



Northeast Connecticut  
Regional Family Resource  
Guide

Revised: July 16, 2018



## Northeast Early Childhood Council



***Communities working together to ensure all children, birth through age eight, in  
Brooklyn, Killingly, Plainfield, Putnam, Sterling & Thompson are Healthy, Safe  
and Successful Learners***

The Northeast Early Childhood Council (NECC) is a local early childhood council made up of a group of community members from Brooklyn, Killingly, Plainfield, Putnam, Sterling & Thompson. The Council was established in 2001 as the governing council for those towns who receive school readiness grant funding for preschool and has also been part of a long standing regional effort to support the potential for all children and families. We continually build strong relationships with key partners in our communities to assess needs, coordinate efforts and share resources, skills and ideas. We collect data, develop strategies and implement actions in the areas of early care & education, social, emotional & physical health and family support and engagement.

The NECC meet several times per year and is open to all community members who wish to participate on any level.

**For more information, contact:**

Kristine Cicchetti, Regional Director  
860-779-6770  
401-323-4317 (cell)  
mrscicch95@sbcglobal.net



**Like Us on Facebook @nechildhoodcouncil  
Visit our website: [www.neccouncil.org](http://www.neccouncil.org)**

## Resource Web Sites

[www.cyfernet.org](http://www.cyfernet.org) high quality, research based information for parents and professionals.

[www.zerotothree.org](http://www.zerotothree.org) national non-profit organization dedicated to advancing healthy development of infants and toddlers.

[www.aboutourkids.org](http://www.aboutourkids.org) New York University web site offers scientifically based mental health and parenting information.

[www.naeyc.org](http://www.naeyc.org) National Association for the Education of Young Children contains information about child development for families.

[www.bornlearning.org](http://www.bornlearning.org) Web site for the Born Learning Campaign- an initiative of "Success by 6," United Way of America.

[www.rightchoiceforkids.org](http://www.rightchoiceforkids.org) Quality standards for child care programs.

[www.ct.gov/oec/site/default.asp](http://www.ct.gov/oec/site/default.asp) CT Office of Early Childhood, improving outcomes for children, birth- 5

[www.parentsasteachers.org](http://www.parentsasteachers.org) parenting/child development resource.

<http://eclkc.ohs.acf.hhs.gov/hslc> Early Childhood Knowledge and Learning Network web site from Federal Offices of Head Start /up-to-date information and resources for parents and professionals.

[www.nimh.nih.gov](http://www.nimh.nih.gov) General information on mental health issues, including informational brochures, can be found at the National Institute of Mental Health.

[www.ct.gov/dmhas](http://www.ct.gov/dmhas) CT Mental Health and Addiction Services website.

[www.pathct.org](http://www.pathct.org) PATH Parent to Parent/Family Voices of Connecticut is a network of families providing informational and emotional support to others who have a child with developmental or health related needs. PATH/FVCT reaches out to help strengthen families coping with similar situations in Connecticut, and the organizations that serve them to reduce isolation, empower families as advocates for their children and reaffirm their values as parents and caregivers.

[www.postiveparentingct.com](http://www.postiveparentingct.com) A place where you can get help with parenting. Maybe you are seeking parenting advice or just some tips on parenting.



