

Agency: Catholic Charities

Services: clinicians are doing all behavioral health counseling by telehealth; Zoom, FaceTime and phone.

Contact Information: (860) 482-5558

Hours: currently 9:00am to 5:00pm

Additional Information: We are continuing to take new clients. I would also like people to be aware that we have a limited food pantry. We are doing food distribution by appt only and only on Wednesdays from 9:30am to 4:30pm. Our pantry has been for clients of CC only, but we are forgoing this during this time. I want to emphasize – by apt ONLY as we want to avoid having clusters of people at our building.

Agency: Charlotte Hungerford Hospital – Adult Outpatient Behavioral Health (outpatient, PHP, DDIOP)

Services: outpatient, day and evening Dual Diagnosis IOP, Partial Hospital Program

Contact information: for new intakes, Alyssa Meehan, LCSW 860-496-6363

Hours: M and Th 830-8pm; T, W, F 830-5pm

Additional Information you would like to include: all services are telehealth (primarily telephonic) at this time; higher levels of care also include zoom groups with other patients led by clinicians

Agency: CHD

HCWH Recovery Coach Donald Wright is still available to assist those in need who are facing Opioid Addiction. This can include advocacy in getting their needed medications for Opioid treatment, assistance in treatment or detox, or simply being available to offer support from a distance.

I am available by phone 8:30am to 4:30pm Mon-Fri.

Agency: Elara Caring Nurses

Elara Caring nurses continue to be out in our community and across the state providing Home Care to our Behavioral Health and substance abuse disorder clients.

We accept Medicaid.

I will continue to be available to the community or clients any time.

Lori Kibbe

860 671 0108

Agency: Greenwoods Counseling Referrals

Greenwoods Counseling Referrals continues to offer mental health counseling, assessment and referral services via telehealth. While our physical offices are closed due to COVID-19, our staff remains committed to providing high quality care and access to mental health treatment. During this time of unprecedented stress and uncertainty, taking care of your mental and physical health is essential. If you, or someone you care about, needs help please call us to schedule a telehealth appointment. Financial assistance to help pay for treatment is also available.

Greenwoods remains committed to our Litchfield County community during this difficult time. Please call us at (860) 567 – 4437.

Agency: HELP Inc. (all OP programs Torrington, Waterbury, Danbury)

Services: IOP, outpatient groups (men's and women's substance abuse groups, relapse prevention, CBT) individual sessions all done via telehealth. We are also still providing MH services (psychiatric evaluations and medication management) via telehealth and MAT services. Suboxone inductions happening in person on location and we can provide physicals.

Contact information: individuals can call us still at 860-482-7242 (for our Torrington location) or can email us at Watkins@cnyhelp.org.

Hours: Same operating hours.

M- 1p-9p, T-11a-7p, W- 1p-9p, Th- 1p-9p, F- 9a-5p

Agency: McCall Center for Behavioral Health

*All programs are open and fully operational, some just look a bit different.

Outpatient and Intensive Outpatient Programs

Our offices are open from 8am-9am Mondays, Wednesdays and Thursdays, Tuesdays from 8-8pm and Fridays from 8am-5pm. All staff are working – most using telehealth although some clients come into the clinic for appointments with our medical providers.

Smartphones with data plans have been provided to clients who otherwise do not have access to connective technology for their appointments.

Individual, group and intensive outpatient groups are running; new referrals being accepted.

Adolescent behavioral health services are also taking place via telehealth including new referrals for treatment.

We are doing inductions for MAT (same day whenever possible) and psychiatric medications and evaluations.

Inpatient and Residential Programs

All programs continue to operate and accept new referrals. We have created space in each program for new admissions to isolate upon arrival before integrating to the rest of the house to assure safety and well-being for all.

Prevention and Family Programs

All prevention programs are taking place remotely including coalition meetings, suicide prevention trainings, and our psychoeducational support groups for adolescents including SMART Recovery groups. Our Positive Parenting Programs and Early Childhood Collaboration Partnerships are reaching and supporting families via telehealth platforms.

Recovering Together; our Family Support Group is also meeting remotely.

Outreach and Special Services

All our outreach staff; Recovery Coaches, Case Managers, REACH Navigators and Engagement specialists are working to get and stay connected to our community's most vulnerable, including the homeless, veterans, seniors and pregnant and parenting women...they are reducing incidents of harm and assuring connections to care.

Telehealth Teams

Clients involved with care as well as clients on our inpatient waitlist are connected with Telehealth teams consisting of an outreach/support staff person, a therapist and a medical provider. The goal is to have frequent, meaningful check ins to assess and respond to needs including telehealth therapy and psychiatry and medications. Engagement and connection with wrap around services has been helpful in mitigating crises and seeing people through this stressful time.

