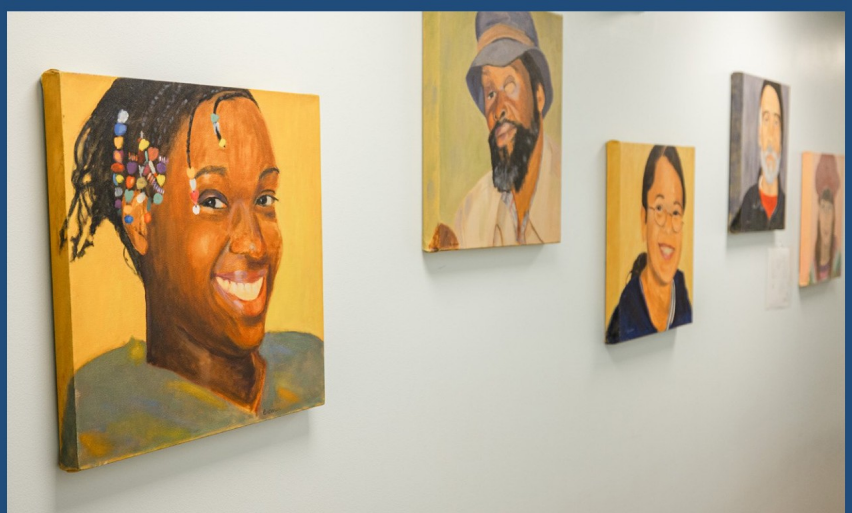








LifeBridge Community Services

Expanding Access. *Improving* Lives.

2025–2026
IMPACT REPORT

Building a healthier, more resilient Greater Bridgeport.

Our *Mission*

Our mission is to partner with individuals, youth, and families to improve well-being, strengthen resilience, and create a brighter future.

Expanding Access to Care

1,961

UNIQUE BEHAVIORAL HEALTH CLIENTS SERVED
+22% FROM PRIOR YEAR

22,307

BEHAVIORAL HEALTH COUNSELING SESSIONS
+27% FROM PRIOR YEAR

Reaching More Children and Families

664

CHILDREN AND ADOLESCENTS SERVED
+91% FROM PRIOR YEAR

+449%

INCREASE IN YOUTH SERVED SINCE 2023

Making a Measurable Difference

53%

OF YOUTH IMPROVED THEIR ABILITY TO MANAGE EMOTIONS

48%

OF YOUTH INCREASED THEIR CONFIDENCE TO TRY NEW THINGS AND TAKE ON CHALLENGES

ASPIRE to Excellence® carf ACCREDITED

Organizational *Milestone* | First CARF Accreditation Achieved

One of the highest internationally recognized standards for health and human services organizations.



Edith Boyle, LCSW
President & CEO



Howard Greene
Board Chair

When more people can access care, our community is stronger, healthier, and better prepared for the future.

A Message from our *Leadership*

Dear Friends,

Access to high-quality mental health care changes lives. It helps children succeed in school, strengthens families, supports recovery, and builds healthier, more resilient communities.

At LifeBridge, we believe that access to care should never depend on where someone lives, the barriers they face, or their ability to navigate a complex system. Every day, we partner with children, adults, families, schools, healthcare providers, and community organizations to expand access to care, strengthen resilience, and improve well-being across Greater Bridgeport.

FY2026 was one of the most significant years in our organization's history. Together with our dedicated staff, generous donors, and valued community partners, we achieved our first CARF Accreditation, expanded behavioral health services to more people than ever before, strengthened partnerships with schools and pediatric healthcare providers, advanced trauma-informed care throughout our region, and launched innovative new approaches that are transforming how people access support.

These accomplishments reflect more than organizational growth. They represent children receiving care sooner, students reconnecting with school, families finding hope, professionals gaining new skills, and stronger systems of support across our community. They also demonstrate what is possible when healthcare providers, educators, nonprofit organizations, public agencies, and philanthropy work together toward a shared goal.

As you will see throughout this report, LifeBridge is doing more than responding to today's behavioral health challenges. We are helping shape a more accessible, connected, and trauma-informed system of care for the future.

None of this would be possible without you.

Your partnership helps ensure that children receive timely mental health care, families have access to support when they need it most, and our community continues to benefit from innovative programs that improve lives and strengthen well-being.

Thank you for your trust, your generosity, and your belief in our mission. Together, we are building a healthier, more resilient Greater Bridgeport.

With gratitude,
Edith and Howard

Expanding *Access* to Behavioral Health Care

Everyone deserves timely access to quality mental health care.

