

Southington Behavioral Health Resource Directory



Main Street
COMMUNITY FOUNDATION

Funded by the Bradley H. Barnes & Leila U. Barnes Memorial Trust at Main Street Community Foundation.

Dear Southington Resident,

This resource directory consolidates resource information for Southington residents who need assistance with mental health and addiction challenges. This directory is for consumers, families, and those who help them. It is intended to provide information about mental health programs supporting Southington residents.

Feelings of sadness, anxiety, worry, irritability, or sleep problems are common for most people. However, when these feelings get very intense, last for a long period of time, or begin to interfere with school, work, and/or relationships, they may be a sign of a mental health challenge. Just like people need to take medicine and get professional help for physical conditions, someone with a mental health challenge may need to take medicine and/or participate in therapy in order to get better.

Behavioral health services include outpatient and inpatient care for children, adolescents, and adults. Programs offer confidential assessments, short and long-term counseling, psychotherapy, family therapy, and mental health treatment.

Outpatient mental health services are provided to individuals who have acute or chronic psychiatric disorders but do not need 24-hour care. Outpatient mental health and substance use disorder services are provided in person in an ambulatory care setting such as a mental health center or substance use disorder clinic, hospital outpatient department, community health center, or practitioner's office. Inpatient mental health services are 24-hour services delivered in a licensed hospital setting that provide clinical intervention for mental health and/or substance use diagnoses.

This directory is a collaboration between the Bradley H. Barnes & Leila U. Barnes Memorial Trust at Main Street Community Foundation and Wheeler Clinic.

This resource directory will not detail the symptoms of mental illnesses or delve into pharmaceuticals.

Literature is available at the Connecticut Clearinghouse, a statewide library and resource center for information on substance use and mental health disorders, prevention and health promotion, treatment and recovery, wellness and other related topics. You may visit their website for more information: www.ctclearinghouse.org. Materials from their specialized library and resource center are available to Connecticut families, teachers, students, professionals, communities and children. The library is located on 334 Farmington Ave, Plainville, CT 06062.

For assistance in locating and connecting with appropriate mental health services in the Southington area for you, a family member or friend, please feel free to contact:

Justine Micalizzi
Wheeler Clinic
Senior Community Health Outreach Coordinator
(860) 414-1235
jmicalizzi@wheelerclinic.org

Thank you.

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Information at a Glance: Services in the Southington area

Crisis Help Services

Agency/Organization	Phone Number	Website
Adult Crisis Response Team (CRT)	(860) 747-8719	www.wheelerclinic.org
Children's Emergency Mobile Crisis Services (EMPS)	2-1-1 then press "1"	www.211ct.org
Connecticut Coalition Against Domestic Violence	(888) 774-2900	www.ctcadv.org
Connecticut Quitline (for Tobacco)	(800) QUIT-NOW (800) 784-8669	www.quitnow.net/connecticut
Connecticut Sexual Assault Crisis Services, Inc.	(888) 999-5545 English; (888) 568-8332 Español	www.connsacs.org
Department of Children and Families (DCF – Emergency Line)	(800) 842-2288	www.ct.gov/dcf
Disaster Distress Helpline	(800) 985-5990	www.samhsa.gov/find-help/disaster-distress-helpline
National Eating Disorders Association Helpline	(800) 931-2237	www.nationaleatingdisorders.org/find-help-support
National Sexual Assault Online Hotline	(800) 656-4673	www.safehelpline.org
National Suicide Prevention Lifeline/Support	(800) 273-TALK (800) 273-8255	www.suicidepreventionlifeline.org
Police, Fire, or Medical Emergency	9-1-1	N/A
Southington Police Department	(860) 378-1600	www.southingtonpolice.com
National Veteran Crisis Line	(800) 273-8255 then press "1"	www.veteranscrisisline.net
Wheeler Clinic's HelpLine	(860) 747- 3434	www.wheelerclinic.org

Information at a Glance (cont.):

Behavioral Health Information

Agency/Organization	Phone Number	Website
Connecticut Behavioral Health Partnership/Value Options	(800) 842-8440	www.ctbhp.com
Connecticut Clearinghouse	(860) 793-9791	www.ctclearinghouse.org
Connecticut Network of Care for Behavioral Health	N/A	www.connecticut.networkofcare.org
Department of Children and Families (DCF)	(860) 550-6300	www.ct.gov/dcf
Department of Mental Health and Addiction Services (DMHAS)	(800) 446-7348	www.ct.gov/dmhas
Infoline (statewide)	2-1-1	www.211ct.org
Department of Veteran Affairs	(866) 928-8387	http://www.ct.gov/ctva
National Alliance on Mental Illness (NAMI)	(800) 215-3021	www.namict.org

Self-Help Groups

Agency	Phone Number	Website
AL-ANON/ALATEEN (Adults and Teens) Family Groups of Connecticut	(888) 425-2666	www.al-anon.alateen.org
Alcoholics Anonymous	(866) 783-7712	www.aa.org
Alzheimer's Resource Center	(860) 628-9000	www.arc-ct.org/home.php
Cocaine Anonymous	(800) 347-8998	www.ca.org
CT Quitline (for Tobacco)	(800) 784-8669	www.quitnow.net/connecticut
CT Problem Gambling Hotline	(800) 346-6238	www.gamblersanonymous.org
CT Region of Narcotics Anonymous Statewide Phone Line	(800) 627-3543	www.na.org
DivorceCare	(800) 489-7779	www.divorcecare.org
Military Support Program	(866) 251-2913	www.ct.gov/dmhas/cwp/view.asp?q=453942
Overeaters Anonymous	(860) 856-0309	www.oa.org
Please visit www.ctclearinghouse.org for additional self-care and support groups.		

Information at a Glance (cont.):

Community Health Services

Agency	Phone Number	Website
Community Health Center, Inc.	(860) 347-6971	www.chc1.com
StayWell Health Center	(203) 756-8021	www.staywellhealth.org
Veteran Affairs Call Center	(203) 465-5292	www.connecticut.va.gov
Wheeler Clinic's Health and Wellness Center	(860) 584-6555	http://www.wheelerclinic.org/bristol

Shelter & Housing

Must call 2-1-1, Option 3 for initial intake to a shelter (housing may not be available for a couple weeks)		
Agency/Organization	Phone Number	Population Served
Friendship Service Center of New Britain	(860) 225-0211	Emergency housing for men, women and children
New Opportunities Home Shelter of Meriden	(203) 634-1734	Single adults and women with children
Safe Haven of Greater Waterbury	(203) 575-0388	Women and children
Salvation Army – Emergency Shelter for Families of Waterbury	(203) 756-1718	Shelter for families
Salvation Army Homeless Shelter of New Britain	(860) 225-6662	Men 18 years and older
St. Vincent de Paul Mission Shelter of Bristol	(203) 589-0702	Single adults and women with children
St. Vincent de Paul Mission Shelter of Waterbury	(203) 573-9018	Men, women and families

Information at a Glance (cont.):



Southington Community Resources

Agency/Organization	Phone Number	Website
Calendar House Senior Center	(860) 621-3014	www.calendarhouse.org
Early Childhood Collaborative of Southington	(860) 877-4049	www.southingtonearlychildhood.org
Plainville-Southington Regional Health District	(860) 276-6275	www.pshd.org/
Southington Community Services	(860) 628-3761	www.southingtoncommunityservices.org
Southington Public Library	(860) 628-0937	www.southingtonlibrary.org
Southington's Town-wide Effort to Promote Success, "S.T.E.P.S."	(860) 276-6285	www.southingtonsteps.org
Southington Youth Services	(860) 276-6281	www.southington.org

Behavioral Health Glossary

Behavioral Health Professionals:

Advanced Practice Registered Nurse (APRN): A nurse with post-graduate education in nursing. APRNs are prepared with advanced informative and clinical education, knowledge, skills, and scope of practice in nursing.

Certified Alcohol and Drug Counselor (CADC) – A certified individual that provides alcohol and drug counseling.

Licensed Clinical Social Worker (LCSW) – An individual that holds a Master’s degree in social work (MSW) and specializes in clinical practice. They work with clients in order to help them deal with issues involving their mental and emotional health. This could be related to substance abuse, past trauma or mental illness. There are a wide variety of specializations the Licensed Clinical Social Worker can focus on. These include specialties such as: working with mental health issues, substance abuse, public health, school social work, medical social work, marriage counseling or children and family therapy.

Licensed Alcohol and Drug Counselor (LADC) – A licensed individual who helps people suffering from alcohol and substance abuse problems. Counselors help patients overcome addiction and adopt sober lifestyles, often in residential or outpatient rehabilitation programs.

