

SOUTHINGTON Behavioral Health Resource Directory

Third Edition, 2022

Main Street
COMMUNITY FOUNDATION



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

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.

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 and/or via telehealth 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 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

ACTION Line –
(Adult Crisis Telephone Intervention and Options Network)
For adults in distress who are 18 years of age or older
24 hours a day, 365 days a year
(800) HOPE-135 (1-800-467-3135)

National Suicide Prevention Lifeline –
24 hours a day, 365 days a year
9-8-8
988lifeline.org

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

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

Connecticut Clearinghouse –
(800) 232-4424
www.ctclearinghouse.org

Acknowledgements

The Bradley H. Barnes & Leila U. Barnes Memorial Trust at Main Street Community Foundation awarded Wheeler Health, 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
UConn Health
United Way of Southington
Wheeler Health

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.

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Information at a Glance: Services in the Southington area

Crisis Help Services

AGENCY/ORGANIZATION	PHONE NUMBER	WEBSITE
Addiction Treatment 24/7 Access Line	(800) 563-4086	https://portal.ct.gov/CrisisServices
Adult Crisis Response Team (CRT)	(860) 224-3331	www.cmhacc.org
Children and Adolescent Mobile Crisis Intervention Services	2-1-1 then press "1"	www.211ct.org www.empsct.org
Connecticut Alliance to End Sexual Violence	(888) 999-5545 English; (888) 568-8332 Español	endsexualviolencect.org
Connecticut Quitline (for Tobacco)	(800) QUIT-NOW (800) 784-8669	www.quitnow.net/connecticut
Connecticut SafeConnect (IPV/ DV hotline)	(888) 774-2900	ctsafefconnect.com
Crisis Text Line	741741 Text "HOME"	www.crisistextline.org
Department of Children and Families (DCF – Emergency Line)	Careline - (800) 842-2288	www.ct.gov/dcf
Disaster Distress Helpline	(800) 985-5990 Text: "TalkWithUs" for English or "Hablanos" for Spanish to 66746. Deaf/ Hard of Hearing 1-800-985-5990	www.samhsa.gov/find-help/disaster-distress-helpline
National Eating Disorders Association Helpline	(800) 931-2237	https://www.nationaleatingdisorders.org/
National Human Trafficking Hotline	(888) 373-7888 Text: 233733 Hearing and speech-impaired, dial 711	www.humantraffickinghotline.org
National Sexual Assault Hotline	(800) 656-4673	www.rainn.org/resources
National Suicide Prevention Lifeline	9-8-8	988lifeline.org
National Veteran Crisis Line	(800) 273-8255 then press "1"	www.veteranscrisisline.net
Police, Fire, or Medical Emergency	9-1-1	N/A
Protective Services for the Elderly	(888) 385-4225	https://portal.ct.gov/DSS
Southington Police Department	(860) 378-1600	www.southingtonpolice.com

Information at a Glance (cont.):

Behavioral Health Information

AGENCY/ORGANIZATION	PHONE NUMBER	WEBSITE
Infoline (statewide)	2-1-1	www.211ct.org
Connecticut Behavioral Health Partnership/Value Options	(877) 552-8247	www.ctbhp.com
Connecticut Clearinghouse	(860) 793-9791	www.ctclearinghouse.org
Connecticut Network of Care for Behavioral Health	N/A	www.connecticut.networkofcare.org
Department of Children and Families (DCF)	(860) 550-6300	www.ct.gov/dcf
Department of Mental Health and Addiction Services (DMHAS)	(800) 446-7348	www.ct.gov/dmhas
Department of Veteran Affairs	(866) 928-8387	http://www.ct.gov/ctva
National Alliance on Mental Illness (NAMI)	(800) 215-3021	www.namict.org
Amplify, Inc.	(860) 667-6388	Amplifyct.org

Self-Help Groups

AGENCY	PHONE NUMBER	WEBSITE
ABC- Adjustment to Baby Challenges Support Circle: Pregnancy & Postpartum Support Group	(860) 233-9772 x846	www.psictchapter.com Registration Required
AL-ANON/ALATEEN (Adults and Teens) Family Groups of Connecticut	(888) 425-2666	www.al-anon.alateen.org
Alcoholics Anonymous	(866) 783-7712	www.aa.org
Cocaine Anonymous	(800) 347-8998	www.ca.org
CT Problem Gambling Hotline	(800) 346-6238	www.gamblersanonymous.org
CT Quitline (for Tobacco)	(800) 784-8669	www.quitnow.net/connecticut
CT Region of Narcotics Anonymous Statewide Phone Line	(800) 627-3543	www.ctna.org/
DivorceCare	(800) 489-7779	www.divorcecare.org
Live Well	(860) 628-9000	www.livewell.org
Military Support Program	(866) 251-2913	www.ct.gov/dmhas/cwp/view.asp?q=453942
Narcotics Anonymous	(818) 773-9999 Extension 771	www.na.org
Overeaters Anonymous	N/A	www.oa.org
Please visit www.ctclearinghouse.org for additional self-care and other support groups.		

