



# Functional Family Therapy (FFT)

We understand there are issues that threaten to pull families apart. CHR can **provide hope** and positive

Sometimes families need a helping hand. That's why CHR helps families build strong and healthy relationships. Our Functional Family Therapy (FFT) is a short-term, family therapy program that can take place in your home or community. We help strengthen relationships between your family members, and improve communication and problem solving skills. Our structured program focuses on real solutions unique to the needs of your family. FFT offers lasting change for families who can't reach results with traditional family therapies. From significant decreases in violent behavior to reduced high-risk behavior of siblings, families utilizing FFT see positive outcomes are possible.

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## CHR'S FUNCTIONAL FAMILY THERAPY FOCUSES ON:

- Developing family communication and supportiveness
- Improving school performance and behavior in the home
- Decreasing negative feelings and reducing blame
- Understanding the importance of respecting all family members
- Making positive changes and promoting effective solutions

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## WE CAN MAKE A DIFFERENCE

Our goal is clear—to prevent removal from the home and to help youth end or prevent involvement with the juvenile justice system. FFT is a proven and effective approach found to be useful for youths ages 11 – 18, and their families. This includes children with significant behavioral issues, mental health diagnoses or substance abuse problems. To be considered, youth must be living at home with his or her family, who must also be willing to participate.

## HERE IS WHAT OUR CLIENTS AND THEIR FAMILIES ARE SAYING:

“I have only praise for our experience.”

“CHR gave me more confidence as a mother and as a person.”

“A constant feeling of support; the therapists were an amazing team.”

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



## 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
- MAT for Opiate Dependence

Adult In-Home Services

- Mobile Crisis Response Team
- Assertive Community Treatment

Primary Care and Wellness Services

- Whole Health, Behavioral Health Home and Charter Oak Health Center

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

### 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  
ASSESSMENT CENTER AT 1.877.884.3571 OR VISIT [WWW.CHRHEALTH.ORG](http://WWW.CHRHEALTH.ORG)