



SOUTHINGTON
COMMUNITY HEALTH
Outreach Project

Funded by the Barnes Memorial Trust at Main Street Community Foundation

SOUTHINGTON

Behavioral Health Resource Directory

FOURTH EDITION



Funded by the Bradley H. Barnes & Leila U. Barnes Memorial Trust
at Main Street Community Foundation

SOUTHINGTON BEHAVIORAL HEALTH RESOURCE DIRECTORY

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**SOUTHINGTON
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INFORMATION CURRENT AS OF 01/2025



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SOUTHINGTON COMMUNITY HEALTH Outreach Project

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Dear Southington Resident,

Welcome to the fourth edition of the Southington Behavioral Health Resource Directory, developed in partnership between the Bradley H. Barnes & Leila U. Barnes Memorial Trust at the Main Street Community Foundation and Wheeler's Southington Community Health Outreach Project.

Wheeler's Southington Community Health Outreach Project facilitates access to behavioral and mental health care for Southington residents by providing comprehensive solutions that address complex health issues.

This updated directory strives to meet the evolving needs of our community, providing resources for anyone seeking assistance—whether for yourself, a friend, family member, or neighbor—while also aiming to enhance the visibility of services and resources available to the Southington community. Feelings such as sadness, anxiety, worry, irritability, or trouble sleeping are common, but when these feelings become overwhelming, persist over time, or interfere with daily life—such as school, work, or relationships—they may indicate a mental health challenge. Just as individuals seek professional help and medication for physical conditions, mental health challenges may also require professional help, such as therapy, medication, or both. The Southington Behavioral Health Resource Directory serves as a comprehensive guide to local behavioral and social service providers, connecting residents, families, and caregivers with essential resources. Although thorough, please verify details with the administering agency for the most up-to-date information. This directory is not intended to cover symptoms or medications related to mental illnesses. Additional literature and information is available through Connecticut Clearinghouse, a statewide behavioral health resource library. You can access the directory electronically at: www.ctclearinghouse.org/southingtonmhdirectory. We hope this directory serves as a valuable resource for the community and helps individuals and families navigate mental health and substance use services with ease. Sincerely, Holly Hansen, LMSW (she/her) Senior Community Health Outreach Coordinator Wheeler's Southington Community Health Outreach Project 860-604-7448 - hrhansen@wheelerclinic.org



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SOUTHINGTON COMMUNITY HEALTH Outreach Project

Funded by the Barnes Memorial Trust at Main Street Community Foundation

SOUTHINGTON COMMUNITY HEALTH OUTREACH PROJECT

Working Together for a Healthier Southington

Southington Community Health Outreach Project facilitates access to behavioral and mental health care for Southington residents by providing comprehensive solutions that address complex health issues.

OUR SERVICES

- **Community Outreach and Referrals**

The program aims to increase its presence in the Southington community, making it easier for residents to access information and resources related to mental health, substance use, and overall well-being. It provides referrals to treatment, focusing on connecting individuals with services that best meet their needs and preferences, with the goal of delivering effective care and achieving positive outcomes.

- **Health Education and Training**

The program offers trainings to educate the Southington community on mental health and substance use in order to reduce stigma by providing credible information.

- **Community Stakeholder Collaboration**

The program hosts a bimonthly Behavioral Health and Social Service Stakeholders' meeting, where social service providers learn about beneficial services from featured presenters. These meetings also serve as a platform for organizations to collaborate and discuss strategies for addressing community needs by bridging gaps between agencies.

CONTACT US

Holly Hansen, LMSW (She/Her)

Senior Community Health Outreach Coordinator
hrhansen@wheelerclinic.org
860-604-7448

For information contact the Project Coordinator, Holly Hansen at:
hrhansen@wheelerclinic.org
or call **860.604.7448**

WHO WE SERVE

The Southington Community Health Outreach Project serves the community of Southington throughout all stages of life

FUNDING SOURCE

The Bradley H. Barnes & Leila U. Barnes Memorial Trust at Main Street Community Foundation



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SOUTHINGTON COMMUNITY HEALTH Outreach Project

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ACKNOWLEDGEMENTS

The Bradley H. Barnes & Leila U. Barnes Memorial Trust at Main Street Community Foundation has granted Wheeler Health funding for the Southington Health Outreach Project. The goal is to create a healthier community. The program and directory would not achieve nearly as significant an impact without the support of community stakeholders. Many thanks to the following organizations for their support of the Southington Community Health Outreach Project:

- Bradley H. Barnes & Leila U. Barnes Memorial Trust at Main Street Community Foundation
- Bread for Life
- Calendar House Senior Center
- Community Mental Health Affiliates
- DePaolo Family Foundation
- Early Childhood Collaborative of Southington (ECCS)
- First Congregational Church’s Welcoming, Inclusive, Supportive, and Engaged (WISE) Initiative
- Hartford HealthCare
- Leading Ladies of Southington
- LiveWell
- Prudence Crandall Center
- Root Center for Advanced Recovery
- Senior Transportation Services
- South Central Health District
- Southington Community YMCA
- Southington Housing Authority
- Southington Pediatric Associates
- Southington Police Department
- Southington Public Library
- Southington Public Schools
- Southington Town Council
- Southington Youth Services
- Southington’s Town-wide Effort to Promote Success (STEPS)
- Town of Southington Veterans’ Committee
- UConn Health
- United Way of Southington
- Wheeler Health

DISCLAIMER: This directory does not evaluate the resources listed. It aims to provide information to help individuals consider which resources best suit their needs. Provision of information about a resource does not constitute an endorsement, nor does omission of a resource signify disapproval.

For revisions or to add your organization, please email Holly Hansen, Senior Community Health Outreach Coordinator of the Southington Health Outreach Project at hrhansen@wheelerclinic.org.

Information current as of 01/2025



GENERAL SERVICES

CRISIS HELP SERVICES

AGENCY/ORGANIZATION	PHONE NUMBER	WEBSITE
988 National Suicide & Crisis Lifeline	988	988Lifeline.org
Addiction Treatment		
24/7 Access Line	(800) 563-4086	Portal.CT.Gov/CrisisServices
Connecticut Alliance to End Sexual Violence		
Connecticut Problem Gambling Helpline	(888) 999-5545 English (888) 568-8332 Español	EndSexualViolenceCT.org
	(888) 789-7777	CCPG.org
Connecticut Quitline (for Tobacco)	(800) QUIT-NOW (800) 784-8669	QuitNow.net/Connecticut
Connecticut SafeConnect Intimate Partner Violence Hotline	(888) 774-2900	CTSafeConnect.com
Crisis Text Line	741741 Text "HOME"	CrisisTextLine.org
Department of Children and Families (DCF – Emergency Line)	(800) 842-2288	CT.Gov/DCF
Disaster Distress Helpline	(800) 985-5990 Text: English or Spanish to 66746 Deaf/ Hard of Hearing: (800) 985-5990 2-1-1 then press "1"	Samhsa.Gov/Find-Help/Disaster-Distress-Helpline
Mobile Crisis Intervention Services		MobileCrisisEMPSCT.org
National Eating Disorders Association Helpline	(800) 931-2237	NationalEatingDisorders.org
National Human Trafficking Hotline	(888) 373-7888 Text: 233733	HumanTraffickingHotline.org
National Sexual Assault Hotline	(800) 656-4673	Rainn.org
National Veteran Crisis Line	988 then press "1" Text: 838255	VeteransCrisisLine.net
Police, Fire, or Medical Emergency Call or Text	911	N/A
Protective Services for the Elderly	(888) 385-4225	Portal.CT.Gov/DSS
Non-Emergency Southington Police Department	(860) 378-1600	SouthingtonPolice.com
The Trevor Project		
LGBTQ+ Youth Crisis Intervention	(866) 488-7386	TheTrevorProject.org

GENERAL SERVICES

988 NATIONAL SUICIDE AND CRISIS LIFELINE

988 is the nationwide Suicide & Crisis Lifeline, providing free, confidential support for people in distress, available 24/7. This service connects individuals to trained crisis counselors who can offer immediate support and resources for mental health crises, suicidal thoughts, or emotional distress. The lifeline also assists people worried about someone else who may need help.

Call or text 988, or visit [988Lifeline.org](https://www.988lifeline.org)

The service is available to anyone across the United States and offers multilingual support and support for individuals who are deaf and hard of hearing.

UNITED WAY 211

211 is a free, confidential, and toll-free service available in Connecticut, connecting people to local services. Accessible 24/7, 365 days a year.

CALL 2-1-1 OR [211CT.ORG](https://www.211ct.org)

211 Services Include:

- Crisis intervention
- Health services referrals
- Counseling & therapy referrals
- Food assistance
- Financial assistance
- Healthcare & insurance guidance
- Housing & utilities payment aid
- Unemployment & job training services
- Veteran services
- Child care & family services

For those experiencing difficulty with the 2-1-1 number, an alternative contact option is available at 1-800-203-1234.

GENERAL SERVICES

URGENT CRISIS CENTERS FOR CHILDREN AND TEENS

Urgent Crisis Centers (UCCs) are available to families of children (aged 18 or younger) who are experiencing a behavioral health crisis but do not require emergency department-level care. Licensed and funded by the Connecticut Department of Children and Families (DCF), these centers function as walk-in clinics, providing youth and their families with immediate access to resources during critical moments.

No appointment or referral is necessary.

UCCs serve children and teens experiencing issues such as:

- Thoughts of suicide or self-injury
- Feelings of depression, anxiety, or hopelessness
- Out-of-control behaviors
- Substance use
- Other mental health crisis

Services Offered:

- Provide crisis stabilization support
- Complete a comprehensive mental health assessment
- Work with your family to develop a safety plan
- Connect your child directly to additional services

UCCs are offered at:

WELLMORE BEHAVIORAL HEALTH

141 East Main Street, 3rd Floor, Waterbury, CT 06702

Hours: 24 hours, 7 days a week

Phone: (203) 580-4298

Website: wellmore.org/urgent-crisis-center

THE VILLAGE FOR FAMILIES AND CHILDREN

1680 Albany Avenue, Hartford, CT 06105

Hours: Monday – Friday 7:00 AM – 11:00 PM

Phone: (860) 297-0520

Website: thevillage.org/UCC

YALE NEW HAVEN HEALTH

20 York Street, New Haven, CT 06510

Phone: (203) 688-4707

Website: ynhh.org/childrens-hospital/services/emergency-services

CHILD & FAMILY AGENCY

255 Hempstead Street, New London, CT 06320

Hours: Monday – Friday 8:00 AM - 10:00 PM

Saturday 10:00 AM - 6:00 PM

Phone: (860) 437-4550

Website: childandfamilyagency.org/urgent-crisis-center

Important Note: This program is not an emergency department. If a youth needs immediate medical attention, please call 9-1-1 or go to the nearest hospital.

GENERAL SERVICES

DEPARTMENT OF DEVELOPMENTAL SERVICES

The Connecticut Department of Developmental Services (DDS) provides support and services to individuals with intellectual and developmental disabilities (I/DD), as well as their families. Some of the areas where CT DDS provides services include:

- **Individual and Family Support:** Provides services to help people with I/DD with daily living, life skills, and independence.
- **Residential Services:** Offers group homes, supported living, and independent living options for those needing a structured environment.
- **Employment and Day Programs:** Supports vocational services and day programs for job placement, skill-building, and community involvement.
- **Case Management:** Case managers help individuals access services, develop plans, and ensure support.
- **Early Intervention (Birth to Three):** Provides early support for infants and toddlers with developmental delays.
- **Family Respite:** Offers temporary relief for caregivers.
- **Healthcare Coordination:** Assists with healthcare planning and medical service access.
- **Autism Services:** Provides life skills and community engagement support for individuals with autism spectrum disorder.

