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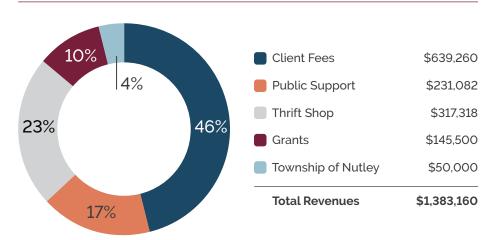
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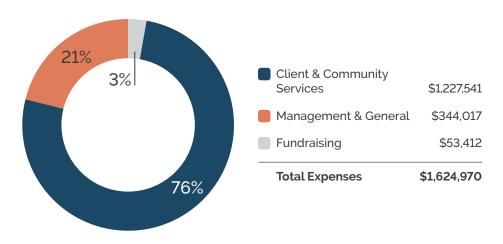
Fernando Vasquez, LCSW

### 2022 Financial Information

#### **Revenues & Contributions**



#### **Functional Expenses**



#### **Total Net Funds**

#### **Cash and Equivalents**

Beginning of Year Cash  Net Cash Provided by Operations	<b>\$410,436</b> (157,493)
Sale of Capital Assets	0
Redemption of Investments	0
Total Increase (decrease) in Cash	(\$164,449)
End of Year Cash	\$245,987
<b>Building Assets, Net</b>	\$751,560
Marketable Securities	\$55,261
Receivables Net of Liabilities	\$834

**Total Fund Balances** 

\$1,053,642

# A Message from Our Board President & Executive Director



Dear Friends,

Thanks to your generosity, Nutley Family Service Bureau (NFSB) has been able to meet increased demand for affordable mental health counseling and social services in our area. The bond between NFSB and the people of Nutley, a bond forged more than 100 years ago, has never been stronger.

We are proud to be a trusted resource for people who need support with day-to-day challenges and in times of crisis. Partnerships with Nutley Township, Nutley Public Schools, the Nutley Public Library, the Nutley Chamber of Commerce and local businesses, faith-based organizations, and other civic groups have made it possible to touch more people and make a bigger difference.

In fact, with your support, we've been able to introduce new initiatives this year while improving upon existing programs to ensure the needs of the community are met.

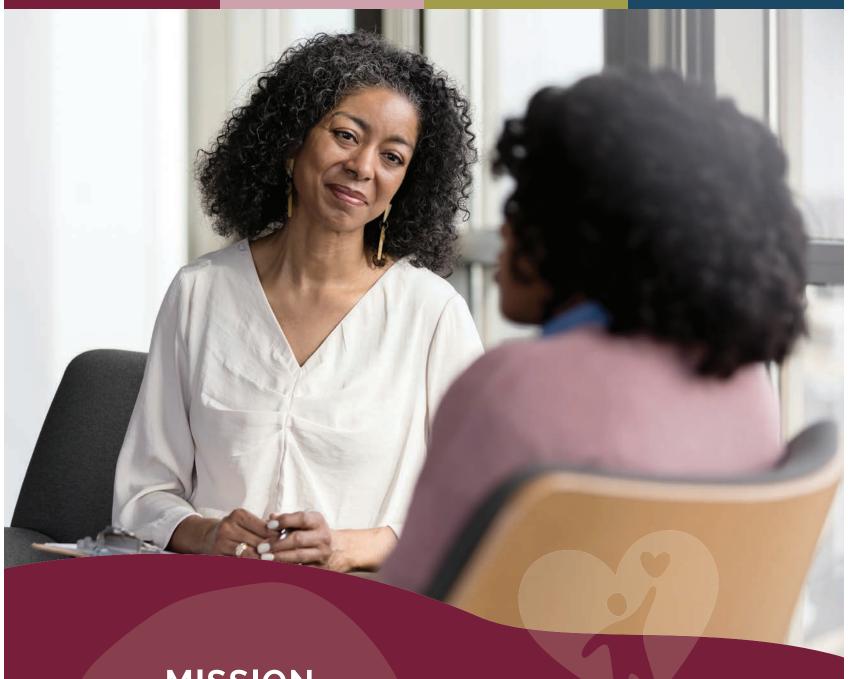
- Mental Health Community Workshop Series. From March to June, NFSB hosted workshops on important topics, including maternal mental health, non-suicidal self-harming behavior, and assistance for family and friends of people with a mental health or substance use disorder.
- Mental Health Awareness Partnership. In collaboration with Nutley Township, the Nutley Public Library, and Nutley Public Schools, we hosted community mental health panels and programming at Nutley High School and invited students to engage in the "Stomp Out Stigma" poster contest.
- Client-Choice Shopping at the Food Pantry. NFSB has shifted from traditional food distributions to client-choice shopping. During individual appointments, clients may browse the Food Pantry and choose items that meet their dietary needs and preferences with the help of an associate.
- Neighbor-to-Neighbor Program. Funded by State Farm's Friendly Neighbor Assist Program and Provident Bank Foundation, the Neighbor-to-Neighbor Program matches volunteers with low-income older adults to help address isolation in this population.
- Inclusive Healthy Communities. A community needs assessment was conducted to inform strategies for making Nutley more accessible and inclusive for people living with disabilities. Nutley Township, Nutley Public Schools and Nutley Senior Manor partnered on this initiative.
- Expanded Thrift Shop Hours. The hours of operation were increased by 25% in 2022 to enable more shopping on nights and weekends. The Thrift Shop is now open weeknights until 8 pm, Saturdays until 5 pm, and Sundays from 11 am to 4 pm.