For years, accessing mental health care has been a challenge across Greater Bridgeport. The region is federally designated as a Mental Health Professional Shortage Area, and many residents face significant barriers to care, with wait times for services often stretching six to nine months.

LifeBridge is working to change that. By bringing behavioral health services into pediatric practices and schools, expanding outpatient counseling and telehealth, and strengthening community partnerships, we're making it easier for children, adults, and families to receive the care they need, when and where they need it.

Our licensed clinicians provide evidence-based treatment for anxiety, depression, trauma, grief, substance use disorders, relationship challenges, and life's many transitions. We also provide intensive community-based services for individuals with more complex behavioral health needs, helping them remain safely in their communities while improving their health and quality of life.



The *Difference* We're Making

ADULT OUTCOMES

51% EXPERIENCED REDUCED DEPRESSION AND ANXIETY SYMPTOMS

41% INCREASED THEIR RESILIENCE

YOUTH OUTCOMES

53% OF YOUTH IMPROVED THEIR ABILITY TO MANAGE EMOTIONS

48% INCREASED THEIR CONFIDENCE

Who We *Serve* CLIENT DEMOGRAPHICS

83% OF CLIENTS SERVED WERE AT OR BELOW THE POVERTY LEVEL

For every therapy session LifeBridge provides to a Medicaid-insured client, Medicaid reimburses **less than half of the actual cost.**

RACE AND ETHNICITY



- **41%** HISPANIC OR LATINO
- **32%** BLACK
- **21%** WHITE
- **5%** TWO OR MORE RACES

Experience *of Care* CLIENT SURVEY RESULTS



RECEIVED APPOINTMENTS IN A TIMELY MANNER



FELT UNDERSTOOD AND RESPECTED BY THEIR CLINICIAN OR CASE MANAGER



FOUND FRONT DESK AND ADMINISTRATIVE STAFF HELPFUL AND WELCOMING



SAID LIFEBRIDGE'S SUPPORT HELPED THEM



WOULD RECOMMEND LIFEBRIDGE



SAID THEIR LIFE HAD IMPROVED IN THE PAST 30 DAYS

Results are based on feedback from clients who completed the survey and may not represent the experiences of all LifeBridge clients.



Bringing Behavioral Health into *Pediatric* Primary Care

> **"Families already trust their pediatrician, so being able to connect them with behavioral health in the same place helps remove some of the stress and gets children the support they need much sooner—and that's a win for everyone."**
>
> **Jessica Davila, LPC**
> Behavioral Health Clinician
> PHA–Fairfield

When children struggle with anxiety, depression, trauma, or other behavioral health concerns, families often face long waitlists and significant barriers to care. Too often, treatment is delayed until symptoms become more serious.

To help change that, LifeBridge partnered with Pediatric Healthcare Associates (PHA) to embed behavioral health clinicians directly in its Fairfield, Stratford, and Trumbull pediatric offices.

Instead of handing families a list of providers, pediatricians can make a direct referral. Families are contacted quickly, and children can begin receiving care in a familiar, trusted setting. This approach improves coordination between pediatricians and behavioral health clinicians and helps children get support before concerns become emergencies.

Expanding *Access* for More Children and Families

Since 2023, LifeBridge has increased the number of youth served by 449% across all programs and services. Of the 543 additional children and adolescents reached during that time, 180 (33%) received behavioral health services through the PHA partnership during its first nine months, demonstrating how integrated pediatric care can rapidly expand access for children and families.

449%
INCREASE IN YOUTH SERVED SINCE 2023, ALL PROGRAMS AND SERVICES

180
CHILDREN SERVED THROUGH THE PHA PARTNERSHIP IN ITS FIRST NINE MONTHS

33%
OF GROWTH IN YOUTH SERVED ATTRIBUTABLE TO THE PHA PARTNERSHIP

A Better *Path* to Care

By bringing behavioral health care into pediatric practices, we're reducing barriers, improving coordination, and helping children receive support earlier—when they need it most. **Direct pediatric referrals enable family outreach and appointment scheduling within 24 hours.**

Traditional Referral	Integrated Care (LifeBridge + PHA)
Pediatrician provides a referral list. →	**Pediatrician makes a direct referral.**
Families must navigate the process independently. →	**Family is contacted quickly.**
Care may be delayed. →	**Care is provided in a trusted pediatric setting.**

Transforming *School* Mental Health

When students feel safe, supported, and connected, they are better able to learn, build relationships, and reach their full potential. Yet trauma, stress, anxiety, and depression too often go unaddressed until they become a crisis.

