



Parenting Support Parental Rights Initiative (PSPRI)

This voluntary, confidential, and home-based program is designed to support parents living with mental health conditions. PSPRI aims to help parents achieve greater stability, strengthen their caregiving role, and preserve family unity.

We believe that with the right support, education, and advocacy, parents can manage their mental health while maintaining safe, nurturing, and meaningful relationships with their children.



Services are FREE!



Services are individualized to your unique needs



Self referrals welcome



Ofrecemos servicios en español



CONNECTICUT
Mental Health & Addiction Services



Program Overview

Program Goals

- Strengthen parenting confidence and child development knowledge
- Improve mental health outcomes through education and connection to treatment and supports
- Increase awareness of mental health symptoms and coping skills
- Help families plan for temporary guardianship when needed

Eligibility

To participate in PSPRI, you must:

- Live in New Haven or the surrounding areas
- Be pregnant or have at least one child residing with you
- Have a mental health diagnosis
- Want to improve your parenting skills and family relationships
- Want to engage with mental health treatment and/or supports in your community

Program Services

Services include a weekly/biweekly meeting with a Family Specialist who will support you with:

- Understanding parental rights and responsibilities
- Parenting education and child development
- Mental health psychoeducation and coping strategies
- Case management and care coordination
- Advocacy around medical, legal, and environmental needs
- Development of temporary guardianship plans
- Referrals to additional resources

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For more information or to submit a referral:



203-624-2600



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<https://www.familyct.org/parenting-support-and-parental-rights-initiative>



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