

Northwest Connecticut Resource Guide

Northwest Caring Connection (revised 6/2021)

Note: Availability of services and supports vary widely due to capacity and some services are only accessed through school systems, DCF or the Court System.

CRISIS HOTLINES/INFORMATION

<u>Crisis Text Line</u> (text with a trained Crisis Counselor)	741-741
<u>DCF Careline</u> (for abuse/neglect reporting and voluntary services)	800-842-2288
<u>Emergency Mobile Psychiatric Services (EMPS)</u>	211
(Mobile crisis services for youth ages 2-18; 7 days per week. 24 hours per day. Crisis assessments, intervention, and referral through Wellmore Behavioral Health)	
<u>INFOLINE</u> (Statewide - for locating a variety of community and human resources)	211
<u>National Suicide Prevention Lifeline</u>	1-800-273-8255
<u>Susan B. Anthony Project Crisis Line</u> (Domestic Violence, sexual assault crisis services)	860-482-7133

MENTAL HEALTH AND SUBSTANCE USE SERVICES (YOUTH AND FAMILY)

<u>Catholic Charities of Torrington</u>	860-482-5558
(Individual, family, group and marital counseling, and community re-entry services)	
<u>Charlotte Hungerford Hospital – Center for Youth and Families</u>	860-489-3391
(Outpatient: Individual, family and group counseling for children, adolescents and their families. Psychiatric evaluation, and medication management. Bridges Extended Day Treatment, Nuestra Comunidad-, Foster Care Clinic and VOCA/Specialized Trauma treatment, The Connections Program- group treatment/Autistic Spectrum. Child First.)	
<u>Charlotte Hungerford Hospital (mental health and substance use services)</u>	860-496-6666
PHP and DDIO (mental health and substance use treatment) HOPE Supportive Housing Program (Clinical Case Management of individuals and families who have been homeless.) Mental Health Services for the Homeless Program (Assessment and Case Management of homeless families in Torrington/Winsted shelters and towns in Litchfield County.) Mothers Wellness Group (perinatal mental health issues, must be current patient)	
<u>Community Mental Health Affiliates (mental health and substance use Services)</u>	860-482-8561
(Individual, group and family therapy, medication management services for children, adolescents and adults of all ages with various difficulties. DBT groups for adults and adolescents, Equine Facilitated Psychotherapy for adults and children as well as various support groups and case management services)	
<u>Connecticut Junior Republic (mental health and substance use services)</u>	860-482-7600
(Multi-Systemic Therapy-MST (substance use component); Linking Youth to Natural Communities - LYNC)	
<u>Connecticut Junior Republic- Wellness Center</u>	860-567-9423
(Individual and family therapy, psychiatric services, TF-CBT and MATCH)	
<u>Family and Children’s Aid, Inc. (mental health)</u>	860-387-5348
(Therapeutic Community Services for Children and Families. IICAPS - Intensive In-home Child & Adolescent Psychiatric Services, Therapeutic Foster & Respite Care, Family Support Teams.)	
<u>Greenwoods Counseling Referrals, Inc.</u>	860-567-4437
(Counseling and referral organization. Offers direct care to children and adults. Medication Assisted Treatment, mental health assessments and financial aid assistance for treatment. Will match to licensed clinician who is appropriate to problem resolution, insurance, financial circumstances in Litchfield County.)	
<u>McCall Center for Behavioral Health (mental health and substance use services)</u>	860-496-2100
(individual, family and substance use therapy, substance abuse prevention)	
<u>Root Center for Advanced Recovery</u>	860-482-8796
(Adult Methadone Maintenance, Adult day/evening IOP, Adolescent day/evening IOP)	
<u>Wellmore Behavioral Health</u>	860-626-7007
(Care Coordination, IICAPS-Intensive In-home Child & Adolescent Psychiatric Services, FFT-Functional Family Therapy, Community Support Families, and Emergency Mobile Psychiatric Services-EMPS)	
<u>Wheeler Clinic</u>	860-793-3500
<u>Youth Services Bureaus</u> (Counseling, mentoring, therapeutic recreation, Juvenile Review Boards)	
<u>Housatonic Youth Service Bureau</u>	860-824-4720
<u>Torrington Youth Services Bureau</u>	860-496-0356
<u>Winchester Youth Service Bureau</u>	860-379-0708
<u>Watertown Youth Service Bureau</u>	860-945-5017

