



## Child Intensive Outpatient Program in East Hartford

**Real Hope** and support starts here. CHR's Child Intensive Outpatient Program is here to help youth and their families.

CHR's Child Intensive Outpatient Program (IOP) located in East Hartford is designed to support **adolescents ages 12–17** experiencing anxiety, depression, and trauma related challenges who would benefit from a more structured and intensive treatment model. Child IOP meets three days per week from 2- 5 p.m. Adolescents will participate in group sessions focused on psychoeducation, skill building, and improvement in overall well-being, as well as weekly one-on-one therapy and access to one of our psychiatric medication practitioners. Family involvement is a key and intentional part of our treatment approach; we require participation in bi-weekly family sessions. Our multidisciplinary approach aims to stabilize mental health symptoms and maintain adolescents in their homes, schools, and communities; prevent hospitalizations; and assist in the warm handoff to a reduced level of care treatment option.

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### OUR CHILD IOP 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
- Group and family therapy required; individual therapy, as needed
- 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

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### EVIDENCE-BASED, OUTPATIENT TRAUMA TREATMENTS

CHR's Child IOP curriculum uses a combination of evidenced-based, outpatient trauma treatments, including Cognitive Behavioral Therapy (CBT) and Motivational Enhancement Therapy/Cognitive Behavioral Therapy (MET/CBT), in addition to wellness activities.

CBT is a proven behavioral intervention to help youth and their parents (or other caregivers) identify, change, and cope with negative thinking patterns and behaviors.

MET/CBT is a combined, evidence-based practice that CHR uses to effectively treat trauma, substance use, and more. This person-centered approach focuses on an individual's motivation to change, coupled with behavioral intervention to provide individuals with the skills to cope.

Wellness activities such as mindfulness, health education, and stress reduction skills.

Please call our Triage Center at **1.877.884.3571** for information about CHR's Child IOP in East Hartford and to schedule an appointment.

CHR's Child IOP is currently accepting new clients with HUSKY insurance.

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.

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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 Services

- 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

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