



Adult Outpatient Services

Recovery may seem like an impossible destination. But we're here to offer **hope**, and help on the journey.

Family, friends, faith and other support systems can often help with coping and maintaining well being. Sometimes the stress of daily life—or the existence of psychiatric, psychological, substance use or social issues—can feel like too much to handle. CHR is here to help with professional and personalized care. Through our diverse Adult Outpatient services, we offer hope to those 18 and older who struggle with mental illness, substance use or emotional/situational distress. We work together with each individual to identify goals, define recovery and create personalized treatment plans to help individuals realize their full potential.

INDIVIDUALIZED CARE PLANS

We provide specialized and effective treatments for a wide range of concerns including:

- Depression
- Anxiety disorders
- Bipolar disorder
- Psychotic disorders
- Adjustments to difficult life situations
- Difficulties with significant relationships
- Effects of trauma
- Substance use problems
- Self-harming behavior
- Decline in daily functioning at home or work

OUR SERVICES

- **CRISIS PREVENTION, INTERVENTION AND EMERGENCY SERVICES** – Assistance is available from our Mobile Crisis Response Team to people who require immediate evaluation due to urgent distress
- **INTAKE EVALUATION** – Initial assessment to determine the level of care an individual needs and the best way to help an individual meet his or her goals
- **PSYCHIATRIC EVALUATION** – Work with a psychiatrist or Advanced Practice Registered Nurse (APRN) to complete a full diagnostic evaluation and plan of care that may include medications
- **INDIVIDUALIZED TREATMENT PLANNING** – Treatment teams and individuals work together to develop a roadmap for achieving recovery goals
- **INDIVIDUAL, GROUP AND FAMILY THERAPY** – Sessions to address and advance the goals of the individual's treatment plan
- **MEDICATION MANAGEMENT SERVICES** – A psychiatrist or APRN works with the individual to review medications and evaluate effectiveness, monitor for side effects and provide education about symptoms

CALL TOLL FREE

1.877.884.3571 OR VISIT 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 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 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

EAST HARTFORD

77 HARTLAND STREET, SUITE 415
EAST HARTFORD • CT 06108

HARTFORD

999 ASYLUM AVENUE, SUITE 502
HARTFORD • CT 06105

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

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