In partnership with Bridgeport Public Schools, LifeBridge has built a trauma-informed system of support across district high schools: strengthening the adults who support students, connecting students to care when they need it, and promoting resilience at every level.

SCHOOLWIDE IMPACT

41%

Reduction in student adverse events

Including suspensions, expulsions, and other serious incidents across participating high schools.

Strengthening the *Adults* Who Support Students

Teachers and staff are often the first to notice when a student is struggling. LifeBridge trained educators in the Community Resiliency Model, giving them practical skills to recognize the effects of stress and trauma and better support students.

TWO-YEAR IMPACT | FY2025–FY2026

405
Teachers, school administrators, and professionals trained

40%
Increase in knowledge of trauma and resilience

92%
Overall satisfaction with training

Supporting *Students* Where They Are

LifeBridge clinicians provide counseling in schools and in outpatient settings, helping students build coping skills, improve well-being, and stay connected to school.

263
Students received behavioral health counseling

64
Students received counseling on-site from embedded LifeBridge clinicians

49%
Improved their ability to manage emotions

47%
Increased confidence



When schools invest in mental health, students are better equipped to learn, build relationships, and succeed.

Harding *Plus*

Reconnecting Students to Learning Through Integrated Academic and Behavioral Health Support

Harding Plus is more than credit recovery. Developed by Bridgeport Public Schools in partnership with LifeBridge, it brings academic instruction and behavioral health support together so students can reconnect with school and make progress toward graduation.

Students learn in a smaller, trauma-informed setting with certified teachers, while a LifeBridge clinician provides weekly therapy, crisis support, and tools to manage chronic stress.

By supporting learning and well-being together, Harding Plus helps students re-engage, attend more consistently, earn credits, and build confidence.

Looking Ahead: Expanding to all three Bridgeport public high schools in the 2026–2027 school year.

FIRST-YEAR IMPACT

108 STUDENTS RE-ENGAGED IN LEARNING

82% OF STUDENTS WITH SPECIALIZED LEARNING PLANS IMPROVED ATTENDANCE

55% RECEIVED BEHAVIORAL HEALTH COUNSELING AND SUPPORT

52% OF PARTICIPATING SENIORS WHO ENTERED OFF TRACK ARE NOW PROJECTED TO GRADUATE

ACADEMIC PROGRESS

40 STUDENTS EARNED FOUR OR MORE CREDITS

71 STUDENTS EARNED TWO OR MORE CREDITS

Healing Childhood Trauma Changes the Course of a *Life*

Nearly three years ago, LifeBridge was selected by the Substance Abuse and Mental Health Services Administration (SAMHSA) as one of 28 organizations nationwide chosen that year to join the National Child Traumatic Stress Network (NCTSN) and expand access to evidence-based, trauma-informed care for children and families.

As an NCTSN Community Treatment and Services Center, LifeBridge provides specialized trauma screening, assessment, care coordination, and treatment, and partners with schools, healthcare providers, and national experts to strengthen trauma-informed care across Greater Bridgeport and share best practices nationwide.

01 · IDENTIFYING THE NEED

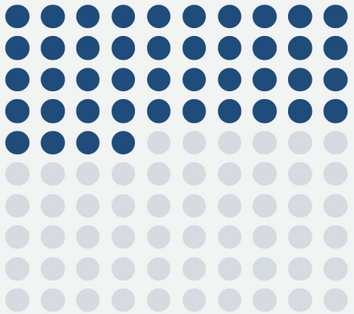
731

YOUTH SCREENED FOR TRAUMA-RELATED SYMPTOMS

Since FY24

44%

SCREENED POSITIVE FOR TRAUMA-RELATED SYMPTOMS



44 of every 100 youth screened

02 · CONNECTING YOUTH TO TREATMENT

Connecting Children with *Evidence-Based* Trauma Treatment

LifeBridge provides specialized assessment and trauma-focused treatment to help children address trauma-related symptoms and strengthen resilience.

SINCE FY24 Cumulative

219

YOUTH ENGAGED IN SPECIALIZED TRAUMA TREATMENT

About 30% of the 731 youth screened

FY26 This fiscal year only

404

Youth screened for trauma-related symptoms

All FY26 screenings

97

Youth engaged in specialized trauma treatment

24% of those screened

03 · THE IMPACT: OUTCOMES FOR YOUTH IN TREATMENT

Children Are *Healing*

Among youth engaged in specialized trauma treatment, outcomes measured after six months show meaningful improvements in mental health and resilience, important progress given that healing from trauma takes time. Treatment outcomes are evaluated in partnership with researchers at Brandeis University.

