

Intensive Outpatient Program (IOP)

Intensive Outpatient Program (IOP) is co-occurring enhanced and consists of 3 hours of treatment per day, 3 days per week for individuals who require this concentrated treatment level, including:

- Group Therapy
- Family Involvement
- Educational Sessions
- Medication Management

Adolescent Intensive Outpatient Program (AIOP)

Adolescent Intensive Outpatient Program (AIOP) is for ages 13 -18 with primary substance abuse diagnoses. The program is offered at our Waterbury and Shelton offices and treats adolescents with co-occurring substance abuse and behavioral health disorders and consists of 3 hours of treatment per day, 3 days per week for adolescents who require this concentrated treatment level, including:

- Group Therapy
- Family Involvement
- Educational Sessions
- Medication Management

Evidence-Based Treatments

In addition to our traditional outpatient treatment, Wellmore has teams dedicated to evidenced-based interventions. These include:

- **Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)**

TF-CBT is designed to decrease the symptoms which frequently interfere in the healthy functioning of a child who has experienced a significant trauma or loss.

- **Dialectical Behavioral Therapy (DBT)**

DBT is designed to improve an individual's capacity to effectively manage his/her emotions and eliminate self-injurious/suicidal behavior.

Psychiatric Services

Our team of dedicated doctors and psychiatric nurses can provide psychiatric evaluation, consultation and medication therapy to clients who might benefit from the introduction of medication to enhance their treatment success.



Intensive Home-Based Services

Intensive In-Home Child and Adolescent Psychiatric Services (IICAPS)

Intensive In-Home Child and Adolescent Psychiatric Services (IICAPS) help children and families in crisis through home-based individual and family therapy, 24-hour crisis response, parent guidance, school consultations, and other methods. Children and families receive a comprehensive assessment of treatment needs, including psychological and psychiatric evaluation. A treatment plan tailored to the child and family is developed and implemented by a two-person team of mental health professionals. Families receive an average of 4 to 6 hours of service per week. Families that are engaged in the treatment program can receive services for approximately 6 months.

Functional Family Therapy (FFT)

Functional Family Therapy (FFT) is a proven, well-documented, and highly successful family intervention program focused on at risk and juvenile justice involved youth. FFT has been utilized with youth and their families in a wide variety of communities with diverse populations. The age range for the program is from 11 to 18 years old and a caregiver is needed to participate in every session for the length of the program which can be up to 4 months. The program consists of 3 phases of treatment that have specific goals that are developed and met according to the needs of the family. The first phase of Engagement and Motivation focuses on decreasing negativity and blame and motivating everyone in the family to make specific changes that will improve their relationships. Behavior Change is the second phase and focuses on improving communication, problem solving, and relationship building. The last stage, or Generalization, focuses on relapse prevention so the family is able to utilize the acquired skills in the future as well as being able to carry over those skills to other areas of life.

Child First (CF)

Child First (CF) is an innovative program that provides home-based therapeutic intervention and hands on connection to community resources for children from birth to 6 years of age and their families. Child First focuses on at-risk children and their families to decrease the incidence of serious emotional disturbance, developmental and learning problems, and abuse and neglect. Children and families receive a comprehensive assessment. The two-person Child First team works with the family to develop and implement a treatment plan tailored to the needs of the child and family. The Child First team provides home-based dyadic therapy for the child and parent, parent guidance, family therapy, and collaborates closely with community providers to address immediate needs of children and families and help stabilize the home environment. Child First is an early childhood system of care and can provide services for approximately 6 months.

Prevention and Early Intervention Services

Early Childhood Consultation Partnership (ECCP)

The Early Childhood Consultation Program (ECCP) identifies and meets the social, educational and emotional needs of children from birth through age 5. Consultation in early childhood settings is provided by a mental health professional to help care for the needs of young children.

Nurturing Families Network (NFN)

The Nurturing Families Network (NFN) offers a continuum of preventative services for prenatal and first-time parents. NFN is funded by the Children's Trust Fund and The Exchange Club Family Life Foundation and is designed to reduce parental risk factors for child abuse and neglect. Research shows that parents who participate in NFN programs have increased knowledge of child development, enhanced parenting skills, improved parenting attitudes, increased likelihood to reach their academic or employment goals, and increased awareness of community resources. The program is offered to first-time parents who are pregnant or have a child less than 3 months of age and can last up to the first child's 5th birthday. Services include:

- **Nurturing Parent Groups** discuss topics such as parenting skills, prenatal care, and fathering.
- **Home Visiting Program** includes weekly home visits focused on increasing parent's knowledge of child development and increasing the wellness and stability of the family.
- **The Nurturing Connections Program** is a 3 to 6 month telephone support program which connects first-time parents to a Family Support Worker after the birth of their child, and provides educational information related to the development and health of the new baby, and adjusting to first-time parenting.

