



Child and Family Outpatient Services

For children, teens, and their families, life can be real hard. We offer **real hope**.

Real life is filled with challenges. Coping with issues like trauma, substance use, family conflict, illness, loss of an important relationship, or problems in school can be hard. If emotional or behavioral problems, substance use, or significant stress is part of a child's life, CHR is here to help with outpatient offices across the region as well as school-based clinics.

OUR CHILD AND FAMILY OUTPATIENT SERVICES

- Comprehensive clinical assessments
- Crisis support and intervention
- 24/7 on-call emergency professional coverage
- Psychiatric evaluation, recommendations, and medication management for youth in therapy
- Treatment of depression, anxiety, PTSD, and co-occurring substance use problems
- Individual and family therapy, as well as groups
- Time-limited, effective treatment
- Collaboration and coordination with other community resources (i.e. schools, pediatricians)
- Caregiver support
- Services in your primary language including Spanish/bilingual providers and translator services

EVIDENCE-BASED, OUTPATIENT TRAUMA TREATMENTS

Modular Approach to Therapy for Children with Anxiety, Depression, Trauma, or Conduct Problems (MATCH-ADTC) is designed for children ages 6 – 15 for the treatment of four common concerns: anxiety, depression, PTSD, and behavior problems.

Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) is a proven approach to help children, adolescents, and their parents (or other caregivers) overcome trauma-related difficulties, including child maltreatment.

Cognitive Behavioral Intervention for Treatment in Schools (CBITS) is a school-based, group and individual intervention for youth that uses cognitive behavioral therapies to reduce the symptoms of PTSD, depression, and behavioral problems and improve functioning related to school performance, peer and parent support, and coping skills.

Bounce Back is an adaptation of CBITS for younger children (kindergarten through fifth grade) who are experiencing trauma symptoms.

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 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 Programs
- Community Support and Rehabilitation
- 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 0610

MANCHESTER

THE CENTER FOR HEALTH & WELLNESS
444 CENTER STREET
MANCHESTER • CT 06040

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

EAST HARTFORD

474 SCHOOL STREET
EAST HARTFORD • CT 06108

FOR AVAILABILITY OF SERVICES IN YOUR AREA, CALL CHR'S
TRIAGE CENTER AT 1.877.884.3571 OR VISIT WWW.CHRHEALTH.ORG