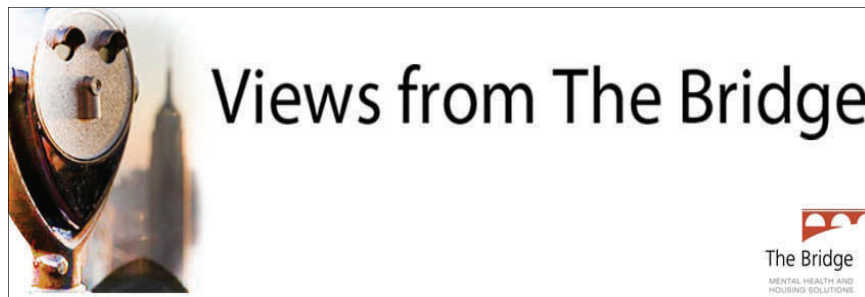
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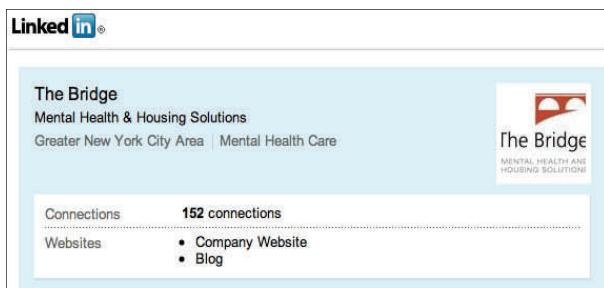
## Jumo



## Bridge Blog



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