

## **Children's & Youth Mental Health Services in the Greater Danbury Area**

Please Note: Some services, especially residential, may be accessed only through the local school system or DCF. Some may have restrictions by insurance.

### **24 Hour Crisis Numbers, Hotlines and Emergency Information**

- **Emergency Help (for all situations).....911**
- **INFOLINE: CT helpline for health & human service resources...211  
or visit website .....www.infoline.org**
- **Children's Emergency Mobile Crisis Services/ Urgent Care.....211**
- **DCF Hotline for abuse/neglect reporting .....1-800-842-2288**
- **National Suicide Prevention Lifeline..... 988**
- **Crisis Text Line to speak with trained counselor..... 741741**

### **Mental Health Treatment Services**

- **Catholic Charities (Outpatient Treatment).....203-743-4412**  
Children, adolescents, families and adults
- **CT Institute for Communities, Inc./Outpatient Services.....203-437-0100 x655**  
Birth- 18 Assessment, Medication Management, Individual/Group Therapy
- **CT Junior Republic (CJR) – Danbury.....203-797-8575**  
Assessment, Individual Therapy, Respite, Multi-systemic Family Therapy  
Additional services through Juvenile Probation
- **Danbury Hospital Center/Child/Adolescent Treatment Svcs....203-830-6082**
- **Danbury Youth Services.....203-748-2936**  
Youth & Family Counseling and Support Services
- **Family & Children's Aid.....203-748-5689**  
Outpatient Child Guidance Clinic (psychiatric services, individual, family  
& group therapy) Parent Support Groups/bilingual, Therapeutic Foster  
Care, Child & Adolescent Respite Care
- **Newtown Youth and Family Services/ Sandy Hook.....203-270-4335**
- **Perspectives Center for Care, Inc.....860-276-3000**  
Outpatient, Medication Management
- **Wellmore.....203-797-9778**  
Intensive home-based services, Functional Family Therapy,  
Case Management/Support Services
- **Western CT Health Network:**  
Individual/ Medication Management - Western CT Medical Grp..... **203-791-5140**  
Center/Child & Adolescent Treatment Intensive Outpatient Pgm.....**203-830-6082**

## Children's/Youth Services (Cont'd)

### Substance Abuse Treatment Services

- **Family & Children's Aid: A Better Choice (ABC) Program...203-748-5689**  
Outpatient Substance Abuse Treatment for ages 13-18; Prevention & Education; Individual, family, parenting sessions; groups for male & female Adolescents – Middle School & High School age; Multi-family events
- **CT Junior Republic (CJR) Waterbury Program.....203-757-9939**  
ACRA-ACC Substance Abuse Treatment; ASSERT (ATM) Opioid treatment  
In home program

### Family Support Services

- **National Alliance for Mental Illness (NAMI) CT.....1-800-215-3121**
- **CT Family Support Network.....1-877-376-2329**  
Supporting families and individuals to meet the needs of raising children and adult family members with intellectual disabilities, developmental disabilities or special healthcare needs  
<https://ctfsn.org>
- **FAVOR CT: Statewide Federation of Families.....860-563-3232**  
For families with children who have medical, mental, demonstrative, and behavioral health challenges to find information, assistance and training  
[www.favor-ct.org](http://www.favor-ct.org)
- **EdAdvance (former Education Connection).....860-567-0863**  
Works with School Districts to provide: Early Childhood Programs including Birth to Three, the EdAdvance Autism Program, the Nurturing Families Network, Head Start/Early Head Start, Family Resource Centers, and other comprehensive child development and family support services.  
For school-age students: year round before and after school programming for elementary and middle school age children, a variety of inter-district enrichment opportunities, transportation services, state-of-the-art 21st century skills courses, and regional special education programs.  
<https://edadvance.org/>
- **National Association for Children of Alcoholics.....1-888-55-4COAS**  
[www.nacoa.org](http://www.nacoa.org)

### State Agencies for Coordination and Organization of Services

- **Department of Children & Families (DCF) Danbury ..... (203) 748-8325**  
Offices provide many of the following services:  
Applications for Child Care Assistance; Child Welfare Programs;  
Substance abuse and mental health treatment programs as designated by (SAMHSA) federal Substance Abuse and Mental Health Services Administration;  
Independent Living Services; Food Assistance Programs; Temporary Cash Assistance Programs; Medicaid Programs

## Children's/Youth Services (Cont'd)

- **DCF Voluntary Services Hotline (Careline).....1-800-842-2288**  
Provided through the Abuse & Neglect Hotline: Voluntary Services means DCF services offered by a Voluntary Admission. A child or youth is afforded access, on a non-compulsory basis, to services offered or administered by DCF.

### Other Resources

For School age Children: If issues affect school work/performance, the local School System should serve as a resource. Many have Family Resource Centers/Parent Liaisons.

- **Direct Access to EdAdvance Programs:**
  - **Birth-to-Three.....1-800-505-7000**  
Early intervention program providing services to children ages birth to three with developmental delays or disabilities. Evaluation and services are delivered to children and families in their natural environment, with the goal of supporting parents as their children grow and develop
  - **Head Start (prenatal to 5 years).....860-626-8201**  
Program works closely with families to ensure that each child has the skills and knowledge necessary to be successful in kindergarten.

### Useful Web Sites:

- **Access Health CT.....accesshealthct.com**
  - Connecticut's official health insurance marketplace
- **Autism Services & Resources in CT.....www.autismconnecticut.org**
- **CT Behavioral Health Network .....www.ct.networkofcare.org**  
Services searched by type and location
- **Department of Education.....www.sde.ct.gov**
- **CT Clearinghouse.....www.ctclearinghouse.org**  
Connecticut's Library & Information Center on Drugs, Alcohol, and Mental Health
- **CT Department of Mental Health & Addiction Services.....www.ct.gov/dmhas**  
Official State website for all government programs and services age 18 & over
- **Department of Children and Families.....www.ct.gov/dcf**
- **Mental Health America.....www.mentalhealthamerica.net**  
Programs and initiatives with mission of promoting mental health and preventing mental illness through advocacy, education, research and services

## Children's/Youth Services (Cont'd)

- **National Alliance on Mental Illness (NAMI)**.....[www.nami.org](http://www.nami.org)  
Provides support, education and advocacy to people with mental illness
- **National Institute of Mental Health**.....[www.nimh.nih.gov](http://www.nimh.nih.gov)  
NIMH is the lead federal agency for research on mental disorders
- **National Federation of Families for Children's Mental Health**.....[www.ffcmh.org](http://www.ffcmh.org)  
A worldwide fellowship of men and women who help each other to stay sober
- **Young Adult Website: Turning Point CT**.....[www.TurningPointCT.org](http://www.TurningPointCT.org)  
Developed by young people in CT in recovery from mental health and substance use issues to provide information and support to other young adults

**Information Courtesy of:**

**Northwest Regional Mental Health Board 203-757-9603**

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