



Resource Guide

Waterbury, Danbury, Torrington

Revised 1/12/16



The CT BHP is a Partnership that consists of the Department of Children and Families (DCF), the Department of Social Services (DSS), the Department of Mental Health and Addiction Services (DMHAS), ValueOptions® and a legislatively mandated Oversight Council. Expanded in 2011 to include DMHAS, the contract is designed to create an integrated behavioral health service system for our members; Connecticut’s Medicaid populations, including children and families who are enrolled in HUSKY Health and DCF Limited Benefit programs. The primary goals of the Partnership are to provide access to and coordination of a more complete and effective system of behavioral health services and supports, and to improve overall member outcomes.

For more information on CT BHP member services, please view our Member Handbook by clicking on the following link: http://www.ctbhp.com/members/mbr_info.htm.

Links to State partners: DCF: www.ct.gov/DCF DMHAS: www.ct.gov/dmhas DSS: www.ct.gov/dss

Suggestions regarding this guide are welcome to Robert Urban at robert.urban@beaconhealthoptions.com.

Important Phone Numbers for Medicaid Members in Connecticut

| | |
|--|--|
| Claims Address | Hewlett Packard Enterprise Systems (HP ES) Members - 1-866-409-8430 If you get a bill for services call the Connecticut Medical Assistance Program’s Client Assistance Center at (866) 409-8430 for someone to help research it for you. You can also remind your Provider that he or she will need to bill (HP ES). |
| Medical (Member) | Community Health Network - CT Husky Health (Medical Medicaid)1-800-859-9889, for Hearing Impaired: 711 Website: http://www.chnct.org |
| Medical (Provider) | Community Health Network - CT Husky Health (Medical Medicaid)1-800-440-5071 Website: http://www.chnct.org |
| Behavioral Health | Connecticut Behavioral Health Partnership (Behavioral Health Medicaid)1-877-552-8247Hearing Impaired: TDD/TTY - 1-866-218-0525 or 711Website: www.ctbhp.com (HUSKY D - Residential SA Treatment, & Behavioral Health Recovery Program - Advanced Behavioral Health) (ABH 1-800-606-3677 Website: www.abhct.com) |
| Non-Emergency Transportation(Not covered for HUSKY B members) | HUSKY A, HUSKY C, and HUSKY D = Logisticare: 1-888-248-9895, for Hearing Impaired: 711Website: https://www.logisticare.com |
| Pharmacy Services | Client Assistance Center: 1-866-409-8430 or 1-860-269-2031; Hearing Impaired TDD/TTY 1-866-604-3470 or 711 |
| | Prior Authorization Assistance Center: 1-866-409-8386 or 1-860-269-2030; DSS Website: www.ctdssmap.com |
| Dental Services | Dental Health Partnership/BeneCare: Mon - Fri 8:00 am to 5:00 pm. 1-855-283-3682; Hearing Impaired: 711; Website: www.ctdhp.com |
| Vision Services | Community Health Network - CHN1-800-859-9889 |
| CONNECT CARD | HUSKY A, contact DSS Eligibility Worker |
| | HUSKY B, contact HUSKY Enrollment Center: 1-800-656-6684; Hearing Impaired: 711 |
| DSS | CT Department of Social Services Benefits Center: 1 (855) 626-6632 / DSS Information Line: 1 (855) 578-4515 |
| DDS | CT Department of Developmental Services: 1 (866) 737-0330 |
| Medicare | Medicare: 1 (800) 633-4227 |
| Social Security | Social Security Administration: 1 (800) 772-1213 |
| Xerox Spenddown | Xerox - CT Medicaid Spenddown Line: 1 (877) 858-7012 |

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**RESOURCES FOR CHILDREN in the
WATERBURY/DANBURY/TORRINGTON AREA**

(*Medicaid Covered Service)

24-HOUR CRISIS HOTLINE

Emergency Mobile Crisis Services
Phone: 211

Outpatient Psychiatric Clinics for Children (DCF Licensed) - Waterbury *

http://www.dir.ct.gov/dcf/Licensed_Facilities/listing_OPCC.asp

Boys & Girls Village
2457 East Main Street, Bldg. 3
Waterbury, CT 06705
203-759-1811

Catholic Charities
56 Church Street
Waterbury, CT 06702
203-755-1196

Community Mental Health Affiliates (*Enhanced Care Clinic*)
36 Sheffield Street
Waterbury, CT 06702
203-596-9724

Connecticut Junior Republic
80 Prospect Street
Waterbury, CT 06702
203-757-9939

Family & Children's Aid (*Enhanced Care Clinic*)
30 Holmes Avenue
Waterbury, CT 06702
203-755-2868

Family Services of Greater Waterbury, Inc.
34 Murray Street
Waterbury, CT 06710
203-756-8317

Lower Naugatuck Valley Parent & Child Resource Center
30 Elizabeth Street
Derby, CT 06418
203-954-0543

Wellmore, Inc. (*Enhanced Care Clinic*)
70 Pine Street
Waterbury, CT 06710
203-756-7287

Wellmore, Inc. (*Enhanced Care Clinic*)
305 Church Street
Naugatuck, CT 06770
203-756-7287

Outpatient Psychiatric Clinics for Children (DCF Licensed) - Torrington *

http://www.dir.ct.gov/dcf/Licensed_Facilities/listing_OPCC.asp

Catholic Charities- Family Service Center
132 Grove Street
Torrington, CT 06790
860-482-5558

Charlotte-Hungerford Hospital- Center for Youth & Families (*Enhanced Care Clinic*)
1061 East Main Street
Torrington, CT 06790
860-489-3391

Charlotte Hungerford Hospital (*Enhanced Care Clinic*)
294 Main Street
Winsted, CT 06098
860-496-6350

Community Mental Health Affiliates, Northwest Center (*Enhanced Care Clinic*)
100 Commercial Blvd.
Torrington, CT 06790
860-435-2529

Community Mental Health Affiliates, Northwest Center
350 Main Street
Lakeville, CT 06039
860-435-2529

Wellspring Foundation
21 Arch Bridge Road
Bethlehem, CT 06751
203-758-2296

Outpatient Psychiatric Clinics for Children (DCF Licensed) - Danbury *

http://www.dir.ct.gov/dcf/Licensed_Facilities/listing_OPCC.asp

Ability Beyond Disability
135 Old State Rd
Brookfield, CT 06804
203-775-4700

Catholic Charities of Fairfield
30 Main Street
Danbury, CT 06810
203-743-4412

Community Health Center
8 Delay Street
Danbury, CT 06810

203-797-8330

Connecticut Junior Republic
72-74 North Street
Danbury, CT 06810
203-797-8575

Danbury Hospital
152 West Street
Danbury, CT 06810
203-830-6082

Danbury Youth Services, Inc.
91 West Street
Danbury, CT 06810
203-748-2936

Family & Children's Aid, Inc. (*Enhanced Care Clinic*)
75 West Street
Danbury, CT 06810
203-748-5689

Family & Children's Aid, Inc. (*Enhanced Care Clinic*)
325 Danbury Road
New Milford, CT 06776
860-354-8556

Newtown Youth & Family Services, Inc.
121 Mount Pleasant Road
Newtown, CT 06470
203-270-4335

Wellmore, Inc.
57 North Street
Danbury, CT 06810
203-797-9778

OUTPATIENT TREATMENT PROGRAMS

Trauma Focused Cognitive Behavioral Therapy (TF-CBT) TF-CBT is a clinic-based, short-term treatment (16 to 20 sessions) for children, ages 4 to 18 who have significant behavioral and emotional problems that are related to traumatic life events, even if they do not meet full diagnostic criteria for post-traumatic stress disorder (PTSD).

Charlotte Hungerford Hospital - Center for Youth and Families*
1061 East Main Street
Torrington, CT 06790
860-489-3391

Family & Children's Aid*
75 West Street
Danbury, CT 06810

203-748-5689
www.fcaweb.org

Family Services of Greater Waterbury*
34 Murray Street
Waterbury, CT 06710
203-756-8317 x3039

Wellmore, Inc.*
70 Pine Street
Waterbury, CT 06710
203-756-7287
www.wellmore.org

Dialectical Behavioral Therapy (DBT) - designed to improve an individual's capacity to effectively manage his/her emotions and eliminate self-injurious/suicidal behavior.

Wellmore, Inc.*
70 Pine Street
Waterbury, CT 06710
203-756-7287
www.wellmore.org

Community Based Life Skills (CBLS) - CBLS is conducted for young people ages 15 – 21 with DCF involvement. The program is designed to: Provide the youth with educational and experiential opportunities that have a positive impact on their growing independence and transition to adulthood; Assist them in establishing a workable knowledge of community resources and supports available to them; Instill in them the positive values of confidence, competence, and self-sufficiency.

Danbury Youth Services, Inc.
91 West Street
Danbury, CT 06810
203-748-2936

Focus on K.I.D.S Program - A program specially designed for parents in high-conflict separations and divorces. K.I.D.S stands for the knowledge and insight parents' gain that allows them to make good decisions that lead to real solutions that will be in the best interest of their child. KIDS CLUB is an eight week therapeutic group for children ages 7-11 which uses fun projects and games to reinforce weekly topics including expressing feelings, self-esteem, self-control, problem solving and practicing social skills.