Licensed Marriage and Family Therapist (LMFT) – An individual educated with a Master's or Doctoral degree, trained with a minimum of two (2) years of supervised clinical experience. LMFT's are trained and licensed to independently diagnose and treat mental health and substance abuse problems.

Licensed Professional Counselor (LPC) – Licensed professional counselors (LPCs) are Master’s-degreed mental health service providers, trained to work with individuals, families, and groups in treating mental, behavioral, and emotional problems and disorders.

Paraprofessionals – Paraprofessionals work under a trained professional in clinical settings, i.e.: Licensed Social Work Associates (Bachelor level social workers).

Psychiatric Mental Health Nurse Practitioner (PMH-NP) – A registered nurse certified by the Connecticut State Board of Nursing, who is able to independently engage in the following activities:

- *“Nurse Psychotherapist” – A registered nurse, who practices psychotherapy in a structured relationship with the client*
- *“Psychiatric Nurse Practitioner” – An experienced registered nurse who possesses advanced training and education in the area of diagnosing and treating illness. Nurse practitioners are able to prescribe medication. Psychiatric nurse practitioners specialize in providing psychiatric care to individuals.*

Psychiatrist (MD/DO) – A medical doctor who possesses specialized training in the field of psychiatry. Psychiatrists must be licensed physicians in the state in which they practice and must also be certified by the American Board of Psychiatry.

Psychologist (PhD/PsyD) – An individual who possesses a Doctoral degree in psychology. One must be licensed by the Connecticut State Board of Examiners of Psychologists. A psychologist can be a clinical or a counseling psychologist.

Behavioral Health Glossary (cont.)

Behavioral Health Terms:

Case Management – A process which plans, coordinates and implements services required to meet an individual's needs.

Co-occurring Disorders – A person with substance use issues and mental health diagnosis.

Dual Diagnosis Treatment – Treatment for an individual with substance abuse issues as well as a mental health diagnosis.

Evidence Based Practice (EBP) – Preferential use of mental and behavioral health interventions for which systematic empirical research has provided evidence of statistically significant effectiveness as treatments for specific problems.

Family Psychoeducation – Provides education to individuals living with mental illness and their families. The goal is to assist the individual and their family to better understand his/her present illness, avoid relapse and contribute to their own health and wellness on a long-term basis.

In-home Services – Counseling provided in the home by a behavioral health professional.

Intake (Interview) – Occurs when a client first seeks help from a clinician. It's the first interaction that occurs between the client and the clinician.

Intensive Outpatient Program (IOP) – The highest level of outpatient treatment before inpatient care.

Medication Evaluation/ Medical Management – A psychiatrist or nurse practitioner monitors and evaluates a client's medications to ensure that the client is on the proper medications. Medication evaluations can be done at various intervals.

Open Access – Walk-in availability during designated times without an appointment.

Outpatient – Treatment that is provided in the community and not in a hospitalized setting.

Partial Hospitalization Program (PHP) – A short-term day program that offers psychiatric services. PHP is less intrusive and traumatic than inpatient care. Clients are able to return to their homes at the end of the day, while still remaining under the care of mental health professionals on a daily basis.

Peer Support – Individuals or family members of those living with mental illness coming together to provide a self-directed, grassroots association that works to enhance the mental health of other local consumers. Peer support members meet as equals to give each other support on a reciprocal basis.

Psychiatric Evaluation/Assessment – An evaluation performed by a psychiatrist or nurse practitioner. A psychiatric evaluation includes the history of the present illness, current symptoms the individual is experiencing, past history of illness, family history, a review of medications, mental status examinations and a physical examination.

Behavioral Health Glossary (cont.)

Psychiatric Rehabilitation Program (PRP) – A program that provides support and rehabilitation to individuals who suffer from mental illness. PRP focuses on daily living skills through the use of the community environment.

Psychological Testing – Tests which are given to individuals to assess and evaluate information. Psychological tests are administered and interpreted by a psychologist.

Residential Rehabilitation Program (RRP) – Housing for individuals with a chronic mental health diagnosis, who are unable to live independently in the community.

Respite – Temporary shelter for a person in need of short term relief from a crisis they are experiencing or to provide relief to a caregiver.

Sliding Scale – Fees are set according to the client's income (i.e., if the client has no income, the fee may be as low as \$0).

Uninsured – An individual that does not have private insurance, Medicaid or Medicare.



Mental Health Services: Child and Adolescent

Catholic Charities, Inc.:

Behavioral Health Services

90 Franklin Square, New Britain, CT 06051

Contact: (860) 225-3561

Website: www.ccaoh.org

Description: Catholic Charities culturally and linguistically competent outpatient programs for families and children include individual, group and family therapy to address problems associated with substance abuse, depression, anxiety, anger management, trauma, grief and loss, and other mental health issues. They also provide therapy and related victim services to survivors of homicide as part of the Office of Victim Services' Counseling Services to Families of Homicide Victims Project.

Eligibility: Ages 5-17

Admission: Parent/Guardian must call for initial assessment, (860) 225-3561.

Payment options: Husky, Commercial Insurance or self-pay.

Languages offered: English

Other services: Elderly Outreach Counseling Program, mental health counseling couples and families, substance abuse evaluations and treatment, anger management, crisis pregnancy counseling, adoption: domestic and international, Parenting Education Program, and culturally sensitive groups.



The Child Guidance Clinic for Central Connecticut, Inc.:

Behavioral Health Services

384 Pratt Street, Meriden, CT 06450

Contact: (203) 235-5767

Website: www.cgccentralct.org

Description: The Child Guidance Clinic For Central Connecticut, Inc. provides specialized treatment with a multi-disciplinary team of experienced clinicians. As an Enhanced Care Clinic, the Clinical Program offers comprehensive behavioral health services, including: initial triage, assessment and evaluation; individual, family and group therapy; psychological evaluation; psychiatric evaluation and medication management; sexual abuse evaluation and treatment; anger management and psycho-educational groups; ADHD assessment and treatment; parent groups; training and consultation to schools and community organizations.

Eligibility: Ages 18 and under; Families with children ages 18 and under (Note: includes age 18 if still in school).

Admission: Parent/Guardian must call for initial phone assessment, (203) 235-5767. Appointment will be made for intake after assessment. Accepts walk-in appointments for emergencies.

Payment options: Husky, Commercial insurance, Self-pay. Intake: \$200 (self-pay).

Languages offered: Spanish

Other services: Care Coordination, Triple P Program, and IPV (Intimate Partner Violence).

Klingberg Family Centers:

Outpatient Services

370 Linwood Street, New Britain, CT 06052

Contact: (860) 515-2330

Website: www.klingberg.org

Description: Klingberg Family Centers provides outpatient psychotherapeutic services at two sites: 157 Charter Oak Ave. in Hartford or 370 Linwood Street in New Britain. They help families deal with issues such as child behavioral problems, ADHD, anxiety, posttraumatic stress disorders, depression, school difficulties, oppositional behavior, aggression, grief and loss. Multiple modalities of services are available, including individual, family, and group therapy, as well as psychiatric services. The program is staffed by experienced mental health professionals including clinical social workers, marriage and family therapists, psychologists and psychiatrists all working collaboratively in a multidisciplinary environment.

Eligibility: Children and adolescents ages 4-17, their parents and their siblings.

Admission: Accepts referrals from parents or guardians on behalf of their children. Call (860) 243-4416.

Payment options: Medicaid and Husky only

Languages offered: English and Spanish

Other services: Child Abuse Treatment Services (CATS), serving child victims of sexual abuse, physical abuse, domestic violence and neglect and their non-offending family members. Program funded through the Office of Victim Services as a voluntary service with no cost to families. CATS offers Circle of Security, evidence-based parenting intervention to all caregivers receiving parent counseling services. Parent counseling services provide education on trauma, criminal justice support, advocacy, and concrete needs.



Wellmore Behavioral Health:

Outpatient Services

402 East Main Street, Waterbury, CT 06702

Contact: (203) 756-7287

Website: www.wellmore.org

Description: Wellmore Outpatient Services (Waterbury/Ansonia) provides formal assessment and substance abuse counseling for adolescents ages 12 through 18; services include individual and family counseling.

Eligibility: Ages 12-18 (Note: includes age 18 if still in school).

Admission: Walk-in/Open access is available for initial assessment at the following locations (Monday, Tuesday, Thursday, Friday, 10:00am-1:00pm):

- 70 Pine Street, Waterbury, CT 06702
- 150 Meadow Street, Naugatuck, CT 06770

Payment options: Accepts all health insurance. Provides a sliding scale based on income.

Languages offered: Language line available for translation.