Agency: MCCA- Torrington

Services: telehealth video or phone sessions, implementing telehealth regular OP groups, telehealth APRN services (psych and MAT), in office urine screens, in office intakes and sessions for those who do not have access to WIFI or a smart device (this has been modified for social distancing as an in office

video session), telehealth recovery coach services. We are also working with our Danbury site to easily transition clients into detox and residential services as needed as well as the sobering center for those in need of a safe place until a residential bed becomes available.

Contact information: 860-482-2613 ext. 2400

Hours: Monday- Friday 9-5. We will accommodate those clients who continue to work and need sessions after 5pm.

Additional Information you would like to include: We continue to have immediate availability for all services including all APRN services.

Agency: Mental Health Education Collaborative

Services: Mental Health First Aid certification training

Contact information: Valerie English Cooper, venglishcooper.mhfa@gmail.com, 860-671-0674

Hours: N/A

Additional Information you would like to include: www.mentalhealthfirstaidCT.org

- First, we will soon be offering remote trainings through the pandemic.
- We will also be offering all of our trainings in blended online/in-person formats.
- Finally, Teen Mental Health First Aid (for 10-12th grade students) is launching this year.

Agency: Mountainside Treatment Center

Services: Detoxification, Residential, Extended Care, Recovery coaching. Our Outpatient Services are 100% Virtual (throughout CT & NY) Even though they are 100% remote we remain 100% warm, compassionate, and human.

Contact information: Admissions can be reached at 860-824-1397 ext 111 or Daniel Smith at 860-318-1011

Hours: We answer and still operate 24/7.

Additional Information you would like to include:

Below is a list of all of our free offerings and links for the community to join. Please share!

“Social distancing” doesn’t have to mean “emotional distancing!” So, Mountainside has launched a series of [Virtual Support Groups and Events](#) to keep our community connected.

The response has been amazing, with attendees joining us from all over the world!

We also need help with promoting the offerings on social media, so please feel free to share it! Here’s a full list of what is available so far:

- [Step into Recovery - 12 step meetings](#)
 - Monday Through Thursday 12-1 pm
 - Topics based on weekly steps
- [Recovery Support Group](#)
 - Daily 6:30pm-7:30pm
- [Friends and Family Support Group](#)
 - Every Wednesday at 6:30 pm
 - Facilitated by Clinician and Recovery Coach
- [First Responders and Healthcare Workers Support Group](#)
 - 2nd and 4th Thursdays from 6-7 pm
 - Facilitated by a Clinician and support staff
- [Recovery Through Fitness Virtual Workouts with Leandro Carvalho](#)
 - Every Monday, Wednesday, and Friday at 9 am
 - Facilitated by Leandro Carvalho and Wellness Team member

- [Friday Night Virtual AA Meeting](#)
 - Every Friday at 6:30 pm
 - Facilitated by Paul M (Recovery Coach)
- [Weekly Open Mic Night](#)
 - Every Friday at 8 pm
 - Facilitated by Kendall S (Alumni Coordinator)
- [Evening Meditation](#)
 - Monday Through Thursday 7:45-8 pm
- Facilitated by Leandro Carvalho
- COMING SOON! LGBTQ Support Group
 - Every Monday night at 8 pm
 - Link to come – Launch week of 4/13/20
- COMING SOON! Young People's Group
 - Every Wednesday at 4 pm
 - Link to come – Launch week of 4/13/20

Office of the Public Defender:

As of right now the Public Defender's Office is on a skeleton crew but still open. Any clients that have a court case coming up should contact us or their outside attorney because courts are currently continuing all cases that are not priority. We have been calling all of our clients to let them know about postponed court dates but still have some people showing up who either don't have valid phone numbers or didn't get the message. If anybody has clients with an upcoming criminal court case's that they are unsure about, they can give us a call at 860-626-2600.

ROOT Center:

1. We are providing patients with take home bottles per a federal exception that has been granted. Patients are currently dosing on a reduced schedule and we are reviewing additional dosing measures at this time.
2. We are continuing to facilitate IOP both day and evening. Currently our groups are being held to groups of 10 or less (including facilitator) and we have larger group rooms which is very helpful. Day is being facilitated from 10:30-1:30 Monday-Friday. Evening is being facilitated from 5:30-8:30 Monday through Thursday. We still have patients attending and will continue to provide these services until we are told otherwise.
3. Telehealth- we are currently using doxy.me for telehealth services where we will complete individual sessions.

Intakes will continue to be facilitated as normal with rapid admissions to treatment being offered on Friday's at Hartford. We are also continuing to offer Suboxone appointments for individuals who are looking for those services.

Western CT Mental Health Network

all WCMHN programs are accepting new clients and serving our present clients. MCT continues to continue to go out into the community for crisis assessments. Our case managers continue to support our clients through tele health and when necessary they go into the community.