



TRANSFORMING SPACES
TRANSFORMING LIVES

THE BRIDGE BEHAVIORAL HEALTH

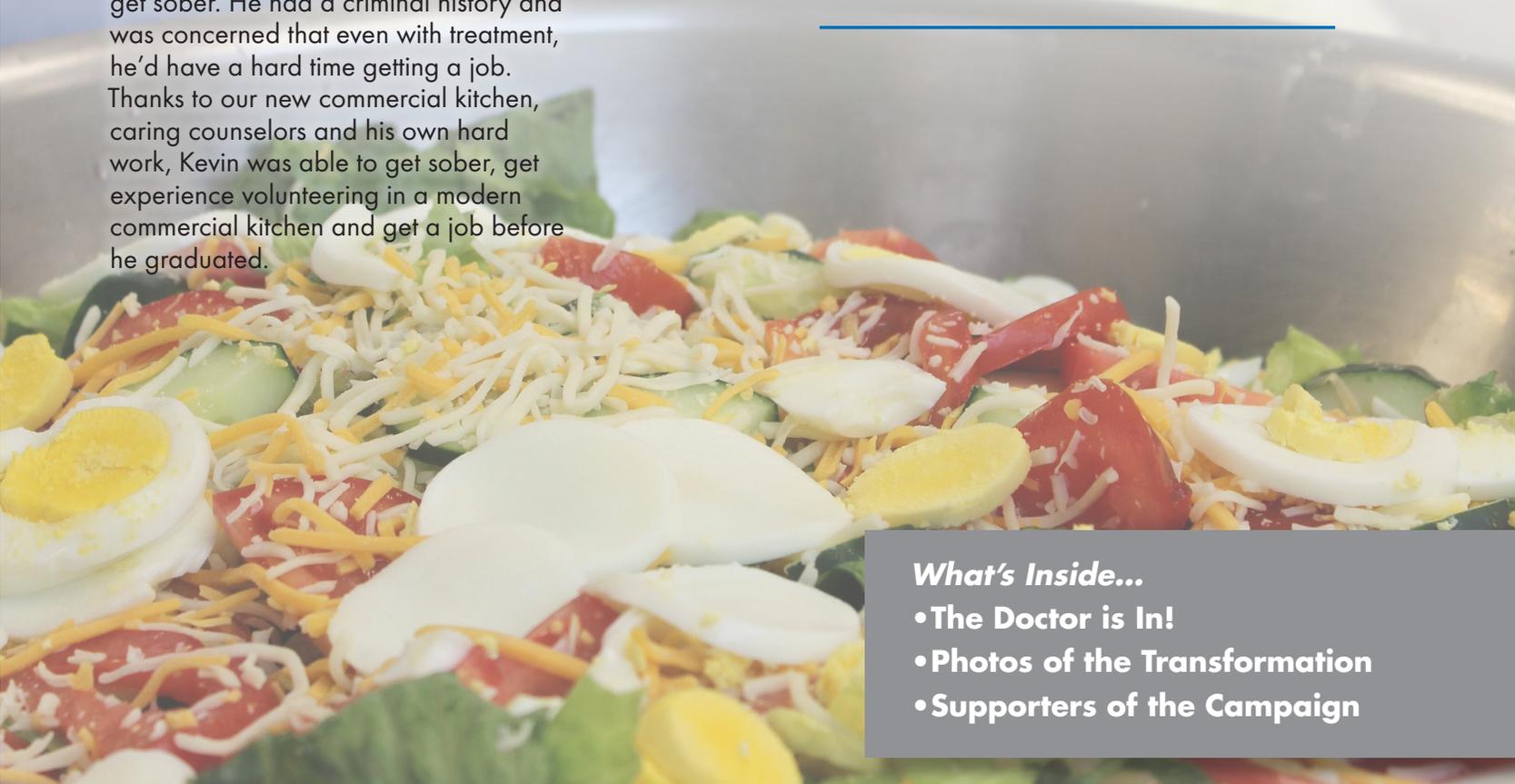
STORIES FROM THE CAPITOL CAMPAIGN & BUILDING REMODEL

Fresh food and new beginnings for Kevin

Thanks to your support, so many changes have occurred at The Bridge in the past year. Not only has the building received a much needed remodel, people are also changing on the inside and out.