Family Services of Greater Waterbury, Inc.
34 Murray Street
Waterbury, CT 06710
203-756-8317

Training in Relationships & Emotional Competency for Children (TRECC) - TRECC focuses on children between the ages of 6-17 who are having difficulty meeting school, family or social expectations due to serious emotional, behavioral and social disturbances. Children attend daily group sessions for approximately 8-12 weeks which emphasize problem-solving and relaxation skills, emotional expression, learning how emotions and actions work together, and identifying behavioral and social disturbances. Treatment also involves play, art and drama therapy, psychiatric services, and active parent/family involvement.

Lower Naugatuck Valley Parent & Child Resource Center*
30 Elizabeth Street
Derby, CT 06418
203-954-0543

Intensive Mentoring for Adolescent & Child Treatment (IMPACT) - The IMPACT program is a therapeutic service for children ages 4-16 with emotional and/or behavioral problems who need more intensive and specialized services, and are at risk of entering a residential level of care, or who are being discharged from residential care. Clinicians work with individual children on therapeutic, educational and recreational activities related to treatment goals, including social, academic and communication skills, activities of daily living, anger management and positive decision making

Lower Naugatuck Valley Parent & Child Resource Center
30 Elizabeth Street
Derby, CT 06418
203-954-0543

COMMUNITY & PREVENTION PROGRAMS

Community Diversion Program - provides a comprehensive counseling, family service, case management, recreational, educational and vocational support system for male and female adolescents at risk of juvenile justice involvement or residential placement.

Connecticut Junior Republic
80 Prospect Street
Waterbury, CT 06702
203-757-9939

Nurturing Families Network (NFN) offers a continuum of preventative services for prenatal and first-time parents. NFN is funded by the Children's Trust Fund and is designed to reduce parental risk factors for child abuse and neglect.

Wellmore, Inc.
70 Pine Street
Waterbury, CT 06710
203-756-7287

Family Strides
350 Main Street Suite D
Torrington, CT 06790
860-482-3236

Staywell Health Center
80 Phoenix Avenue - Suite 306
Waterbury, CT 06702
203-756-8021

SMART Moves Prevention Program - SMART Moves (Skills Mastery and Resistance Training), funded by the Department of Mental Health & Addiction Services, offers kids ages 6 to 16 opportunities to improve their ability to get along with others, resist peer pressure, succeed in school, and learn about the dangers of using tobacco, alcohol and other drugs. Youth who have completed the program serve as mentors for younger

participants. These older kids have a profound impact on their younger charges. Kids working with other kids in healthy ways is a powerful prevention strategy.

McCall Foundation
58 High Street
Torrington, CT 06790
860-496-2100

Teen Pregnancy Prevention (TPP) Program - The SAFE/TPP Program helps school-referred pre-teens and teenagers avoid risky behavior by promoting accountability, responsible decision-making skills, abstinence, and academic achievement as alternatives to parenthood for adolescent boys and girls. Work-based learning experiences, life skills and family education, tutoring and career education are also provided.

Connecticut Junior Republic
168 South Main Street
Torrington, CT 06790
860-482-7600

Connecticut Junior Republic
80 Prospect Street
Waterbury, CT 06702
203-757-9939

Truancy Prevention Program to reduce truancy and unexcused absences, which will encourage completion in school and furthering education. The service includes home and school visitation, supportive counseling, referral, advocacy, parental involvement, tutoring and case management.

Waterbury Youth Service System, Inc.
83 Prospect Street
Waterbury, CT 06702
203-573-0264

INTENSIVE OUTPATIENT PROGRAMS & PARTIAL HOSPITALIZATION PROGRAMS*

Charlotte Hungerford Hospital
540 Litchfield Street
Torrington, CT 06790
860-496-6380

Community Mental Health Affiliates
36 Sheffield Street
Waterbury, CT 06704
860-596-9724

CT Counseling Center
60 Beaver Brook Rd
Danbury, CT 06810
203-743-7574

Danbury Hospital
152 West Street
Danbury, CT 06810-6361
1-800-516-3657

Lower Naugatuck Valley Parent & Child Resource Center
30 Elizabeth Street
Derby, CT 06418
203-954-0543

Midwestern CT Council on Alcoholism (MCCA)
60 West Street
Danbury, CT 06810
203-743-4027

Waterbury Hospital
64 Robbins St.
Waterbury, CT 06708
203-573-6500

EXTENDED DAY TREATMENT PROGRAMS*

Charlotte-Hungerford Hospital- Center for Youth & Families
1061 East Main Street
Torrington, CT 06790
860-489-3391

Community Mental Health Affiliates
36 Sheffield Street
Waterbury, CT 06704
860-596-9724
www.cmhacc.org

Family & Children's Aid, Inc.
75 West Street
Danbury, CT 06810
203-748-5689
www.fcaweb.org

HOME BASED MENTAL HEALTH SERVICES

Care Coordination (CC) - family-focused, child-centered model that assists in managing multiple community services. Emphasis is placed on the current strengths and needs of the family.

Wellmore, Inc.
70 Pine Street
Waterbury, CT 06710
203-756-7287

Child First (CF) - innovative program that provides home-based therapeutic intervention and hands on connection to community resources for children ages birth to 6 years of age and their families.

Wellmore, Inc.
70 Pine Street
Waterbury, CT 06710
203-756-7287

Family Enrichment Services (FES) - provides a range of in-home teaching, modeling, support, advocacy and assistance with obtaining services from the community in order to enhance parenting competencies and improve the parents'/caregivers' overall functioning and ability to care for their children.

Family & Children's Aid
75 West Street
Danbury, CT 06810
203-748-5689

Wellmore, Inc.
70 Pine Street
Waterbury, CT 06710
203-756-7287

Lower Naugatuck Valley Parent & Child Resource Center
30 Elizabeth Street
Derby, CT 06418
203-954-0543

Family Substance Abuse Treatment Services (F-SATS) Utilizing Multi-Dimensional Family Therapy (MDFT) as the core of its treatment services, the F-SATS program seeks to identify risk factors and provide strength-based practices to develop and initiate protocols and strategies to offset and eliminate both substance abuse and anti-social patterns of behavior among the youngsters being served and the family unit.

Connecticut Junior Republic
80 Prospect Street
Waterbury, CT 06702
203-757-9939

Functional Family Therapy (FFT) - manualized treatment model designed to prevent children and adolescents ages 11-17, from requiring psychiatric hospitalization or residential placement or to support discharge from these out-of-home levels of care. The FFT model is a home-based service designed to address both symptoms of serious emotional disturbance in the identified child as well as parenting practices and/or other family challenges that affect the child and family's ability to function.

Wellmore, Inc.*
70 Pine Street
Waterbury, CT 06710
203-756-7287

Integrated Family Violence Program - The Integrated Family Violence Program is primarily an in-home service for families where domestic violence has been identified. It focuses on all family members including the child, the parent who is the survivor of domestic violence and the batterer. All referrals are made by the Department of Children and Families (DCF).

Family Services of Greater Waterbury, Inc.
34 Murray Street
Waterbury, CT 06710
203-756-8317

Intensive In-Home Child and Adolescent Psychiatric Services (IICAPS) IICAPS is an intensive, home-based service designed to address specific psychiatric disorders in the identified child, while remediating problematic parenting practices and/or addressing other family challenges that effect the child and family's ability to function. Efforts are also made within the service to improve the child's educational programming

and to ameliorate any environmental factors that may contribute to the child's psychosocial adversity. IICAPS teams typically spend five hours per week working directly with children and their families and managing their care. Some flexibility in the number of hours of service per week is permitted but typically, for most weeks of service, no fewer than 4, or no more than 6 hours of direct care are provided.

Wellmore, Inc.*
70 Pine Street
Waterbury, CT 06710
203-756-7287

Family & Children's Aid*
75 West Street
Danbury, CT 06810
203-748-5689

Multidimensional Family Therapy (MDFT) - Family-focused, ecologically oriented evidence-based model effective in the treatment of children/adolescents with substance abuse and/or dependence issues, or children/adolescents with disruptive behavior and/or co-morbid psychiatric issues who are at risk for substance abuse. MDFT is designed to reduce the influence of factors that place a child/adolescent at risk for substance abuse while strengthening the presence of protective factors, such as supporting a positive parent-child relationship. Eligibility for MDFT services does not require DCF-involvement.

Family & Children's Aid*
75 West Street
Danbury, CT 06810
203-748-5689

Wheeler Clinic*
50 Brookside Road
Waterbury, CT 06708
203-755-4490

Multi-Systemic Therapy (MST) - evidence based treatment model designed to divert children and adolescents ages 11 to 17 from residential substance abuse and juvenile justice treatment systems or to support discharge from inpatient levels of care. While children/adolescents with disruptive behavioral and/or substance abuse symptoms are the focus of intervention, the model relies on ecological, family and systemic interventions to assist in the reduction of symptoms.

