



Substance Abuse Treatment Locator

Information Current as of 2/17/2010

The Central Naugatuck Valley Regional Action Council is proud to present this listing of substance abuse treatment centers to all of the stakeholders living with in the twelve towns we serve including: Beacon Falls, Bethlehem, Cheshire Middlebury, Naugatuck, Prospect, Southbury, Thomaston, Waterbury, Watertown, , Wolcott and Woodbury. Our purpose in creating this guide is to deliver a hard copy booklet of the most current and up to date contact information for treatment centers so that when someone is ready to ask for help, or is trying to help a loved one they will know where to go and who to call.

This guide is by no means a comprehensive list of all of the treatment centers located in the State of Connecticut. This listing is of the treatment centers that we have personally visited and that we think may be utilized by the people living in our sub-region.

The CNVRAC suggests that if the reader does not find the resource they are looking for in this guide that they contact Infoline (Dial 2-1-1), a free community service administered by the United Way of Connecticut. You can call Info line to get information pertaining to referrals for substance abuse and mental health services or to seek help in a crisis. Trained staff and immediate crisis counselor referrals are available 24 hours a day, every day of the year by dialing 1-800-203-1234 any time, day or night.

If you are seeking substance abuse treatment services outside of the state of Connecticut we recommend that you visit the United States Department of Health and Human Services, Substance Abuse and Mental health Services Administration's "Treatment Center Locator" website at <http://dasis3.samhsa.gov/>.

The information contained in this booklet is current as of December 2009. For further information or inquiries please feel free to contact the CNVRAC at 203.578.4044.

Index

<i>Morris Foundation</i>	<i>pg. 4-5</i>
<i>West Main Behavioral Health</i>	<i>pg. 6-7</i>
<i>St. Mary's Hospital Behavioral Healthcare Services</i>	<i>pg. 8</i>
<i>Connecticut Counseling Centers</i>	<i>pg.9-10</i>
<i>Central Naugatuck Valley Help. Inc</i>	<i>pg. 11-12</i>
<i>Connecticut Renaissance</i>	<i>pg. 13-15</i>
<i>Wellspring Foundation</i>	<i>pg. 16</i>
<i>Rushford Center</i>	<i>pg. 17</i>
<i>Connecticut Valley Hospital</i>	<i>pg. 18</i>
<i>Problem Gambling Services</i>	<i>pg. 19-21</i>
<i>High Watch Recovery Center</i>	<i>pg. 22-23</i>
<i>Mountain Side Lodge Inc</i>	<i>pg. 24</i>
<i>Silver Hills Hospital Inc</i>	<i>pg. 25</i>
<i>Midwestern Council on Alcoholism</i>	<i>pg. 26-27</i>
<i>Arms Acres</i>	<i>pg. 28</i>
<i>Conifer Park</i>	<i>pg. 29</i>
<i>12 Step Meeting Resource Information</i>	<i>pg.30-34</i>
<i>Appendix 1: CT AA Young People's Meeting List</i>	<i>pg.35</i>
<i>CNVRAC Contact Information</i>	<i>pg. 36</i>

Key Code for Types of Services Provided

PGS=Problem Gambling Services

MH=Mental Health Services

SA= Substance Abuse Services

ADL=Adolescent Services

The Following information was prepared by Jesse Mancinone, the Prevention Coordinator for the CNVRAC. Please note that this document is a work in progress and information is subject to change over time. If you are unsure about whether or not this information is up to date please contact the CNVRAC at our office number 203-578-4044.

Morris Foundation

402 East Main Street
Waterbury, CT 06702
(203) 755-1143 or
Toll Free 1-800-721-1230

Types of Treatment Provided: SA, MH, ADL, PGS

Populations Served: Adult Men and Women, Children and Adolescents (Ages 12-20)

Services Provided:

- *Therapeutic Shelter*
- *Morris House: Adult male, half-way house. Up to a six month stay.*
- *Women and Children's Programs*
- *Outpatient Services (Latino program, Adult and Adolescent Program)*
- *School Based Prevention Programs (Grades 1-8)*
- *Employee Assistance Programs*
- *Case Management Services*

Forms of Payment Accepted: Self payment, Medicaid, State financed insurance (other than Medicaid), Private health insurance, Military insurance (e.g., VA, TRICARE)

Payment Assistance: Sliding fee scale (based on income and other factors)

Special Language Services: Available for Portuguese and Spanish populations.

Website: <http://www.morris4change.org/>

Contact Information: If you or someone you love needs help with an addiction or mental health issue, call one of the numbers on the contact sheet found below.*

Criteria for Admission: Must experience a significant mental health and/or substance abuse issue.

Availability of Services: There is typically not a waiting period to participate in Outpatient groups. There may be a waiting list to get into the Therapeutic Shelter as well as Morris House. The therapeutic shelter has 21 beds that are not gender specific (usually 50/50 men and women). Morris House has 27 beds, for males only. The Women's and Children's Residential program is a long-term 8 bed facility.

Residential Services

Morris House - 27 residential beds serving men in need of long-term, structured treatment.
Phone: 203-574-3986 - **Toll-free:** 800-721-1490

Therapeutic Shelter - a 21-bed, short-term residence that provides a supportive environment and treatment for men and women.
Phone 203-574-1419 - **Toll-free:** 800-721-1378

Women & Children's Program - An 8-bed, long-term residential treatment program for women and their children.
Phone: 203-574-3311 - **Toll-free:** 800-525-5955

Outpatient Services: Individual, group and intensive treatment for adults and adolescents

Waterbury Outpatient Services
Phone: 203-755-1143 - **Toll-free:** 800-721-1230

Liberty Center, Shelton
Phone: 203-944-0366 - **Toll-free:** 866-278-3563

Region 5 Case Management - Provides case management services for individuals with a history of frequent treatment.
Phone: 203-755-1143 Ext. 319.