Wheeler Clinic:

Outpatient Services

91 Northwest Drive, Plainville, CT 06062

Contact: (888) 793-3500 – Navigation Center, Appointments and Information

Website: www.wheelerclinic.org

Description: Wheeler Clinic offers an array of outpatient programs for children and families that include individual, group, and family therapy to address problems associated with substance abuse, depression, anxiety, anger management, domestic violence, grief and loss, and other mental health issues. The staff includes a broad range of professionals: licensed addiction counselors, clinical social workers, marriage and family therapists, psychiatrists and other treatment specialists.

Eligibility: All Ages

Admission: Walk-in/Open Access is available for initial assessment at the following locations (Monday – Thursday, 10:00am-5:30pm and Friday, 9:00am-3:30pm):

- 91 Northwest Drive, Plainville (Child and Adult)
- 225 North Main Street, Bristol (Child only)

Payment options: Accepts all health insurance. Provides a sliding fee based on income.

Languages offered: Bilingual staff and language line available.



Mental Health Services: Adult

Alzheimer's Resource Center:

Hope Full Lives

1261 South Main Street, Plantsville, CT 06479

Contact: (860) 628-3062

Website: www.arc-ct.org

Description: Specialized services for people living with dementia include: home safety evaluations, early memory loss groups, education/counseling/coaching. Specialized services for caregivers include education workshops, support groups, education/counseling/coaching.

Eligibility: People interested in their own cognitive health, those with early memory loss or dementia and caregivers.

Admission: Call Program Director for more information and to schedule an appointment.

Payment options: Private Pay, Medicare, Some Commercial Insurance; Other: Grant funded, some no cost.

Other services: Dementia Care Coaching, education workshops, memory/cognitive assessments, support groups for caregivers, support groups for people with dementia, adult day services, early memory loss groups, home safety evaluations, residential services, community-based services.

Languages offered: English

Bristol Hospital: Counseling Center

420 North Main Street, Bristol, CT 06010

Contact: (860) 583-5858

Website: www.bristolhospital.org

Description: Bristol Hospital Counseling Center offers individual, group, couples and family therapy. They also offer partial hospital and intensive outpatient (group therapy) programs and a full range of chemical dependency programming.

Eligibility: Ages 18 and older

Admission: Call for an appointment, (860) 583-5858. First visit is an assessment to review history, current concerns, and offer a comprehensive treatment recommendation.

Payment options: Accepts most commercial and state insurance.

Other services: Group therapies are their specialty in helping change lives.

Languages offered: English

Catholic Charities, Inc.: Outpatient Services

90 Franklin Square, New Britain, CT 06051

Contact: (860) 225-3561

Website: www.ccaoh.org

Description: Catholic Charities culturally and linguistically competent outpatient programs for adults, include individual, group and family therapy to address problems associated with substance abuse, depression, anxiety, anger management, trauma, grief and loss, and other mental health issues.

Eligibility: Ages 18 and older

Admission: Call (860) 225-3561 for assessment

Payment options: Husky, Commercial Insurance or self-pay.

Languages offered: English and Spanish

Other services: Elderly Outreach Counseling Program, mental health counseling couples and families, substance abuse evaluations and treatment, anger management, crisis pregnancy counseling, adoption: domestic and international, Parenting Education Program, and culturally sensitive groups.

Community Mental Health Affiliates: **Adult Outpatient Services**

55 Winthrop Street, New Britain, CT 06052

36 Sheffield Street, Waterbury, CT 06704

Contact: New Britain: (860) 223-2778;

Waterbury: (203) 596-9724

Website: www.cmhacc.org

Description: Adult Outpatient staff offers a variety of services, including assessment, psychotherapy, and medication management facilitated through group counseling, family counseling, individual counseling and a harm reduction model as appropriate for substance abuse/use. These services address a variety of issues and levels of intensity, from assisting with temporary issues to treating chronic, persistent disorders and helping clients avoid hospitalization through successful independent living in the community. Services are tailored to the individual client needs with a commitment to the individual's right to privacy and confidentiality.

Eligibility: Co-ed, Ages 18 and older

Admission: Must call intake line, (860) 223-2778.

Payment Options: Varied pending insurance verification.

Languages offered: English, Spanish, and Polish

Other services: Adult Intensive Outpatient (IOP) treatment provides coordinated care for persons with co-occurring mental health and substance abuse challenges to reduce symptoms, prevent relapse and improve overall functioning. IOP is facilitated Monday – Thursday from 10am – 2pm and is gender specific. Program services include symptoms management, recovery enhancement, group therapy, and psychiatric services including medication management, coordination of care and step down services. Community Mental Health Affiliates also provides a Latino/Latina Substance Abuse treatment coordinated care for persons with co-occurring mental health and substance abuse issues to reduce symptoms, prevent relapse and improve overall functioning.

Hospital of Central Connecticut: **Outpatient Behavioral Health**

73 Cedar Street, New Britain, CT 06051

Contact: (860) 224-5267

Website: www.thocc.org

Description: Outpatient and intensive outpatient, individual and group therapy, and psychiatric services dealing with all types of mental health problems, such as depression, anxiety, mood disorders, adjustment disorders, trauma-related disorders or chronic mental illnesses. Services offered are dependent upon the assessment and recommendation of our clinical team.

Eligibility: Adults aged 18 and over

Admission Process: Must call intake line, (860) 224-5267.

Payment options: All insurance plans accepted.

Languages offered: English, Spanish and Polish

Other services: The Hospital of Central CT provides the VOCA Program, an individual and group therapy and psychiatric services for individuals dealing with problems of sexual abuse/assault in childhood or in adulthood, domestic violence, or family members dealing with challenges relating to the trauma of their relative.



StayWell Health Center:

Outpatient Behavioral Health Services

80 Phoenix Avenue, Waterbury, CT 06702

Contact: (203) 756-8021

Website: www.staywellhealth.org

Description: StayWell Health Center provides adult outpatient behavioral health services including mental health psychiatric and brief treatment, substance abuse services, individual therapy, group therapy, medication management.

Eligibility: Ages 18-65

Admission: Self-referral or agency referrals welcome. Contact Behavioral Health Front Desk Receptionist at (203) 756-8021 Extension 3529 to obtain or complete a program referral form.

Payment options: Medicaid, Medicare, Husky, Commercial Insurance, Private Pay, Sliding Fee Scale.

Languages offered: English and Spanish

Other services: Oasis Opioid Addiction Suboxone Intervention Service: Buprenorphine Medication Assisted Treatment that includes induction, stabilization, maintenance and transition to community recovery. Oasis Program is located at 402 East Main Street, Waterbury, CT 06702. For further information contact, (203) 755-1143.



St. Mary's Hospital:

Behavioral Health Care Services

100 Jefferson Square, Waterbury, CT

Contact: (203) 709-6201

Website: www.stmh.org

Description: Behavioral Health Care Services (BHCS) is a multidisciplinary outpatient mental health and substance abuse clinic located adjacent to Saint Mary's Hospital. They provide a full range of adult mental health and substance abuse recovery needs. They focus on group therapy with medication management, and offers levels of care that include outpatient and intensive outpatient programs, co-occurring intensive outpatient program, both days and evenings and an aftercare program.

Eligibility: Ages 18 and older

Admission: (203) 709-6201, ask for intake or admissions.

Payment options: All insurances are accepted.

Languages offered: English

Other services: Emergency Department provides crisis and emergency evaluations on the spot, has seven emergency psychiatric evaluation beds for those going through an acute crisis. Provides a follow-up and discharge planning post-crisis. Coordinates care with other hospital departments, including obstetrics/gynecology and surgery, to provide coordinated, best-in-class care and treatment to medically compromised patients who have a co-occurring mental illness. Provides inpatient behavioral health care, in their dual diagnosis 12-bed unit. Patients/clients are kept active, meeting with multiple groups every single day of their stay, with diverse subject areas that include integrative medicine, such as yoga and music therapy, coping skills, life skills, recovery skills and family therapy.

Wellmore Behavioral Health:

Outpatient Services

141 East Main Street, 2nd Floor

Waterbury, CT 06702

Contact: (203) 755-1143

Website: www.wellmore.org

Description: Wellmore Behavioral Health provides substance abuse and mental health treatment for individuals living and working in their own communities. Individuals with addiction problems are helped to learn to live without mind-altering substances through treatment, which increases coping skills and focuses on changed behavior. The approach to care is strength-based and solution-focused, with the goal of developing skills and accomplishing health. Treatment services are provided by a professional, culturally sensitive staff. To accommodate different schedules, services are offered during the day and evening hours. Treatment includes assessment, group treatment, and psychoeducational sessions for individuals with substance abuse, mental health disorders, and co-occurring disorders.

Eligibility: All Ages

Admission: Open Access walk-in is available for initial assessment at the following locations (Monday-Friday, 11:30am-3:30pm):

- 402 East Main Street, Waterbury
- 30 Controls Drive, Shelton

Payment options: Accepts all insurances. Provides a sliding fee based on income.