Eligibility:

Services are available to individuals with intellectual disabilities who meet the department's eligibility criteria, as well as individuals with autism under the Autism Lifespan Program.

General inquiries:

Toll-Free: 1-877-437-4577
TDD/TTY (for persons with speech or hearing disabilities):
(860) 418-6079

Mailing Address:

Department of Developmental Services
460 Capitol Avenue
Hartford, CT 06106

DEPARTMENT OF SOCIAL SERVICES

Connecticut Department of Social Services (DSS) offers a range of services to assist Connecticut residents in need of financial, healthcare, and housing support, as well as other social services. Some of the areas where CT DSS provides services include:

- **Healthcare Coverage:** Administers Husky Health (Medicaid), providing healthcare for eligible low-income families, seniors, and individuals with disabilities. See page 14 for more information.
- **Food Assistance:** Offers SNAP food benefits. See page 14 for more information.
- **Cash Assistance:** Temporary Family Assistance (TFA) provides cash benefits and employment services to families with children.
- **Energy Assistance:** CEAP helps low-income households manage heating costs. See page 15 for more information.
- **Child Support Services:** Aids in paternity establishment, child support orders, and collection.
- **Housing Support:** Connects individuals with rental assistance and homelessness services.
- **Aging and Disability Services:** Provides in-home care and long-term care support for older adults and people with disabilities.
- **Veterans Services:** Offers healthcare, financial, and social services to veterans.

DSS Client Information Line & Benefits Center:

Toll-Free: 1-855-626-6632
TDD/TTY (for persons with speech or hearing disabilities):
1-800-842-4524

Mailing Address:

Department of Social Services
55 Farmington Avenue
Hartford, CT 06105

GENERAL SERVICES

BEHAVIORAL HEALTH INFORMATION

AGENCY	PHONE NUMBER	WEBSITE
211 Infoline (statewide)	2-1-1	211CT.org
Amplify, Inc.	(860) 267-5439	AmplifyCT.org
Connecticut Behavioral Health Partnership (CT BHP)	(877) 552-8247	CTBHP.com
Connecticut Clearinghouse	(860) 793-9791	CTClearinghouse.org
Connecting To Care	(877) 381-4193 Option 5	ConnectingToCareCT.org
Department of Children and Families (DCF)	(860) 550-6300	Portal.CT.Gov/DCF
Department of Mental Health and Addiction Services (DMHAS)	(800) 446-7348	CT.Gov/DMHAS
Department of Veteran Affairs	(866) 928-8387	CT.Gov/CTVA
National Alliance on Mental Illness (NAMI)	(860) 882-0236	NamiCT.org

SELF-HELP GROUPS

AGENCY	PHONE NUMBER	WEBSITE
<i>AL-ANON/ALATEEN (Adults and Teens)</i>		
Family Groups of Connecticut Alcoholics Anonymous	(888) 425-2666	Al-Anon.org
	(866) 783-7712	AA.org
Cocaine Anonymous	(800) 347-8998	CA.org
Connecticut Narcotics Anonymous	(800) 627-3543	CTNA.org
DivorceCare	(800) 489-7778	DivorceCare.org
Gamblers Anonymous	(855) 222-5542	GamblersAnonymous.org
Live Well	(860) 628-9000	Livewell.org
Overeaters Anonymous	N/A	OA.org
Pregnant and Postpartum Support Groups SMART Recovery	(800) 944-4773	PSICTChapter.com/Support-Groups
	N/A	SMARTRecovery.org

GENERAL SERVICES

SHELTER AND HOUSING

All partake in Unified Intake Process. Callers must call 2-1-1, Option 3 for initial intake to a shelter.			
AGENCY/ ORGANIZATION	TOWN	PHONE NUMBER	POPULATION SERVED
Friendship Service Center of New Britain	New Britain	(860) 225-0211	Single adults; pregnant women; women with children; couples with/ without children. Sobriety is not a requirement to shelter placement.
New Opportunities Homeless Shelter	Meriden	(203) 634-1734	Single adults; pregnant women; women with children; accepts adults who are being detoxed. Shelter cannot accept men with children.
Prudence Crandall Center	New Britain	(888) 774-2900	Emergency shelter home and wrap-around support services to women, men and children who have experienced intimate partner violence.
Safe Haven of Greater Waterbury	Waterbury	(203) 575-0388	Temporary lodging for people who have experienced trauma.
Salvation Army - New Britain Men's Shelter	New Britain	860-225-8491	Single adult men ages 18+; accepts single adult men who are being detoxed. Dry shelter.
Salvation Army - Waterbury Family Emergency Shelter	Waterbury	(203) 754-7056	Shelter for families.
Southington Public Library	Southington	(860) 628-0947	Heating and cooling center available during open hours when extreme weather protocols are activated by the Governor. <i>No need to call 211.</i>
St. Vincent de Paul Mission Shelter of Bristol	Bristol	(203) 589-9098	Single adults ages 18+; couples with/without children; women with children. People with an outstanding arrest warrant or sex offenders are not accepted. Those without children must leave the shelter between 7:30 AM-5:00 PM.
St. Vincent de Paul Mission Shelter of Waterbury	Waterbury	(203) 573-9018	Families with children and women or men with children.

GENERAL SERVICES

FOOD ASSISTANCE

BREAD FOR LIFE

31 Vermont Avenue, Southington, CT 06489

Phone: (860) 276-8389

Website: SouthingtonBreadForLife.org

Programs: Provides hot lunch Monday - Friday at 11:45 AM; homebound delivery available.

Wednesday dinner is served at 5:30 PM.

Children's summer lunch program.

No proof of income is required.

Programs: Pay-it-forward meal initiative allowing community members to purchase an extra meal for someone in need. Those in need can claim a pre-paid meal by taking a receipt from the Plate It Forward board at participating restaurants.

No residence or income verification is required.

FAITH BAPTIST CHURCH

243 Laning Street, Southington, CT 06489

Phone: (860) 628-8147

Website: FBCSouthington.org

Programs: Limited food pantry available Monday - Friday, call ahead needed.

No residence or income verification is required.

SOUTHINGTON CALENDAR HOUSE SENIOR CENTER

388 Pleasant Street, Southington, CT 06489

Phone: (860) 621-6738

Website: CalendarHouse.org

Programs: Provides lunch Monday - Friday at 12:00 PM for seniors 60 years and older, \$3.00/person. Must complete State of CT DSS Form-5 to participate and order lunch at least two business days in advance.

GIVING BACK FOOD PANTRY AT TABERNACLE CHURCH

1445 West Street, Southington, CT 06489

Phone: (860) 276-0400

Website: GivingBackOnline.org

Programs: CT Foodshare's Mobile Truck—every other Tuesday 9:00 - 9:45 AM;

Non-Perishable Food Pantry—every other Saturday 9:00 - 10:00 AM.

Must have driver's license or other form of identification to show Connecticut residency for the Saturday Program. No form of ID is necessary for Tuesday's Mobile Food Truck.

SOUTHINGTON COMMUNITY SERVICES

91 Norton Street, Plantsville, CT 06479

Phone: (860) 628-3761

Website: Southington.org

Programs: Food pantry available Monday-Friday, 8:30 AM - 4:30 PM. Proof of residency required; no appointment needed. Groceries and meat can be picked up weekly, and bread, pastry, and produce are available daily. After-hours pickup by appointment.

GRACE UNITED METHODIST CHURCH

121 Pleasant Street, Southington, CT 06489

Phone: (860) 628-6996

Website: GraceUMCSouthington.org

Programs: Thanksgiving dinner. No income required but pre-registration is required.

SOUTHINGTON PUBLIC SCHOOLS

200 North Main Street, Southington, CT 06489

Phone: (860) 628-3286, extension 21221

Website: SouthingtonSchools.org

Programs: Free breakfast for all students. Students who qualify for free or reduced-price meals will also receive free lunch. The application for free or reduced-price school meals is available both online and at the main offices of the schools, and it must be completed each school year after July 1. All the information provided remains confidential, and while there is no verification required at the time of submission, the applications may be subject to verification later.

PLATE IT FORWARD SOUTHINGTON

Participating Restaurants: Fancy Bagels, Paul Gregory's Bistro Cafe, Chick-fil-A, Fancy Bagel Xpress, Southington Lions Den, Saint's Restaurant.

Website: CFGNB.org/Plate-It-Forward-Southington

GENERAL SERVICES

FOOD ASSISTANCE

SNAP BENEFITS

The Supplemental Nutrition Assistance Program (SNAP), formerly known as Food Stamps, helps eligible individuals and families afford the cost of food at supermarkets, grocery stores and farmers' markets. SNAP benefits are determined based on

factors such as household income, family size, and expenses, with the goal of providing assistance that adjusts to the unique circumstances of each participant.

Connecticut DSS Benefits Center
1-855-626-6632

WIC—WOMEN, INFANTS, AND CHILDREN The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) offers supplemental foods, health care referrals, nutrition education, and breastfeeding support to low-income pregnant, breastfeeding, and postpartum women, as well as infants and children under age five who are at nutritional risk. Southington residents can apply through Bristol Health if they meet eligibility guidelines. For more information on benefits and resources, visit the WIC website.

11 Bellevue Avenue, Bristol, CT 06010
Phone: 1- 860-585-3280

Email: BRISTOLWIC@BRISTOLHOSPITAL.ORG
Website: CT.Gov/DPH/WIC

HEALTH INSURANCE

ACCESS HEALTH CT

Access Health CT is a state-operated health insurance marketplace that allows individuals and families to shop for, compare, and enroll in health and dental insurance plans.

Access Health CT offers financial assistance to those who qualify, which can help reduce the costs of premiums and out-of-pocket expenses for eligible participants.

In addition to private insurance options, Access Health CT connects users to government-sponsored health coverage programs. These include Medicaid and the Children's Health Insurance Program (CHIP), which offers coverage for children in families with incomes too high to qualify for Medicaid but too low to afford private coverage.

Phone: 1-855-805-4325
Website: AccessHealthCT.com

HUSKY HEALTH (MEDICAID)

For information and support with Medicaid (HUSKY Health), you can call Access Health CT or use the toll-free number provided below.

Toll-Free Number:
1-877-CT-HUSKY
(1-877-284-8759)
Se habla español

Monday-Friday: 8:00 AM to 4:00 PM

HUSKY Health Programs:

- HUSKY A: Medicaid for children, teens, parents, relative caregivers, and pregnant women.
- HUSKY B: CHIP for children and teens up to age 19.
- HUSKY C: Medicaid for adults 65 years and older, adults with disabilities, including long-term care services and Medicaid for employees with disabilities.
- HUSKY D: Medicaid for low-income adults without dependent children.

GENERAL SERVICES

ENERGY ASSISTANCE

CONNECTICUT ENERGY ASSISTANCE PROGRAM (CEAP)

Statewide Program: Provides assistance with winter heating bills for households meeting income eligibility criteria.

Eligibility: Income-based; households must apply annually.

How to Apply: Contact your local Community Action Agency (CAA). In Southington, contact Human Resources Agency of New Britain (HRA), the local CAA.

Website: Portal.CT.Gov/DSS

EVERSOURCE ENERGY ASSISTANCE

Statewide Utility Company Program:

Eversource offers several assistance options, including payment plans and discounts, for customers unable to pay their energy bills.

Programs:

- Matching Payment Program (MPP): Helps reduce past-due bills for those eligible.
- New Start Program: Forgives overdue balances over time with on-time payments.
- Low Income Discount Rate: Two tiers of discounts offered on electric bill depending on annual household income.

Website: Eversource.com

OPERATION FUEL

Statewide Program: Provides year-round emergency energy assistance for those facing hardship but who may not qualify for CEAP.

Eligibility: Income-based, with the flexibility for emergency cases.

How to Apply: Applications are available through local fuel banks or online.