33%

IMPROVEMENT IN OVERALL MENTAL HEALTH

22%

INCREASE IN RESILIENCE

24%

REDUCTION IN FEELINGS OF HOPELESSNESS

52%

REDUCTION IN FEELING SO DEPRESSED THAT NOTHING COULD CHEER THEM UP



A CLIENT STORY

Finding Her *Voice*

How Trauma Treatment Helped One Child Reconnect

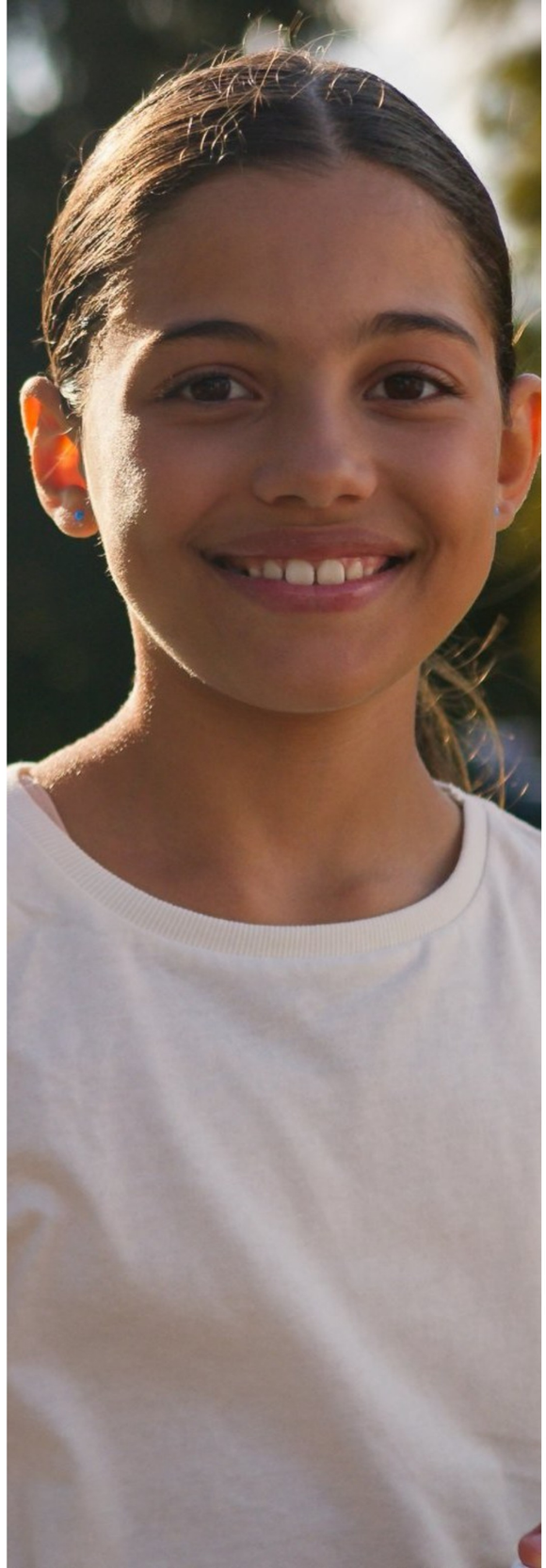
Before coming to LifeBridge, Maya lived in a home marked by conflict, instability, and a parent's substance use. She became increasingly anxious, withdrawn, and hypervigilant, struggling with nightmares, emotional shutdown, and fear.

After being referred to LifeBridge, Maya began Trauma-Focused Cognitive Behavioral Therapy. Over time, she learned to understand her stress responses, feel safe expressing herself, and regain a sense of control. One of her favorite activities became a pretend podcast interview, a simple exercise that helped her find something she had rarely experienced: her own voice.

> **It was like night and day. Her nightmares decreased, she reconnected with friends, and she became more engaged at school.**
>
> MAYA'S CAREGIVER

By the end of treatment, the change was clear. Today, Maya's future is no longer defined by trauma, but by hope, confidence, and possibility.

Name and image have been changed to protect client confidentiality.





> **When children have the right support, healing is possible. Trauma doesn't have to define their future. Hope, confidence, and connection can.**

Strengthening *Trauma-Informed* Communities

Mental health extends beyond clinical care. By equipping educators, healthcare professionals, nonprofit organizations, community leaders, and residents with practical skills and shared knowledge, LifeBridge is helping build a more resilient, trauma-informed community.

Community Resiliency *Model* (CRM)

CRM is an evidence-based, neuroscience-informed approach that helps people understand how stress affects the body and teaches practical skills that promote regulation, resilience, and well-being before stress becomes burnout or worse.