Languages offered: Language line available for translation.

Other services: Provides residential facilities and case management services.

Wheeler Clinic:

Outpatient Services

91 Northwest Drive, Plainville, CT 06062

Contact: (888) 793-3500 – Navigation Center, Appointments and Information

Website: www.wheelerclinic.org

Description: Wheeler Clinic offers an array of outpatient programs for adults and families that include individual, group, and family therapy to address problems associated with substance abuse, depression, anxiety, anger management, domestic violence, grief and loss, and other mental health issues. The staff includes a broad range of professionals: licensed addiction counselors, clinical social workers, marriage and family therapists, psychiatrists and other treatment specialists.

Eligibility: All Ages

Admission: Walk-in/Open Access is available for initial assessment at the following locations (Monday – Thursday, 10:00am-5:30pm and Friday, 9:00am-3:30pm):

- 91 Northwest Drive, Plainville (Child and Adult)
- 75 North Mountain Road, New Britain (Adult only)
- 999 Asylum Avenue, Hartford (Adult only)

Payment options: Accepts all insurances. Provides a sliding fee based on income.

Languages offered: Bilingual staff and language line available.

Other services: Bettor Choice Gambling Program that serves problem gamblers and those affected by the gambling problem of a loved one. Latino Outreach Program offering case management for Latinos experiencing substance use disorders. The LifeLine Program, which provides outpatient services to women, offers childcare during treatment hours.

Substance Use Services: Child and Adolescent

Child Guidance Clinic of Central CT, Inc.:

Substance Abuse Program

384 Pratt Street, Meriden, CT 06450

Contact: (203) 235-5767

Website: www.cgccentralct.org

Description: Adolescent Substance Abuse services are offered to youth to assist in making the behavioral, psychological, and lifestyle changes to become drug and alcohol free and avoid relapse. Program components include evaluation, group treatment, individual and family therapy, family education and support.

Eligibility: Ages 18 and under; Families with children, ages 18 and under.

Admission: Call (203) 235-5767 for initial phone assessment. Appointment will be made for intake after assessment. Accept walk-in appointments for emergencies.

Payment options: Husky, Commercial insurance, Self-pay.

Languages offered: Spanish and English

Other services: Care Coordination, Triple P Program, and IPV (Intimate Partner Violence).

Family Intervention Center:

Outpatient Services

22 Chase River Road, Waterbury, CT 06704

Contact: (203) 753-2153

Website: www.familyinterventioncenterct.com

Description: Outpatient care allows individuals, couples and family members to receive therapy, education, intervention and treatment. Includes service for adolescents and children.

Eligibility: Ages 11 and older

Admission: Call for an appointment

Payment options: Set fee

Languages offered: French, Portuguese, English and Spanish

Rushford:

Outpatient Addiction Treatment

883 Paddock Avenue, Meriden, CT 06450

Contact: (877) 577-3233

Website: www.rushford.org

Description: Comprehensive behavioral health treatment, substance use and addiction treatment and prevention programs.

Eligibility: Ages 13-18

Admission: Must call (877) 577-3233 Option 1 for intake.

Payment options: Accepts most insurance, commercial and state insurance.

Languages offered: Latino outreach and services in both Spanish and English.

Other services: Intensive outpatient substance use and addiction treatment programs for adolescents are available on 110 National Drive Glastonbury, CT 06033. Must call Admission's for intake. English only.

Wellmore Behavioral Health:

Adolescent Outpatient Substance Abuse Treatment Program

402 East Main Street, Waterbury, CT 06702

Contact: (203) 756-7287

Website: www.wellmore.org

Description: Wellmore Outpatient Services provides formal assessment and substance abuse counseling for adolescents ages 12 through 18; service includes individual and family counseling.

Eligibility: Ages 12-18 (Note: includes age 18 if still in school).

Admission: Walk-in/Open access is available for initial assessment at the following locations (Monday, Tuesday, Thursday, Friday, 9:30am-1:00pm):

- 70 Pine Street, Waterbury, CT 06702
- 150 Meadow Street, Naugatuck, CT 06770

Payment options: Accepts most commercial and state insurance.

Languages Offered: English and Spanish

Wheeler Clinic:
Dialectical Behavioral Therapy
(Substance Abuse)

91 Northwest Drive, Plainville, CT 06062

Contact: (888) 793-3500 – Navigation Center,
Appointments and Information

Website: www.wheelerclinic.org

Description: The dialectical approach to substance use joins total abstinence with nonjudgmental, problem-solving responses to relapse that include techniques to reduce the dangers of overdose, infection, and other adverse consequences.

Eligibility: Ages 13-18

Admission: Walk-in/ Open access are available for initial assessment at the following locations
(Monday – Thursday, 10:00am-5:30pm and Friday, 9:00am-3:30pm):

- 91 Northwest Drive, Plainville (Child and Adult)
- 225 North Main Street, Bristol (Child only)

Payment options: Accepts all insurances. Provides a sliding fee based on income.

Languages offered: Bilingual staff and language line available.

Other Services: Substance Abuse Treatment and Recovery Services for Youth and Families: serving Anthem Blue Cross Blue Shield of Connecticut-insured youth, ages 9 to 18, who may be either at-risk for or who have substance abuse issues. Wheeler's Substance Abuse Treatment and Recovery Services for Youth and Families offers a comprehensive continuum of early intervention, outpatient and intensive in-home levels of substance abuse treatment services and recovery supports for youth struggling with substance use, in addition to new engagement and empowerment supports for their families.

Substance Use Services: Adult

Family Intervention Center:

Substance Use Services

22 Chase River Road, Waterbury, CT 06704

Contact: (203) 753-2153

Website: www.familyinterventioncenter.org

Description: Outpatient care allows individuals, couples and family members to receive therapy, education, intervention and treatment. Includes service for adolescents and children.

Eligibility: Ages 11 and older

Admission: Must call (203) 753-2153 for an appointment.

Payment options: Set fee

Languages offered: French, Portuguese, and Spanish

Farrell Treatment Center:

Substance Use Services

586 Main Street, New Britain, CT 06051

Contact: (860) 225-4641

Website: www.farrell-tc.com

Description: Substance abuse treatment facility offers residential treatment program for men, a day and evening substance abuse Intensive Outpatient Program (IOP) and outpatient services for substance abuse. Clients must be detoxed or cleared by a physician before entering the residential program. Clients with a co-occurring mood disorders can be admitted. Outpatient services include anger management, relapse prevention, substance abuse evaluations, sober living skills, mood disorders, and programs for men and women experiencing trauma, and women dealing with substance abuse/addiction.

Eligibility: Ages 18 and older

Admission: Call for a phone screening, (860) 225-4641. Appointment will be made after screening for an evaluation.

Payment options: Husky A and D, Anthem, and Connecticare. Outpatient services are based on income and typically less than or equal to a commercial insurance co-pay.

Hospital of Central Connecticut:

Substance Abuse Treatment Services

73 Cedar Street, New Britain, CT 06051

Contact: (860) 224-5267

Website: www.thocc.org

Description: Intensive Outpatient and outpatient services for clients dealing with all substance-related problems, including opiate-agonist treatment and other pharmacological options. Services offered are dependent upon the assessment and recommendation of our clinical team.

Eligibility: Ages 18 and over

Admission: Call (860) 224-5267 for an intake appointment or for more information.

Payment options: All insurance plans accepted

Languages offered: English, Spanish and Polish

Other services: Outpatient Hispanic Counseling Services for Spanish speaking adults age 18 and older with mental health or substance use challenges. Call (860) 224-5267 for intake.

Rushford:

Substance Use Treatment and Behavioral Health Services

883 Paddock Avenue, Meriden, CT 06450

Contact: (877) 577-3233

Website: www.rushford.org

Description: Comprehensive mental health and substance use disorders outpatient services including Partial Hospital, Intensive Outpatient, and Outpatient treatment with medication management.

Eligibility: Ages 18 and older

Admission: Must call (877) 577-3233

Payment options: Accepts most insurance.

Languages offered: English and Spanish

Other services: Community support services available.

StayWell Health Center:

Substance Abuse Treatment Services

80 Phoenix Avenue, Waterbury, CT 06702

Contact: (203) 756-8021

Website: www.staywellhealth.org

Description: StayWell Health Center provides adult outpatient behavioral health services including mental health psychiatric and brief treatment substance abuse services, individual therapy, group therapy, medication management.

Eligibility: Ages 18-65

Admission: Self-referral or agency referrals welcome. Contact Behavioral Health Front Desk Receptionist at (203) 756-8021 Extension 3529 to obtain or complete a program referral form.

Payment options: Medicaid, Medicare, Husky, Commercial Insurance, Private Pay, Sliding Fee Scale.

