



Substance Abuse Treatment Resource Guide

Information Current as of 06/01/2016

Introduction

Housatonic Valley Coalition Against Substance Abuse is proud to present this substance abuse treatment guide to all of the stakeholders living within the twenty one towns we serve including: Bethel, Bridgewater, Brookfield, Canaan, Cornwall, Danbury, Goshen, Kent, Litchfield, Morris, New Fairfield, New Milford, Newtown, Redding, Brookfield, Roxbury, Salisbury, Sharon, Sherman, Warren and Washington.

Substance abuse leading to addiction is reaching epidemic proportions across the country. There are millions of people all over the country struggling with this complex and challenging problem. Often times people that have issues with substance abuse are afraid to tell anyone for fear of being judged and criticized. While stigma about this issue continues to exist within our society, it has been greatly reduced over the past century thanks to countless people's efforts in the prevention, treatment and recovery fields.

Substance abuse leading to addiction is now recognized as a disorder of the brain that has both genetic and environmental factors. Addiction is not a moral or character problem. Much like diabetes, addiction is a lifelong illness that can be arrested and treated through daily maintenance activities. Its also important to note that not everyone that experiences a substance abuse problem develops a full blown addiction. Some people are able to stop or moderate on their own or with the help of treatment professionals if they are able to detect this problem early enough.

The purpose of this treatment resource guide is to better inform the reader about the many different types of treatment and supports that are available for people that may be struggling with a substance abuse problem and for affected family members.

This guide is by no means a comprehensive list of all of the treatment resources available in the State of Connecticut. The treatment facilities listed in this guide are facilities that people in the western part of the state of Connecticut are likely to use to their relatively close proximity.

We suggest that if the reader does not find the resource they are looking for in this guide that they utilize the State of Connecticut's Treatment Service Locator that can be found on the Department of Mental Health and Addiction Service's website: <http://www.ct.gov/dmhas/cwp/view.asp?a=2902&q=335206>.

The United States Department of Health and Human Services, Substance Abuse and Mental health Services Administration also has a Treatment Center Locator website at <https://www.findtreatment.samhsa.gov/>. Simply type in your zip code and mileage radius you are willing to travel and this guide will list all of the treatment providers that match your search criteria.

Infoline (Dial 2-1-1) is another great resource administered by the United Way of Connecticut. You can call Info-line to get information pertaining to referrals for substance abuse and mental health services or to seek help in a crisis. Trained staff and immediate crisis counselor referrals are available 24 hours a day, every day of the year. If you or someone you know has become suicidal or a threat to others immediately contact 9.1.1.

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(Appendix 1 provides a “current snapshot”- for more specific criteria, please contact the treatment provider directly)

The Following information was prepared by Jesse Mancinone, the Prevention Coordinator for HVCASA. Please note that this document is a work in progress and information is subject to change over time. If you are unsure about whether or not this information is up to date please contact the HVCASA at our office number 203.7437741.

From Misuse to Addiction

WHAT IS RISKY SUBSTANCE USE?

Risky substance use refers to using tobacco, alcohol or other drugs in ways that threaten the health and safety of the user, as well as others, but does not meet the clinical criteria for a substance problem.

RISKY SUBSTANCE USE INCLUDES:

- Exceeding the National Institute on Alcohol Abuse and Alcoholism (NIAAA) guidelines for alcohol use:
 - **Women** – no more than 3 drinks on any day or 7 drinks in a week
 - **Men** – no more than 4 drinks on any day or 14 drinks in a week
 - **No alcohol consumption for:**
 - Persons under the age of 21
 - Pregnant women
 - Individuals taking prescription or over-the-counter medications that can interact with alcohol
 - Individuals with certain medical conditions such as liver disease or pancreatitis that maybe negatively affected by alcohol use
 - Individuals who plan to drive, operate machinery or take part in other activities that require attention, skill or coordination; or in situations where impaired judgment could cause injury or death, like swimming
 - Persons recovering from alcoholism or who cannot limit their drinking to low levels
- Misuse controlled prescription drugs
- Using illegal drugs
- Using tobacco or nicotine products

WHAT IS MODERATE DRINKING?

The Dietary Guidelines for Americans recommend that women do not drink more than one drink per day and men do not drink more than two drinks per day. This is called moderate drinking. Drinking more than this can increase your risk for certain health problems.

WHAT IS RISKY DRINKING?

The National Institute on Alcohol Abuse and Alcoholism (NIAAA) defines risky drinking as:

- **Women** - more than 3 drinks on any day or 7 drinks in a week
- **Men** - more than 4 drinks on any day or 14 drinks in a week

Risky drinking increases your risk for alcohol problems.

WHAT IS BINGE DRINKING?

Binge drinking means drinking large amounts of alcohol to the point of legal intoxication. Binge drinking is very common on college campuses. NIAAA defines binge drinking as consuming roughly 5 or more drinks for men and 4 or more for women, in short period of time (about 2 hours).

ADDICTION AS A DISEASE

Addiction is a complex disease of the brain and body that involves compulsive use of one or more substances despite serious health and social consequences. Addiction disrupts regions of the brain that are responsible for reward, motivation, learning, judgment and memory. It damages various body systems as well as families, relationships, schools, workplaces and neighborhoods.

THE DISEASE MODEL OF ADDICTION

Addiction is defined as a disease by most medical associations, including the American Medical Association and the American Society of Addiction Medicine.

Like diabetes, cancer and heart disease, addiction is caused by a combination of behavioral, environmental and biological factors. Genetic risks factors account for about half of the likelihood that an individual will develop addiction.

Addiction involves changes in the functioning of the brain and body. These changes may be brought on by risky substance use or may pre-exist.

The consequences of untreated addiction often include other physical and mental health disorders that require medical attention. If left untreated over time, addiction becomes more severe, disabling and life threatening.

HOW SUBSTANCE USE CHANGES THE BRAIN

People feel pleasure when basic needs such as hunger, thirst and sex are satisfied. In most cases, these feelings of pleasure are caused by the release of certain chemicals in the brain. Most addictive substances cause the brain to release high levels of these same chemicals that are associated with pleasure or reward.

