We partner with youth and their families to build on their strengths, and create interventions and service plans that are strength-based, individualized, family-centered, and culturally appropriate, utilizing the youth and family’s natural resources.

PROGRAM DESCRIPTION
Woodbridge House is a 6 bed therapeutic group home for girls aged 13-18 who are involved with DCF and/or the juvenile justice system and need a residential program to assist them with trauma and complex behavioral issues including co-occurring disorders. This is a community based program located in a suburban setting. The program will address the multi-faceted needs of these complex adolescents with a goal of discharge into their family of origin, relative, or foster family with community based treatment and support.

CLINICAL PHILOSOPHY
This program uses the CARE (Children and Residential Experiences) Creating Conditions for Change practice model, created by Cornell University’s Residential Child Care Project. CARE helps us improve the youth’s level of functioning and build skills necessary for them to transition into a family successfully and permanently. The principles of CARE are:

- Developmentally Focused
- Family Involved
- Relationship Based
- Competence Centered
- Trauma Informed
- Ecologically Oriented

CLINICAL TREATMENT MODEL
Dialectical Behavior Therapy (DBT) is the primary treatment model. DBT is a comprehensive psychosocial treatment that is effective for clients with multiple and serious issues including complex trauma. It combines standard cognitive-behavioral techniques for emotion regulation and reality testing with concepts of distress tolerance, acceptance, and mindfulness. DBT is an effective treatment for extreme emotions which lead to impulsive self-destructive behaviors. It focuses on teaching and practicing Mindfulness Skills, Interpersonal Effectiveness Skills, Emotion Regulations Skills, and Distress Tolerance Skills.

APPROACH TO SERVICE PLANNING INCLUDING AFTERCARE
We integrate wraparound competencies including:

- Understanding and valuing meaningful involvement of family and youth as equal partners
- Engaging the family, emphasizing their strengths and instilling hope and confidence.
- Engaging culturally relevant, individualized, community based Child and Family Team.

CALL TOLL FREE
1.877.884.3571 OR VISIT WWW.CHRIHEALTH.ORG
LICENSED BY DCF AND DPH, ACCREDITED BY THE JOINT COMMISSION
WE'RE READY TO HELP
CHR accepts referrals from parents, guardians, family members and friends. We also take referrals from schools, hospitals, private providers, primary care physicians, pediatricians, community agencies and emergency service personnel, to name a few. We also welcome self-referrals.

CHR accepts Medicaid, HUSKY Part A & Part B, Medicare and most major health insurances as partial or full payment for services. A sliding scale fee, based on an individual’s or family’s ability to pay for services, is available.

For further information about Woodbridge House and the referral process contact Lisa Hardcastle, LCSW, Service Director for Child Residential Services at lhardcastle@chrhealth.org or (860) 595-6702.

A NETWORK OF SUPPORT
Our network of programs is available to support you, your family or someone you have referred to us and include:

24-Hour On-Call Emergency Professional Coverage
Crisis Intervention and Support
Outpatient Services (Adult, Child and Family)
• Clinical and psychiatric assessments
• Evaluation, treatment recommendations and medication management
• Individual, family and group therapy
• Treatment of depression, anxiety and other psychological problems
• Substance abuse assessment and treatment

Child and Family In-Home Services
• Functional Family Therapy
• Intensive In-Home Child & Adolescent Psychiatric Service
• Multi-Dimensional Family Therapy

Adult Services
• Intensive Outpatient/Partial Hospital Program
• Residential Substance Abuse Treatment Program
• Community Support and Rehabilitation Programs
• Opiate Treatment Program

Adult In-Home Services
• Mobile Crisis Response Team
• Assertive Community Treatment

Housing-Services
• Residential, Outreach and Supportive Housing Programs

Child and Family Specialty Programs
• Trauma-Focused Cognitive Behavioral Therapy
• Adolescent Substance Abuse Treatment
• Foster Care
• Community Support for Families

CHR OFFICE LOCATIONS
WINDSOR
995 DAY HILL ROAD
WINDSOR, CT 06095

BLOOMFIELD
693 BLOOMFIELD AVENUE
SUITE 101
BLOOMFIELD • CT 06002

ENFIELD
153 HAZARD AVENUE
ENFIELD • CT 06082

MANCHESTER
587 EAST MIDDLE TURNPIKE
MANCHESTER • CT 06040

NORWICH
55 MAIN STREET
SUITES 270
NORWICH • CT 06360

WILLIMANTIC
433 VALLEY STREET
WILLIMANTIC • CT 06226

DANIELSON
37 COMMERCE AVENUE
DANIELSON • CT 06239

HARTFORD
999 ASYLUM AVENUE
SUITE 502
HARTFORD • CT 06105

MANSFIELD
78 LEDGEBROOK DRIVE
MANSFIELD • CT 06250

PUTNAM
391 POMFRET STREET
PUTNAM • CT 06260

WILLIMANTIC
1491 WEST MAIN STREET
WILLIMANTIC • CT 06226

FOR AVAILABILITY OF SERVICES IN YOUR AREA, CALL CHR’S ASSESSMENT CENTER AT 1.877.884.3571 OR VISIT WWW.CHRHEALTH.ORG

FOR A CHILD IN CRISIS DIAL 211