



Adult Outpatient Services

Recovery may seem like an impossible destination. But we're here to offer **hope**, and help on the journey.

Family, friends, faith and other support systems can often help with coping and maintaining well being. Sometimes the stress of daily life—or the existence of psychiatric, psychological, substance use or social issues—can feel like too much to handle. CHR is here to help with professional and personalized care. Through our diverse Adult Outpatient services, we offer hope to those 18 and older who struggle with mental illness, substance use or emotional/situational distress. We work together with each individual to identify goals, define recovery and create personalized treatment plans to help individuals realize their full potential.

INDIVIDUALIZED CARE PLANS

We provide specialized and effective treatments for a wide range of concerns including:

- Depression
- Anxiety disorders
- Bipolar disorder
- Psychotic disorders
- Adjustments to difficult life situations
- Difficulties with significant relationships
- Effects of trauma
- Substance use problems
- Self-harming behavior
- Decline in daily functioning at home or work

OUR SERVICES

- **CRISIS PREVENTION, INTERVENTION AND EMERGENCY SERVICES** – Assistance is available from our Mobile Crisis Response Team to people who require immediate evaluation due to urgent distress
- **INTAKE EVALUATION** – Initial assessment to determine the level of care an individual needs and the best way to help an individual meet his or her goals
- **PSYCHIATRIC EVALUATION** – Work with a psychiatrist or Advanced Practice Registered Nurse (APRN) to complete a full diagnostic evaluation and plan of care that may include medications
- **INDIVIDUALIZED TREATMENT PLANNING** – Treatment teams and individuals work together to develop a roadmap for achieving recovery goals
- **INDIVIDUAL, GROUP AND FAMILY THERAPY** – Sessions to address and advance the goals of the individual's treatment plan
- **MEDICATION MANAGEMENT SERVICES** – A psychiatrist or APRN works with the individual to review medications and evaluate effectiveness, monitor for side effects and provide education about symptoms

CALL TOLL FREE

1.877.884.3571 OR VISIT WWW.CHRHEALTH.ORG

LICENSED BY DPH, ACCREDITED BY THE JOINT COMMISSION



WE'RE READY TO HELP

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CHR accepts Medicaid, HUSKY, Medicare and most major health insurances as partial or full payment for services.

A NETWORK OF SUPPORT

24-Hour On-Call Emergency Professional Coverage

Crisis Intervention and Support

Outpatient Services (Adult, Child and Family)

- Clinical and psychiatric assessments
- Evaluation, treatment recommendations and medication management
- Individual, family and group therapy
- Treatment of depression, anxiety and other psychological problems
- Substance use assessment and treatment

Child and Family Specialty Programs

- Trauma-Focused Cognitive Behavioral Therapy
- Adolescent Community Reinforcement Approach
- Foster Care
- Community Support for Families

Child and Family In-Home Services

- Functional Family Therapy
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Adult Services

- Intensive Outpatient/IOP Plus
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- Mobile Crisis Response Team
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Housing-Services

- Residential, Outreach and Supportive Housing Programs

CONVENIENT LOCATIONS

BLOOMFIELD

693 BLOOMFIELD AVENUE, SUITE 101
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DANIELSON

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ENFIELD

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MANCHESTER

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Servicios ambulatorios para adultos

La recuperación puede parecer un destino imposible. Pero estamos aquí para ofrecer **esperanza**, y ayuda en el proceso.

La familia, los amigos, la fe y otros sistemas de apoyo pueden ayudar a menudo a sobrellevar la situación y mantener el bienestar. A veces, el estrés de la vida cotidiana -o la existencia de problemas psiquiátricos, psicológicos, de consumo de sustancias o sociales- puede parecer demasiado. CHR está aquí para ayudar con una atención profesional y personalizada. A través de nuestros diversos servicios ambulatorios para adultos, ofrecemos esperanza a las personas de 18 años o más que luchan contra enfermedades mentales, consumo de sustancias o angustia emocional/situacional. Trabajamos junto con cada persona para identificar objetivos, definir la recuperación y crear planes de tratamiento personalizados para ayudar a las personas a desarrollar todo su potencial.