During FY26, LifeBridge delivered CRM training across healthcare, education, nonprofit, and community settings.

FY26 CRM IMPACT

21 TRAINING SESSIONS	**303** PARTICIPANTS TRAINED	**95%** OVERALL SATISFACTION
43% INCREASE IN KNOWLEDGE	**84%** PLAN TO USE CRM SKILLS	**89%** RECOMMEND CRM TRAINING

Connecticut's First Trauma-Informed *Community of Practice*

Launched in 2024, LifeBridge's Trauma-Informed Community of Practice (TI-CoP) brings together professionals from across sectors to learn, collaborate, and advance trauma-informed care throughout Connecticut.

Monthly meetings connect educators, healthcare providers, behavioral health professionals, nonprofit leaders, and government partners to share practical strategies and strengthen systems of care.

> **In the end-of-year survey, 93% of respondents rated TI-CoP's cross-sector approach valuable or highly valuable.**

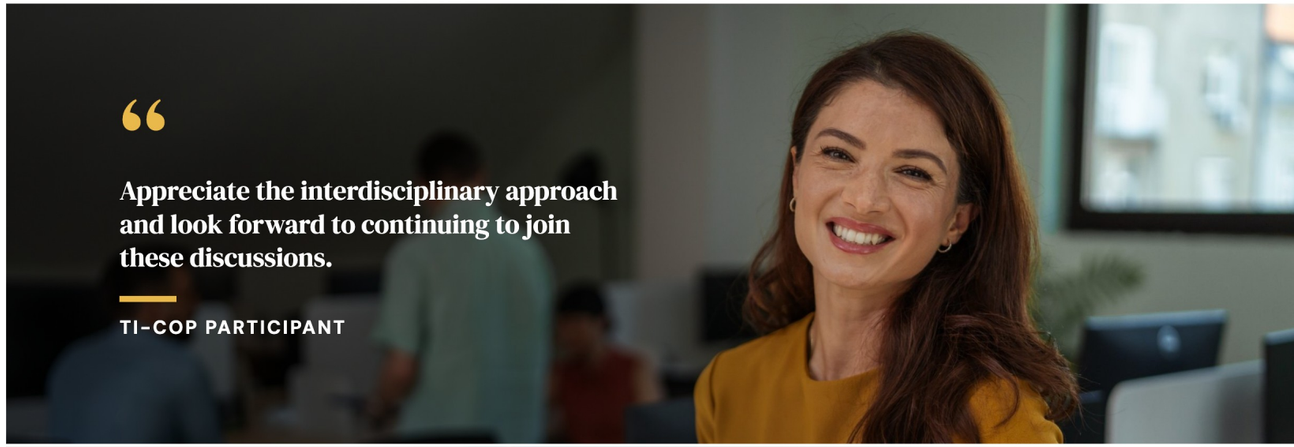
FY26 TI-COP IMPACT

248 UNIQUE PARTICIPANTS ENGAGED Including 152 first-time participants	**103** ORGANIZATIONS REPRESENTED
98% SAID MEETINGS WERE A GOOD USE OF THEIR TIME	**73%** MADE CHANGES TO HOW THEY APPROACH THEIR WORK
87% SHARED TI-COP KNOWLEDGE OR RESOURCES WITH OTHERS	

Since launch in 2024: 489 unique participants engaged across 167 organizations.

TI-COP PARTICIPANT VOICES

In Their Own *Words*







THE COURAGE TO UNDERSTAND SYMPOSIUM 2026

A Regional *Convening* for a Stronger, Trauma-Informed Community

Each year, LifeBridge's Courage to Understand Symposium brings together educators, healthcare professionals, nonprofit leaders, policymakers, and community members to advance trauma-informed care across Connecticut. In 2026, attendees gained the latest research and practical strategies to strengthen individuals, families, and communities.







2026 SYMPOSIUM IMPACT

Impact Through Learning and *Connection*

The 2026 symposium welcomed a diverse audience of professionals and community members who share a commitment to creating more resilient, trauma-informed communities. Through powerful keynotes and local panel discussions, attendees gained practical tools and fresh perspectives to strengthen their work and collective impact.

406
ATTENDEES

36
SPONSORS (11 new)

95%
OVERALL SATISFACTION

PRESENTING SPONSOR

Yale NewHaven Health



CHAMPION SPONSOR

Hartford HealthCare
St. Vincent's Medical Center



Affiliations

Our professional affiliations strengthen the quality of care we provide by connecting LifeBridge with leading organizations, emerging research, evidence-based practices, and a network of experts committed to improving behavioral health outcomes. These relationships help us expand access to care, enhance clinical excellence, and better serve children, adults, and families throughout our community.

