

# Behavioral Health Services

## AT-A-GLANCE

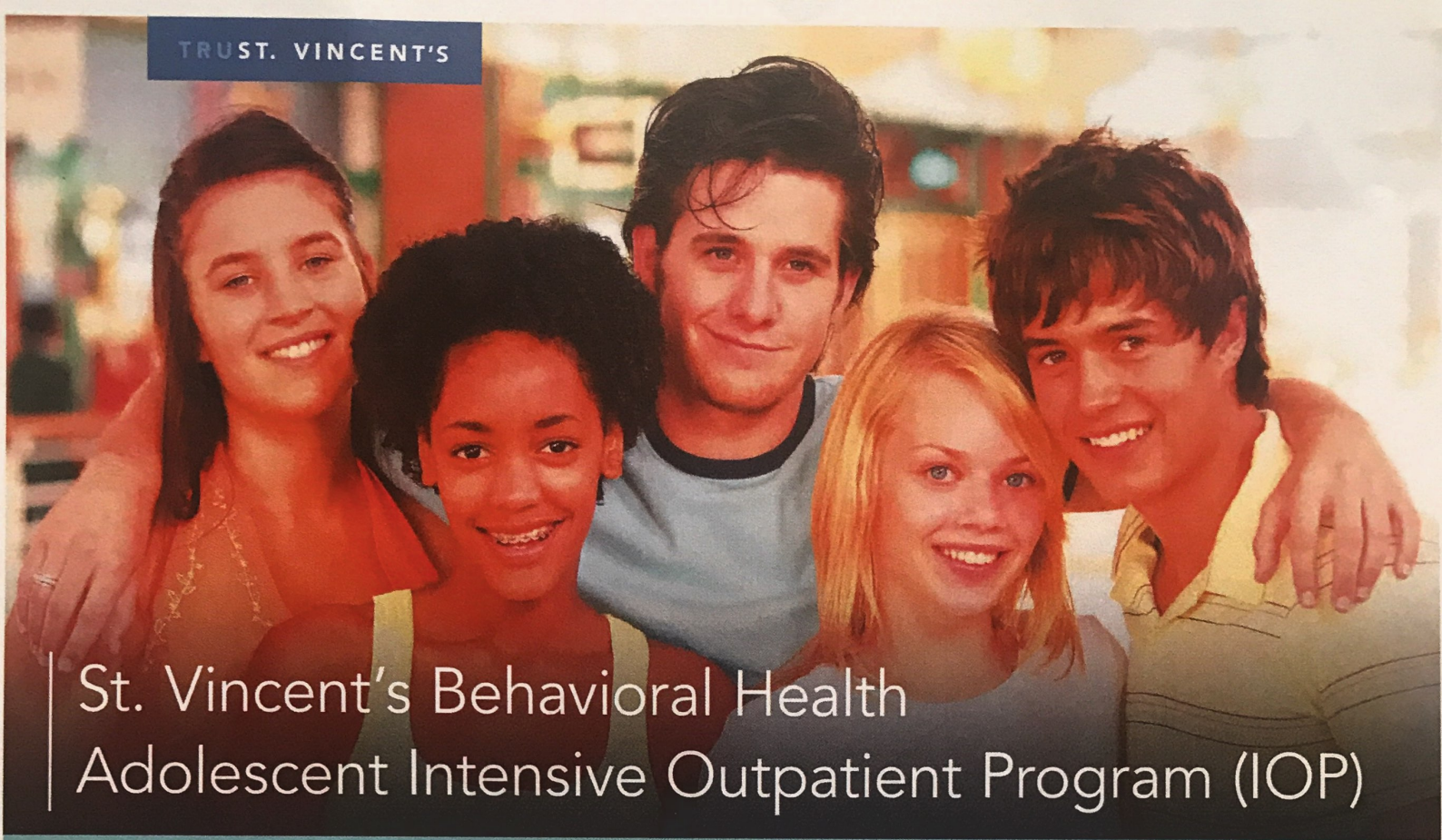
As one of the largest providers of mental health services at several locations in Connecticut, we treat a range of behavioral health needs. We offer exceptional, stabilizing care for individuals, their families, and our community.

