

58% OF OUR GOAL!

In 2014-15, The Bridge received more than \$870,000 in pledges and donations toward our goal of \$1.5 Million!

Thank you for your support of
this important project!

Annual Report 2014-2015



Safe passage from addiction to sober living

CAPITAL CAMPAIGN DONORS

Leadership Pledges & Gifts*

Mark T. & Margaret L. Seacrest Family Charitable Foundation
Jerry and Linda Boyce
Lloyd and Donna Hinkley
The Abel Foundation
Brian and Karen Helmburger
Phil and Nancy Tegeler
Lincoln Community Foundation
Pinnacle Bank
The Schleich Family:
Louise Schleich
Kathryn Schleich
Thomas Schleich
John & Andrea Schleich
David Schleich
Union Bank
Bison, Inc
Acklie Charitable Foundation
Ameritas Charitable Foundation
Community Health Endowment

Additional Pledges:*

Employees of The Bridge Behavioral Health
Chandler & Suzanne Tyrrell II
Matthew and Clover Frederick
Tammy and Rob Stevenson
Joseph Wright and Kim Etherton
DuTeau Chevrolet Subaru
Dr. Klaus Hartmann
Ebbeka Design
Duncan Family Foundation
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Midlands Packaging Corporation
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Daniel & Katherine Schinstock
Helen Eckholt

The Board of Directors of The Bridge Behavioral Health

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Lloyd Hinkley
Todd Duncan
Tom Rathbun
Dean Settle
Joseph Wright
Amy Arduser
Adam Lenzen
Karen Helmburger
Mariana Schell
Terry Wittler
Steve Petersen
Pat Hunter-Pirtle
Mayde McGuire
Joe Nigro

More than 45 additional individuals contributed to the capital campaign through their gift on Give to Lincoln Day on May 28, 2015! Thank you to each and every donor!

*Donations listed occurred prior to July 1, 2015. Since the end of our 2014-15 Fiscal Year, more donations and pledges have been collected. As of this printing, 83% of our capital campaign goal has been reached thanks to more than 140 individual, family, corporate and foundation donors. For more current information on the construction and campaign, please visit www.TheBridgeNebraska.org.

► Randy: From a life on the streets to a life giving back.

"My life was a tornado," Randy recalls. More than 20 years living on the streets of Lincoln, the local police department knew him well. Randy was a frequent visitor to Civil Protective Custody at The Bridge (then, Cornhusker Place) and his criminal record was long. Stealing, trespassing, assault: the actions of a homeless man with a chronic addiction to alcohol.

Each visit to Protective Custody was an opportunity for an intervention. Our staff got to know Randy, would visit with him and ask him if he'd like to stay a little longer. Perhaps for a meal. Perhaps for the night. Take a few days to talk to a counselor and see a nurse in our Medical Withdrawal Unit.

Occasionally, Randy would take them up on the offer, especially when it was cold out. But he always left when the urge to drink became too much.

He went through a very uncomfortable few days of detoxification and eventually entered extended residential substance use treatment at The Bridge.

Randy stayed longer than most. In addition to treatment for his alcohol addiction, there was a lot of life to rebuild including having dental work done to replace missing teeth and re-establish basic paperwork like a birth certificate and social security card.

Randy hadn't had a job in so long that he feared he'd never find one. Counselors noticed the attention he paid to his favorite chore - brewing the coffee for daily meetings. Staff were able to help Randy enroll in a barista class and complete an internship at a local coffee shop.

After 13 months, Randy graduated from treatment and moved to The Curtis Center, a half-way house at People's City Mission. Soon after, he began working in their kitchen.

This year, Randy received his 5 year chip recognizing that he's been sober and successful. To Randy, success means moving up at his job, now serving as kitchen manager. He attends AA meetings regularly and is a sponsor to several young men whose story is very similar to his.

"The Bridge saved my life," Randy said. "And now, it is my turn to give back."



Thanks to YOU, more men like Randy will find sobriety!

► Highlights of the 2014-15 Fiscal Year:

- The Bridge Behavioral Health provided 5,221 services to individuals in all of our programs.
- Partnered with law enforcement and emergency departments to respond to community crisis related to synthetic marijuana (K2).
- Added more counselors to serve more women and men through our Outpatient Programs, including a new daytime program.
- Launched a \$1.5 Million Capital Campaign to raise funds for a major remodel.
- Began construction on our 108-year old building in the South Haymarket.

The Bridge Behavioral Health
721 K Street, Lincoln, NE 68508
(402) 477-3951
www.TheBridgeNebraska.org

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Concerning Minors and Binge Drinking

More than **400 minors** (ages 20 or younger) using alcohol, drugs or both were admitted last year. Thirty percent were female. Half of all minors had a BAC of .250 or greater – two times greater than the legal level of intoxication for an adult. The highest BACs for a minor were 2.5 to 4 times the adult legal limit.

The problem with substances

Alcohol is still the drug of choice amongst individuals admitted to The Bridge's programs in 2014-15, but the percentage of individuals using alcohol as their primary substance is declining (81%, down from 90% the previous year.) Unfortunately, the blood alcohol content (BAC) averages among those persons being admitted are rising.

Additionally, the use of **synthetic drugs** (such as synthetic marijuana which can be purchased over-the-counter) is greatly increasing. Approximately 60 individuals used a synthetic drug as their primary substance. The use of **marijuana** continues to rise as well.

Nearly 30 individuals were admitted misusing **prescription drugs** as their primary substance. These drugs include anti-anxiety medications, pain killers and even anti-seizure medications. In most cases, the user was not prescribed the medication but acquired it through other means.

