



Multidimensional Family Therapy (MDFT)

Youth struggling with substance abuse shouldn't feel like drugs and alcohol are their only escape. CHR offers **hope** for a better path.

When a child is struggling with substance abuse, other behavioral problems are usually in play. In fact, adolescents often use alcohol or drugs as a way to get away from other problems. Our Multidimensional Family Therapy (MDFT) is an in-home, family-focused substance abuse recovery program for adolescents and their families. We help families focus on real solutions for immediate and practical changes at home and in school. We understand that substance abuse and behavioral problems are interrelated and cannot be treated separately. Designed to help reduce the influences that place youths at risk for substance abuse, MDFT teaches families how to understand their child's difficulties and the factors that contribute to them. By promoting a healthy self-image, families also learn how to best support their child.

RESULTS WITHIN REACH

MDFT is recognized as one of the most effective interventions for youth ages 9-18 who have substance abuse problems and other behavior including, disrespect and disobedience, aggression and problems at school. According to a SAMHSA report, **93 percent** of youth receiving MDFT reported no substance-related problems one year after treatment. **95 percent** of families receiving services from CHR felt that their child got the help he/she needed. Our goal is to help adolescents improve relationships with family and peers, and make healthier choices.

YOUTH PARTICIPATING IN MDFT HAVE ALSO SHOWN:

- Improved relationships with their parents
- A reduced range of psychiatric symptoms
- Improved school involvement and positive peer relations

PARENTS AND GUARDIANS WHO TAKE PART IN MDFT HAVE SHOWN:

- Improved relationships with their child
- Increased involvement in their teen's everyday life
- Improved parenting skills and decreased stress
- Empowerment to address the needs of their child

CALL TOLL FREE

1.877.884.3571 OR VISIT 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, 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

- Enfield Family Medicine, Behavioral Health Home, Charter Oak Health Center, and First Choice Health Centers

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