Healthcare Initiative - Assists with treatment placement which includes transportation and post-discharge follow-up.
Phone: 203-755-1143 Ext. 316

DCF Supportive Housing - Provides case management services to DCF-referred families.
Phone: 203-574-3201

Adolescent Treatment Services - Substance abuse treatment program for adolescents age 12-18.
Phone: 203-755-114 Ext. 338

School-Based Prevention Services - Provides substance abuse education in schools for children and adolescents.
Phone: 203-755-1143 Ext. 338

Early Childhood Consultation Partnership - Assessment and support for parents and community childcare agencies caring for children aged birth to 5 years with challenging behaviors and/or social and emotional needs.
Phone: 203-755-1143 Ext. 342

West Main Behavioral Health

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

West Main Behavioral Health (WMBH) is the addictions treatment component of Behavioral Health of Waterbury Hospital. They are multidisciplinary team of physicians, nurses and addiction counselors who provide outpatient and partial hospitalization services to individuals suffering from addictive and dual-diagnosis disorders. In addition, WMBH provides ongoing consultation/liaison services to clients who may require hospitalization at Waterbury Hospital.

Types of Treatment Provided: SA, MH, ADL

Populations Served: Adults and Adolescents

Services Provided:

- ***Outpatient Services***
 - *Group, Individual, Family, Couples Counseling'
 - *Psychiatric Assessment and Management
- ***Intensive Outpatient (IOP) Services***
- ***Partial Hospitalization***
 - ****Morning Program:*** Outpatient detoxification services for alcohol and drugs, including opiates.
 - ****Day Program:*** Non-residential intensive treatment program for adults with addictive disorders. Dual disorder treatment is available.
 - ****Evening Program:*** Intensive hospitalization program available for individuals who work during the day.
- ***Consultation/Liaison Service***

Forms of Payment Accepted: Private and State insurances are accepted by WMBH. Insurance must be in place in order to be admitted into their program.

Payment Assistance: None

Special Language Services: None

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

Contact Information: If a person is interested in treatment they should call (203) 573-7500 between the hours of 8-4:30. If no one answers during these hours leave a message and a nurse will return the call usually no later than by the afternoon. If calling after hours contact Waterbury Hospital's Crisis Assessment and Triage Service at 203-573-6500. Potential clients must complete an intake over the phone prior to admission.

Criteria for Admission: In order to receive services from WMBH an individual must be 18 years of age or older and experiencing a significant substance abuse problem. If a person has a mental health disorder as well they are still eligible for services however the substance abuse problem has to be primary. If a client is in need of detoxification services for alcohol withdrawal they should contact the Crisis Assessment and Triage Service. Clients must also have some form of insurance in place in order to receive services.

Availability of Services: There is typically a 2-4 week waiting period for admission into this program. The length of the waiting period is usually dependent on the type of substance abuse problem that is being experienced. A person who is detoxing from opiates will typically have a longer wait than someone detoxing from other drugs such as cocaine and alcohol.

St. Mary's Behavioral Healthcare Services

100 Jefferson Square
Waterbury, CT 06706
(203) 709-6201

Types of Treatment Provided: SA, MH

Populations Served: Adult Men and Women

Services Provided:

- *Evening Substance Abuse Intensive Outpatient Program*
- *Substance Abuse Intensive Outpatient Program*
- *Aftercare Program*
- *Intensive Outpatient Program*
- *Partial Hospital Program*

Forms of Payment Accepted: Self payment, Medicaid, State financed insurance (other than Medicaid), Charter Oak, Private health insurance, Military insurance (e.g., VA, TRICARE)

Special Language Services: Available for intake process but not for the actual services.

Website: http://www.stmh.org/patient_services/behavioral_health_services.html

Contact Information: Walk-in or telephone screening is available from 8:30 a.m. to 4:30 p.m. Monday - Friday at the center, located at 100 Jefferson Square, Waterbury.

Telephone: (203) 709-6201. After hour's crisis calls are directed to the Waterbury area hotline and mobile outreach at the toll free number 1-866 794-0021.

Criteria for Admission: Must be in active withdrawal from drugs or alcohol prior to admission or have been using significant amount of drugs or alcohol on a regular basis. Must have some form of accepted insurance. If a client is in active withdrawal they must undergo a medically supervised detox prior to admission. St. Mary's refers out to other agencies for detox. They prefer that their clients seek detox treatment first and then set up their intake for St. Mary's from the detox.

Availability of Services: There is a high level of availability for outpatient services. If a client meets criteria, has a form of payment and is seeking outpatient services they will typically be admitted without having to wait

Connecticut Counseling Centers Inc.-Waterbury Outpatient Program

4 Midland Road
Waterbury, CT 06705
(203) 755-8874

Connecticut Counseling Centers, Inc. opened its doors in Norwalk on July 1st, 1984. They began treating 90 patients in the Norwalk Methadone Maintenance Treatment Program. In December of the same year, Connecticut Counseling Centers, Inc. opened its Waterbury Clinic. Connecticut Counseling is the only methadone clinic in Waterbury.

Types of Treatment Provided: SA, MH

Populations Served: Primarily adult men and women. Occasionally acceptions are made for adolescents if there are extenuating circumstances.