Connecticut Junior Republic
72-74 North Street
Danbury, CT 06810
203-797-8575

Connecticut Junior Republic
168 South Main Street
Torrington, CT 06790
860-482-7600

Connecticut Junior Republic
80 Prospect Street
Waterbury, CT 06702
203-757-9939

Multi-Systemic Therapy Family Integrated Transitions (MST-FIT) - Provides youth, ages 12 to 17 1/2, and their families with the tools to successfully navigate the critical transition period following their incarceration. The program focuses on youth with substance abuse and mental health issues. MST-FIT clinicians work with the youth before they are scheduled for release and work with their families to help them anticipate and prepare for the re-entry period. Both youth and family then take part in intensive, home-based therapy sessions following release and focus on cultivating natural supports within the family system and community. MST-FIT promotes behavioral change by helping parents learn to monitor and intervene positively with their adolescents.

Wheeler Clinic
50 Brookside Road
Waterbury, CT 06708
203-755-4490

Multi-Systemic Therapy- Problem Sexual Behavior (MST-PSB) is an evidenced-based, intensive home-based treatment model for youth, ages 10-19, exhibiting problem sexual behavior and other high-risk behaviors, at home, at school and in the community. The program addresses the multiple systems and factors that affect the youth's behavior and focuses on improving the overall function of the family to maintain youth safely in the community. The program also supports youth returning to the community from incarceration or residential placement.

Wheeler Clinic
50 Brookside Road
Waterbury, CT 06708
203-755-4490

Youth Equipped for Success (YES!) - Serves boys and girls referred by the Courts through the provision of intensive family-focused, in-home services and group counseling. The goal of this program is to meet the individualized needs of referred young people, and to increase positive behaviors, academic performance and structure within the family unit.

Connecticut Junior Republic
72-74 North Street
Danbury, CT 06810
203-797-8575

Connecticut Junior Republic
168 South Main Street
Torrington, CT 06790
860-482-7600

NAFI
29 Leavenworth Street, 3rd Floor
Waterbury, CT 06702
203-575-1997

SUBSTANCE ABUSE TREATMENT *

Central Naugatuck Valley HELP Inc (ages 16+, occasionally younger)
900 Watertown Avenue
Waterbury, CT 06708
203-756-8984

Charlotte Hungerford Hospital
540 Litchfield Street
Torrington, CT 06790
860-496-6380

Connecticut Junior Republic
80 Prospect Street
Waterbury, CT 06702
203-757-9939

McCall Foundation
58 High Street
Torrington, CT 06790
860-496-2100

Wellmore, Inc.
70 Pine Street
Waterbury, CT 06710
203-756-7287
www.wellmore.org

Strengthening Families Program - available to parents or primary caregivers and their 6-to 12-year-old children who are affected by the substance abuse of one or more parents or significant other persons living with them. This program is offered to other high-risk youth without a history of substance abuse in the family, to parents meeting the court mandated parent skills training requirement for divorce cases and for any family seeking better communication with their children. Strengthening Families Program services include substance abuse and social skill education for children/teens, parenting skills training and other parenting tips, family communication, family strengthening and bonding activities with both parents and youth.

Midwestern CT Council on Alcoholism (MCCA)
60 West Street
Danbury, CT 06810
203-743-4027

McCall Foundation
58 High Street
Torrington, CT 06790
860-496-2100

PSYCHIATRIC RESIDENTIAL TREATMENT FACILITIES (PRTFs)* - community based inpatient facilities that provides psychiatric and other therapeutic and clinically informed services to individuals under age 21, whose immediate treatment needs require a structured 24-hour inpatient residential setting that provides all required services (including schooling) on site while simultaneously preparing the child/adolescent and family for ongoing treatment in the community.

There are currently no Psychiatric Residential Treatment Facilities located in Region 5. Referrals can be made using the PRTF Referral form: www.ctbhp.com/providers/forms/PRTF_Referral_Form.pdf

Boys & Girls Village
528 Wheelers Farms Rd
Milford, CT 06461
203-877-0300
Fax: 203-876-0076

The Children's Center of Hamden
1400 Whitney Avenue
Hamden, CT 06517
203-248-2116
Fax: 203-248-2572

Solnit South Campus PRTF
915 River Road
Middletown, CT 06457
860-704-4015
Fax: 860-704-4260

The Village for Families & Children
1680 Albany Avenue
Hartford CT 06105
860-297-0585
Fax: 860-523-0346

RESIDENTIAL TREATMENT CENTERS - 24 hour facility licensed by the State of Connecticut and not licensed as a hospital that offers integrated therapeutic services, educational services and activities of daily living within the parameters of clinically informed milieu and based on a well-defined, individually tailored treatment plan. This level of care is reserved for those children/adolescents whose psychiatric and behavioral status warrants the structure and supervision afforded by a self-contained setting that has the ability to offer all necessary services including an on-site educational program, and provide line of sight supervision *when necessary*.

Touchstone, NAFI CT
11 Country Place
Litchfield, CT 06759

Stepping Stone, NAFI CT
63 Prospect Street
Waterbury, CT 06710

Wellspring Foundation
21 Arch Bridge Road
Bethlehem, CT 06751

THERAPEUTIC GROUP HOMES - A Level II Therapeutic Group Home (TGH) is a small, four- to- six bed, DCF or DMR licensed program located in a neighborhood setting with intensive staffing level and services offered within the context of a 24/7 home-like milieu. It is a highly structured treatment program that creates a physically, emotionally and psychologically safe environment for children and adolescents with complex behavioral health needs who need additional support and clinical intervention to succeed in either a family environment or in an independent living situation.

Danbury:

Family & Children's Aid - Three Harmony Therapeutic Group Home
4 Harmony Street
Danbury, CT 06810

Family & Children's Aid - Ten Harmony Therapeutic Group Home

10 Harmony Street
Danbury, CT 06810

MCCA - New Dawn House
79 Payne Road
Bethel, CT 06801

Waterbury:

NAFI Tress Road
58 Tress Road
Prospect, CT 06712

Child Guidance Clinic of Greater Waterbury - Paladin House
160 Midland Street
Waterbury, CT 06705

Child Guidance Clinic of Waterbury - Valiant House
24 Spindle Hill Road
Wolcott, CT 06716

Torrington:

CMHA - Pando House
18 Hemlock Road
Torrington, CT 06790

NAFI Thomaston Group Home
272 Prospect Street
Thomaston, CT 06787

Focus - Shannon House
18 Shannon Drive
Barkhamsted, CT 06063

REM Connecticut - Center Hill Road, SLA
166 Center Hill Road
Barkhamsted, CT 06063

Wellspring Foundation - Pendana Group Home
84 Judge Lane
Bethlehem, CT 06751

Connecticut Junior Republic - Winchester House
131 Ashley Street
Winchester, CT 06094

SUPPORT GROUPS

Child and Adolescent Network (NAMI CAN) for parents of children under age 21. Meets the 3rd
Wednesday from 7:00 – 8:30pm.
969 West Main Street

Waterbury, CT 06702
203-758-5844

Children of Divorce - group to help children heal from the pain caused by separation or divorce. It provides your children with a safe and neutral place to recognize and learn how to share their feelings. It offers a chance for your child to meet other children in the same situation and create a peer support system. Groups are divided into 5 - 7, 8 - 10 and 11-13 year-olds.

Newtown Youth & Family Services, Inc.
121 Mount Pleasant Road
Newtown, CT 06470
203-270-4335

Family Ties - parent education and support program that provides classes to help parents/caregivers meet the challenges of parenting.

Waterbury Youth Service System, Inc.
83 Prospect Street
Waterbury, CT 06702
203-573-0264

Foster/Adoptive Parent Support Group - Open to licensed foster/adoptive parents, this free group promotes kinship and support. Monthly meetings include guest speakers, special events, dinner, and limited childcare. 2nd Monday of Each Month, 5:30pm-7:30pm

Family Services of Greater Waterbury, Inc.
34 Murray Street
Waterbury, CT 06710
203-756-8317

Friends & Family Support Group-NAMI

Old Russell School
969 West Main Street
Waterbury, CT 06702
2nd & 4th Wednesday – 7:00 – 8:30pm
203-264-4408

Grands Place: A support group for grandparents and caregivers who are raising children in a diverse situation. This is an open and ongoing group. All are welcome. Every Tuesday, 10:30 a.m. to 12:30 p.m.

Newtown Parent Connection
45 Main Street
Newtown, CT
203-270-1600

Grandparents as Parents Support Groups (GAPS) - psycho-education and support for grandparents raising their grandchildren. Two weekly groups provide information, support, parenting skills, advocacy, and access to community resources. To enrich the psycho-educational component of the group, monthly speakers provide current information on issues relevant to the unique needs of these families.

Family & Children's Aid
75 West Street
Danbury, CT 06810
203-748-5689

Hope and Support (Multi-Family/Extended Family Group): Offering an opportunity for siblings or other family members to share their fears or frustrations in dealing with a loved one's substance issues. Meets first Thursday of every month from 7 to 9 p.m.