Over time, continued release of these chemicals causes changes in the brain systems involved in reward, motivation and memory. When these changes occur, a person may need the substance to feel normal. The individual may also experience intense desires or cravings for the addictive substance and will continue to use it despite the harmful or dangerous consequences. The person will also prefer the drug to other healthy pleasures and may lose interest in normal life activities. In the most chronic form of the disease, addiction can cause a person to stop caring about their own or other's well-being or survival.

These changes in the brain can remain for a long time, even after the person stops using substances. It is believed that these changes may leave those with addiction vulnerable to physical and environmental cues that they associate with substance use, also known as triggers, which can increase their risk of relapse.

IS ADDICTION A CHRONIC DISEASE?

A chronic disease is a long-lasting condition that can be controlled but not cured.

About 25-50% of people with a substance use problem appear to have a severe, chronic disorder. For them, addiction is a progressive, relapsing disease that requires intensive treatments and continuing aftercare, monitoring and family or peer support to manage their recovery.

The good news is that even the most severe, chronic form of the disorder can be manageable and reversible, usually with long term treatment and continued monitoring and support for recovery.

WHY IS WILL POWER OFTEN NOT ENOUGH?

The initial and early decisions to use substances reflect a person's free or conscious choice. However, once the brain has been changed by addiction, that choice or willpower becomes impaired. Perhaps the most defining symptom of addiction is a loss of control over substance use.

RELAPSE

Relapse is a term that is used to describe when someone with a substance abuse problem or addiction returns to using substances after a period of abstinence. While relapse is not a requirement of the recovery process it is a part of the recovery process for many people. How someone responds to their relapse can mean the difference between failure and success with achieving lasting sobriety. When someone relapses they are often filled with feelings of guilt, shame and remorse. Maintaining the right mindset when experiencing setbacks is vital when trying to get sober. Recovery is a journey, not a destination. Sometimes people relapse several times before they are able to get and stay sober permanently. Developing a relapse prevention plan with a treatment professional can greatly increase someone's chances of avoiding relapse entirely or being able to re-establish their sobriety and move forward successfully in the event that a relapse occurs.

ARE PEOPLE WITH ADDICTION RESPONSIBLE FOR THEIR ACTIONS?

People with addiction should not be blamed for suffering from the disease. All people make choices about whether to use substances. However, people do not choose how their brain and body respond to drugs and alcohol, which is why people with addiction cannot control their use while others can. People with addiction can still stop using – it's just much harder than it is for someone who has not become addicted.

People with addiction are responsible for seeking treatment and maintaining recovery. Often they need the help and support of family, friends and peers to stay in treatment and increase their chances of survival and recovery.

WHY SOME PEOPLE SAY ADDICTION IS NOT A DISEASE

Some people think addiction cannot be a disease because it is caused by the individual's choice to use drugs or alcohol. While the first use (or early stage use) may be by choice, once the brain has been changed by addiction, most experts believe that the person loses control of their behavior.

Choice does not determine whether something is a disease. Heart disease, diabetes and some forms of cancer involve personal choices like diet, exercise, sun exposure, etc. A disease is what happens in the body as a result of those choices.

Others argue that addiction is not a disease because some people with addiction get better without treatment. People with a mild substance use disorder may recover with little or no treatment. People with the most serious form of addiction usually need intensive treatment followed by lifelong management of the disease. However, some people with severe addiction stop drinking or using drugs without treatment, usually after experiencing a serious family, social, occupational, physical, or spiritual crisis. Others achieve sobriety by attending self-help (12-step or AA) meetings without receiving much, if any, professional treatment. Because we do not understand why some people are able to stop on their own or

through self-help meetings at certain points in their life, people with addiction should always seek treatment.

A NOTE ABOUT OUR RESEARCH

In our data the term risky substance use refers to people who use any nicotine, illegal drugs, misuse a prescription drug, drink more than moderately as defined by the Dietary Guidelines, or are one of the groups of people above who should not be drinking.

**This information was retrieved from the National Center on Addiction and Substance Abuse's
Website: <http://www.casacolumbia.org/>**

Identifying the problem.

Q: How can I tell if I or someone I care about needs help?

Self Assessment Quiz

1. You can't predict whether or not you will use drugs or get drunk.
2. You believe that in order to have fun you need to drink and/or use drugs.
3. You turn to alcohol and/or drugs after a confrontation and/or argument, or to relieve uncomfortable feelings.
4. You drink more or use more drugs to get the same effect that you got with smaller amount.
5. You drink and/or use drugs alone.
6. You have trouble at school or at work because of your alcohol and/or drug use.
7. You make promises to yourself or others that you'll stop getting drunk and/or using drugs.
8. You feel alone, scared, miserable or depressed.
9. You give up social and family events so that you can use drugs or drink.
10. You are involved in the legal system due to your use.

If someone responds yes to two or more of these indicators then they are most likely a problem drug and/or alcohol user. If that is the case continue to read on for potential interventions that can successfully treat this problem.

Types of Substance Abuse Treatment

Below is a description of the different types of treatment and services that are commonly utilized by people seeking help for a substance abuse problem.

Detoxification: If someone has been misusing substances for a significant period of time it is usually wise for them to enter a medically supervised detoxification program that will allow them to safely transition into sobriety. There are several programs located throughout the state.

Residential Treatment: Residential treatment programs vary in length and treatment style. However, most of them are 28 day programs that people will enter once they have completed a detoxification program. Throughout the course of a typical residential treatment stay, client's will engage in a variety of programs and activities geared toward teaching them vital life and coping skills that will give them a significant chance to achieve long-term sobriety. Client's will be assigned a case manager and begin engaging in individual and group counseling, along with 12 step meetings.

Outpatient Counseling: Outpatient counseling consists of either weekly/bi-weekly individual or group counseling sessions depending on the preference of the individual. This type of care is good for client's dealing with mild substance abuse/mental health symptoms or for client's that have completed Intensive Outpatient Treatment. Outpatient counseling combined with regular attendance at 12 step meetings can be an effective treatment for addiction.