Information at a Glance (cont.):

Community Health Services

AGENCY	PHONE NUMBER	WEBSITE
Community Health Center, Inc.	(860) 347-6971	www.chc1.com
StayWell Health Center	(203) 756-8021	www.staywellhealth.org
Veteran Affairs Call Center	(203) 465-5292	www.connecticut.va.gov
Wheeler's Health and Wellness Centers	(888) 793-3500	www.wheelerclinic.org

Shelter & Housing

Must call 2-1-1, Option 3 for initial intake to a shelter (housing may not be available for a couple weeks)		
AGENCY/ORGANIZATION	PHONE NUMBER	POPULATION SERVED
Friendship Service Center of New Britain	(860) 225-0211	Emergency housing for men, women, and children
New Opportunies Home Shelter of Meriden	(203) 634-1734	Single adults and women with children
Prudence Crandall Center	(888) 774-2900	Emergency shelter home and wrap-around support services to women, men and children who have experienced domestic violence
Safe Haven of Greater Waterbury	(203) 575-0388	Women and children
Salvation Army – Emergency Shelter for Families of Waterbury	(203) 756-1718	Shelter for families
Salvation Army Homeless Shelter of New Britain	(860) 225-6662	Men 18 years and older
Southington Public Library	(860) 628-0947	Heating and Cooling center during open hours when the governor enacts extreme weather protocols
St. Vincent de Paul Mission Shelter of Bristol	(203) 589-0702	Single adults and women with children
St. Vincent de Paul Mission Shelter of Waterbury	(203) 573-9018	Men, women and families

Information at a Glance (cont.):

Food Assistance

Bread for Life

31 Vermont Avenue, Southington, CT 06489

Contact: 860-276-8389

Website: www.southingtonbreadforlife.org

Programs: Provides hot lunch Monday -Friday, at 11:45 am; 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

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

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

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

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

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

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

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

AGENCY/ORGANIZATION	PHONE NUMBER	WEBSITE
Calendar House Senior Center	(860) 621-3014	www.calendarhouse.org
Early Childhood Collaborative of Southington	(860) 877-4049	www.southingtonearlychildhood.org
Main Street Community Foundation	(860) 583-6363	www.mainstreetfoundation.org
Plainville-Southington Regional Health District	(860) 276-6275	www.pshd.org
Southington Board of Education	(860) 628-3200	www.southingtonschools.org
Southington Community Services	(860) 628-3761	www.southingtoncommunityservices.org
Southington Public Library	(860) 628-0947	www.southingtonlibrary.org
Southington's Town-wide Effort to Promote Success, "S.T.E.P.S."	(860) 276-6285	www.southingtonsteps.org
Southington Youth Services	(860) 276-6281	https://www.southington.org/departments/youth_services/index.php
Southington Veterans Committee	(860) 276-6299	N/A
Southington Community YMCA	(860) 628-5597	www.sccymca.org

Behavioral Health Glossary

Behavioral Health Professionals:

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

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

Licensed Clinical Social Worker (LCSW) – 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 use 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 – When a person has any combination of two or more substance use disorders 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. PHP 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 community. Peer support members mutually support one another to enhance each other's mental health.

Behavioral Health Glossary (cont.)

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



Community Mental Health Affiliates (CMHA):

Outpatient Behavioral Health Services

233 Main Street, New Britain, CT 06051

255 Bank Street, Waterbury, CT 06702

Contact: (860) 224- 8192, referrals@cmhacc.org

Website: www.cmhacc.org

Description: CMHA's child & adolescent outpatient therapy program offers individual, family, and group outpatient services and psychiatric medication supports. Master level clinicians utilize evidence based treatment models to help clients manage symptom of anxiety, depression, school/academic concerns, substance abuse, and trauma exposure.

Eligibility: Clinic accepts referrals for children/adolescents up to age 17

Admission: (860) 224-8192, referrals@cmhacc.org.

Payment Options: Medicaid and most insurances. Provides a sliding fee based on income.