Newtown Parent Connection
45 Main Street

Newtown, CT 06470
203-270-1600

Mi Vida-Tu Futuro/Youth Leadership: - support group run by youth meets every last Thursday of the month, where middle school and High School youth have open discussion about topics that concern them. Facilitated by an young Adult.

Hispanic Coalition of Greater Waterbury, Inc
135 East Liberty Street
Waterbury, CT 06706
203-754-6172
www.hcgwtby.com

Mother/Baby Talk - Mothers of newborns from birth to five months meet to share questions and concerns about issues that arise during the unpredictable weeks and months following birth, including: Breastfeeding, Infant care, Depression, and Other postpartum issues. The program is free and welcomes all new mothers, regardless of where they delivered.

Danbury Hospital
24 Hospital Avenue
Danbury, CT 06810
203-739-6148

Nurturing Parenting Groups - supportive environment for parents to explore aspects of family nurturing which include: self-awareness, empathy, behavior management, age-appropriate expectations, child bonding and attachment, caring, responsibility, discipline, and healthy family growth.

Families Network of Western CT
5 Library Place
Danbury, CT 06810
203-791-8773

ParentNet - curriculum providing parenting education, support and skill development. Evening and weekend classes with child care are conducted in English, Spanish and Portuguese for all parents of children from birth to 18 years.

Family & Children's Aid
75 West Street
Danbury, CT 06810
203-748-5689

Parent Project - 10 week psycho educational group specifically designed for parents of adolescents with out of control behaviors. These classes are offered in the evening in both English and Spanish and offer a follow up support group.

Family & Children's Aid
75 West Street
Danbury, CT 06810
203-748-5689

Parents of Preschoolers (POP) - open to all Naugatuck parents with children 3-5 years old, providing parents with valuable, pragmatic education, training, support and referrals related to raising a healthy, preschool child. Several activities are also offered throughout this 2 year program providing a stress-free environment where parents and children may enjoy time together and build stronger parent-child relationships. Mondays & Wednesdays from 6:00pm-7:30 pm.

Family Services of Greater Waterbury, Inc.
34 Murray Street
Waterbury, CT 06710
203-756-8317

Sibling with Disabilities Workshop - program acknowledges that being the brother or sister of a person with special needs is for some a good thing and others a not so good thing and for many somewhere in between. This group reflects a belief that brothers and sisters have much to offer one another if they are given a chance. Groups are divided into 5 - 9 year-olds and 10 - 14 year olds

Newtown Youth & Family Services, Inc.
121 Mount Pleasant Road
Newtown, CT 06470
203-270-4335

Torrington Foster Care and Adoption Support Group - provides a facilitated support group and training opportunities for foster and adoptive families in the greater Torrington area by providing guidance, support, information, and education. Post-license trainings, peer support, and social events are offered. Free child care is provided offering children up to age 18 food, play supplies, and a forum for socialization. This group meets one time per month.

Family & Children's Aid
387 Litchfield Street
Torrington, CT -6790
860-482-6085
Email: mindy.solomon@fcaweb.org

MENTORING

Best Buddies Connecticut - A state affiliate of Best Buddies International, Best Buddies Connecticut seeks to enhance the lives of people with intellectual disabilities through one-to-one friendships.

Toll Free: 866-CT-BUDDY
www.bestbuddiesct.org

Changing Lives - Waterbury Youth Service System Inc.- 1 on 1 (one adult to one youth)for young adults ages 13-21 (DCF referral), who are in and out of home care in Waterbury.

Contact: Tabitha Rodriguez, Program Coordinator
203-573-0264

Covenant to Care for Children - M3 (Mom, Mentor & Me)- provides faith-based 1 on 1 (one adult to one youth) mentors to children age 5-17 who reside in Bridgeport, New Haven, New Britain and Waterbury areas and whose mother is in prison. Areas serve: Stratford Region, Waterbury Region, and Hartford Region.

Contact: Caryl Hallberg
860-243-1806 x18

Families in Crisis - Boys and girls ages 6-14 that reside in Bridgeport, Hartford, New Britain, Norwalk, New Haven and Waterbury Connecticut and have a parent in prison are eligible for a mentoring program.

203-573-865

Nutmeg Big Brothers Big Sisters - NBBBS initiates the highest quality one to one relationships between children ages 6 to 14and professionally screened and supervised adult volunteers. Have fun while helping kids fulfill their potential by becoming more viable members of their communities.

860-525-5437 x112

True Colors - One-on-One mentoring program designed specifically for sexual and gender minority youth. The True Colors Mentoring Program can best be summed up as "the LGBT Big Brothers/Big Sisters". Meet with youth individually as well as in group activities such as game night, movie night, hiking trips, beach days, etc.

860-232-0050

Torrington Area Youth Service Bureau - One on One Mentoring Program

860-496-0356

AFTER SCHOOL PROGRAMS

After School Art Program - Provides activities for youth to give positive social alternatives for fun and education for youth and parents. The program provides support time for school and family needs such as homework study time with tutoring, art projects supporting creative skills, substance education, emotional communication skills development, field trips for fun and educational activities, and opportunities for parents to be involved in positive experiences with their children.

Midwestern CT Council on Alcoholism (MCCA)
60 West Street
Danbury, CT 06810
203-743-4027

The Girls As Leaders program - provides to its participants the benefits of an after school program – keeping youth safe during the after school hours of 2:30 – 4:30 P.M. – as well as providing a healthy lifestyle curriculum based on evidence based best practices. Each GAL’s group meets one (1) day a week for two (2) hours.

Danbury Youth Services, Inc.
91 West Street
Danbury, CT 06810
203-748-2936

Linking Academics To Life - unique, after-school program for Truancy, Juvenile Review Board referred and vulnerable or underprivileged youth. This incentive based program helps disadvantaged youth make a link between their education and their life needs.

Waterbury Youth Service System, Inc.
83 Prospect Street
Waterbury, CT 06702
203-573-0264

YMCA of Northwest Connecticut, Inc. - dedicated to the well-being of people in spirit, mind and body; providing programs in areas of aquatics, child care, health & fitness, sports, shelter & housing. Their Winchester Youth Service Bureau provides after-school recreational programs and parent education. A Literacy program helps people learn English

Torrington: 860-489-3133
Winsted: 860-379-0708
Canaan: 860-824-2790

Youth Employment, Workforce Investment Act (WIA) and Summer Youth Employment - work based learning projects funded through the state. These programs include 6 weeks of paid work experience in the summer and youth development programming during the school year.

Waterbury Youth Service System, Inc.
83 Prospect Street
Waterbury, CT 06702
203-573-0264

AUTISM SERVICES

CT Family Support Network, ARC - Waterbury - support group for parents of children with disabilities and/or special health care needs. Meets the Fourth Monday of the month 6:30 - 8:30 PM
860-350-6025

Connections Program - interactive therapeutic program designed for children diagnosed with Autism Spectrum Disorder or ASD. Children referred to the program will have the opportunity to participate in individual, family, and group therapy utilizing best practice approaches for working with this specialized population

Charlotte-Hungerford Hospital- Center for Youth & Families*
1061 East Main Street
Torrington, CT 06790
860-489-3391

Danbury Autism Spectrum Parent Group - Meets the second Wednesday of each month from 7-9 at the Walnut Hill Church in Bethel, CT.

211 Main Street
Danbury, CT 06810
203-870-5641

Education Connection- TLC (Teach Learn Communicate) Autism Program provides comprehensive early intervention services and assessment to children with characteristics of Autism Spectrum Disorders (ASD).

355 Goshen Road
Litchfield, CT 06759
860-567-0863

First Partners Program - Autism Specific Early Intervention Services - Through a contract with the Department of Developmental Services. Available to families and children under the age of three.

Easter Seals
22 Tompkins Street
Waterbury, CT 06708
203-754-5141

LARC- Throughout the year there are recreational and social activities for area youths and adults. Camp Larc, a successful summer day program, provides integrated activities for school age children.

314 Main Street
Torrington, CT 06790
860-482-9364

Western CT Association for Human Rights (WeCAHR) - helps people of all disabilities & ages get the services and supports they need to attend school and live and work successfully in the community. Offers direct advocacy representation, advocacy counseling, training and support.

211 Main Street
Danbury, CT 06810
203-792-3540
www.wecahr.org

ADDITIONAL RESOURCES

Connecticut Medical Home Initiative for Children and Youth with Special Healthcare Needs - for children & youth age 0-21 who have or are at increased risk for a chronic physical, developmental, behavioral

or emotional condition and who also require health and related services of a type or amount beyond that required by children generally.

Saint Mary's Hospital*
Toll Free 1-866-517-4388

Community Housing Assistance Program (CHAP) - provides DCF referred clients, ages 16 to 21, with services to assist them in making a successful transition to self-sufficiency and prevent long-term dependence on the social service system.

Waterbury Youth Service System, Inc.
83 Prospect Street
Waterbury, CT 06702
203-573-0264

Connecticut Lifespan Respite Coalition (CLRC) - determines the need for respite care and the types of care needed in each part of the state. They provide information to caregivers and providers about respite issues, needs and resources. They have devised an effective system for assuring that care is available to - and easily accessed by - every caregiver who needs it throughout the state.