PLANES DE ATENCIÓN INDIVIDUALIZADOS

Ofrecemos tratamientos especializados y eficaces para una amplia gama de problemas, entre los que se incluyen:

- Depresión
- Trastornos de ansiedad
- Trastorno bipolar
- Trastornos psicóticos
- Adaptación a situaciones difíciles de la vida
- Dificultades en las relaciones significativas
- Efectos del trauma
- Problemas de consumo de sustancias
- Conducta autolesiva
- Disminución del funcionamiento diario en casa o en el trabajo

NUESTROS SERVICIOS

- **SERVICIOS DE PREVENCIÓN DE CRISIS, INTERVENCIÓN Y EMERGENCIA** - Nuestro Equipo Móvil de Respuesta ante Crisis ofrece asistencia a personas que requieren una evaluación inmediata debido a una situación angustia urgente.
- **EVALUACIÓN DE ADMISIÓN** - Evaluación inicial para determinar el nivel de atención que necesita una persona y la mejor manera de ayudarle a alcanzar sus objetivos.
- **EVALUACIÓN PSIQUIÁTRICA** - Trabajar con un psiquiatra o enfermera registrada de práctica avanzada (APRN) para completar una evaluación diagnóstica completa y un plan de atención que puede incluir medicamentos
- **PLANIFICACIÓN INDIVIDUALIZADA DEL TRATAMIENTO** - Los equipos de tratamiento y las personas trabajan juntos para desarrollar una hoja de ruta para alcanzar los objetivos de recuperación.
- **TERAPIA INDIVIDUAL, GRUPAL Y FAMILIAR** - Sesiones para abordar y avanzar en los objetivos del plan de tratamiento de la persona
- **SERVICIOS DE GESTIÓN DE LA MEDICACIÓN** - Un psiquiatra o APRN trabaja con la persona para revisar la medicación y evaluar su eficacia, controlar los efectos secundarios y proporcionar educación sobre los síntomas.

LLAME A LA LÍNEA GRATUITA

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AUTORIZADO POR EL DPH, ACREDITADO POR LA COMISIÓN CONJUNTA



ESTAMOS LISTOS PARA AYUDAR

CHR acepta remisiones de padres, tutores, familiares y amigos. También aceptamos remisiones de escuelas, hospitales, proveedores privados, médicos de atención primaria, pediatras, organismos comunitarios y personal de servicios de emergencia, por nombrar algunos. También aceptamos autorremisiones.

CHR acepta Medicaid, HUSKY, Medicare y la mayoría de los principales seguros médicos como pago parcial o total de los servicios.

UNA RED DE APOYO

Cobertura profesional de guardia de emergencia las 24 horas, intervención y apoyo en situaciones de crisis

Servicios ambulatorios (adultos, niños y familias)

- Evaluaciones clínicas y psiquiátricas
- Evaluación, recomendaciones de tratamiento y gestión de la medicación
- Terapia individual, familiar y grupal
- Tratamiento de la depresión, la ansiedad y otros problemas psicológicos
- Evaluación y tratamiento del consumo de sustancias

Programas especializados para niños y familias

- Terapia cognitivo-conductual centrada en el trauma
- Enfoque de refuerzo comunitario para adolescentes
- Hogares de acogida
- Apoyo comunitario para las familias

Servicios a domicilio para niños y familias

- Terapia familiar funcional
- Servicio psiquiátrico intensivo a domicilio para niños y adolescentes
- Terapia familiar multidimensional

Servicios para adultos

- Ambulatorio Intensivo/IOP Plus
- Programas residenciales de tratamiento del consumo de sustancias
- Programas comunitarios de apoyo y rehabilitación
- TAM para la dependencia de opiáceos

Servicios a domicilio para adultos

- Equipo móvil de respuesta en situaciones de crisis
- Tratamiento asertivo comunitario

Servicios de atención primaria y bienestar

- Salud integral y salud conductual a domicilio

Servicios de vivienda

- Programas residenciales, de divulgación y de viviendas de apoyo

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Care Coordination

CHR believes it takes a **community of support** to help children in need. We are here to help make that happen.