Website: OperationFuel.org/GetHelp

SOUTHINGTON COMMUNITY SERVICES (SCS)

Local Program: Offers local assistance for Southington residents. SCS helps with referrals to energy assistance programs and provides guidance on how to apply.

Contact: (860) 628-3761

Website: Southington.org

UNITED WAY 2-1-1

Statewide: Provides referrals and information on various energy assistance programs and other resources. Residents can call 2-1-1 or visit the website for support. See more information on 2-1-1 on page 8.

Website: 211CT.org



GENERAL SERVICES

SOUTHINGTON COMMUNITY RESOURCES



AGENCY/ORGANIZATION	PHONE NUMBER	WEBSITE
Bread for Life	(860) 276-8389	SouthingtonBreadForLife.org
Early Childhood Collaborative of Southington	(860) 385-1665	SouthingtonEarlyChildhood.org
Main Street Community Foundation	(860) 583-6363	MainStreetFoundation.org
South Central Health District	(860) 276-6275	SCHD.org
Southington Board of Education	(860) 628-3200	SouthingtonSchools.org
Southington Calendar House Senior Center	(860) 621-3014	CalendarHouse.org
Southington-Cheshire Community YMCAs	(860) 628-5597	SCCYMCA.org
Southington Community Services	(860) 628-3761	Southington.org/Departments/Community-Services
Southington Housing Authority	(860) 628-5200	Southington.org
Southington Public Library	(860) 628-0947	SouthingtonLibrary.org
Southington's Town-wide Effort to Promote Success (STEPS)	(860) 276-6285	SouthingtonSTEPS.org
Southington Veterans Committee	(860) 276-6299	N/A
Southington Youth Services	(860) 276-6281	Southington.org
The Arc of Southington	(860) 628-9220	ARCSouthington.org

GENERAL SERVICES

TRANSPORTATION SERVICES

DEPARTMENT OF MENTAL HEALTH AND ADDICTION SERVICES

The Department of Mental Health and Addiction Services can provide transportation from home, hospital, treatment programs, or other community locations to Withdrawal Management (WM) or Substance Use Residential Treatment Programs, provided other possibilities have been explored. Transportation is also available from a WM or Substance Use Residential Treatment Program to home or another community location if other transportation options have been explored. Please note, transportation is not provided to or from Medication-Assisted Treatment or other outpatient

levels of care. For transportation, contact the Access Line anytime. There are no eligibility requirements for this transportation service.

Call (800) 563-4086

ROUTE 532

Route 532 runs between Plainville Center and Queen Street in Southington, with stops at locations such as Price Chopper, Stop & Shop, and Walmart. The route operates hourly throughout the week. The schedule is coordinated to facilitate transfers with CTfastrak Route 102 at Plainville Center, enabling connections to Hartford, New Britain, and Bristol.

Visit CTTransit.com/Schedules

SENIOR TRANSPORTATION SERVICES, INC.

Senior Transportation Services (STS) offers out-of-town medical transportation services for adults 50 and over. STS volunteer drivers use their own vehicles to provide curb to curb, safe, reliable and economical medical transportation. Client application must be completed and submitted prior to calling in appointments. For more information, visit their website at www.seniorrides.org. Thanks to the United Way of Southington and Main Street Community Foundation, Southington clients do not pay for any Membership Fees or Ride Fees for use of STS services. Hours are Monday to Friday 7:00 AM-5:00 PM.

Call (860) 224-7117 or email sts@seniorrides.org

SOUTHINGTON CALENDAR HOUSE SENIOR CENTER DIAL-A-RIDE

The Southington Calendar House Senior Center Dial-A-Ride program provides transportation at no charge for Southington residents ages 55 & over and for Southington residents ages 18 & over receiving Social Security disability benefits. A minimum of one week advanced notice is required. In town medical appointments can be scheduled Monday through Friday with appointment times between 8:30 AM and 2:30 PM. Out of town medical appointments can be scheduled between 9:30 AM and 1:00 PM according to the following schedule:

- Monday & Wednesday: Plainville, New Britain & Meriden
- Tuesday & Thursday: Plainville, Bristol & Farmington
- Friday: Cheshire (Hartford HealthCare Highland Ave. and South Main St. locations)

Transportation is also available to and from Southington Calendar House Senior Center for lunch, activities and programs, as well as shopping and employment.

Call (860) 621-3014

BEHAVIORAL HEALTH GLOSSARY

BEHAVIORAL HEALTH PROFESSIONALS

Advanced Practice Registered Nurse (APRN)- A nurse with post-graduate education in nursing. APRNs are prepared with advanced informative and clinical education, knowledge, skills, and scope of practice in nursing.

Care Coordinator - A healthcare professional who manages and facilitates patient care across services through assessment, planning, communication, resource management, monitoring, and advocacy.

Certified Alcohol and Drug Counselor (CADC) – A certified individual that provides alcohol and drug counseling.

Crisis Intervention Specialists - Professionals trained specifically to provide immediate assistance during behavioral health crises.

Licensed Clinical Social Worker (LCSW) – A licensed individual that holds a master’s degree in social work (MSW) and specializes in clinical practice. They work with clients in order to help with their mental and emotional health. There are a wide variety of specializations a LCSW can focus on. These include specialties such as: working with mental health issues, substance misuse, school social work, medical social work, marriage counseling, or children and family therapy. LCSW must be licensed in the state they practice in.

Licensed Alcohol and Drug Counselor (LADC) – A licensed individual who helps people with drug or alcohol misuse. Counselors help patients through the recovery process and adopt sober lifestyles, often in residential or outpatient rehabilitation programs.

Licensed Marriage and Family Therapist (LMFT) – A licensed individual educated with a master’s or doctoral degree trained with a minimum of two years of supervised clinical experience. LMFTs are trained and licensed to independently diagnose and treat mental health and substance misuse problems.

Licensed Professional Counselor (LPC) – Licensed professional counselors (LPCs) are master’s-degree mental health service providers trained to work with individuals, families, and groups in treating mental, behavioral, and emotional problems and disorders.

BEHAVIORAL HEALTH GLOSSARY

BEHAVIORAL HEALTH PROFESSIONALS CONTINUED

Paraprofessionals – Paraprofessionals work under a trained professional in clinical settings, i.e., Licensed Social Work Associates (bachelor-level social workers).

Psychiatric Mental Health Nurse Practitioner (PMH-NP) – A registered nurse certified by the Connecticut State Board of Nursing who can independently engage in the following activities:

- “Nurse Psychotherapist” – A registered nurse who practices psychotherapy in a structured relationship with the client
- “Psychiatric Nurse Practitioner” – An experienced registered nurse who possesses advanced training and education in the area of diagnosing and treating illness. Nurse practitioners are able to prescribe medication. Psychiatric nurse practitioners specialize in providing psychiatric care to individuals.

Psychiatrist (MD/DO) – A medical doctor who possesses specialized training in the field of psychiatry. Psychiatrists must be licensed physicians in the state in which they practice and must also be certified by the American Board of Psychiatry.

Psychologist (Ph.D./PsyD) – An individual who possesses a doctoral degree in psychology. One must be licensed by the Connecticut State Board of Examiners of Psychologists. A psychologist can be a clinical or a counseling psychologist.



BEHAVIORAL HEALTH GLOSSARY

BEHAVIORAL HEALTH TERMS

Case Management – A process which plans, coordinates, and implements services required to meet an individual’s needs.

Co-occurring Disorders – Refers to the presence of both a substance use disorder and a mental health diagnosis at the same time, also known as dual diagnosis.

Dual Diagnosis Treatment – Treatment for an individual with substance use disorders as well as a mental health diagnosis.

Evidence Based Practice (EBP) – Use of a mental or behavioral health intervention that has demonstrated its effectiveness as a treatment for a specific problem via empirical evidence.

Family Psychoeducation – Provides education to individuals living with mental illness and their families. The goal is to assist the individual and their family to better understand his/her/their present illness, avoid relapse/ return to use and contribute to their own health and wellness on a long-term basis.

Harm Reduction – A public health approach that aims to reduce the negative consequences of drug use without requiring abstinence. It focuses on safety measures like clean needles and naloxone, while respecting individuals' choices and reducing stigma. Harm reduction prioritizes safety, dignity, and reducing stigma, thereby supporting people in making healthier choices while addressing the complex issues related to substance use.

In-home Services – Counseling provided in the home by a behavioral health professional.

Inpatient – Mental health services provided within a residential setting where the individual stays overnight in the mental health facility. This type of care is generally recommended for individuals who require more intensive and structured support due to the severity of their current mental health symptoms.

Intake (Interview) – Occurs when a client first seeks help from a clinician. It is the first interaction that occurs between the client and the clinician.

BEHAVIORAL HEALTH GLOSSARY

BEHAVIORAL HEALTH TERMS CONTINUED

Integrated Care – Coordinated approach to healthcare that brings together physical, mental, and behavioral health services to provide comprehensive treatment. It aims to improve patient outcomes by ensuring that all aspects of a person's health are addressed through collaboration among healthcare providers. This model emphasizes communication between professionals, which reduces fragmentation in care and offers a more holistic approach to health management.

Intensive Outpatient Program (IOP) – The highest level of outpatient treatment before inpatient care. IOP is appropriate for people who need a higher level of care and are still able to function at home. It's also ideal for patients transitioning from a more demanding treatment program to one that provides more freedom.

Medication Assisted Treatment (MAT) – An evidence-based practice that uses FDA-approved medications to treat substance use disorders. Also referred to as Medications for Opioid Use Disorder (MOUD) or Medications for Alcohol Use Disorders (MAUD).

Medication Evaluation / Medical Management – A psychiatrist or nurse practitioner monitors and evaluates a client's medications to ensure that the client is on the proper medications. Medication evaluations can be done at various levels of treatment.

Open Access – Walk-in availability to care during designated times without an appointment.

Outpatient – Treatment that is provided in the community and not in a hospitalized setting.

Partial Hospitalization Program (PHP) – A short-term day program that offers psychiatric services. Provides more freedom than inpatient care. It is generally appropriate for people who need a higher level of care and are still able to function at home. Clients can return to their homes at the end of the day, while still remaining under the care of mental health professionals on a daily basis.

Peer Support – Encompasses a range of activities and interactions between people who share similar experiences of being diagnosed with mental health conditions, substance use disorders, or both. They provide support to others experiencing similar challenges.

BEHAVIORAL HEALTH GLOSSARY

BEHAVIORAL HEALTH TERMS CONTINUED

Psychiatric Evaluation / Assessment – An evaluation performed by a psychiatrist or nurse practitioner. A psychiatric evaluation includes the history of the present illness, current symptoms the individual is experiencing, past history of illness, family history, a review of medications, mental status examinations and a physical examination.

Psychiatric Rehabilitation Program (PRP) – A program that provides support and rehabilitation to individuals who have a mental illness diagnosis. PRP focuses on daily living skills through the use of the community environment.

Psychological Testing – Tests which are given to individuals to assess and evaluate information. Psychological tests are administered and interpreted by a psychologist.

Residential Rehabilitation Program (RRP) – Housing for individuals with a chronic mental health diagnosis who are unable to live independently in the community.

Respite – Temporary shelter for a person in need of short-term relief from a crisis they are experiencing or to provide relief to a caregiver.

Sliding Scale – Fees are set according to the client's income (i.e., if the client has no income, the fee may be as low as \$0).

Uninsured – An individual that does not have private insurance, Medicaid, or Medicare.

Withdrawal Management (WM)- Also known as detoxification or detox management, WM is managing the physical symptoms that occur when an individual stops using a substance they have been dependent on. WM aims to provide a safe environment for the individual while their body adjusts to functioning without the substance.