Services Provided:

- Substance abuse treatment
- Opiate Detoxification
- Methadone and Suboxone Maintenance
- Methadone Detoxification

Forms of Payment Accepted: Self payment (cash, credit, or money order), Medicaid, State financed insurance (other than Medicaid)

Payment Assistance: Sliding fee scale (fee is based on income and other factors) is available for weekly services not for the intake fee. Intakes cost \$100.00 (cash, credit, money order, SAGA Title 19, Huskey accepted)

Special Language Services: Spanish

Website: <http://www.ctcounseling.org>

Contact Information: There are four scheduled intake time slots every day at the clinic. Intakes are available at: 6:00am, 7:30am, and 9:00am. Their **Phone Number is:** (203) 755-8874. **Contact Person:** *Darren Carroll Ext. 119, *Liordanny Vasquez Ext. 126

Criteria for Admission:

- No referrals are required.
- Person's seeking services that are living with H.I.V., are accepted into treatment immediately and given priority over other persons seeking admission.
- In order to be inducted on suboxone a person must be opiate free for 36-48 hours.
- In order to be inducted on Methadone a person has to be opiate dependent and they have to prove that they have been opiate dependent for over a year.
- Occasionally clients that are sober are allowed to be put on methadone if they are in significant jeopardy of relapsing, and they have a recommendation from a reliable person.

Availability of Services: CT Counseling is the only methadone clinic in Waterbury, CT. On average CT Counseling has 800 clients at a given time seeking services. If a person does not have a scheduled appointment they can come to the clinic and “Standby” in the hopes that there will be a cancellation. If a person does not have a scheduled intake but arrives early enough (e.g. 5-5:30am) they will usually be able to secure an intake appointment.

Central Naugatuck Valley Help Inc

900 Watertown Avenue

Waterbury, CT 06708

(203) 756-8984

Types of Treatment Provided: SA, MH, ADL

Populations Served: Men, Women, and Adolescence ages 16+

Services Provided:

- ***Reverend Edward M. Dempsey Drug Services Program:*** Residential long-term treatment 8-12 month length of stay. Serves individuals 16+ living with substance abuse or dependence.
- ***Watkins Network:*** Non-residential program for men and women 16+ involved with the Department of Corrections/Parole.
- ***Rogers House:*** Residential program for men 18+ on community release from D.O.C. 8-14 month stay.
- ***Kinsella Commons:*** 6 bed residential program for individuals 18+ living with a prolonged mental illness.
- ***Glenlunan:*** 6 bed residential program for individuals 18+ living with a prolonged mental illness.
- ***Wynnewood residential Services:*** 6 bed residential program for individuals 18+ living with a prolonged mental illness.

Forms of Payment Accepted: Self payment/sliding scale, Saga. They do not accept private insurance or Husky

Payment Assistance: If someone has no insurance Help Inc. will only charge that person a fee of 25% of what their monthly income is. They also have scholarships available for free admission.

Special Language Services: None. There are no bi-lingual services available.

Website: <http://www.cnvhelp.org>

Contact Information

- ***Intake Contact Person:*** Karen Cannata (203) 756-8984 x107
- ***No referral is required***
- ***If a person is interested in participating in this program they can show up at the open house interview that is held every Tuesday at Help Inc. at 12:45 pm.***

Criteria for Admission:

- ***Clients that interview for this program typically have had an extensive experience with addiction and relapse.***
- ***Persons with a co-occurring disorders welcome as long as the sub abuse problem is primary.***

- *Help Inc. refers out for detox usually to MCCA, in Danbury, or Connecticut Valley Hospital, in Middletown. If a person is admitted into the program and then has to detox, from drugs or alcohol Help Inc. will hold the bed for them until their detox is complete.*

Availability of Services:

- *Beds are available for men, women and adolescents from ages 16+.*
- *There are a total of 34 beds. 26 are designated for men and 8 beds are designated for women for the residential substance abuse program.*
- *Availability of beds varies.*
- *There tends to be more availability in the summer.*
- *Waiting list periods vary from 1-2 weeks or up to 2-3 months.*
- *The waiting list period is usually longer for women.*

Connecticut Renaissance

350 Fairfield Ave. Suite 701
Bridgeport, CT 06604
(203) 336-5225

Connecticut Renaissance is headquartered in Bridgeport. Connecticut Renaissance maintains other facilities in Norwalk, Stamford and Bloomfield and Waterbury. Their mission is to help people begin the journey toward recovery from mental health and/or substance abuse issues and to assist in improving their quality of life. At Renaissance, their ultimate goal is to assist clients, their families and significant others to lead happy, healthy and productive lives.

Types of Treatment Provided: SA, MH, ADL, PGS

Populations Served: Adults and Adolescents, Corrections

Services Provided:

- *Adult Outpatient/Intensive Outpatient Programs (Bridgeport, Norwalk, Stamford)*
- *Adolescent and Family Behavioral health Programs (Bridgeport, Norwalk, Stamford, Bloomfield)*
 - *Individual, couples, family counseling
 - *Project OASIS (Outreach and Action for Student Improvement Services)
 - *School Violence Prevention Program
 - *FSATS (Family Substance Abuse Service) program
 - *The ACT (Adolescent Clinical Treatment) program
 - *The MST (Multi-Systemic Therapy) program
 - *The JRRC (Juvenile Risk Reduction Center) program
- *DWI/Drug Education Classes (Available in Bridgeport, Norwalk and Stamford)*
- *Residential Programs (CT Renaissance East and West located in Waterbury)*
- *Community Release Programs (CT Renaissance East and West located in Waterbury)*

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

***Payment Assistance:* Sliding fee scale is available for most of the services offered by CT Renaissance.**

***Website:* <http://www.ctrenaissance.com/>**

***Contact Information:* Contact information varies depending on which type of service is needed. For Outpatient Care call (203) 866-2541. For Residential Care call (203) 753-2341 or (203) 591-8010. For information about DWI/Drug Education classes call (203) 367-7573**

Connecticut Renaissance East

31 Wolcott St.
Waterbury, CT 06702
(203) 753-2341

Types of Treatment Provided: SA, MH

Populations Served: Adult Men ages 21 years of age and older, Corrections

Services Provided:

- 3-6 month Residential Substance Abuse program
- Each day is structured with several substance abuse treatment groups.
- Medication monitoring
- In-house Alcoholics Anonymous Meeting
- Assistance in obtaining health insurance, employment, and a bed at a half way house for when the program is completed
- Community Release Program

Forms of Payment Accepted: SAGA or SAGA Eligible, Self-pay (\$75.00/day)

Payment Assistance: Staff will assist clients in applying for SAGA if they are currently uninsured.