Languages offered: English and Spanish

Other services: Oasis Opioid Addiction Suboxone Intervention Service, Oasis Program is located at 402 East Main Street, Waterbury, CT 06702. For further information, contact (203) 755-1143.

Wellmore Behavioral Health:

Intensive Outpatient Program

141 East Main Street, Waterbury, CT 06702

Contact: (203) 755-1143

Website: www.wellmore.org

Description: Provides treatment services for those who struggle with co-occurring issues of substance abuse and mental health.

Eligibility: Ages 18 and older

Admission: Open Access walk-in is available for initial assessment at the following locations (Monday-Friday, 12:00pm-3:00pm):

- 402 East Main Street, Waterbury, CT
- 30 Controls Drive, Shelton, CT

Payment options: Accepts most commercial and state insurance.

Other services: Provides residential facilities and case management services.

Wheeler Clinic:

Substance Use Counseling

91 Northwest Drive, Plainville, CT 06062

Contact: (888) 793-3500– Navigation Center, Appointments and Information

Website: www.wheelerclinic.org

Description: Outpatient program for adults and families include individual, group and family therapy to address problems associated with substance abuse, depression, anxiety, anger management, grief and loss, and other mental health issues.

Eligibility: Ages 18 and older

Admission: Walk-in appointments are available for initial assessment at the following locations (Monday – Thursday, 10:00am-5:30pm and Friday, 9:00am-3:30pm):

- 91 Northwest Drive, Plainville (Child and Adult)
- 75 North Mountain Road, New Britain (Adult only)
- 999 Asylum Avenue, Hartford (Adult only)

Payment options: Accepts all insurance. Provides a sliding fee based on income.

Other services: Substance Abuse Care Facilitation, the program is designed to engage and coordinate care for adults (ages 18 to 55) with multiple complex needs who require both behavioral health and medical health care services.

Transitional Case Management, their case management services help men with substance abuse issues transition back to the community following a period of incarceration. Wheeler Clinic employs a strengths-based approach to coordinate housing, employment, education, medical services and insurance, and basic needs. Clients enrolled in this program also attend a weekly relapse prevention group.

Mental Health and Substance Use Services: Older Adult

Alzheimer's Resource Center of CT:

Managing Our Minds

1261 South Main Street, Plantsville, CT 06479

Contact: (860) 628-9000

Website: www.arc-ct.org

Description: Promotes overall cognitive health in seniors. Conducts home safety evaluations to help older persons living with dementia to remain safety at home and provides support groups for caregivers and people with early memory loss.

Eligibility: People with early memory loss and caregivers.

Admission: Call Stephani Shivers, Director of Community Services and Education, at (860) 628-3020 or email at sshivers@arc-ct.org for more information.

Payment options: No fee

Languages offered: English

Catholic Charities, Inc.:

Elderly Outreach Counseling Services

90 Franklin Square, New Britain, CT 06051

Contact: (860) 225-3561

Website: www.ccaoh.org

Description: Provides individuals with behavioral health counseling as well as education and access to community resources and entitlement programs that will ease their financial burdens and promote independent living. Counseling and supportive services are provided to families caring for elderly relatives.

Eligibility: Ages 60 and older

Admission: Must call (860) 225-3561 for an appointment.

Payment options: No fee

Languages offered: English and Polish

Hospital of Central Connecticut:

Department of Outpatient Psychiatry and Behavioral Health Services

73 Cedar Street, New Britain, CT 06051

Contact: (860) 224-5267, ask for Pam Rappanotti for Intake appointment or Susan D'Ambrosio for Clinical or Program Information

Website: www.thocc.org

Description: Services for adults 55 or over dealing with psychiatric problems in which aging or age-related life transitions are a factor. Both specialized IOP and Outpatient services are offered, along with geriatric-specializing psychiatry services.

Eligibility: Ages 55 and older

Admission: Contact Pam Rappanotti, at (860) 224-5267

Payment options: All insurance plans accepted.

Languages offered: English only for this particular program, but the clinic can accommodate clients in this age group who speak Spanish or Polish in their outpatient services.



Town of Plainville:**Grandparents Program**

200 East Street, Plainville, CT 06062

Contact: (860) 747-5728

Website: www.plainvillect.com

Description: This program offers grandparents / relatives a way to connect about the issues of raising young children; as well as a way to obtain information and education on relevant topics.

Eligibility: Open to all individuals who are legally responsible for or caring for a child.

Confidentiality of all participants is respected.

Admission: (860) 747-5728 to register.

Payment options: No fee to attend.

Languages offered: English

**Wheeler Clinic:****Older Adult Substance Abuse Recovery Program**

91 Northwest Drive, Plainville, CT 06062

Contact: (888) 793-3500 – Navigation Center, Appointments and Information

Website: www.wheelerclinic.org

Description: Counselors provide in-home assessments, in addition to other services such as individual and family counseling, referrals for inpatient treatment, health, social and financial services, advocacy and case management. Individualized treatment plans are completed with each client. A weekly group meeting is held at Manchester Memorial Hospital and a similar one at Wheeler, to provide education, support, therapy, and socialization.

Eligibility: Ages 55 and older

Admission: Walk-in Service for initial Outpatient Care/Open Access is available. No appointment necessary, assessments are at the following locations (Monday – Thursday, 10:00am-5:30pm and Friday, 9:00am-3:30pm):

- 91 Northwest Drive, Plainville (Child and Adult)
- 75 North Mountain Road, New Britain (Adult only)
- 999 Asylum Avenue, Hartford (Adult only)

Payment options: Accepts all insurance. Provides a sliding fee based on income.

Languages offered: Language line available for translation.

Older Adult Information and Referral

Community Advocacy Network (CAN):

Deaf Elderly Outreach Center

151 New Park Avenue, #15

Hartford, CT 06106

Contact: (860) 566-9490

Website: www.cancorp.org

Description: Provides referrals, advocacy, and coordination of geriatric-based services to deaf and hard of hearing clients.

Eligibility: Ages 65 and older, deaf or hard of hearing.

Admission: Contact CAN at (860)566-9490 to apply.

Payment options: No fee but donations are encouraged.

CT Coalition of Mutual Assistance

Association:

Social Support for Refugees and Immigrants

1434 Madison Avenue, Hartford, CT 06106

Contact: (860) 236-6452

Website: www.ccmaa.org

Description: Offers support services to Karen (Burmese), Laotian, and Vietnamese communities. Provides information and referral through home visits and phone calls. Transportation and translation services for medical visits are also available.

Eligibility: Ages 60 and older

Admission: Call for services, (860) 236-6452.

Payment options: No fee

Languages offered: Burmese, Laotian, and Vietnamese

North Central Area Agency on Aging, Inc.:

CHOICES Program/ CT National Family

Caregiver Support Program

151 New Park Avenue, Suite 151

Hartford, CT 06106

Contact: (860) 724-6443 or (800) 994-9422

Website: www.ncaaact.org

Description: Provides free comprehensive information and assistance, outreach, counseling, case management and eligibility screening services regarding a variety of aging issues, such as health insurance, federal, state, and local benefits and/or support programs.

Eligibility: Ages 18 and older

Admission: Call for an appointment, (860) 724-6443.

Payment options: No fee

Languages offered: English

Inpatient Alcohol and Drug Detoxification Services

Bristol Hospital:

Barnes III Inpatient Behavioral Health Unit/Crisis Services

41 Brewster Road, Bristol, CT 06011

Behavioral Health Unit: (860) 585-3420

Crisis Line: (860) 585-3421

Website: www.bristolhospital.org

Description: Inpatient 3-5 day alcohol detox treatment.

Admission: Emergency Room

Eligibility: Age 18 and older

Payment options: Participate in most insurance plans and accept cash, checks, MasterCard or Visa.

Connecticut Valley Hospital:

Hearing Impaired Treatment Services

500 Vine Street, Hartford, CT, 06112

Contact: (860) 262-5000

Website:

www.ct.gov/dmhas/cwp/view.asp?q=416778

Description: Inpatient substance use detox and treatment services for people who are deaf or hard of hearing.

Admission: Must call (860) 262-6321, ext. 5; operates 24 hours a day, 7 days a week.

Eligibility: Age 18 and older; Resident of CT only; deaf or hard of hearing.

Payment options: Accepts Husky B or D only; no private insurance.

Connecticut Valley Hospital:

Merritt Hall

39 Tynan Circle, Middletown, CT 06457

Contact: (860) 262-5000

Website:

www.ct.gov/dmhas/cwp/view.asp?q=416778

Description: Offers a 5-7 day inpatient detoxification program for alcohol, heroin, or prescription medicine. Will detox pregnant women for alcohol and prescription medicine but those pregnant women dependent on heroin must begin a methadone maintenance program. Additional services include psycho-educational and recreational activities plus assistance with arranging aftercare.