2138 Silas Deane Highway
Rocky Hill, CT 06067
Toll Free 877-737-1966
Fax: 860-563-3961
E-mail: ctrespice@cox.net
www.ctrespice.org

FISH, Torrington Chapter - provides regional programs/services to low-income/vulnerable individuals/families. They have a 35-bed emergency shelter, food pantry, clothing room, Operation Fuel/Warm thy Neighbor/FEMA assistance, emergency prescription assistance, and holiday programs. Also have two new programs to deliver food to cancer patients and people who cannot travel to the food pantry.

860-482-7300
www.torringtonfish.org

The National Alliance on Mental Illness - Connecticut (NAMI-CT) - dedicated to the eradication of mental illness and to the improvement of the quality of life of those whose lives are affected by these diseases. The organization serves as an alliance of individuals, families, and friends of those with mental illness, of persons who have or have had mental illness, and of NAMI-CT local Affiliates and Associate members.

241 Main St., 5th floor
Hartford, CT 06106
1-800-215-3021

Youth Employment, Workforce Investment Act (WIA) and Summer Youth Employment - work based learning projects funded through the state. These programs include 6 weeks of paid work experience in the summer and youth development programming during the school year.

Waterbury Youth Service System, Inc.
83 Prospect Street
Waterbury, CT 06702
203-573-0264

Youth Employment program - provides youth participants with a 6 week summer work experience for 20 hours a week. Young people are matched with work assignments both within New Opportunities and at the offices of Community Partners, including area businesses, social service agencies, hospitals and City Parks Department. The goal is to give young adults ages 14-21 year olds from the Waterbury and Naugatuck community an opportunity to maximize their skills and enthusiasm and gain useful work experience. To be eligible the individual must have a household income at or below 185% of 2012 Federal Poverty Income

Levels. For more information, contact Dona Ditrio by phone at 203-575-4303 or dditrio@newopportunitiesinc.org.

Hotlines:

| | |
|---|-----------------------|
| Al-Anon/Al-A-Teen | 1-888-425-2666 |
| Alcohol/Drug Abuse Hotline | 1-800-662-HELP |
| Eating Disorders Hotline | 1-888-236-1188 |
| Gay, Lesbian, Bisexual and Transgender Youth Hotline | 1-800-850-8078 |
| National Child Abuse Hotline | 1-800-422-4453 |
| National Domestic Violence Hotline | 1-800-799-SAFE (7233) |
| National Runaway Switchboard | 1-800-621-4000 |
| National Youth Crisis Hotline | 1-800-448-4663 |
| Nine Line (Teens in Crisis) | 1-800-999-9999 |
| Planned Parenthood | 1-800-230-PLAN |
| Teen AIDS Hotline | 1-800-440-TEEN |

**RESOURCES FOR ADULTS in the
WATERBURY/DANBURY/TORRINGTON AREA**

*Medicaid Covered Service

CRISIS LINES

| | |
|--|-----------------------|
| Western CT Mental Health Network - Torrington Area | 1-888-447-3339 |
| Danbury Hospital Crisis Line | 1-203-739-7007 |
| Western CT Mental Health Network-Waterbury Area | 1-866-794-0021 |

LOCAL MENTAL HEALTH AUTHORITIES (LMHAs)

Western CT Mental Health Network (Administrative Office)
55 West Main Street, Suite 410
Waterbury, CT 06702-2004
203-805-6400
Fax: 203-805-6432

Western CT Mental Health Network - Waterbury Area
95 Thomaston Avenue
Waterbury, CT 06702
203-805-5300
Fax: 203-805-5310

Western CT Mental Health Network - Danbury Area
78 Triangle Street
Danbury, CT 06810
203-448-3200
Fax: 203-448-3199

Western CT Mental Health Network - Torrington Area
240 Winsted Road, 3rd floor
Torrington, CT 06790
860-496-3700
Fax: 860-496-3800

ADULT OUTPATIENT CLINICS- Waterbury *

Catholic Charities
56 Church Street
Waterbury, CT 06702
203-755-1196

Saint Mary's Hospital
100 Jefferson Square
Waterbury, CT 06706
203-709-6201

StayWell Health Center

1302 South Main Street
Waterbury, CT 06706
203-597-9044

Waterbury Hospital
64 Robbins Street
Waterbury, CT 06708
203-573-6000

Wellmore, Inc
402 East Main Street
Waterbury, CT 06702
203-755-1143

ADULT OUTPATIENT CLINICS- Torrington *

Catholic Charities
132 Grove Street
Torrington, CT 06790
860-482-5558

Charlotte Hungerford Hospital (*Enhanced Care Clinic*)
540 Litchfield Street
Torrington, CT 06790
860-496-6350

Community Mental Health Affiliates (*Enhanced Care Clinic*)
100 Commercial Boulevard
Torrington, CT 06790
860-482-8561

Community Mental Health Affiliates
350 Main Street
Lakeville, CT 06039
860-435-2529

Community Mental Health Affiliates
120 Park Lane Road
New Milford, CT 06776
860-354-4135

McCall Foundation (*Enhanced Care Clinic*)
58 High Street
Torrington, CT 06790
860-496-2100

New Milford Behavioral Health System
21 Elm Street
New Milford, CT 06776
860-354-3762

ADULT OUTPATIENT CLINICS- Danbury *

Ability Beyond Disability
4 Berkshire Blvd.
Bethel, CT 06801
203-775-4700

Catholic Charities
30 Main Street, Suite 503
Danbury, CT 06810
203-743-4412

Danbury Hospital Community Center for Behavioral Health
152 West Street
Danbury, CT 06810-6361
203-207-5480

INTENSIVE OUTPATIENT PROGRAMS & PARTIAL HOSPITALIZATION PROGRAMS *

Charlotte Hungerford Hospital
540 Litchfield Street
Torrington, CT 06790
860-496-6380

Danbury Hospital
152 West Street
Danbury, CT 06810-6361
203-207-5480

McCall Foundation
58 High Street
Torrington, CT 06790
860-496-2100

Saint Mary's Hospital
100 Jefferson Square
Waterbury, CT 06706
203-709-6201

Waterbury Hospital
64 Robbins Street
Waterbury, CT 06708
203-573-6000

Wellmore Foundation
402 East Main Street
Waterbury, CT 06702
203-755-1143

SUBSTANCE ABUSE TREATMENT *

Catholic Charities
132 Grove Street

Torrington, CT 06790
860-482-5558

Central Naugatuck Valley HELP In
900 Watertown Avenue
Waterbury, CT 06708
203-756-8984

Charlotte Hungerford Hospital
540 Litchfield Street
Torrington, CT 06790
860-496-6350

Connecticut Counseling Center
4 Midland Road
Waterbury, CT 06705
203-755-8874

Connecticut Counseling Centers, Inc.
60 Beaver Brook Road
Danbury, CT 06810
203-743-7574

Connecticut Renaissance
31 Wolcott St
Waterbury, CT 06702
203-336-5225

Family Intervention Center
22 Chase River Road
Waterbury, CT 06704
203-753-2153

McCall Foundation
58 High Street
Torrington, Connecticut
860-496-2100

Midwestern CT Council on Alcoholism (MCCA)
228 Meadow Street
Waterbury, CT 06705
877-874-6222

Saint Mary's Hospital
100 Jefferson Square
Waterbury, CT 06706
203-709-6201

Sharon Hospital
50 Hospital Hill Road
Sharon, CT 06069
203-364-4000

Waterbury Hospital

64 Robbins Street
Waterbury, CT 06708
203-573-6500

Wellmore Foundation
402 East Main Street
Waterbury, CT 06702
203-755-1143

12 Step Recovery Group
441 Torrington Road
c/o Friendship Baptist Church
Litchfield, CT 06750
860-567-3389

Alcoholics Anonymous - a Twelve Step fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.

Danbury Answering Service - 203-778-6777
Torrington Answering Service - 860-482-1214
Waterbury Answering Service - 203-755-2124

Al-Anon Family Groups - Twelve Step fellowship of relatives and friends of alcoholics who share their experience, strength, and hope in order to solve their common problems
Connecticut Al-Anon/Alateen Toll Free Number: 1-888-8AL-ANON (1-888-825-2666)
www.ctalanon.org

Narcotics Anonymous - a Twelve Step fellowship of men and women for whom drugs had become a major problem. Membership is open to all drug addicts, regardless of the particular drug or combination of drugs used.

800-627-3543
www.ctna.org

Nar-Anon Family Groups - Twelve Step program designed to help relatives and friends of addicts recover from the effects of living with an addicted relative or friend.

