Dear Southington Resident,

Welcome to the third edition of the Southington Behavioral Health Resource Directory, a collaboration between the Bradley H. Barnes & Leila U. Barnes Memorial Trust at Main Street Community Foundation and Wheeler Clinic.

This Directory has been updated to reflect the needs of the community after the COVID-19 pandemic. We encourage residents to explore these resources if a friend, family member, or neighbor needs assistance. Feelings of sadness, anxiety, worry, irritability, or sleep problems are common for most people. However, when these feelings become 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. Similar to those who require medication and receive professional help for physical conditions, someone with a mental health challenge/disorder may require medication and/or participation in therapy in order to feel 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 require 24-hour care. Outpatient mental health and substance use disorder (SUD) services are provided in person in an ambulatory care setting such as a mental health center or substance use disorder clinic, hospital outpatient department, 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 consolidates resource information for Southington residents who need assistance with mental health and substance use 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. 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. Visit www.ctclearinghouse.org for more information or visit in person at 334 Farmington Avenue, Plainville, CT. Materials from their specialized library and resource center are available to Connecticut families, teachers, students, professionals, communities, and children. The Southington Behavioral Health Resource Directory can be found electronically on the Connecticut Clearinghouse website at www.ctclearinghouse.org/southingtonmhdirectory.

For assistance in locating and connecting with appropriate mental health or substance use services in the Southington area for you, a family member or a friend, contact the following resources:

**Addiction Treatment Access Line –**
(including transportation to detox and treatment for prescription opioids or heroin addiction)
24 hours a day, 365 days a year
(800) 563-4086
www.drugfree.org

**National Suicide Prevention Lifeline –**
24 hours a day, 365 days a year
988
www.suicidepreventionlifeline.org

**Crisis Services (Children and Adults) –**
2-1-1 at United Way of Connecticut
www.211ct.org

**Adult Crisis Response Team –**
24 hours a day, 365 days a year
(860) 224-3331
www.portal.ct.gov/DMHAS

**Connecticut Clearinghouse –**
(800) 232-4424
www.ctclearinghouse.org
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# Information at a Glance: Services in the Southington area

## Crisis Help Services

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<tr>
<th>Agency/Organization</th>
<th>Phone Number</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adult Crisis Response Team (CRT)</td>
<td>(860) 224-3331</td>
<td><a href="http://www.cmhacc.org">www.cmhacc.org</a></td>
</tr>
<tr>
<td>Addiction Treatment 24/7 Access Line</td>
<td>(800) 563-4086</td>
<td><a href="https://portal.ct.gov/CrisisServices">https://portal.ct.gov/CrisisServices</a></td>
</tr>
<tr>
<td>Children and Adolescent Mobile Crisis Intervention Services</td>
<td>2-1-1 then press “1”</td>
<td><a href="http://www.211ct.org">www.211ct.org</a>; <a href="http://www.empsct.org">www.empsct.org</a></td>
</tr>
<tr>
<td>Connecticut Domestic Violence Hotline</td>
<td>(888) 774-2900 English; (844) 831-9200 Español</td>
<td><a href="http://uwc.211ct.org/domestic-violencepartner-abuse/">http://uwc.211ct.org/domestic-violencepartner-abuse/</a></td>
</tr>
<tr>
<td>Connecticut Quitline (for Tobacco)</td>
<td>(800) QUIT-NOW</td>
<td><a href="http://www.quitnow.net/connecticut">www.quitnow.net/connecticut</a></td>
</tr>
<tr>
<td>(800) 784-8669</td>
<td></td>
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</tr>
<tr>
<td>Connecticut Alliance to End Sexual Violence</td>
<td>(888) 999-5545 English; (888) 568-8332 Español</td>
<td><a href="http://endsexualviolencect.org/">http://endsexualviolencect.org/</a></td>
</tr>
<tr>
<td>Crisis Text Line</td>
<td>741741. Text “HOME”</td>
<td><a href="http://www.crisistextline.org">www.crisistextline.org</a></td>
</tr>
<tr>
<td>Department of Children and Families (DCF – Emergency Line)</td>
<td>Careline - (800) 842-2288</td>
<td><a href="http://www.ct.gov/dcf">www.ct.gov/dcf</a></td>
</tr>
<tr>
<td>Disaster Distress Helpline</td>
<td>(800) 985-5990</td>
<td><a href="http://www.samhsa.gov/find-help/disaster-distress-helpline">www.samhsa.gov/find-help/disaster-distress-helpline</a></td>
</tr>
<tr>
<td>Text: “TalkWithUs” for English or “Hablanos” for Spanish to 66746. Deaf/ Hard of Hearing 1-800-985-5990</td>
<td></td>
<td></td>
</tr>
<tr>
<td>National Eating Disorders Association Helpline</td>
<td>(800) 931-2237</td>
<td><a href="https://www.nationaleatingdisorders.org/">https://www.nationaleatingdisorders.org/</a></td>
</tr>
<tr>
<td>National Human Trafficking Hotline</td>
<td>(888) 373-7888</td>
<td><a href="http://www.humantraffickinghotline.org">www.humantraffickinghotline.org</a></td>
</tr>
<tr>
<td>Text: 233733</td>
<td></td>
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<tr>
<td>Hearing and speech-impaired, dial 711</td>
<td></td>
<td></td>
</tr>
<tr>
<td>National Sexual Assault Online Hotline</td>
<td>(800) 656-4673</td>
<td><a href="https://www.rainn.org/resources">https://www.rainn.org/resources</a></td>
</tr>
<tr>
<td>National Suicide Prevention Lifeline/SUPPORT</td>
<td>988</td>
<td><a href="http://www.suicidepreventionlifeline.org">www.suicidepreventionlifeline.org</a></td>
</tr>
<tr>
<td>National Veteran Crisis Line</td>
<td>(800) 273-8255 then press “1”</td>
<td><a href="http://www.veteranscrisisline.net">www.veteranscrisisline.net</a></td>
</tr>
<tr>
<td>Police, Fire, or Medical Emergency</td>
<td>9-1-1</td>
<td>N/A</td>
</tr>
<tr>
<td>Protective Services for the Elderly</td>
<td>(888) 385-4225</td>
<td><a href="https://portal.ct.gov/DSS">https://portal.ct.gov/DSS</a></td>
</tr>
<tr>
<td>Southington Police Department</td>
<td>(860) 378-1600</td>
<td><a href="http://www.southingtonpolice.com">www.southingtonpolice.com</a></td>
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Information at a Glance (cont.):

Behavioral Health Information

<table>
<thead>
<tr>
<th>Agency/Organization</th>
<th>Phone Number</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>Infoline (statewide)</td>
<td>2-1-1</td>
<td><a href="http://www.211ct.org">www.211ct.org</a></td>
</tr>
<tr>
<td>Connecticut Behavioral Health Partnership/Value Options</td>
<td>(877)552-8247</td>
<td><a href="http://www.ctbhp.com">www.ctbhp.com</a></td>
</tr>
<tr>
<td>Connecticut Clearinghouse</td>
<td>(860) 793-9791</td>
<td><a href="http://www.ctclearinghouse.org">www.ctclearinghouse.org</a></td>
</tr>
<tr>
<td>Connecticut Network of Care for Behavioral Health</td>
<td>N/A</td>
<td><a href="http://www.connecticut.networkofcare.org">www.connecticut.networkofcare.org</a></td>
</tr>
<tr>
<td>Department of Children and Families (DCF)</td>
<td>(860) 550-6300</td>
<td><a href="http://www.ct.gov/dcf">www.ct.gov/dcf</a></td>
</tr>
<tr>
<td>Department of Mental Health and Addiction Services (DMHAS)</td>
<td>(800) 446-7348</td>
<td><a href="http://www.ct.gov/dmhas">www.ct.gov/dmhas</a></td>
</tr>
<tr>
<td>Department of Veteran Affairs</td>
<td>(866) 928-8387</td>
<td><a href="http://www.ct.gov/ctva">http://www.ct.gov/ctva</a></td>
</tr>
<tr>
<td>National Alliance on Mental Illness (NAMI)</td>
<td>(800) 215-3021</td>
<td><a href="http://www.namict.org">www.namict.org</a></td>
</tr>
</tbody>
</table>

