

A woman with dark skin and long, dark, curly hair is shown from the side, wearing a white protective suit and mask. She is using a blue paint roller to apply blue paint to a wall. The wall is partially painted with blue, purple, and orange colors. The text "Our Beloved Community" is overlaid on the image in a large, white, sans-serif font.

Our Beloved Community

2022 to 2023 Impact Report



Mission

LifeBridge's mission is to partner with individuals, youth, and families to improve well-being, strengthen resilience, and create a brighter future. We have served the greater Bridgeport community for over 170 years.



LIVES IMPACTED

22,651

BEHAVIORAL HEALTH
COUNSELING SESSIONS

1,552

YOUTH AND ADULT BEHAVIORAL
HEALTH CLIENTS SUPPORTED

164

BRIDGEPORT YOUTH IN THE
URBAN SCHOLARS PROGRAM

613

COMMUNITY CLOSET SHOPPERS

255,687

NUTRITIOUS MEALS SERVED
TO 2,151 SENIOR CLIENTS

4,350

SIGN LANGUAGE INTERPRETING VISITS

1,000

DEAF AND HARD OF
HEARING CLIENTS SERVED

Dear Friends,

LifeBridge has served the greater Bridgeport region for over 170 years. For the past 20+ years, as a leading provider of behavioral health services supporting adults, children, and adolescents through mental health and substance use recovery.

Mental health is brain health and brain health heavily influences an individual's quality of life. Mental health is more than just the absence of mental disorders or disabilities. Mental health is a state of well-being in which an individual realizes their own abilities, can cope with the normal stresses of life, can work productively, and can contribute to their community. Mental health is fundamental to our collective and individual ability as humans to think, interact with each other, earn a living, and enjoy life.

Less than three years ago, the world collectively experienced a global pandemic, and sadly, everyone's brain health -- especially children and adolescents -- has been impacted. In addition, gun violence, and the negative influence of social media on mental health are shaping middle school and high school life for adolescents. Unprecedented numbers of youth across the U.S. are struggling with mental health and too few seek, receive, or have access to treatment. Now, take these issues facing youth today, and compile that with the stress of unstable living situations, living in a community with high rates of violence, limited access to healthcare or the stress of living in a household where the adults in the home can barely make ends meet.

Today:

1 in every 6 youth (ages 6-17) have a treatable mental health disorder (e.g., depression, anxiety, attention deficit hyperactivity disorder)

50% of these children do not receive counseling or treatment from a mental health professional (e.g., clinical social worker, or counselor)

75% of lifetime mental illnesses start in adolescence

40% of parents are extremely worried about their children struggling with anxiety or depression; In fact, parents now worry more about their children's mental health than any other parental concern including bullying (35%), or even drugs or alcohol (23%)

Suicide is the 2nd leading cause of death for youth, ages 10-14

One way that our mental health can be maintained is through finding a sense of community. In the face of adversity, support from schools, families, and community protects adolescents from potentially devastating consequences. Poet Elizabeth Alexander describes community as a mighty life force for self-care and survival. Community can be defined in many ways, but when simplified down to its most crucial element, community is about connection. Community provides many elements that are critical to mental health, but three of the most beneficial aspects include a sense of belonging, support, and purpose. Community is not just an entity or a group of people, it is a feeling. It is feeling connected to others, feeling accepted for who you are, and feeling supported.

Among Dr. Martin Luther King's most compelling visions is that of a Beloved Community -- a community in which people of diverse backgrounds recognize that we are all interconnected and that our individual well-being is inextricably linked to the well-being of others.

We all have a role to play to support children and adolescents' emotional well-being.

This past year our focus has been -- and it will continue to be -- strengthening LifeBridge's behavioral health business and program operations to expand access to our services. With your support, we will open our doors wider to serve more children. Beloved Community is not a utopian ideal, but a realistic and achievable goal that requires a recognition of the oneness of humanity.