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

Contact Information: Contact the Director, Carol Pace at (203) 753.2341 ext. 3101 between the hours of 9:00-5:00pm. If calling before or after hours leave a message and she will get back to you as soon as possible.

Criteria for Admission: In order to be admitted into this program clients' must be adult males over the age of 21+. Clients must be struggling with substance abuse/dependency issues. If a client has a co-occurring mental health disorder, the substance abuse problem must be primary. If a client is detoxing from drugs or alcohol they must obtain detox services from another agency and get cleared prior to admission. **Clients may be referred by an outside organization or by themselves.**

Availability of Services: This program has a total of 32 male only beds. 10 of these beds are contracted through the Department of Corrections and 22 are designated for self-referred clients. East Renaissance is also contracted with federal probation. Availability of these beds vary due to the fact that they are full the majority of the time so the waiting period may be short or long depending on the current situation of the agency.

Connecticut Renaissance West

466 West Main Street

Waterbury, CT 06702

(203) 591-8010

Types of Treatment Provided: SA, MH

Populations Served: This program serves male clients, eighteen years and older referred by the Connecticut Court Support Services Division and the Connecticut Department of Correction.

Services Provided: The Renaissance West Drug Treatment Program is similar to the East Branch in that they offer a wide range of services to each client, including individual, family, and group counseling, psycho-educational programming, life skills, self-help meetings and formal referrals to community agencies based on individual needs. Average stay is 3-9 months.

Forms of Payment Accepted: SAGA or SAGA Eligible, Self-pay (\$75.00/day)

Payment Assistance: Staff will assist clients in applying for SAGA if they are currently uninsured.

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

Contact Information: For more information about the program contact the Director Jeffrey Velez at (203) 591-8010

Criteria for Admission: In order to be admitted into this program clients' must be adult males over the age of 18+. Clients must be struggling with substance abuse/dependency issues. If a client has a co-occurring mental health disorder, the substance abuse problem must be primary. If a client is detoxing from drugs or alcohol they must obtain detox services from another agency and get cleared prior to admission. In order to receive treatment a client must have a referral from the court or probation.

Availability of Services: This program has a total of 45 male only beds. The waitlist may vary depending on how busy they are. The longest wait is usually 30 days. The shortest amount of time it would take would be 2 weeks.

The Wellspring Foundation

21 Arch Bridge Road
Bethlehem, CT 06751
(203) 266-8000

Types of Treatment Provided: MH, SA, ADL

Populations Served: Children, Adolescents and Adults

Services Provided:

- Residential Treatment for Adolescent Girls (Eating Disorders, Trauma, Attachment Issues, Substance Abuse)—9 month stay
- Residential Treatment for Children (6-12) (Psychiatric Treatment)-9 month stay
- Special Education School-“Arch Bridge School” (Children/adolescents 10-21)
- Residential Adult Program (18 and older) 9 month stay
- Outpatient Services (Locations in Bethlehem and Middlebury, CT)
 - *Individual Psychotherapy
 - *Family Therapy
 - *Couples Therapy
 - *Psychiatric Evaluation and Medication Monitoring
 - *Assessment for Treatment and Education Planning
 - *Parenting Education

Forms of Payment Accepted: Private Insurance and Self-Pay. Residential services cost \$550.00 per day.

Website: www.wellspring.org

Contact Information:

For **Outpatient Services** contact 203-758-2296 to schedule an initial interview.

For **Residential Services** contact 203-266-8000

Criteria for Admission: Individuals seeking residential treatment cannot be a danger to themselves or others and have to be medically and psychiatrically stable prior to admission. Persons must be able to make all of the necessary payments as well. If a person has a problem with substance abuse they must be in remission for a minimum of 6-8 weeks prior to admission.

Number and Availability of beds/Services: There is typically not a waiting list for child and adolescent residential services. There waiting list for the adult program varies. Individuals may have to wait anywhere from 3-6 weeks or longer depending on the situation.

Rushford Center Inc
Adult Addiction Services
1250 Silver Street
Middletown, CT 06457
(860) 346-0300

Types of Treatment Provided: SA, MH, ADL

Populations Served: Adults and Adolescents

Services Provided:

- *Intensive Inpatient Program: 42 Beds, 7-10 day program*
- *Urgent Care: Stabilization and Detoxification Access for adults from 8:00am-Midnight 365 days per year.*
- *Intermediate Halfway House*
- *Intensive Outpatient Program*
- *Partial Hospitalization program*

Forms of Payment Accepted: Self payment, Medicaid, Medicare, State financed insurance (other than Medicaid), Private health insurance, Military insurance (e.g., VA, TRICARE), Access to Recovery

Payment Assistance: Sliding fee scale (fee is based on income and other factors), Special

Language Services: ASL or other assistance for hearing impaired

Website: <http://www.rushford.org>

Contact Information:

Call: (860) 852-1000 Crisis Hotline- 1800.567.0902
Or
(203) 630-5220

Criteria for Admission:

- *No referrals required.*
- *Need to be medically stable prior to admission*

Availability of Services: Rushford has 42 beds available in their Intensive Residential program. Typically there is not a long waiting list. People presenting for treatment who meet criteria are usually admitted.