Growing the *Next Generation* of Behavioral Health Professionals

Expanding access to mental health care requires investing in the next generation of clinicians. Through partnerships with eight colleges and universities, LifeBridge provides master's-level counseling interns with supervised clinical experience, mentorship, and hands-on training, helping strengthen Connecticut's future behavioral health workforce.

FY26 HIGHLIGHTS

13
MASTER'S-LEVEL COUNSELING INTERNS
3X INCREASE FROM PRIOR YEAR

8
COLLEGE AND UNIVERSITY PARTNERSHIPS

94%
INTERNSHIP SATISFACTION

NCTSN The National Child Traumatic Stress Network

LifeBridge is proud to be a member of the National Child Traumatic Stress Network (NCTSN)—a nationally recognized network dedicated to improving care for children and families who have experienced trauma. Through this affiliation, our clinicians have access to the latest evidence-based practices, training, research, and collaboration with leading trauma experts across the country, helping ensure children receive the highest quality trauma-informed care.

COMMUNITY PARTNERS

- Bridgeport Arts & Cultural Council
- Bridgeport Public Schools
- Bridgeport Regional Business Council
- CT Collaborative to End Loneliness
- CT Community Nonprofit Alliance
- Cultural Alliance of Fairfield County
- Fairfield CARES
- Health Improvement Alliance
- The HIVE
- National Health Service Corps
- Children's BH Policy & Planning Committee
- Trauma Resource Institute

Serving Our Community Across the *Lifespan*

Behavioral health is LifeBridge's largest service area, but our mission goes further, supporting older adults through nutrition services and improving communication access for Deaf and hard-of-hearing individuals across Connecticut.

Senior Meals on Wheels

Helping older adults remain healthy, independent, and connected.

For nearly 50 years, the Elderly Nutrition Program has helped older adults across Greater New Haven maintain their health and independence through nutritious home-delivered and congregate meals. Today, LifeBridge proudly continues that legacy by helping more older adults remain safely in their own homes.

seniormealsct.org

176,044
HOME-DELIVERED MEALS

87,073
CONGREGATE MEALS

97%
MEAL SERVICE SATISFACTION

Sign Language Interpreting Services

Improving communication and access to essential services.

For more than 30 years, LifeBridge has provided qualified American Sign Language (ASL) interpreters throughout Connecticut, helping Deaf and hard-of-hearing individuals access healthcare, education, employment, legal proceedings, and other essential services.

signlanguagect.org

4,156
INTERPRETING VISITS

973
DEAF AND HARD-OF-HEARING INDIVIDUALS SERVED

93%
SATISFACTION WITH INTERPRETER

Financial *Stewardship*

WHERE OUR FUNDING COMES FROM

$8,434,131



● Government Grants & Contracts ● Fee for Service ● Program Service Revenue ● Philanthropic Contributions

HOW WE INVEST EVERY DOLLAR

$8,478,861



● Program Services ● Administration ● Fundraising **3%**

BEHAVIORAL HEALTH FUNDING SOURCES

$4,190,028



● Government Grants & Contracts ● Fee for Service ● Philanthropic Contributions **2%** ● Program Service Revenue **1%**

Percentages are rounded and may not total 100%.

SUBJECT TO AUDIT

84¢ of Every Dollar Supports Programs and Services

Last year, 84% of our expenses directly supported mental health services, education, and community programs for children, families, and adults.

Why *Philanthropy* Matters

Government funding and insurance don't cover the true cost of high-quality care. Last year, LifeBridge absorbed close to $350,000 in unreimbursed care, and donor support helps close that gap.

The Cost of One Therapy Session

For a Medicaid-insured client, based on FY26 figures.

ACTUAL COST	MEDICAID REIMBURSEMENT	UNFUNDED GAP
$205.71	$91.98	$113.73

Stewardship *Highlights*

- **First CARF Accreditation Achieved**
- **84¢ of Every Dollar Invested in Programs and Services**
- **Strong Financial Oversight and Independent Audit**



> **"Every dollar entrusted to LifeBridge helps expand access to high-quality mental health care and strengthen our community. We invest responsibly, transparently, and where it makes the greatest impact.**

GIFTS BETWEEN JULY 1, 2025 AND JUNE 30, 2026

Together, We're Strengthening Our *Community*

Every child who receives timely mental health care, every family that finds hope, and every individual who builds resilience is part of a story made possible through the generosity of our community.

