



TRANSFORMING SPACES TRANSFORMING LIVES

THE BRIDGE BEHAVIORAL HEALTH

The Bridge Behavioral Health is a 501(c)(3) organization dedicated to its mission of "Helping men and women with limited financial resources heal the wounds of substance abuse and become productive, contributing citizens."

The Bridge Behavioral Health has been located at 721 K Street—a former tractor sales warehouse built in 1907—in the South Haymarket since 1985. The agency purchased the 55,000 sq. ft. building in 2003. The building loan is scheduled to be settled in 2016.

THE NEED

The Bridge has seen a tremendous increase in utilization of the withdrawal services unit over the past few years, primarily as a result of individuals in the community seeking out these services. Additionally, clients being treated have increasing medical issues. On the second floor, the current layout makes it difficult for the on-duty nurse to supervise because program areas are spread out, divided by walls and not visible from the nurses' station.

Privacy is also an issue. Currently, law enforcement admitting people into Civil Protective Custody use the same entrance as the general public and other clients. In addition, the location of the men's living area is remote to its program spaces, requiring the men to travel through the emergency services areas. The space designated for Outpatient Treatment also requires crossing through other program areas.

Finally, food service is a constant challenge as The Bridge does not have a commercial kitchen to prepare meals for approximately 30 to 40 people, twice per day. Currently, staff must pick up meals from the jail half a mile away each day throughout the week. On occasion, some light meals are cooked onsite, prepared with electric skillets and roasters.



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THE SOLUTION

The renovation will:

- Centralize the areas where clients need the most medical attention and create a nurse's station for improved client monitoring during withdrawal. This improvement will allow The Bridge to admit more intoxicated clients with greater medical needs.
- Create accessible spaces on the first floor for outpatient treatment, counseling, education and meetings. This improvement will allow The Bridge to admit more clients into outpatient programming, including Family Care counseling for loved ones of those in treatment.
- Consolidate the men's residential treatment living and program areas to the third floor, providing better confidentiality for all clients, improved educational spaces and greater efficiencies in our treatment programming.
- Create a full service kitchen that can be used to prepare nutritious food onsite for clients and to train clients to learn new skills suitable for life and employment. Currently, staff must transport meals from the county jail for each meal.
- Provide separate entrances for the general public and law enforcement/emergency personnel to ensure privacy and dignity for clients.
- Move administration to the second floor, less separate from the day-to-day operations and allowing clients and administrative staff to interact.
- Update infrastructure including heating/air conditioning, tuck-pointing exterior brickwork and modernizing elevators.

The redesigned facility will improve efficiencies for staff and clients, and promote a healing and nurturing environment for clients and families. It will benefit all programs and will also make better use of underutilized spaces throughout the building.



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KITCHEN

With the creation of a new commercial kitchen, this old food service area will become a state-of-the-art withdrawal unit.



WAREHOUSE

The underutilized warehouse space on the first floor will become a welcoming reception area for families and clients receiving treatment in an outpatient program.



NURSES STATION

The current nurses station is situated too far from those clients with the greatest medical need. A new shared nurses station will provide better visibility and will enable nurses from both the Voluntary Withdrawal Unit and the Civil Protective Custody unit to work together to provide important interventions.



Third Floor Lounge

The third floor will be updated to allow residential clients to sleep and have programming all on one floor, so they will no longer have to travel through emergency services areas to start their treatment each day.



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FINANCIAL PLAN

The Bridge has adopted a conservative and fiscally responsible plan to fundraise \$1.5 million of the \$3 million renovation cost, secure a low-interest loan for \$750,000 and use no more than \$750,000 from reserves to fund the remaining costs.

PROJECT TIMELINE/SCHEDULE

Construction will begin in May 2015 and will be completed by April 31, 2016. Operations will continue uninterrupted during renovations.

OUTCOMES

KEY INITIATIVES	ABILITY TO ACCEPT MORE HIGHLY IMPAIRED CLIENTS	INCREASE NUMBER OF OUTPATIENT CLIENTS SERVED	IMPLEMENT HEALTHIER FOODS MENU FOR CLIENTS
Short-Term	Remodel Medical Withdrawal Unit and Civil Protective Custody, included upgraded, shared nurses' station	Remodel First Floor	Build new kitchen
Intermediate-Term	Improve ability for nurses to respond to clients at greater risk for medical issues	Hire an additional Licensed Drug & Alcohol Counselor to be available to serve more outpatient clients, including in Family Care, and conduct more evaluations	Hire a kitchen manager and contract with a registered dietitian to provide a healthier menu for clients. Offer option for clients to work in kitchen to gain work experience.
Long-Term	Allow for admission of individuals with higher Breath Alcohol Content (BACs) or greater medical need	Assess service needs in the community to add to outpatient service offerings. Additional community outreach as needed to continue to grow the number of outpatient clients served	Offer kitchen experience and coursework for clients to receive food handlers' permits to improve job prospects
Results	Increase the number of impaired clients served by 20%	Serve 100% more individuals in an outpatient setting	Provide healthier meals and lifeskills/work experience for clients



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