Languages offered: English, Spanish, and Polish

The Cove Center for Grieving Children

1113 South Main St. Suite A Cheshire, CT 06410

Contact: (203) 634-0500

Website: 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

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

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.

UConn Health Southington:
The Child and Family Development Program

1115 West St, Southington, CT 06489

Contact: (860) 523-3700

Website: Coming soon

Description: The program offers several different parent groups, including those that help parents manage child behavior problems, groups that improve parent-child emotion connections through leaders certified in the “Tuning in to Kids” and “Tuning in to Teens” programs that teach emotionally-intelligent parenting, and support groups for parents of children/teens with neurodevelopmental disorders, especially Autistic Spectrum Disorders. Referral to UConn’s child psychiatry physicians is facilitated through this program. Educational resources – the program includes the creation of a lending library for children, adolescents, and families that includes a variety of printed resources relevant to mental health and children’s social and emotional health and development. Also included is a program website, that will house a repository of evidence-based informational and educational handouts, websites, podcasts, and videos for youth and parents. School personnel training – our program also will offer training and create a resource repository for school professionals. This includes assessment materials, treatment manuals/worksheets, and other materials to facilitate education, training, and resource sharing as well as a series of training webinars on the use of evidence-based assessment and intervention for school professionals.

Eligibility: Parents of youth 5-17, youth 5-17

Admission: Must call (860) 523-3745 for intake.

Payment options: No fee; Support for this project is provided by the Bradley H. Barnes & Leila U. Barnes Memorial Trust at the Main Street Community Foundation.

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 Health:
Outpatient Services

91 Northwest Drive, Plainville, CT 06062

Contact: (888) 793-3500 – Navigation Center

Website: www.wheelerclinic.org

Description: Wheeler 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 services are available.

- 225 North Main St, Bristol
- 43 Woodland St, Hartford
- 91 Northwest Drive, Plainville
- 40 Hart Street, New Britain
- 855 Lakewood Rd, Waterbury

Visit

<https://www.wheelerclinic.org/patients/access-care> for more information

Payment options: Wheeler participates with most state and commercial insurance plans. A sliding fee scale system is in place to adjust costs based on a patient's ability to pay.

Languages offered: Bilingual staff and language line available.

Wheeler Health:

Walk With Me Program

91 Northwest Drive, Plainville, CT 06062

Contact: (888) 793-3500 – Navigation Center

Email: WalkWithMe@wheelerclinic.org

Website: www.wheelerclinic.org

Description: Walk with Me is a specialized outpatient treatment track for LGBTQ+ identifying people of all ages who are seeking therapeutic, medical, and/or peer support to address their specific needs

Eligibility: All ages

Admission: Walk-in services are available.

- 43 Woodland St, Hartford
- 91 Northwest Drive, Plainville
- 855 Lakewood Rd, Waterbury- Online

Payment options: Medicaid, Medicare, private insurance, or third-party payer covers service cost. A sliding fee scale is available.

Languages offered: Language line is available for translation.



Mental Health Services: Adult

Bristol Health: Counseling Center

420 North Main Street, Bristol, CT 06010

Contact: (860) 583-5858

Website: 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/>

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 (CMHA):

Adult Outpatient Behavioral Health Services

233 Main Street, New Britain, CT 06051

255 Bank Street, Waterbury, CT 06702

Contact: (860) 224-8192, referrals@cmhacc.org

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 inclusion, autonomy, and confidentiality.

CMHA's Open Access Center provides immediate access to treatment on a walk in basis at our 233 Main Street headquarters on Monday from 1-4 pm, Wednesday from 8 am-1 pm, and Friday from 9 am- 2:30 pm.

Eligibility: Co-ed, Ages 18 and older

Admission: (860)224-8192, referrals@cmhacc.org.

Payment Options: Accepts all insurances.

Provides a sliding fee based on income.

Languages offered: English, Spanish, and Polish

Other services: Adult Intensive Outpatient (IOP) program provides coordinated care for persons with co-occurring mental health and substance abuse challenges to reduce symptoms, prevent relapse and improve overall functioning. Program services include symptom management, recovery enhancement, group therapy, psychiatric services, coordination of care, and step-down services.

CMHA's Behavioral Health Home program aims to improve the quality of life for participants by coordinating integrated primary and behavioral health care, wellness education, and tobacco cessation. These services are provided in conjunction with outpatient treatment and are available for all Medicaid clients.

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 use 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 use and mental health treatment for individuals living and working in their own communities. Individuals with substance use 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 use disorders, 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 Health:
Outpatient Services

91 Northwest Drive, Plainville, CT 06062
Contact: (888) 793-3500 – Navigation Center, Appointments, and Information
Website: www.wheelerclinic.org

Description: Wheeler 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 services are available.

