Dear Friends,

This past year, the COVID-19 pandemic slowly faded in severity and began to fold into the backdrop of regular, everyday life. While the agency never stopped providing behavioral health and other much needed services to the community, the physical doors at our facilities re-opened, and in-person services resumed. However, in the aftermath of the global pandemic, we witnessed, and continue to witness, a clear and significant toll on student education outcomes and individual, child, and family mental health. In 2021, the U.S. government issued a national advisory on the youth mental health crisis further exposed by the COVID-19 pandemic. Now, more than ever, the community needs our programs and services.

LifeBridge's mission is to partner with youth and families to build resilience. Resilience is the process of effectively negotiating, adapting to, or managing significant sources of stress or trauma. Assets and resources within the individual, their life, and environment facilitate this capacity for adaptation and 'bouncing back' in the face of adversity.

LifeBridge is both an asset and an essential resource in the community. Our behavioral health counseling services for children, adults, and families help to build the internal resources necessary to recover from adversity. And our Urban Scholars Program builds youth's resilience through interaction in activities with supportive peers and adult mentors, and access to academic support – each strengthening youth's social and emotional well-being. Our programs matter and they are making a difference.

It has been through the combined support of sponsors, philanthropic organizations, individual donors, our board of directors, nonprofit peers in the community, our dedicated LifeBridge staff, other community stakeholders, and the individuals we serve that we are able to offer positive, impactful programming to elevate our community socially, emotionally, and educationally.

As a community, and a nation, we combated a global pandemic together, and together we combat the aftermath and continue to do our part in building a brighter future.

Edith Boyle, LCSW
President & CEO

George Kasper
Esq. Board Chair

“If you have come to help me you are wasting your time. If you have come because your liberation is bound up with mine, then let us work together.”

– Dr. Lila Watson, Academic, Artist and Activist

Mission

LifeBridge's mission is to partner with youth and families to build resilience. We believe in the unlimited potential of every child and family. By providing a combination of behavioral health services, youth development, and asset building resources – as well as meals for seniors and interpreting services statewide – our impact strengthens our community as a whole.

Building a Brighter Future

194
Bridgeport Youth Enrolled in the Urban Scholars Program

22,979
Behavioral Health Sessions Provided

1,448
Behavioral Health Clients Serviced

623
“Shopping” Appointments in the Community Closet

206,352
Home Delivered Meals to

4,615
Sign Language Interpreting Visits

881
Clients

1,000
Deaf and Hard of Hearing Clients Served
Urban Scholars Program

The overall goal of LifeBridge’s afterschool and summer program is to demonstrate a reduction in Bridgeport youth’s social and interpersonal anxiety levels while increasing their self-confidence, and ability to form and maintain healthy peer relationships. Our program allows middle-school youth ages 11-15 to develop healthy relationships with caring adults in a safe space where they can find their voice, learn appropriate ways to deal with their challenges, build peer relationships, express creativity, and engage in learning. We believe it is important to serve the whole child, therefore we provide academic enrichment, an opportunity for youth to explore their skills and talents, and an environment that fosters social and emotional learning. Youth gain access to activities such as robotics, STEM, music, visual arts, homework support, and academic tutoring. All instructors and staff serve as mentors and are trained in social-emotional learning (SEL) principles and restorative practices intended to strengthen participants’ social and emotional well-being. The Urban Scholars Program serves youth, but what we are really doing is making a difference community-wide by laying the foundation, so that, within the community, they are positioned to be an asset rather than a liability as they grow into adulthood, and that helps make Bridgeport stronger.

When parents tour our facility, we explain, “Our goal is not to make your child the best musician or artist. Our goal is to help your child become their best self.”

WE VALUE OUR COMMUNITY PARTNERS

AmeriCorps VISTA
City of Bridgeport
Connecticut Invention Convention
School Climate Consultants
Connecticut State Department of Education

WE ARE MAKING A DIFFERENCE

194 Youth Served (Afterschool and Summer)

50% Improvement in Self Confidence

61% Improvement in Ability to Handle Frustration, Anxiety, Stress

73% Improvement in Ability to Form and Maintain Healthy Relationships

“What parent wouldn’t want a place that is safe? Your child is here where there are counselors and other adults that care about and support them as much as you do. As a parent, literally, this has been like having extended family. It is so hard these days to get something that caters to your child while staying focused on their mission. It’s been a breath of fresh air.”