Admission: (860) 262-6321, ext. 5; operates 24 hours a day, 7 days a week.

Eligibility: Age 18 and older; Residents of Connecticut only; Alcohol or drug dependent; Priority given to pregnant women.

Payment options: Accepts Husky B or D; no private insurance.

Cornell Scott Hill Health Center:

South Central Rehabilitation Center

232 Cedar Street, New Haven, CT 06519

Contact: (203) 503-3300

Website: www.cornellscott.org

Description: Short-term residential detox services for drug and alcohol addiction; Dual diagnosis accepted; People who have undergone previous treatment accepted; Length of stay is 3-5 days. Detox available for alcohol, opiates and prescription medicines. Following the cessation of acute withdrawal symptoms, clients are involved in treatment including individual and group counseling, educational and psycho-educational activities and twelve-step recovery meetings.

Admission: Must call ahead, (203) 503-3300.

Eligibility: Resident of Connecticut; Ages 18 and older.

Payment options: Accepts state insurance.

Intercommunity Recovery Centers:
Detoxification Center

500 Blue Hills Avenue, 6th Floor, Hartford, CT 06112

Contact: (860) 714-3701

Website: www.intercommunityct.org

Description: 3-7 day medical detoxification for substance addiction. Provides assessment, counseling and referrals for the next level of care. Note: Will not provide detoxification services for pregnant women

Admission: 24hrs/7 days per week; Self-referral accepted; Walk-ins accepted; Call first to see if there is an available bed.

Eligibility: Ages 18 and older

Payment options: Set fee

Natchaug Hospital:
Inpatient Treatment

189 Storrs Road, Mansfield Center, CT 06250

Contact: (800) 426-7792

Website: www.natchaug.org

Description: Medically supervised detox (3-5 days on average) from alcohol, barbiturates, cocaine, amphetamines, opiates, and prescription medications in a hospital setting. No detox for methadone. The program will accept pregnant women depending on what substance they are detoxing from.

Admission: Must call assess center at (800) 426-7792 Extension 7. Agency, family, employer, friend, or self-referral. Involuntary admissions from physician and courts accepted.

Eligibility: Ages 18 and older

Payment options: Commercial insurance, Medicare, Husky D, and Tri-care are accepted.

Rushford: Inpatient Detoxification and Outpatient Substance Treatment

1250 Silver Street, Middletown, CT 06457

Contact: (877) 577-3233

Website: www.rushford.org

Description: Inpatient detox for alcohol, heroin, inhalants, benzodiazepines, and prescription medicine. Medical detox unit with daily physician-supervised 24-hour nursing, pharmaceutical support, structured clinical environment, family intervention, and long-term treatment planning. Length of program varies between 3-5 days; benzodiazepine detox can be up to 11 days. Accepts dual-diagnosis.

Admission: Must call (877) 577-3233, Option 1 for intake; Walk-in/Open Access is available as another option for intake: Monday-Friday, 9:00am-8:00pm Saturday and Sunday, 10:00am-4:00pm. Calling ahead is highly recommended.

Eligibility: Ages 18 and older

Payment options: Accepts most insurance. Sliding fee is available.

Saint Francis Hospital and Medical Center:
Inpatient Behavioral Health Services

500 Blue Hills Avenue, Hartford, CT 06112

Contact: (800) 251-6474

Website: www.stfranciscare.org

Description: Inpatient detoxification provides individuals with 24 hour medical and nursing supervision. Program components include pharmacotherapy and educational groups. Detox is usually 3-5 days. Patients who are opioid dependent are evaluated by a physician to determine if methadone detoxification through the Opioid Treatment Program is appropriate for them. The program is not appropriate for pregnant women, patients under 18 years of age, and patients who have been detoxed using methadone two times within the past 12 months

Admission: Emergency Room

Eligibility: Ages 18 and older

Payment options: Accepts all insurance. Sliding fee is available.

Languages offered: Spanish

Outpatient Alcohol and Drug Detoxification Services

Hartford Dispensary: Bristol Clinic

1098 Farmington Avenue, Bristol, CT 06010

Contact: (860) 589-6433

Website:

<http://www.ct.gov/dmhas/site/default.asp>

Description: Narcotic detoxification program offers short-term, intermediate or long term ambulatory opiate detoxification as well as methadone maintenance. Treatment program includes individual, group, and family counseling, health services, and rehabilitation services.

Admission: Call to schedule intake appointment; Name will be put on waiting list after appointment

Eligibility: Age 18 and older; pregnant women accepted for detox at all clinics.

Payment options: Sliding fee (Medicaid, Private Pay; Medicare does not pay for methadone detox).

Language offered: Spanish and English

Hours of Operation: Monday-Friday: 6:00am-2:00pm, Saturday and Sunday: 6:00am -8:00am

Hartford Dispensary: New Britain Clinic

70 Whiting Street, New Britain, CT 06051

Contact: (860) 827-3313

Website:

<http://www.ct.gov/dmhas/site/default.asp>

Description: Narcotic detoxification program offers short term, intermediate or long term ambulatory opiate detoxification as well as methadone maintenance. Treatment program includes individual, group, and family counseling, health services, and rehabilitation services.

Admission: Call to schedule intake appointment

Eligibility: Age 18 and older; pregnant women accepted for detox at all clinics.

Payment options: Sliding fee (Medicaid, Private Pay; Medicare does not pay for methadone detox).

Language offered: Spanish and English

Hours of Operation: Monday-Friday: 6:00am-10:00am; Saturday, Sunday, and Holidays: 7:00am-9:30am

Rushford:

Medication Assisted Treatment Program

110 National Drive, Glastonbury, CT 06033

Contact: (877) 577-3233

Website: www.recoveryneverstops.org

Description: Medication Assisted Treatment Program (MAT) offered at Rushford at Glastonbury for opioid recovery, intensive outpatient substance use and addiction treatment programs for adolescents and adults. The Rushford at Glastonbury MAT program focuses on treating adults with psychosocial and other core therapies, all provided with the utmost privacy and discretion. It includes a Working Professionals Program, where therapy sessions are offered early mornings or evenings.

Admission: Call Assess Center at (877) 577-3233, staff will answer your questions about treatment programs, schedule an appointment for a confidential assessment and make referrals to other recovery services as needed.

Eligibility: Age 18 and older in need of opioid substance use recovery.

Payment options: Accepts most insurance.

Waterbury Hospital:

West Main Behavioral Health

88 Grandview Avenue, Waterbury, CT 06708

Contact: (203) 573-7500

Website: www.waterburyhospital.org

Description: Medically supervised outpatient detoxification for alcohol and drugs, including opiates for adults with addictive and dual diagnosis disorders. Accepts pregnant women. West Main Behavioral Health is for people wishing to engage in active substance-abuse or dual-diagnosis treatment. The program offers a range of options for people who have problems with alcohol, opiates, cocaine, cannabis, sedatives and other substances.

Admission: Intake appointments are scheduled Monday through Thursday. To learn more about the program and to speak with a nurse, call Monday-Friday, 7:30am to 3:30pm.

Eligibility: Age 18 and older

Payment options: Accepts most commercial insurances, as well as Medicare, Medicaid (Title XIX) and State Assistance (SAGA).

Eating Disorder Treatment Services

Institute of Living

200 Retreat Avenue, Braceland Building
Hartford, CT 06114

Contact: (860) 545-7200; Toll-Free (800) 673-2411

Website: www.harthosp.org

Description: The Institute of Living believes that early identification and comprehensive treatment increase the possibility of recovery and health restoration, and minimize the suffering of those afflicted and their families. The Institute of Living offers a specialized program for the treatment of eating disorders in adolescents and adults. The Partial Hospital Service is our primary treatment modality; however, inpatient treatment is available on our general psychiatric unit. The initial assessment is provided by an eating disorder specialist. Treatment recommendations are geared toward the individual needs of the patient, to provide comprehensive treatment in the least restrictive environment possible.

Eligibility: Ages 13 and older

Admission: Call (860) 545-7200 Option 3 for an assessment.

Payment options: Accepts various health insurance providers.

Walden Behavioral Health

2400 Tamarack Ave, Suite 203
South Windsor, CT 06074

Contact: (860) 533-4672

Website: www.waldenbehavioralcare.com

Description: The clinic offers partial hospitalization and intensive outpatient programs for adolescents and adults and a binge-eating program for adults. The clinic also offers outpatient treatment for adolescents and adults who suffer with eating disorders.

Eligibility: All ages

Admission: Call (860) 533-4672 for an assessment

Payment options: Accepts commercial insurance, and Husky.

