



# Roots to Recovery: A Holistic Approach to Substance Use Treatment

Building a new life in recovery from substance use is a powerful journey. CHR gives you Real Hope and helps you plant strong roots for health and continued growth.

## PROGRAM DESCRIPTION:

Roots to Recovery: A Holistic Approach to Substance Use Treatment (R2R) is an intermediate, 24/7 residential treatment for men in need of a structured environment to continue building upon their recovery skills. With 14 beds, and a variable length of stay from 90 to 180 days, R2R provides a broad range of trauma-informed programs and services, including aftercare planning and referrals. As part of the CHR behavioral healthcare system, clients have access to a broad range of recovery-oriented services.

## INDIVIDUALIZED CARE PLANS:

Personalized care plans are developed at orientation, intake and assessment and adjusted, as needed. Structured daily treatment schedules may include:

- Individualized counseling
- Group therapy
- Psychiatric assessment and consultation

## ADMISSION PROCEDURE:

R2R can be reached during regular business hours to schedule a phone screening; clients are admitted seven days a week. We accept all insurance including Medicaid.

## CALL US:

- Phone: 860-456-1769, ext. 5
- Fax: 860-450-0144

## R2R STAFF:

Sonia Heim, CAC, LADC, Program Director  
Brian McMahon, Residential Case Manager  
Miguel Olmo, BA, Residential Counselor

FOR GENERAL AGENCY INFORMATION OR TO  
ACCESS OUR ASSESSMENT CENTER CALL:  
1.877.884.3571 OR VISIT [WWW.CHRHEALTH.ORG](http://WWW.CHRHEALTH.ORG)

LICENSED BY DPH, ACCREDITED BY THE JOINT COMMISSION



REAL LIFE. REAL HOPE.

## 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 Medicaid, HUSKY Part A & 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 abuse 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 Abuse Treatment Program
- Community Support and Rehabilitation Programs
- Opiate Treatment Program (Methadone and Suboxone treatment)

### Adult In-Home Services

- Mobile Crisis Response Team
- Assertive Community Treatment

### 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

### LATINO CLINIC

30 ARBOR STREET  
HARTFORD • CT 06106

### CHARTER OAK HEALTH CENTER

21 GRAND STREET  
HARTFORD • CT 06106

### 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

433 VALLEY STREET  
WILLIMANTIC • CT 06226

### WILLIMANTIC

1491 WEST MAIN STREET  
WILLIMANTIC • CT 06226

FOR AVAILABILITY OF SERVICES IN YOUR AREA, CALL CHR'S  
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