

CHILDREN'S & YOUTH MENTAL HEALTH SERVICES LOCATED IN THE GREATER TORRINGTON - NW CT AREA

Note: Availability can vary widely, as many services are operating at or over capacity.
**SOME SERVICES MAY BE ACCESSED
 ONLY THROUGH THE LOCAL SCHOOL SYSTEM, DCF OR THE COURT SYSTEM.**

Crisis Hotlines/Information

- INFOLINE (Statewide for locating a variety of community and human service resources) 211**
 Or through their website..... www.infoline.org
- DCF Hotline (for abuse/neglect reporting and voluntary services)..... 1-800-842-2288**
- Children's Emergency Mobile Crisis Services (new number) 211**
- Susan B. Anthony Project Crisis Line (860) 482-7133**
 (24/7 availability for domestic violence, sexual assault crisis services)

Mental Health Services (Youth and Family) **NOTE: Some services, especially residential,**

can be accessed only through the local school system or DCF.)

- Catholic Charities of Torrington (860) 482-5558
 (Children 8+, individual, family, group and marital counseling, and community re-entry services.)
- Charlotte Hungerford Hospital - Center for Youth and Families (860) 489-3391
 (Outpatient: Individual, family and group counseling for children, adolescents and their families. Psychiatric evaluation, medication management, psychological testing. Bridges extended day treatment.)
- Family and Children's Aid, Inc. (860) 482-6085
 (Outpatient psychiatric clinic in New Milford, Intensive In-home Child & Adol. Psychiatric Svcs (IICAPS), DCF-funded services: Safe Homes, Permanency Diagnostic Center, Therapeutic Community Services for Children and Families (multiple programs), Reconnecting Families Program, Child and Adol. Respite.)
- Family Intervention Center (Big Brother/Big Sister of Naugatuck Valley) (860) 482-1446
 (Mental Health and substance abuse. Outpatient services, education, Intervention and treatments for addictions. Big Brother, Big Sister programs.)
- Greenwoods Counseling Referral Services (860) 567-4437
 (Counseling referral organization. See also their website: www.greenwoodsreferrals.org)
- NW Center for Family Services and Mental Health (800) 704-1104
 (Outpatient services, counseling services for children and families, some DCF programs)
 Referrals through the Lakeville office, toll free number above.
 Offices located in Lakeville (860) 435-2529; New Milford (860) 354-4135;
 Torrington (860) 482- 8561; Winsted (860) 379-3337

Youth Service Bureaus:

(Children and families. Counseling, mentoring, therapeutic recreation)

Housatonic Youth Service Bureau	(860) 824-4720
Torrington Youth Service Bureau	(860) 496-0356
Winchester Youth Service Bureau	(860) 379-0708
Farmington River Mental Health Specialists, LLC	(860) 307-8943 (860) 309-9156

(Individual/group/Family Therapy, Behavior Modification, ADHD, Spectrum Disorders, Issues of the Elderly, Anxiety and Panic Disorders, Depression, Addiction, Divorce mediation, Eating Disorders, Marriage and Family Therapy)

Individual Counseling Providers

Dr. Bob Benson.....	(860) 567-9541
Caroline Finley.....	(860) 673-7259
Ann Kramer	(860) 404-0463
Steve Polesol.....	(860) 404-0463
Betsy Phelan.....	(860) 480-1095
Kim Monahan (Center for Youth and Families).....	(860) 489-3391
Rachel Sampson, PhD.....	(860) 567-3488
Karen Stevens (Center for Youth and Families).....	(860) 489-3391
James Struckus, PhD.....	(860) 567-0096
Rosemary Tindall-Gibson.....	(860) 283-9889
Regina T. Wayne, LPC, CAC	(860) 309-7262
Janette Coury.....	(860) 480-4746
Debra Carroll, LCSW.....	(860) 307-8943
James Dziekan, LCSW.....	(860) 309-9156
Judith Plinkas, MSW, LCSW.....	(860) 238-7520
Geoff Gott	(860) 435-8808
Dr. Mike Weaver	(860) 738-8216
Joanne Pinho	(860) 738-3000