Finding services and support for children with emotional and/or behavioral difficulties does not have to be a confusing or complicated. CHR's Care Coordination helps families access community-based supports. By identifying families' goals, our coordinators work with families to develop both individual and family-focused care plans that fit each child's unique needs. We provide wraparound services that are strength-based, family-driven and culturally competent. Our Child and Family teams arrange for services, coordinate care, provide follow up and advocate on behalf of the children and families we serve. Our goal is to keep children in their homes and communities, which is where they belong.

WHO WE HELP

CHR's Care Coordination serves children ages 0 – 18, or up to age 21 if they are still receiving education services. Eligible children have been diagnosed with an emotional or mental health disorder and are:

- At risk for being placed out of home or at a higher level of hospitalized care
- Transitioning from a higher level of care back into the community
- Having difficulty functioning in family, school or community activities
- Involved with multiple agencies, and in need of Care Coordination independent of any particular services received due to the complexity of the case

WE SERVE THE FOLLOWING COMMUNITIES

Contact the Care Coordination Program Manager for these areas at **860.730.8636**

Andover, Bloomfield, Bolton, East Granby, East Hartford, East Windsor, Ellington, Enfield, Glastonbury, Granby, Hebron, Manchester, Marlborough, Somers, South Windsor, Stafford, Suffield, Tolland, Vernon, Windsor, Windsor Locks

Contact the Care Coordination Program Manager for these areas at **860.771.4865**

Ashford, Brooklyn, Canterbury, Chaplin, Columbia, Coventry, Eastford, Hampton, Killingly, Mansfield, Plainfield, Pomfret, Putnam, Scotland, Sterling, Storrs, Thompson, Union, Willington, Windham, Woodstock

WHO CAN CALL

We accept referrals from parents, guardians, family and friends. We also take referrals from schools, hospitals, private providers, primary care physicians, pediatricians, community agencies and emergency services, to name a few—essentially any person concerned about the well being of a family in need of multiple services or support.

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ASSESSMENT CENTER AT 1.877.884.3571 OR VISIT WWW.CHRHEALTH.ORG



Servicios ambulatorios para niños y familias

Para niños, adolescentes, y sus familias, la vida puede ser realmente dura. Nosotros ofrecemos real esperanza en nuestras oficinas ambulatorias a través de la región y también en clínicas escolares.

NUESTROS SERVICIOS AMBULATORIOS PARA NIÑOS Y FAMILIAS

- Evaluaciones clínicas integrales
- Apoyo e intervención en situaciones de crisis
- Cobertura profesional de emergencia 24/7
- Evaluación psiquiátrica, recomendaciones y gestión de la medicación para jóvenes en terapia.
- Tratamiento de la depresión, la ansiedad, el TEPT y los problemas de consumo de sustancias concomitantes.
- Terapia individual y familiar, así como grupal.
- Tratamiento eficaz de duración limitada.
- Colaboración y coordinación con otros recursos comunitarios (por ejemplo, escuelas, pediatras).
- Apoyo a cuidadores
- Servicios en su idioma principal, incluidos proveedores bilingües y servicios de traductores.

TRATAMIENTOS AMBULATORIOS DE TRAUMA BASADOS EN EVIDENCIA

Enfoque modular de la terapia para niños con ansiedad, depresión, trauma o problemas conductuales (MATCH-ADTC, por sus siglas en inglés) está diseñado para niños de 6 a 15 años para el tratamiento de cuatro preocupaciones comunes: ansiedad, depresión, TEPT y problemas conductuales.