Self-Help Groups

<table>
<thead>
<tr>
<th>Agency</th>
<th>Phone Number</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>ABC- Adjustment to Baby Challenges Support Circle:</td>
<td>(860) 233-9772</td>
<td><a href="http://www.psictchapter.com">www.psictchapter.com</a></td>
</tr>
<tr>
<td>Pregnancy &amp; Postpartum Support Group</td>
<td>x846</td>
<td>Registration Required</td>
</tr>
<tr>
<td>AL-ANON/ALATEEN (Adults and Teens) Family Groups of Connecticut</td>
<td>(888) 425-2666</td>
<td><a href="http://www.al-anon.alateen.org">www.al-anon.alateen.org</a></td>
</tr>
<tr>
<td>Alcoholics Anonymous</td>
<td>(866) 783-7712</td>
<td><a href="http://www.aa.org">www.aa.org</a></td>
</tr>
<tr>
<td>Cocaine Anonymous</td>
<td>(800) 347-8998</td>
<td><a href="http://www.ca.org">www.ca.org</a></td>
</tr>
<tr>
<td>CT Problem Gambling Hotline</td>
<td>(800) 346-6238</td>
<td><a href="http://www.gamblersanonymous.org">www.gamblersanonymous.org</a></td>
</tr>
<tr>
<td>CT Quitline (for Tobacco)</td>
<td>(800) 784-8669</td>
<td><a href="http://www.quitnow.net/ctconnecticut">www.quitnow.net/ctconnecticut</a></td>
</tr>
<tr>
<td>CT Region of Narcotics Anonymous Statewide Phone Line</td>
<td>(800) 627-3543</td>
<td><a href="http://www.ctna.org/">www.ctna.org/</a></td>
</tr>
<tr>
<td>DivorceCare</td>
<td>(800) 489-7779</td>
<td><a href="http://www.divorcecare.org">www.divorcecare.org</a></td>
</tr>
<tr>
<td>Live Well</td>
<td>(860) 628-9000</td>
<td><a href="http://www.livewell.org">www.livewell.org</a></td>
</tr>
<tr>
<td>Narcotics Anonymous</td>
<td>(818) 773-9999</td>
<td><a href="http://www.na.org">www.na.org</a></td>
</tr>
<tr>
<td></td>
<td>Extension 771</td>
<td></td>
</tr>
<tr>
<td>Overeaters Anonymous</td>
<td>N/A</td>
<td><a href="http://www.oa.org">www.oa.org</a></td>
</tr>
</tbody>
</table>

Please visit www.ctclearinghouse.org for additional self-care and other support groups.
Information at a Glance (cont.):

Community Health Services

<table>
<thead>
<tr>
<th>Agency</th>
<th>Phone Number</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>Community Health Center, Inc.</td>
<td>(860) 347-6971</td>
<td><a href="http://www.chc1.com">www.chc1.com</a></td>
</tr>
<tr>
<td>StayWell Health Center</td>
<td>(203) 756-8021</td>
<td><a href="http://www.staywellhealth.org">www.staywellhealth.org</a></td>
</tr>
<tr>
<td>Veteran Affairs Call Center</td>
<td>(203) 465-5292</td>
<td><a href="http://www.connecticut.va.gov">www.connecticut.va.gov</a></td>
</tr>
<tr>
<td>Wheeler Clinic’s Health and Wellness Centers</td>
<td>(860) 584-6555</td>
<td><a href="http://www.wheelerclinic.org">www.wheelerclinic.org</a></td>
</tr>
</tbody>
</table>

Shelter & Housing

<table>
<thead>
<tr>
<th>Agency/Organization</th>
<th>Phone Number</th>
<th>Population Served</th>
</tr>
</thead>
<tbody>
<tr>
<td>Friendship Service Center of New Britain</td>
<td>(860) 225-0211</td>
<td>Emergency housing for men, women, and children</td>
</tr>
<tr>
<td>New Opportunies Home Shelter of Meriden</td>
<td>(203) 634-1734</td>
<td>Single adults and women with children</td>
</tr>
<tr>
<td>Safe Haven of Greater Waterbury</td>
<td>(203) 575-0388</td>
<td>Women and children</td>
</tr>
<tr>
<td>Salvation Army – Emergency Shelter for Families of Waterbury</td>
<td>(203) 756-1718</td>
<td>Shelter for families</td>
</tr>
<tr>
<td>Salvation Army Homeless Shelter of New Britain</td>
<td>(860) 225-6662</td>
<td>Men 18 years and older</td>
</tr>
<tr>
<td>St. Vincent de Paul Mission Shelter of Bristol</td>
<td>(203) 589-0702</td>
<td>Single adults and women with children</td>
</tr>
<tr>
<td>St. Vincent de Paul Mission Shelter of Waterbury</td>
<td>(203) 573-9018</td>
<td>Men, women and families</td>
</tr>
</tbody>
</table>
Information at a Glance (cont.):

Food Assistance

**Bread for Life**
31 Vermont Avenue, Southington, CT 06489  
**Contact:** 860-276-8389  
**Website:** [www.southingtonbreadforlife.org](http://www.southingtonbreadforlife.org)  
**Programs:** Provides hot lunch Monday - Saturday, at 11:45 am and dinner Wednesday at 6 pm; homebound delivery available; children’s summer lunch program. No proof of income is required.

**Calendar House**
388 Pleasant Street, Southington, CT 06489  
**Contact:** (860) 621-3014  
**Website:** [www.calendarhouse.org](http://www.calendarhouse.org)  
**Programs:** Provides lunch Monday - Friday at 12:00 pm for seniors 60 years and older, $2.50/person. Must pre-register at least one day ahead.

**Faith Baptist Church**
243 Laning Street, Southington, CT 06489  
**Contact:** (860) 628-8147  
**Website:** [www.fbcsouthington.org](http://www.fbcsouthington.org)  
**Programs:** Limited food pantry available Monday - Friday, call ahead needed. No residence required—no proof of income required.