## FAMILY ASSISTANCE

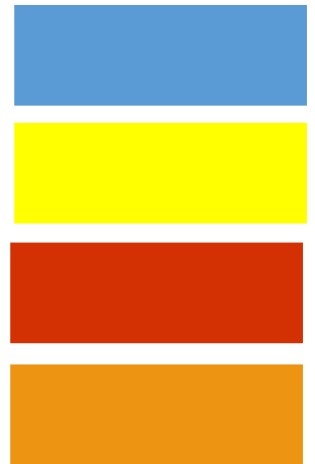
Infoline.....	211 or <a href="http://www.211ct.org">www.211ct.org</a>
ACCESS Agency.....	(860) 412-1600
Food Program – Danielson.....	(800) 965-2237
Canterbury Cares Food Pantry.....	(860) 546-9007
Catholic Charities & Family Services.....	(860) 889-8346
Community Kitchens of Northeast CT.....	(860) 779-2645
CT Care 4 Kids – Child Care Assistance.....	(888) 214-5437
Daily Bread Soup Kitchen – Putnam.....	(860) 928-0189
DKH Nurturing Families Network.....	(860) 928-6541 ext. 2077
DSS Food Stamp Program.....	(800) 842-1508
Friends of Assisi Food Pantry – Killingly.....	(860) 774-2310
Interfaith Human Services of Putnam.....	(860) 928-0169
Killingly Free Community Store.....	(860) 779-6773
Project Northeast Food Pantry/Support – Putnam.....	(860) 928-4078
Project Pin Food Pantry – Plainfield.....	(860) 564-5591
Salvation Army Thrift Store – Killingly.....	(860) 779-1970
Salvation Army Satellite Site – Putnam.....	(860) 963-7602
St. Vincent de Paul – Norwich.....	(860) 889-7374
Thompson Ecumenical Empowerment Group (TEEG).....	(860) 963-3458
Women, Infant & Children (W.I.C) Food Assistance:	
Program.....	(860) 928-3660
Diaper Bank.....	(860) 928-0169

## HOSPITAL AND EMERGENCY NUMBERS

Medical Emergency.....	911
Poison Control.....	(800) 222-1222
Day Kimball Hospital:	
Main Number.....	(860) 928-6541
Emergency Department.....	(860) 774-3366
William Backus Hospital:	
Main Number.....	(860) 889-8331
Emergency Department.....	(860) 823-6389
Backus 24 Hour Urgent Care Center.....	(860) 230-2830
Windham Hospital:	
Main Number.....	(860) 456-9116
Emergency Department.....	(860) 456-6715

## DID YOU KNOW....?

- ❖ The brain develops 90% of its capacity in the first five years of life.
- ❖ What an infant or toddler does during the course of a day influences lifelong learning patterns.
- ❖ Oral and dental health from birth impacts overall health and learning.
- ❖ The number and variety of spoken words that a child has by age 5 influences his/her ability to be a successful reader.
- ❖ Sharing books and reading aloud with your child from birth allows for special quiet time together and supports the joy of reading.
- ❖ High quality preschool or childcare is positively related to children's success in school. Poor quality can have negative effects.



## POLICE AND FIRE NUMBERS

Police, Fire, Emergency.....	911
<b>Local Department Numbers:</b>	
Brooklyn Fire Marshall.....	(860) 779-0472
Killingly Fire Marshall.....	(860) 779-5315
Killingly Police Department.....	(860) 779-3900
Plainfield Fire Marshall.....	(860) 230-3013
Plainfield Police.....	(860) 564-0804
Putnam Fire Marshall.....	(860) 963-6800
Putnam Police (city limits only).....	(860) 928-6565
State Police Troop D.....	(860) 779-4900
Sterling Fire Departments.....	(860) 564-7435
Thompson Fire Departments (served by 5 departments).....	911

## COMMUNITY PROGRAMS AND RESOURCES

Infoline.....	or <a href="http://www.211ct.org">www.211ct.org</a>
Big Brother/Big Sister.....	(860) 525-5437
Boy Scouts of America – CT Rivers Council.....	(800) 414-2433
Brooklyn Cooperative Extension Center.....	(860) 774-9600
Brooklyn Parks & Recreation Department.....	(860) 774-5464
Brooklyn Town Hall.....	(860) 774-9543
CT Family Support Network – Northeast.....	(860) 546-9289
Girl Scouts of CT –Lebanon Service Center.....	(860) 423-5502
Hale YMCA Youth and Family Center – Putnam.....	(860) 315-9622
Help Me Grow/Child Development Infoline.....	(860) 505-7000
Killingly Family Resource Center.....	(860) 779-6770
Killingly Parks & Recreation Department.....	(860) 779-5390
Killingly Town Hall.....	(860) 779-5300
Plainfield Family Resource Center.....	(860) 564-6411
Plainfield Parks & Recreation .....	(860) 564-1819
Plainfield Town Hall.....	(860) 230-3001
Plainfield Senior Center.....	(860) 564-1819
Putnam Family Resource Center.....	(860) 963-6940
Putnam Parks & Recreation .....	(860) 963-6811
Putnam Town Clerk.....	(860) 963-6800
Quinebaug Regional Senior Center.....	(860) 774-1243
Thompson Ecumencial Empowerment Group (TEEG).....	(860) 923-3458
Thompson Recreation Department.....	(860) 923-9440
Thompson Town Clerk .....	(860) 923-9561
Sterling Town Hall.....	(860) 564-2904
Sterling Parks & Recreation.....	(860) 564-2136