La Terapia cognitivo-conductual centrada en el trauma (TCT-CBT, por sus siglas en inglés) es un enfoque de eficacia comprobada para ayudar a niños, adolescentes y sus padres (u otros cuidadores) a superar las dificultades relacionadas con el trauma, incluido el maltrato infantil.

La intervención cognitivo-conductual para el tratamiento en las escuelas (CBITS, por sus siglas en inglés) es una intervención escolar, grupal e individual para jóvenes que utiliza terapias cognitivo-conductuales para reducir los síntomas del TEPT, la depresión y los problemas de conducta y mejorar el funcionamiento relacionado con el rendimiento escolar, el apoyo de los compañeros y los padres y las habilidades de afrontamiento.

Bounce Back es una adaptación de CBITS para niños más pequeños (de preescolar a quinto grado) que presentan síntomas de trauma.

Terapia de interacción entre padres e hijos (PCIT) es un tratamiento evidenciado para niños de edades de 2-7 que enfrentan desafíos emocionales, de comportamiento y/o hayan experimentado un trauma. PCIT provee entrenamiento en vivo a padres/cuidadores, centrándose en estrategias efectivas.

LLAME GRATIS

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AUTORIZADO POR EL DCF Y DPH, ACREDITADO POR LA COMISIÓN CONJUNTA

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El amigos. También aceptamos remisiones de escuelas, hospitales, proveedores privados, médicos de atención primaria, pediatras, agencias comunitarias y personal de servicios de emergencia, por nombrar algunos. También aceptamos autorremisiones.

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UNA RED DE APOYO

- Cobertura profesional de emergencia las 24 horas

Intervención y apoyo en caso de crisis

Servicios ambulatorios (adultos, niños y familias)

 - Evaluaciones clínicas y psiquiátricas
 - Evaluación, recomendaciones de ratamiento y gestión de la medicación
 - Terapia individual, familiar y grupal
 - Tratamiento de la depresión, la ansiedad y otros problemas psicológicos
 - Evaluación y tratamiento del consumo de sustancias

Programas especializados para niños y familias

 - Terapia cognitivo-conductual centrada en el trauma
 - Enfoque de refuerzo comunitario para adolescentes
 - Acogida familiar
 - Apoyo comunitario para las familias
- Servicios a domicilio para niños y familias

 - Terapia familiar funcional
 - Servicio psiquiátrico intensivo a domicilio para niños y adolescentes
 - Terapia familiar multidimensional

Servicios para adultos

 - Ambulatorio intensivo/IOP Plus
 - Programas residenciales de tratamiento del consumo de sustancias
 - Apoyo comunitario y rehabilitación
 - TMA para la dependencia de opiáceos

Servicios domiciliarios para adultos

 - Equipo móvil de respuesta ante crisis
 - Tratamiento comunitario asertivo

Servicios de atención primaria y bienestar

 - Salud integral y salud conductual a domicilio

Servicios de vivienda

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Child and Family Outpatient Services

For children, teens, and their families, life can be real hard.
We offer **real hope**.

Real life is filled with challenges. Coping with issues like trauma, substance use, family conflict, illness, loss of an important relationship, or problems in school can be hard. If emotional or behavioral problems, substance use, or significant stress is part of a child's life, CHR is here to help with outpatient offices across the region as well as school-based clinics.

OUR CHILD AND FAMILY OUTPATIENT SERVICES

- Comprehensive clinical assessments
- Crisis support and intervention
- 24/7 on-call emergency professional coverage
- Psychiatric evaluation, recommendations, and medication management for youth in therapy
- Treatment of depression, anxiety, PTSD, and co-occurring substance use problems
- Individual and family therapy, as well as groups
- Time-limited, effective treatment
- Collaboration and coordination with other community resources (i.e. schools, pediatricians)
- Caregiver support
- Services in your primary language including Spanish/bilingual providers and translator services

EVIDENCE-BASED, OUTPATIENT TRAUMA TREATMENTS

Modular Approach to Therapy for Children with Anxiety, Depression, Trauma, or Conduct Problems (MATCH-ADTC) is designed for children ages 6 – 15 for the treatment of four common concerns: anxiety, depression, PTSD, and behavior problems.

Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) is a proven approach to help children, adolescents, and their parents (or other caregivers) overcome trauma-related difficulties, including child maltreatment.

Cognitive Behavioral Intervention for Treatment in Schools (CBITS) is a school-based, group and individual intervention for youth that uses cognitive behavioral therapies to reduce the symptoms of PTSD, depression, and behavioral problems and improve functioning related to school performance, peer and parent support, and coping skills.

Bounce Back is an adaptation of CBITS for younger children (kindergarten through fifth grade) who are experiencing trauma symptoms.

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Emergency Mobile Psychiatric Service

There are so many challenges in our world for youth. But we are here to help and **offer hope.**

Community Health Resources (CHR) provides the Emergency Mobile Psychiatric Service (EMPS) for children and teens in Manchester and nearby towns. We are here to assist you or someone you know with any type of crisis a young person experiences, including emotional or behavioral crises.

WHAT WE OFFER

- Intervening with youth, deescalating crisis situations, and achieving resolutions that meet the unique needs of children and families, as well as their schools and communities.
- As needed, we can help to refer children and families for ongoing care in their community. If you or someone you know is threatening to harm anyone, including yourself.
- One of our abiding goals is to help families avoid the stress and expense of unnecessary hospitalizations.

HOW WE HELP

- We are available to you via phone support, by appointments in person or through telehealth, and through mobile crisis services.
- Our mobile team can be at your location, including schools, in approximately 45 minutes from your initial call.
- We are proud to be a resource and help you meet the needs of children and families in our

WHO CAN CALL

To learn more about availability of services in your area, please call CHR's Triage Center at 1.877.884.3571 or visit www.chrhealth.org.

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Functional Family Therapy- Foster Care

All children need a safe place to call home and thrive. CHR helps connect youth with the support and love they need.

CHR's Functional Family Therapy-Foster Care (FFT-FC) program provides support to families fostering youth with emotional or behavioral problems, helping to build safe and loving homes. CHR helps families develop specialized plans detailing long-term and short-term goals for each youth's emotional, physical, developmental and educational needs.

TO BECOME A FOSTER PARENT:

- Contact CHR to learn more at chrfoostercare@chrhealth.org!
- You need to be comfortable working with a team to help meet each youth's emotional, physical, developmental and educational needs
- You can be single or have a partner
- You can either rent or own your own home
- We require that each youth has their own room
- You must participate in an initial orientation training
- **Like all parents, you must have the patience and capacity to love a youth and help them navigate the changes and challenges of growing up**

YOU WILL RECEIVE HELP TO BECOME A SUCCESSFUL PARENT WITH:

- A family specialist and licensed professionals for personalized family counseling
- Paid respite care
- Monthly training opportunities and 24/7 on call support from trained case managers
- A monthly stipend to cover the costs of each youth's needs such as food, clothing, school supplies and more

CONTACT US AT 1.860.730.8727 OR CHRFOOSTERCARE@CHRHEALTH.ORG

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Functional Family Therapy (FFT)

We understand there are issues that threaten to pull families apart. CHR can **provide hope and positive change.**

Sometimes families need a helping hand. That's why CHR helps families build strong and healthy relationships. Our Functional Family Therapy (FFT) is a short-term, family therapy program that can take place in your home or community. We help strengthen relationships between your family members, and improve communication and problem solving skills. Our structured program focuses on real solutions unique to the needs of your family. FFT offers lasting change for families who can't reach results with traditional family therapies. From significant decreases in violent behavior to reduced high-risk behavior of siblings, families utilizing FFT see positive outcomes are possible.