**Giving Back Food Pantry at Tabernacle Church**
1445 West Street, Southington, CT 06489  
**Contact:** (860) 276-0400  
**Website:** [www.givingbackonline.org](http://www.givingbackonline.org)  
**Programs:** Foodshare Mobile Produce Truck—every other Tuesday 9:00 am - 9:30 am; Non-Perishable Food Pantry—every other Saturday 9:30 am; No residence required—no proof of income required

**Grace United Methodist Church**
121 Pleasant Street, Southington, CT 06489  
**Contact:** (860) 628-6996  
**Website:** [www.graceumcsouthington.org](http://www.graceumcsouthington.org)  
**Programs:** Thanksgiving dinner; No income required but pre-registration is required

**Southington Community Services**
91 Norton Street, Plantsville, CT 06479  
**Contact:** (860) 628-3761  
**Website:** [www.southington.org](http://www.southington.org)  
**Programs:** Food pantry and food delivery available, Monday-Friday (town holidays off), 8:30 am - 4:30 pm. Residence required—no proof of income required

**Southington Public Schools**
200 North Main Street, Southington, CT 06489  
**Contact:** (860) 628-3286, extension 221  
**Website:** [www.southingtonschools.org](http://www.southingtonschools.org)  
**Programs:** Free and reduced breakfast and lunch for students in grades K-12. Application forms available on line and in main office of every school. Forms must be submitted EACH school year after July 1. All information kept confidential. No verification at time of application.

**WIC—Women, Infants, and Children**
91 Norton Street, Plantsville, CT 06479  
(WIC satellite office is located at Southington Community Services on last Tuesday of every month from 9:00 am - 4:00 pm)  
**Contact:** (860) 585-3000 or (800) 741-2142  
**Website:** [ct.gov/dph/wic](http://ct.gov/dph/wic)  
**Programs:** Provides supplemental foods, health care referrals, nutrition education, and breastfeeding promotion and support for pregnant and postpartum women and children under age 5.
### Information at a Glance (cont.):

## Southington Community Resources

<table>
<thead>
<tr>
<th>Agency/Organization</th>
<th>Phone Number</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calendar House Senior Center</td>
<td>(860) 621-3014</td>
<td><a href="http://www.calendarhouse.org">www.calendarhouse.org</a></td>
</tr>
<tr>
<td>Early Childhood Collaborative of Southington</td>
<td>(860) 877-4049</td>
<td><a href="http://www.southingtonearlychildhood.org">www.southingtonearlychildhood.org</a></td>
</tr>
<tr>
<td>Plainville-Southington Regional Health District</td>
<td>(860) 276-6275</td>
<td><a href="http://www.pshd.org/">www.pshd.org/</a></td>
</tr>
<tr>
<td>Southington Board of Education</td>
<td>(860) 628-3200</td>
<td><a href="http://www.southingtonschools.org">www.southingtonschools.org</a></td>
</tr>
<tr>
<td>Southington Community Services</td>
<td>(860) 628-3761</td>
<td><a href="http://www.southingtoncommunityservices.org">www.southingtoncommunityservices.org</a></td>
</tr>
<tr>
<td>Southington Public Library</td>
<td>(860) 628-0947</td>
<td><a href="http://www.southingtonlibrary.org">www.southingtonlibrary.org</a></td>
</tr>
<tr>
<td>Southington’s Town-wide Effort to Promote Success, “S.T.E.P.S.”</td>
<td>(860) 276-6285</td>
<td><a href="http://www.southingtonsteps.org">www.southingtonsteps.org</a></td>
</tr>
<tr>
<td>Southington Veterans Committee</td>
<td>(860) 276-6299</td>
<td>N/A</td>
</tr>
</tbody>
</table>
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):** A licensed 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 with drug or alcohol misuse issues. Counselors help patients through the recovery process and adopt sober lifestyles, often in residential or outpatient rehabilitation programs.

**Licensed Marriage and Family Therapist (LMFT):** A licensed individual educated with a master’s or doctoral degree, trained with a minimum of two (2) years of supervised clinical experience. LMFTs 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 can 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 (Ph.D./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 disorder 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 a mental or behavioral health intervention that has demonstrated its effectiveness as a treatment for a specific problem via empirical evidence.

**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/their 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 is the first interaction that occurs between the client and the clinician.

**Intensive Outpatient Program (IOP)** – The highest level of outpatient treatment before inpatient care. IOP is appropriate for people who need a higher level of care but are still able to function at home. It’s also ideal for patients transitioning from a more demanding treatment program to one which provides more freedom.

**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 levels of treatment.

**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. Provides more freedom than inpatient care. It is generally appropriate for people who need a higher level of care but are still able to function at home. Clients can 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. Peer support members mutually support one another to enhance each other’s mental health.

**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.
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

**Klingberg Family Centers:**
**Outpatient Services**
370 Linwood Street, New Britain, CT 06052  
157 Charter Oak Avenue, Hartford, CT  
**Contact:** (860) 515-2330  
**Website:** [www.klingberg.org](http://www.klingberg.org)  
**Description:** Klingberg Family Centers help families deal with concerns such as child behavioral problems, anxiety, depression, school difficulties, oppositional behavior, aggression, grief and loss.  
**Eligibility:** Children and adolescents ages 4-17, their parents and their siblings.  
**Admission:** For an appointment, 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 offer 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.

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**The Cove Center for Grieving Children**
1113 South Main St. Suite A Cheshire, CT 06410  
**Contact:** (203) 634-0500  
**Website:** [www.covect.org](http://www.covect.org)  
**Description:** The Cove provides family and school-based programs utilizing the peer support group concept for helping children, teens, and families work with their unsolved grief due to the death of someone significant in their lives. The Cove also provides professional development and training for adults working with children and teens.  
**Eligibility:** Families and children under 18  
**Admission:** To register, call (203) 634-0500.  
**Payment options:** No fee for the program but families signing up will be invited to make a monthly pledge for any amount. No family is ever turned away for financial reasons.  
**Languages offered:** English
Wellmore Behavioral Health:
Outpatient Services
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; 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
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.
Eligibility: All Ages
Admission: Walk-in/Open Access is available for initial assessment at the following locations (Visit online for hours, each location is different):
• 91 Northwest Drive, Plainville (Child and Adult)
• 225 North Main Street, Bristol (Child only)
• 43 Woodland, Hartford (Child and Adult)
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

**Bristol Health: Counseling Center**
420 North Main Street, Bristol, CT 06010  
Contact: (860) 583-5858  
Website: [www.bristolhealth.org](http://www.bristolhealth.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**
56 Church Street, Waterbury, CT 06702  
Contact: (203) 755-1196  
Website: [https://www.ccaoh.org/how-we-help/behavioral-health/](https://www.ccaoh.org/how-we-help/behavioral-health/)  
Description: Catholic Charities provides culturally and linguistically competent outpatient programs for adults that 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. Medication Management is also available.  
Eligibility: Ages 18 and older  
Admission: Call (203) 755-1196 for an assessment/intake. Walk-in appointments are accepted.  
Payment options: Husky, Commercial Insurance or self-pay.  
Languages offered: English and Spanish  
Other services: Elderly Outreach Counseling Program, mental health counseling for 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 10 am – 2 pm 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
98 Main Street, Southington, CT 06489
Contact: (860) 224-5267 – New Britain;
(860) 276-3975 – Southington
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 – New Britain Office
(860) 276-3970 – Southington Office
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.

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, 11:30 am-3:30 pm):
• 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](http://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 (Visit online for hours, each location is different):

- 91 Northwest Drive, Plainville (Child and Adult)
- 40 Hart St, New Britain (Adult only)
- 999 Asylum Avenue, Hartford (Adult only)
- 225 North Main Street, Bristol, Children and Adults)
- 855 Lakewood Rd, Waterbury, CT 06704

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

**Languages offered:** Bilingual staff and language line available.

**Other services:** Better 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:** http://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).

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**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

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**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 at 110 National Drive Glastonbury, CT 06033. Must call Admission’s for intake. English only.