MENTAL HEALTH SERVICES

CHILD AND ADOLESCENT

COMMUNITY MENTAL HEALTH AFFILIATES (CMHA)

Outpatient Services Addresses:

- 233 Main Street, New Britain, CT 06051
- 255 Bank Street, Waterbury, CT 06702

Phone: (860) 224-8192

Email: referrals@cmhacc.org

Website: CMHAcc.org

Description: CMHA offers child and adolescent outpatient therapy, including individual, family, and group services along with psychiatric medication support. Clinicians utilize evidence-based treatment models to help clients manage symptoms of anxiety, depression, academic concerns, substance use, and trauma.

Eligibility: Children/adolescents up to age 17.

Admission: Call (860) 224-8192 or email referrals@cmhacc.org.

Payment Options: Medicaid and most commercial insurance plans. Sliding fee scale available.

Languages Offered: English, Spanish, and Polish.

HARTFORD HEALTHCARE

Southington Child and Adolescent Counseling Center

Address: 98 Main Street, Suite 300
Southington, CT 06489

Phone: (860) 827-6630

Description: Provides mental health treatment for children and adolescents who are experiencing mental health, behavioral, and/or family problems. The program offers an environment that individualizes the needs of each child while utilizing the benefits of group and family-based treatment approaches. Each child receives a comprehensive psychiatric assessment and short-term treatment goals are agreed upon with the youth and their parent(s)/guardian(s) at the start of program. Therapeutic interventions utilized include Cognitive Behavioral Therapy (CBT) and Parent Management Training (PMT). Additionally, family therapy and psychopharmacological therapy are available when appropriate and determined by the treatment team and family.

Eligibility: 6-17 years old, age 18 if still in high school.

Admission: Anyone can make a referral.

Payment Options: Accepts both commercial and Husky insurance plans.

Languages: English. Translation line available.

KLINGBERG FAMILY CENTERS

Outpatient Services

Addresses:

- 370 Linwood Street, New Britain, CT 06052
- 157 Charter Oak Avenue, Hartford, CT 06106

Phone: (860) 515-2330

Website: Klingberg.org

Description: Centers assist families with issues such as child behavioral problems, anxiety, depression, school difficulties, oppositional behavior, aggression, and grief and loss.

Eligibility: Children and adolescents ages 4-17, as well as their parents and siblings.

Admission: To schedule an appointment, call (860) 243-4416.

Payment Options: Anthem BC/BS, United Behavioral Health, Optum, Oxford, Connecticare, United Healthcare, Harvard Pilgrim, and Medicaid.

Languages Offered: English and Spanish.

Other Services: Child Abuse Treatment Services (CATS) provide support for child victims of abuse and their non-offending family members at no cost.



MENTAL HEALTH SERVICES

CHILD AND ADOLESCENT

THE COVE CENTER FOR GRIEVING CHILDREN

Address: 1113 South Main Street, Suite A
Cheshire, CT 06410

Phone: (203) 634-0500

Website: CoveCT.org

Description: Provides support for children and families coping with unresolved grief from the death of a significant person. Their services include family and school-based programs utilizing peer support groups, which are tailored to help children and teens navigate their grief.

Eligibility: Families and children under 18.

Admission: To register, call (203) 634-0500.

Payment Options: No fees for the program.

Families are invited to make a monthly pledge of any amount. No family is turned away for financial reasons.

UConn Health's Southington

Child and Family Development Program

Address: 1115 West Street

Southington, CT 06489

Phone: (860) 523-3783

Website: Health.Uconn.edu/Psychiatry/Areas-of-Care/Child-and-Adolescent/Child-and-Family-Development-Program

Description: This program offers various parent groups focused on managing child behavior, enhancing parent-child emotional connections, and supporting parents of children/teens with neurodevelopmental disorders. This program includes a lending library for educational resources. Also included is a program website, that houses a repository of evidence-based informational and educational handouts, websites, podcasts, and videos for youth and parents. Virtual options available.

Eligibility: Southington parents of children and teens ages 4-17.

Admission: Call or text (959) 256-6078

Payment Options: No fee. Support for this project is provided by the Bradley H. Barnes & Leila U. Barnes Memorial Trust at the Main Street Community Foundation.

WHEELER HEALTH

Outpatient Services

Address: Multiple locations

Phone: (888) 793-3500

Website: WheelerClinic.org

Description: Offers outpatient mental health and substance use treatment for children including individual and group therapies to help with family relationships, depression and anxiety, addiction, trauma, assistance with medication management, and more.

Eligibility: All ages.

Admission: Call Navigation Center for appointments.

Walk-in services available at multiple locations:

- One Hope Street, Bristol 43
- Woodland Street, Hartford 91
- Northwest Drive, Plainville 40
- Hart Street, New Britain 855
- Lakewood Road, Waterbury

Payment Options: Participates with most state and commercial insurance plans. Sliding fee scale available.

Languages Offered: Bilingual staff and language line available.

WELLMORE BEHAVIORAL HEALTH

Outpatient Services

Address: 141 East Main Street, 2nd Floor
Waterbury, CT 06702

Phone: (203) 756-7287

Website: Wellmore.org

Description: Evidence-based clinical interventions offered through individualized treatment, group work, family sessions, parental guidance, and/or case management.

Eligibility: Ages 12-17, age 18 if still in school.

Admission: Call (203) 756-7287 for appointment. Open Access available on Monday, Tuesday, Thursday, and Friday, 10:00 AM- 1:00 PM.

Payment Options: Participates with most commercial insurance plans. Sliding fee scale available.

Languages Offered: Language line available for translation.

MENTAL HEALTH SERVICES

ADULT

BRISTOL HEALTH

Counseling Center

Address: 420 North Main Street
Bristol, CT 06010

Phone: (860) 583-5858

Website: BristolHealth.org

Description: Offers individual, group, couples, and family therapy. Also provides partial hospital and intensive outpatient programs and a full range of chemical dependency programming.

Eligibility: Ages 18 and older.

Admission: Call for an appointment. First visit is an assessment to review history, current concerns, and offer a comprehensive treatment recommendation.

Payment Options: Accepts most commercial and state insurance plans.

Other Services: Specialty in group therapies.

CATHOLIC CHARITIES, INC.

Outpatient Services

Address: 56 Church Street
Waterbury, CT 06702

Phone: (203) 755-1196

Website: CCAOH.org/How-We-Help/
Behavioral-Health

Description: Provides culturally and linguistically competent outpatient programs for adults, including individual, group, and family therapy to address issues related to substance use, depression, anxiety, anger management, trauma, grief and loss, and other mental health issues. Medication management is

also available.

Eligibility: Ages 18 and older.

Admission: Call (203) 755-1196 for an assessment/intake. Walk-in appointments are accepted at the Hartford, New Haven, and Torrington locations.

Payment Options: Husky, commercial insurance plans, or self-pay.

Languages Offered: English and Spanish.

Other Services: The clinic at 45 Wadsworth Street, Hartford CT 06106 provides behavioral healthcare specifically for individuals whose primary language is Spanish. Catholic Charities also offers additional programs such as the Victims of Crime Act (VOCA) Clinical and Case Management Program, and adoptions and pregnancy support including crisis pregnancy counseling and adoption services.



MENTAL HEALTH SERVICES

ADULT

COMMUNITY MENTAL HEALTH AFFILIATES (CMHA)

Adult Outpatient Behavioral Health Services

Addresses:

- 233 Main Street, New Britain, CT 06051
- 255 Bank Street, Waterbury, CT 06702

Phone: (860) 224-8192

Email: referrals@cmhacc.org

Website: CMHAcc.org

Description: Offers assessment, psychotherapy, and medication management through group counseling, family counseling, and individual counseling. Services address various issues and levels of intensity.

Eligibility: Ages 18 and older.

Admission: (860) 224-8192 or email referrals@cmhacc.org.

Open Access Center available at 233 Main Street, New Britain:

- Monday and Wednesday, 9:00 AM- 1:00 PM
- Tuesday and Thursday, 11:00 AM - 3:00 PM

Payment Options: Accepts most insurance plans. Sliding fee scale available. **Languages Offered:** English, Spanish, and Polish. **Other Services:** IOP program for individuals with co-occurring mental health and substance use challenges.



HOSPITAL OF CENTRAL CONNECTICUT

Outpatient Psychiatry & Behavioral Health

Address: 73 Cedar Street, New Britain, CT 06051

Phone: (860) 224-5267

Website: THOCC.org

Description: Outpatient centers in New Britain and Southington provide individual and group counseling along with substance use treatment and trauma-based treatment for depression, anxiety, and mental health concerns.

Eligibility: Adults aged 18 and over.

Admission: Call intake line for New Britain or Southington.

Payment Options: Accepts most insurance plans.

Languages Offered: English, Spanish, Polish, and Interpretive Services.

Other Services: VOCA Program. Specialized groups including depression and anxiety, anger management, women's issues, life skills, DBT, and relapse prevention.

STAYWELL HEALTH CENTER

Outpatient Behavioral Health Services

Address: 1309 South Main Street Waterbury, CT 06702

Phone: (203) 756-8021, Ext. 3529

Website: StaywellHealth.org

Description: Provides adult outpatient behavioral health services, including mental health psychiatric treatment, medication management, and adult co-occurring IOP.

Eligibility: Ages 18-65.

Admission: Self-referral or agency referrals welcome. Contact the Behavioral Health Front Desk for program referral.

Payment Options: Medicaid, Medicare, Husky, commercial insurance, private pay. Sliding fee scale available.

Languages Offered: English and Spanish.

Other Services: Medication Assisted Treatment, and smoking cessation MAT and counseling for existing patients interested in quitting smoking.

MENTAL HEALTH SERVICES

ADULT

WELLMORE BEHAVIORAL HEALTH

Outpatient Services

Address: 402 East Main Street
Waterbury, CT 06702

Phone: (203) 755-1143

Website: Wellmore.org

Description: Provides substance use and mental health treatment, focusing on coping skills and behavior change. Offers services during day and evening hours, including assessment, group treatment, and psychoeducational sessions.

Eligibility: All ages.

Admission: Open Access available Monday through Friday from 12:00 PM – 3:00 PM.

Payment Options: Accepts most insurance plans. Sliding fee scale available.

Languages Offered: English and Spanish.

Other Services: Residential facilities, case management services, and Medication Assisted Treatment.

WHEELER HEALTH

Outpatient Services

Address: 91 Northwest Drive
Plainville, CT 06062

Phone: (888) 793-3500

Website: WheelerClinic.org

Description: Offers an array of outpatient programs for adults and families, including individual, group, and family therapy to address substance use disorders, depression, anxiety, anger management, domestic violence, grief and loss, and other mental health issues.

Eligibility: All ages.

Admission: Walk-in services available at multiple

locations:

- One Hope Street, Bristol 43
- Woodland Street, Hartford 91
- Northwest Drive, Plainville 40
- Hart Street, New Britain 855
- Lakewood Road, Waterbury

Payment Options: Participates with most state and commercial insurance plans. Sliding fee scale available.

Languages Offered: Bilingual staff and language line available.



SUBSTANCE USE SERVICES

CHILD AND ADOLESCENT

CHILD GUIDANCE CLINIC OF CENTRAL CT, INC.

Substance Abuse Program

Address: 384 Pratt Street, Meriden, CT 06450

Phone: (203) 235-5767

Website: CGCCentralCT.org

Description: Offers adolescent substance use services to help youth make behavioral, psychological, and lifestyle changes to become drug and alcohol-free and avoid relapse/ return to use. Program components include evaluation, group treatment, individual and family therapy, and family education and support.

Eligibility: Ages 18 and under; families with children ages 18 and under.

Admission: Call (203) 235-5767 for an initial assessment. Walk-in appointments are accepted

for emergencies.

Payment Options: Husky, commercial insurance plans, self-pay.

Languages Offered: Spanish and English.

Other Services: MCIS, Child and Adolescent Behavioral Health Outpatient services, IPV- FAIR (Family Assessment Intervention Response).