CHR'S FUNCTIONAL FAMILY THERAPY FOCUSES ON:

- Developing family communication and supportiveness
- Improving school performance and behavior in the home
- Decreasing negative feelings and reducing blame
- Understanding the importance of respecting all family members
- Making positive changes and promoting effective solutions

WE CAN MAKE A DIFFERENCE

Our goal is clear—to prevent removal from the home and to help youth end or prevent involvement with the juvenile justice system. FFT is a proven and effective approach found to be useful for youths ages 11 – 18, and their families. This includes children with significant behavioral issues, mental health diagnoses or substance use problems. To be considered, youth must be living at home with his or her family, who must also be willing to participate.

HERE IS WHAT OUR CLIENTS AND THEIR FAMILIES ARE SAYING:

"I have only praise for our experience."

"CHR gave me more confidence as a mother and as a person."

"A constant feeling of support; the therapists were an amazing team."

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Intensive In-Home Child and Adolescent Psychiatric Services (IICAPS)

Having a child return from hospitalization, or be at risk for hospitalization or placement outside of the home is scary. Families facing this possibility now have **real hope**.

Sometimes life can feel like there are no more options. For children returning from, or at risk for, hospitalization or placement outside of the home, CHR is there to help. Our Intensive In-Home Child and Adolescent Psychiatric Services (IICAPS) is a home-based, family-focused treatment program that helps children in their homes and prevents the need for hospitalization. By recognizing a child's strengths, we can focus on them as part of a specialized treatment plan. We also help identify and resolve problems that could result in hospitalization.

A CLOSER LOOK AT IICAPS

IICAPS is a proven approach found to be useful in a wide range of children up to age 17 and their families, including youth with emotional issues. This includes youths who are returning home from psychiatric hospitalization, at-risk for institutionalization or hospitalization, or need more than traditional outpatient services.

OUR SERVICES INCLUDE:

- Home-based, time-limited, individual and family therapy
- 24-hour crisis response
- Parent guidance and training in behavioral management techniques
- School consultation
- Case management

HOPE CAN BE FOUND AT HOME

There are children who need extra help to improve important relationships at home, school and in the community. IICAPS is a proven approach found to be useful in a wide range of children up to age 17 and their families, including youth with emotional issues. This includes youths who are returning home from psychiatric hospitalization, at-risk for institutionalization or hospitalization, or need more than traditional outpatient services.

HERE IS WHAT OUR CLIENTS AND THEIR FAMILIES ARE SAYING:

"They helped me be the mother role in the family instead of the sister role, and my son listens now."

"The best thing about the program...helping me." (8 year-old female)

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Multidimensional Family Therapy (MDFT)

Youth struggling with substance use shouldn't feel like drugs and alcohol are their only escape. CHR offers **hope** for a better path.

When a child is struggling with substance use, other behavioral problems are usually in play. In fact, adolescents often use alcohol or drugs as a way to get away from other problems. Our Multidimensional Family Therapy (MDFT) is an in-home, family-focused substance use recovery program for adolescents and their families. We help families focus on real solutions for immediate and practical changes at home and in school. We understand that substance use and behavioral problems are interrelated and cannot be treated separately. Designed to help reduce the influences that place youths at risk for substance use, MDFT teaches families how to understand their child's difficulties and the factors that contribute to them. By promoting a healthy self-image, families also learn how to best support their child.

RESULTS WITHIN REACH

MDFT is recognized as one of the most effective interventions for youth ages 11 – 17 who have substance use problems and other behavior including, disrespect and disobedience, aggression and problems at school. According to a SAMHSA report, **93 percent** of youth receiving MDFT reported no substance-related problems one year after treatment. **95 percent** of families receiving services from CHR felt that their child got the help he/she needed. Our goal is to help adolescents improve relationships with family and peers, and make healthier choices.

