

## REACH Providers and Service Areas

There is “no wrong door” for referrals. For services, contact the Women’s REACH program in your area.

Region 1- Serving greater Bridgeport, Norwalk, & Stamford communities

Liberation Programs, Inc.  
203-479-2616  
[www.liberationprograms.org/womens-reach-program-2/](http://www.liberationprograms.org/womens-reach-program-2/)

Region 2- Serving greater Meriden, Middletown, & New Haven communities

The Connection, Inc.  
475-234-1717  
[www.theconnectioninc.org/family-support-services/](http://www.theconnectioninc.org/family-support-services/)

Region 3- Serving greater New London, Norwich, & Windham communities

Community Health Resources (CHR)  
1-877-884-3571  
[www.chrhealth.org/womens-reach/](http://www.chrhealth.org/womens-reach/)

Region 4- Serving greater Bristol, Hartford, Manchester, & New Britain communities

Wheeler  
860-793-4454  
[www.wheelerhealth.org/get-care/behavioral-health/womens-reach-program](http://www.wheelerhealth.org/get-care/behavioral-health/womens-reach-program)

Region 5- Serving greater Danbury, Torrington & Waterbury communities

Midwestern Connecticut Council of Alcoholism (MCCA)  
203-753-4540  
[www.mccaonline.com/services/reachprogram/](http://www.mccaonline.com/services/reachprogram/)

For more information about DMHAS funded programs and services for women:



<https://www.ct.gov/dmhas>

For more information about REACH or to contact DMHAS Women’s Services visit

<https://portal.ct.gov/DMHAS/Programs-and-Services/Women/Womens-and-Childrens-Programs>.



# Women’s Recovery Engagement Access Coaching Healing Program



## Women's REACH Program

The Women's REACH Program is designed to provide outreach, engagement, short term case management, recovery coaching, community connections to treatment, and recovery support resources to pregnant or parenting women with substance use and/or co-occurring disorders. Services are also available to parenting/expecting fathers, grandparents, LGBTQIA+ individuals, partners of reach clients, and other immediate parenting family or natural support who have been impacted by substance use, either personally or by the use of the child's parent.

## Services

The Women's REACH program provides female Recovery Navigators for pregnant, expecting, and/or parenting women and individuals impacted by substance use. The Recovery Navigator will provide education, advocacy, recovery coaching and short term case management. Through their personal knowledge of the recovery community, each Recovery Navigator will help connect women and individuals to services aimed at enhancing their recovery journey while supporting their goals as they develop a safe support network. Services are individualized, averaging 1-90 days with extension flexibility for special cases. Participation in REACH is voluntary.

## Community Outreach

Recovery Navigators will spend most of their time in the community outreaching to and engaging with women and individuals, establishing and maintaining community connections, and facilitating connections between the two. Recovery Navigators help women and individuals develop collaborative relationships with community based medical and behavioral health providers, including birthing hospitals, recovery programs, DCF, and the Office of Early Childhood. Recovery Navigators help women and individuals access the services they need to develop a personal recovery support network and become successful mothers, parents, and guardians. The Recovery Navigator is not intended to replace clinical services; rather enhance them. Within their respective agencies, Recovery Navigators are part of the team.



## Family Care Plan

The Recovery Navigator will support women/birthing individuals and their health care providers in the development of a Family Care Plan. A Family Care Plan is meant to be a community safety net for families affected by substance use. Ideally, the plan is established during pregnancy, prior to child welfare involvement.

- **Physical health**
  - Pre-natal & Post-partum care
  - Support with breastfeeding
  - Medication and pain management
  - Reproductive health including contraception and pregnancy planning
- **Behavioral health**
  - Engagement, treatment, recovery supports and retention
  - Treatment for partner/other family members
- **Infant health and development**
  - High risk follow-up care, with referral to specialty care
  - Developmental screening and assessment, linkage to early intervention services
  - Early care and education programs
- **Parenting/family support**
  - Coordinated case management
  - Home Visiting/Head Start
  - Housing, employment support, child care, transportation