- 225 North Main St, Bristol
- 43 Woodland St, Hartford
- 91 Northwest Drive, Plainville
- 40 Hart Street, New Britain
- 855 Lakewood Rd, Waterbury

Payment options: Wheeler participates with most state and commercial insurance plans. A sliding fee scale system is in place to adjust costs based on a patient’s ability to pay.

Languages offered: Bilingual staff and language line available.

Wheeler Health:
Walk With Me Program

91 Northwest Drive, Plainville, CT 06062
Contact: (888) 793-3500 – Navigation Center
Email: WalkWithMe@wheelerclinic.org
Website: www.wheelerclinic.org

Description: Walk with Me is a specialized outpatient treatment track for LGBTQ+ identifying people of all ages who are seeking therapeutic, medical, and/or peer support to address their specific needs

Eligibility: Ages 10 and older

Admission: Walk-in services are available.

- 43 Woodland St, Hartford
- 91 Northwest Drive, Plainville
- 855 Lakewood Rd, Waterbury- Online

Payment options: Medicaid, Medicare, private insurance, or third-party payer covers service cost. A sliding fee scale is available.

Languages offered: Language line is available for translation.



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).

Family Intervention Center:

Outpatient Services

51 Lakeside Blvd. E., Waterbury, CT 06708

Contact: (203) 753-2153

Website: www.familyinterventioncenterct.com

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

Eligibility: Ages 11 and older

Admission: Call for an appointment

Payment options: Set fee

Languages offered: French, Portuguese, English and Spanish

Rushford:

Outpatient Addiction Treatment

883 Paddock Avenue, Meriden, CT 06450

Contact: (877) 577-3233

Website: www.rushford.org

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

Eligibility: Ages 13-18

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

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

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

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

Wellmore Behavioral Health:

Adolescent Outpatient Substance Abuse Treatment Program

402 East Main Street, Waterbury, CT 06702

Contact: (203) 756-7287

Website: www.wellmore.org

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

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

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

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

Payment options: Accepts most commercial and state insurance.

Languages Offered: English and Spanish

Wheeler Health:
Dialectical Behavioral Therapy
(Substance Misuse)

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 services are available.

- 225 North Main St, Bristol
- 43 Woodland St, Hartford
- 91 Northwest Drive, Plainville
- 40 Hart Street, New Britain
- 855 Lakewood Rd, Waterbury

Payment options: Wheeler participates with most state and commercial insurance plans. A sliding fee scale system is in place to adjust costs based on a patient's ability to pay.

Languages offered: Bilingual staff and language line available.



Substance Use Services: Adult

Family Intervention Center:

Substance Use Services

51 Lakeside Blvd. E., Waterbury, CT 06708

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

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

Eligibility: Ages 18-65

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

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

Languages offered: English and Spanish

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

Wellmore Behavioral Health:

Intensive Outpatient Program

141 East Main Street, Waterbury, CT 06702

Contact: (203) 755-1143

Website: www.wellmore.org

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

Eligibility: Ages 18 and older

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

- 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 Health:

Substance Use Counseling

91 Northwest Drive, Plainville, CT 06062

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

Website: www.wheelerclinic.org

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

Eligibility: Ages 18 and older

Admission: Walk-in services are available.

- 225 North Main St, Bristol
- 43 Woodland St, Hartford
- 91 Northwest Drive, Plainville
- 40 Hart Street, New Britain
- 855 Lakewood Rd, Waterbury

Payment options: Wheeler participates with most state and commercial insurance plans. A sliding fee scale system is in place to adjust costs based on a patient's ability to pay.



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/>

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

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

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

LiveWell Dementia Specialists:

Hope Full Lives

1261 South Main Street, Plantsville, CT 06479

Contact: (860) 628-3025

Website: 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

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

Town of Plainville:

Grandparents Program

200 East Street, Plainville, CT 06062

Contact: (860) 747-5728

Website: www.plainvillect.com

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

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

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)
- Wheeler offers a medication-assisted treatment for opioid and alcohol use at their Bristol, Hartford, New Britain, Plainville, and Waterbury Family Health and Wellness Centers.

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

NORA App: egov.ct.gov/norasaves/

- NORA is a free app from the Connecticut Department of Public Health. Use NORA to prevent, treat, and report opioid overdose

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

Description: Inpatient 3-5 day alcohol detox treatment.