FAMILY INTERVENTION CENTER

Outpatient Services

Address: 51 Lakeside Blvd

Waterbury, CT 06708

Phone: (203) 753-2153

Website: FamilyInterventionCenterCT.com

Description: Provides outpatient care for individuals, couples, and families, including therapy, education, intervention, and treatment.

Eligibility: Ages 11 and older.

Admission: Call for an appointment.

Payment Options: Set fee.

Languages Offered: French, Portuguese, English, and Spanish

ROOT CENTER FOR ADVANCED RECOVERY

Teen Services

Address: 520 Saybrook Road

Middletown, CT 06457

Phone: (800) 862-2181

Website: RootCenter.org

Description: Teen services include Medication Assisted Treatment, substance use intensive outpatient program, substance use outpatient program, and ambulatory withdrawal management.

Eligibility: Ages 13-17.

Payment Options: Accepts most commercial and state insurance plans.

RUSHFORD

Teen Addiction Treatment

Address: 883 Paddock Avenue

Meriden, CT 06450

Phone: (877) 577-3233

Website: Rushford.org

Description: Offers early intervention, evaluation and assessment, outpatient treatment, Medication Assisted Treatment, and relapse/return to use prevention.

Eligibility: Ages 13-18.

Admission: Call (877) 577-3233, Option 1.

Payment Options: Accepts most commercial and state insurance plans.

Languages Offered: English, Spanish, and interpretive services.

Other Services: Services also offered at 110 National Drive, Glastonbury, CT 06033.

SUBSTANCE USE SERVICES

CHILD AND ADOLESCENT

WELLMORE BEHAVIORAL HEALTH

Adolescent Outpatient Substance Abuse Treatment Program

Address: 402 East Main Street
Waterbury, CT 06702

Phone: (203) 756-7287

Website: Wellmore.org

Description: Provides formal assessment and substance use counseling. Services include individual and family counseling.

Eligibility: Ages 12-18 (includes age 18 if still in school).

Admission: Open Access available for initial assessment at the following locations on Monday, Tuesday, Thursday, and Friday, 9:30 AM - 1:00 PM.

Payment Options: Accepts most commercial and state insurance plans.

Languages Offered: English and Spanish.

WHEELER HEALTH

Dialectical Behavioral Therapy (Substance Misuse)

Address: 91 Northwest Drive
Plainville, CT 06062

Phone: (888) 793-3500

Website: WheelerClinic.org

Description: Employs a dialectical approach to substance use, combining total abstinence with nonjudgmental, problem-solving responses to relapse. Techniques include reducing the dangers of overdose, infection, and other adverse consequences.

Eligibility: Ages 13-18.

Admission: Walk-in services available at multiple locations:

- One Hope Street, Bristol 43
- Woodland Street, Hartford 91
- Northwest Drive, Plainville 40
- Hart Street, New Britain 855
- Lakewood Road, Waterbury

Payment Options: Participates with most state and commercial insurance plans. Sliding fee scale available.

Languages Offered: Bilingual staff and language line available.



SUBSTANCE USE SERVICES

ADULT

FARRELL TREATMENT CENTER

Substance Use Services

Address: 586 Main Street

New Britain, CT 06051

Phone: (860) 225-4641

Website: Farrell-TC.com

Description: Day and evening IOP, and outpatient services. Clients must be detoxed or cleared by a physician before entering the residential program. Services include anger management, relapse prevention, evaluations, sober living skills, and trauma programs.

Eligibility: Ages 18 and older.

Admission: Call for a phone screening at (860) 225-4641. Appointments made after screening for evaluation.

Payment Options: Some commercial insurance accepted. The residential program is only open to Medicaid-insured clients. Some DMHAS grant funding for uninsured or underinsured clients.

Other Services: Residential medically monitored inpatient program for men with primary substance use disorders. Clients must be detoxed or cleared by a physician before entering the residential program.

FAMILY INTERVENTION CENTER

Substance Use Services

Address: 51 Lakeside Boulevard East
Waterbury, CT 06708

Phone: (203) 753-2153

Website: FamilyInterventionCenterCT.com

Description: Outpatient care for individuals, couples, and families, including therapy, education, intervention, and treatment.

Eligibility: Ages 11 and older.

Admission: Call (203) 753-2153 for an appointment.

Payment Options: Set fee.

Languages Offered: French, Portuguese, and Spanish

HOSPITAL OF CENTRAL CONNECTICUT

Substance Abuse Treatment Services

Addresses:

- 73 Cedar Street, New Britain, CT 06051
- 98 Main Street, Southington, CT 06489

Website: THOCC.org

Description: Intensive outpatient and outpatient services for substance-related problems, including opiate-agonist treatment and other pharmacological options.

Eligibility: Ages 18 and older.

Admission: Call the intake line:

- New Britain: (860) 224-5267
- Southington: (860) 276-3970

Payment Options: Most insurance plans accepted.

Languages Offered: English, Spanish, and Polish.

Other Services: Outpatient Hispanic Counseling Services for Spanish-speaking adults 18 and older.

ROOT CENTER FOR ADVANCED RECOVERY

Addiction Treatment

Addresses:

- 1098 Farmington Avenue, Bristol, CT 06010
- 542 East Main Street, New Britain, CT 06051
- Additional locations throughout Connecticut

Phone: (800) 862-2181

Website: RootCenter.org

Description: Includes Medication Assisted Treatment, substance use intensive outpatient program, substance use outpatient program, and partial hospitalization program.

Payment Options: Accepts most commercial and state insurance plans.

SUBSTANCE USE SERVICES

ADULT

RUSHFORD SUBSTANCE USE TREATMENT AND BEHAVIORAL HEALTH SERVICES

Address: 680 South Main Street, Suite LL2
Cheshire, CT 06410

Contact: (877) 577-3233

Website: Rushford.org

Description: Substance use treatment include PHP, IOP, and outpatient treatment with medication management.

Eligibility: Ages 18 and older.

Admission: Call (877) 577-3233.

Payment Options: Accepts most insurance plans.

Languages Offered: English and Spanish.

Other Services: Provides adult detox and residential programs. Community support services available.

WELLMORE BEHAVIORAL HEALTH Intensive Outpatient Program **Address:** 402 East Main Street Waterbury, CT 06702 **Phone:** (203) 755-1143 **Website:** Wellmore.org **Description:** Provides substance use and co-occurring mental health treatment for individuals. **Eligibility:** Ages 18 and older. **Admission:** Open Access available Monday through Friday from 12:00 – 3:00 PM. **Payment Options:** Accepts most commercial and state insurance plans. **Other Services:** Multiple therapeutic residential services providing intensive treatment services.

STAYWELL HEALTH CENTER:

Substance Abuse Treatment Services

Address: 1309 South Main Street
Waterbury, CT 06702

Phone: (203) 756-8021 Ext. 3529

Website: StaywellHealth.org

Description: Adult outpatient behavioral health services, including Medication Assisted Treatment, adult co-occurring IOP, individual therapy, group therapy, and medication management.

Eligibility: Ages 18-65.

Admission: Self-referral or agency referrals welcome. Contact Behavioral Health Front Desk Receptionist at (203) 756-8021, Extension 3529 for program referral form.

Payment Options: Medicaid, Medicare, most commercial insurance plans, and private pay. Sliding fee scale available.

Languages Offered: English and Spanish.

Other Services: See page 26.

WHEELER HEALTH

Substance Use Counseling

Address: 91 Northwest Drive, Plainville, CT 06062

Phone: (888) 793-3500

Website: WheelerClinic.org

Description: Outpatient program for adults and families, including individual, group, and family therapy to address substance misuse, depression, anxiety, anger management, grief and loss, and other mental health issues.

Eligibility: Ages 18 and older.

Admission: Walk-in services available at:

- One Hope Street, Bristol 43
- Woodland Street, Hartford 91
- Northwest Drive, Plainville 40
- Hart Street, New Britain 855
- Lakewood Road, Waterbury

Payment Options: Accepts most commercial and state insurance plans. Sliding fee scale available.

SUBSTANCE USE SERVICES

ACCESSING THE RIGHT TREATMENT

If you or someone you know is seeking help for substance use withdrawal and detoxification, the following services and treatment options are available:

CONNECTICUT'S 24/7 ADDICTION TREATMENT ACCESS LINE

Phone: (800) 563-4086

Free, confidential line available 24/7 to connect individuals in Connecticut with substance use disorder treatment, including residential detoxification services.

SAMHSA'S NATIONAL HELPLINE

Phone: (800) 662-HELP (4357)

Helpline offering 24/7 confidential support and treatment referrals for substance use disorders. Service is available in English and Spanish.

SAMHSA'S CONFIDENTIAL TREATMENT LOCATOR

FindTreatment.gov

Resource providing a free, confidential directory of mental health and substance use treatment facilities across the U.S., covering services like therapy, detox, and rehabilitation.

CONNECTICUT COMMUNITY FOR ADDICTION RECOVERY (CCAR)

Phone: (866) 205-9770

CCAR centralizes recovery resources, offering support and advocacy for individuals recovering from substance use disorders, with a focus on education and community service.

ADDITIONAL RESOURCES

DrugFreeCT.org: Offers substance use disorder resources.

CTClearinghouse.org: Library offering substance use information and resources.

NORA app: (gov.ct.gov/norasaves) App that provides locations for Naloxone access and overdose prevention information and resources.

Recovery is possible with the right treatment and support.

INPATIENT SERVICES

DRUG DETOX AND INPATIENT PSYCHIATRIC CARE

BRISTOL HOSPITAL

Barnes III Inpatient Behavioral Health Unit/Crisis Services

Address: 41 Brewster Road, Bristol, CT 06011

Phones:

- Behavioral Health Unit: (860) 585-3420
- Crisis Line: (860) 585-3421

Website: BristolHospital.org

Description: Inpatient 3-5 day detoxification treatment. This unit also provides treatment for individuals in danger of suicide or other self-harm.

Admission: Emergency Room.

Eligibility: Age 18 and older.

Payment Options: Accepts most commercial and state insurance plans.

CONNECTICUT VALLEY HOSPITAL *Blue Hills Hospital*

Address: 500 Vine Street, Hartford, CT 06112 **Phone:** (860) 293-6400 **Website:** Portal.CT.Gov/DMHAS/CVH/Agency-Files/CVH-ASD-Hartford-Campus **Description:** Medically managed withdrawal management. **Admission:** Walk-in or call (860) 293-6400. Operates 24/7.

Eligibility: 18 years of age or older with moderate to severe levels of alcohol and/or other drug dependency. **Payment Options:** Medicaid, Medicare, out of network commercial insurance plans, self-pay. **Additional Information:** Priority is given to those individuals who do not have insurance, or who have public insurance. Special populations served include pregnant women, HIV-positive, deaf or hard of hearing, and individuals with co-occurring psychiatric disorders.

CONNECTICUT VALLEY HOSPITAL

Merritt Hall

Address: 1000 Silver Street
Middletown, CT 06457

Phone: (800) 828-3396 Ext. 5

Website: Portal.CT.Gov/DMHAS/CVH/Agency-Files/CVH-ASD-Middletown-Campus

Description: Medically managed withdrawal management.

Admission: Call (800) 828-3396 Ext. 5
Operates 24/7.

Eligibility: 18 years of age or older with moderate to severe levels of alcohol or other drug dependence.

Payment Options: Accepts Husky B or D; no private insurance.

Additional Information: Special populations served include: pregnant women, HIV positive, deaf and hearing impaired, and individuals with

co-occurring psychiatric disorders.

CORNELL SCOTT HILL HEALTH CENTER

South Central Rehabilitation Center

Address: 232 Cedar Street
New Haven, CT 06519

Phone: (203) 503-3300

Website: CornellScott.org

Description: Short-term residential detox services for drug and alcohol addiction. Length of stay is 3-5 days.