Intensive Outpatient Therapy: Intensive outpatient therapy typically consists of multiple 3-4 hour group therapy sessions. They typically run in approximately 6-8 week cycles. They teach client's a comprehensive curriculum of life skills that significantly increase ones chance of getting and staying sober. They are usually offered in different time slots to accommodate people's schedules. For example, cycles of treatment may be on Monday-Wednesday-Friday's from 11-2pm or Tuesday-Thursday-Saturdays from 6-9pm. This type of care is good for people that have recently completed a 28 day residential treatment program. It is also a good alternative for people who have a more serious substance abuse problem, but are unable to attend a longer term residential facility.

Opiate Replacement Therapy: Opiate addiction has reached epidemic proportions throughout the United States. Permanently quitting these types of substances can be incredibly challenging, even with residential and outpatient treatment. Research has shown that the most effective outcomes for getting sober from opiate addiction are achieved through a combination of residential, outpatient and 12 step supports, along with an opioid replacement therapy, such as Suboxone or Methadone. Research has shown that it best for the affected individual to remain on the replacement therapy for a period of 4 years. During

this time, they would be engaging in counseling and 12 step supports. They would then be slowly tapered off of the replacement therapy over the 4year period. Suboxone and Methadone are medications that arrest the withdrawal symptoms of opiate addiction.

Methadone is typically administered at community clinic's, while Suboxone is typically prescribed by certified physicians.

Interventions: An Intervention is a method that a family can use to get a friend or loved one into treatment that is unwilling to admit they have a problem and ask for help. This is an intensive process that is typically conducted by a trained interventionist. It is also usually the last resort for a family that has been trying to help a loved one get help.

12 Step Meetings: 1935 saw the advent of Alcoholics Anonymous, the world's most widely known 12 step program. Prior to AA there had never been a tangible and truly effective method for alcoholics to get and stay sober. Since its humble beginnings AA has grown into an organization of over 2 million alcoholics in recovery worldwide. It has also led to the development of over 200 other 12 step programs such as Narcotics Anonymous and Overeaters Anonymous. 12 Step Programs offer a new, structured way of life for people afflicted with addiction. 12 step programs have led millions of people from the bondage of addiction to the freedom of a happy and useful life. 12 Step Meetings help to fill the void that an addiction can leave in someone's life once they give up their "drug of choice". These organizations are totally voluntary. There are no dues or fees.

Finding the right type of treatment for a substance abuse problem can mean the difference between life and death. For instance, if someone is physically dependent on alcohol, they can go into a potentially fatal cardiac arrest, unless they are properly detoxified with medical supervision. It can be dangerous to stop drinking or using a drug "cold turkey". It is for this reason that one should exercise caution when trying to develop the best possible course of action for coordinating treatment.

General Listing of Substance Abuse Treatment Programs in and Surrounding HVCASA's Sub-Region

***Note:** The following is an alphabetical listing of the treatment centers we feel that people within HVCASA's sub-region would be likely consider utilizing due to their relative proximity within the Western part of the state. If you have trouble contacting any of these providers or have any other questions or concerns, please contact us at HVCASA.

Arms Acres Inc

75 Seminary Hill Road
Carmel, NY 10512

P: Inpatient Services: 1-800-989-2676

P: Outpatient Services: 1-845-225-5202

www.armsacres.com

Services Provided:

- Detoxification Services.
- Residential Services.
- Outpatient Services.

Forms of Payment Accepted: Self payment; State and commercial insurances.

Aware Recovery Care

71 Bradley Road, Suite 10
Madison, CT 06443

P: 1-844-awarerc or 203.779.5799

www.awarerecoverycare.com/

Services Provided:

- In-home substance abuse treatment services.

Forms of Payment Accepted: Self-Pay; In network with Anthem BCBS. Some out of network reimbursement.

Behavioral Health Center for Counseling and Learning

984 Southford Road.
Middlebury, Ct 06762
Phone:203-758-2400
Fax:203-758-2415

<http://www.counselingandlearning.com/>

Services Provided: (Children, Adolescent and Adults)

- Outpatient counseling (Children, Adolescent and Adults).
 - Medication management

- Parent education groups
- Workshops/trainings.
- Agency and organizational consultation.
 - Divorce mediation.
 - Tutoring program.

Forms of Payment Accepted: Self-pay, state and commercial insurances.

Central Naugatuck Valley Help Inc

900 Watertown Avenue
Waterbury, CT 06708
P: 203.756.8984
<http://www.cnvhelp.org>

Services Provided:

- 4 Month Residential Substance Abuse Treatment.

Forms of Payment Accepted: Husky D only.

Chemical Abuse Services Agency, Inc.

690 Arctic St.
Bridgeport, CT 06608
P: 203.339.4112 x304
<http://casaincct.org/>

Services Provided:

- Residential Treatment.
- Outpatient Treatment.

****Spanish Speaking Clients Only****

Forms of Payment Accepted: Self pay and most forms of state insurances.

Connecticut Renaissance

350 Fairfield Ave. Suite 701-(Admin. Offices)
Bridgeport, CT 06604
P: (203) 336-5225
<http://www.ctrenaissance.com/>

Services Provided:

- Adult Outpatient/Intensive Outpatient Programs (Bridgeport, Norwalk, Stamford).
- Residential Programs (CT Renaissance East and West located in Waterbury).
- Community Release Programs (CT Renaissance East and West located in Waterbury).

Forms of Payment Accepted: State and private insurances are accepted. Cash, money order as well as Visa and Master Card are also accepted.

Connecticut Valley Hospital-Addiction Services Division

Merritt Hall
P.O. Box 351
Middletown, CT 06457
P:860.262.6321

<http://www.ct.gov/dmhas/cwp/view.asp?a=3519&q=416776>

Services Provided:

- Detoxification.
- 45 Day Residential Treatment.

Forms of Payment Accepted: State insurance only.

Family and Childrens Aid

Main Campus
75 West Street
Danbury, CT 06810
Phone: (203) 748-5689
Fax: (203) 790-8183

<http://www.fcaweb.org/>

[Also located in the following towns: New Milford, Torrington, Bridgeport, Shelton, Waterbury and Hartford-Visit website for contact information in these areas]

Services Provided: (Families, children, Adolescent, and Seniors)

- Adolescent outpatient substance abuse program.
 - Parent and grandparent support groups.
- Extended day treatment (therapeutic after school program for at-risk children with emotional and behavioral difficulties.
 - In-home mental health services for families.