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**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 (Visit online for hours, each location is different):
- 91 Northwest Drive, Plainville (Children and Adults)
- 225 North Main Street, Bristol (Children and Adults)
- 43 Woodland Street, Hartford (Children and Adults)

**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.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: 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 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  
98 Main Street, Southington, CT 06489  
Contact: (860) 224-5267 – New Britain  
(860) 276-3975 – Southington  
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: Must call intake line: (860) 224-5267 – New Britain Office  
(860) 276-3970 – Southington Office  
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](http://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 Intervetion 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](http://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 (Visit online for hours, each location is different):
- 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](http://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 (Visit online for hours, each location is different):
- 91 Northwest Drive, Plainville (Children and Adults)
- 225 North Main Street, Bristol (Children and Adults)
- 75 North Mountain Road, New Britain (Adults only)
- 43 Woodland Street, Hartford (Children and Adults)
**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**

**Catholic Charities, Inc.:**
Elderly Outreach Counseling Services
56 Church Street, Waterbury, CT 06702
**Contact:** (203) 755-1196
**Website:** [https://www.ccaoh.org/how-we-help/seniors/](https://www.ccaoh.org/how-we-help/seniors/)
**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 (203) 755-1196 for an appointment.
**Payment options:** No fee
**Languages offered:** English and Polish

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**Hospital of Central Connecticut:**
Department of Outpatient Psychiatry and Behavioral Health Services
73 Cedar Street, New Britain, CT 06051
98 Main Street, Southington, CT 06489
**Contact:** (860) 224-5267 – New Britain Office; (860) 276-3970 – Southington Office
**Website:** [www.thocc.org](http://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:** Must call intake line:
- (860) 224-5267 – New Britain Office
- (860) 276-3970 – Southington Office
**Payment options:** All insurance plans accepted.
**Languages offered:** English, Spanish and Polish

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**LiveWell Dementia Specialists:**
Hope Full Lives
1261 South Main Street, Plantsville, CT 06479
**Contact:** (860) 628-3025
**Website:** [www.livewell.org](http://www.livewell.org)
**Description:** Promotes overall cognitive health in older adults including memory screens, cognitive fitness classes, coaching/counseling services, and resources. Specialized services for people living with dementia include: home safety evaluations, early memory-loss support groups, education/coaching, and counseling. Specialized services for caregivers include education workshops, support groups, education/coaching, and counseling.
**Eligibility:** People interested in their own cognitive health, those with early memory loss or dementia, and caregivers.
**Admission:** Contact info@livewell.org
**Payment options:** Private Pay, Medicare, Some Commercial Insurance; Other: Grant funded, some no cost.
**Other services:** LiveWell also offers 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, and community-based services.
**Languages offered:** English
**LiveWell Dementia Specialists:**
**Managing our Minds**
1261 South Main Street, Plantsville, CT 06479  
**Contact:** (860) 628-3025  
**Website:** [www.livewell.org](http://www.livewell.org)  
**Description:** Promotes overall cognitive health in older adults. Coaching and counseling services for persons with early cognitive change and caregivers. Additional services include home safety evaluations to help older persons living with dementia to remain safe at home and provides support groups for caregivers and people with early memory loss.  
**Eligibility:** People with early memory loss and caregivers.  
**Admission:** Contact info@livewell.org  
**Payment options:** Private Pay, Medicare, Some Commercial Insurance; Other: Grant funded, some no cost.  
**Other services:** LiveWell also offers 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, and community-based services.  
**Languages offered:** English

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**Wheeler Clinic:**
**Older Adult Substance Abuse Recovery Program**
91 Northwest Drive, Plainville, CT 06062  
**Contact:** (888) 793-3500 – Navigation Center  
**Website:** [www.wheelerclinic.org](http://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 60 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, 10:00 am-5:30 pm and Friday, 9:00 am-3:30 pm):  
- 91 Northwest Drive, Plainville (Children and Adults)  
- 75 North Mountain Road, New Britain (Adults only)  
- 43 Woodland Street, Hartford (Children and Adults)  
- 225 North Main Street, Bristol (Children and Adults)  
**Payment options:** Medicaid, Medicare, private insurance, or third-party payer covers service cost. Some programs and/or services operate on a sliding fee scale.  
**Languages offered:** Language line is available for translation.

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**Town of Plainville:**
**Grandparents Program**
200 East Street, Plainville, CT 06062  
**Contact:** (860) 747-5728  
**Website:** [www.plainvillect.com](http://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
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
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: https://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
Getting the Right Help for Opioid Dependence or Withdrawal

Opioids are a class of drugs chemically similar to alkaloids found in opium poppies. Historically, they have been used as painkillers, but they also have great potential for misuse. Repeated use of opioids greatly increases the risk of developing an opioid use disorder. The use of illegal opiate drugs such as heroin as well as the misuse of legally available pain relievers such as oxycodone and hydrocodone can have serious negative health effects.

The State of Connecticut has taken action to help reduce and prevent substance use disorders. If you or someone you know who is considering treatment for opioid dependence or experiencing withdrawal, start here. Professionals are available and recovery is possible.

Connecticut’s 24/7 Addiction Treatment Access Line: (800) 563-4086
- A free, confidential, 24/7, 365 days-a-year Access Line, facilitates access to treatment for substance use disorders. Individuals from anywhere in Connecticut can call for assistance in connecting to residential detox.

Connecticut Community for Addiction Recovery (CCAR): (866) 205-9770
- Centralized recovery resources for CT. CCAR organizes the recovery community to put a face on recovery and provide recovery support services, as well as promote recovery from alcohol and other drug addiction through advocacy, education, and service.

Medication Assisted Treatment (MAT) Providers/Resources:
http://www.ctbhp.com/index.html
- Find local methadone/suboxone/Vivitrol clinics, partial hospitalization with intensive outpatient and housing, intensive outpatient (IOP), outpatient therapy/treatment, and partial hospitalization (PHP)

SAMHSA’s National Helpline: (800) 662-HELP (4357)
- A free, confidential, 24/7, 365 days-a-year treatment referral and information service (in English and Spanish) for people and families facing substance use disorders

SAMSHA’s confidential treatment locator: https://findtreatment.samhsa.gov/
- Find reputable treatment facilities near you in a quick, confidential online search

For other resources or information like Naloxone (Narcan) locations, visit www.drugfreect.org or www.ctclearinghouse.org
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](http://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:**  
Merritt Hall  
39 Tynan Circle, Middletown, CT 06457  
**Contact:** (860) 262-5000  
**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](http://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 (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: Accepts most insurance. Sliding fee is available.

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 all insurance. Sliding fee is available.

Saint Francis Hospital and Medical Center: Inpatient Behavioral Health Services
231 Ashley Street, 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

Root Center for Advanced Recovery:
1098 Farmington Avenue, Bristol, CT 06010
70 Whiting Street, New Britain, CT 06051
Contact: Bristol, (860) 589-6433; New Britain, (860) 827-3313
Website: www.rootcenter.org
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. Program also offers adolescent and adult IOP, infectious disease services, pregnancy program, and recovery planning.
Admission: Call to schedule intake appointment
Eligibility: Age 18 and older; pregnant women accepted for detox at all clinics.
Payment options: Husky HealthNet, Blue Care, Title XIX, First Choice, Community Health Network, Anthem, Aetna, UnitedHealthcare and Cigna.
Language offered: Spanish and English
Hours of Operation: Monday-Friday: 5:30am-5:00pm; Saturday: 6:00am-9:00a; Sunday: closed

Waterbury Hospital:
West Main Behavioral Health
88 Grandview Avenue, Waterbury, CT 06708
Contact: (203) 573-7097
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. Program 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: Open Access is available Monday-Friday, 8 am to 4:30 pm. Allow 3 hours for intake process.
Eligibility: Adolescents and Adults
Payment options: Accepts most commercial insurances, as well as Medicare, and Medicaid.