Admission: Emergency Room

Eligibility: Age 18 and older

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

Connecticut Valley Hospital:

Hearing Impaired Treatment Services

500 Vine Street, Hartford, CT, 06112

Contact: (860) 262-5000

Website:

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

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

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

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

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

Connecticut Valley Hospital:

Merritt Hall

39 Tynan Circle, Middletown, CT 06457

Contact: (860) 262-5000

Website:

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

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

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

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

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

Cornell Scott Hill Health Center:

South Central Rehabilitation Center

232 Cedar Street, New Haven, CT 06519

Contact: (203) 503-3300

Website: www.cornellscott.org

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

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

Eligibility: Resident of Connecticut; Ages 18 and older.

Payment options: Accepts state insurance.

Intercommunity Recovery Centers: Detoxification Center

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

Contact: (860) 714-3701

Website: www.intercommunityct.org

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

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

Eligibility: Ages 18 and older

Payment options: Set fee

Natchaug Hospital: Inpatient Treatment

189 Storrs Road, Mansfield Center, CT 06250

Contact: (800) 426-7792

Website: www.natchaug.org

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

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

Eligibility: Ages 18 and older

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

Rushford: Inpatient Detoxification and Outpatient Substance Treatment

1250 Silver Street, Middletown, CT 06457

Contact: (877) 577-3233

Website: www.rushford.org

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

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

Eligibility: Ages 18 and older

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

Saint Francis Hospital and Medical Center: Inpatient Behavioral Health Services

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

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.

LOCATION	MEETING	WEEKDAY	TIME	ADDRESS
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 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

LOCATION	MEETING	WEEKDAY	TIME	ADDRESS
Bristol	Al-Anon	Thursday	7:00 PM	Zoom: https://bit.ly/2QGAYAK 1-646-558-8656, 951155168#
Newington	Alateen	Thursday	7:30 PM	124 Maple Hill Avenue or via Zoom: https://bit.ly/3jKdSv7 1 929 205 6099 Meeting ID: 870 3931 4106
Plainville	Al-Anon	Monday	10:00 AM	Wheeler 91 Northwest Drive Plainville, CT 06062
Southington	Al-Anon	Wednesday	7:30 PM Newcomers at 7:00 PM	Hospital of Central CT, Bradley Memorial Campus 81 Meriden Ave 1 st Floor Conference Room A Southington, CT 06489
Southington	Al-Anon	Friday	6:00 PM	https://us02web.zoom.us/j/84812647679 Ph:1-646-558-8656 Mtg ID: 848 1264 7679 Passcode: 481435

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.ccpog.org

Treatment Services: Region 4 (Central CT)

Wheeler Better Choice Gambling Treatment Program

Serves individuals in Avon, Berlin, Bristol, Burlington, Farmington, New Britain, Plainville, Plymouth, Southington, Glastonbury, East Hartford, Hartford, Manchester, Rockville, South Windsor and Vernon

Locations: 43 Woodland Street Hartford, CT 06105; 10 Main Street Bristol, CT 06010; 40 Hart Street New Britain, CT 06052

Katie Kirch LCSW, ICGC II, BACC
 Clinical Supervisor
 860.692.8857 or Wheeler's Navigation Center: 888.793.3500
WheelerHealth.org/BetterChoice

Gambling Anonymous (GA) Meetings:

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

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

LOCATION	MEETING	WEEKDAY	TIME	ADDRESS
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 2 nd Fl, boardroom West Hartford, CT 06107
West Hartford	Closed	Saturday	1:00 PM	The Universalist Church 433 Fern Street 2 nd 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

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

Narcotics Anonymous (NA) Meetings:

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

“Open Meeting”: Spouses, family, and friends, of the person with the SUD or user are welcome to attend and observe the meeting.

LOCATION	MEETING	WEEKDAY	TIME	ADDRESS
Southington	Open	Monday	7:00 PM	Saint Paul’s Episcopal Church 145 Main Street Southington, CT 06489
Plainville	Open	Wednesday	7:00 PM	Our Lady of Mercy Parish Center 19 South Canal Street Plainville, CT 06062 (Room 107, around back)
Southington	Open	Thursday	7:30 PM	Saint Paul’s Episcopal Church 145 Main Street Southington, CT 06489
Southington	Open	Friday	7:30 PM	Faith Baptist Church 243 Laning Street Southington, CT 06489
Plainville	Closed	Saturday	6:30 PM	Congregational Church 130 West Main Street Plainville, CT 06062

Meeting locations and times change periodically, please visit 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.