Admission: Must call (203) 503-3300.

Eligibility: CT residents, ages 18 and older.

Payment Options: Medicare (however, inpatient detox is not a covered service for all Medicare beneficiaries), Medicaid, Anthem, Aetna, Cigna, Value Options, Optum, Magellan, and United Behavioral Health.

INPATIENT SERVICES

DRUG DETOX AND INPATIENT PSYCHIATRIC CARE

HARTFORD HEALTHCARE

Ridge Recovery Center

Address: 289 Windham Road
Willimantic, CT 06226

Phone: (877) 307-4343

Website: RidgeRecovery.org

Description: Private single room medically monitored inpatient detox and withdrawal management. Detox typically lasts 3-5 days. Additionally, intensive treatment programs are available.

Admission: Ridgeadmissions@hhchealth.org or call (860) 465-3480

Eligibility: Ages 18 and older.

Payment Options: Accepts most commercial insurance plans. Currently unable to accept Medicare and Medicaid.

INTERCOMMUNITY RECOVERY

Withdrawal Management Center

Address: 500 Blue Hills Avenue, 6th Floor
Hartford, CT 06112

Phone: (860) 569-5900 Ext. 515

Website: InterCommunityCT.org

Description: 5-10 day medical detox for substance addiction. Additional levels of residential programs available.

Admission: Operates 24/7. Self-referrals and walk-ins accepted. Call ahead to check bed availability.

Eligibility: Ages 18 and older.

Payment Options: Medicaid and some commercial insurance plans accepted. Helps anyone regardless of their ability to pay.

NATCHAUG HOSPITAL *Inpatient Treatment*

Address: 189 Storrs Road Mansfield Center, CT 06250 **Phone:** (800) 426-1311 **Website:** Natchaug.org

Description: Provides a wide range of inpatient psychiatric and substance-use treatment for children, adolescents, and adults. **Admission:** Self-referral or referrals from agencies, family, employers, or physicians accepted. **Eligibility:** Child, adolescent, and adult. **Payment Options:** Accepts most commercial insurance plans, Medicare, Medicaid.

RUSHFORD

Adult Residential Detox

Address: 1250 Silver Street
Middletown, CT 06457

Phone: (877) 577-3233

Website: Rushford.org

Description: Inpatient detox for various substances. Dual diagnosis accepted.

Admission: Call (877) 577-3233 for intake. Walk-ins available:

- Monday-Friday, 8:00 AM - 8:00 PM
- Saturday-Sunday, 8:00 AM - 4:30 PM

Eligibility: Ages 18 and older.

Payment Options: Accepts most insurance plans. Sliding fee scale available.

SAINT FRANCIS HOSPITAL AND MEDICAL CENTER

Inpatient Behavioral Health Services

Address: 231 Ashley Street, Hartford, CT 06112

Phone: (800) 251-6474

Website: StFrancisCare.org

Description: Full range of mental health and substance use treatment programs.

Admission: Emergency Room.

Eligibility: Child, adolescent, and adult.

Payment Options: Accepts most insurance plans. Sliding fee scale available.

Languages: Spanish available.



SPECIALIZED BEHAVIORAL HEALTH SERVICES

DEVELOPMENTAL AND INTELLECTUAL DISABILITIES (I/DD)

HOSPITAL FOR SPECIAL CARE

The Autism Center

Address: 2150 Corbin Avenue
New Britain, CT 06053

Phone: (860) 612-6281

Website: HFSC.org

Description: Specialty practice provides support for symptoms of Autism Spectrum Disorder (ASD). It offers a range of services, including outpatient services for ages 0-21. The Partial Hospital Program (PHP) for ages 4-21, with smaller group therapy sessions designed for acute needs. The inpatient program is available for ages 7-21, focusing on individuals with severe, treatment-resistant behavioral disorders or those who have experienced a decline in their psychiatric functioning.

Admission: Call (860) 612-6381, referral forms on website.

SOUTHINGTON COMMUNITY CULTURAL ARTS CENTER (SOCCA)

All Access Art Program

Address: 93 Main Street, Southington, CT 06489

Phone: (860)276-1581

Email: SouthingtonArts@gmail.com

Website: SouthingtonArts.org

Description: Art classes for adults with neurological diversities and intellectual disabilities.

Eligibility: Adults 18+. Registration is required for participation.

Payment options: Self pay and DDS Family Grant assistance.

THE ARC OF SOUTHINGTON

Address: 201 West Main Street
Plantsville, CT 06479

Phone: (860) 628-9220

Website: ArcSouthington.org

Description: Offers comprehensive behavioral health and support services tailored to individuals with I/DD. These may include therapeutic interventions, counseling, and skill-building programs aimed at improving social skills, coping strategies, and daily living.

Eligibility: Individuals with I/DD.

UConn Health

Child and Family Development Program

Address: 1115 West Street
Southington, CT 06489

Phone: (959) 256-6078

Website: Health.Uconn.edu/Psychiatry/Areas-of-Care/Child-and-Adolescent/Child-and-Family-Development-Program

Description: Offers a weekly drop-in support group for parents and guardians of youth ages 4-21 diagnosed with ASD. The group introduces families to others like themselves, who can provide information and emotional support, and work as a team to address common concerns with an expert to facilitate topics of interest. Topics include sharing daily coping techniques and offering tips to make family life run more smoothly. The group also provides parents with information on medical or educational services, programs, and other resources available within the community. Parents are welcome to stop by at any point on Wednesdays from 5:30 PM to 6:30 PM

Eligibility: Southington parents and guardians of youth ages 4-21 diagnosed with ASD.

Admission: (959) 256-6078

Payment options: No fee. Support for this project is provided by the Bradley H. Barnes & Leila U. Barnes Memorial Trust at the Main Street Community Foundation.

WHEELER HEALTH

Address: 91 Northwest Drive
Plainville, CT 06062

Phone: (860) 793-3500

Website: WheelerClinic.org

Description: Wheeler provides a range of behavioral health services, including therapy and psychiatric care for individuals with I/DD. Programs focus on creating individualized treatment plans to meet the unique needs of each patient.

Eligibility: Individuals with I/DD.

SPECIALIZED BEHAVIORAL HEALTH SERVICES

EATING DISORDER SERVICES

INSTITUTE OF LIVING **Address:** 200 Retreat Avenue Braceland Building, Hartford, CT 06114 **Phone:** (860) 545-7200
Website: HartfordHospital.org **Description:** The Institute of Living provides early identification and comprehensive treatment for eating disorders, aimed at recovery and health restoration. Their specialized program treats both adolescents and adults, primarily through their Partial Hospital Service. Inpatient treatment is also available on general psychiatric unit. Initial assessments are conducted by an eating disorder specialist, with personalized treatment plans designed to meet the individual needs of each patient in the least restrictive environment.
Eligibility: Ages 13 and older. **Admission:** Call (860) 545-7200, Option 3. **Payment Options:** Accepts various health insurance plans.

WALDEN BEHAVIORAL HEALTH
Address: 2400 Tamarack Avenue, Suite 203 South Windsor, CT 06074
Phone: (860) 533-4672

Website: WaldenBehavioralCare.com
Description: Walden Behavioral Health offers partial hospitalization and intensive outpatient programs for adolescents and adults, as well as a binge-eating disorder program for adults. Outpatient treatment is also available for individuals of all ages experiencing eating disorders.
Eligibility: All ages.
Admission: Call (860) 533-4672.
Payment Options: Accepts some commercial insurance plans and Husky.

**NATIONAL ALLIANCE FOR EATING
DISORDERS HELPLINE
1 (866) 662-1235**

Helpline that can assist with finding resources and treatment options.

PROBLEM GAMBLING SERVICES

MIDWESTERN CONNECTICUT COUNCIL OF ALCOHOLISM, INC.
McDonough House
Address: 38 Old Ridgebury Road Danbury, CT 06810
Phone: (203) 733-4524
Website: MCCAOnline.com/Services/Problem-Gambling
Description: Offers short-term inpatient treatment for individuals with a gambling problem.

WHEELER HEALTH
Bettor Choice Gambling Treatment Program
Address: Hartford and New Britain Health & Wellness Centers
Phone: (860) 692-8857
Website: WheelerHealth.org/BettorChoice
Description: Helps individuals and families cope and recover from problem gambling. Treatment may include individual, group, marital and/or family therapy. Financial and peer counseling are also available. Individualized treatment plans are developed for all clients to meet their specific needs.

SELF-EXCLUSION PROGRAM:
Statewide Program: Connecticut's statewide portal allows individuals to voluntarily exclude themselves from gaming activities.

CCPG

1 (877) 789-7777

24/7 confidential helpline that connects individuals with gambling issues to treatment and resources

tailored to their needs

SPECIALIZED BEHAVIORAL HEALTH SERVICES

LGBTQIA-RESPONSIVE SERVICES

ANCHOR HEALTH

Address: 2200 Whitney Avenue, Suite 290
Hamden, CT 06518

Phone: (203) 903-8308

Website: [AnchorHealthCT.org/
Behavioral-Health-Care](http://AnchorHealthCT.org/Behavioral-Health-Care)

Description: Trauma-informed psychiatric care and medication management tailored to the unique needs of LGBTQ+ individuals. Services include psychiatric assessment, medication management, and letters for gender-affirming surgeries.

Eligibility: Ages 5 and older.

Admission: Existing patients can call or send a MyChart message to schedule. New patients must first establish medical care by requesting an appointment online or by calling.

Payment Options: Accepts most major insurance plans. Sliding fee scale available.

WHEELER HEALTH

Walk With Me

Address: Bristol, Hartford, New Britain, Plainville, and Waterbury Health & Wellness Centers.

Phone: (888) 793-3500

Website: WheelerClinic.org

Description: *Walk with Me* is a specialized outpatient treatment track for LGBTQ+ identifying people of all ages who are seeking therapeutic, medical, and/or peer support to address their specific needs.

Eligibility: Ages 18+.

Admission: Call Wheeler's Navigation Center at (888) 793-3500 or email

WalkWithMe@wheelerclinic.org.

Payment Options: Accepts most major insurance plans, Medicare and Medicaid. Sliding fee scale available.

SAGE LGBTQ+ ELDER HOTLINE

1 (877) 360-5428

Confidential service available 24/7 that focuses on the unique needs of older LGBTQIA+ individuals. Available in English and Spanish.

THE TREVOR PROJECT CRISIS HOTLINE

1 (866) 488-7386

24/7 free and confidential support for LGBTQIA+ youth aged 13-24. Individuals can text, chat, or phone. Text 'START' to 678-678



SPECIALIZED BEHAVIORAL HEALTH SERVICES

OLDER ADULT MENTAL HEALTH SERVICES

CATHOLIC CHARITIES, INC.

Elderly Outreach Counseling Services

Address: 56 Church Street
Waterbury, CT 06702

Phone: (203) 755-1196

Website: CCAOH.org/How-We-Help/Seniors

Description: Provides behavioral health counseling as well as education and access to community resources and entitlement programs to promote independent living. Counseling and supportive services are provided to families caring for elderly relatives.

Eligibility: Ages 60 and older.

Admission: Call (203) 755-1196.

Payment options: No fee.

Languages offered: English and Polish.

BRISTOL HEALTH

Senior Behavioral Health

Address: 41 Brewster Road, Bristol, CT 06010

Phone: (860) 585-3000

Website: [BristolHealth.org/Get-Care/Specialty-](http://BristolHealth.org/Get-Care/Specialty-Care/Behavioral-Health/Senior-Behavioral-Health)

[Care/Behavioral-Health/Senior-Behavioral-Health](http://BristolHealth.org/Get-Care/Specialty-Care/Behavioral-Health/Senior-Behavioral-Health) **Description:** Provides mental health care tailored to older adults facing emotional, cognitive, or behavioral challenges. **Eligibility:** Ages 65 and older; younger adults who have disorders common in seniors. **Payment Options:** Accepts most major insurance plans, including Medicare and Medicaid.