## TRANSIT

Infoline.....	211 or <a href="http://www.211ct.org">www.211ct.org</a>
Medical Cab Services.....	(800) 357-2935
Northeast Connecticut Transit District – Dayville.....	(860) 774-3899
Plainfield Recreation Transit Department.....	(860) 564-1819

## EMPLOYMENT

Infoline.....	211 or <a href="http://www.211ct.org">www.211ct.org</a>
ACCESS Agency Job Source Community Services.....	(860) 774-0418
CT Works – Employment Services – Danielson.....	(860) 412-7000
Department of Labor.....	(860) 263-6000
Unemployment Compensation Claims - Danielson.....	(860) 423-2321



## JOB TRAINING

Infoline.....	211 or www.211ct.org
ARC of Quinebaug Valley.....	(860) 774-2827
Career Transition Center – Danielson.....	(860) 774-2620
EASTCONN Northeast Adult Education.....	(860) 779-3770
United Services.....	(860) 774-2020

## HOUSING ASSISTANCE

Infoline.....	211 or www.211ct.org
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### **Housing Authorities Section 8 (HUD)**

Brooklyn Housing Authority.....	(860)779-3339
Killingly Housing Authority.....	(860) 774-6067
Killingly Section 8.....	(860) 774-3905
Plainfield Housing Authority.....	(860) 230-3022
Plainfield Section 8.....	(860) 230-3022
Putnam Housing Authority.....	(860) 963-6829
Thompson Housing Authority.....	(860) 923-9997
ACCESS Agency Emergency Shelter.....	(860) 774-4977
CT Housing Finance Authority.....	(860) 721-9501
Connecticut Legal Services.....	(860) 344-0447
Covenant Shelter of New London.....	(860) 443-0537
Habitat for Humanity Northeast CT.....	(860) 442-7890
Holy Family Home & Shelter for Women & Children-Willimantic.....	(860) 423-7719
Plainfield Housing – Elderly/Disabled.....	(860) 564-3760
Thompson Ecumencial Empowerment Group (TEEG).....	(860) 923-3458

## ENERGY ASSISTANCE

Infoline.....	211 or www.211ct.org
ACCESS Fuel Assistance and Winterization.....	(860) 774-0418
EverSource Assistance.....	(800) 592-2000
Operation Fuel United Methodist Fuel Bank.....	(860) 774-0106
Thompson Ecumencial Empowerment Group (TEEG).....	(860) 923-3458





**FAMILY HEALTH NUMBERS**

- Across the Smiles Generations Dental Van..... (860) 963-0010
- American Red Cross..... (800) 448-3543
- Americares Free Clinic..... (800) 486-4357
- Backus Hospital Plainfield Emergency Care Center..... (860) 230-2830
- Center for Healthy Aging..... (800) 273-0078
- Community Providers Association of Mental Health Clinics for Children..... (860) 257-7909
- CT Department of Social Services – Willimantic Office..... (866) 327-7700
- Day Kimball Medical Group – Plainfield..... (860) 564-6200
- Day Kimball Medical Group – Putnam..... (860) 963-6390
- Day Kimball Medical Group – Thompson..... (860) 923-1141
- DCF Child Abuse Hotline..... (800) 842-2288
- FAVOR – Family Advocacy for Children’s Mental Health..... (860) 563-3232
- Generations Family Health Center – Danielson..... (860) 774-7501
- Generations Family Health Center – Putnam..... (860) 963-7917
- Generations School Based Health Center..... (860) 928-4698
- Husky Health Care Plan Information ..... (860) 450-7471
- Maternal/Child Health Infoline..... (800) 505-2000
- Northeast District Department of Health..... (860) 774-7350
- Plainfield Walk-in Center..... (860) 564-4054
- United Community and Family Services – Child First Program..... (860) 822-4900
- United Services Child Guidance Clinic..... (860) 774-2020
- Or..... (860) 228-4480