Connecticut Valley Hospital-Addiction Services Division

Merritt Hall
P.O. Box 351
Middletown, CT 06457
(860) 262-6321

Types of Treatment Provided: SA, MH

Populations Served: Adult Men and Women

Services Provided:

- *Detoxification Services*
- *Residential Substance Abuse Treatment (Up to 45 Days)*
 - **Individual and Group Counseling*
 - **In-house AA and NA Meetings*

Forms of Payment Accepted: State Insurance Only (Medicaid, Medicare, Title 19, Saga

Payment Assistance: None

Special Language Services: CVH does have staff that is bilingual (Spanish and English). Interpreters are also available for the hearing impaired.

Special Services: CVH does provide transportation home after a client completes the program. Transportation is not provided for admission however.

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

Contact Information: Referrals are accepted 24 hours a day by calling (860) 262-6321

Criteria for Admission: Individuals need to be 18 years of age or older and substance dependent. CVH does treat people with mental health diagnosis however any such disorders must be secondary to the substance abuse problem and the symptoms need to be stable. Individuals must either have, or be eligible for state medical insurance.

Availability of Services: There are a total of 110 beds at CVH. 30 are designated for women, 60 for men and 20 for detox. Detox beds are available on a first come, first serve basis. There is typically a 2-3 week waiting list for admission into this program

Problem Gambling Services
CT Valley Hospital, Vance Drive, Russell Hall, 1st Floor
Middletown, CT 06457
Ph: 860-344-2244

Types of Treatment Provided: PGS, MH

Populations Served: Adult Men and Women

Services Provided:

- *Individual counseling*
- *Group Counseling*
- *Peer Counseling*
- *Psychiatric Services*

Forms of Payment Accepted: State and private insurance is accepted

Payment Assistance: Most of their programs are available for free if the individual is unable to pay.

Special Language Services: Available upon request for Spanish and other languages

Website: <http://www.ct.gov/dmhas>

Contact Information: Please feel free to contact 860-344-2244 with any questions or concerns you may have.

Criteria for Admission: Individuals need to be 18 years of age or older and have concerns about personal or a family member's gambling problems

Availability of Services: Services are available Mon-Thurs 8am-8pm and on Fridays 8am-4:30pm. There is a Helpline available 24/7 and that number is 800-346-6238. Problem Gambling Services also has programs available at other locations around the state. See the attached contact sheet below for further information.

REGION 1 – Southwest CT

POSITIVE DIRECTIONS

Contact Person: Bob Vietro

Location: 420 Post Road, West
Westport, CT 06880

Tel: 203-227-7644, ext. 126 (All referrals)

Fax: 203-227-0037

E-Mail: info@positivedirections.org

CONNECTICUT RENAISSANCE

Contact Person: Melodie Keen

Location:

- 4 Byington Place.
Norwalk, CT 06852
- 141 Franklin Commons
Stamford, CT

Tel: 203-866-2541, ext. 3005 (All referrals)

E-Mail: melodie@ctrenaissance.com

REGIONAL NETWORK OF PROGRAMS

Contact Person: Dee Scudder

Location: 480 Bond Street
Bridgeport, CT 06610

Tel: 203-366-5817, ext 100 (All referrals)

Fax: 203-394-6790

E-Mail: [Cordelia.Scudder\(Dee\)@rnpinc.org](mailto:Cordelia.Scudder(Dee)@rnpinc.org)

Statewide requests for our services by individuals speaking Spanish can be coordinated through RNP. Obtain the callers name and phone number and relay this information to Ray Torres at 203-366-5817, ext 107.

REGION 2 – South Central CT

PROBLEM GAMBLING SERVICES

Contact Person: Lori Rugle

Location:

- CVH, P.O. Box 351, Russell Hall
Middletown, CT 06457
- 1435 State Street
New Haven, CT 06511
- 2 Center Road, West
Old Saybrook, CT
- 100 Bank Street
Seymour, CT

Tel: 860-344-2244 (All referrals)

Fax: 860-344-2360

E-Mail: Lori.Rugle@po.state.ct.us

REGION 3 – Eastern CT

UNITED COMMUNITY & FAMILY SERVICES

Contact Person: Cheryl Molina

Locations:

- 47 Town Street, Meadows Plaza
Norwich, CT 06360
- 320 Pomfret St., Putnam, CT
- 400 Bayonet Street, New London, CT

Tel: 860-823-3094 (All referrals)

Fax: 860-892-2320

E-Mail: cmolina@UCFS.org

REGION 4 – North Central CT

WHEELER CLINIC

Contact Person: Pat Devendorf

Location:

- 645 Farmington Avenue
Hartford, CT 06105

Tel: 860-523-9788, ext.104 (All referrals)

Fax: 860-232-5049

E-Mail: pdevendorf@wheelerclinic.org

Additional Support: Donna Z., Peer Counselor

Tel: 860-523-9788, ext. 136

REGION 5 – Northwest CT

MORRIS FOUNDATION

Contact Person: Scott Nelson

Location:

- 402 East Main Street
Waterbury, CT 06702

Tel: 203-755-1143, ext. 318 (All referrals)

Fax: 203-753-3274

E-Mail: snelson@Morris4Change.org

MCCA OUTPATIENT COUNSELING CENTER

Contact Person: Steve Helfeld

Locations:

- 38 Old Ridgebury Road
Danbury, CT 06810
- 30 Peck Road
Torrington, CT

Tel: 203-257-5031(All referrals)

Routine business calls: 203-792-4515, ext. 1210

Fax: 203-748-2632

E-Mail: shelfeld@mccaonline.com

MCCA-INPATIENT PROGRAM

Contact Person: Jim Crean

Tel: 203-733-4524 (All referrals)

Fax: 203-748-2604

E-Mail: JCREAN2003@yahoo.com

or contact..