Community Support for Families (CSF)

Community Support for Families (CSF) is implemented as part of the Department of Children and Families' Differential Response System. CSF is a family-driven, strengths-based, culturally responsive program that assists families in accessing community services utilizing a "Wraparound" model to resolve crises and preventing further child protection service involvement. The CSF staff use clinical and community systems knowledge to advocate for services; assist the family in developing an individualized service plan; and coordinate and monitor implementation of that plan.

With the help of the CSF staff, the family invites service providers and natural supports to participate in "Child & Family Team" meetings to ensure successful implementation of their plan. A Parent Navigator is also available, as needed, to augment services by providing support, education, and advocacy to families.

Positive Parenting Program (Triple P)

Positive Parenting Program (Triple P) is open to families that are involved with or referred by the Department of Children and Families (DCF) and/or Wellmore's Community Support for Families Program. Eligible families must live in the Greater Waterbury community, including Waterbury, Beacon Falls, Cheshire, Middlebury, Naugatuck, Oxford, Prospect, Southbury, Wolcott and Woodbury. Positive Parenting Programs utilizes the evidenced-based model, Triple P of the University of Queensland, to provide an in-home parent education curriculum along with the support and guidance so that parents will become resourceful problem solvers and will be able to create a positive and safe home learning environment for children to develop emotional, behavioral and cognitive strengths. The program also offers care management services to families with the goal of improving the parents'/caregivers' overall functioning and ability to care for their children.

Care Coordination (CC)

Care Coordination (CC) is a family-focused, culturally competent model that assists families in managing multiple community services. Emphasis is placed on the current strengths and needs of the family. The Care Coordinator uses knowledge of community services to advocate for the family and assist them in developing an individualized service plan. With help from the Care Coordinator, the family invites service providers and natural supports to participate in "Child and Family Team" meetings to ensure a successful outcome. A Family Advocate is also available to provide support.

School-Based Health Services

School-based health services promote the social, emotional, physical, and academic well being of students. Services include individual, group and family therapy, as well as early intervention, so that students are able to overcome roadblocks to meeting educational objectives.

Therapeutic Group Homes

Paladin House and Valiant House

Paladin House and Valiant House offer comprehensive treatment services on a 24/7 basis in a home-like environment, so traumatized boys can heal as they learn to live as responsible members of family and community.



Adult Services



Outpatient Services for Adults

Our outpatient services provide substance abuse and mental health treatment for individuals living and working in their own communities. Individuals with addiction problems are helped to learn to live without mind-altering substances through treatment, which increases coping skills and focuses on changed behavior. The approach to care is strength-based and solution-focused, with the goal of developing skills and accomplishing health. Treatment services are provided by a professional, culturally sensitive staff. To accommodate different schedules, services are offered during day and evening hours. Treatment includes assessment, group treatment and psycho-educational sessions for individuals with substance abuse, mental health disorders and co-occurring disorders.

Open Access

Our assessments are offered daily using an Open Access model for walk-in evaluations. Individuals are seen when they want to be seen, without having to schedule and wait for an appointment. The Open Access model provides immediate access to care when needed, which is the ideal way to engage an individual in the treatment process.

Outpatient Treatment

- Individual and Family Counseling
- Couples/Partner Counseling
- Educational Groups
- Referral to Community Resources
- Drug Testing
- Medication Management

Additional Focused Populations

- Gambling Treatment
- Latino Groups
- Trauma-Informed, Gender-Responsive Treatment
- Employee Assistance Programs
- Community Outreach Case Management

Outpatient Group Topics

- Relapse Prevention
- Anger Management
- Risk Reduction
- Early Intervention
- Women's Trauma
- Gambling
- Cognitive Behavioral Therapy
- Young Adult Therapy Process Groups (18 to 24 years of age)
- Mental Health Therapy Groups

Residential Facilities

Therapeutic Shelter

Our therapeutic shelter is a safe and supportive residential facility that provides case management and treatment services for adult men and women. This is a short-term program (one week to one month) for those persons contemplating a step towards recovery or for those who have completed formal treatment and are awaiting placement in the next level of care. 24-hour treatment services provided by a professional, culturally sensitive staff include:

- Individualized Care
- Crisis Intervention
- Case Management Services
- Assessment of Needs
- Access to Community Resources
- Referrals to Treatment Programs
- Self-Help and 12-Step Meetings
- Day Treatment Services On-Site
- Group Therapy
- Educational Groups
- Family Involvement



Women & Children's Program

The Women and Children's Program provides care for women with an addiction and/or an addiction and mental health problem, without separation from their child. The Women and Children's Program is a residential, intermediate treatment program for pregnant or parenting women with one pre-school age child. 24-hour treatment services provided by a professional, culturally sensitive staff trained in issues of domestic violence and trauma:

- Treatment Services
- Group Therapy
- Individual Counseling
- Educational Groups
- Family Involvement
- Case Management Services
- Assessment of Needs
- Access to Community Resources
- Transportation to Medical Appointments
- Parenting Education and Assistance
- On-Site Child Care for Those in Treatment
- Domestic Violence Education

Morris Recovery House

Morris Recovery House offers a unique residential model for adult men diagnosed with addiction and/or mental health problems. Residents of this program live in a facility which provides 24/7 supervision and support in a recovery-based environment. During the 90-day stay, clients receive:

- Individual Case Management and Counseling
- Intensive Outpatient Treatment
- Vocation Training
- Family Involvement
- Educational Groups
- Job Search and Employment Support
- Self-Help Group Involvement

Case Management Services

Supportive Housing for Families

The Supportive Housing for Families is a DCF-funded initiative in collaboration with The Connection, Inc. The program helps families become reunited with children who have been placed in foster care, or prevents the placing of children in foster care from happening by providing adequate housing, including:

- Assisting clients in securing housing subsidy and/or rental housing
- Providing transportation
- Providing clients with referrals, advocacy, crisis intervention and counseling services, as needed
- Coordinating substance abuse treatment, such as Relapse Prevention, Children's Services, Educational Support and Parenting Training

Case Management (Region 5)

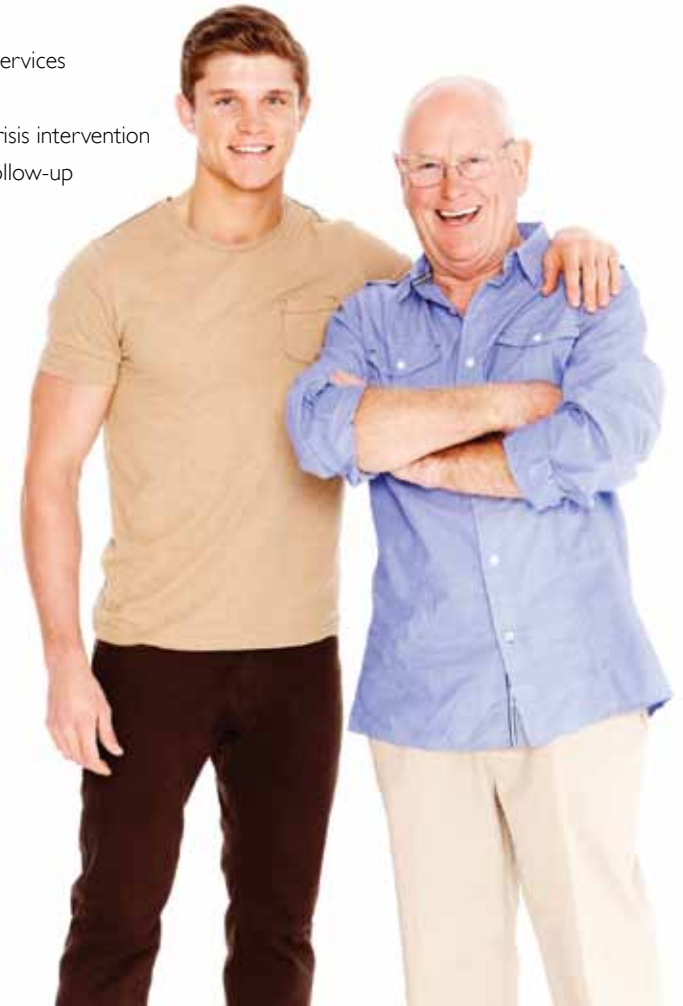
Substance Dependence Case Management targets the needs of substance abusing clients who are prone to chronic relapse and repeated use of community acute care services. Recovery may be complicated for these clients by complicating psychiatric disorders or by a host of social and environmental problems that need to be specifically addressed. Our goal is to guide clients through the sometimes bewildering maze of recovery supports and services available to them. Our approach emphasizes respect for the client and efforts to promote independence and self-empowerment. Our case managers assist and advocate for clients, serving as liaisons with service and treatment providers and providing practical and logistical assistance as needed. In this process, we may help clients in obtaining housing and in connecting with supports such as the Department of Social Services and the Social Security system. We help clients resolve legal difficulties and work closely with the Courts, public defenders and probation and parole officers. We coordinate closely with other service providers working with the clients, including clinical treatment staff and psychiatric providers. We encourage and assist clients with clinical treatment recommendations and medication maintenance regimens. The effect of our interventions and collaboration with clients is to reduce social stressors and other obstacles to recovery. They begin to look forward to achieving life goals, including further education and vocational and technical skills training. We stand ready to assist with referrals for:

- Case management services
- Referral to treatment
- Linkage to community supports

Transitional Case Management (TCM)