Forms of Payment Accepted: State and commercial insurances; Self-Pay.

Family Intervention Center.

22 Chase River Rd.
Waterbury, CT 06704
P: 203.753.2153

<http://ficjoe.wix.com/familyintervention>

Services Provided:

- Substance Abuse Intervention.
- Mental Health and Substance Abuse Outpatient Services.
 - Medication Management.

Forms of Payment Accepted: Self-pay, Most state and private insurances.

High Watch Recovery Center

62 Carter Road
Kent, CT 06757
P:860.927.3772

<http://highwatchrecovery.com/>

Services Provided:

- Residential Substance Abuse.

Forms of Payment Accepted: Self payment only (Cash, Certified Bank Check, Money Order, Master Card and Visa. No personal Checks Accepted).

Insight Counseling

103 Danbury Rd, Ridgefield, CT 06877
P: 203.431.9726

<http://insightcounselingllc.com/>

Services Provided:

- ASSIST: The Adolescent Substance Abuse Screening & Treatment Program
 - Positively Teen – Skills Group.
 - The Recovery Support Program.
 - The Young Adult Program.
 - Women’s Recovery Group.

Forms of Payment Accepted: Payment due upon service; Out of Network Provider.

Lexington Center for Recovery

24 Smith Ave.
Mt. Kisco, NY 10549
P: 914.666.6740

<http://lexingtonctr.org>

Services Provided:

- Intensive outpatient substance abuse services.

Forms of Payment Accepted: Self pay and most forms of state and private insurance.

McCall Foundation

58 High St, PO Box 806

Torrington, CT 06790

P: 860.496.2100

<http://mccall-foundation.org>

Services Provided (Adult Men and Women):

1-Residential Substance Abuse-Patients on Medicated Assisted Treatment (Methadone/Suboxone) are not admittable).

2-Outpatient Substance Abuse Counseling.

Forms of Payment Accepted: Husky D and self-pay only.

Midwestern Connecticut Council on Alcoholism (MCCA)

38 Old Ridgebury Rd. (Central Location)

Danbury, CT 06810

P: 877.874.6222

Website: <http://www.mccaonline.com/>

Locations:

- Sobering Center: 203.730.9947 4 Hospital Ave., Danbury, CT 06810.
 - McDonough House: 203.792.4515 38 Old Ridgebury Rd Danbury, CT 06810.
- Trinity Glenn: 860.672.6680 149 West Cornwall Rd, Sharon, CT 06069

***Note: MCCA has many more locations around the state. Please check their website for a comprehensive listing of all programs.**

Services Provided:

- Detoxification.
- Residential Substance Abuse.
- Transitional Sober Housing.
- Outpatient and Intensive Outpatient services.
 - Medication Management.
 - Problem gambling services.
 - Prevention services.
- Drug and alcohol education classes for people facing DUI/DWI charges.

Forms of Payment Accepted: MCCA participates in many managed care plans, and they also accept traditional insurance.

Mountainside Lodge Inc

187 South Canaan Rd.

Canaan, CT 06018

P: 860.824.1397

<http://www.mountainside.org>

Services Provided:

- Detoxification services.
- Residential Substance abuse treatment:
 - *Long term Extended Stay Program,
- Intensive Outpatient; Outpatient, Individual Therapy (Canaan and Wilton Locations).

Forms of Payment Accepted: Self payment and private insurance.

Newport Academy

64 Double Hill Rd.

Bethlehem, CT 06751

866-213-9985 (Toll Free-Call any time)

<http://www.newportacademy.com/>

Services Provided:

- Male and female adolescent residential and outpatient treatment for mental health and substance abuse related issues.

Forms of Payment Accepted: Self-pay, out of network coverage.

Positive Directions- The Center for Prevention and Counseling

20 Post Road West

Westport, CT 06880

PH: 203-227-7644

<http://www.positivedirections.org/>

Services Provided: (Serving adolescents, parents, couples, and families)

- Individual, couples and family counseling.
 - Compulsive gambling treatment.
 - Substance Abuse Interventions.
 - Employee Assistance Programs.

Forms of Payment Accepted: State and commercial insurances; Self-Pay.

Problem Gambling Services

CT Valley Hospital, Vance Drive, Russell Hall, 1st Floor
Middletown, CT 06457
P: 860.344.2244
<http://www.ct.gov/dmhas>

Services Provided:

- Individual counseling.
- Group Counseling.
- Peer Counseling.

Forms of Payment Accepted: State and private insurance is accepted.

Rushford Center Inc

Adult Addiction Services
1250 Silver Street
Middletown, CT 06457
P: 1-877-577-3233
<http://www.rushford.org>

Services Provided:

- Intensive Inpatient Program: 42 Beds, 21 day program
- Urgent Care: Stabilization and Detoxification Access for adults.
 - Intermediate Halfway House.
- Outpatient Counseling -Intensive Outpatient Program. (Glastonbury, Middletown, Meriden and Cheshire)
 - PHP, IOP in Durham, Meriden, and Glastonbury as well.
- Medication Assisted Treatment using Suboxone (Cheshire, Glastonbury and Meriden)

Forms of Payment Accepted: Self payment, Medicaid, Medicare, State financed insurance (other than Medicaid), Private health insurance,

South Eastern Council on Alcoholism and Drug Dependence Inc. (SCADD)-

Lebanon Pines

37 Camp Mooween Rd.
Lebanon, CT 06249
P: 860.889.1717

<http://scadd.org/lebanonPines.html>

Services provided:

- Long-term residential substance abuse services for men.

Forms of Payment Accepted: Self-pay, SAGA-State Assistance. SAGA-State Assistance, Private Insurance and Self-pay.

SCADD Acute Care and Evaluation

47 Coit St.

New London, CT

P: 860.447.1717

<http://scadd.org/detox.html>

Services Provided:

- Detoxification Services.
- Outpatient and Intensive Outpatient.

Forms of Payment Accepted: SAGA-State Assistance, Private Insurance and Self-pay.