FAMILY SUPPORT AND RESOURCES

<u>Annie C Courtney Foundation-</u>	475-235-2184
Support for foster, adoptive, kinship families, supports for young adults who've aged out of foster care	
<u>ASPIRE</u> - provides anonymous, non-sectarian, faith-centered counseling to young people.	860-489-9399 ex. 130
<u>CTFSN.org</u> - assists families raising children with disabilities and special healthcare needs	877-376-2329
<u>EdAdvance</u>	860-567-0863
(Support for School Districts and their communities through Cultural instructional services, early childhood and home visiting services, vocational support groups, transportation, English as a Second Language-ESL, Head Start, Early Head Start, Prenatal to Five, Nurturing Families Network, and Birth-to-Three services)	
<u>Family Resource Center – Torrington</u>	860-489-8552
(Weekly play groups, resources and referral, parents as teachers home visiting, positive youth development, family day care provider training, and family nights.)	
<u>Family Resource Center – Winsted</u>	860-379-8552
(Parents as teachers program birth-5, parent/child activities, child development info, lending library, home visits, consults)	
<u>FAVOR Statewide Family Organization</u> - providing advocacy and training	860-563-3232 x 105
<u>NAMI [National Alliance on Mental Illness]– Local Resources:</u>	
General Meetings and Peer Support Groups (held at Prime Time House)	860-482-3311
Support Group, families of adult children (contact Joan Libby)	860-489-0018
<u>NAMI – Connecticut</u>	800-215-3021
<u>New Opportunities</u>	860-496-3506
<u>Nurturing Families Network</u>	860-482-3236
Family Strides - Home visiting for Litchfield County first-time parents. Phone support, childbirth and parenting classes. Mind Over Mood- In-home therapy for mothers in Family Strides or EdAdvance's NFN home visiting program	
<u>Nurturing Families Network of EdAdvance</u>	860-733-3345
(Home visiting, group support and connection to resources for Torrington and Winsted families including non first-time parents, DCF involved, over-income for Head Start. Spanish speaking staff. Families must enroll while pregnant).	

ORGANIZATIONAL AND STATE AGENCIES

<u>Community Health Network</u>	800-859-9889
<u>Department of Children and Families (DCF) Torrington Office</u>	860-496-5700
(DCF provides both voluntary and mandated services)	
<u>DCF Voluntary Services Careline</u>	800-842-2288
<u>Department of Developmental Services</u>	860-496-3000
<u>Department of Social Services (DSS)</u>	860-385-4052
<u>Social Security Administration</u>	860-489-1633
<u>Value Options – CTBHP www.ctbhp.com</u>	877-552-8247

OTHER RESOURCES

<u>ACCESS Mental Health</u>	855-631-9835
(program that offers free, timely consultative services for PCPs seeking assistance in providing behavioral health care to children and adolescents under the age of 19 years)	
<u>Birth-to-Three</u>	800-505-7000
<u>Head Start Prenatal to Five</u>	860-482-5286
Home-Visiting program for prenatal Moms & children 0-3 & Center-based preschool programs for children 3-5 in Litchfield County	
<u>The Arc of Litchfield County (LARC)</u>	860-482-9364
(various services for residents intellectual and developmental disabilities)	
<u>Northwestern CT Community College</u>	860-482-9364
<u>Veyo</u> (Non-emergency transportation for Medicaid covered patients)	855-478-7350

USEFUL WEBSITES

Connecticut Legal Services	www.ctlawhelp.org
CT Clearinghouse	www.ctclearinghouse.org
Department of Children and Families	www.state.ct.us/DCF
Department of Education	www.sde.ct.gov
Department of Mental Health and Addiction Services	www.dmhas.state.ct.us
National Alliance for the Mentally Ill	www.nami.org
National Institute of Mental Health	www.nimh.nih.gov
National Mental Health Association	www.nmha.org

AREA SUPPORT GROUPS

McCall Center for Behavioral Health

- SMART Recovery (teens 15-18)
- Recovering Together (family support group)

860-496-2139

Torrington Area Families for Autism (TAFa)

(Christina 860-759-3043, Danielle 860-480-8161, Adam 860-309-9112)

- Parents / caregivers of autistic children

www.TAFaInc.org