In this report, we've shared stories of how NFSB programs and services have changed people's lives in our community. These stories inspire us each day and strengthen our belief in the NFSB mission. On behalf of our staff, board of trustees, and volunteers, thank you so much for your support.

Sincerely,

Michael Padilla

Katherine Carmichael



# **MISSION**

Our mission is to strengthen the emotional and social well-being of individuals and families through affordable mental health counseling and social service programs.

# **VISION**

Our vision is a community where mental well-being is valued as an integral part of life.



Nutley Family Service Bureau



This year

1,207 individuals

have benefited from our mental health and social service programs.



The NFSB mental health program has provided

5,254 counseling sessions

The Food Pantry has provided



307

households

comprised of 665 individuals

with over

13,000

bags of healthy, nutritious food,



shifting to a personalized shopping model that allows clients to choose their items.



The case management program has served

106
individuals
with 925 benefits
navigation sessions



An incredible group of

110

weekly volunteers

have contributed **15,676 hours** to support all we do.

Annual Report 2022





# Safely Overcoming an Eating Disorder Through Counseling and Nutrition Education

When "Michelle" started therapy at NFSB, she had been experiencing symptoms of anxiety and depression following the ending of a relationship. However, she eventually revealed that she had an eating disorder and was bingeing and purging at least once a day.

Because Michelle was medically stable and expressed resistance to more intensive treatment, her therapist discussed firm treatment guidelines to stabilize her eating patterns. This included additional therapy, following up with a medical doctor for blood work, and working with a nutritionist.

Michelle gained a deeper understanding of the underlying causes of her eating disorder and how it was affecting her life. She learned coping strategies to prevent eating disorder behaviors. Michelle's eating patterns gradually stabilized as she improved her relationship with food, and she continues to work on body image acceptance. She now has an increased sense of well-being that allows her to let go of control and know she'll be okay.

# Managing Depression and Anxiety to Find Balance and Happiness

"Tiffany," a middle-aged woman diagnosed with major depressive disorder decades earlier, came to NFSB when she was experiencing anxiety at work and difficulty in her marriage. As a remote worker, work and personal time often overlapped, making it difficult to maintain a regular schedule and meet her family obligations.