– Yalidsa, Mother of Scholar
Providing outpatient behavioral health services to children and adults in greater Bridgeport and Fairfield, LifeBridge offers counseling and support services to help individuals and families live better lives. Our areas of expertise include domestic violence, adolescent wellness, substance use disorders, trauma, and grief and loss. Our counseling services focus on building resiliency through three key areas: better self-sufficiency, improved overall functioning, and lessening or elimination of symptoms. Measures of treatment effectiveness are based on the theory that if behavioral health treatment is successful, clients will increase their overall resiliency and be better positioned to stabilize their living situation to lead healthier lives—not only for them but for their families as well.

“My therapy sessions were very beneficial. I felt very respected and understood. After attending my sessions, I always felt I was leaving with good tools to better myself.”

— Anonymous Client

**WE VALUE OUR COMMUNITY PARTNERS**

Bridgeport Hospital, a Member of the Yale New Haven Health System
The Center for Family Justice
Child Health and Development Institute
Connecticut Institute for Refugees and Immigrants
Connecticut State Department of Children and Families
Connecticut State Department of Mental Health and Addiction Services
Fairfield CARES Community Coalition
Fairfield University, School of Education and Human Development
Health Improvement Alliance
Jewish Federation of Greater Fairfield County - Dignity Grows
State of Connecticut Office of Victim Services
Town of Fairfield
Town of Fairfield Human and Social Services Department
University of Bridgeport Clinical Mental Health Counseling Program

**Behavioral Health Services**

1,448 Clients Served (Fee for Service)

22,979 Behavioral Health Counseling Sessions

140 Clients Served through Community Support Program

2,044 Intensive Case Management Services Provided

99 Domestic Violence Clients Received

1,293 Clinical Services

50% Raised Resilience

97% Gained or Maintained Safe Housing

97% Report Clinician Cares for and Supports them

42% Gained Employment

85% Maintained Employment
The Community Closet

LifeBridge's Community Closet is truly a community closet. Run by volunteers and private donations, families gain access to clothing and accessories. Additionally, monthly diaper distributions provide diapers as well as personal care products for women and older adults. Providing this resource to the families we serve is our way of acknowledging that this is an important part of an individual's well-being and ability to succeed. Even though items are free, we purposefully provide an environment where people take pride in shopping. Donations of gently used or new clothing, shoes, linens/blankets, backpacks and school supplies are accepted five days a week.

623 Shopping Visits

WE VALUE OUR COMMUNITY PARTNERS AND COUNTLESS SUPPORTERS AND VOLUNTEERS

Alpha Kappa Alpha Sorority, Inc
Alpha Phi Alpha Fraternity, Inc
AmeriCorps
Big Brothers Big Sisters
BuildOn
Christian Heritage School
Cooperative Educational Services
The Diaper Bank of Connecticut
Fairfield University
Federici Brands
GivePulse
Jersey Mike’s
Jewish Federation of Greater Fairfield County
Kappa Alpha Psi Fraternity, Inc
The Kennedy Center
Lin and Long Laundry Services
Lotus Flower Bomb Boutique
Mount Aery Baptist Church
My Style, Inc
Omega Psi Phi Fraternity, Inc
One Warm Coat
Operation HOPE
Phi Beta Sigma Fraternity, Inc
Sacred Heart University
Sigma Gamma Rho Sorority, Inc
Sisters of Mercy of the Americas
St. Joseph High School
Trumbull High School
The Undies Project
University of Bridgeport
WorkPlace
Zeta Phi Beta Sorority, Inc

LifeBridge’s Community Closet
Sign Language Interpreting

Sign language interpreters provide a valuable service for our community, with benefits that extend to both hearing and hard of hearing individuals: Facilitating meaningful communication. The Americans with Disabilities Act (ADA) requires that Title II entities (state and local governments) and Title III entities (businesses and nonprofit organizations that serve the public) communicate effectively with people who have communication disabilities. Our interpreters support the needs of these individuals in a way that can improve many life experiences. LifeBridge has provided professional on-site sign language interpreting services across the state of Connecticut for over 30 years. Our qualified interpreters are available 24/7/365 for interpreting needs based on availability.

