



## Milestone at CHR's Center of Excellence for Women / Women and Children

Recovery from substance use is a journey. CHR is with you every step of the way to finding **Real Hope**, well-being and stability.

### PROGRAM DESCRIPTION:

Milestone is Connecticut's only intensive, short-term residential substance use treatment center exclusively for individuals who identify as women with co-occurring disorders. Our comprehensive services are recovery-oriented, gender-responsive and trauma-informed with the goal of helping women find real hope for recovery. Milestone offers individual and group counseling, case management and aftercare planning services. Treatment is individualized and centered around healing and wellness, essential to moving forward towards employment, housing and family stability. Milestone is part of CHR's Center of Excellence for Women/Women and Children located at our Putnam campus.

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### INDIVIDUALIZED CARE PLANS:

- **Individual and Group Counseling** - These sessions advance the goals of individualized treatment plans for women, addressing addiction, trauma and mental health issues.
- **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. Family interventions are an important aspect of each client's recovery.
- **Life-Skills Activities** - Activities include; health education and development of self-care plans, health promoting lifestyle interventions, personal care and life skills, employment skills, parenting support and improving family relationships.
- **After-Care Planning** - After-care planning is a major focus of treatment which starts at the time of admission to the program. Our goal is to help women return to lives of stability and 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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