



Functional Family Therapy (FFT)

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

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.

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

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 use 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

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.

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

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

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**