

MILITARY SUPPORT PROGRAM

CT Brief Treatment is available to National Guard members, vets and their families, and is free, confidential and locally available.

How Do I Get Started With Brief Treatment?

Simply call Fran Simcic, MSW
MSP Program Manager
860-418-6679 (office)
860-888-4160 (cell)



Getting started is easy.



CT SBIRT Brief Treatment, provided through the Military Support Program, is a partnership between UConn Health, the Department of Mental Health & Addiction Services and the Connecticut National Guard.

CT SBIRT

Brief Treatment:

A goal focused, skills building, innovative approach to therapy



An initiative of CT DMHAS, in collaboration with UConn Health.

Funded by SAMHSA-CSAT.

What is Brief Treatment?

Brief Treatment is a widely-used and innovative way for making important changes related to your alcohol and substance use. Unlike more extensive treatment, Brief Treatment is designed to address a specific issue that you want to resolve. This approach recognizes that you already have a lot of skills and knowledge about yourself, and helps you to build upon your strengths and find solutions in only six to eight sessions!



Brief treatment is designed to focus on one problem, find solutions, and finish fast.

You and your therapist will meet together for about an hour each time and work as a collaborative team.

You set your own pace.

Examples of session topics

include: Mindfulness & Meditation; Increasing Positive Emotions; Dealing with Craving, Desire, & Discomfort; Problem-solving; and Assertiveness.

Why should I choose Brief Treatment?

Alcohol, and other drug misuse affect millions of individuals and families. Many affected by problems related to alcohol and other drug use don't get the right services. There are several reasons to choose Brief Treatment.

One, you will have the opportunity to work with a trained, caring clinician on one or more goals that are important to you.

Two, the skills that you learn by accomplishing your goal(s) can be applied to other areas of your life.

With help from your therapist, you learn to develop problem-solving skills and adjust solution techniques to fit a variety of problems.

Three, you can make a lot of progress in a short period of time.

Lastly, Brief Treatment works. A study of patients attending brief treatment showed that they were able to address the issues that brought them to treatment and feel better in the process.



You are an active participant in the process.

Is Brief Treatment the Right Choice?

If any of the following statements apply to you, you are a good candidate for Brief Treatment:

- I am interested in considering some changes related to my alcohol and/ or drug use that could improve my health and well-being.
- I am reluctant to visit a traditional treatment center, but would be willing to speak with a caring, trained counselor for a shorter period of time and learn about different options that might be right for me.
- I am interested in learning strategies for positive change and self-development.
- I currently do not have health insurance, and would be interested in receiving services at no cost.