YOUTH PARTICIPATING IN MDFT HAVE ALSO SHOWN:

- Improved relationships with their parents
- A reduced range of psychiatric symptoms
- Improved school involvement and positive peer relations

PARENTS AND GUARDIANS WHO TAKE PART IN MDFT HAVE SHOWN:

- Improved relationships with their child
- Increased involvement in their teen's everyday life
- Improved parenting skills and decreased stress
- Empowerment to address the needs of their child

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Multisystemic Therapy (MST) for Teens and their Families

CHR is proud to introduce Multisystemic Therapy (MST), an evidence-based treatment for youth (ages 12 to 17) who are experiencing complex behavioral health, substance use, social, and educational problems.

MST is a community-based program so CHR's team travels to meet teens and their families at their homes or community locations of their choice. Importantly, the team provides 24/7 support for the entire family.

A PERSONALIZED, STRENGTHS-BASED APPROACH

Through MST, youth and their families have access to clinical care, psychiatric services, and medication management, as well as family support. For each youth and family, care is highly individualized and focuses on each youth and family's strengths, as well as their unique situation and capacity for growth.

MST works within a network of systems that are central to each youth's life: their immediate and extended family, peers, schools, neighborhoods, healthcare providers, and other important parts of their lives. The MST teams provide immediate support to families when and where it is needed – *we will do whatever it takes* —and are dedicated to improving the lives of youth and families.

MST GOALS:

- To empower parents with skills and resources needed to independently address the difficulties that arise in raising teenagers.
- To empower youth to cope with challenges by equipping them with skill-building strategies.

A PROVEN APPROACH:

Research shows that the MST approach is not only innovative but also highly successful. MST features the largest body of evidence of successful interventions for high-risk youth and is the only intervention for high-risk youth where results have been repeatedly replicated by independent researchers.

CONTACT US:

To reach CHR's MST Team, call 1-877-884-3571.

CALL TOLL FREE

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Parenting Support Services

Parenting does not come with a handbook. That is why CHR helps families learn skills to create **healthy homes**.

Being a parent is a life-changing experience that can be both rewarding and challenging. For all that parenting brings, Community Health Resources (CHR) is here to help. CHR's Parenting Support Services is an in-home program that helps parents with children 0-17 years old learn healthy parenting skills. We work with families each week to recognize their personal and parenting strengths in order to learn child rearing skills and understand child development, as well as manage stress and family resources.

PREPARING FAMILIES FOR REAL LIFE

Our services focus on teaching, coaching and modeling parenting skills, including how to:

- Identify and prioritize family needs
 - Understand reasonable expectations for children based on age and developmental level
 - Establish structure and daily routines for children
 - Engage children in activities that increase bonding and attachment
 - Set appropriate boundaries and discipline
 - Navigate and utilize community resources
-

OUR PROGRAM

Parenting Support Services consists of two curricula, Circle of Security (COS) and the Positive Parenting Program (Triple P). COS is an eight-week program focused on attachment theory and building relationships; this allows parents to feel more confident and help improve their child's self-esteem. Triple P is a 10 week program focused on positive discipline, creating realistic expectations, and effectively managing children's misbehavior.

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WE HELP BECAUSE WE CARE

Our experienced and compassionate staff are ready to help. We invite you to speak with CHR's Parenting Support Services Supervisor at **860.208.1974** for more information.

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Our services focus on teaching, coaching and modeling parenting skills, including how to:

- Identify and prioritize family needs
- Understand reasonable expectations for children based on age and developmental level
- Establish structure and daily routines for children
- Engage children in activities that increase bonding and attachment
- Develop coping mechanisms
- Set appropriate boundaries and discipline
- Navigate and utilize community resources

CREATING A FAMILY PLAN

A Parent Educator will reach out to the family within 72 hours of referral and make the first home visit within 10 calendar days. Within a month of the initial visit, a Parent Educator will complete a Strength-Based Family Assessment to gauge the family's needs and strengths. Together CHR staff and the family create a specialized Family Service Plan that includes goals and action steps. Parent Educators work with the family to implement the plan, amending it along the way to meet each family's unique needs.

