



# New Life Program at CHR's Center of Excellence for Women / Women and Children

Being a new mother while struggling with a substance use issue can feel like too much to handle. At CHR's New Life Program we are here to provide help, hope and support so that women can realize that **new beginnings are within reach.**

## PROGRAM DESCRIPTION:

The New Life Program for Women and Children is a residential treatment program offering intermediate level of care for women with infants and toddlers and/or expectant mothers with a history of substance use and mental health issues. New Life helps women achieve recovery and maintain a healthy lifestyle with a focus on developing effective parenting skills. Mothers and children are able to stay 4-6 months, based on each woman's individualized treatment plan. Methadone services are available through our Pathways Medication Assisted Treatment Program. Our comprehensive services are recovery-oriented, gender-responsive and trauma-informed. New Life is part of CHR's Center of Excellence for Women/Women and Children located at our Putnam campus.

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## THE PROGRAM INCLUDES:

- **Parenting and Infant/Child Services and Supports** - Treatment includes an emphasis on parenting skills, developing a system of support, child development and care-taking, skill building, and addressing feelings over past parenting activities.
- **Individual and Group Counseling** - These sessions address and advance the goals of individualized care plans. Groups are scheduled daily and focus on co-occurring disorders through our trauma-informed, gender responsive curriculum. Additionally, women are educated on how to connect with AA/NA supports to obtain a sponsor and support resources.
- **Independent Living Skills** - Mothers and their children participate in the community through medical appointments, shopping trips, and exploring sober leisure activities in order to practice their independent living skills while being supported by staff so they may return to a life of recovery in their communities.
- **Family-Centered Interventions** - We help facilitate interventions that address all members in the family and include efforts to improve relationships with significant others, including partners, parents, siblings, children and caretakers. These family interventions can be an important part of the woman's preparation for long-term recovery.

FOR AVAILABILITY OF SERVICES IN YOUR AREA, CALL CHR'S  
TRIAGE CENTER:  
1.877.884.3571 OR VISIT [WWW.CHRHEALTH.ORG](http://WWW.CHRHEALTH.ORG)  
LICENSED BY DPH, ACCREDITED BY THE JOINT COMMISSION



## WE'RE READY TO HELP

CHR accepts referrals from parents, guardians, family members and friends. We also take referrals from schools, hospitals, private providers, primary care physicians, pediatricians, community agencies and emergency service personnel, to name a few. We also welcome self-referrals.

CHR accepts HUSKY Part B, Medicare and most major health insurances as partial or full payment for services.

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## A NETWORK OF SUPPORT

### 24-Hour On-Call Emergency Professional Coverage

#### Crisis Intervention and Support

#### Outpatient Services (Adult, Child and Family)

- Clinical and psychiatric assessments
- Evaluation, treatment recommendations and medication management
- Individual, family and group therapy
- Treatment of depression, anxiety and other psychological problems
- Substance use assessment and treatment

#### Child and Family Specialty Programs

- Trauma-Focused Cognitive Behavioral Therapy
- Adolescent Community Reinforcement Approach
- Foster Care
- Community Support for Families

#### Child and Family In-Home Services

- Functional Family Therapy
- Intensive In-Home Child & Adolescent Psychiatric Service
- Multi-Dimensional Family Therapy

#### Adult Services

- Intensive Outpatient/IOP Plus
- Residential Substance Use Treatment Program
- Community Support and Rehabilitation Programs
- MAT for Opiate Dependence

#### Adult In-Home Services

- Mobile Crisis Response Team
- Assertive Community Treatment

#### Primary Care and Wellness Services

- Whole Health and Behavioral Health Home

#### Housing Services

- Residential, Outreach and Supportive Housing Programs

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## CONVENIENT LOCATIONS

### BLOOMFIELD

693 BLOOMFIELD AVENUE, SUITE 101  
BLOOMFIELD • CT 06002

### DANIELSON

71 WESTCOTT ROAD  
DANIELSON • CT 06239

### ENFIELD

153 HAZARD AVENUE  
ENFIELD • CT 06082

### HARTFORD

999 ASYLUM AVENUE, SUITE 502  
HARTFORD • CT 06105

### EAST HARTFORD

474 SCHOOL STREET  
EAST HARTFORD • CT 06108

### MANCHESTER

THE CENTER FOR HEALTH & WELLNESS  
444 CENTER STREET  
MANCHESTER • CT 06040

### MANSFIELD

7B LEDGEBROOK DRIVE  
MANSFIELD • CT 06250

### MIDDLETOWN

955 SOUTH MAIN STREET  
MIDDLETOWN • CT 06457

### NORWICH

55 MAIN STREET, SUITE 410  
NORWICH • CT 06360

### PUTNAM

391 POMFRET STREET  
PUTNAM • CT 06260

### WILLIMANTIC

1310 MAIN STREET  
WILLIMANTIC • CT 06226

### WILLIMANTIC

1491 WEST MAIN STREET  
WILLIMANTIC • CT 06226

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