Silver Hill Hospital Inc

208 Valley Rd

New Canaan, CT 06840-3899

P: 203.966.3561

www.silverhillhospital.org

Services Provided:(Adolescents (13-17), Adult men and Women)

- Detoxification/Stabilization Services
- Adult Intensive Outpatient Programs
- Adult and Adolescent Inpatient Services
- Adult and Adolescent Transitional Living Programs
 - Family Programs
 - Wellness Program

Forms of Payment Accepted: Self-pay, Silver Hill Hospital is "in network" with many major insurance or managed care companies.

Time Out Foundation

408 Lime Rock Rd.

Lakeville, CT 06039

P:860.318.1848

<http://www.timeoutfoundation.org/>

Services Provided (Children and Adolescence):

- **Wilderness based therapeutic mentoring program:** The Wilderness-Based Therapeutic Mentoring Program integrates one-on-one professional counseling with outdoor activities such as hiking, canoeing, kayaking, orienteering, and bicycling.
- **Equine-assisted therapy program:** Time Out Foundation's Equine-Assisted Therapy Program relies on the unique healing qualities of horses to give children the strength, courage, and confidence they need to overcome life's challenges.

Forms of payment accepted: Contact provider for payment options.

Turning Point

139 Orange St., Suite 300

New haven, CT 06510

P: 877.581.1793

<http://www.tpaddictiontreatment.com/>

Services Provided:

- Extended Residential treatment for adolescent males 18-26.
- Intensive Outpatient Services (For Turning Point Residents Only)

Forms of payment accepted: Residential Treatment is Self-Pay only; IOP/Clinical services can be covered with private insurances.

West Main Behavioral Health (Addiction Services)

(A Program of Waterbury Hospital)

88 Grandview Avenue

Waterbury, CT 06708

P: 203.573.7500

<http://www.waterburyhospital.org/services/bh/addiction/ads.htm>

Services Provided: (Male and Female Adults 18+)

- Medically supervised detoxification.
- Intensive outpatient and partial hospitalization programs for people in the early phases of their recovery. (Morning and Evening Programs)
- Opioid Maintenance Therapy: Suboxone/Buprenorphine Induction
 - Smoking cessation supports.

Forms of Payment Accepted: WMBH accepts most commercial insurances, as well as Medicare, Medicaid (Title XIX) and State Assistance (SAGA)

The Wellspring Foundation

21 Arch Bridge Road

Bethlehem, CT 06751

P: 203.266.8000

www.wellspring.org

Services Provided:

- Residential Treatment for Adolescent Girls (Anxiety, School Refusal, Eating Disorders, Trauma, Attachment Issues, Substance Abuse)—9 month stay.
- Residential Adult Program (18 and older Women Only)--9 month stay.
- Outpatient Services (Locations in Bethlehem and Middlebury, CT)
- Arch Bridge Day School-Grades 1-12 (Private Pay Available; Usually referred from child's school district).For
- **Outpatient Services** contact 203-758-2296 to schedule an initial interview.For
Residential Services contact 203-266-8000

Forms of Payment Accepted: Self-pay, In-network private insurances, sliding scale available.

Listing of Hospitals Providing Substance Abuse/Mental Health Services

Bridgeport Hospital

267 Grant St, Bridgeport, CT 06610

(203) 384-3000

<https://www.bridgeporthospital.org/>

Services Provided:

REACH Program

*Intensive outpatient program (IOP) for children, adolescents, adults.

REACH is located at 305 Boston Avenue in Stratford. For more information about our services, call 203-384-3377, 8:30 a.m.-5:00 p.m., Monday-Friday*

Forms of Payment Accepted: State and Commercial Insurances Accepted.

Bristol Hospital

Address: 41 Brewster Rd, Bristol, CT 06010

P: (860) 585-3000

<http://www.bristolhospital.org/Services/Behavioral-Health-Services.aspx>

Services Provided:

1-Inpatient Medically Assisted Detox for Alcohol. Opiate detox only if there is a co-occurring problem such as depression or bipolar.

Main Campus Location [41 Brewster Rd]: (860.585.3420)

Forms of Payment Accepted: In Network Insurance Only.

2-Bristol Hospital Counseling Center: Outpatient, Intensive Outpatient, Partial Hospitalization (Adult men and women) Counseling

Location: 420 North Main Street, Bristol- (860.583.5858)

Forms of Payment Accepted: State and Commercial Insurances Accepted.

Charlotte Hungerford Hospital

540 Litchfield St.

Torrington, CT 06790

P: (860) 496.6666

<http://www.charlottehungerford.org/>

Services Provided by Main Campus Hospital

- Inpatient Alcohol Detoxification Program.
 - Psychiatric Inpatient Program.

CHH-Behavioral Health Center-2 Locations

-Location 1: CHH Main Campus 540 Litchfield Street Torrington, CT 06790-Memorial Building, 2nd floor.(860) 496-6350.

-Location 2: Winsted Clinic-294 Main Street, Winsted, CT-(860) 379-7509

Services Provided:

- Intensive Outpatient Counseling/Outpatient Counseling.
 - Psychiatric evaluation and medication management.
 - **Opiate Addiction Counseling Case Management**

[Location: 540 Litchfield Street-Partial Hospital Building-Torrington, CT 06790
Contact Info. (860) 496-6381 gdeutermann@hungerford.org.

- **Adolescent Partial Hospital Program at CHH's Mental Health Facilities**
- **Adolescent Co-Occurring Intensive Outpatient Program and Teen Substance Abuse Rehab**

[Location: 540 Litchfield Street-Partial Hospital Building-Torrington, CT 06790
(860-496-6380).]

Forms of Payment Accepted: State and commercial insurances accepted.

Danbury Hospital

Main Campus-24 Hospital Avenue

Danbury, CT 06810

Main Line: 203-739-7000

Community Center for Behavioral Health: 203.791.5150

<http://www.danburyhospital.org/>

Services Provided:

- Acute Alcohol Detoxification (Referred Through ER Visit)
Location: 24 Hospital Avenue
Danbury, CT 06810
- **Center For Child & Adolescent Treatment Services**
Location: 525 West St. Danbury, CT
Contact Robert Myer 203.791.5100
- Outpatient and Intensive Outpatient Services for mental health/substance abuse.
Location: 525 West St. Danbury, CT.