- Medical / Mental Health
- Emergencies / Medical / Surgeries
- Legal / Courtroom
- Corporate
- Community
- Government
- Education
- After Hours / On Call / Weekends

signlanguagect.org

Senior Meals on Wheels

seniormealsct.org

LifeBridge provides nutritional meals to older adults in the greater New Haven area (13 towns) through our Home Delivered Meals and Congregate Dining programs. Our Meals on Wheels program has a significant impact on the health and well-being of seniors in these communities. We provide nutritious meals that seniors may not otherwise have access to – especially important for those who live alone or have difficulty preparing meals. In addition to improving nutrition, Meals on Wheels helps promote social interaction among participants. This offers an opportunity for seniors to interact with others on a regular basis, which can help reduce feelings of isolation and loneliness. Meals on Wheels also provides vital security checks for participants. Drivers typically check in with each senior during meal delivery, providing an extra layer of safety and security for those who live alone.

206,352 Home Delivered Meals Served to 881 Clients

63,033 Congregate Meals Served to 1,275 Clients

WE VALUE OUR COMMUNITY PARTNERS

Adams Hometown Market
Agency on Aging of South Central Connecticut
City of New Haven
Connecticut Association of Nutrition and Aging Service Providers
Southwestern Connecticut Agency on Aging

94% Satisfied, or Highly Satisfied, with Meal Quality
99% Satisfied, or Highly Satisfied, with Meal Service
LifeBridge strives for continuous quality improvement across all our programs. After acquiring guidance from the Consultation Center at Yale and the Collaborative for Academic, Social, and Emotional Learning (CASEL), our Urban Scholars Program will strive for greater outcomes and impact by implementing Heartfulness Institute’s evidence-based SEL curriculum focused on building emotional pose to nourish empathy, compassion, and acceptance. Utilization of SEL in school settings is nothing new; however, we are one of the few afterschool and summer programs in the country utilizing an evidence-based SEL curriculum. Furthermore, to provide stronger support to youth and families engaged in our program, we will embed a clinical social worker within the program to further strengthen emotional well-being and improve access to individual or family counseling thereby creating an easy and seamless referral to our behavioral health department - help available at a single location.

In the midst of the COVID-19 epidemic, LifeBridge worked with 216 youth and their families that were victims of or had been exposed to trauma. We expect those numbers to increase by the end of this year as youth and families struggle to overcome the long-term effects of the pandemic which have included job loss, housing displacement, and a significant uptick in intimate partner abuse. In addition to being victims of direct violence and trauma, our clients also experience violence as innocent bystanders. In the past two years, clients have come to us for help after witnessing or experiencing violence that includes murder, assault, robberies, carjacking, domestic violence, and being collateral victims of street crime.

To better serve the community, LifeBridge has partnered with the State of Connecticut, Department of Children and Families (DCF) to receive designation as an Outpatient Urban Trauma Center. We acknowledge an essential aspect of advancing racial equity and racial healing is learning about, and addressing, the psychological effects of racism. Youth of color have been affected by the continued increase in urban violence and the impact of racism intersecting with the devastating economic, and social impact of COVID-19. For too long, youth of color have received mental health services in the U.S. that lack key components for their long-term improvement such as the inclusion of youth’s unique environment, their lived experience, and the utilization of a generational and inherited racial trauma lens in treatment. Through the support of the Urban Trauma-Performance Improvement Center, LifeBridge will strive to further strengthen and improve the overall quality of services and access to care for individuals in our communities.

A Look Ahead
Urban Scholars Program

A Look Ahead
Behavioral Health Services

Fairfield County’s Community Foundation’s Giving Day

Each year, board member Harold (Butch) Trischman, spearheads LifeBridge’s Fairfield County Community Foundation’s Giving Day Campaign. Under his leadership, LifeBridge, out of hundreds of nonprofit participants throughout Fairfield County, has successfully leveraged grand prize funding in the last four campaigns by securing the most unique donations. Butch and our SEAL (Strategically Empowered Advocate for LifeBridge) team members raised over $70,000 this past year to support our programs. Join us in 2023!