Rushford: Medication Assisted Treatment Program Close to Home (MATCH)
35 Tower Lane, Avon, CT 06001
680 South Main Street, Cheshire, CT 06410
110 National Drive, Glastonbury, CT 06033
883 Paddock Ave., Meriden, CT 06450
Contact: (877) 577-3233, Access Center
Website: https://rushford.org/adult-services/addiction-treatment/medication-assisted-treatment-close-to-home
Description: MATCH provides opioid recovery, intensive outpatient substance use and addiction treatment programs for adolescents and adults. The program focuses on treating adults with psychosocial and other core therapies. It includes a Working Professionals Program, where therapy sessions are offered early mornings or evenings.
Admission: Call Access 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
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; no referral needed.
**Payment options:** Accepts commercial insurance, and Husky.
**Other services:** Walden Behavioral Health has inpatient and residential treatment programs available in Waltham, MA.
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, her or their 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 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 alcoholic are welcome to attend and observe the meeting.

<table>
<thead>
<tr>
<th>Location</th>
<th>Meeting</th>
<th>Weekday</th>
<th>Time</th>
<th>Address</th>
</tr>
</thead>
</table>
| Southington | Open    | Sunday  | 7:00 PM | First Lutheran Church  
232 Bristol St  
Southington, CT 06489 |
| Southington | Open    | Tuesday | 7:30 PM | First Congregational Church  
37 Main Street  
Choir Room  
Southington, CT 06489 |
| Southington | Open    | Wednesday | 7:00 AM | First Baptist Church  
243 Laning St – Online option  
Southington, CT 06489 |
| Southington | Closed  | Wednesday | 6:45 PM | St. Paul’s Episcopal Church  
145 Main Street  
Southington, CT 06489 |
| Southington | Open    | Friday  | 9:30 AM | First Lutheran Church  
232 Bristol St  
Southington, CT 06062 |

Meeting locations and times change periodically, please [www.ct-aa.org](http://www.ct-aa.org) for updates or 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. And, 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

<table>
<thead>
<tr>
<th>Location</th>
<th>Meeting</th>
<th>Weekday</th>
<th>Time</th>
<th>Address</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bristol</td>
<td>Al-Anon</td>
<td>Thursday</td>
<td>7:00 PM</td>
<td>Zoom: <a href="https://bit.ly/2QGAyAK">https://bit.ly/2QGAyAK</a> 1-646-558-8656, 951155168#</td>
</tr>
<tr>
<td>Newington</td>
<td>Alateen</td>
<td>Thursday</td>
<td>7:30 PM</td>
<td>124 Maple Hill Avenue or via Zoom: <a href="https://bit.ly/3jKdSv7">https://bit.ly/3jKdSv7</a> 1 929 205 6099 Meeting ID: 870 3931 4106</td>
</tr>
<tr>
<td>Plainville</td>
<td>Al-Anon</td>
<td>Monday</td>
<td>10:00 AM</td>
<td>Wheeler Clinic 91 Northwest Drive Plainville, CT 06062</td>
</tr>
<tr>
<td>Southington</td>
<td>Al-Anon</td>
<td>Wednesday</td>
<td>7:30 PM Newcomers at 7:00 PM</td>
<td>Hospital of Central CT, Bradley Memorial Campus 81 Meriden Ave 1st Floor Conference Room A Southington, CT 06489</td>
</tr>
<tr>
<td>Southington</td>
<td>Al-Anon</td>
<td>Friday</td>
<td>6:00 PM</td>
<td><a href="https://us02web.zoom.us/j/84812647679">https://us02web.zoom.us/j/84812647679</a> Ph:1-646-558-8656 Mtg ID: 848 1264 7679 Passcode: 481435</td>
</tr>
</tbody>
</table>

Meeting locations and times change periodically, please visit www.ctalanon.org for updates or additional meetings.
CT Problem Gambling Services

Gamblers Anonymous is a fellowship of people who share their experiences, 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 “CTGAMB” to 53342
www.cccpg.org

Treatment Services: Region 4 (Central CT)

Wheeler Clinic, Katie Kirch, LCSW, ICGC-II
43 Woodland Street
Hartford, CT 06106
Office: (860) 782-2549
kkirch@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.

<table>
<thead>
<tr>
<th>Location</th>
<th>Meeting</th>
<th>Weekday</th>
<th>Time</th>
<th>Address</th>
</tr>
</thead>
</table>
| Waterbury    | Closed  | Wednesday | 7:00 PM | United Methodist Church
250 Country Club Road
Waterbury, CT 06708 |
| Middletown   | Closed  | Thursday  | 7:00 PM | Connecticut Valley Hospital
1000 Silver Street
Middletown, CT 06489 |
| West Hartford| Closed  | Friday   | 7:00 PM | The Universalist Church
433 Fern Street
2nd Fl, boardroom
West Hartford, CT 06107 |
| West Hartford| Closed  | Saturday | 1:00 PM | The Universalist Church
433 Fern Street
2nd Fl, boardroom
West Hartford, CT 06107 |

Meeting locations and times change periodically, please visit www.gamblersanonymous.org for updates or 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 people who are recovering from narcotic use who meet regularly to help each other maintain sobriety. 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 sober.

CT Region of Narcotics Anonymous Statewide Phone Line:
(800) 627-3543; 24 hours per day, 7 days a week
[www.ctna.org](http://www.ctna.org)

Narcotics Anonymous: (818) 773-9999 Ext. 771
[www.na.org](http://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 person with the SUD or user are welcome to attend and observe the meeting.

<table>
<thead>
<tr>
<th>Location</th>
<th>Meeting</th>
<th>Weekday</th>
<th>Time</th>
<th>Address</th>
</tr>
</thead>
<tbody>
<tr>
<td>Southington</td>
<td>Open</td>
<td>Monday</td>
<td>7:00 PM</td>
<td>Saint Paul’s Episcopal Church 145 Main Street Southington, CT 06489</td>
</tr>
<tr>
<td>Plainville</td>
<td>Open</td>
<td>Wednesday</td>
<td>7:00 PM</td>
<td>Our Lady of Mercy Parish Center 19 South Canal Street Plainville, CT 06062 (Room 107, around back)</td>
</tr>
<tr>
<td>Southington</td>
<td>Open</td>
<td>Thursday</td>
<td>7:30 PM</td>
<td>Saint Paul’s Episcopal Church 145 Main Street Southington, CT 06489</td>
</tr>
<tr>
<td>Southington</td>
<td>Open</td>
<td>Friday</td>
<td>7:30 PM</td>
<td>Faith Baptist Church 243 Laning Street Southington, CT 06489</td>
</tr>
<tr>
<td>Plainville</td>
<td>Closed</td>
<td>Saturday</td>
<td>6:30 PM</td>
<td>Congregational Church 130 West Main Street Plainville, CT 06062</td>
</tr>
</tbody>
</table>

Meeting locations and times change periodically, please visit [www.na.org](http://www.na.org) for updates or 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 eating disorder, or those who think they may have an eating disorder, and have a desire to stop, may attend and participate.