Forms of Payment Accepted: Commercial and State Insurances.

Four Winds Hospital

800 Cross River Rd.

Katonah, NY

P: (914) 763-8151

<http://www.fourwindshospital.com/>

Services Provided:

- **Psychiatric Inpatient services** (Short-term); Mental Health and Substance Abuse with Mental Health Being Primary serving Children, Adolescents and Adults).
- **Psychiatric Outpatient Services-Partial Hospitalization:** Mental Health and Substance Abuse with Mental Health Being Primary Serving Children, Adolescents and Adults. (1-800-528-6624, ext. 2253
(5 days a week, 9 a.m. - 3 p.m.)

Forms of Payment Accepted: Commercial and State Insurances.

Griffin Hospital

130 Division St.

Derby, CT 06418

P: (203) 735-7421

<http://www.griffinhealth.org/services/psychiatry/partial-hospital-iop>

Services Provided:

Psychiatric Inpatient Program: located at 130 Division St, Derby, CT 06418 (203.732.7470).

Intensive Outpatient Services/Partial Hospitalization/Medication Assistance Treatment (Suboxone Induction): Located at 241 Seymour Ave Derby, CT 06418. (203.732.7541).

Outpatient Services: Located at 248 & 250 Seymour Ave. Derby, CT 06418-1332- (203.732.7580).

Forms of Payment Accepted: State and Commercial Insurances.

Norwalk Hospital

34 Maple Street

Norwalk, CT 06856

P: 203-852-2000

<http://www.norwalkhospital.org/>

Services Provided:

- Short-Term Inpatient Services for adults 18 and older with mental health issue being primary.
 - Outpatient Services (Mental Health and Substance Abuse Tracks).
- Intensive Outpatient Services (Mental Health and Substance Abuse Tracks).

Forms of Payment Accepted: State and Commercial Insurances.

St. Mary's Hospital

56 Franklin St.
Waterbury, CT 06706
P: (203)709.6000
<http://www.stmh.org/>

Services Provided:

- Dual-Diagnosis Inpatient.
 - Mental Health/Substance Abuse Outpatient Services.
- Location: Behavioral Health Care Services-100 Visitation Plaza
Waterbury, CT 06706 (203-709-6201)**

Forms of Payment Accepted: State and Commercial Insurances.

St. Vincent Hospital

Main Campus-2800 Main Street
Bridgeport, CT 06606
P: (203) 576-6000-Main Line

<http://www.stvincents.org/#sthash.tqWPUkwT.dpuf>

Services Provided:

- **Acute Detox (drugs and/or alcohol)- 2800 Main St. Bridgeport.**
 - **Inpatient services** for children, adolescents and adults with mental health disorders at St. Vincent's Medical Center, Behavioral Health Service, **Westport Campus** (*formerly known as Hall-Brooke Hospital*)- **47 Long Lots Rd, Westport, CT 06880.**
 - **Inpatient services** for adults with mental health and substance abuse disorders at St. Vincent's Medical Center in Bridgeport-**2800 Main St. Bridgeport.**
 - **Intensive Outpatient** services for adolescents and adults with mental health and substance abuse disorders at our outpatient clinics in **Norwalk and Bridgeport.**
- <http://www.stvincents.org/medical-services/behavioral-health#sthash.PBNeJRZq.dpuf>

Accepted Forms of Payment: State and Commercial Insurances

Waterbury Hospital

Main Campus-64 Robbins St.

Waterbury, CT 06708

P: (203) 573-6000

<http://www.waterburyhospital.org/>

Behavioral Health Services Location: West Main Behavioral Health 88 Grandview Avenue

Waterbury, CT 06708

P: (203) 573-7500

<http://www.waterburyhospital.org/services/bh/addiction/ads.htm>

Services Provided: (Male and Female Adolescence and Adults)

- Acute detox at main campus address.
- Medically supervised detoxification
- Intensive outpatient and partial hospitalization programs for people in the early phases of their recovery.
- Treatment of opiate dependence, including Suboxone. Maintenance and detoxification regimens are available.

Forms of Payment Accepted: State and commercial insurances.

Yale New Haven Hospital

<https://www.ynhh.org/>

YNHH York Street Campus

20 York Street

New Haven, CT 06510-3202

P:203-688-4242

YNHH Saint Raphael Campus

1450 Chapel Street

New Haven, CT 06511

P: 203-789-3000

Services Provided:

- Dual Diagnosis Adult Inpatient Program.-Referred through ER visit.
- Adolescent Inpatient (Mental Health and Substance Abuse). Referred through ER visit.

Forms of Payment Accepted: State and Commercial Insurances.

Listing of Opioid Specific Treatment Resources

APT Foundation Inc.

1 Long Wharf Drive

New Haven, CT

Intake: (203) 781.2736

<https://aptfoundation.org/>

Services Provided:

- Outpatient Based Medication Assisted Treatment (Suboxone and Methadone Maintenance).

Charlotte Hungerford Hospital

540 Litchfield St.

Torrington, CT 06790

P: (860) 496.6666

<http://www.charlottehungerford.org/>

Service Provided:

- **Opiate Addiction Counseling Case Management**
[Location: 540 Litchfield Street-Partial Hospital Building-Torrington, CT 06790
Contact Info. (860) 496-6381 gdeutermann@hungerford.org.

Connecticut Counseling Centers Inc.

Danbury Location: 60 Beaver Brook Road

Danbury, CT 06810

P: (203) 743-7574

Norwalk Location: 20 North Main St. 3rd Flr.

Norwalk, CT 06854

P: (203) 838.6508

Waterbury Location: 4 Midland Rd.

Waterbury, CT 06705

P: (203) 755-8874

<http://www.ctcounseling.org>

Services Provided:

- Opiate Detoxification.
- Methadone Detoxification.
- Methadone and Suboxone Maintenance.

Chemical Abuse Services Inc.

Multicultural Ambulatory Addict Services
426 East St.
New Haven, CT 06511
P:203.495.7710

<http://www.casaincct.org/careeropportunities.html>

Services Provided

- Opioid Treatment: Detoxification Services Methadone and Buprenorphine Maintenance.
 - Day/Evening Outpatient Counseling.

Cornell Scott Hill Health Center, Inc.