Tiffany's therapist suggested developing clear boundaries, creating structured routines, and practicing mindfulness and meditation. These strategies helped her reduce feelings of anxiety, improve her quality of sleep, and achieve the work-life balance she desired. Tiffany and her husband can now spend more time together. Tiffany can share her experiences with major depressive disorder so her husband can help her through difficult times. Both feel seen, heard, and appreciative of each other. Tiffany is motivated to find happiness in all areas of life and become the very best version of herself.





Nutley Family Service Bureau



Rosa was facing eviction and didn't know what to do. She had struggled to pick up hours at work, her rent was six months overdue, and she had received a shut-off notice from the utility company. A family member saw the physical and emotional effects of Rosa's stress and suggested that she contact NFSB for help.

The NFSB case management coordinator met with Rosa to assess her situation. She quickly gathered documentation and submitted applications for local and state benefits. She then contacted Rosa's landlord and utility company to notify them that they had applied for benefits.

Once benefits were approved, rent was paid, and the utility company removed the shut-off notice. Although Rosa's anxiety level decreased significantly, she was referred to the NFSB mental health program for counseling. Her outlook and demeanor have completely changed, and she is receiving the financial assistance and emotional support she needs.

# Father and Son Flee Ukraine, Find Hope in Nutley



When a father and his high school-aged son fled Ukraine, they took whatever they could carry and a binder with their passports and paperwork. Somehow, they ended up in Nutley, with no transportation and no place to live. After another agency helped them get settled, they came to The Food Pantry at NFSB for food.

With the help of a local resident who spoke their language, they were enrolled in Food Pantry services. Food was delivered, and they received clothing and housewares through the Community Closet program. Within a couple months, the father found work and they were relocated to be reunited with family members.

Fleeing unthinkable circumstances, they had no place to turn. They didn't even know where they would find their next meal. While some clients receive services for years, others need temporary support in times of crisis. Fortunately, this father and son were able to find some semblance of stability — and hope — before moving to the next step of their journey.

Annual Report 2022

# **Our Extraordinary Volunteers of 2022**









#### **Pantry**

Ballou , Ripley Bivona, Rosette Blasi, Jeffery Carroll, Mary Chambers Jr, James Cibelli, Kenneth Contreras, Michael D'Andrea, Eileen El-Boghdedy, Alex El-Boghdedy, Toni Evangelista, Michael Falduto, Sue Francesco, Jill Francesco, Kathryn Giordano, Bryan Giordano, Peggy Gould, Marianne Hagert, Suzanne Hsu, Robert Hsu, Ruth Huey, Dorothy Huey, James Hukkanen, Jaime Jankowski, Kathleen Kaplonski, John Keating, Timothy Kilhaney, Maggie Klecak, William Lechthaler, Paul Marx, Gary Ray, James Romaniello, Joan Ronacher, Ronald Saar, John Salerno , Joann Salimbene, Judith Stavaris, Anthony Urso, Phil



Nutley Family Service Bureau













#### **Thrift Shop**

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Partners for Health Foundation **Provident Bank Foundation Quality Technology Services** Ralph Lauren Foundation

Nanina's in the Park

State Farm Foundation State of NJ, Div. of Disability Services The Greater Newark Holiday Fund Township of Nutley

#### Corporate, Government and Foundation Donors \$1,000 - \$9,999

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Nutley Invitational Golf Tournament Nutley Senior Manor Nutley Volunteer Emergency & Rescue Squad Proponent Federal Credit Union SW Brown & Son Funeral Home Truist - United Walmart

#### Corporate, Government and Foundation Donors \$500 - \$999

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DeSilva Team

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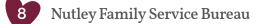
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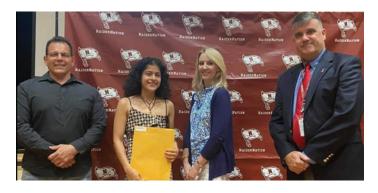














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Batchelder-Mitchell, Pamela

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Annual Report 2022



Salek, Diane



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