**JOB TRAINING**

- Infoline..... 211 or [www.211ct.org](http://www.211ct.org)
- ARC of Quinebaug Valley..... (860) 774-2827
- Career Transition Center – Danielson..... (860) 774-2620
- EASTCONN Northeast Adult Education..... (860) 779-3770
- United Services..... (860) 774-2020

**ADULT EDUCATION**

- Infoline..... 211 or [www.211ct.org](http://www.211ct.org)
- EASTCONN Community Learning Center-Windham..... (860) 423-2591
- EASTCONN Northeast Learning Center ..... (860) 779-3770
- Eastern Connecticut State University..... (860) 465-5000
- Education & Employment Information Center..... (800) 842-0229
- Quinebaug Valley Community College..... (860) 932-4000
- Three Rivers Community College..... (860) 886-0177



# ***Parents are their children's first and most important teacher***

## **BRING OUT THE BEST IN YOUR CHILDREN BY NOTICING POSITIVE BEHAVIOR:**

- ✓ Comment on your child's positive behavior.
- ✓ Notice effort and improvement.
- ✓ Appreciate your child's contributions even if small.
- ✓ Express confidence in your child.
- ✓ Express delight in your child often.

## **WHY DO PEOPLE NEED HELP WITH PARENTING? DOESN'T IT COME NATURALLY?**

**HAVING A CHILD CHANGES OUR LIVES DRAMATICALLY.** Most parents want to do a good job yet most of us are not always sure how. We don't all have the support we need. Sometimes as parents we feel isolated and frustrated about our abilities. Sometimes we want to talk about our daily lives with someone who understands.

**PARENTING IS THE MOST IMPORTANT, CHALLENGING, AND REWARDING JOB WE WILL EVER HAVE.** All parents can learn positive skills and better ways to be with children.

**MOST PARENTS FIND IT VERY HELPFUL TO JOIN A GROUP OR CLASS OR MEET WITH HOME VISITORS.** Most parents who receive help say that it improves life with their children. Most parents who get support would recommend that others do the same. Contact a Family Resource Center to find out what it offers to support you and your child.

## **PARENTING CLASSES**

Day Kimball Hospital Nurturing Families Network.....	(860) 928-6541 x 2077
Killingly Family Resource Center.....	(860) 779-6770
Plainfield Family Resource Center.....	(860) 564-6411
Putnam Family Resource Center.....	(860) 963-6940
Thompson Ecumencial Empowerment Group (TEEG).....	(860) 923-3458
UCONN Cooperative Extension Center.....	(860) 486-9228
United Services Parent Education Program.....	(860) 774-2020

## **INFORMATION & REFERRAL**

Infoline.....	211 or <a href="http://www.211ct.org">www.211ct.org</a>
Children's Law Center.....	(860) 232-9993
Child Support Enforcement Call Center.....	(800) 228-5437
CT DCF Willimantic Regional Office.....	(860) 450-2000
CT DCF Careline-Report Child Abuse & Neglect.....	(800) 842-2288
CT DCF Ombudsman-Problem Resolution .....	(866) 637-4737
CT Legal Services – Willimantic.....	(860) 456-1761
CT Women's Education and Legal Fund.....	(800) 479-2949
CT Family Support Network.....	(860) 567-8180
Day Kimball Hospital Nurturing Families.....	(860) 928-6541 Ext. 2077
Killingly Family Resource Center.....	(860) 779-6770
National Runaway Switchboard.....	(800) 621-4000
Northeast Communities Against Substance Abuse.....	(860) 779-9253
Plainfield Family Resource Center.....	(860) 564-6411
Putnam Family Resource Center.....	(860) 963-6940
Thompson Ecumencial Empowerment Group (TEEG).....	(860) 923-3458
United Services Domestic Violence Program Hotline.....	(860) 774-8648
Women's Center of NE CT Sexual Assault Crisis Services.....	(860) 456-2789