Use of **methamphetamine** and other stimulants like cocaine also continues to rise.

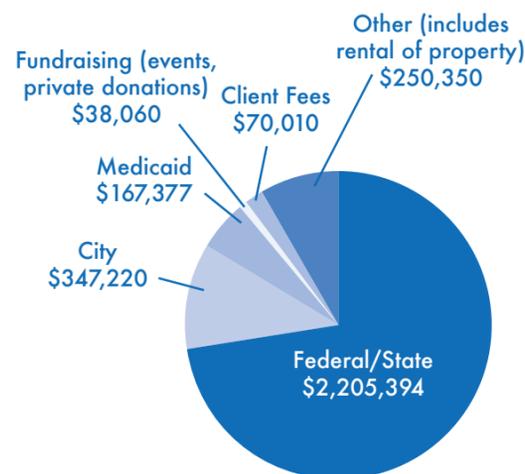
Responding to medical need

While we anxiously anticipate the pending construction on our Medical Withdrawal Unit, we continue to see an increase in both the numbers of clients needing this service and underlying medical issues in addition to their substance use. For instance, some clients have uncontrolled high blood pressure. Others might have suffered a recent injury or untreated infection.

More clients are suffering from long-time, chronic addictions that, when going through withdrawal, can bring on seizures, tremors and other severe medical symptoms.

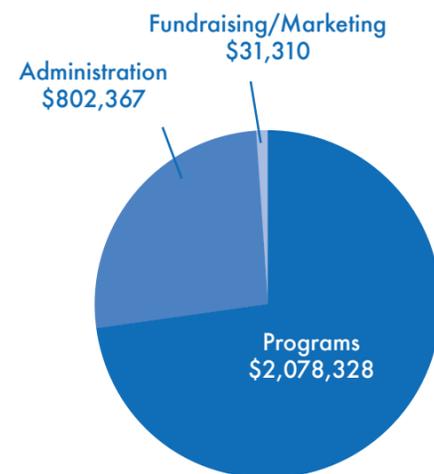
Thanks to a generous grant from Community Health Endowment, The Bridge has partnered with People's Health Center to bring a doctor to The Bridge a few hours a week to see withdrawal clients. Dr. Sarah Castillo not only treats their immediate needs but also establishes the client as a patient at People's so they can continue for follow-up care.

Revenue - \$3,078,415



Does not include capital campaign donations, pledges or expenses.

Expenses - \$2,912,408



CAPITAL CAMPAIGN UPDATE



TRANSFORMING SPACES
TRANSFORMING LIVES

THE BRIDGE BEHAVIORAL HEALTH

TIMELINE:

Summer 2014

Conducted a feasibility study to determine potential of capital campaign

January 2015

Selected Ayars & Ayars as the builder for the project. Began the quiet phase of the capital campaign.

May 2015

Went public with the capital campaign and kicked off construction

Seacrest Family: Leading with their Gifts

For more than 100 years, generations of the Seacrest family helped build the newspaper business in Lincoln and surrounding communities while placing a high priority on giving back to those communities. Mark T. and Margaret L. Seacrest created their family foundation as an effort to continue giving back to the community for years to come. Through the Foundation, the current generation consisting of co-trustees: Mark L. Seacrest, John C. Seacrest and Nancy Seacrest Wright continue in the same spirit as their parents.



In addition to making the first pledge to the Capital Campaign, Mark and Marjorie donated commercial-grade coffee equipment being used in The Loft, a public meeting space used for support groups each week.

Four generations of Seacrests were instrumental in the success of Lincoln's newspapers. As local owners, the Seacrests looked out for the health of the community and well being of its people. Mark, the eldest son of Mark T. and Margaret said, "I'm always amazed at all the people that worked at one time or another at the newspaper or as a newspaper carrier. Thousands

of young 'independent merchants' or newspaper carriers, were responsible for delivering the entire production of a major business to thousands of customers on a daily basis. Even Warren Buffet worked at the Lincoln newspapers while attending the University of Nebraska."

Six years ago the Foundation began making annual gifts to The Bridge (called Cornhusker Place at the time). Mark's initial

understanding was that Cornhusker Place was where law enforcement brought young people who had over-consumed. "Youngsters take risks and make mistakes. We all did and some still do," he said. "I thought this was a place that could help those kids not make the same mistakes over and over." In fact, last year, more than 400 minors were served in Civil Protective Custody.

It wasn't until Mark, his wife Marjorie and brother John came for a tour of the Bridge that they learn the full scope of services provided at The Bridge.

The Bridge thanks the Seacrest family for their leadership in making this project successful!

"We were impressed with the staff's passion," Mark said. "Phil and Clover* kept nothing hidden from us. They showed us the facility, they explained the inefficiencies as well as successes. Almost immediately we could see that they had a plan, they were well organized and knew the difference between wants and needs. We had questions and they provided answers and a clear understanding. There was a need and their plan was to efficiently and effectively improve assets they already had and to provide superior service to their clients. Although we don't often get into 'brick and mortar' projects, we felt the plan was a fit for the foundation."

"It is through the generous efforts of our parents that our family foundation is able to make gifts like this, Mark said. "I think they would be pleased with our decision."

Mark added, "Take the opportunity to meet Phil and Clover and The Bridge staff. Feel the passion, hear the story, give."

*Phil Tegeler, Executive Director and Clover Frederick, Fundraising and Marketing Manager, can be reached at 402-477-3951.