We are deeply grateful to the individuals, foundations, corporations, and community partners whose support helps expand access to high-quality behavioral health care across Greater Bridgeport.



The following list recognizes gifts of $1,000 or more received during FY26, excluding government grants.

$50,000+

Mary E. Craighead Fund

Tudor Foundation, Inc.

Yale New Haven Health

$20,000 to $49,999

Joyce and Howard Greene

Hartford Healthcare / St. Vincent's Medical Center

The Mary Hawley Trust

The Alice Lawrence Foundation, Inc.

M&T Bank / M&T Charitable Foundation

Philip Marett Fund, Bank of America N.A., Co-Trustee

Gail and H. Elliott Rogers

Synchrony Financial

$10,000 to $19,999

Mary W. Beardsley Trust

John A. Klein Leadership Fund

Levi S. Cobb Trust

CentrePoint Industries / John J. Lombardi, Ph.D.

Lone Pine Foundation, Inc.

Meals on Wheels Association of America

Near & Far Aid Association

Newtown Savings Bank / Foundation, Inc.

Raytheon Technologies Corporation (RTXPAC)

The Ernest & Joan Trefz Foundation

$5,000 to $9,999

Bedford Family Social Responsibility Fund

Bridgeport Arts and Cultural Council

Collin Comey Guardian Angel Fund

Sally Dickson Fund

Sylvia and Shane Eddy

Donald R. Ehman, Jr.

Fordham University

Maureen Graney

Benjamin Graney Green

Harold (Harry) Graney Green

William Graney Green

Koskoff, Koskoff & Bieder, PC

Sacred Heart University

Town Fair Tire Foundation, Inc.

Union Savings Bank Foundation, Inc.

Universal Health Care Foundation of Connecticut

Donna Waltrip

$2,500 to $4,999

David & Eunice Bigelow Foundation, Inc.

The Fred R. and Hazel W. Carstensen Memorial Foundation

Elsie Davis Young Endowment Fund

Stephen Finnegan

Greenfield Hill Congregational Church

The Ethel & Abe Lapides Foundation

Marta Jo Lawrence

Benjamin B. Lewis Trust

Darcy Lowell, M.D.

Pediatric Healthcare Associates (PHA)

The Riccardi Family

Dara Richards, M.D.

Southwest Community Health Center

Rita and Kenneth Weinstein

$1,000 to $2,499

Act II Thrift Shop

Adams Hometown Market

Aquarion Water Company

Bagela USA, LLC

Joubin Bavarian and Conner Purcell

Adam and Edith Boyle

Jeanne D. Breen, M.D.

Nicole Cassidy

Champion Maintenance and Construction

Child Health Development Institute

Adhlere Coffy

Cohen and Wolf, P.C.

Christine and James Cook

CT State Community College Housatonic

EBM, Inc.

Fairfield County's Community Foundation

Eirene and Frank Farias

A Gift for Bridgeport Children

Amy and Gary Goldberg

Richard Grellier and Alison Cox

The Hilb Group

Hospital for Special Care

The Ruth Krauss Foundation

Andrea and Jonathan Maldon

NFP Corp.

PKF O'Connor Davies

Recovery Network of Programs, Inc.

Katherine Rust

Stern Brothers

Listy Thomas, M.D.

Ellen and Steve Tower

Elizabeth Traynor-Kouider, LCSW

Tzedakah House

United Illuminating Company & Southern Connecticut Gas Co.

Rabbi Katja Vehlow, Ph.D. and Jeffrey Weinstein

Vimini Real Estate Services, LLC

Thank *you*

We thank every donor whose generosity advances our mission and helps build a healthier, more resilient community.

NEW IN FY26

Art Prescription *Program*

Connecting Healthcare, Creativity, and Community

In FY26, LifeBridge partnered with Hartford HealthCare / St. Vincent's Medical Center to launch Art Prescription, a nonclinical program connecting adults referred by healthcare providers with free, artist-led community painting sessions.

Developed in response to the needs of patients recovering from traumatic experiences, the program offers a welcoming opportunity to support creativity, social connection, and emotional well-being without requiring participants to enter formal behavioral health treatment. Monthly sessions are led by an award-winning Bridgeport-based visual artist and certified therapeutic arts practitioner. No artistic experience is necessary, and support is available to help reduce participation barriers.

Made possible through a legacy gift honoring David L. Green, former Executive Director of the Cultural Alliance of Fairfield County, Art Prescription demonstrates how healthcare and community partnerships can create new pathways to well-being.