**School Success Goes Hand In Hand With Good Attendance!**  
***Early Years Matter! Build good attendance habits early!***

**Did You Know?**

Missing one or two days every few weeks can:

- Make a child fall behind.
- Develop poor attendance habits that are hard to break.
- Make it harder to develop early reading skills.
- Affect the whole classroom as learning has to slow down to help children catch up.

**What Can You Do?**

- Set regular bed times and morning routines.
- Don't let your child stay home unless he or she is truly sick.
- Develop back-up plans for getting to school if something comes up.
- Avoid medical appointments and extended trips when school is in session.
- Talk to your child's teacher or social worker if your child seems anxious about going to school.
- Teach your child that attending school is non-negotiable - children CAN'T learn if they aren't in school.

**AREA SCHOOLS**

**Brooklyn ([www.brooklynschools.org](http://www.brooklynschools.org))**

Brooklyn Elementary School.....	(860) 774-7577
Brooklyn Middle School.....	(860) 774-9153
Superintendent's Office.....	(860) 774-9153

**Killingly ([www.killinglyschools.org](http://www.killinglyschools.org))**

Family Resource Center/Goodyear Early Childhood Center.....	(860) 779-6770
Killingly Central School.....	(860) 779-6750
Killingly Memorial School.....	(860) 779-6680
Killingly Intermediate School .....	(860) 779-6700
Killingly High School .....	(860) 779-6620
Pupil Services.....	(860) 779-6740
Superintendent's Office.....	(860) 779-6600

**Plainfield ([www.plainfieldschools.org](http://www.plainfieldschools.org))**

Family Resource Center.....	(860) 564-6411
School Readiness Program.....	(860) 230-0827
Early Childhood Center.....	(860) 564-6400
Shepard Hill Elementary School.....	(860) 564-6432
Moosup Elementary School.....	(860) 564-6430
Plainfield Memorial School.....	(860) 564-6440
Plainfield Central School.....	(860) 564-6437
Plainfield High School.....	(860) 564-6422
Pupil Services / Special Education.....	(860) 564-6401
Superintendent's Office.....	(860) 564-6403

**Putnam ([www.putnam.k12.ct.us](http://www.putnam.k12.ct.us))**

Family Resource Center.....	(860) 963-6940
School Readiness Program.....	(860) 963-6940
Putnam Elementary School.....	(860) 963-6925
Putnam Middle School.....	(860) 963-6920
Putnam High School.....	(860) 963-6905
Student Services .....	(860) 963-6926
Superintendent's Office.....	(860) 963-6900

**Sterling ([www.sterlingschool.org](http://www.sterlingschool.org))**

Sterling Community School.....	(860) 564-2728
Superintendent's Office.....	(860) 564-4219

**Thompson ([www.district.thompsonk12.org](http://www.district.thompsonk12.org))**

Mary R. Fisher Elementary School.....	(860) 923-9142
Thompson Middle School.....	(860) 923-9380
Tourtellote Memorial High School.....	(860) 923-9303
Superintendent's Office.....	(860) 923-9581

## What to look for and ask when observing an early childhood program

**Choose an early childhood program where the teachers consistently:**

- ❖ Use a gentle tone of voice.
- ❖ Talk in a warm and friendly way.
- ❖ Laugh with the children.
- ❖ Show affection to the children.
- ❖ Respond to children's needs.
- ❖ Bend down to speak to children at eye level.
- ❖ Provide individual attention to children.
- ❖ Help children learn to get along with others.
- ❖ Talk with parents about their children.
- ❖ Refrain from using a harsh tone of voice or using put-downs.
- ❖ Understand child growth and development.
- ❖ Provide exciting and engaging learning activities.
- ❖ In preschool programs, use the CT Preschool Curriculum Framework to plan learning experiences.