St. Anthony's Parish Center Building (NOT in the Church)
4 Union City Road
Prospect, CT 06712
Wednesdays, 7:30PM
www.nar-anon.org

Celebrate Recovery - Christ centered recovery program for people who want to be free from their addictive, compulsive, and dysfunctional behaviors by working and applying the 8 recovery principles and the 12 steps

Wellspring Church
222 Lincoln Street
Kensington, CT 06037
860-225-0661
Friday 7pm/dinner @ 6pm
Celebraterecovery.com

Faith Living Church
20 Grove Street

Plantsville, CT 06479
860-621-6452
Tuesday 6:30pm/dinner @6pm
Celebraterecovery.com

Family Based Recovery (FBR) is an integrative, intensive in-home family substance abuse recovery program for parents with substance abuse histories who have children under the age of 3. The goal of the program is to break the cycle of addiction and provide support to help parents achieve and maintain parental substance abuse recovery. The program also focuses on parent-child attachment and helps parents build the knowledge and skills that promote the child's well-being and safety. Treatment typically lasts between 12 and 18 months.

Wheeler Clinic
50 Brookside Road
Waterbury, CT 06708
203-755-4490

The MCCA Women's Program - outpatient treatment program for chemically dependent women who are pregnant, postpartum and/or have children. The goal is to provide intensive, structured chemical abuse and dependence treatment in order to assist women in maintaining abstinence, improving relationships and becoming a better parent.

38 Old Ridgebury Road
Danbury, CT 06810
203-792-4515

Telephone Recovery Support, Connecticut Community for Addiction Recovery (CCAR) - TRS helps people in recovery stay in recovery. Sometimes just a phone call can make the recipient feel wanted, included and cared about. A person new in recovery receives a weekly call from a trained person to check in and see how their recovery is going. On average, people receive calls for fourteen weeks, often times much longer. Recoverees can enroll online at www.ccar.us

198 Wethersfield Avenue
Hartford, CT 06114
1-800-708-9145

Alcohol/Drug Abuse Hotline 1-800-662-HELP

METHADONE MAINTANENCE PROGRAMS *

Connecticut Counseling Center
4 Midland Road
Waterbury, CT 06705
203-755-8874

Connecticut Counseling Centers, Inc.
60 Beaver Brook Road
Danbury, CT 06810
203-743-7574

AMBULATORY DETOX *

Connecticut Counseling Center
4 Midland Road
Waterbury, CT 06705
203-755-8874

Connecticut Counseling Centers, Inc.
60 Beaver Brook Road
Danbury, CT 06810
203-743-7574

RESIDENTIAL TREATMENT FACILITIES

Connecticut Renaissance East Drug Treatment Program - provides intermediate and long term residential drug treatment to adult male clients referred from a wide range of sources including local social service agencies, Federal Probation, Connecticut Department of Mental Health and Addiction Services, Connecticut Department of Correction, families and self-referrals.

31 Wolcott Street
Waterbury, Connecticut 06702-1727
203-753-2341

Connecticut Renaissance McAuliffe Center Co-Occurring Program - intensive residential treatment program provides four 5-person apartments with on-site clinical services for male adult clients suffering from co-occurring disorders. Referrals to the McAuliffe Center may be made by local hospitals, community organizations and mental health or substance abuse providers. While at the McAuliffe Center, clients are provided a range of services including individual, group and family counseling, medication management, psycho-educational programming and referrals to other organizations for long term assistance based on their individual needs. Clients will typically have a 30 to 45 day stay at the McAuliffe Center. The goal of the program is to return the stabilized clients to the community, or an alternate care facility.

70 Central Avenue
Waterbury, CT 06702
203-346-1931

MCCA - McDonough House * – a 20-bed substance abuse intensive residential treatment facility. Clients participating in the Intensive Program at McDonough House follow an individualized treatment plan with their primary counselor. Attendance to individual and grouped therapy sessions is mandatory.

38 Old Ridgebury Road
Danbury, CT 06810
203-792-4515

MCCA - Trinity Glen - long-term residential facility targeted to the chronic alcoholic who has been unable to maintain sobriety despite multiple treatments including intensive programs, halfway houses, detoxification and shelters. This program is aimed at enhancing the client's sense of responsibility to him or herself as well as stressing the importance of the client's role in the community.

149 West Cornwall Road
Sharon, CT 06069
203-792-4515

McCall Foundation Carnes Weeks Center - 20-bed intensive residential recovery treatment program for men and women provides each client the opportunity to participate in developing her/his own recovery plan. Clients work with their counselors to identify problems, goals and recovery strategies. Intensive treatment

includes individual and group counseling, alcohol and other drug education, family participation, and introduction to 12-step recovery programs.

58 High Street
Torrington, CT 06790
860-496-2107

Morris Foundation Therapeutic Shelter - the therapeutic shelter is a safe and supportive short-term (1 week - 1 month) residential facility providing case management and treatment services for men and women contemplating a step towards recovery or for those who have completed formal treatment and are awaiting placement in the next level of care.

142 Griggs Street
Waterbury, CT 06704
203-574-1419

Wellmore Women and Children's Residential Program – provides care for women with an addiction and/or addiction and mental health problem, without separation from their child. The Women and Children's Program is a residential, intermediate treatment program for pregnant or parenting women with one pre-school age child. Minimum length of stay is 3 months.

79 Beacon Street
Waterbury, CT 06704
203-574-3311

Morris Recovery House - offers a unique residential model for adult men diagnosed with addiction and/or mental health problems. Residents of this program live in a facility which provides 24/7 supervision and support in a recovery-based environment.

26 North Elm Street
Waterbury, CT 06702
203-574-3986

SOBER HOUSING (DMHAS Supported)

MADIS Sober House - provides a safe and sober environment by offering housing to men in recovery
Six locations in Waterbury
203-346-8087

PROBLEM GAMBLING SERVICES

Hotlines

- CT Council on Problem Gambling Toll Free Help Line: 1-888-789-7777 or 1-800-346-6238
- National Problem Gambling Helpline: 800-522-4700

Bettor Choice Programs - gambling-specific treatment programs funded by the State of Connecticut. Services are offered at more than 16 locations in Connecticut through community agencies. Most programs offer a variety of outpatient services including: individual, group, and budget counseling for both problem gamblers and family members, psychiatric evaluation for both gamblers and family members, and couples and family counseling.

MCCA
228 Meadows Street, 2nd floor, Suite 201 (Monday, Tuesday, Wednesday, Friday)
Waterbury, CT 06702
Contact: Scott Nelson

203-597-0643 x1806

38 Old Ridgebury Road (Thursday)
Danbury, CT 06810
Contact: Barry Comen
860-792-4515 x1209
Fax: 203-748-2632

Gamblers Anonymous - fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from a gambling problem.
www.gamblersanonymous.org

CASE MANAGEMENT PROGRAMS

Case Management for Spanish Speaking Adults - serves monolingual Spanish clients with severe and prolonged mental illness with or without co-occurring disorders.

Catholic Charities - Adelante Program
56 Church Street
Waterbury, CT 06702
203-755-1196

Danbury Case Management Program - provides critical case management services that engage clients with psychiatric disabilities, assesses needs for services and resources, develops a collaborative plan to achieve goals, links to agencies that offer diverse services, coordinates and monitors ongoing service provision to assure continuity, and advocates on behalf of the client when needs change or are not being met.

Catholic Charities
24 Grassy Plain Street
Bethel, CT 06801
203-748-0848

Deaf/Hearing Impaired Case Management Program - regional program that provides traditional case management services including assessment, treatment planning, referral, advocacy and direct care. Interpreter services are requested when needed. These regional services may be accessed by clients of the WCMHN-Waterbury Area, WCMHN-Danbury Area and the WCMHN-Torrington Area. The services offer direct TTY telephone access at 203-805-5385.

Substance Dependence Case Management - targets the needs of substance abusing clients prone to chronic relapse and repeated use of community acute care services.

Wellmore (Morris Foundation)
402 East Main Street
Waterbury, CT 06702
203-755-1143

Transitional Case Management (TCM) - helps ensure a successful transition back into the community after incarceration through comprehensive case management and substance abuse treatment that supports inmates 3 months prior and up to 4 months after release from prison.

Wellmore (Morris Foundation)
402 East Main Street
Waterbury, CT 06702
203-755-1143

DOMESTIC VIOLENCE PROGRAMS

Safe Haven Waterbury Office - Provides emergency shelter and free comprehensive support services to victims and survivors of domestic violence and sexual assault. Safe Haven is committed to ending violence and sexual assault by changing the social conditions and beliefs that perpetuate violence against women and children.

24 Hour Hotlines: Domestic Violence: 203-575-0036

Sexual Assault: 203-753-3613

Business Office: 203-575-0388

Susan B. Anthony Project in Torrington - provides one-on-one support counseling, emergency shelter, transitional living, help with restraining orders, weekly support groups, legal and medical advocacy and referrals to other services as necessary.

24-Hour Crisis Line 860-482-7133 (or toll-free 1-888-774-2900)

Women's Center - The Women's Center staffs two 24-hour hotlines for victims of domestic violence and sexual assault, providing crisis counseling as well as on-site response at area hospitals and police departments. The Center's staff and certified volunteers provide counseling and support to assist victims in developing and implementing safety plans, defusing the immediate crisis and ensuring that immediate health and safety needs are met. Services are also provided on a walk-in basis at the Women's Center. Emergency shelter offers a safe and secure environment for victims of violence all day, every day. The Center's 13-bed shelter, Elizabeth House, offers refuge to women and children who must flee violence in their home.

