



# 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 abuse 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 abuse 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.

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## 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 abuse problems
- Self-harming behavior
- Decline in daily functioning at home or work

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## 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](http://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 Part A & Part B, 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 abuse 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, Behavioral Health Home and Charter Oak Health Center

### 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

### HARTFORD

999 ASYLUM AVENUE, SUITE 502  
HARTFORD • CT 06105

### CHARTER OAK HEALTH CENTER

21 GRAND STREET  
HARTFORD • CT 06106

### MANCHESTER

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

### MANSFIELD

7B LEDGEBROOK DRIVE  
MANSFIELD • CT 06250

### 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

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