

“We are so grateful to McCall. After treatment, I noticed my daughter engaging more with friends and family. She now has a positive outlook, the confidence to accomplish her goals, and the tools to overcome challenges.”

– Parent of program participant



*It is never too early to reach out for help.
Call us today and see what healing looks
like for your family.*

**FOR SPECIFIC QUESTIONS ABOUT THE
PROGRAM, PLEASE CONTACT:**

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We accept Husky and most private insurance plans.
No one will be denied access to services due to an
inability to pay. There is a discounted/sliding fee
schedule available based on family size and income.

mccallbhn.org

Follow us on Facebook and Instagram
@mccall.bhn

Child & Adolescent Outpatient Services in Torrington:
58 High St. | Torrington, CT 06790

Child & Adolescent Outpatient Services in Waterbury:
969 W. Main Street, Unit 2G | Waterbury, CT 06708



Empowering
young people to
heal and recover.



**CHILD & ADOLESCENT
OUTPATIENT SERVICES**
For individuals ages 8 to 18



McCall Behavioral
Health
NETWORK

WELL-ROUNDED TREATMENT AND SUPPORT

At the McCall Behavioral Health Network, we understand that behavioral health conditions rarely exist alone. Conditions such as stress, anxiety, and depression are often intertwined with alcohol and substance use. We also understand that sustainable recovery doesn't occur alone. That's why our Child & Adolescent Outpatient Services program provides evidence-based, whole-person treatment and support that engages the entire family on the road to recovery.

The Child & Adolescent Outpatient Services program is available to individuals aged 8-18 who are struggling with behavioral health challenges, such as anxiety, depression, or substance use.



HOW THE PROGRAM WORKS

There is no single, pre-determined path of treatment at McCall. That's why each person's journey begins with a comprehensive assessment conducted by one of our licensed therapists. Based on an individual's unique needs, a therapist works together with families to develop a personalized treatment plan. Some of the tools commonly used as part of our care plans include:

Intensive Outpatient Program – Participants gather together three afternoons a week for up to three hours each day. Through the use of evidence-based practices, individuals will gain the tools they need to heal, cope with challenges, and make long-lasting positive changes in their lives.

Group Therapy – Teens come together in a therapeutic setting to connect with, learn from, motivate, and support one another. Group therapy creates a positive environment that shows participants they're not alone and they can find healing and progress together.

Psychiatric Services – A psychiatrist and a psychiatric nurse practitioner are available to consult with a young person and their caregiver to evaluate and prescribe psychiatric medication, as needed. A combination of counseling and medication can help individuals make positive changes and achieve long-term success.

Individual Therapy – Children and teens will have the opportunity to develop a trusting relationship with their therapist in which they feel understood and can authentically express themselves. Through the use of evidenced-based practices and case management support, they will learn healthy ways to cope with stressors, resolve conflicts, heal trauma, manage emotions, improve relationships, and become more independent.

Family Therapy – These sessions focus on a family's ability to solve problems and learn new ways to express thoughts and emotions in a productive manner. Participants explore family roles, rules, and behavior patterns to identify issues that contribute to conflict. They'll learn healthier ways to manage family struggles, while also achieving a strong sense of togetherness.

For more information and to enroll in the program, call 860.496.2100