203-731-5200

www.wcogd.org

Women's Support Services in Sharon - mission is to create a community free of domestic violence and abuse through intervention, prevention and education. They offer free, confidential, client-centered services focused on safety, support advocacy and community outreach.

For support, advocacy, referrals or short term shelter call the 24 hour hotline 860-364-1900

EMPLOYMENT SERVICES

Ability Beyond Disability
4 Berkshire Blvd.
Bethel, CT 06801
203-775-4700

Easter Seals
122 Avenue of Industry
Waterbury, CT 06705
203-236-0188

Education Connection
355 Goshen Road
Litchfield, CT 06759
860-567-0863

Human Resource Development Agency
575 Rubber Avenue
Naugatuck, CT 06770
203-729-5285

Kennedy Center, Inc

969 West Main Street
Waterbury, CT 06702
203-573-9077

Mental Health Association, Inc
969 West Main Street
Waterbury, CT 06702
203-757-5431

Prime Time House, Inc.
836 Main Street
Torrington, CT 06790
860-618-2479

PEER SUPPORT SERVICES

DMHAS Warm Lines - telephone services staffed by people with psychiatric disabilities who offer phone support to their peers. These lines are **not** crisis lines and the hours of operation vary at each facility.

Danbury: 203-830-0153 (7pm to 11pm/7 days a week)
Waterbury & Torrington: 860-482-1783 (3:30pm to 10pm/7 days a week)

Advocacy Unlimited, Inc.- educates consumers of mental health services so that individuals can make informed choices about their own care and chart their own futures. The goal is to integrate all persons, regardless of identified disabilities, into the larger community. Advocacy Unlimited's vision is to create a network of advocates, strategically placed throughout the state, equipped with the skills necessary to produce a loud and unified consumer voice.

300 Russell Road
Wethersfield, CT 06109
800-573-6929 or 860-667-0460

Connecticut Community for Addiction Recovery (CCAR) - CCAR, a leading Recovery Community Organization (RCO), is a 501c3 non-profit that operates four Recovery Community Centers located in Hartford, Willimantic, Bridgeport and New London, CT. CCAR also offers the following programs: Telephone Recovery Support, Recovery Housing Project and Recovery Oriented Employment Services.

860-244-2227 or 1-800-708-9145

For-U Focus on Recovery-United, including Recovery University - A consumer run and operated DMHAS funded organization, a Center of Excellence, and a wonderful resource for CT adults who experience psychiatric symptoms, and for their families and their care givers.

100 Riverview Center, Suite 272
Middletown, CT 06457
860-704-0556
Toll free in CT: 1-866-255-5029
Fax: 860-704-0767

www.focusonrecovery.org

The National Alliance on Mental Illness - Connecticut (NAMI-CT) - dedicated to the eradication of mental illness and to the improvement of the quality of life of those whose lives are affected by these diseases. The organization serves as an alliance of individuals, families, and friends of those with mental illness, of persons who have or have had mental illness, and of NAMI-CT local Affiliates and Associate members.

241 Main St., 5th floor

Hartford, CT 06106
1-800-215-3021

Recovery and Wellness Program - a recovery-oriented program based on a classroom model providing people in recovery an array of options and choices of education, information and peer support. The program offers a full range of services including educational courses, self-help groups, individual skill building and support, and pre-vocational skill building programs, such as the WarmLine and HomeWorks programs. The classes provide a forum where information is learned, explored, shared and researched.

Western CT Mental Health Network - Torrington Area
249 Winsted Road, Third Floor
Torrington, CT 06790
860-496-3700

DMHAS SOCIAL CLUBS

Prime Time House
810 Main Street
Torrington, CT 06790
860-482-3636

Independence Center
229 West Main Street
Waterbury, CT 06702
203-756-5772

Drop In Center
95 Thomaston Avenue
Waterbury, CT 06702
203-805-5336

New Heights
66 West Street
Danbury, CT 06810
203-794-0819

ADDITIONAL RESOURCES

Acquired Brain Injury (ABI) Community Care Program - the Western Connecticut Mental Health Network offers services regionally to persons with acquired or traumatic brain injury (ABI/TBI). A Community Integration Specialist (social worker) provides assistance to ABI/TBI individuals by facilitating the initiation, coordination and implementation of community-based services. Eligible individuals access these services through referral. Consultation and advocacy are also offered as an integral part of the program.

Western CT Mental Health Network - Waterbury Area
95 Thomaston Ave.
Waterbury, CT 06702
203-805-5300
Fax: 203-805-5310

Western CT Mental Health Network - Danbury Area
78 Triangle Street

Danbury, CT 06810
203-448-3200
Fax: 203-448-3199

Western CT Mental Health Network - Torrington Area
249 Winsted Road, 3rd floor
Torrington, CT 06790
860-496-3700
Fax: 860-496-3800

The Connecticut Military Support Program (MSP) - addresses a range of problems facing Reserve Component military personnel and their families as they prepare for deployment or return to civilian life.
1-866-251-2913

BASIC NEEDS RESOURCES ~ WATERBURY/DANBURY/TORRINGTON AREA

Infoline (211) - Connecticut's free information and referral service. Simply by dialing 2-1-1, a toll-free number throughout Connecticut, callers can reach knowledgeable, multilingual staff and get information, referrals or seek help in a crisis. 2-1-1 operates 24 hours a day, every day of the year.

ADVOCACY & LEGAL

Advocacy Unlimited, Inc.- educates consumers of mental health services so that individuals can make informed choices about their own care and chart their own futures. The goal is to integrate all persons, regardless of identified disabilities, into the larger community. Advocacy Unlimited's vision is to create a network of advocates, strategically placed throughout the state, equipped with the skills necessary to produce a loud and unified consumer voice.

300 Russell Road
Wethersfield, CT 06109
800-573-6929 or 860-667-0460

Connecticut Legal Rights Project, Inc (CLRP) - an independent, nonprofit legal service organization, separate from DMHAS or any hospital or provider agency. The advocates and lawyers of CLRP represent clients who receive services from DMHAS in Connecticut. They work with people to express their wishes and to get their needs met. They make every effort to ensure that clients are informed of their rights and options concerning treatment and other life choices.

P O Box 351, Silver Street
Middletown, CT 06457
Main Office at CVH: 860-262-5030
Toll Free Number: 877-402-2299

Connecticut Legal Services - provides special education representation to low income clients. Community education materials can be found at: www.larcc.org under publications of children with disabilities.

Toll Free: 800-233-7619
E-mail: povertylaw@connlegalservices.org
www.connlegalservices.org

Connecticut Parent Advocacy Center - statewide nonprofit organization offering information and support to families of children age birth to 26 with any disability or chronic illness.

83 West Street
Danbury, CT 06810
203-794-1259 or 1-800-445-2722

FAVOR - Family Advocacy - Services include direct family advocacy, system advocacy, education and training, support, technical assistance and consultation

2138 Silas Deane Highway
Rocky Hill, CT 06067
860-563-3232

FEDERALLY QUALIFIED HEALTH CENTERS (FQHC)

Community Health Center - Comprehensive primary health care providers offer medical and dental services for adults and children. Community Health Center of Waterbury offers primary medical care for children and

adults, behavioral health services and dental hygiene services to established primary medical care patients. Dental services are not provided in Bristol and Danbury.

51 North Elm Street
Waterbury, CT 06702
860-574-4000

8 Delay Street
Danbury, CT 06810
203-797-8330

Community Health & Wellness Center of Greater Torrington - provides quality, compassionate, and professional health care that is affordable, easily accessible and without discrimination to all residents of the northwest corner of Connecticut. They are a federally qualified health center where services are provided regardless of an individual's ability to pay. www.chwctorr.org

469 Migeon Avenue
Torrington, CT 06790
860-489-0931

StayWell Health Care, Inc. is committed to providing high quality, community health care and social services, including preventive medical, dental, and mental health services to the underserved population of the Greater Waterbury community. StayWell Health Care, Inc. has adopted a comprehensive, community based approach to serving people by providing education, advocacy, and bilingual/bicultural services. All patients are accepted regardless of their ability to pay or insurance status.

80 Phoenix Avenue
Waterbury, CT 06702
203-756-8021

TRANSPORTATION

Logisticare - 888-248-9895

Dial-A-Ride - 866-906-RIDE

Northwest Transit District Inter-Regional Service - 860-489-2535

HOUSING RESOURCES AND HOMELESS SERVICES

Homeless services - provided by DMHAS to homeless individuals who are suffering from a serious mental illness, or who are suffering from a serious mental illness and have a substance use disorder, consisting of assertive outreach to clients, building a trusting relationship, engagement, and referral to case management services.