HOSPITAL OF CENTRAL CONNECTICUT

Senior Care

Addresses:

- 73 Cedar Street, New Britain, CT 06051
- 98 Main Street, Southington, CT 06489

Website: THOCC.org

Description: Provides specialized treatment for people 55 and older with various psychiatric diagnoses.

Eligibility: Ages 55 and older.

Admission: Call intake line:

- (860) 224-5267 – New Britain Office
- (860) 276-3970 – Southington Office

Payment Options: Accepts most major insurance plans, Medicare and Medicaid, and SAGA. Patients without coverage may apply to the hospital's Free Bed/Charity Care Program.

LIVEWELL DEMENTIA SPECIALISTS

Address: 1261 South Main Street
Plantsville, CT 06479

Phone: (860) 628-3025

Website: Livewell.org

Description: Promotes overall cognitive health in older adults including memory screens, cognitive fitness classes, coaching/counseling services, and resources.

Specialized services for people living with dementia include: home safety evaluations, early memory-loss support groups, education/coaching, and counseling.

Specialized services for caregivers include education workshops, support groups, education/coaching, and counseling.

Eligibility: People interested in their own cognitive health, those with early memory loss or dementia, and caregivers.

Admission: Contact info@livewell.org

Payment options: Private pay, Medicare, some commercial insurance plans, grant funding, some no-cost options.

Other services: Dementia Care Coaching, memory assessments, adult day services, and community-based support.

PROTECTIVE SERVICES FOR THE ELDERLY 1 (888) 385-4225

Call if you suspect or believe that an elderly person (60+) is a victim of abuse, neglect (including self-neglect), exploitation, or abandonment

SPECIALIZED BEHAVIORAL HEALTH SERVICES

VETERANS AND ACTIVE MILITARY

CONNECTICUT MILITARY SUPPORT PROGRAM **Phone:** (866) 251-2913 **Website:** Portal.CT.Gov/DMHAS/Programs-and-Services/Veterans-Services/Military-Support-Program **Description:** The Military Support Program offers specialized support services statewide for troops and their families when care is unavailable, difficult to access, or not covered by insurance. Services include information and referrals, case management and counseling for post-deployment stress issues, family counseling, and embedded clinical

VETERANS CRISIS LINE
988 and then Press “2”
24/7 confidential support for veterans, service members, and their families, experiencing mental health crises like PTSD, depression, and suicidal thoughts, with trained responders, many of whom are veterans.

U.S. DEPARTMENT OF VETERANS AFFAIRS (VA) *Veteran Affairs Medical Center-Connecticut*

Address: 555 Willard Avenue Newington, CT 06111 **Phone:** 860-666-6951 **Website:** VA.Gov/Connecticut-Health-Care/Locations/Newington-VA-Clinic

Description: Offers primary care and specialty health services, including urgent care, mental health services, substance use treatment, dental services, vision services, women’s health services, and more. **Hours:** 7:00 AM - 4:30 PM. Closed weekends and holidays. **Eligibility:** Serves adults. Eligibility verification requires a DD-214 and a completed VA Form 10-10EZ, submitted to the Eligibility Department to Building 2E, front desk. Forms can be obtained online. **Admission:** Veterans must connect with Eligibility Department to determine ongoing services. **Payment Options:** Tricare for VA-eligible Veterans. **Languages Available:** Multiple languages available through the language assistance program, including support for those with hearing and visual impairments. **Additional Information:** Additional services offered at the VA West Haven.



SPECIALIZED SERVICES

SUPPORT GROUPS

ALCOHOLICS ANONYMOUS

Alcoholics Anonymous (AA) is a global fellowship supporting individuals who seek help managing alcohol use. Open to people of all backgrounds, ages, and education levels. AA offers inclusive, non-professional support in most communities. Membership is free and available to anyone interested in addressing their relationship with alcohol in a supportive environment.

Statewide Toll-Free Number: (866) STEPS12 or (866) 783-7712
AA.org

Local Number - District 8: (860) 267-5857
CT-AA.org

NARCOTICS ANONYMOUS

Narcotics Anonymous (NA) is a nonprofit fellowship supporting individuals seeking recovery from substance use. Open to anyone with a desire to stop using, NA fosters a supportive community committed to abstinence from all substances. Members meet regularly, following simple, adaptable principles for daily life, and many find that consistent meeting attendance helps maintain sobriety. The program emphasizes open-mindedness, self-compassion, and mutual support to help members on their recovery journey.

CT Region of Narcotics Anonymous Statewide Helpline (24/7)
(800) 627-3543
CTNA.org

Narcotics Anonymous World Services
(818) 773-9999 Ext. 771
NA.org

SUPPORT GROUPS

AL-ANON/ ALATEEN

Al-Anon provides a peer support network for individuals coping with the impact of another person's drinking. These groups are not therapy, they are self-led with members sharing experiences and Al-Anon principles for mutual support.

Alateen offers a similar space specifically for teenagers, often meeting alongside Al-Anon groups but open only to young people.

Both groups are for individuals affected by another's drinking. There are no fees, Al-Anon/ Alateen are self supported through voluntary contributions.

Connecticut Al-Anon Family Groups:

(888) 825-2666

CTAlanon.org

National Al-Anon Family Groups:

(757) 563-1600

Al-Anon.org

PROBLEM GAMBLING

Gamblers Anonymous (GA) is a peer fellowship that offers individuals a space to share experiences, strength, and hope as they work together toward recovery from problem gambling.

Gamblers Anonymous Hotline (Free, Confidential, 24/7)

(855) 222-5542

GamblersAnonymous.org

CT Problem Gambling Helpline / CT Council on Problem Gambling (Free, Confidential, 24/7)

Call (888) 789-7777 or text "CTGAMB" to 53342

CCPG.org

SUPPORT GROUPS

OVEREATERS ANONYMOUS

Overeaters Anonymous (OA) is a fellowship offering support for individuals addressing compulsive eating behaviors, such as binge eating and other eating disorders. OA follows the Twelve Steps and Twelve Traditions, focusing on recovery beyond weight or diet, with emphasis on physical, emotional, and spiritual well-being. Members' anonymity is respected, and OA is self-supported through voluntary contributions. It is not affiliated with any specific dietary or religious guidelines.

Connecticut Overeaters Anonymous

(860) 856-0309

ConnecticutOA.org

National Overeaters Anonymous

(505) 891-2664

OA.org

SMART RECOVERY

SMART Recovery is a secular program focused on self-management for those facing substance or behavioral challenges. Through its 4-Point Program®, it supports individuals in building motivation, coping with urges, managing emotions, and creating balanced lives. SMART Recovery serves people dealing with both substance and process-based behaviors, such as gambling, eating concerns, or non-suicidal self injury.

Meeting Finder for Local or Online Meetings

Meetings.SMARTRecovery.org/Meetings/Location

Access to 24/7 Chat and Forums

SMARTRecovery.org/Community

SUPPORT GROUPS

SMART RECOVERY FAMILY AND FRIENDS

SMART Recovery Family & Friends Meetings offer effective tools for individuals affected by a loved one’s problem behavior or substance use. These meetings, available both in-person and online, are based on the principles of SMART Recovery and CRAFT Therapy (Community Reinforcement & Family Training). They provide family members and friends with strategies to support their loved one without enabling the problem behavior, while also helping them cope and regain peace of mind.

SMART Recovery Family & Friends Meetings
(Filter search by choosing “Family & Friends” under the “Program” options)

Meetings.SMARTRecovery.org/Meetings/Location



PRIVATE PROVIDERS*

PRIVATE PRACTICES			
NAME	ADDRESS	CONTACT INFORMATION	POPULATIONS SERVED
Apple Valley Behavioral Health	791 South Main Street Plantsville, CT 06479	(860) 378-8090 Support@AppleValleyBH.com	All Ages
Center for Divorce and Healing	100 Queen Street, Suite 4C Southington, CT 06489 966 S Main Street; 630 W Main Street, Plantsville, CT 06479	(860) 406-7484	Adults
Cornerstone Counseling Center	416 Highland Avenue, Suite B Cheshire, CT 06410	(860) 736-5386	Ages 4+
Creative Counseling Center, LLC	1187 Queen Street Southington, CT 06489	(203) 439-2588	Ages 16+
Hop Brook Counseling Center	26 Chamberlain Highway Berlin, CT 06037 609 West Johnson Avenue	(203) 518-5380	All Ages
Paragon Behavioral Health, LLC	Unit 310, Cheshire, CT 06410 735 Meriden-Waterbury Turnpike Southington, CT 06489	(860) 893-0040	Ages 13+
The Wellness Within You	132 Main Street, Suite 2A Southington, CT 06489	(203) 718-6087	Ages 18+ Spanish-speaking clinicians
Turning Leaves Counseling, LLC		(203) 930-1013	Ages 18+
Willow Tree Wellness		(860) 276-4459	Ages 6+; BIPOC

PRIVATE PRACTICE CLINICIANS			
NAME	ADDRESS	CONTACT INFORMATION	POPULATIONS SERVED
Joan Cahill, LCSW	51 North Main Street, Suite 2D Southington, CT 06489	(860) 628-3963	Ages 12-65+
Jeffrey Davis, LCSW	790 South Main Street, Suite 1 Plantsville, CT 06479	(203) 525-3513	Ages 21+
Lori J. DeLeo, MAT, LMFT	790 South Main Street, Suite 1 Plantsville, CT 06479	(203) 910-4596	Ages 18+
David Pecirep, MS, LPC	209 Main Street, Suite #1-A Southington, CT 06489	(860) 800-4758	Ages 5 -Young Adult
Susan Gagnon, LCSW	51 North Main Street, Suite K Southington, CT 06489	(860) 384-9104	Ages 10+
Melina Mansour, LMFT	51 North Main Street, Suite 2D Southington, CT 06489	(860) 378-9605	Ages 17+
Emily Tynan, APRN, PAPN	15 Cornerstone Court Plantsville, CT 06479	(860) 426-2412	All Ages

*This is a limited list of providers in Southington and surrounding communities. Contact Southington Community Health Outreach Project for a comprehensive referral list or visit Psychology Today, www.psychologytoday.com/us for additional providers.

