

IOP Trauma Track @ Waterbury Hospital Behavioral Health

*A new treatment for patients 18+
with PTSD and other diagnoses
Option to attend 3 or 4 times per week*

If you have PTSD and
need more support
than once a week therapy
our IOP Trauma Track
might be the right
fit for you.

YOU'RE NOT

ALONE

Recovery is possible!
Try something new for
PTSD symptoms.
Walk in any day Mon-Fri
by 8 Am for same day
evaluation.

88 Grandview Ave
Waterbury

Contact:
Kait Marcil, LPC
203-573-7048

**Waterbury
Hospital**

Waterbury HEALTH

Most
Insurances
Accepted



Outpatient Behavioral Health Services

For further questions, Please contact Kait Marcil, LPC at 203-573-7048.

Medication Management for Adults

Open Access Walk-In Hours: Adults 18+ can walk in Monday-Friday between 7:45-8:30 AM for an evaluation of mental health symptoms and/or substance use disorders. Must be able to stay for 2-3 hours.

Adults will complete a brief screening and if the presenting problems are within our scope of services, same day evaluations and treatment recommendations are made.

Intensive Outpatient Program (IOP) Mental Health and/or Addiction

We offer four tracks of IOP: Mental Health, Trauma, Addiction, and Co-Occurring. Mon/Tues/Wed/Fri from 9-12 or 10-1 depending on the track. Attend Open Access to be screened for the right track.

Medication Management for Adolescents

We are now accepting referrals for Adolescents 12-17 years old for medication management. Patients must be connected to a therapist or other outpatient services. Adolescent Evaluations are by appointment only.

Spravato (esketamine) for Treatment Resistant Depression

Spravato or esketamine is a new medication for Treatment Resistant Depression and is available for patients who have trialed other antidepressants with limited success. Spravato Evaluations are by appointment only and a referral must be completed.

SPRAVATO @ Waterbury Hospital Behavioral Health

*A new treatment for patients 18+
with treatment resistant depression*

Spravato (esketamine)
is an
FDA Approved nasal spray
treatment for
Major Depressive Disorder
and/or
Treatment Resistant
Depression



Recovery is possible!
Try something new
for depression.
Contact us today for
an evaluation at 203-
573-7048.

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203-573-7048

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