Catholic Family Services - Danbury
203-748-0848

Charlotte Hungerford Hospital - Torrington
860-496-6353

Behavioral Health of Waterbury Hospital
203-573-6721

Homelessness Prevention and Rapid Re-Housing Program (HPRP) – provides homelessness prevention assistance to households who would otherwise become homeless and to quickly re-house those already without a home. Whether applicants are suffering from the effects of the current economic crisis or from other long-term or chronic problems, their needs will be addressed. Clients of HPRP, both individuals and families, will be re-housed in a more stable location, one in which they no longer have to worry about being without a place to live. Thus services to clients include security deposits, rental assistance, utility deposits, utility assistance and hotel or motel vouchers for relocation. HPRP also provides case management, coordinates services and conducts outreach and engagement to let more people know about this supportive program. They also guide the housing search and placement activities, offer legal services related to housing and assist with credit counseling.

203-575-4361 in Waterbury

203-235-0278 in Meriden

860-482-9749 in Torrington

Housing Assistance Fund - State funded program providing rental assistance to persons with serious mental illness and substance abuse disorders on a temporary basis while an individual/family is on a waiting list for permanent state and/or federal subsidy. Services are provided by the local system of care on an in-kind basis.

Center for Human Development

2 Mattoon Road

Waterbury, CT 06706

860-496-3717

Mental Health Association of CT, Danbury Office

345 Main Street

Danbury, CT 06810

203-798-2853

Mental Health Association of Connecticut, Waterbury Office

696 West Main Street, Suite 3A

Waterbury, CT 06708

203-757-8153

MHAC

30 Peck Road

Torrington, CT 06790

860-496-7670

Northwest Mental Health Authority

249 Winsted Road

Torrington, CT 06790

860-496-3714

Western CT Mental Health Network - Waterbury Area

95 Thomaston Avenue

Waterbury, CT 06708

203-805-5343

Housing Initiative - Pilots & Next Step Supportive Housing Initiative - A public/private collaborative effort to foster the development of long-term solutions to the housing and service needs of families and individuals, coping with psychiatric disabilities and/or chemical dependency who are facing homelessness.

MCCA

38 Old Ridgebury Road

Danbury, CT 06810
203-792-4514

Center for Human Development (CHD/CT OUTREACH WEST)
2 Mattoon Road
Waterbury, CT 06708
203-596-9323 x104

St. Vincent DePaul Society
173 Mark Lane, Unit #6
Waterbury, CT 06704
203-757-9381

Center for Human Development
2 Mattoon Road
Waterbury, CT 06708
203-596-9323

Mental Health Association
30 Peck Road
Torrington, CT 06790
860-496-7670

PATH - Through the federally funded Projects for Assistant in Transition from Homelessness, DMHAS and other agencies provide research for persons who are homeless or at risk of homelessness and have serious mental health needs

Catholic Family Services
24 Grassy Plain Street
Bethel, CT 06801
203-748-0848 x231

Charlotte Hungerford Hospital
540 Litchfield Street
Torrington, CT 06790
860-496-6353

Waterbury Hospital
64 Robbins Street
Waterbury, CT 06708
203-573-6721

Shelter Plus Care- Program funded through HUD that provides rental assistance and supportive services for homeless individuals, who have a serious mental illness, a substance abuse disorder, or HIV/AIDS. nDMHAS administers this program for many communities in the State.

Greater Danbury Mental Health Authority
78 Triangle Street, Bldg. I-4
Danbury, CT 06810
203-448-3220

Mental Health Association
30 Peck Road
Torrington, CT 06790
860-496-7670

TRANSITIONAL/RESPITE HOUSING SERVICES

Torrington Transitional Services - services include short-term care for individuals who are having problems in their home. Individuals receiving these services may be new to the area, waiting to be accepted into treatment or a Community Support Program, or leaving a hospital setting or without housing.

Western CT Mental Health Network - Torrington Area
249 Winsted Road
Torrington, CT 06790
860-496-3700

Waterbury Respite Services - The Respite Program provides short-term residential care for individuals who are homeless, awaiting acceptance to services, or are leaving the hospital, operated collaboratively with the Waterbury Hospital Crisis Service.

Western CT Mental Health Network - Waterbury Area
95 Thomaston Avenue
Waterbury, CT 06702
203-805-5300

Danbury Transitional Housing Program - offers short term case management and housing for individuals who have problems with mental health and substance abuse, do not have a place to live, and who do not have money. In addition, the program also serves individuals who are not able to return to their current home, either by choice or because of the problems they have.

Western CT Mental Health Network - Danbury Area
78 Triangle Street
Danbury, CT 06810
203-448-3200

SHELTERS

Danbury - New Street Homeless Shelter - emergency shelter for single adults, no specific intake hours, day and night offered. Day center offers case management, support and advocacy services. Capacity for 15 persons in night shelter. Wheelchair accessible. Shelter accepts pregnant women, but the woman cannot stay after the baby is born. Shelter accepts single adults who are being detoxed.

Eligibility: Must have current Connecticut ID; Single adults, Pregnant women.

41 New Street
Danbury, CT 06810
203-796-1661

Fish of Torrington emergency shelter - Accepts single adults and families with children. Intake hours: M-Sun: 9am-11pm. No one admitted after 11pm without police escort. The shelter can only accommodate one family at a time with up to four children. Length of stay can be up to 90 days; veterans can stay for up to 18 months. Shelter also provides a light breakfast 7 days a week and a full dinner every night except Tuesday. Daytime service is offered only to families, people with disabilities, and those working second or third shifts. Eligibility: Single adults; Pregnant women; Families with children; Priority to residents of Burlington, Goshen, Harwinton, Litchfield, Morris, Torrington, Salisbury, Sharon; Children must be accompanied by parent; no substance abuse; no outstanding warrants. Note: The shelter can only accommodate one family at a time with no more than 4 children

Fee: No fee; some fees apply to those who are employed
Languages (other than English): Italian, Spanish
Site hours: M-F: 9am-5pm; 24 hr. Answering Service

Operation Overflow Winter Shelter- Provides additional shelter space for up to 12 people when homeless shelter is full during winter months. Shelter is provided by four participating churches a week at a time on a rotating basis. Single adults and families with children are accepted; must be at shelter by 8pm. Program runs November 15 to April 1.

Eligibility: Single adults; Pregnant women; Families with children; Priority to residents of Burlington, Goshen, Harwinton, Litchfield, Morris, Torrington, Salisbury, Sharon; Children must be accompanied by parent; no substance abuse; no outstanding warrants. Note: The shelter can only accommodate one family at a time with no more than 4 children

Languages (other than English): Italian, Spanish
Site hours: M-F: 9am-5pm; 24 hr. Answering Service

332 South Main Street
Social Service Center
Torrington, CT 06790
860-496-1648

Saint Vincent De Paul Mission of Waterbury Shelter - emergency shelter for single men, single women, and families offers breakfast and an evening meal, shower and bed; intake hours: M-Sun 6-8pm. All clients receive case management designed to help them find housing, substance abuse treatment, and welfare programs if necessary. Shelter is wheelchair accessible. Shelter accepts pregnant women and they can stay after the baby is born. Shelter does NOT accept adults who are being detoxed. Shelter does NOT accept sex offenders. No fee.

Eligibility: Single men; Single women; Pregnant women; Families with children; Under 18 only if accompanied by parent or legal guardian; Must be able to take care of themselves, must not be medically incapacitated

Languages (other than English): Spanish, French, Italian
Site hours: M-Sun 24 hrs.

114 Benedict Street
Waterbury, CT 06706
203-573-9018

Salvation Army - Southern New England Division Emergency Shelter for Families - accepts families with children and women with children; Intake hours: 24 hr./7days. Shelter is partially (no entrance ramp) wheelchair accessible. Shelter accepts pregnant women with children and they can stay after the baby is born. Shelter accepts adults who are being detoxed.

Eligibility: Families with children; Women with children; Pregnant women with children.

Site hours: 24 hr./7 days

74 Central Avenue
Waterbury, CT 06702
203-756-1718
www.salvationarmyct.org

SOUP KITCHENS

Christian Community Outreach Ministries
22 Maple Avenue
Danbury, CT 06810
203-794-9672
www.payton-place.org

Dorothy Day Hospitality House- Shelter and Soup Kitchen
11 Spring Street
Danbury, CT 06810
203-743-7988
www.dorothydaydanbury.org

Saint Maron's Church Hot Dinner Program
613 Main Street
Torrington, CT 06790
860-489-9149 Church Hall or 860-489-9015 Rectory

Christ Centered A.R.M.E.D. Ministries, The Wow Center
308 Walnut Street
Waterbury, CT 06704
203-545-3249

Greater Waterbury Interfaith Ministries
16 Church Street
St. John's Episcopal Church
Waterbury, CT 06702
203-757-7734

Saint Vincent De Paul Mission of Waterbury - Soup Kitchen & Food Pantry
327 Baldwin Street
Waterbury, CT 06706
203-757-0411

FOOD PANTRIES

Connecticut Food Bank
56 Eagle Street
Waterbury, CT 06708
203-759-1919

Salvation Army – Danbury Corps Community Center
15 Foster Street
Danbury, CT 06810
203-792-7505

Friendly Hands Food Bank Inc
50 King Street
Torrington, CT 06790
860-482-3338

Waterbury Baptist Ministries
222 West Main Street
Waterbury, CT 06702
203-754-5140