The Transitional Case Management (TCM) program helps ensure a successful transition back into the community after incarceration. This is accomplished through comprehensive case management and substance abuse treatment that provides support 3 months prior and up to 4 months after release from prison. These supports will help clients find their strengths and achieve their goals. The TCM program gives access to many supports that assist in securing temporary housing, gaining employment and maintaining sobriety as clients start their lives back in the community. A mutual commitment from both parties is crucial to success. The TCM program provides:

- Encouragement and support
- Mentoring and guidance
- Education
- Coordination of services
- Advocacy
- Counseling and crisis intervention
- Monitoring and follow-up





Wellmore Locations



Corporate Offices

141 East Main Street
Waterbury, CT 06702
Phone: 203-574-9000
Fax: 203-574-9006

Child & Adolescent Services

Waterbury – Clinical Services

70 Pine Street
Waterbury, CT 06710
Phone: 203-756-7287 or
1-855-WELLMORE (935-5667)
Fax: 203-596-0722

Home-Based Services

141 East Main Street
Waterbury, CT 06702
Phone: 203-575-0466
Fax: 203-575-1817

Naugatuck – Clinical Services

150 Meadow Street
Naugatuck, CT 06770
Phone: 203-723-9599
Fax: 203-723-9890

Torrington – Clinical Services

30 Peck Road, Building 2, Suite 2203
Torrington, CT 06790
Phone: 860-626-7007
Fax: 860-626-7014

Danbury – Clinical Services

72 West St.
Danbury, CT 06810
Phone: 203-797-9778
Fax: 203-797-9858

On the Web
www.wellmore.org

Toll Free
1-855-WELLMORE
(935-5667)

Adult Services

Waterbury – Outpatient Behavioral Health Services

402 East Main Street
Waterbury, CT 06702
Phone: 203-755-1143 or
1-855-WELLMORE (935-5667)
Fax: 203-753-3274

Liberty Center – Outpatient Behavioral Health Services

30 Controls Drive
Shelton, CT 06484
Phone: 203-944-0366
Fax: 203-944-0159

Therapeutic Shelter

142 Griggs St.
Waterbury, CT 06704
Phone: 203-574-1419
Fax: 203-578-4180

Morris Recovery House

26 North Elm St.
Waterbury, CT 06702
Phone: 203-574-3986
Fax: 203-597-5459

Women and Children’s Program

79 Beacon St.
Waterbury, CT 06704
Phone: 203-574-3311
Fax: 203-574-3315

Service Area

Wellmore provides accessibility to its services through convenient locations and appointment times, through community outreach and delivery of out-of-office services, and through linguistic and cultural competencies among its clinical and support staff.

Wellmore currently serves the northwestern Connecticut region that encompasses:

Ansonia	Kent	Seymour
Barkhamsted	Litchfield	Sharon
Beacon Falls	Middlebury	Shelton
Bethel	Morris	Sherman
Bethlehem	Naugatuck	Southbury
Bridgeport	New Fairfield	Southington
Bridgewater	New Hartford	Thomaston
Brookfield	New Milford	Torrington
Canaan	Newtown	Warren
Cheshire	Norfolk	Washington
Colebrook	North Canaan	Waterbury
Cornwall	Oxford	Watertown
Danbury	Prospect	Winsted
Derby	Redding	Wolcott
Goshen	Ridgefield	Woodbury
Hartland	Roxbury	
Harwinton	Salisbury	

For more information about our programs and services, please call (203) 756-7287 or 1-855-WELLMORE (935-5667) or visit www.wellmore.org to inquire about services in your area.



Accreditation

Wellmore children's services have been accredited by the Council on Accreditation (COA) since 2007. COA is an international, independent, not-for-profit, child and family service and behavioral healthcare accrediting organization. COA is designed to set high standards of quality performance to which those organizations achieving its accreditation must adhere and uphold. Wellmore was most recently reaccredited in March of 2011.

Affiliations

Wellmore is affiliated with and/or funded by:

- Advanced Behavioral Health
- Child FIRST
- Connecticut Community Foundation
- Connecticut Health & Development Institute
- Favor, Inc.
- The State of Connecticut Children's Trust Fund
- The State of Connecticut Department of Children and Families
- The State of Connecticut Department of Correction
- The State of Connecticut Department of Public Health
- The State of Connecticut Department of Mental Health and Addiction Services
- The State of Connecticut Judicial Branch, Court Supported Services Division (Adult and Juvenile Services)
- The Connecticut Office of Victims' Services
- Saint Mary's Hospital
- Staywell Health Care, Inc.
- The Exchange Club Family Life Foundation of Greater Waterbury
- The United Way of Greater Waterbury
- The United Way of Naugatuck and Beacon Falls
- Waterbury Development Corporation
- Weill Cornell Medical College
- Valley United Way
- The Connection, Inc.
- Yale School of Medicine, Department of Psychiatry
- Yale University's Child Study Center