Warm regards,



Edith Boyle, LCSW
President & CEO



George Kasper, Esq.
Board Chair

Behavioral Health Services

Providing outpatient behavioral health services in greater Bridgeport and Fairfield, LifeBridge supports adults, children, and adolescents through mental health and substance use recovery. We offer individual, family, and group counseling, and medication management for our clients. Our areas of expertise include trauma, individual and family therapy, youth and adult wellness, and substance use disorders. This year, the CT Department of Children and Families designated LifeBridge as one of eight outpatient Urban Trauma Centers in Connecticut, which sets our

programming apart and allows us to recognize the impact of trauma on individuals and our community. Through this designation, the quality of our service delivery was strengthened through the provision of culturally responsive services addressing urban and racial trauma. 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 themselves but for their families and our community.



1,552

CLIENTS SERVED (FEE FOR SERVICE)

22,651

BEHAVIORAL HEALTH
COUNSELING SESSIONS

48%

RAISED RESILIENCE

95%

GAINED OR MAINTAINED
SAFE HOUSING

94%

REPORT CLINICIAN CARES
AND SUPPORTS THEM

17%

OF CLIENTS WHO WERE IN THE
WORKFORCE GAINED EMPLOYMENT

92%

MAINTAINED EMPLOYMENT



Urban Scholars Program

Over the past four years, the Urban Scholars Program served nearly 400 adolescents – 164 this past year – free of charge. With a social and emotional learning focus, the year-round program allowed middle school youth to develop healthy relationships with caring adults in a safe space where they could find their voice, learn appropriate ways to deal with their challenges, build peer relationships, express creativity, and engage in learning. Youth gained access to activities such as robotics, STEM, music, visual arts, homework support, and academic tutoring. A few months after launch, the pandemic hit, and our world – and our community's needs – changed.

Instead of closing or pausing the program, we considered the mental health and academic ramifications of extended school shutdowns may have on the youth we serve and offered virtual programming and resumed in-person once safety protocols were established despite financial limitations. The program was funded entirely through philanthropic support.

Earlier this year, the post-pandemic youth mental health crisis emerged, and our Board of Directors responded by shifting our youth development services and resources from after-school and summer programming to enhancing youth services in our behavioral health department. In addition, though it has been a transformative program for many families, it had not proven economically viable for the agency.

We are proud of each of our scholar's accomplishments and the support the program provided to Bridgeport families. We are grateful to our dedicated team members, private funders, and community partners.

We look back with pride and ahead with optimism as we continue to meet the social and emotional needs of Bridgeport youth through enhanced outreach and clinical services. Looking ahead, we aim to increase our capacity and open our doors more widely to serve hundreds of additional youth over the next five years.

WE MADE A DIFFERENCE

391

TOTAL YOUTH SERVED
SINCE PROGRAM LAUNCH

164

YOUTH SERVED
(AFTERSCHOOL AND SUMMER)

61%

IMPROVEMENT IN
SELF-CONFIDENCE/SELF-ESTEEM

75%

IMPROVEMENT IN ABILITY TO
HANDLE FRUSTRATION/ANXIETY/STRESS

79%

IMPROVEMENT IN ABILITY TO
FORM AND MAINTAIN
HEALTHY RELATIONSHIPS

53%

REDUCTION IN LONELINESS



The Community Closet

The Community Closet provides an extra layer of support to the families we serve. Run by volunteers and private donations, families gain access to complimentary, gently used clothing, shoes, linens/blankets, school supplies, books and accessories. Additionally, monthly diaper distributions provide diapers as well as personal care products for women and older adults. Even though items are free, we purposefully provide an environment where people take pride in “shopping” with dignity.

1,421

SHOPPING VISITS

613

VISITORS



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.

signlanguagect.org

4,350

SIGN LANGUAGE
INTERPRETING VISITS

1,000

DEAF AND HEARING
IMPAIRED CLIENTS SERVED

Senior Meals on Wheels

LifeBridge provides nutritional meals to older adults in the greater New Haven area 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, congregate dining 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. Drivers typically check in with each senior during meal delivery, providing an extra layer of safety and security for those who live alone.

seniormealsct.org

185,386

HOME DELIVERED MEALS
SERVED TO 821 CLIENTS

70,301

CONGREGATE MEALS
SERVED TO 1,330 CLIENTS

Our “Beloved Community”-themed event series aimed to raise awareness of the importance of racial equity and racial healing, and the power of our community to cultivate love, trust, hope, and empowerment. The series raised over \$200,000 to support our programs.