Other services: Walden Behavioral Health has inpatient and residential treatment programs available in Waltham, MA.

Wheeler Clinic

91 Northwest Drive, Plainville, CT 06062

Contact: (888) 793-3500 – Navigation Center, Appointments and Information

Website: www.wheelerclinic.org

Description: The IBHS-ED program is an in-home program using the Maudsley Family Based Treatment (FBT) model. Typically, treatment lasts for 4-6 months for at risk youth and young adults and for 6- 12 months for those with active anorexia nervosa. This evidenced-based model requires the participation of all family members (or support people for young adults) at each session. The model puts caretakers in the “driver’s seat” in determining the best food choices, meal and snack times and associated routines. During the initial phase of treatment, all food intake is monitored by the caretaker(s) or other adults such as school personnel.

Eligibility: Ages 10–24, Anthem-insured

Admission: Referrals and/questions can be made by calling Wheeler Clinic’s In-home Behavioral Services Eating Disorders Referral Line at (475) 222-6015.

Payment options: Serves Anthem Blue Cross Blue Shield of Connecticut-insured, ages 10–24.



Alcoholics Anonymous

Alcoholics Anonymous is an international fellowship of men and women who have had a drinking problem. It is nonprofessional, self-supporting, multiracial, apolitical, and available almost everywhere. There are no age or education requirements. Membership (free of charge) is open to anyone who wants to do something about his or her drinking problem.

Statewide toll-free number: (866) STEPS12 or (866) 783-7712

www.aa.org

Local Number- District 8: (860) 267-5857

www.ct-aa.org

Alcoholics Anonymous (AA) Meetings:

“Closed Meeting”: Only those with a alcohol problem, or those who think they may have an alcohol problem, and have a desire to stop drinking, may attend and participate.

“Open Meeting”: Spouses, family, and friends, of the alcoholic are welcome to attend and observe the meeting.

Location	Meeting	Weekday	Time	Address
Southington	Open	Sunday	7:00 PM	Bradley Memorial Hospital 81 Meriden Ave Southington, CT 06489
Southington	Open	Tuesday	8:00 PM	First Congregational Church 114 Main Street Southington, CT 06489
Southington	Open	Wednesday	7:00 AM	Mulberry Gardens 58 Mulberry Street Southington, CT 06489
Southington	Closed	Wednesday	6:45 PM	St. Paul's Episcopal Church 145 Main Street Southington, CT 06489
Plainville	Closed	Monday	7:00 PM	United Methodist Church 56 Red Stone Hill Road Plainville, CT 06062

Please visit www.ct-aa.org for additional meetings.

Al-Anon/Alateen

Al-Anon is a mutual support group of peers who share their experience in applying the Al-Anon principles to problems related to the effects of a problem drinker in their lives. It is not group therapy and is not led by a counselor or therapist; this support network complements and supports professional treatment.

Alateen is a peer support group for teens who are struggling with the effects of someone else's problem drinking. Many Alateen groups meet at the same time and location as an Al-Anon group. Alateen meetings are open only to teenagers.

No advance notification or written referral is necessary to attend an Al-Anon or Alateen meeting. Anyone affected by someone else's drinking is welcome to attend.

There are no dues or fees. Groups are self-supporting, and usually pass a basket around for a voluntary contribution to pay for rent or Al-Anon literature.

Connecticut Al-Anon Family Groups: (888) 825-2666
www.ctalanon.org

Al-Anon Family Groups: (757) 563-1600
www.al-anon.org

Location	Meeting	Weekday	Time	Address
Bristol	Alateen	Tuesday	7:30 PM	Bristol Baptist Church 43 School Street Bristol, CT 06010 (use rear entrance, downstairs)
Newington	Alateen	Thursday	7:30 PM	Grace Episcopal Church 124 Maple Hill Avenue Newington, CT 06111
Plainville	Al-Anon	Friday	8:00 PM	Wheeler Clinic 91 Northwest Drive Plainville, CT 06062
Southington	Al-Anon	Wednesday	7:00 PM	Bradley Memorial Hospital 81 Meriden Ave Southington, CT 06489
Southington	Al-Anon	Tuesday	4:00 PM	First Congregational Church 114 Main Street Southington, CT 06489

Please visit www.ctalanon.org for additional meetings.

CT Problem Gambling Services

Gamblers Anonymous is a 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.

Gamblers Anonymous Hotline (Free, Confidential, 24/7): 1 (855)222-5542
www.gamblersanonymous.org

CT Problem Gambling Helpline/CT Council of Problem Gambling: (Free, Confidential, 24/7):
Call (888) 789-7777 or text (847) 973-5685
www.problemgambling.org

Treatment Services: Region 4 (Central CT)

Wheeler Clinic
Patricia Devendorf
999 Asylum Avenue
Hartford, CT 06105
860-523-9788, ext.104 (All referrals)
pdevendorf@wheelerclinic.org

Gambling Anonymous (GA) Meetings:

“Closed Meeting”: Only those with a gambling problem, or those who think they may have a gambling problem, and have a desire to stop gambling, may attend and participate.

“Open Meeting”: Spouses, family, and friends, of the gambler are welcome to attend and observe the meeting.

Location	Meeting	Weekday	Time	Address
Meriden	Closed	Tuesday	7:30 PM	Rushford Center 883 Paddock Avenue Meriden, CT 06450
Middletown	Closed	Thursday	7:00 PM	Connecticut Valley Hospital 1000 Silver Street Middletown, CT 06489
Middletown	Closed	Saturday	9:30 AM	Connecticut Valley Hospital 1000 Silver Street Middletown, CT 06489
Waterbury	Closed	Wednesday	7:00 PM	United Methodist Church 250 Country Club Road Waterbury, CT 06708

Please visit www.gamblersanonymous.org for additional meetings.

Narcotics Anonymous

Narcotics Anonymous is a nonprofit fellowship or society of men and women for whom drugs had become a major problem. They are recovering addicts who meet regularly to help each other stay clean. This is a program of complete abstinence from all drugs. There is only one requirement for membership, the desire to stop using. They suggest that you keep an open mind and give yourself a break. The program is a set of principles written so simply that we can follow them in our daily lives. The most important thing about them is that they work. They have learned from their group experience that those who keep coming to their meetings regularly stay clean.

CT Region of Narcotics Anonymous Statewide Phone Line:

(800) 627-3543; 24 hours per day, 7 days a week

www.ctna.org

Narcotics Anonymous: (818) 773-9999 Ext. 771

www.na.org

Narcotics Anonymous (NA) Meetings:

“Closed Meeting”: Only those with a substance use problem, or those who think they may have a substance use problem, and have a desire to stop using, may attend and participate.

“Open Meeting”: Spouses, family, and friends, of the addict are welcome to attend and observe the meeting.

Location	Meeting	Weekday	Time	Address
Plainville	Closed	Saturday	6:30 PM	Congregational Church 130 West Main Street Plainville, CT 06062
Plainville	Closed	Sunday	7:00 PM	Congregational Church 130 West main Street Plainville, CT 06062
Plainville	Closed	Wednesday	7:00 PM	Our Lady of Mercy Parish Center 19 South Canal Street Plainville, CT 06062 (Room 107, around back)
Southington	Closed	Monday	7:00 PM	Saint Paul’s Episcopal Church 145 Main Street Southington, CT 06489
Southington	Closed	Thursday	7:30 PM	Saint Paul’s Episcopal Church 145 Main Street Southington, CT 06489

Please visit www.na.org for additional meetings.

Overeaters Anonymous

Overeaters Anonymous (OA) offers a program of recovery from compulsive overeating, binge eating and other eating disorders using the Twelve Steps and Twelve Traditions of OA. Worldwide meetings and other tools provide a fellowship of experience, strength and hope where members respect one another's anonymity. OA charges no dues or fees; it is self-supporting through member contributions. OA is not just about weight loss, weight gain, maintenance, obesity or diets. It addresses physical, emotional and spiritual well-being. It is not a religious organization and does not promote any particular diet.

Connecticut Overeaters Anonymous: (860) 856-0309

www.connecticutoa.org

Overeaters Anonymous: (505) 891-2664

www.oa.org

Overeaters Anonymous (OA) Meetings:

“Closed Meeting”: Only those with an alcohol problem, or those who think they may have an alcohol problem, and have a desire to stop drinking, may attend and participate.

“Open Meeting”: Spouses, family, and friends, of the overeater are welcome to attend and observe the meeting.