Mike McKinney

Tel: 203-792-4515, ext. 1209

E-Mail: mmckinney@mccaonline.com

High Watch Recovery Center

62 Carter Road
Kent, CT 06757
(860) 927-3772

High Watch Recovery Center is dedicated to seeing the disease of addiction go into remission for each individual who passes through their doors. They are committed to providing compassionate care as they integrate the latest breakthroughs in addiction medicine alongside the spiritual teachings of the 12 Steps to give all patients the tools and foundation to live sober after leaving High Watch.

Types of Treatment Provided: SA, MH

Populations Served: Adult men and women

Services Provided:

- ***Residential Acute Care (21 day minimum):*** \$6,155 required upon admission (includes \$250 daily rate plus a \$105 fee for required physical and an \$800 deposit held in a refundable escrow.
- ***Rest and Renewal program, 2 or more days:*** Recent High Watch residents (minimum 30 days post discharge from the Residential program) or anyone maintaining a six month abstinence period may return for this aftercare program. \$250 per day rate applies for a minimum of 2 days.

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

Payment Assistance: Some scholarships available, however there are strict guidelines for eligibility—a person must have no insurance (including SAGA), must have no family support and their income must be below the poverty line.

Special Language Services: None

Website: <http://highwatchrecovery.com/>

Contact Information: High Watch admits daily from 8:00am-5:00pm. Their primary number is: (860) 927-3772x11 or call: (888) 493-5368x11

Criteria for Admission:

- Anybody with an alcohol and/or substance abuse problem that is at least 18 years of age is eligible for admission.
- 72 hours of abstinence from illicit drugs and alcohol
- Health screening, review of current medications and a full history of substance abuse including current patterns.
- \$240 per day for a minimum of a 3 week stay is required. (\$5040) This includes room, board, medical diagnosis and treatment. Cost of prescribed medication is not included

Availability of Services:

- *There are a total of 65 beds at this facility.*
- *The number of beds for men and women varies depending on the current trend of applicants.*
- *The waiting list may vary from a couple of days to a few weeks depending on how busy they are.*

Mountainside Lodge Inc

187 Route 7 South
Canaan, CT 06018
(860) 824-1397

Types of Treatment Provided: SA, MH

Populations Served: Adult men and women

Services Provided:

- Substance abuse treatment:
*Intermediate Program,
*Long term Extended Stay Program,
- Family Wellness Program,
- Mind/Body/Spirit Program,
- On and Off-site meetings of Alcoholics Anonymous as well as Narcotics Anonymous.
- On-site Nicotine Anonymous Meeting available

Forms of Payment Accepted: Self payment (Private Insurance, Cash, Credit Card, 3rd Party Payments). Mountainside costs approximately \$5000 for a 28 day stay.

Payment Assistance: Financing Options Available, Scholarships available for extensions of stay only.

Special Language Services: None

Website: <http://www.drug-rehab-mountainside.com/>

Contact Information: The ideal time to call for a pre-screen assessment and intake is between the hours of 8:00-4:00pm however someone is available to answer the phones 24/7. The intake phone number is: (800) 762-5433

Criteria for Admission:

- No referrals required.
- Mountain side is not contracted to take any specific population of clients (e.g. corrections, adolescents).
- Medical stabilization and clearance required prior to admission.
- Mountain side typically refers clients to MCCA in Danbury for detoxification prior to admission.

Availability of Services: There are total of 66 regular stay beds and 14 extended stay beds. The population is usually 1/3 female and 2/3rds male. Mountain Side's beds tend to stay full however they have good amount of flexibility in getting people into treatment. The waitlist is typically not very long.

Silver Hill Hospital Inc
208 Valley Rd
New Canaan, CT 06840-3899
(203) 966-3561

Types of Treatment provided: SA, MH

Populations Served: Adolescents (13-17), Adult men and Women

Services Provided:

- *Detoxification/Stabilization Services*
- *Adult Intensive Outpatient Programs*
 - **Chemical Dependency/Dual Diagnosis Group*
 - **Dialectical behavior Therapy*
 - **Relationships and Recovery*
- *Adult and Adolescent Inpatient Services*
- *Adult and Adolescent Transitional Living Programs*
- *Family Programs*
- *Wellness Program*

Forms of Payment Accepted: *Silver Hills is a self-pay facility that costs approximately \$28000.00 for a 28 day stay. Silver Hill Hospital is "in network" with many major insurance or managed care companies. This means that Silver Hill Hospital has a contract with these companies to provide specific services to members through his/her individual plan. Silver Hill Hospital requires payment, prior to discharge, to cover anticipated co-payments, deductibles or co-insurance for which the patient and/or guarantor is financially responsible.*

Payment Assistance: *Silver Hills has relationships with the local banks of New Canaan. Some of these banks are willing to disperse small loans to clients to cover the costs. Silver Hills will also try to work out payment plans on a person to person basis depending on an individual's financial situation.*

Special Language Services: *Silver Hills does have some staff that are bilingual (Spanish/English)*

Website: *www.silverhillhospital.org*

Contact Information: *If a person is interested in receiving services from Silver Hills they would first call the Admissions Office toll free at 1-800-899-4455 to complete an intake.*

Criteria for Admission: *Individuals' seeking services must be experiencing a significant mental health and substance abuse problem with the mental health issue being primary.*

Availability of Services: *There is typically not a long waiting list to get into Silver Hills. If beds are full individuals will usually have to wait a day or two, or possibly until after the weekend before being admitted.*

Midwestern Connecticut Council on Alcoholism (MCCA)

*Central Administration
38 Old Ridgebury Road
Danbury, CT 06810*

Types of Treatment Provided: SA, PGS, ADL

Populations Served: Seniors, Adult Men and Women, Children and Adolescents (Ages 12-20)

Locations: Headquartered in Danbury CT, MCCA maintains locations in Danbury, New Milford, Bethel, Norwalk, Ridgefield and Sharon.