Creating from the HeART: Cultivating Our Beloved Community

Creating from the HeART celebrated self-expression and well-being through the arts. The event featured leading industry experts, Bridgeport-based artists, artwork produced by our Urban Scholars students, and brought the community together around the healing of urban and racial trauma through artistic self-expression. Honorees included Razul Branch and Shanika Rucker, LCSW.

Program highlights: Keynote Cey Adams, founding creative director of Def Jam Recordings, Dr. Maysa Akbar, psychologist/author and expert on racial trauma and allyship, a local Artist Gallery and Auction curated by art instructors, Alicia Cobb and Shanna Melton, and personalized, painted letters of the word “Community” designed by the youth in our Mural Club prominently displayed as the backdrop to the stage.



Community Day and Mural Reveal





The Beloved Community Gala and Documentary Premiere

The Gala allowed us to highlight our successes, honor those who have contributed to those successes, and share our plans for the coming year. The Beloved Community Short Documentary, which illustrates our values and approach to community engagement, was also premiered.

The Brian Langdon Award

Established in 2019 to honor the legacy of LifeBridge's former President and CEO, the Brian Langdon Award is given to those who make a significant impact in our community by helping to expand awareness and support effective solutions.



SCAN TO WATCH
DOCUMENTARY

Honorees

The Cigna Group Foundation

Commissioner Vannessa Dorantes,
CT Department of Children and Families

Staff Member of the Year

Virginia Payton

Volunteer of the Year

Mimi Canepari

“We can continue to do the things we’ve always done and get the same result, or we can do what LifeBridge has done and evolve its practice to make sure its meeting the needs of the citizens in greater Bridgeport. The Urban Trauma Network allows us to recognize the influence of oppressed communities through the lens of urban and racial trauma. It recognizes that to deliver culturally sensitive, compassionate, and respectful services, you must understand what that community has been through to be supportive and take the community to a place of thriving. We are extremely excited to sponsor the Urban Trauma Network and to have LifeBridge be a part of it.”

– Commissioner Vannessa Dorantes, *CT Department of Children and Families*



Thank You, Partners!

*We sincerely thank all our donors
who made a gift between
July 1, 2022 and June 30, 2023.
Your support makes our
programs possible.*

*Donor list does not include all gifts made to support our annual Giving Day campaign.



Thanks to supporters like you, for the third consecutive year, LifeBridge leveraged hundreds of small donations to win the \$10,000 GRAND PRIZE to support our programs, in addition to smaller prizes throughout the day. In total, over \$50,000 was raised. Huge thanks to board member, Harold (Butch) Trischman for his leadership over the past eight years and our incredible SEAL Team volunteers. While we don't have another Giving Day campaign to plan – Fairfield County's Community Foundation announced 2023 was their last – we look forward to new funding opportunities to support our programs.

\$50,000+

The Cigna Group Foundation
M&T Bank / M&T Charitable Foundation
Tudor Foundation, Inc.

\$20,000 to \$49,999

Anonymous
Fairfield County's Community Foundation
Joyce and Howard Greene
Trischman Family Foundation
Voya Foundation

\$10,000 to \$19,999

Mary W. Beardsley Trust
Bedford Family Social Responsibility Fund
Sylvia and Shane Eddy
The Mary Hawley Trust
John A. Klein Leadership Fund
The Alice Lawrence Foundation, Inc.
Lone Pine Foundation, Inc.
Miles Family Impact Fund
Newtown Savings Bank / Foundation, Inc.
Raytheon Technologies Corporation
The Ernest and Joan Trefz Foundation
Rita and Kenneth Weinstein

\$5,000 to \$9,999

CentrePoint Industries / John J. Lombardi, Ph.D.
Levi S. Cobb Trust
Collin Comey Guardian Angel Fund
Federation for Jewish Philanthropy of Upper Fairfield County
David N. Lane Trust for Aged & Indigent Women
Benjamin B. Lewis Trust
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Near & Far Aid Association, Inc.
Sally Dickson Fund
Sikorsky, a Lockheed Martin company
United Illuminating Company, an Avangrid company

\$2,500 to \$4,999

A Gift for Bridgeport Children Fund
David & Eunice Bigelow Foundation
Connecticut Arts Council Foundation, Inc.
Elsie Davis Young Endowment Fund
Gateway Terminal
The Guilford Savings Bank
Stephanie and Brian Kelly
The Ruth Krauss Foundation
George A. and Grace L. Long Foundation
Alex G. Nason Foundation
Pullman & Comley, LLC
Town Fair Tire Foundation, Inc.