South Central Rehabilitation Center
232 Cedar St. New Haven, CT 06519
P:203.503.3300

<http://cornellscott.org/>

Services Provided:

- Inpatient Opiate Detoxification.
- Methadone Maintenance.

Griffin Hospital

130 Division St, Derby, CT 06418
P: (203) 735-7421

<http://www.griffinhealth.org/services/psychiatry/partial-hospital-iop>

Services Provided:

- **Inpatient Suboxone[®] induction in conjunction with an outpatient maintenance program.** -Located at 241 Seymour Ave Derby, CT 06418. (203.732.7541).

Hartford Dispensary

<http://hartforddispensary.org/>

1-Hartford Locations: (A) 345 Main St. Intake:860.525.9376.

(B) 12014 Weston St. 860.525.9376.

2-Bristol Location: 1098 Farmington Ave P:860.589.6433.

3-New Britain Location: 70 Whiting St. P: 860.827.3313.

4-Torrington Location:140 Commercial Blvd P:860.482.8796.

Services Provided:

- Opiate Detoxification.
- Methadone Detoxification.
- Methadone and Suboxone Maintenance.

Liberation Programs, Inc.

Bridgeport Clinic: 399 Mill Ave Bridgeport, CT 06610

P: 203.384.9301

Stamford Clinic: 115-125 Main St. Stamford, CT 06610

P: 203.356.1980

<http://liberationprograms.org>

Services Provided:

- Outpatient services.
- Inpatient-Residential Substance Abuse
- Methadone Maintenance.

Regional Network Programs (2 Locations)

1-First Step Detox-425 Grant Street, Bridgeport, CT 06610-P:203-416-1915.

2-Kinsella Treatment Center: 1862 Commerce Drive,
Bridgeport, CT 06605-P:203.335.2173.

3-Center for Human Services: 2 Research Drive Stratford, CT 06615-P:203.386.8802.

<http://www.regionalnetwork.org>

Services Provided:

- Detoxification Services.
- Methadone/Suboxone Maintenance.

Midwestern Connecticut Council on Alcoholism (MCCA)

38 Old Ridgebury Rd. (Central Location)

Danbury, CT 06810

P: 877.874.6222

Website: <http://www.mccaonline.com/>

Services Provided:

- Inpatient Opiate Detoxification.(3-4 Days).

Forms of Payment Accepted: Commercial and State Insurances.

New Era Rehabilitation: Methadone and Suboxone Maintenance Treatment.

1-Bridgeport Location: Methadone and Suboxone Maintenance Treatment.

Location: 3851 Main St.-Bridgeport, CT 06606-P: (203) 372-3333.

2-New Haven Location: Methadone Maintenance Treatment.

Location: 311 East St. New Haven, CT 06511-P: 203.562.2101.

<http://newerarehabilitation.com/>

West Main Behavioral Health: Medically supervised detoxification. Treatment of opiate dependence, including Suboxone. Maintenance and detoxification regimens are available.

Location: 88 Grandview Avenue Waterbury, CT 06708 P: (203) 573-7500

<http://www.waterburyhospital.org/services/bh/addiction/ads.htm>

Buprenorphine/Suboxone Treatment Physician Locator: Find physicians authorized to treat opioid dependency with buprenorphine by state by visiting:

<http://www.samhsa.gov/medication-assisted-treatment/physician-program-data/treatment-physician-locator>

You can also contact your insurance provider for a listing of physicians that provide this service.

Intervention

What is an intervention?

An intervention is a carefully planned process that may be done by family and friends, in consultation with a doctor or professional such as a licensed alcohol and drug counselor, or directed by an intervention professional (interventionist). It sometimes involves co-workers, clergy members or others who care about the person struggling with addiction.

During the intervention, these people gather together to confront the person about the consequences of addiction and ask him or her to accept treatment. The intervention:

- Provides specific examples of destructive behaviors and their impact on the addicted person and loved ones
- Offers a prearranged treatment plan with clear steps, goals and guidelines
- Spells out what each person will do if a loved one refuses to accept treatment

How does a typical intervention work?

An intervention usually includes the following steps:

1. **Make a plan.** A family member or friend proposes an intervention and forms a planning group. It's best if you consult with a qualified professional counselor, addiction specialist, psychologist, mental health counselor, social worker or an interventionist to help you organize an effective intervention. An intervention is a highly charged situation with the potential to cause anger, resentment or a sense of betrayal.
2. **Gather information.** The group members find out about the extent of the loved one's problem and research the condition and treatment programs. The group may initiate arrangements to enroll the loved one in a specific treatment program.
3. **Form the intervention team.** The planning group forms a team that will personally participate in the intervention. Team members set a date and location and work together to present a consistent, rehearsed message and a structured plan. Often, nonfamily members of the team help keep the discussion focused on the facts of the problem and shared solutions rather than strong emotional responses. Do not let your loved one know what you are doing until the day of the intervention.
4. **Decide on specific consequences.** If your loved one doesn't accept treatment, each person on the team needs to decide what action he or she will take. Examples include asking your loved one to move out or taking away contact with children.
5. **Make notes on what to say.** Each member of the intervention team describes specific incidents where the addiction caused problems, such as emotional or financial issues. Discuss the toll of your loved one's behavior while still expressing

6. care and the expectation that your loved one can change. Your loved one can't argue with facts or with your emotional response to the problem. For example begin by saying "I was upset and hurt when you drank..."
7. **Hold the intervention meeting.** Without revealing the reason, the loved one is asked to the intervention site. Members of the core team then take turns expressing their concerns and feelings. The loved one is presented with a treatment option and asked to accept that option on the spot. Each team member will say what specific changes he or she will make if the addicted person doesn't accept the plan. Do not threaten a consequence unless you are ready to follow through with it.
8. **Follow up.** Involving a spouse, family members or others is critical to help someone with an addiction stay in treatment and avoid relapsing. This can include changing patterns of everyday living to make it easier to avoid destructive behavior, offering to participate in counseling with your loved one, seeking your own therapist and recovery support, and knowing what to do if relapse occurs.

A successful intervention must be planned carefully to work as intended. A poorly planned intervention can worsen the situation — your loved one may feel attacked and become isolated or more resistant to treatment.