WE HELP BECAUSE WE CARE

Our experienced and compassionate staff are ready to help. We invite you to please call CHR's Triage Center at 1.877.884.3571 or visit www.chrhealth.org for more information.

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Substance Screening, Treatment Recovery for Youth (SSTRY)

Teens and young adults who use drugs and alcohol need support, skills, motivation and opportunities to make better choices. We help get them on the **right track**.

Being a teenager and young adult today is tough—and some turn to substance use. The SSTRY program is an eight-month program designed to help replace alcohol or drug use with positive social activities and behaviors. By helping to identify how substance use is negatively impacting their lives, we work with them to set goals, learn new skills and make positive choices.

PRACTICAL SKILLS FOR POSITIVE CHANGE

We use a highly successful Community Reinforcement Approach model (CRA) to treat teens and young adults, aged 12 – 24, who are dealing with substance use and dependency. They will learn new ways of handling problems without drugs and alcohol by focusing on the rewards of staying substance free. Sessions cover a range of skills such as problem solving, communication, understanding the role of substance use in their lives and drug refusal. We encourage active participation in appropriate activities. Having skills and positive activities reinforces sobriety by meeting important life needs in a healthy way. The majority of teens and young adults participating in the program show significant improvements in their behavior. Treatment begins with a comprehensive assessment followed by individual sessions over the course of eight-months. These sessions include looking at the place drug and alcohol use has in their present life and its impact on their future. Enrolled teens and young adults will learn and practice new skills, making positive choices and setting goals. Parent and family sessions are part of the treatment where applicable.

CHR's team includes experienced clinicians that will provide treatment in an outpatient setting and Recovery Support Specialists providing case management, home visits and support in the community.

SSTRY TREATMENT GOALS INCLUDE:

- Increasing and reinforcing involvement in positive behaviors
- Finding healthy peer groups and activities
- Promoting abstinence and preventing relapse through harm reduction
- Teaching teens and young adults how to communicate effectively
- Helping families and caregivers to change the cycle of negative interactions amongst the family by understanding how behaviors and communication impacts substance use



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- Residential Substance Use Treatment Programs
- Community Support and Rehabilitation
- MAT for Opiate Dependence

Adult In-Home Services

- Mobile Crisis Response Team
- Assertive Community Treatment

Primary Care and Wellness Service

- Whole Health and Behavioral Health Home

Housing-Services

- Residential, Outreach and Supportive Housing Programs

CONVENIENT LOCATIONS

BLOOMFIELD

693 BLOOMFIELD AVENUE, SUITE 101
BLOOMFIELD • CT 06002

DANIELSON

77 WESTCOTT ROAD
DANIELSON • CT 06239

ENFIELD

153 HAZARD AVENUE
ENFIELD • CT 06082

HARTFORD

999 ASYLUM AVENUE, SUITE 502
HARTFORD • CT 06105

MANCHESTER

THE CENTER FOR HEALTH & WELLNESS
444 CENTER STREET
MANCHESTER • CT 06040

MIDDLETOWN

955 SOUTH MAIN STREET
MIDDLETOWN • CT 06457

NORWICH

55 MAIN STREET SUITE 410
NORWICH • CT 06360

PUTNAM

391 POMFRET STREET
PUTNAM • CT 06260

WILLIMANTIC

1310 MAIN STREET
WILLIMANTIC • CT 06226

EAST HARTFORD

474 SCHOOL STREET
EAST HARTFORD • CT 06108

NEW BRITAIN

1 HERALD SQUARE
NEW BRITAIN, CT 06051

FOR AVAILABILITY OF SERVICES IN YOUR AREA, CALL CHR'S
ASSESSMENT CENTER AT 1.877.884.3571 OR VISIT WWW.CHRHEALTH.ORG