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

<table>
<thead>
<tr>
<th>Location</th>
<th>Meeting</th>
<th>Weekday</th>
<th>Time</th>
<th>Address</th>
</tr>
</thead>
<tbody>
<tr>
<td>New Britain</td>
<td>Open</td>
<td>Tuesday</td>
<td>7:00 PM</td>
<td>Online</td>
</tr>
<tr>
<td>Bristol</td>
<td>Open</td>
<td>Wednesday</td>
<td>10:00 AM</td>
<td>Online</td>
</tr>
<tr>
<td>Southington</td>
<td>Open</td>
<td>Wednesday</td>
<td>5:30 PM</td>
<td>Online</td>
</tr>
<tr>
<td>New Britain</td>
<td>Open</td>
<td>Thursday</td>
<td>7:00 PM</td>
<td>Online</td>
</tr>
<tr>
<td>Southington</td>
<td>Open</td>
<td>Friday</td>
<td>5:30 PM</td>
<td>Online</td>
</tr>
</tbody>
</table>

Meeting locations and times change periodically, please visit www.connecticutoa.org for updates or 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](http://www.Y12SR.com), and Y12SRCT on Facebook

**YOGA of 12 Step Recovery (Y12SR) Meetings:**

<table>
<thead>
<tr>
<th>Location</th>
<th>Weekday</th>
<th>Time</th>
<th>Address</th>
<th>Contact Information</th>
</tr>
</thead>
</table>
| New Haven  | Sunday  | 4:30 PM – 6:00 PM | Breathing Room Yoga Studio  
817 Chapel Street #2F  
New Haven, CT 06510 | (203) 562-5683  
[www.breathingroomct.com](http://www.breathingroomct.com) |
| New Haven  | Tuesday | 6:00 PM    | 216 Crown Street  
4th Floor, above Breathing Room Yoga  
New Haven, CT 06510 | [www.breathingroomct.com](http://www.breathingroomct.com)  
Chauncey Perreault  
chauczy@yoga4change.org |
| Newington  | Wednesday | 7:45 PM | Mindful Yoga Center  
112 Market Square  
Newington, CT | (860) 712-4489  
Mindfulyogatherapy.org |
| Thomaston  | Wednesday | 7:45 PM | Akasa  
76 Watertown Road  
2nd Floor, Suite 2  
Thomaston, CT 06787 | (860) 880-5281  
[www.akasact.com](http://www.akasact.com) |

Meeting locations and times change periodically, please visit [www.Y12SR.com](http://www.Y12SR.com) for additional meetings.
# Private Providers*

<table>
<thead>
<tr>
<th>Private Practice Groups</th>
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</thead>
<tbody>
<tr>
<td><strong>Name</strong></td>
</tr>
<tr>
<td>Apple Valley Behavioral Health</td>
</tr>
<tr>
<td>Center for Divorce and Healing</td>
</tr>
<tr>
<td>Creative Counseling Center, LLC</td>
</tr>
<tr>
<td>Cornerstone Counseling Center</td>
</tr>
<tr>
<td>Helping Hand, Healing Hearts Counseling Service, LLC</td>
</tr>
<tr>
<td>Paragon Behavioral Health, LLC</td>
</tr>
<tr>
<td>Perspectives Center for Care, Inc.</td>
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<tr>
<td>Turning Leaves Counseling, LLC</td>
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<table>
<thead>
<tr>
<th>Private Practice Clinicians</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Name</strong></td>
</tr>
<tr>
<td>Joan Cahill, LCSW</td>
</tr>
<tr>
<td>Jeffrey Davis, LCSW</td>
</tr>
<tr>
<td>Lori J. DeLeo, MAT, LMFT</td>
</tr>
<tr>
<td>Dr. Thomas Finn, PhD</td>
</tr>
<tr>
<td>June Feola, APRN</td>
</tr>
<tr>
<td>Susan Gagnon, LCSW</td>
</tr>
<tr>
<td>Melina Mansour, LMFT</td>
</tr>
<tr>
<td>Emily Tynan, APRN, PAPN</td>
</tr>
</tbody>
</table>

*This is a limited list of providers in Southington and surrounding communities. Visit Psychology Today, [www.psychologytoday.com/us](http://www.psychologytoday.com/us) for other providers.*
Local Drug Collection Drop Boxes

Many municipal police departments participate in the Medication Drop-Box Program. These drop boxes are managed by police departments. This is a confidential free service that will help protect against misuse and preserve our environment. When medications are flushed down the drain it endangers the aquatic environment and wildlife. Wastewater treatment plants are not designed to remove all medications from wastewater. Therefore, disposing medication properly will reduce the overall risk of exposure to you, your family, and the environment.

By properly disposing of unused and unwanted medications we can prevent youth misuse. According to the Partnership for a Drug Free America:

• 6 out of 10 teens agree that prescription drugs are easy to get from parents’ medicine cabinets.
• 4 out of 10 teens think that prescription drugs are safer to use than illegal drugs.

The medication drop-boxes can usually be accessed in the police department lobby anytime the department is open. Your personal information should be blacked out before you dispose of it in the drobbox.

<table>
<thead>
<tr>
<th>Active Drop Box Programs*</th>
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</thead>
<tbody>
<tr>
<td><strong>Police Department</strong></td>
</tr>
<tr>
<td>Bristol Police Department</td>
</tr>
<tr>
<td>Southington Police Department</td>
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<tr>
<td>Plainville Police Department</td>
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<tr>
<td>Cheshire Police Union</td>
</tr>
<tr>
<td>Meriden Police Department</td>
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<tr>
<td>Wolcott Police Department</td>
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<tr>
<td>Newington Police Department</td>
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</tbody>
</table>

*Visit [www.ct.gov/dropbox](http://www.ct.gov/dropbox) for additional locations or contact the Connecticut Department of Consumer Protection Prescription Monitoring Program at (860) 713-6073.

**Items Accepted**: Over-the-counter medications, prescription medications, medication samples, medications for household pets, medicated lotions, or ointments.

**Items Not Accepted**: Needles or other “sharps”, hazardous waste, thermometers, personal care products (e.g. nonmedicated shampoo, soap, etc.)
Transportation Services

CT Transit – CT FASTRAK

The 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.

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 in the Community (AIC). This service does not include outpatient services. However, if you are seeking treatment for a substance use disorder and need transportation to a treatment facility or are leaving residential treatment and need transportation to community services contact the Access Line at (800) 563-4086, anytime. There is no eligibility associated with this transportation service.

DIAL-A-RIDE

DIAL-A-RIDE bus provides transportation at no charge for Southington residents aged 55 & over and for people with disabilities. Their primary objective is to provide the service that you need in a timely and reasonable manner. Call (860) 621-3014 to make your appointment.

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-2:30pm. Monday through Friday rides are provided to & from Calendar House for lunch, activities, programs & appointments.

Out-of-town medical transportation will be provided as follows:

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 the out-of-town schedule.

Senior Transportation Services Inc.