EARLY PARTICIPANT FEEDBACK

100% REPORTED FEELING CALMER AFTER PARTICIPATING

100% REPORTED GREATER OPENNESS TO MENTAL HEALTH, WELLNESS, OR OTHER HELPFUL SUPPORTS

100% WERE SATISFIED OR VERY SATISFIED WITH THE EXPERIENCE

Results reflect immediate participant-reported experiences, not clinical treatment outcomes.



"Activity is really helpful and relaxed. Something to look forward to!"

ART PRESCRIPTION PARTICIPANT

FY27 AND BEYOND

Looking *Ahead*

Building a Healthier, More Resilient Greater Bridgeport

In the coming year, LifeBridge will continue expanding access to mental health care while investing in innovative prevention and early intervention programs that reach children, families, schools, and the broader community.

NEW IN FY27

SocialRx: Expanding Social Prescribing

Building on Art Prescription, LifeBridge is partnering with the Connecticut Office of the Arts through SocialRx to expand social prescribing—intentionally connecting individuals with arts, culture, recreation, and other community experiences that complement clinical care and strengthen well-being.

NEW IN FY27

Community Resiliency Model (CRM) Youth Ambassador Program

Training students to become resilience leaders who promote mental wellness, strengthen peer support, and reduce stigma within their schools.

NEW IN FY27

Youth and Teen Mental Health First Aid

Equipping adults and students with the knowledge and confidence to recognize mental health concerns early and connect young people to appropriate support.

Expanding Harding Plus

Building on a successful pilot, the Trauma-Informed Alternative Education Program will expand to all three Bridgeport high schools, bringing integrated behavioral health support to even more students.

Expanding Access

Growing behavioral health services in community settings so more individuals and families can receive timely, high-quality care close to home.

Our *Leadership*

BOARD OF DIRECTORS

Howard Greene, Chair
VOYA Financial (ret)

Nicole Cassidy, First Vice Chair
Americares

Jeanne D. Breen, MD, Second Vice Chair
Physician, Private Practice

John J. Lombardi, Ph.D., Treasurer
CentrePoint Industries

Libby Traynor, LCSW, Assistant Treasurer
AABR, Inc.

Ellen Tower, Secretary
Citibank (ret)

Dara Richards, MD, Assistant Secretary
Southwest Community Health

Joubin Bavarian, MHA, BSN, RN
Yale New Haven Health / Bridgeport Hospital

Adhlere Coffy
Dalio Education

Steve Finnegan
Newtown Savings Bank

PeJay Lucky
Fairfield University

Natalie A. Pryce, CPCC
Pryceless Consulting

Linda Scott, MBA
JJ Brennan Construction

Listy Thomas, MD
Hartford HealthCare / St. Vincent's Medical Center

LIFEBRIDGE TEAM

Edith Boyle, LCSW
President and CEO

Frank Farias
Chief Financial Officer

Lori Goertz, MPA
Senior Director, Marketing and Development

Cary Ostrow
Senior Director, Quality and Compliance

Tia Reid
Senior Director, Behavioral Health Services

DIVISION LEADERSHIP

Jennifer Reyes
Operations Manager, Sign Language Interpreting Services

Shanie Velazquez
Director, Senior Meals on Wheels of Greater New Haven

Ways to *Give*

Your generosity helps children, adults, and families access high-quality mental health care when they need it most. Thank you for investing in a healthier, more resilient Greater Bridgeport.

Give Online

The fastest way to give. Scan the QR code or visit **lifebridgect.org/donate**.

Monthly Giving

Join the **Resilience Circle**. Your monthly gift provides steady, year-round support that expands access to care and strengthens our community.

Check

Attention: Development
475 Clinton Avenue, Bridgeport, CT 06605

Stock Gifts

Make a meaningful impact by donating appreciated stock, with the potential to receive valuable tax benefits.

Donor-Advised Fund

Simplify your giving and maximize your impact by recommending a grant directly from your DAF.

Matching Gifts

Double your impact. Many employers match charitable gifts, allowing your generosity to go even further.

IRA Qualified Charitable Distribution

Put your retirement savings to work with a tax-advantaged charitable gift directly from your IRA.

Planned Giving

Help ensure future generations have access to mental health care when they need it most.

LifeBridge Community Services

Our mission is to partner with individuals, youth, and families to improve well-being, strengthen resilience, and create a brighter future.

VISIT

475 Clinton Avenue
Bridgeport, CT 06605

125 Penfield Road
Fairfield, CT 06824

CONNECT

203-368-4291

lifebridgect.org

FOLLOW

@LifeBridgeCT

CARF Accredited. Committed to quality, accountability, and continuous improvement.