



# Substance Screening, Treatment Recovery for Youth (SSTRY)

Teens and young adults who use drugs and alcohol need support, skills, motivation and opportunities to make better choices. We help get them on the **right track**.

Being a teenager and young adult today is tough—and some turn to substance use. The SSTRY program is an eight-month program designed to help replace alcohol or drug use with positive social activities and behaviors. By helping to identify how substance use is negatively impacting their lives, we work with them to set goals, learn new skills and make positive choices.

## PRACTICAL SKILLS FOR POSITIVE CHANGE

We use a highly successful Community Reinforcement Approach model (CRA) to treat teens and young adults, aged 12 – 24, who are dealing with substance use and dependency. They will learn new ways of handling problems without drugs and alcohol by focusing on the rewards of staying substance free. Sessions cover a range of skills such as problem solving, communication, understanding the role of substance use in their lives and drug refusal. We encourage active participation in appropriate activities. Having skills and positive activities reinforces sobriety by meeting important life needs in a healthy way. The majority of teens and young adults participating in the program show significant improvements in their behavior. Treatment begins with a comprehensive assessment followed by individual sessions over the course of eight-months. These sessions include looking at the place drug and alcohol use has in their present life and its impact on their future. Enrolled teens and young adults will learn and practice new skills, making positive choices and setting goals. Parent and family sessions are part of the treatment where applicable.

CHR's team includes experienced clinicians that will provide treatment in an outpatient setting and Recovery Support Specialists providing case management, home visits and support in the community.

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## SSTRY TREATMENT GOALS INCLUDE:

- Increasing and reinforcing involvement in positive behaviors
- Finding healthy peer groups and activities
- Promoting abstinence and preventing relapse through harm reduction
- Teaching teens and young adults how to communicate effectively
- Helping families and caregivers to change the cycle of negative interactions amongst the family by understanding how behaviors and communication impacts substance use



CALL TOLL FREE

1.877.884.3571 OR VISIT [WWW.CHRHEALTH.ORG](http://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, 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 Programs
- Community Support and Rehabilitation
- MAT for Opiate Dependence

#### Adult In-Home Services

- Mobile Crisis Response Team
- Assertive Community Treatment

#### Primary Care and Wellness Service

- 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

77 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](http://WWW.CHRHEALTH.ORG)