



Milestone at CHR's Center of Excellence for Women / Women and Children

Recovery from substance use is a journey. CHR is with you every step of the way to finding **Real Hope**, well-being and stability.

PROGRAM DESCRIPTION:

Milestone is Connecticut's only intensive, short-term, 7-14 day residential substance use treatment center exclusively for individuals who identify as women with co-occurring disorders. Our comprehensive services are recovery-oriented, gender-responsive and trauma-informed with the goal of helping women find real hope for recovery. Milestone offers group counseling, case management and aftercare planning services. Treatment is individualized and centered around healing and wellness, essential to moving forward towards employment, housing and family stability. Milestone is part of CHR's Center of Excellence for Women/Women and Children located at our Putnam campus.

INDIVIDUALIZED CARE PLANS:

- Group Counseling - These sessions advance the goals of individualized treatment plans for women, addressing addiction, trauma and mental health issues.
- Family-Centered Interventions - We help facilitate interventions that address all members in the family and include efforts to improve relationships with significant others, including; partners, parents, siblings, children and caretakers. Family interventions are an important aspect of each client's recovery.
- Life-Skills Activities - Activities include; health education and development of self-care plans, health promoting lifestyle interventions, personal care and life skills, employment skills, parenting support and improving family relationships.
- After-Care Planning - After-care planning is a major focus of treatment which starts at the time of admission to the program. Our goal is to help women return to lives of stability and recovery.

FOR AVAILABILITY OF SERVICES IN YOUR AREA, CALL
CHR'S TRIAGE CENTER:
1.877.884.3571 OR VISIT WWW.CHRHEALTH.ORG
LICENSED BY DPH, ACCREDITED BY THE JOINT COMMISSION

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REAL LIFE. REAL HOPE.

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 HUSKY 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 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

HARTFORD

999 ASYLUM AVENUE, SUITE 502
HARTFORD • CT 06105

EAST HARTFORD

474 SCHOOL STREET
EAST HARTFORD • CT 06108

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

1310 MAIN STREET
WILLIMANTIC • CT 06226

WILLIMANTIC

1491 WEST MAIN STREET
WILLIMANTIC • CT 06226

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