The 2022 campaign was dedicated to George Chatzopoulos, owner of Chips Family Restaurants for his support of LifeBridge’s Giving Day efforts in the past. George’s legacy was that of friendship, compassion, concern for and charity toward all.

2022 SEAL TEAM

Harold Trischman, Jr.
Savvi Ali
Leatrice Benard
Amanda Brackett
Joanne Brown
Kelly Brown
Elizabeth Campbell
Katharine Cavaliere
Sibylia Casey-Saylor
Breanna Chin
Alicia Coeb
Kelly Caughlin
Laura Caughlin
TJ Caughlin
Allison Cox
John Cutone
Laura Damion
Silkie Davies
Anne Diamond
Kathy Downs
Kevin Downs
Kevin Eisenberg
Andrew Elsay
Frank Farnes
Steve Finnegan
Jack Forte
Andrea Gamberdella
Crystal Gandy-Luciana
Larry Ganin
Lindsey Gill
Lori Gazzi
Kevin Goggin
Olivia Greco
Pam Greene
Howard Greene
Alexandra Greene
Keeley Greenwood
Greg Hardman
Eric Harkader
Cheryl Jacobs
Kim Johnson
George Kasper
Connor Kasper
Brian Kelly
Markie Kinchen
Ben Kozera
Javier Leon
John Lombardi
Martha Lord
Johnnie Malloy
Lee Malloy
Run Malloy
Sandle Malloy
Shaw Malloy
Emily Marshall
Bernadette Miles
Patrick O’Sullivan
Brian Ocampo
Amanda Omitz
Gary Ostrow
Virginia Poyntan
Maritza Poyntan-Brown
Savannah Polcia
Unique Powell-Wynder
Lisa Power
Tia Redd
Katie Riccio
Dana Richards
Janet Ridenour
Sami Robin
Ryan Rosen
Cassidy Ryan
Halle Ryan
The Ryan Family
Spencer Ryan
Regan Ryan
Bennett Ryan
Jan Sanczuk
Maels Sanchez-Lopez
Zach Segala
Nathan Shal
Jordan Smith
Samantha Smith
Matt Staband
Joyanne Stenson
Evelyn Taylor
Paul Timpanelli
Ellen Tower
Thomas Travers
Hannah Trischman
Jane Trischman
John Trischman
Hector Vazquez
Ryan Walsh
Joe Walsh
Sami Welz
Ken Weinert
Sarah Williams
Hayley Wolf
Pamela Wolf
St. George Orthodox Church
The 2022 Building a Brighter Future Gala raised $175,000 to support our programs.

A special thanks to our Honorary Chair Katherine Rust, along with co-chairs Laura Coughlin, Susan Trischman, and Rita Weinstein.

**Diamond Sponsors**
Joyce & Howard Greene, and Susan & Harold Trischman, Jr.

**Ruby Sponsors**
Newtown Savings Bank, People’s United Bank - A Division of M&T Bank

**Emerald Sponsor**
Rita & Ken Weinstein

**Sapphire Sponsors**
Katherine Rust, Senior Leadership (Frank Farias, Kim Johnson, Johnnie Malloy, and Cary Ostrow), Eleanor & Mort Lowenthal, TRIO Community Meals

**Cocktail Sponsors**
John Lombardi/CentrePoint Industries, EBM, Inc. — IT Solutions Provider, Anne & Craig Diamond, Stephanie & Brian Kelly, Pullman & Comley LLC, Jayme & John Stevenson, Town Fair Tire Foundation

**Amethyst Sponsors**
All American Waste, Bridgeport Hospital, Champion Maintenance & Construction, Laura & Tim Coughlin, PKF O’Connor Davies, LLP, Paula & Steve Finnegan, Heidi & Robert Flicker, Edith & Adam Boyle, NFP, Carol & Humphrey Nichols, Southwest Community Health Center, Carol & Paul Timpanelli, Ellen & Steve Tower

Trusting and respectful relationships that use person and family-centered approaches underpin effective care in a person’s journey toward wellness and recovery, especially following a pandemic that left many people feeling vulnerable.”

— Nancy Navarretta, Commissioner CT Department of Mental Health and Addiction Services

“Attending LifeBridge’s Gala only highlighted for me the vital services provided to the community by this agency. LifeBridge demonstrates that the team connects with the community in a way that is culturally responsive, attentive to trauma, and builds on individual, family, and community strengths.

