



Caregiver Support Team (CST)

CHR helps relatives, and or foster parents make the transition to becoming a **successful family**.

Welcoming someone new into a family can be difficult. Children coming into care have their own set of experiences of family life. Transition into even the best homes of relatives, and or foster or adoptive parents' may be difficult—but there is hope for a happy, successful family. Our Caregiver Support Team provides support services for relative foster children and their families by working with parents and caregivers to learn solutions that encourage positive behavior changes. We also help children discover interests and participate in community activities to promote beneficial interactions. This reduces parents' stress while increasing a child's sense of contentment and stability, allowing children to stay with their new families where they belong.

HELPING RELATIVE FOSTER FAMILIES FEEL SUPPORTED

The CST program is designed to help families discover their strengths, reduce tension, overcome problems and improve relationships. We work with families to identify goals and increase foster children's positive social behaviors, including involvement in the community through recreational activities, employment and volunteer opportunities. Some of the methods used to track and reach families' goals include:

- Assessment of needs
- Service plan development
- Parent training
- Behavior modification planning, implementation and support
- Collaboration with DCF and other providers
- Activities for foster children to provide respite for families
- Transportation support

SHORT-TERM SERVICES, LONG-TERM RESULTS

This program was created for families with children ages 0-18 in mind, with exceptions made for adolescents up to age 21 on a case-by-case basis. Eligible families are also active with DCF and currently in relative foster or pre/post-adoptive living situations. Placements referred may be at risk of disruption or may simply be in need of additional support. In-home and related services are provided for 3-6 months depending on the situation, with extensions available.

WE SERVE THE FOLLOWING COMMUNITIES

Andover, Bloomfield, Bolton, East Granby, East Hartford, East Windsor, Ellington, Enfield, Glastonbury, Granby, Hartford, Hebron, Manchester, Marlborough, Somers, South Windsor, Stafford, Suffield, Tolland, Vernon, West Hartford, Windsor and Windsor Locks

WE HELP BECAUSE WE CARE

Referrals for this program come exclusively through a DCF Area Office CST liaison. We invite you to speak with CHR's CST Program Director at **1.860.422.8384, ext. 24** for more information.

FOR GENERAL AGENCY INFORMATION OR TO
ACCESS OUR ASSESSMENT CENTER CALL:

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 Part A & Part B, 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 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
- 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

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

HARTFORD

CHARTER OAK
HEALTH CENTER
21 GRAND STREET
HARTFORD • CT 06106

HARTFORD

999 ASYLUM AVENUE, SUITE 502
HARTFORD • CT 06105

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