To learn other signs of quality early childcare programs, visit  
[www.rightchoiceforkids.org](http://www.rightchoiceforkids.org)

*Enroll children in a preschool, Head Start, or similar community program, which will provide an opportunity to be with other kids and make new friends. Children can also learn academic basics as well as how to make decisions and cope with problems*

## EARLY CARE & EDUCATION OPTIONS

Infoline.....	211 or <a href="http://211childcare.org">211childcare.org</a>
CT Care 4 Kids.....	888-214-5437 <a href="http://ctcare4kids.com">ctcare4kids.com</a>
Connecticut Birth to Three.....	866-888-4188
211 Child Care Referral Line.....	800-505-1000
Regional EASTCONN Head Start Information.....	860-455-0707
<a href="http://www.eastconn.org/head-start">www.eastconn.org/head-start</a>	

### Brooklyn

Brooklyn Public Schools Preschool Program.....	(860) 774-7577
Village Green Pre-School.....	(860) 774-3439
Brooklyn Recreation Before & After School Program.....	(860) 779-3911
Carelot Children’s Center-Brooklyn.....	(860) 779-0400

### Killingly

Carelot Children’s Center – Killingly.....	(860) 779-0611
Castle Kids.....	(860) 779-9002
EASTCONN Killingly Head Start & Early Head Start.....	(860) 779-0410
EASTCONN Head Start at Killingly High School.....	(860) 779-6709
Killingly Family Resource Center.....	(860) 779-6770
St. James Preschool.....	(860) 774-3281
The Owl’s Nest Day School, Inc.....	(860) 928-0410

### Plainfield

EASTCONN Head Start.....	(860) 564-7199
Kid and Kaboodle.....	(860) 564-5581
Plainfield Family Resource Center.....	(860) 564-6411
Plainfield Readiness Program.....	(860) 230-0827

### Putnam

Country Kids Day Care.....	(860) 928-2588
EASTCONN Putnam Head Start.....	(860) 928-0004
Imagination Station.....	(860) 963-7655
Putnam Preschool & Childcare.....	(860) 963-2587
Putnam Family Resource Center.....	(860) 963-6940

### Sterling

Jordan Pre-School & Daycare.....	(860) 774-1881
Sterling Public Schools Preschool.....	(860) 564-2728

### Thompson

Building Blocks Child Care & Preschool.....	(860) 923-2162
Carelot Children’s Center – Thompson.....	(860) 630-5029
Little Foot Day Care and Preschool Child Care Center.....	(860) 923-2261
St. Joseph’s Child Care Center.....	(860) 923-2090
Thompson Public Schools Pre-School Program.....	(860) 923-9142
The Country Garden Child Care Center.....	(860) 923-0440

## 5 STEPS TO FINDING A GOOD CHILDCARE OR PRESCHOOL

1. **START EARLY:** Finding the right childcare option can take some time.

2. **MAKE A CALL:** Call your Family Resource Center or call 211 Infoline and ask:

- ✓ What are the licensing requirements in my area? Remember that licensed programs meet basic regulations required by law.
- ✓ What types of programs are available?
- ✓ How can I get information about complaints and licensing violations?
- ✓ Is there any childcare financial assistance?