Take for instance, Kevin. When Kevin came to The Bridge, he was ready to get sober. He had a criminal history and was concerned that even with treatment, he'd have a hard time getting a job. Thanks to our new commercial kitchen, caring counselors and his own hard work, Kevin was able to get sober, get experience volunteering in a modern commercial kitchen and get a job before he graduated.

**The most important part
of our mission
is to help people return
to being productive citizens.
Your gifts allow that to happen.**



What's Inside...

- The Doctor is In!
- Photos of the Transformation
- Supporters of the Campaign

(402) 477-3951
721 K Street, Lincoln, NE 68508

Interventions: Families in Crisis

Last year, The Bridge saw a growing trend of families contacting our agency for help when they didn't know what to do with a loved one who continues to use despite his or her family's best intentions.



The Bridge's family counselor meets with families and provides them with resources, options and next steps to take. At no cost, we are willing to meet with anyone whether they have financial means or not and whether The Bridge is the next step or not.

Thanks to our newly remodeled Outpatient Services area, families now have an easily-accessible space to meet and work on a plan for helping their loved one.

"The word is getting out that families can reach out to us," said Dee, our primary family counselor.

**Thank YOU for
helping us reach
OUR GOAL!**

Capital Campaign Summary:

Expenses:	Budget	Actual
Construction Expenses	\$3,000,000	\$2,836,781
Revenue:	Goal	Actual
Capital Campaign	\$1,500,00	\$1,464,113

The Doctor is IN!

At The Bridge, we see people at all stages of their substance use disorder, from actively intoxicated through withdrawal to treatment and recovery. While each stage requires compassion and caring, one stage in particular often requires more - the medical expertise of a doctor.

Thanks to a multi-year grant from the Community Health Endowment of Lincoln, The Bridge's clients in our withdrawal program can now be seen by a medical doctor. Dr.



Sarah Castillo, a family practitioner from People's Health Center, has an office at The Bridge and is seeing The Bridge's withdrawal clients two hours each day during the work week.

In addition, CHE's grant helped to remodel the outdated withdrawal unit and provide us with a state of the art space specifically for those with medically-intensive needs.

Individuals in the delicate stage of withdrawal often face symptoms of nausea, anxiety or sleeplessness and can also suffer tremors or even seizure. Some individuals who enter the program come with untreated medical issues such as high blood pressure, diabetes or infections.

While our registered nurses were able to provide some medications for withdrawal symptoms, they couldn't

"This partnership is truly a success story. We see the power of collaboration at work in your relationship with People's Health Center and are glad it is helping you better serve your clients on their way to living sober, healthy lives".

prescribe medications. Now, Dr. Castillo can not only prescribe medications but can see clients for follow-up care at her office at People's Health Center.

Dr. Castillo, a Chadron, Neb., native, studied medicine so she could help this particular population. "These individuals are close to my heart," she said. "I had addiction in my family and came from a lower economic status. I want to help people get past the psychosocial barriers they are facing."

Dr. Castillo started at The Bridge in late 2015 and has seen more than 375 clients. Dr. Castillo reports an "astonishingly seamless transition" and has a passion for the population The Bridge serves. She has referred over 70% for follow-up appointments at People's Health Center where she reports helping them connect with outside resources in addition to their medical and behavioral health care.

Nurses at The Bridge have found working with Dr. Castillo to be a great asset to our clients. Each client has a more individualized plan and the connection with People's helps clients get medications they need. Our nurses report they are learning from Dr. Castillo and appreciate her professionalism and knowledge.



Construction began in May 2015 when dignitaries donned safety glasses and hard hats and ceremonially smashed the first wall.

A small part of the building that had never been remodeled was transformed into a welcoming outpatient reception area on the 1st floor.

The entire 3rd floor was oriented to make an efficient and home-like environment for men in residential treatment.

A much-utilized space for public meetings, The Gathering Room, received a facelift with new HVAC and dropped ceiling for better sound quality.

Our nurses can provide closer oversight for individuals in withdrawal now that the old kitchen space was repurposed for a state-of-the-art withdrawal unit.

To provide greater dignity and privacy to clients, separate entrances were created for law enforcement and the general public.

Thanks to volunteers, the new public entrance lost its 80's-style pink tile walls and now fits the modern theme of the remodeled building.

In October, 2016, construction was finalized!

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Thanks to your support,
we have been able to raise
98% of our \$1.5 Million goal!

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The Bridge Behavioral Health
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