Senior Transportation Services Inc.’s mission is to help adults ages 55 and over live independently in their own homes by providing safe, reliable, and economical out-of-town medical transportation. It serves the following communities: Berlin, Meriden, New Britain, Plainville, Southington, and Wallingford. Clients must be fully ambulatory, complete an application and a 10-day notice is required for all rides. For more information, call (860) 224-7117 or email seniortransportationservices@yahoo.com.
# Advocacy and Support

<table>
<thead>
<tr>
<th>Agency/Organization</th>
<th>Purpose/Mission</th>
<th>Phone Number</th>
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<tbody>
<tr>
<td>Access Health CT</td>
<td>To increase the number of insured residents, improve health care quality, lower costs, and reduce health disparities.</td>
<td>(855) 805-4325</td>
<td>accesshealthct.com</td>
</tr>
<tr>
<td>Advocacy Unlimited, Inc.</td>
<td>Provides comprehensive recovery &amp; advocacy education for people with or in recovery from mental health and/or addiction issues.</td>
<td>(860) 573-6929</td>
<td><a href="https://advocacyunlimited.org/">https://advocacyunlimited.org/</a></td>
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<tr>
<td>American Job Center (AJC)</td>
<td>A partnership of organizations, working as a team, to promote a universal approach to providing effective workforce assistance to job seekers and businesses. Comprehensive and Affiliate AJC’s are located throughout the state and recommend scheduling an appointment as walk in service is limited..</td>
<td>(203) 867-4030</td>
<td><a href="http://www.ctdol.state.ct.us/ajc/americanjobcenters.htm">http://www.ctdol.state.ct.us/ajc/americanjobcenters.htm</a></td>
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<tr>
<td>Autism Services &amp; Resources Connecticut</td>
<td>Works to educate and empower individuals and families affected by autism while providing advocacy, training, and family support.</td>
<td>(203) 265-7717</td>
<td>ct-asrc.org</td>
</tr>
<tr>
<td>Commission of Human Rights and Opportunities</td>
<td>Eliminates discrimination through civil and human rights law enforcement and to establish equal opportunity and justice for all persons within the state through advocacy and education.</td>
<td>(860) 541-3400</td>
<td>ct.gov/chro/site/defult.asp</td>
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<tr>
<td>Community Partners in Action</td>
<td>Community Partners in Action focuses on behavioral change and advocates for criminal justice reform. Their employment, basic needs, reentry, and recovery services work together to reduce recidivism, enhance public safety and inform policy – all at a fraction of the cost of prison. In partnership with the State of Connecticut, U.S. government, private funders, organizations, and businesses, they work to make a positive impact in the lives of adults and youth throughout Connecticut.</td>
<td>(860) 566-2030</td>
<td><a href="http://www.cpa-ct.org">www.cpa-ct.org</a></td>
</tr>
<tr>
<td>Connecticut Coalition Against Domestic Violence</td>
<td>Works to improve social conditions and lead Connecticut’s response to intimate partner violence through policy, advocacy, public awareness, technical assistance, and training. Provides critical support to victims including counseling, support groups, emergency shelter, court advocacy, safety planning, and lethality assessment.</td>
<td>(888) 774-2900</td>
<td>ctcadv.org</td>
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<tr>
<td>Connecticut Coalition Against Trafficking (CTCAT)</td>
<td>Raises awareness of human trafficking in the State of Connecticut and coordinates services that support victims. CTCAT offers specialized training on prevention, victim identification, legal, and social services available to victims in the state.</td>
<td>(888) 373-7888</td>
<td>N/A</td>
</tr>
<tr>
<td>Connecticut Coalition to End Homelessness</td>
<td>Creates change through leadership, advocacy, and building the capacity of members and the field to respond to environmental challenges. Their collective mission is to prevent and end homelessness in Connecticut.</td>
<td>(860) 721-7876</td>
<td>cceh.org</td>
</tr>
<tr>
<td>Connecticut Commission on Women, Children and Seniors (CWCS)</td>
<td>CWCS is a non-partisan arm of the Connecticut General Assembly. As staff to the legislature, the CWCS researches best practices, coordinates stakeholders, and promotes public policies that are in the best interest of Connecticut’s underserved and underrepresented women, children, and older adults.</td>
<td>(860) 240-1475</td>
<td><a href="https://ctcwcs.com/">https://ctcwcs.com/</a></td>
</tr>
<tr>
<td>Connecticut Community for Addiction Recovery (CCAR)</td>
<td>Promotes recovery from alcohol and other drug addiction through advocacy, education, and service. CCAR strives to end discrimination surrounding addiction and recovery, open new doors and remove barriers to recovery, maintain and sustain recovery regardless of the pathway, all the while ensuring that all people in recovery, and people seeking recovery, are treated with dignity and respect.</td>
<td>(866) 205-9770</td>
<td>ccar.us/</td>
</tr>
<tr>
<td>Connecticut Department of Veterans Affairs, Office of Advocacy and Assistance</td>
<td>Provides information on state-wide veteran programs. Assists with navigating the many services available for veterans.</td>
<td>(860) 616-3600</td>
<td>portal.ct.gov/DVA</td>
</tr>
<tr>
<td>Connecticut Fair Housing Advocacy Center</td>
<td>To ensure that all people have equal access to housing opportunities in Connecticut, free from discrimination.</td>
<td>(860) 247-4400</td>
<td>ctfairhousing.org</td>
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<tr>
<td>Connecticut Housing Finance Authority</td>
<td>To alleviate the shortage of housing for low-to moderate-income families and people in this state and, when appropriate, to promote or maintain the economic development of this state through employer-assisted housing efforts.</td>
<td>(860)721-9501 Text to Own: (844) CT1-HOME (844) 281-4663</td>
<td>chfa.org</td>
</tr>
<tr>
<td>Connecticut Parent Advocacy Center</td>
<td>A statewide nonprofit organization that offers information and support to families of children with any disability or chronic illness, age birth through 26.</td>
<td>(860) 739-3089</td>
<td>cpacinc.org</td>
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<td>Connecticut Suicide Advisory Board (CTSAB)</td>
<td>A network of diverse advocates, educators, and leaders concerned with addressing the problem of suicide with a focus on prevention, intervention, and health and wellness promotion.</td>
<td>(860) 418-6801</td>
<td>preventsuicidect.org/</td>
</tr>
<tr>
<td>Face and Voices of Recovery</td>
<td>Dedicated to organizing and mobilizing the over 23 million Americans in recovery from addiction to alcohol and other drugs, our families, friends, and allies into recovery community organizations and networks, to promote the right and resources to recover through advocacy, education, and demonstrating the power and proof of long-term recovery.</td>
<td>(202) 737-0690</td>
<td>facesandvoiceofrecovery.org/</td>
</tr>
<tr>
<td>Favor Connecticut</td>
<td>A statewide family-led, nonprofit 501(c)(3) organization that is committed to empowering families as advocates and partners in improving educational and health outcomes for our children. FAVOR offers a single place for families with children who have medical, mental, emotional, and behavioral health challenges to find information, assistance, and training.</td>
<td>(860) 563-3232</td>
<td>favor-ct.org/</td>
</tr>
<tr>
<td>GLSEN – Gay, Lesbian &amp; Straight Education</td>
<td>To create safe and affirming schools for all, regardless of sexual orientation, gender identity, or gender expression.</td>
<td>(203) 533-9613</td>
<td>glsen.org</td>
</tr>
<tr>
<td>NAFI CT, Inc.</td>
<td>Provides programming, consultation, and individualized support services to youth, families, and adults in a variety of settings. Foster care, developmental services, and treatment for individuals with developmental needs, residential treatment, in-home services, and consultation are the broad scope divisions that make up NAFI CT. From high levels of residential care to in-home individualized wrap-around services, NAFI’s continuum of services are visible throughout rural, suburban, and urban communities across Connecticut.</td>
<td>(860) 284-1177</td>
<td><a href="https://www.nafict.org/">https://www.nafict.org/</a></td>
</tr>
<tr>
<td>National Alliance on Mental Illness (NAMI)</td>
<td>The nation’s largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness through educational programs, public policy, NAMI HelpLine, and public awareness events with help from hundreds of local affiliates, state organizations and volunteers.</td>
<td>(800) 950-6264</td>
<td>namict.org/</td>
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<td>PFLAG</td>
<td>Committed to advancing equality and full societal affirmation of LGBTQ people through its threefold mission of support, education, and advocacy.</td>
<td>(860) 785-0909</td>
<td>pflaghartford.org/</td>
</tr>
<tr>
<td>Statewide Legal Service of Connecticut</td>
<td>Provides free advice for low-income people with legal problems.</td>
<td>(860) 344-0380</td>
<td>slsct.org</td>
</tr>
<tr>
<td>The ARC of Southington</td>
<td>Provides advocacy, education, information and referral, and an array of quality and individualized services and supports to people of all ages with intellectual disabilities, and their families.</td>
<td>(860) 628-9220</td>
<td>thearcct.org</td>
</tr>
<tr>
<td>The Governor’s Prevention Partnership</td>
<td>Equips, empowers, and connects organizations, communities, and families to prevent substance abuse, underage drinking, and violence among youth and promotes positive outcomes for all young people in Connecticut.</td>
<td>(860)523-8042</td>
<td><a href="http://www.preventionworksct.org/">www.preventionworksct.org/</a></td>
</tr>
<tr>
<td>The Office of Healthcare Advocate (OHA)</td>
<td>Helps Connecticut residents Obtain and advocate for individual healthcare, and to Ensure residents are covered for their healthcare needs.</td>
<td>(860) 628-9220</td>
<td><a href="http://www.ct.gov/oha/site/default.asp">www.ct.gov/oha/site/default.asp</a></td>
</tr>
<tr>
<td>TriCircle, Inc.</td>
<td>Provides resources for people and families affected by substance use disorders. Through education, research, and community engagement they are dedicated to providing the tools that build strong futures.</td>
<td>(860) 349-7074</td>
<td>tricircleinc.com/</td>
</tr>
<tr>
<td>Turning Point Connecticut</td>
<td>Developed by young people in Connecticut who are in recovery from mental health and substance use issues. By utilizing their lived experiences their goal is to provide information and support to help other young people.</td>
<td>(800) 273-8255</td>
<td>turningpointct.org/</td>
</tr>
</tbody>
</table>
Online Consumer Health Resources