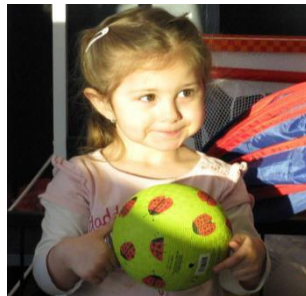
3. **VISIT, ASK QUESTIONS & TAKE THE TIME TO OBSERVE.**

- ✓ How many children are there for each adult? One adult to 3 or 4 infants and toddlers; one adult to 7 or 8 preschool aged is best.
- ✓ How many children are in a group? In a center, group size is 8 or less for infants and toddlers, or 17 in a preschool program.
- ✓ Ask about caregivers' training and education.
- ✓ Ask how long the caregivers have been at that center or providing care in their homes.
- ✓ Find out if the provider is accredited by a national organization (such as NAEYC). Accredited programs meet higher standards of quality.

4. **MAKE A CHOICE.** Think about what you saw at each visit and make the best choice for your child and your family.

5. **STAY INVOLVED.** Meet with caregivers regularly, visit your child at childcare and join in special events.

[www.ChildCareAware.org](http://www.ChildCareAware.org)





# MENTAL HEALTH

Every person, child or adult, needs to be emotionally and mentally well in order to live a happy life. Living with mental and emotional problems, including addictions, takes a hard toll on entire families. When families get help for behavioral and mental health issues, the lives of everyone in the family can be transformed. Attitudes change from despair to hope.

The brief directory below has been put together with the goal that families can get help by just making a call or two. Many of the agencies listed provide emergency evening and weekend numbers. If you think that you or someone you love might need help, call these experts. Their agencies exist to serve our needs.

Please refer to the Transit section for help with transportation. Husky users may use the phone number on the back of their card.

## MENTAL HEALTH & BEHAVIORAL / SUBSTANCE ABUSE

### Basic Behavioral Screenings for Ages 0-5 using the Ages & Stages Questionnaire

Killingly Family Resource Center..... (860) 779-6770  
Plainfield Family Resource Center..... (860) 564-6411  
Putnam Family Resource Center..... (860) 963-6940

### Catholic Charities <http://www.ccfns.org>

Norwich Office..... (860) 889-8346  
Willimantic Office..... (860) 423-7065  
*Behavioral Health Assessments (assessments, counseling, medication management, crisis intervention, adolescent substance abuse, emergency services, parenting education)*  
**COST: Accepts most insurances, sliding scale**

### Community Health Resources (CHR)..... (877) 884-3571

#### <http://www.chrhealth.org/child-family/support>

*Assessment and care coordination for children 0-17 with emotional/behavioral difficulties, care coordinators develop family-centered treatment plans and provide linkage to and coordination of services.*  
**COST: No charge for care coordination**

### Day Kimball Hospital Behavioral Health Services..... (860) 963-6385

#### <https://www.daykimball.org/integrated-care/behavioral-health>

*Behavioral health services help people of all ages to address a wide range of behavioral and psychiatric conditions through a caring and comprehensive approach that's integrated with the rest of your medical care.*  
**COST: Accepts Insurances including Husky, Medicare, Medicaid, self-pay**



**Dept. of Children & Families Voluntary Services Program**..... (800) 842-2288

<http://www.portal.ct.gov/DCF/Behavioral-Health-Partnership/Voluntary-Services-Program>

*The Voluntary Services program is for children and youth with serious emotional disturbances, mental illnesses and/or substance dependency. This program is only for families who are not abusive or neglectful. Parents and families are critical participants in this program and are required to participate in the planning and delivery of services for their child or youth. The Voluntary Services Program promotes positive development and reduces reliance on restrictive forms of treatment and out-of-home placement.*

**COST: FREE**

**Dept. of Children & Families Voluntary Services Program**..... (860) 704-6378

<http://www.eccpct.com>

*The Early Childhood Consultation Partnership (ECCP®) is a strengths-based, mental health consultation program, developed to meet the social/emotional needs of children birth to five. ECCP® is designed to build the capacity of caregivers by offering support, education, and consultation, which promotes the most enduring and optimal outcomes for young children.*

**COST: FREE**

**Emergency Mobile Psychiatric Services (EMPS)**..... 211

<http://www.portal.ct.gov/DCF/Behavioral-Health-Partnership/Emergency-Mobile-Psychiatric-Services>