Psychiatrists

Dr. Alicia T. Carmona (specialty: adolescent and pediatric psychiatry).....	(860) 482-8561
Dr. Michel Mennesson (specialty: adolescent and pediatric psychiatry).....	(203) 266-6164
Dr. Alan Jacobs (specialty: child psychiatry).....	(860) 561-1640
Dr. Eric Bruce Cohen (specialty: adolescent and pediatric psychiatry).....	(860) 561-6718
Dr. Lisa Namerow (specialty: child psychiatry).....	(860) 545-5000
Dr. Joel Bregman (specialty: autism).....	(860) 545-5000
Dr. Robert Sahl (specialty: adolescent and pediatric psychiatry).....	(860) 545-5000

Substance Abuse Services

At this time, there are no specific programs providing substance abuse treatment to children in the greater Torrington area. Some services may be available from other agencies or the following:

McCall Foundation (starting Spanish program)	(860) 496-2100
Wheeler Clinic	1-888-793-3500

(Mental health and substance abuse services. Private, DCF and court referrals)

Family Support and Resources

- Education Connection (860) 567-0863
(Cultural and instructional services, early childhood services, vocational support groups, transportation for disabled children and adults, Head Start, early intervention for disabled infants.)
- Child Development Infoline 1-800-505-7000
- Family Resource Center – Torrington (860) 489-8552
(Weekly play groups, resources and referral, Parents as Teachers, Positive Youth Development, Family day care provider training, family nights.)
- Family Resource Center - Winsted... (860) 379-0828
(Parents as Teachers program b-5, parent/child activities, child development information, lending library, home visits, parent consultations.)
- FAVOR (State-wide) (860) 563-3232
- La Via Latina (se habla espanol) (860) 944-3394
(education, health, domestic violence intervention, jobs programs, for Latino community)

NAMI – local resources:

- General meetings (held at Prime Time House) (860) 482-3311
- Support group, families of adult children (contact Joan Libby) (860) 489-0018
- Peer support group (contact Barbara Ann, held at Prime Time House) (860) 482-3311

NAMI – Connecticut 1-800-215-3021

Coordination, Organizational and State Agencies

- Care Coordination – Torrington (via Wellpath) (860) 626-7007
- Department of Children & Families (DCF) Torrington Office (860) 496-5700
(DCF provides both voluntary and mandated services)
- DCF Voluntary Services Hotline (note that this is through the Abuse & Neglect Hotline) 1-800-842-2288
- Department of Developmental Services (Torrington office) (860) 496-3000
- Department of Social Services (DSS) (860) 385-4052

Other Resources

School-age children: If the issue affects school work/performance, the local school system should serve as a resource. Many schools have Family Resource Centers and Parent Liaisons.

- Birth-to-Three (Child Development Info Services)..... 1-800-505-7000
- Early Head Start (860) 626-8201
(Education Connection home-based program for expecting parents and children birth to 3 years.)
- Litchfield County Association for Retarded Citizens (860) 482-9364

(Various services for residents with mental retardation.)

Logisticare: non-emergency transportation for Medicaid covered services: (888) 248-9895
Torrington-Winsted Pediatrics.....Winsted Office (860) 738-6230
Torrington Office (860) 489-5068

Useful Web Sites

CT's Network of Care web-based information..... <http://connecticut.networkofcare.org>
CT Parent Information and Resource Center..... www.ctpirc.org
Connecting Connecticut Resource Directory..... www.cpainc.org
Department of Education www.sde.ct.gov
Department of Mental Health and Addiction Services www.dmhas.state.ct.us
Department of Children and Families www.state.ct.us/dcf
National Alliance for the Mentally Ill www.nami.org
National Institute of Mental Health www.nimh.nih.gov
National Mental Health Association www.nmha.org
CT Clearinghouse www.ctclearinghouse.org