Consult an addiction specialist

Consulting an addiction professional, such as an alcohol and drug abuse counselor, social worker, psychologist, psychiatrist, or interventionist, can help you organize an effective intervention. A substance use or addiction professional will take into account your loved one's particular circumstances, suggest the best approach, and help guide you in what type of treatment and follow-up plan is likely to work best.

Often interventions are conducted without an intervention specialist, but having expert help may be preferable. Sometimes the intervention occurs at the professional's office. It may be especially important to have the professional attend the actual intervention to help you stay on track if your loved one:

- Has a history of serious mental illness.
- Has a history of violence.
- Has shown suicidal behavior or recently talked about suicide.
- May be taking several mood-altering substances.

It's especially important to consult an intervention professional if you suspect your loved one may react violently or self-destructively.

Intervention Resources

B & R Assistance in Recovery LLC.-B & R Assistance in Recovery's mission is to lead, unify, and empower clients to make informed choices. B & R Assistance in Recovery will continue to improve the organizational effectiveness, professional ethics, professional development, and professional standards. B & R Assistance in Recovery will adhere to the state & federal laws and professional code of ethics for ACA, AISCB, LAP, EAP, and any other professional organization that our employees subscribe to or hold credentials.

17 Neptune Ave.
Norwalk, CT
P:(203) 326.1638
Contact: Brian Leblanc and Rain Marini.
Email:briangleblanc@snet.net
rainmarini@aol.com

LIFTT Confidential-(Leading Individuals and Families Through Transformations)
*Guide, educate, support the family and transform the loved one.*In addition to conducting Interventions LIFTT also offers weekly Family Support Groups also. Contact Kevin for more information if you are interested in attending.

Milford, Connecticut
P: (203) 587-0817
Contact: Kevin Morse, Interventionist/Recovery Consultant
Email: Kevin@lifttconfidential.com
www.LIFTTCONFIDENTIAL.com

Martin Lynch, MS LPC
70 North Street
Danbury, CT
P: (203) 730-0380

Primary Recovery Services: Offers an array of services ranging from Treatment Consultations, Interventions, Intensive Case Management, Sober Companions, Sober Escorts, and Diagnostic Assessments, which are catered to helping our clients not only break the cycle of destructive patterns, but navigate through all stages of the recovery process.

P: 1-800-276-1975
Contact: Paul Gallant MC, LPC, CIP
www.primaryrecoveryervices.com

Positive Directions-The Center for Prevention and Counseling

20 Post Road West

Westport, CT 06880

PH: 203-227-7644

<http://www.positivedirections.org/>

Baystate Recovery Services, LLC: We provide services that can be made available to both families in need, as well as, treatment programs and other recovery service providers. We carry liability insurance written specifically for providing Interventions, the sober transport of clients to and from treatment, as well as, many other recovery related services we offer.

P: (978) 434.1356

Contact: Mike Wilson

www.baystaterecovery.com

Intervention Services Inc.: Intervention Services provides the professional expertise to effectively confront a loved one about any addiction or mental health issue affecting their life. They come alongside families to intervene for individuals suffering from substance abuse as well as many other destructive behaviors. P: 1-(877) 834-3257

www.interventionservicesinc.com/

Connecticut 12 Step Meeting

Contact Information

12 Step Recovery Resources

Alcoholics Anonymous: Alcoholics Anonymous® is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking. There are no dues or fees for AA membership; they are self-supporting through their own contributions. AA is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy, neither endorses nor opposes any causes. Their primary purpose is to stay sober and help other alcoholics to achieve sobriety.

Connecticut Answering Service: Toll-free number **1-866-STEPS12 (1-866-783-7712)**

National Website: www.AA.org

CT Area Website: www.CT-AA.org

Alanon and Alateen: for over 55 years, Al-Anon (which includes Alateen for younger members) has been offering strength and hope for friends and families of problem drinkers. It is estimated that each alcoholic affects the lives of at least four other people... alcoholism is truly a family disease. No matter what relationship you have with an alcoholic, whether they are still drinking or not, all who have been affected by someone else's drinking can find solutions that lead to serenity in the Al-Anon/Alateen fellowship.

Connecticut Answering Service: **1-888-8AL-ANON (1-888-825-2666)**

National Website: www.al-anon.alateen.org/english.html

CT Website: www.ctalanon.org

Narcotics Anonymous: Narcotics Anonymous sprang from the Alcoholics Anonymous Program of the late 1940s, with meetings first emerging in the Los Angeles area of California, USA, in the early 1950s. The NA program started as a small US movement that has grown into one of the world's oldest and largest organizations of its type.

Connecticut Answering Service: 1 (800) 627-3543

National Website: www.na.org

CT Area Website: www.ctna.org

Naranon: Nar-Anon members are relatives and friends who are concerned about the addiction or drug problem of another. Nar-Anon's program of recovery is adapted from Narcotics Anonymous and uses Nar-Anon's Twelve Steps, Twelve Traditions, and Twelve Concepts.

Answering Service: 310.534.8188 or 1.800.477.6291

National Website: www.nar-anon.org/

CT Area Website: www.naranonctma.org

Overeaters Anonymous: Overeaters Anonymous is a fellowship of individuals who, through shared experience and mutual support, are recovering from compulsive overeating. They welcome everyone who wants to stop eating compulsively. There are no dues or fees for members; they are self-supporting through our own contributions, neither soliciting nor accepting outside donations. OA is not affiliated with any public or private organization, political movement, ideology or religious doctrine, they take no position on outside issues. Their primary purpose is to abstain from compulsive overeating and to carry this message of recovery to those who still suffer.

National Website: www.OA.org

CT Area Website: www.SWCTOA.org

Gamblers Anonymous: Gamblers Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from a gambling problem.

National Website: www.gamblersanonymous.org

National Hotline: 1-888-424-3577

HVCASA Vision

***Youth and families are resilient, and communities are safe
and drug-free in the 22 towns of the Housatonic Valley
Region***

Housatonic Valley Coalition Against Substance Abuse

69 Stony Hill rd.

Bethel, CT 06801

Phone: 203-743.7741

Fax:203-743.7317

www.HVCASA.org

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