

# Services for You at CHR!

## Here's a look at some of CHR's services in our community:

**Outpatient Care:** CHR offers personalized outpatient therapy to help children and families resolve issues related to family conflict, illness, problems in school, and more. Services include a thorough assessment and the development of individualized treatment plans to treat conditions such as depression, anxiety, parenting support and other issues. Crisis intervention and intensive services are also available.

**Care Coordination:** CHR offers expert services to connect families with community-based support services. CHR arranges for services, coordinates care, provides follow-up and advocates for families.

**Positive Parenting Program:** This is an in-home program that helps parents with children up to 17 years old, learn healthy parenting skills. Families are paired with parent educators who visit the home on a weekly basis to provide education, counseling and training.

**Functional Family Therapy:** This is a short-term family therapy program that is offered in the family's home. In an environment of respect and with a commitment to making positive changes, the goal of the program is to strengthen relationships between family members, improve communication and problem solving skills.

**Intensive In-Home Child and Adolescent Psychiatric Service (IICAPS):** This service is uniquely designed for families with a child who is returning home from a psychiatric-related hospitalization; is at-risk of hospitalization; or needs more care than is available through traditional outpatient services. Families are involved in all treatment planning and follow-up.

**Multi-dimensional Family Therapy:** This is a specialized service for children ages 9 to 18 who have substance use issues. This clinical program was designed to strengthen the parenting role in families and improve communication between the parent and child.



*CHR, a non-profit, comprehensive behavioral healthcare system, offers many programs in our community to help children and families thrive. For your convenience, services are offered in CHR's nearby office in Enfield on Hazard Avenue and some are available in your home. All care is provided by specially trained professionals who are committed to helping your child reach their full potential.*



## Adolescent Substance Use (ACRA)

Teens who use drugs and alcohol need support, skills, motivation and opportunities to make better choices. We help get them on the **right track**.

Being a teenager today is tough—and some teens turn to substance use. Our Adolescent Substance Abuse Treatment is a six-month program designed to help teens replace alcohol or drug use with positive social activities and behaviors. By helping teens understand how substance use is negatively impacting their lives, we work with them to set goals, learn new skills and make positive choices.

### PRACTICAL SKILLS FOR POSITIVE CHANGE

We use a highly successful **Adolescent Community Reinforcement Approach** (A-CRA) to treat teens, aged 12 – 18, who are dealing with substance use and dependency. Teens learn new ways of handling problems without drugs and alcohol by focusing on the rewards of staying substance free. Sessions cover a range of skills such as problem solving, communication, understanding the role of substance abuse in their lives and drug refusal. We encourage active participation in appropriate activities. Having skills and positive activities reinforces sobriety by meeting important life needs in a healthy way. The majority of adolescents participating in the program show significant improvements in their behavior.

Treatment begins with a comprehensive assessment followed by 10-12 individual sessions (3 months). These sessions include looking at the place drug and alcohol use has in their present life and its impact on their future. Enrolled teens will learn and practice new skills, making positive choices and setting goals. Parent and family sessions are part of the treatment.

The second phase of treatment (3 months) reinforces skills learned by practicing them in the real world. This phase adds case management, home visits, and support in the community.

### ADOLESCENT SUBSTANCE ABUSE TREATMENT GOALS INCLUDE:

- Increasing and reinforcing involvement in positive behaviors
- Finding healthy peer groups and activities
- Promoting abstinence and preventing relapse
- Teaching teens how to communicate effectively
- Helping families and caregivers to change the cycle of negative interactions with their teens, understanding how their behavior and communication impacts adolescents' substance use

### CONVENIENT LOCATIONS

#### BLOOMFIELD

693 BLOOMFIELD AVENUE, SUITE 101  
BLOOMFIELD • CT 06002

#### ENFIELD

153 HAZARD AVENUE  
ENFIELD • CT 06082

#### MANCHESTER

THE CENTER FOR HEALTH & WELLNESS  
444 CENTER STREET

### CALL TOLL FREE

1.877.884.3571 OR VISIT [WWW.CHRHEALTH.ORG](http://WWW.CHRHEALTH.ORG)

LICENSED BY DCF AND DPH, ACCREDITED BY THE JOINT COMMISSION