Services Provided:

- *Public awareness and prevention services*
- *Employee assistance programs*
- *Intensive day and evening outpatient programs*
- *Treatment groups (relapse prevention, living sober, family support)*
- *Judicially-mandated treatment programs under the Pretrial Drug Education and Impaired Driver (DWI) programs and Court Support Services Division (CSSD) of the Connecticut Judicial Department*
- *Treatment and engagement programs for seniors*
- *Women's recovery programs*
- *Family forums*
- *Latino/Hispanic outreach services*
- *Residential treatment programs (including specialized programs for adolescents and seniors, gambling, and detoxification)*
- *A social setting detoxification program known as the Sobering Center*
- *Specialized services to the homeless at the Danbury City Shelter*

Forms of Payment Accepted: *MCCA participates in many managed care plans, and they also accept traditional insurance. Many insurance plans require that you make a co-payment at the time of your visit. To make it easy as possible for clients, MCCA accepts cash, checks and most major credit cards. Some insurance plans may require that clients obtain authorization from them before you visit us. Since this differs by plan MCCA suggests that client's first check with their insurance company so they may receive complete benefits from their coverage.*

Payment Assistance: *MCCA participates in the Connecticut General Assistance Behavioral Health Program. Counselors at MCCA will assist clients in managing their insurance plan and any payments.*

Special Language Services: *MCCA offers multi-lingual services in Spanish, Portuguese, French and Polish. Be sure to contact them as they can accommodate most language needs.*

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

Contact Information: Office hours for MCCA's Main office are Monday through Friday 8:30 am - 5:00 pm. Evening Programs in Danbury are available from 5:00 pm - 8:00 pm Other Programs offer a variety of locations and hours to meet client's needs Reach out to MCCA for confidential inquiries by calling our main office in Danbury at (203) 792-4515 or (877) 874-MCCA. Clients should first call and set up an evaluation. Once the evaluation has been completed MCCA will then determine the client's level of care and refer them to the appropriate program.

Criteria for Admission: Depends on type of service being sought. A client must be in active withdrawal to be admitted into the detox program. A client must be medically cleared prior to being admitted into the residential program. Clients must also have an accepted form of payment.

Availability of Services: There are a total of 10 detox beds and 20 residential beds. The waiting list tends to vary depending on the demand for beds.

Arms Acres Inc
75 Seminary Hill Road
Carmel, NY 10512
(800) 989-2676

Types of Services Provided: SA, MH, ADL

Populations Served: Men, Women and Adolescents

Services Provided:

- *Detoxification: 31 bed unit*
- *Inpatient Services for Adults and Adolescents: 28 Adolescent beds, 95 adult beds*
- *Outpatient Services*

Forms of Payment Accepted: Self payment, New York Medicaid, Ct Husky, Private health insurance,

Payment Assistance: None

Special Language Services: None Available. However Conifer Park (A Sister Organization located in upstate New York) has an entire program specifically for Spanish speaking populations.

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

Contact Information:

- ***Inpatient Services: 1-800-989-2676***
- ***Outpatient Services: 1-845-225-5202***

Criteria for Admission: For Detoxification services client must be in active withdrawal from drugs or alcohol prior to admission or have been using significant amount of drugs or alcohol on a regular basis. For Rehab services call and the intake coordinator will check with insurance to see if client meets their rehab criteria. For Self-pay client must meet NYS OASAS criteria for treatment. If client cannot arrange transportation, Arms Acres will provide transportation to their facility.

Availability of Services:

- *There are total of 154 beds.*
- *Detox beds are usually available upon calling. At times there could be a short waiting period for a direct admit to rehab and at times there can be a waiting list for adolescent beds.*
- *For any additional information call Jimmy Downes 203-240-3937*

Conifer Park
79 Glenridge Rd.
Glenville, NY 12302
1-800-989-6446

Types of Treatment: SA, MH, ADL

Populations Served: Adult Men and Women as well as Adolescents

Services Provided/Type of Care:

- *Inpatient Rehabilitation Program*
- *Latino: Male program only*
- *Detoxification/Crisis Services*
- *Family Programs*
- *Dual Diagnosis/MICA Services*
- *Pain Management*
- *Activities/Recreation Therapy*

Forms of Payment Accepted: Most Third party health plans and Medicaid accepted.

Payment Assistance: In the event that a health care plan does not cover this level of care, a self pay agreement can be discussed and implemented based upon need.

Special Language Services: Conifer Park has an entire program dedicated to the male Spanish speaking population. See the website for more details

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

Contact Information: Conifer Park's admissions process is completely confidential and available 24 hours a day, any day of the year. Patients may call on their own, or be referred by family, physicians, employers, health care agencies, school personnel, legal professionals, insurance companies and or private practitioners. The contact number for intake is 1-800-989-6446.

Criteria for Admission:

- *Approved insurance.*
- *Significant level of substance abuse to warrant treatment*

Availability of Services:

- *225 total beds*
- *Detox beds are usually available upon calling. At times there could be a short waiting period for a direct admit to rehab and at times there can be a waiting list for adolescent beds*
- *For any additional information call Jimmy Downes 203-240-3937*

Since the introduction of Alcoholics Anonymous (AA) in the late 1930's many other "Twelve Step" programs, that deal with a variety of addictions have become established around the world. Millions of people have recovered from their addictions through participating in these various programs. The CNVRAC hopes that the reader finds the following listing of Twelve Step Meeting resources helpful. For any other questions or concerns about these types of meetings feel free to contact us at the office at 203.578.4044.

Connecticut 12 Step Meeting

Contact Information

12 Step Recovery Resources

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

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

National Website: www.AA.org

CT Area Website: www.CT-AA.org

***See Appendix 1 for listing of Young People's Meetings throughout the State of Connecticut.**

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

Connecticut Answering Service: **1-888-8AL-ANON (1-888-825-2666)** Available 24 hours a day, seven days a week.