LOCATION	MEETING	WEEKDAY	TIME	ADDRESS
New Britain	Open	Tuesday	7:00 PM	Online
Bristol	Open	Wednesday	10:00 AM	Online
Southington	Open	Wednesday	5:30 PM	Online
New Britain	Open	Thursday	7:00 PM	Online
Southington	Open	Friday	5:30 PM	Online

Meeting locations and times change periodically, please visit www.connecticutoa.org for updates or additional meetings.

SMART Recovery

SMART stands for Self-Management and Recovery Training. SMART Recovery’s approach to behavioral change is built around our 4-Point Program®: (1) Building and maintaining the motivation to change. (2) Coping with urges to use. (3) Managing thoughts, feelings, and behaviors in an effective way without addictive behaviors. (4) Living a balanced, positive, and healthy life.

SMART Recovery’s 4-Point Program is the organization’s flagship secular program **servicing those with an addictive behavior, including both substance and activity/process addictions such as issues with gambling, sexual maladaptive behavior, eating behaviors, self-harm, etc.**

SMART Recovery offers various meetings including All Welcome, Men, Women, LGBTQ+, Military/Veterans and First Responders, Medical/Mental Health Professionals, Teens/College-Age or meetings that focus specifically on the tools of the program such as “Tool Time”.

SMART Recovery Meetings:

Meeting Finder for local or local online meetings
<https://meetings.smartrecovery.org/meetings/location/>

Meeting Finder for online and specialty meetings
<https://www.smartrecovery.org/community/calendar.php>

Access to 24/7 Chat and Forums
<https://www.smartrecovery.org/community/>

Access the SMART Recovery App that has the program tools, lists of local meetings that you can access easily through the app, the SMART Recovery Podcast and other sources of inspiration (for Apple or Android phones)
<https://www.smartrecovery.org/smart-recovery-mobile-app/>

Link for Youth and Young Adult Meetings (online or virtual) in Connecticut
<https://www.youthrecoveryct.org/find-a-meeting/>

LOCATION	MEETING	WEEKDAY	TIME	ADDRESS
Hartford	All Welcome	Tuesday	1:30 PM	Hands On Hartford 55 Bartholomew Ave, Hartford, CT, 06106
Waterbury	All Welcome	Wednesday	2:00 PM	255 Bank St. 4th floor, Waterbury, CT, 06702
Hamden	All Welcome	Thursday	5:30 PM	Whitneyville Cultural Commons 1253 Whitney Ave., Hamden, Connecticut, 06517 *In person for fully vaccinated, online option available as well
New Haven	All Welcome	Saturday	10:00 AM	https://smartrecovery.zoom.us/j/707229812 Dial into one of Zoom's access numbers (+16699006833, +19294362866) and enter the meeting number: 707229812

Meeting locations and times change periodically, please <https://meetings.smartrecovery.org/> for updates

SMART Recovery Family and Friends Program

Are you looking for resources to help you support someone struggling with addiction? Is someone else's addiction negatively affecting you? Perhaps you're seeking an alternative to tough love? SMART Recovery Family and Friends Meetings provide effective, easy-to-learn tools for this situation and just for you.

Our methods are based on the tools of SMART Recovery and CRAFT Therapy (Community Reinforcement and Family Training). Our meetings — available both in-person and online — provide concerned significant others the tools they need to effectively support their loved one, without supporting the addictive behavior. These tools also help family and friends better cope with their loved one's situation and regain their peace of mind.

SMART Recovery Family and Friends Meetings:

Meeting Finder for local or local online meetings (filter your search by choosing "Family and Friends" under the "Program" options) <https://meetings.smartrecovery.org/meetings/location/>

Meeting Finder for online meetings (Family and Friends meetings are easy to find because they are written in pink on the schedule) <https://www.smartrecovery.org/community/calendar.php>

LOCATION	MEETING	WEEKDAY	TIME	ADDRESS
Hartford	All Welcome	Monday	4:00 PM	Join Zoom Meeting https://smartrecovery.zoom.us/j/946 6424 6520 Meeting ID: 946 6424 6520
Westport	All Welcome	Monday	5:00 PM	Join Zoom Meeting https://smartrecovery.zoom.us/j/99346638064 Meeting ID: 993 4663 8064
Hamden	All Welcome	Monday	6:30 PM	Zoom: https://yale.zoom.us/j/636287458 Meeting ID: 636 287 458
Waterbury	All Welcome	Thursday	5:00 PM	Waterbury Youth Services 83 Prospect Street, Waterbury, CT 06702

Meeting locations and times change periodically, please <https://meetings.smartrecovery.org/> for updates