Defining medical words and verifying spellings

**MedlinePlus.gov** – Home page offers a medical dictionary. Click on the Drugs and Supplements tab on the left of the homepage screen to browse drug names alphabetically.

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Health News Sources

- **HealthDay**
- **Medical News Today**
- **Kaiser Health News**
- **Science Daily**

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General or Background Information on Conditions

**MedlinePlus.gov** – Click on the Health Topics tab to browse conditions alphabetically or by body system.

**Merck Manual Consumer Version** – peer-reviewed content written by 100’s of medical experts in easy-to-understand language. Browse medical topics, drugs, and symptoms.

**Mayo Clinic** – Information on disease and conditions symptom checker, tests and procedures, drugs and supplements. All content written by Mayo Clinic health professionals.

**National Institute on Aging** – Health and wellness topics of interest to older adults. Printable brochures in English and Spanish. Navigate site in Spanish too.

**Women’sHealth.gov** – fact sheets and resource links on topics ranging from acne to yeast infections.

**KidsHealth.org** – Articles written for parents, young children and teens on health, behavior, and child development. Pediatrician reviewed.

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Nutrition

**American Academy of Nutrition and Dietetics** – resources for healthy eating. Locate a dietitian near you.


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Drugs, Herbals, and Nutritional Supplements

**ClinicalTrials.gov** – find clinical trials of approved and investigational drugs.

**DailyMed.com** – Package inserts for FDA-approved prescription drugs.

**Dietary Supplements Labels Database** – information from manufacturer’s labels for on- and off-market products. Search by ingredient, product name, or manufacturer.

**Drugs.com** – Comprehensive information on prescription and OTC medications and natural products sold in the U.S. Pill identifier, interactions, veterinary drugs, price comparisons, coupons, and more.

**FDA.gov** – Best resource for drug recalls and approvals. Agency approves all drugs, biologics, and vaccines approved for marketing.

**GoodRx.com** – compare retail drug prices. Coupons.

**MotherToBaby** – information on the effects of medications, herbals, and other exposures on the pregnant woman and her child.

**National Center for Complementary and Integrative Health** – brief fact sheets with information on herbs and botanicals.
National Institutes of Health Office of Dietary Supplements – evidence-based information on vitamins, minerals, herbs and other dietary supplements.

NLM Drug Information Portal – Link to different databases covering 49,000 drugs from entry in clinical trials through FDA approval and into the marketplace. Prescription, OTC, supplements, investigational drugs, and drugs of abuse.

Verified Internet Pharmacy Practice Sites – Use this site to find safe and legitimate online pharmacies.

Finding a Health Professional

American Osteopathic Association – basic information on board-certified osteopathic physicians.

Connecticut Department of Public Health Licensing Database – profiles of physicians licensed in CT. Includes disciplinary actions, sanctions, and lawsuits. Database also indicates license status of other health professionals.

HealthFinder.gov – find databases of physicians, dentists, and other healthcare providers.

Healthgrades – search for physicians by specialty or procedure. Basic information plus legal actions and fines, and patient ratings.

MedlinePlus.gov – Use the “Directories” link from the homepage to find doctors, dentists, and many other types of health professionals.

Overseas Medical Help – the state department offers guidance for finding a physician or hospital overseas.

Physician Compare – search for physicians who accept Medicare by specialty, practice or body part. Includes hospital affiliations.

U.S. News and World Report Doctor Finder – basic information on over 800,000 licensed, practicing physicians in the U.S.

Diagnostic Tests and Procedures

Lab Tests Online – learn why lab tests are ordered and what the results mean.

RadiologyInfo.org – Covers over 200 diagnostic, interventional radiology, nuclear medicine, and radiation therapy tests and procedures.

Information provided by Lyman Maynard Stowe Library at UConn Health, visit https://lib.uconn.edu/health/ or call (860) 679-3808 for more information.
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 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 the following organizations for their support of the Southington Health Outreach Project:

- Apple Valley Behavioral Health
- Bradley H. Barnes & Leila U. Barnes Memorial Trust at Main Street Community Foundation
- Bread for Life
- Calendar House Senior Center
- Catholic Charities
- Commission on Disabilities
- Community Mental Health Affiliates
- DePaolo Family Foundation
- Early Childhood Collaborative of Southington
- Hartford HealthCare
- Lisa Inc.
- Live Well
- Plainville-Southington Regional Health District
- Southington Housing Authority
- Southington Community YMCA
- Southington Pediatric 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.”
- Town of Southington Veterans Committee
- 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 an endorsement, nor does omission of a resource signify disapproval.

For revisions or to add your organization, please email Holly Hansen, Senior Community Health Outreach Coordinator of the Southington Health Outreach Project at hrhansen@wheelerclinic.org.

Information current as of 7/2022