



Intensive Outpatient Programs for Adults

Living with behavioral health issues is a deeply personal struggle. At CHR we believe there is hope through support and recovery.

Gaining control of your life is possible through CHR's specialized Intensive Outpatient Programs (IOP) for adults struggling with mental illness, substance abuse, depression and post-traumatic stress disorder. The IOP programs offer a high level of treatment and care that is trauma-sensitive and gender-responsive for three hours per day and up to four days per week. We help individuals reach recovery and find hope through group therapy, education about mental illness and substance use, cognitive and behavioral coping strategies, family interventions and medication management. These programs are open to individual's families for education, support and collaboration in treatment planning and run for approximately 4-5 weeks.

Women's Intensive Outpatient Program:

The Women's IOP is a gender-responsive and trauma-sensitive treatment program. The services are provided by female therapists who are experts in how trauma effects women's behavioral health due to cultural and social circumstances. Therapeutic interventions are provided in a caring and empowering environment to engage women in gaining wisdom and strength to make decisions that enhance growth and health. Women who experience addiction, relationship stressors and mental health symptoms that interfere with personal goals will benefit from this program.

Men's Intensive Outpatient Program:

The Men's IOP is a gender-responsive and trauma-sensitive treatment program. The services are provided by male therapists who are experts in how trauma effects men's behavioral health due to cultural and social circumstances. Therapeutic interventions are provided in an environment that is sensitive to how traditional gender role expectations shape male clients beliefs, values, and expectations for treatment. Men who experience addiction, relationship stressors, and mental health symptoms that interfere with personal goals will benefit from the program.

Intensive Outpatient Program for Men and Women:

This program intervenes to prevent individuals' behavioral health symptoms from progressing or relapsing. Individuals discharging from inpatient psychiatric or substance use treatment can use this program to help transition back into the community.

Please call our Assessment Center at 1.877.88.HELP1 for information on where IOP treatment is offered and to schedule an appointment.



CALL TOLL FREE

1.877.884.3571 OR VISIT 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 Medicaid, HUSKY Part A & Part B, Medicare and most major health insurances as partial or full payment for services.

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

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