

# **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](http://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](http://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](http://www.ctpirc.org)  
Connecting Connecticut Resource Directory..... [www.cpainc.org](http://www.cpainc.org)  
Department of Education ..... [www.sde.ct.gov](http://www.sde.ct.gov)  
Department of Mental Health and Addiction Services ..... [www.dmhas.state.ct.us](http://www.dmhas.state.ct.us)  
Department of Children and Families ..... [www.state.ct.us/dcf](http://www.state.ct.us/dcf)  
National Alliance for the Mentally Ill ..... [www.nami.org](http://www.nami.org)  
National Institute of Mental Health ..... [www.nimh.nih.gov](http://www.nimh.nih.gov)  
National Mental Health Association ..... [www.nmha.org](http://www.nmha.org)  
CT Clearinghouse ..... [www.ctclearinghouse.org](http://www.ctclearinghouse.org)