



## Woodbridge House

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.CHRHEALTH.ORG](http://WWW.CHRHEALTH.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](mailto:lhardcastle@chrhealth.org) or (860) 595-6702.

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## 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 Specialty Programs

- Trauma-Focused Cognitive Behavioral Therapy
- Adolescent Substance Abuse Treatment
- Foster Care
- Community Support for Families

### 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

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## 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

7B 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](http://WWW.CHRHEALTH.ORG)

FOR A CHILD IN CRISIS DIAL 211