Y12SR – YOGA OF 12-STEP RECOVERY

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

Visit www.Y12SR.com, and Y12SRCT on Facebook

YOGA of 12 Step Recovery (Y12SR) Meetings:

LOCATION	WEEKDAY	TIME	ADDRESS	CONTACT INFORMATION
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
New Haven	Tuesday	6:00 PM	216 Crown Street 4th Floor, above Breathing Room Yoga New Haven, CT 06510	www.breathingroomct.com Chaucey Perreault chaucey@yoga4change.org
Newington	Wednesday	7:45 PM	Mindful Yoga Center 112 Market Square Newington, CT	(860) 712-4489 Mindfullyogatherapy.org
Thomaston	Wednesday	7:45 PM	Akasa 76 Watertown Road 2 nd Floor, Suite 2i Thomaston, CT 06787	(860) 880-5281 www.akasact.com

Meeting locations and times change periodically, please visit www.Y12SR.com for additional meetings.

Private Providers*

PRIVATE PRACTICE GROUPS			
Name	Address	Contact Information	Age Groups Served
Apple Valley Behavioral Health	791 South Main Street Plantsville, CT 06479	(860) 378-8090 support@applevalleybh.com	All Ages
Center for Divorce and Healing	100 Queen Street, Suite 4C Southington, CT 06489	(860) 406-7484	All Ages
Creative Counseling Center, LLC	416 Highland Avenue Cheshire, CT 06410	(203) 439-2588	Ages 16+
Cornerstone Counseling Center	160 Meriden Waterbury Turnpike Plantsville, CT 06479	(860) 863-1001	Ages 4+
Helping Hand, Healing Hearts Counseling Service, LLC	56 Center Street, 2 nd Floor Southington, CT 06489	(203) 340-4653	Trans competent/LGBTQ specialty, 12+
Paragon Behavioral Health, LLC	26 Chamberlain Highway Kensington, CT 06037	(860) 893-0040	Ages 13+
Perspectives Center for Care, Inc.	341 West Street, Suite B Plantsville, CT 06479	(860) 276-3000 Ext. 301	Ages 6+
Turning Leaves Counseling, LLC	735 Meriden Waterbury Road, Southington, CT 06489	(203) 930-1013	Ages 18+
Hop Brook Counseling Center	1187 Queen Street Southington, CT 06489	203-518-5380	All Ages

PRIVATE PRACTICE CLINICIANS			
Name	Address	Contact Information	Age Groups Served
Joan Cahill, LCSW	51 North Main Street, Suite 2D Southington, CT 06489	(860) 628-3963	Ages 12-65+
Jeffrey Davis, LCSW	790 South Main Street, Suite 1 Plantsville, CT 06479	(203) 525-3513	Ages 21+
Lori J. DeLeo, MAT, LMFT	790 South Main Street, Suite 1 Plantsville, CT 06479	(203) 910-4596	Ages 18+
Dr. Thomas Finn, PhD	176 North Main Street Southington, CT 06489	(860) 628-6523	Ages 2+
David Pecirep, MS, LPC	209 Main Street, Suite #1-A Southington, CT 06489	(860) 800-4758	Ages 5 -Young Adult
Susan Gagnon, LCSW	51 North Main Street, Suite 3B Southington, CT 06489	(860) 384-9104	Ages 10+
Melina Mansour, LMFT	51 North Main Street, Suite 2D Southington, CT 06489	(860) 378-9605	Ages 17+
Emily Tynan, APRN, PAPN	15 Cornerstone Court Plantsville, CT 06479	(860) 426-2412	Ages 6-90+

*This is a limited list of providers in Southington and surrounding communities. Visit Psychology Today, 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 drobox.

ACTIVE DROP BOX PROGRAMS*	
Police Department	Address
Bristol Police Department	131 North Main Street, Bristol, CT 06010
Southington Police Department	69 Lazy Lane, Southington, CT 06489
Plainville Police Department	19 Neal Court, Plainville, CT 06062
Cheshire Police Union	500 Highland Avenue, Cheshire, CT 06410
Meriden Police Department	50 West Main Street, Meriden, CT 06451
Wolcott Police Department	225 Nichols Road, Wolcott, CT 06716
Newington Police Department	131 Cedar Street, Newington, CT 06111

*Visit 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, visit their website at www.seniorrides.org, call (860) 224-7117 or email seniortransportationserives@yahoo.com.

