



Parenting Support Services

Parenting does not come with a handbook. That is why CHR helps families learn skills to create **healthy homes**.

Being a parent is a life-changing experience that can be both rewarding and challenging. For all that parenting brings, Community Health Resources (CHR) is here to help. CHR's Parenting Support Services is an in-home program that helps parents with children 0-17 years old learn healthy parenting skills. Families are paired with a trained Parent Educator who visits homes on a weekly basis to provide education, counseling and training. We work with families to recognize their personal and parenting strengths in order to learn child rearing skills and understand child development, as well as manage stress and family resources. By learning to cope with difficult situations and provide appropriate guidance to children, parents can create safe, caring environments for their families.

PREPARING FAMILIES FOR REAL LIFE

Our services focus on teaching, coaching and modeling parenting skills, including how to:

- Identify and prioritize family needs
- Understand reasonable expectations for children based on age and developmental level
- Establish structure and daily routines for children
- Engage children in activities that increase bonding and attachment
- Develop coping mechanisms
- Set appropriate boundaries and discipline
- Navigate and utilize community resources

CREATING A FAMILY PLAN

A Parent Educator will reach out to the family within 72 hours of referral and make the first home visit within 10 calendar days. Within a month of the initial visit, a Parent Educator will complete a Strength-Based Family Assessment to gauge the family's needs and strengths. Together CHR staff and the family create a specialized Family Service Plan that includes goals and action steps. Parent Educators work with the family to implement the plan, amending it along the way to meet each family's unique needs.

WE HELP BECAUSE WE CARE

Our experienced and compassionate staff are ready to help. We invite you to please call CHR's Triage Center at 1.877.884.3571 or visit www.chrhealth.org for more information.

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