**TOP SPONSORS INCLUDE**

**BRIAN LANGDON AWARD HONOREES**
People’s Bank and People’s United Community Foundation, now formally M&T Bank and M&T Charitable Foundation, have contributed more than half a million dollars to support programs at LifeBridge that have resulted in thousands of individuals leading better lives.

Senator Richard Blumenthal has been a tireless advocate for LifeBridge, bringing recognition to our on-site Summer Camp in 2020 — when youth had few options for growth and enrichment. Senator Blumenthal was raised with a deep dedication to public service and a duty to give back by helping others, a belief that guides his ongoing efforts to support the work of LifeBridge in changing our communities for the better.

Sonia Costa, a trilingual behavioral health clinician and role model that truly embodies our mission of building resiliency.

**VOLUNTEER OF THE YEAR**
Janet Ridenour, for her tireless efforts and many hours spent supporting our Urban Scholars.
OUR SINCERE THANKS GO TO ALL OUR DONORS WHO MADE A GIFT BETWEEN JULY 1, 2021 AND JUNE 30, 2022. YOUR SUPPORT MAKES OUR PROGRAMS POSSIBLE.

$50,000+
Anonymous
Fairfield County’s Community Foundation
Virginia B. Squares Foundation

$20,000 - 49,999
Joyce and Howard Greene
The Mary Howley Trust
Lockheed Martin
Philip Mazziotti Fund
People’s United Bank/Foundation, a Division of M&T Bank/Foundation
Tishman Family Foundation
Voya Foundation

$10,000 - 19,999
Anonymous
Bedford Family Social Responsibility Fund
Diane and Lawrence J. Ganin
Alice Lawrence Foundation Inc.
Lone Pine Foundation, Inc.
Miles Family Impact Fund
Newtown Savings Bank/Foundation, Inc.
Elizabeth M. Pfeifer Foundation
Planey Bowes
Raytheon Technologies Corporation
The Ernest & Joan Trefz Foundation
The William and Donna Watrip DAF at The Community Foundation
Rita and Kenneth L. Weinstein Foundation
The Ethel & Abe Lapides Foundation
Marie and Brian Langdon
The Ruth Krauss Foundation

$5,000 to 9,999
Mary W. Beadlewee Trust
Levi S. Cobb Trust
Colin Convey Guardian Angel Fund
Sally Dickson Fund
Sylvia and Shane Edly
Federation for Jewish Philanthropy of Upper Fairfield County
Benjamin B. Lewis Trust
Ellie and Martin Lowenthal
Joan Miles
Million Dollar Round Table Foundation
near & Far Aid Association
The Henry E. Niles Foundation, Inc.
Katherine K. Trust
TD Charitable Foundation
TRO Community Meals

$2,500 to 4,999
A Gift for Bridgeport Children Fund
Adams Hometown Market
The Elizabeth Raymond Ambler Trust
David and Eunice Bigelow Foundation
Bridgeport Hospital
The Fred R. and Hazel W. Carstensen Memorial Foundation
CenturyPoint Industries
Anne and Craig Diamond
Executive Business Machines Inc.
Stephanie and Brian C. Kelly
Koskoff, Koskoff & Bieder PC
Marta Jo Lawrence
Barbara and Robert Lay
John J. Lombardi, Ph.D.
George A. and Grace L. Long Foundation
David M. Muscarella Charitable Fund
Pullman & Comley, LLC
Jayme and John Stevenson
Town Fair Tire Foundation Inc.
Elie Davis Young Endowment Fund