Advocacy and Support

AGENCY/ORGANIZATION	PURPOSE/MISSION	PHONE NUMBER	WEBSITE
Access Health CT	To increase the number of insured residents, improve health care quality, lower costs, and reduce health disparities.	(855) 805-4325	accesshealthct.com
Advocacy Unlimited, Inc.	Provides comprehensive recovery and advocacy education for people with or in recovery from mental health and/or addiction issues.	(860) 573- 6929	https://advocacyunlimited.org/
American Job Center (AJC)	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.	(203) 867-4030	http://www.ctdol.state.ct.us/ajc/americanjobcenters.htm
Autism Services & Resources Connecticut	Works to educate and empower individuals and families affected by autism while providing advocacy, training, and family support.	(203) 265-7717	ct-asrc.org
Commission of Human Rights and Opportunities	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.	(860) 541-3400	ct.gov/chro/site/default.asp
Community Partners in Action	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.	(860) 566-2030	www.cpa-ct.org
Connecticut Coalition Against Trafficking (CTCAT)	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.	(888) 373-7888	N/A
Connecticut Coalition to End Homelessness	Creates change through leadership, advocacy, and building the capacity of members and the field to respond to	(860) 721-7876	cceh.org

	environmental challenges. Their collective mission is to prevent and end homelessness in Connecticut.		
Connecticut Commission on Women, Children and Seniors (CWCS)	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.	(860) 240-1475	https://ctcwcs.com/
Connecticut Community for Addiction Recovery (CCAR)	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.	(866) 205-9770	ccar.us/
Connecticut Department of Veterans Affairs, Office of Advocacy and Assistance	Provides information on state-wide veteran programs. Assists with navigating the many services available for veterans.	(860) 616-3600	portal.ct.gov/DVA
Connecticut Fair Housing Advocacy Center	To ensure that all people have equal access to housing opportunities in Connecticut, free from discrimination.	(860) 247-4400	ctfairhousing.org
Connecticut Housing Finance Authority	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.	(860)721-9501 Text to Own: (844) CT1-HOME (844) 281-4663	chfa.org
Connecticut Parent Advocacy Center	A statewide nonprofit organization that offers information and support to families of children with any disability or chronic illness, age birth through 26.	(860) 739-3089	cpacinc.org
Connecticut Suicide Advisory Board (CTSAB)	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.	(860) 418-6801	preventsuicidect.org/
Face and Voices of Recovery	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	(202) 737-0690	facesandvoicesofrecovery.org/

	demonstrating the power and proof of long-term recovery.		
Favor Connecticut	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.	(860) 563-3232	favor-ct.org/
GLSEN – Gay, Lesbian & Straight Education	To create safe and affirming schools for all, regardless of sexual orientation, gender identity, or gender expression.	(203) 533-9613	glsen.org
NAFI CT, Inc.	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.	(860) 284-1177	https://www.nafict.org/
National Alliance on Mental Illness (NAMI)	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.	(800) 950-6264	namict.org/
PFLAG	Committed to advancing equality and full societal affirmation of LGBTQ people through its threefold mission of support, education, and advocacy.	(860) 785-0909	pflaghartford.org/
Prudence Crandall Center, Inc. (PCC)	PCC is dedicated to helping individuals achieve lives free of domestic violence by providing Care, Advocacy, Support, and Education. PCC’s vision is a skilled, well-resourced, and compassionate team providing coordinated, comprehensive, high-impact services.	(860) 225-5187	Prudencecrandall.org
Statewide Legal Service of Connecticut	Provides free advice for low-income people with legal problems.	(860) 344-0380	slsct.org

The ARC of Southington	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.	(860) 628-9220	thearcct.org
The Governor's Prevention Partnership	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.	(860) 523-8042	www.preventionworksct.org/
The Office of Healthcare Advocate (OHA)	Helps Connecticut residents obtain and advocate for individual healthcare, and to ensure residents are covered for their healthcare needs.	(866) 466-4446	www.ct.gov/oha/site/default.asp
TriCircle, Inc.	Provides resources for people and families affected by substance use disorders. Through education, research, and community engagement they provide the tools that build strong futures. They provide clinical services via Telehealth, as well as support groups for loved ones that are affected by substance use disorder.	(860) 349-7074	tricircleinc.com/
Turning Point Connecticut	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.	(800) 273-8255	turningpointct.org/

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.

Health News Sources

[HealthDay](#) [Medical News Today](#)
[Kaiser Health News](#) [Science Daily](#)

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.

Nutrition

[American Academy of Nutrition and Dietetics](#) – resources for healthy eating. Locate a dietitian near you.

[Nutrition.gov](#) – Government information on food and nutrition. Food composition database.

Drugs, Herbs, 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, herbs, 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.

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.

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 US.



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