



Welcome to SAFE Family Recovery!

SAFE Family Recovery (SAFE-FR) offers three types of services to help meet the substance use treatment and recovery needs of adult caregivers wherever they are in their recovery.

SAFE-FR helps identify client needs for substance use services, links them with providers, builds motivation to enter and stay in services, and supports a return to long-term family functioning that promotes child well-being.



Your SAFE-FR Team is

Provider Name

Address: _____

Phone: _____

Email: _____



Funding support for SAFE-FR is provided by the CT Department of Children and Families

SAFE

Family Recovery

healthy family / healthy kids

Enhancing Child Well-being
Through Whole Family
Approaches to Recovery



SBIRT

Screening, Brief Intervention, and Referral to Treatment

Identifying Clients Service Needs



Validated screening tool



Breathalyzer



Urine toxicology

SBIRT is a 30-minute appointment where you will receive three types of screenings: an alcohol test, a urine drug test, and answer a brief set of questions. Together these screenings determine if you may benefit from some form of treatment in the behavioral health system, particularly for substance use. If yes, SBIRT staff will discuss with you the available service options, and make a referral right on the spot. You will leave the appointment with a written summary of the visit and your appointment with a treatment provider (if appropriate).

You will be asked to sign a Release of Information so you can be referred to the SBIRT service. SBIRT staff will contact you right away to schedule an appointment within 3 business days.

If you have a DCF Social Worker, they also will receive a summary of your SBIRT visit. SBIRT is available at DCF offices or in the provider's office in the community.

MDFR

Multidimensional Family Recovery

Supporting Clients In Substance Use Services



MDFR is a 6-month family-based service delivered weekly in your home. MDFR can help you with things like getting and staying in substance use and mental health treatment, completing a parenting program, and demonstrating that you are able to provide a healthy environment for your children.

MDFR works with your whole family to support you with your recovery from substance use and to increase your child's well-being. Your MDFR Specialist will help you to make a Recovery Support Plan, and encourage and guide you to better communication with family. If you are involved with DCF, MDFR can help you take the steps to exit DCF involvement.



*Based on recovery needs

RMS

Recovery Monitoring & Support

Helping Clients After Treatment



RMS offers regular in-person or telephone "check-ins" for six months after substance use treatment ends—even if you leave early. During a check-in RMS staff will ask how you're doing, and can help you to set goals or manage urges to use. RMS staff know that asking for help can be hard. If a setback happens, RMS can link you to services, and they can keep working with you if you decide to go back to treatment.

RMS helps YOU to build your "recovery capital" like building a positive network of supportive people, getting a job, obtaining housing, and getting medication assisted treatments.

Check-ins taper over time based on your needs.