



## 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.

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### 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

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### 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](http://www.chrhealth.org) for more information.

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 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

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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  
ASSESSMENT CENTER AT 1.877.884.3571 OR VISIT [WWW.CHRHEALTH.ORG](http://WWW.CHRHEALTH.ORG)