Location	Meeting	Weekday	Time	Address
Bristol	Open	Saturday	11:00 AM	Bristol Hospital 41 Brewster Street Bristol, CT 06010
Bristol	Open	Wednesday	10:00 AM	Bristol Recovery Club 67 West Street Bristol, CT 06010
Southington	Open	Wednesday	5:30 PM	St. Paul's Episcopal Church 145 Main Street Southington, CT 06489
Southington	Open	Friday	5:30 PM	St. Paul's Episcopal Church 145 Main Street Southington, CT 06489
New Britain	Open	Thursday	7:15 PM	United Methodist Church 56 Red Stone Hill Road Plainville, CT 06062

Please visit www.connecticutoa.org for additional meetings.

Y12SR – YOGA OF 12-STEP RECOVERY

Y12SR (Yoga of 12-Step Recovery) is a class in which we weave together the ancient wisdom of yoga and the practical tools of 12-Step programs. We recognize that the "issues live in our tissues" and through a group sharing circle followed by an intentional, themed yoga class incorporating asana, breath work and mindfulness we invoke the higher power of our understanding to help us release whatever is held. These classes are all inclusive for all levels, and anyone dealing with their own addictive behaviors of any kind, or affected by those behaviors in others. It will deepen any work that participants may currently be doing or jump start the journey of self-discovery. No one will be turned away for lack of funds. Donation based.

Visit www.Y12SR.com, and Y12SRCT on Facebook

YOGA of 12 Step Recovery (Y12SR) Meetings:

Location	Weekday	Time	Address	Contact Information
Hamden	Sunday	6:30 PM	Studio YEMM 4193 Whitney Avenue Hamden, CT 06518	(475) 202-6155 www.studioyemm.com
New Haven	Sunday	9:00 AM – 11:30 AM	Breathing Room Yoga Studio 817 Chapel Street #2F New Haven, CT 06510	(203) 562-5683 www.breathingroomct.com
New Haven	Monday	7:00 PM – 8:30 PM	Elm City Phoenix Club 56 Wallace Street New Haven, CT 06533 (Enter in back through parking lot)	For inquiries, please email: elmcityphoenixclub@gmail.com www.elmcityphoenixclub.com
Plantsville	Friday	6:30 PM – 8:00 PM	SoulSpace 26-28 West Main Street 2 nd Floor Plantsville, CT 06479	(860) 426-1601 www.yogasouthington.com
Southington	Wednesday	9:00 AM – 10:45 AM	Bloom Yoga and Fitness 92 North Summit Street Southington, CT 06489	(860) 620-4530 www.bloomyogafitness.com

Please visit www.Y12SR.com for additional meetings.

Private Providers

Psychiatrists		
Name	Contact	Age Groups Served
Dr. Aileen Feldman	(860) 628-9121	Ages 18 +
Emily F. Tynan, APRN, PAPN	(860) 426-2412	Ages 6-90 +

Psychologists		
Name	Contact Information	Age Groups Served
Dr. Thomas Finn	(860) 628-6523	Ages 2 +
Dr. Peter Radasch	(860) 236-7333 Ext. 3	Ages 18+; some teens (16-17yrs)

Private Practice Clinicians			
Name	Address	Contact Information	Age Groups Served
June Feola, APRN	209 Main Street Suite #1-A Southington, CT 06489	(860) 621-8331	Ages 4-18
Jo-Ellen Hubelbank, LCSW, LLC	114 South Main Street Suite 28 Cheshire, CT 06410	(203) 288-0242	Ages 18 +
Amy Korte, LMFT	341 West Street, Suite B Plantsville, CT 06479	(860) 276-3000 Ext. 301	Ages 6-99
Melina Mansour, LMFT	51 North Main Street Southington, CT 06489	(860) 378-9605	Ages 17 +
Susan Gagnon, LCSW	51 North Main Street Suite 3N Southington, CT 06489	(860) 384-9204	Ages 10 +

Private Practice Groups			
Name	Address	Contact Information	Age Groups Served
Apple Valley Behavioral Health	960 South Main Street Southington, CT 06455	(860) 378-8090	All Ages
A Prospering Vision	228 Meadow Street Waterbury, CT 06702	(203) 558-9865	Ages 4-60
Creative Counseling Center, LLC	416 Highland Avenue Cheshire, CT 06410	(203) 439-2588	Ages 16 +
Helping Hands, Healing Hearts Counseling Services, LLC	56 Center Street, 2 nd Floor Southington, CT 06489	(203) 340-4553	Gender identity, 5 +; All others, 12 +
Paragon Behavioral Health, LLC	26 Chamberlain Highway Kensington, CT 06037	(860) 893-0046	Ages 13 +
Perspectives Counseling Center, Inc.	341 West Street, Suite B Plantsville, CT 06479	(860) 276-3000 Ext. 301	Ages 6 +
Turning Leaves Counseling, LLC	735 Meriden Waterbury Road Southington, CT 06489	(203) 930-1003	Ages 18 +

Transportation Services

Department of Mental Health and Addiction Services

The Department of Mental Health and Addiction Services may be able to transport you to and from detoxification and substance abuse treatment programs including recovery houses, shelters, sober houses, hospitals, VA/VET Centers, and in some cases alternative incarceration centers.(AIC). If you are seeking treatment for a substance abuse and need transportation to a treatment facility or are leaving residential treatment and need transportation to community services contact:

In the Hartford area: Contact the Access line at (800)563-4086, anytime. There is no eligibility associated with this transportation service.

In other areas of the State: Contact [Road to Recovery](#) at (203) 401-2087 or (203) 401-2088, Monday through Friday 8 AM to 4 PM. These rides are provided free of charge for persons on Medicaid Part D.

CT Transit – CT FASTRAK

CTfastrak system provides direct service to and from Waterbury, Cheshire, Southington, Bristol, Plainville, New Britain, Newington, West Hartford, Hartford and Manchester with routes that take advantage of the bus-only CTfastrak roadway. The CTfastrak system provides a one-seat, no-transfer ride to many major regional employment, shopping and healthcare destinations as well as connections to the New Haven Line-Waterbury branch rail in Waterbury and Amtrak service in Hartford. Most CTfastrak bus routes operate Weekdays from 5:00 AM to Midnight; Saturdays from 6:00 AM to Midnight and Sundays and major holidays from 8:00 AM to 8:00 PM. Visit www.cttransit.com or (860) 522-8101.

DIAL-A-RIDE

DIAL-A-RIDE bus provides transportation at no charge for Southington residents aged 55 & over and for people with disabilities. To provide efficient, reliable, safe transportation to all our riders, some specific guidelines are being put into place. Your cooperation is anticipated & appreciated. Our primary objective is to provide the service that you need in a timely and reasonable manner.

Medical Appointments: Dial-A-Ride requests seventy-two hours (72) notification be given for all medical appointments, especially for out-of-town appointments. You may schedule up to a month in advance. They cannot accommodate same day requests. Please schedule in-town medical appointments between 9:00am-11:00am and 12:30pm-2:30 pm.

Out-of-town medical transportation will be provided as follows, please plan accordingly:

Mondays & Wednesdays: Plainville, New Britain & Meriden (appointments between 9:30am-1:00pm).

Tuesdays & Thursdays: Plainville, Bristol & Farmington (appointments between 9:30am-1:00pm).

Fridays: Please call for out-of-town schedule.

Call (860) 621-3014 to make your appointments.

Acknowledgements

The Bradley H. Barnes & Leila U. Barnes Memorial Trust at Main Street Community Foundation awarded Wheeler Clinic, the Southington Health Outreach Project grant to enhance access to mental health and substance abuse recovery services. The purpose of the Project is to assist Southington residents and families in recognizing the signs and symptoms of mental health and substance use challenges, navigating available resources and reducing barriers. The ultimate goal is to create a healthier community and to reduce the stigma and discrimination that is associated with mental health.

The Southington Behavioral Health Resource Directory was developed as a collaboration among community stakeholders to help residents navigate available resources. Many thanks to following organizations with their help in creating the directory:

Alzheimer's Resource Center
Calendar House Senior Center
Catholic Charities
Commission on Disabilities
Community Mental Health Affiliates
DePaolo Family Foundation
Early Childhood Collaborative of Southington
Main Street Community Foundation
Plainville-Southington Regional Health District
Southington Housing Authority
Rushford
Southington Community YMCA
Southington Pediatrics Associates
Southington Police Department
Southington Public Library
Southington Public Schools
Southington Youth Services
Southington's Town-wide Effort to Promote Success, "S.T.E.P.S."
The Hospital of Central Connecticut
United Way of Southington
Wheeler Clinic

DISCLAIMER

This directory does not evaluate the resources listed. It aims to provide information that will help individuals to consider which resources best suit their needs. Provision of information about a resource does not constitute endorsement, nor does omission of a resource signify disapproval.

For revisions or to add your organization, please email Justine Micalizzi, at jmicalizzi@wheelerclinic.org.

Information current as of 11/2016



91 Northwest Drive, Plainville, CT 06062
(888) 793-3500
www.wheelerclinic.org