$1,000 to 2,499
All American Waste, LLC
Shelly and Drummond C. Bell
Edith and Adam Bayle
Jeanne Breen, M.D.
The Burosachs Fund
Carlson Family Foundation
Champion Maintenance and Construction
Ruth and Charles F. Chiuano
Christine and James Cook
Laura and Tim Coughlin
Denise and Chris M. Dailey
Fairfield Rotary Foundation
Eirene and Frank Farias
Dana A. Fatatree
Paula and Stephen J. Finnegan
Heidi and Robert Flicker
For Our Children’s Unlimited Success, Inc.
Carla and Peter Gavey
Joyce and Arthur Goldfarb
Greenfield Hill Congregational Church
Justine and James Mear Howley
Kimberly, Johnson and Janet Ridener
Sheila and Bob Josephberg
Helen and Richard Koven Gratitude Fund
The Ruth Krauss Foundation
Marie and Brian Langdon
The Ethel & Abe Lapides Foundation
William G. Larchen, III
Lockheed Martin Matching Gifts Program
Andrea and Jonathan Malloy
Johnnie and Shaun Malloy
Alex G. Nason Foundation
NFP Corporation
Caroll and Humphrey Nichols
Nrry Family Foundation
Mary Jane and Brian Nusom
Gloria and Cary Ostorow
PKF O’Connor Davies
PSEG Power Connecticut LLC
Sharon R. Rahme and Richard Hockman
Susan Beth Salo Foundation
Steven & Ellen Segal Family Gift Fund
The Sheila Lowel Dorf Advised Fund
Sally B. and Hugh R. Smith
Southwest Community Health Center
Joseph Stromwall
Target Circle Community Giving Program
Carol and Paul S. Trimper
Ellen and Stephen Tower
Thomas Travers, M.D.
Jeffrey P. Weisberg
Westport Young Women’s League

$500 to 999
Anonymous
Dina and Adam Baglo
Barrington Media Group
Sharyn and John Cannon
Champion Maintenance and Construction
Peter Chaco
John DeMattia
Magnus Dias
Suzanne Fandel and John Cutrone
Carol J. and Ron Ferguson
Linda Fides
Joseph Forte
John J. Franchini
Lori and José Goertz
Hamptons Research, Inc.
Janine and Penn Johnson, Jr.
Catherine and Joseph P. Kereene
Jill Kelly
Lauren Law and Ben Ensminiger Law
Denise Lemay
Lightful
Andrew McGao
Carolyn and Molly Miles
Polsion Family Foundation
Nancy and Jeffrey Plotkin
Gisa Rico and David Sullivan
Dana Richards, M.D.
Rogers McCagg Architects & Interior Designers
Joan and William H. Schmidt, Jr.
Nancy and Edson Speer
Stern Brothers
Total Mortgage
Suzanne and Steve Wakeen
Christine Wasylko and Christopher Huntley
Pamela Wolf

$250 to 499
Ameriprise Financial
Kathleen and Eric J. Appellof
Andrew Banich

Brendan Miles’ Captains Fund

An endowment fund has been established called the Brendan Miles’ Captains Fund in tribute and memory to Brendan who was a member of the LifeBridge Board of Directors.

Brendan believed deeply in the LifeBridge mission and in leveling the playing field. He was fearless in his determination to be a champion of those less fortunate—a Captain leading the charge. Proceeds from the Fund will support the ongoing work of the agency for decades to come.

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Levi S. Cobb Trust
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**Financials**

**FY22 Operating Revenue**
$8,411,279

- 17% Contributions (individual, foundations, corporate, and events)
- 43% Public Funding
- 39% Fee for Service
- 1% Other

**FY22 Operating Expenses**
$8,682,926

- 84% Program Expenses
- 12% Administrative
- 4% Fundraising

**Board of Directors**

- George Kasper, Esq., Chair
  Pullman & Comley
- Jayme Stevenson, First Vice Chair
  Former First Selectman, Darien, CT
- Dara Richards, MD, Second Vice Chair
  Southwest Community Health
- Howard Greene, Treasurer
  VOYA Financial (ret)
- Brian Kelly, Assistant Treasurer
  Capital Group
- Jeanne D. Breen, MD, Secretary
  Physician, Private Practice
- Steve Finnegan, Assistant Secretary
  Newtown Savings Bank
- Ellen Tower, At-Large
  Citibank (ret)
- Laura Coughlin
  Jane Ryan Elementary School

**Leadership**

**Senior Leadership**

- Edith Boyle, LCSW
  President and CEO
- Frank Farias
  Chief Financial Officer
- Kim Johnson, MPA
  Chief Youth Development Officer
- Cary Ostrow, LMFT
  Chief Behavioral Health Officer

**Division Leadership**

- Elizabeth Campbell
  Sign Language Interpreting Director
- Erin Harkrader
  Senior Meals on Wheels Director