ADVOCACY AND SUPPORT

AGENCY/ORGANIZATION	PURPOSE/MISSION	PHONE NUMBER	WEBSITE
Access Health CT	Goal to increase the number of insured residents, improve healthcare quality, lower costs, and reduce health disparities.	(855) 805-4325	AccessHealthCT.com
Advocacy Unlimited, Inc.	Provides comprehensive recovery & advocacy education for people with or in recovery from mental health problems and/or addiction issues.	(860) 505- 7581	AdvocacyUnlimited.org
American Job Center (AJC)	A partnership of organizations promoting effective workforce assistance to job seekers and businesses. Comprehensive and Affiliate AJCs are located throughout the state.	(203) 867-4030	Portal.CT.Gov/DOL/Division/American-Job-Center
Autism Services and Resources Connecticut	Educates and empowers individuals and families affected by ASD while providing advocacy, training, and family support.	(203) 265-7717	CT-ASRC.org
Commission on Human Rights and Opportunities	Eliminates discrimination through civil and human rights law enforcement and to establish equal opportunity and justice for all persons within the state through advocacy and education.	(860) 541-3400	Portal.CT.Gov/chro
Community Partners in Action	Focuses on behavioral change, advocates for criminal justice reform, and provides reentry, employment, and recovery services.	(860) 566-2030	CPA-CT.org
Connecticut Coalition Against Trafficking (CTCAT)	Raises awareness of human trafficking in the state and coordinates services that support victims. CTCAT offers specialized training on prevention, victim identification, legal, and social services available to victims in the state.	(888) 373-7888	N/A

ADVOCACY AND SUPPORT

AGENCY/ORGANIZATION	PURPOSE/MISSION	PHONE NUMBER	WEBSITE
Connecticut Coalition to End Homelessness	Leads advocacy and builds capacity to prevent and end homelessness in Connecticut. Their collective mission is to prevent and end homelessness in Connecticut.	(860) 721-7876	CCEH.org
Connecticut Commission on Women, Children and Seniors (CWCS)	A non-partisan arm of the Connecticut General Assembly that promotes public policies for underserved women, children, and older adults.	(959) 900-5800	WP.CGA.CT.Gov/CWCSEO
Connecticut Community for Addiction Recovery (CCAR)	Promotes recovery from addiction through advocacy, education, and service.	(866) 205-9770	CCAR.US
Connecticut Department of Veterans Affairs - Office of Advocacy and Assistance	Provides information on statewide veteran programs. Assists with navigating the services available for veterans.	(860) 594-6605	Portal.CT.Gov/DVA/Advocacy-and-Assistance
Connecticut Fair Housing Advocacy Center	Ensures equal access to housing opportunities in Connecticut, free from discrimination.	(860) 247-4400	CTFairHousing.org
Connecticut Housing Finance Authority	Alleviates the shortage of housing for low- to moderate-income families and promotes employer-assisted housing efforts.	(860) 721-9501	CHFA.org
Connecticut Parent Advocacy Center	A statewide nonprofit organization that offers information and support to families of children with any disability or chronic illness, age birth through 26.	(860) 739-3089	CPACinc.org

ADVOCACY AND SUPPORT

AGENCY/ORGANIZATION	PURPOSE/MISSION	PHONE NUMBER	WEBSITE
Connecticut Suicide Advisory Board (CTSAB)	Focuses on suicide prevention, intervention, and health and wellness promotion.	N/A	PreventSuicideCT.org
Early Childhood Collaborative of Southington (ECCS)	Invested in the growth, development and academic success of young children in Southington, CT. Their mission is collaborating to ensure Southington's children are healthy and prepared to learn through advocacy, programs, resources, and support. They offer parent education classes, have a resource directory on their website, and are available to answer questions about raising children in town. Organizes recovery	(860) 385-1665	SouthingtonEarlyChildhood.org
Faces and Voices of Recovery	communities and advocates for the rights and resources needed for long-term recovery. Offers advocacy for families	(202) 737-0690	FacesandVoicesofRecovery.org
FAVOR Connecticut	with children who have medical, mental, emotional, and behavioral health challenges. Helps find information, assistance, and training.	(860) 563-3232	FAVOR-CT.org
First Congregational Church Welcoming Inclusive Supporting and Engaged (WISE) Initiative	WISE is committed to being Welcoming, Inclusive, Supportive, and Engaged in Mental Health. WISE aims to reduce stigma, promote inclusion, and support those affected by mental health challenges in their church and community. WISE's goal is to create a non-judgmental, welcoming space where everyone feels they belong. WISE provide mental health education, while also engaging in advocacy and networking.	(860) 628-6958	FCCSouthington/WISE
GLSEN – Gay, Lesbian and Straight Education Network	Creates safe and affirming schools for all, regardless of sexual orientation, gender identity, or gender expression.	(203) 533-9613	GLSEN.org

ADVOCACY AND SUPPORT

AGENCY/ORGANIZATION	PURPOSE/MISSION	PHONE NUMBER	WEBSITE
NAFI CT, Inc.	Provides support services for youth, families, and adults in foster care, residential treatment, and developmental services.	(860) 284-1177	NAFICT.org
National Alliance on Mental Illness (NAMI) Connecticut	Mental health organization dedicated to building better lives for those affected by mental illness through educational programs, public policy, NAMI HelpLine, and public awareness events.	(800) 950-6264	NAMICT.org
PFLAG Hartford PFLAG Waterbury	Advances equality and societal affirmation of LGBTQ people through support, education, and advocacy.	Hartford - (860) 785-0909 Waterbury - (860) 916-5951	PFLAG.org
Prudence Crandall Center, Inc. (PCC)	Helps individuals achieve lives free of domestic violence by providing care, advocacy, support, and education. Offers coordinated, comprehensive, high-impact services.	(860) 225-5187	PrudenceCrandall.org
SAGE- Advocacy and Services for LGBTQ+ Elders	Supports older LGBTQ adults through services and advocacy to promote equality and quality of life.	(212) 741-2247	SAGEUSA.org
Southington Pride	Promotes inclusion, visibility, and support for the LGBTQ+ community in Southington through events, advocacy, and education.	(860) 628-6832	SouthingtonPride.org
Statewide Legal Services of Connecticut	Provides free advice for low-income people with legal problems.	(860) 344-0380	SLSCT.org
Stephen Ministries	Provides spiritual care and support to individuals in need through compassionate listening, community building, and outreach programs.	(860) 628-6958	FCCSouthington.org/ Stephen-Ministry

ADVOCACY AND SUPPORT

AGENCY/ORGANIZATION	PURPOSE/MISSION	PHONE NUMBER	WEBSITE
The ARC of Southington	Provides advocacy, education, information and referrals, and an array of quality and individualized services and supports to people of all ages with I/DD and their families.	(860) 628-9220	ArcSouthington.org
The Governor's Prevention Partnership	Connects organizations to prevent substance use and underage drinking and promotes positive youth outcomes.	(860) 523-8042	GPPCT.org
The Office of Healthcare Advocate (OHA)	Helps Connecticut residents advocate for their healthcare needs and navigate healthcare coverage.	(866) 466-4446	Portal.CT.Gov
TriCircle, Inc.	Provides resources for people and families affected by substance use disorders.	(860) 349-7074	TriCircle.com
Turning Point Connecticut	Developed by young people in recovery. Provides support for others with mental health and substance use issues.	(800) 273-8255	TurningPointCT.org

ONLINE CONSUMER HEALTH RESOURCES

MEDICAL TERMINOLOGY AND DRUG INFORMATION

- [MedlinePlus.gov](https://pubmed.ncbi.nlm.nih.gov/) – Offers a comprehensive medical dictionary and a searchable database of drugs and supplements. Access these via the "Drugs and Supplements" tab to browse medications alphabetically.

GENERAL INFORMATION ON CONDITIONS

- [KidsHealth.org](https://kidshealth.org/) – Pediatric resources reviewed by pediatricians, covering health, behavioral, and developmental topics for clinicians, parents, and young patients.
- [MedlinePlus.gov](https://pubmed.ncbi.nlm.nih.gov/) – The "Health Topics" tab allows users to explore conditions by medical category or body system.
- [MerckManuals.com](https://www.merckmanuals.com/) – Provides peer-reviewed clinical content authored by healthcare professionals, covering medical conditions, pharmacology, and symptomatology.
- [MayoClinic.org](https://www.mayoclinic.org/) – Provides clinical overviews, reviewed by Mayo Clinic experts, on diseases, diagnostic tests, procedures, and pharmacology.
- [Nia.Nih.gov](https://www.nia.nih.gov/) – Specializes in geriatric health, offering downloadable health brochures in English and Spanish, with site navigation also available in Spanish.
- [WomensHealth.gov](https://www.womenshealth.gov/) – Offers fact sheets and evidence-based resources on women's health issues, covering topics from dermatological to gynecological health.

CLINICAL NUTRITION RESOURCES

- [EatRight.org](https://eatright.org/) – The American Academy of Nutrition and Dietetics provides resources for clinical dietetics and a tool for locating certified dietitians.
- [Nutrition.gov](https://www.nutrition.gov/) – A government-sponsored portal with data on food composition and nutrition science.

CLINICAL TRIALS AND DRUG INFORMATION

- [ClinicalTrials.gov](https://clinicaltrials.gov/) – Database of clinical trials, including approved and investigational drugs.
- [DailyMed.Nlm.Nih.gov](https://dailymed.nlm.nih.gov/) – Provides access to FDA-approved drug package inserts for prescription medications.
- [Drugs.com](https://www.drugs.com/) – Database for prescription and over-the-counter (OTC) medications and natural products in the U.S., including a pill identifier, drug interactions, veterinary drugs, price comparisons, and coupons.
- [FDA.gov](https://www.fda.gov/) – Authoritative resource for drug recalls and approvals for drugs, biologics, and vaccines.
- [Nabp.Pharmacy](https://www.nabp.org/) – National Association of Boards of Pharmacy's tool to locate safe and legitimate online pharmacies.

CURRENT HEALTH NEWS AND UPDATES

- [HealthDay.com](https://www.healthday.com/) – Provides daily medical news updates from clinical research and studies.
- [KFFHealthNews.org](https://www.kff.org/health-news/) – Focuses on healthcare policy news, clinical advancements, and health trends.
- [MedicalNewsToday.com](https://www.medicalnewstoday.com/) – Covers a wide range of medical topics, health news, and research developments.
- [ScienceDaily.com](https://www.sciencedaily.com/) – Reports on the latest clinical research across medical and scientific disciplines.

ONLINE CONSUMER HEALTH RESOURCES

DIAGNOSTIC TESTS AND PROCEDURES

- [Testing.com](https://www.testing.com) – Provides explanations for lab tests, including purpose and interpretation of results.
- [RadiologyInfo.org](https://www.radiologyinfo.org) – Information on over 200 diagnostic, interventional radiology, nuclear medicine, and radiation therapy procedures.

DRUG PRICING AND RETAIL INFORMATION

- [GoodRx.com](https://www.goodrx.com) – Tool to compare retail drug prices and access coupons.

FINDING A HEALTH PROFESSIONAL

- [Osteopathic.org](https://www.osteopathic.org) – American Osteopathic Association provides basic information on board-certified osteopathic physicians.
- [Elicense.CT.Gov/Lookup/LicenseLookup.aspx](https://www.elicense.ct.gov/Lookup/LicenseLookup.aspx) – Connecticut Department of Public Health Licensing Database provides profiles of licensed physicians in Connecticut, including disciplinary actions, sanctions, and lawsuits.
- [Odphp.Health.Gov/MyHealthFinder](https://www.odphp.health.gov/MyHealthFinder) – Office of the Assistant Secretary for Health’s databases of physicians, dentists, and other healthcare providers.
- [HealthGrades.com](https://www.healthgrades.com) – Search tool for physicians by specialty or procedure, includes legal actions, fines, and patient ratings.
- [Medicare.gov/Care-Compare](https://www.medicare.gov/Care-Compare) – Search tool for Medicare-accepting physicians, including affiliations.
- [Health.USNews.com/doctors](https://www.health.usnews.com/doctors) – Database of licensed U.S. physicians, searchable by specialty and location.

HERBALS AND NUTRITIONAL SUPPLEMENTS

- [Dssl.od.Nih.Gov](https://dssl.od.nih.gov) – Office of Dietary Supplement’s database on label information for on -and off -market dietary supplements. Searchable by ingredient, product name, or manufacturer.
- [Ods.od.Nih.Gov/FactSheets/List-All](https://ods.od.nih.gov/FactSheets/List-All) – Office of Dietary Supplement’s fact sheets on vitamins, minerals, herbs, and dietary supplements.
- [Nccih.Nih.Gov/Health/HerbsAtAGlance](https://nccih.nih.gov/Health/HerbsAtAGlance) – National Center for Complementary and Integrative Health’s clinical fact sheets on herbs and botanicals.
- [MotherToBaby.org](https://www.mother-to-baby.org) – Information on the effects of medications, herbals, and other exposures during pregnancy.



FOR MORE INFORMATION, VISIT THE LYMAN MAYNARD STOWE LIBRARY AT UCONN HEALTH OR CALL (860) 679-3808.



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