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

CT Website: <http://www.ct-al-anon.org/>

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

Connecticut Answering Service: **1 (800) 627-3543** Available 24 hours a day, seven days a week.

National Website: <http://www.na.org/>

CT Area Website: <http://www.ctna.org/>

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

Answering Service: 310.534.8188 or 1.800.477.6291

National Website: http://www.nar-anon.org/Nar-Anon/About_Nar-Anon.html

CT Area Website: <http://www.naranonctma.org/>

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

National Website: www.OA.org

CT Area Website: www.SWCTOA.org

Cocaine Anonymous: *Cocaine Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from their addiction. The only requirement for membership is a desire to stop using cocaine and all other mind-altering substances. There are no dues or fees for membership; they are fully self-supporting through our own contributions. They are not allied with any sect, denomination, politics, organization, or institution. They do not wish to engage in any controversy and we neither endorse nor oppose any causes. Their primary purpose is to stay free from cocaine and all other mind-altering substances, and to help others achieve the same freedom.*

National Website: <http://www.ca.org/>

CT Area Website: <http://www.caofct.org/>

Marijuana Anonymous: *Marijuana Anonymous is a fellowship of men and women who share our experience, strength, and hope with each other that they may solve their common problem and help others to recover from marijuana addiction. Marijuana Anonymous uses the basic 12 Steps of Recovery founded by Alcoholics Anonymous, because it has been proven that the 12 Step Recovery program works.*

National Website: <http://www.marijuana-anonymous.org/>

National Toll Free Number: 1-800-766-6779

CT Marijuana Anonymous Meetings

Mon - PLEASANTVILLE - 7:30 pm
St. John's Episcopal Church
8 Sunnyside Ave

Sat - NEW HAVEN - 3:00pm
Connecticut Mental Health Center
34 Park Street, Room 273

Sex and Love Addicts Anonymous (SLAA): *Sex and Love Addicts Anonymous is a Twelve Step; Twelve Tradition oriented Fellowship of men and women who help each other to stay sober. We offer the same help to anyone who has sex addiction or love addiction or both and wants to do something about it.*

Contact Number: 1-210-828-7900

National Website: <http://www.slaafws.org/>

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

National Website: <http://www.gamblersanonymous.org/about.html>

National Hotline: 1-888-424-3577

Appendix I

Connecticut Alcoholics Anonymous Young People's Meeting List

Monday

- *7:00 pm-Open-Big Book Meeting: Coventry, CT. 2nd Congregational Church. Rt. 144
Contact Person: Dawn R. (860)-646-2988
- *7:00 pm-Open Discussion Meeting: Winsted, CT. St. Joseph's Church / 31 Oak St. Entrance
- *8:00 pm-Closed Big Book Meeting: New Haven, CT. 1st Baptist Church / Livingston & Edwards
- *8:15 pm-Closed Discussion: Stamford, CT. Glenbrook Community Center / 35 Crescent Street

Tuesday

- *6:00 pm- East Lime, CT. Flanders Baptist Church / 138 Boston Post Rd Paul
- *7:30 pm-Open Discussion Meeting: Canton, CT. 1st Congregational Church of Canton Center / 184 Cherry Brook (Rte. 179)
- *8:00 pm-Closed Step Meeting: 1st Baptist Church / Livingston & Edwards
- *8:00 pm-Open Discussion Meeting: Canaan, CT. Christ Episcopal Church / Main Street

Wednesday

- *7:30 pm-Open Discussion Meeting: Guilford, CT. Congregational Church, on the Guilford Green.
- *8:00 pm-Open Discussion Meeting: Norwich, CT. Central Baptist Church / 2 Union Square.
- *7:30 pm-Open Discussion Meeting: Waterbury, CT. Congregational Church / 274 Bunker Hill Ave.

Thursday

- *7:00 pm-Open Discussion Meeting: Deep River, CT. Sahara Club / 165 North Main St.
- *7:30 pm-Open Discussion Meeting: Trumbull, CT. Grace Episcopal Church, 5958 Main St., Trumbull, Ct, 06611
- *9:15 pm-Open Discussion Meeting: Ansonia, CT. Congregational Church / 1 Church St. (Rte. #154)

Friday

- *7:00 pm-Open Speaker Discussion Meeting: Enfield, CT. St. Adolbort's Church / 90 Alden Ave.
- *8:00 pm-Open Speaker Discussion Meeting: Putnam, CT. St. Mary's Church / Providence and Marshall Streets

Saturday

- *11:00 pm-Open Discussion Meeting: Danbury, CT. Alumni Hall West Conn. Campus/James Roach Blvd.
- *5:00 pm-Open Discussion Meeting: Greenwich, CT. 100 Arch Street / (Teen Center)
- *5:30 pm-Open Discussion Meeting: Fairfield. Club 12 at St. Emery School / Halley Ave.
- *7:30 pm-Closed Step Meeting: Woodbury, CT. 11 Main St. North (Rt. 6)

Sunday

- *8:00 pm-Open Meeting: New Haven, CT. Southern Conn. Campus/Engleman Hall on Fitch St.
- *8:30 pm-Open Discussion Meeting. Danbury, CT. West Conn. Campus/James Roach Blvd.

The Central Naugatuck Valley Regional Action Council's mission is to prevent and reduce alcohol, tobacco, and other drug use in its service area among youth, and over time among adults, through community education, community mobilization, public awareness, and advocacy.

*Central Naugatuck Valley Regional Action Council
22 Chase River Road
Waterbury, CT 06704
Phone: 203-578-4044
Fax: 203-756-6032
www.cnvrac.org*

*Jennifer Dewitt, DARC, CPP-R Jesse Mancinone, BS
Executive Director Prevention Coordinator
Jdewitt.fic@sbcglobal.net Cnvracprevention@sbcglobal.net*