\$1,000 to \$2,499

Wynne and Randall Abrams
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Champion Maintenance and Construction
Connecticut Humanities Council, Inc.
Christine and James Cook
Anne and Craig Diamond
Eirene and Frank Farias
Dana Fiatarone
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 Ganim Financial
 Lori and Joe Goertz
 Greenfield Hill Congregational Church
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 Marie Langdon
 The Ethel and Abe Lapides Foundation
 Lockheed Martin Employee Political Action Committee Matching
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 Andrea and Jonathan Maldon
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 Savings Bank of Danbury
 Ellen and Steven Segal
 Susan Beth Salo Foundation
 Ellen and Stephen Tower
 Thomas Travers, M.D.
 Libby Traynor-Kouider, LCSW
 Katja and Jeffrey Weinstein

\$500 to \$999

Karen and Collin Baron
 Dennis Beirne
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 Laura and Tim Coughlin
 Laura and William Damm
 Anne and Peter Foley
 Joseph Forte
 Christopher Huntley and Christine Wasyliko
 Christie and Marc Ippolito
 Louisa and George Kasper
 Jill Kelly
 Kittleman & Associates
 William G. Lerchen III
 Nancy Lewis and Greg Wolfe

Chris McCagg
 Anthony Riggio
 Ruscito and Head Family Foundation
 Stern Brothers
 Jayme and John Stevenson
 Subaru Share the Love
 Carol and Paul Timpanelli
 Walmart #2585, Stratford

\$250 to \$499

Anonymous (2)
 Kathleen and Eric Appellof
 The Barnum Museum
 Barbara Burian
 John DeMattia
 First Church Congregational, Fairfield
 Keith Frost
 Margaret Grosso
 Paula and Robert Herzlinger
 Robert Hetterly
 Elizabeth and Stephen Jakab
 Maureen Johnson
 Geraldine Klein-Robbenhaar
 Oksana Kovalyk
 Eileen P. Matthews
 Mary Ann and Robert Matthews
 Stacey Mokotoff
 Caroline and Leonard Peterson
 Allison Rentfro
 Dara Richards, M.D.
 Scott Richter
 Jen and Jim Russello
 David Salvatore
 Tauck Family Foundation
 Sarah and Anthony Williams

\$200 to \$249

Amazon Smiles Foundation
 Bright Funds Foundation
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 Liz Henderson



Creating from the HEART

CULTIVATING OUR BELOVED COMMUNITY

Thank you to our Sponsors

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Weinstein

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NFP
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Thomas Travers

Friend Sponsors

City of Bridgeport
Carol & Paul Timpanelli



Financials

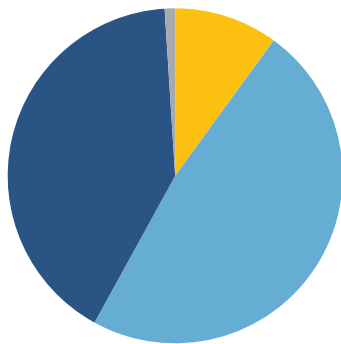
FY23 Operating Revenue
\$7,932,911

48%
Public Funding

41%
Fee for Service

10%
Contributions

1%
Other

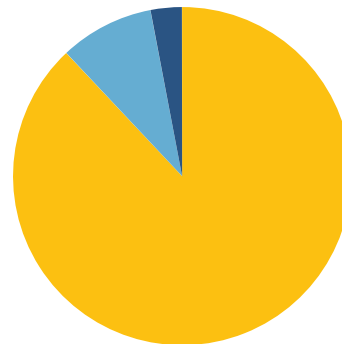


FY22 Operating Expenses
\$8,155,902

88%
Program Expenses

9%
Administrative

3%
Fundraising



Board of Directors

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Division Leadership

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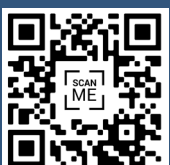
**475 Clinton Avenue
Bridgeport, CT 06605**

**125 Penfield Road
Fairfield, CT 06824**

203-368-4291

**lifebridgect.com
seniormealsct.org
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SCAN FOR CAREER
OPPORTUNITIES



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