*This service provides emergency services including mobile response; psychiatric assessment; medication consultation, assessment, and short-term medication management; behavioral management services; substance abuse screening and referral to traditional and non-traditional services for any family with a child in crisis. The centralized number is accessible 24 hours per day, 7 days per week, 365 days per year.*

**COST: FREE**

**Generations Family Health Center – Behavioral Health**

<http://www.genhealth.org/programs-a-services/behavioral>

Putnam..... (860) 963-7917

Putnam Middle School..... (860) 928-4698

Willimantic..... (860) 450-0585

*Generations Family Health Center provides a full range of behavioral health services for all ages, including: Diagnostic and Assessment Services, Individual Counseling, Group Therapy, Family and Marital Counseling, Psychiatric Evaluations, Medication Therapy*

**COST: Accepts Medicaid, HUSKY, private insurance or those who are uninsured**

**National Alliance for Mental Illness (NAMI)**..... (800) 215-3021

<https://www.namict.org>

*Outreach programs, mental health support and education.*

**COST: FREE**

**Perception Programs**..... (800) 450-7155

<https://www.perceptionprograms.org>

*Perception Programs provides hope and recovery to people affected by substance use and mental health problems. If you're feeling depressed, confused, or angry or if you have a friend or family member facing difficulties, we can help. Our highly trained staff can provide you with quality substance use and mental health treatment services.*

**COST: Accepts insurance**



**United Community & Family Services (UCFS)..... (860) 892-7042**

<https://www.ucfs.org>

*Comprehensive medical, dental, women’s health and behavioral health services for adults, children and families. Outpatient and community-based behavioral health evaluation and treatment services including individual and family therapy.*

***COST: Accepts insurance, sliding scale for uninsured - visit website for detailed information***

**United Services..... (860) 774-2020**

<http://unitedservicesct.org>

*Comprehensive behavioral health, mental and substance abuse evaluation and treatment for adults, children and families. Child guidance clinic, family services, emergency and psychiatric consultation under medical oversight. Spanish speaking services available.*

***COST: Accepts insurance, sliding scale for uninsured - visit website for detailed information***

## **ADDITION RECOVERY / SUBSTANCE USE PROGRAM & DETOX TREATMENT**

Alcohol & Drug Recovery Centers (ADRC) – Hartford..... (860) 714-3700

Alliance Treatment Center..... (800) 764-8506

Blue Hills Hospital – Hartford..... (860) 293-6400

Community Health Resources..... (877) 884-3571

Natchaug Hospital..... (860) 456-1311

Pathways – Putnam..... (860) 963-4971

Southeast Council on Alcohol & Drug Dependence (SCADD)..... (860) 447-1717

Substance Abuse Treatment & Enhancement Project (SATEP)..... (800) 563-4086

## **SUICIDE**

National Suicide Prevention Line..... (800) 273-8255

Southeastern Mental Health Authority..... (860) 886-9302

(866) 964-8123

Suicide Infoline.....211

## **LEGAL ASSISTANCE**

Protection & Advocacy for Individuals with Mental Illness..... (860) 453-3320

## **GENERAL / ADDITIONAL INFORMATION RESOURCES**

General information on mental health issues, including informational brochures, can be found at the National Institute of Mental Health website: [www.nimh.nih.gov](http://www.nimh.nih.gov)

Information on addition services is available at the CT Mental Health and Addiction Services website: [www.ct.gov/dmhas](http://www.ct.gov/dmhas)



## UNITED STATES CONGRESS

**Congressman Joe Courtney**

860-886-0139

**Senator Richard Blumenthal**

860-258-6940

**Senator Chris Murphy**

860-549-8463

## CT GENERAL ASSEMBLY

### STATE SENATORS:

**Senator Mae Flexer**

860-208-0429

**Senator Heather Somers**

860-240-8800

### STATE REPRESENTATIVES:

**Danny Rovero**

860-774-3792

**Kevin Skulczyck**

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**Anne Dauphinais**

860-240-8700