- Inpatient care for adults with mental health and co-occurring substance use disorders at St. Vincent's Medical Center, Bridgeport
- Inpatient care for children, adolescents and adults with mental health and co-occurring substance use disorders at St. Vincent's Behavioral Health, Westport Campus
- Intensive Outpatient care for adolescents and adults with mental health and co-occurring substance use disorders at our Outpatient Clinics in Bridgeport and Norwalk
- Specialized Intensive Outpatient care for persons of Latino descent in our Bridgeport location
- Outpatient care providing individual, group and medication management at our Bridgeport location
- Community Residential Services providing supportive housing for persons with mental health disorders and who are chronically homeless

Learn more about careers at St. Vincent's,  
visit [stvincents.org/careers](http://stvincents.org/careers)

St. Vincent's Behavioral Health Services are accredited by the Joint Commission, licensed by the Connecticut Department of Public Health and are approved by Medicare, Medicaid, most major medical insurance companies, HMO's, and preferred providers.

*gentler hands* / SHARPER MINDS



## St. Vincent's Behavioral Health Adolescent Intensive Outpatient Program (IOP)

### St. Vincent's Behavioral Health Adolescent IOP

Serves teens starting at the age of 13. Adolescents and their multi-disciplinary team collaborate in developing an individualized treatment plan including psychiatric evaluations with medication management, group therapy, and individual and family sessions.

#### The program provides therapy for adolescents experiencing:

- Psychiatric problems
- Emotional and/or behavioral difficulties
- Family conflict
- Problems at school

#### Locations:

1 Lois Street  
Norwalk, CT 06851  
203.221.8899

2400 Main Street  
Bridgeport, CT 06606  
203.362.3900

#### Adolescents attend daily groups:

- Coping skills
- Relationships with self & others
- Anger/stress management
- Managing thoughts & emotions
- Symptom management
- Healing mind, body, & spirit
- Addictive behaviors
- Expressive therapy

Most Insurances Accepted

*gentler hands* / SHARPER MINDS

## Support Services for Behavioral Health

Also see inserted list of Free Peer Support Groups for Behavioral Health in Southwest CTI

base Coordination, (CJ) Criminal Justice, (CSP) Community Support Program, (D)etox, (DV)Domestic Violence, Supported (Education) Supported (Employment, Supported (Housing, Psychosocial (Rehabilitation, (S)helter, (T)ransportation, (V)eterans

Ability Beyond	E	888-832-8247	Stmfd-Norwalk
Bridge House (psychosocial clubhouse)	C, E, R	203-335-5339	Bridgeport
Continuum Crisis & Respite Services	C, R, S	475-282-4985	Regional
CT Community for Addiction Recovery (CCAR)	C, E	800-708-9145	Statewide
Domestic Violence Crisis Center	C, DV	203-588-9100	Stmfd-Norwalk
Domestic Abuse Services of YWCA	C, DV	203-622-0003	Greenwich
Family & Children's Agency - Senior Outreach	C	203-831-2900	Norwalk
Family Centers, Inc.	E, V	203-324-3167	Grnch-Stmfd
Family Re-Entry	CJ, DV	203-838-0496	Norwalk
Jewish Family Services	C	203-622-1881	Greenwich
KeyStone House, Inc.	CSP, E, H, R	203-855-7920	Norwalk
Kids in Crisis	C, S	203-327-KIDS	Stamford
Know How To Go	T	www.knowhowtoget.org	Stamford
Laurel House, Inc.	C, CSP, Ed, E, H, R	203-324-1816	Stamford
Liberation Programs	H	203-851-2077	Various
Mental Health CT	C, CSP, H	203-323-3337	Stamford
Mid-Fairfield AIDS Project (needle exchange)	C, H, needle	203-855-9535	Norwalk
Norwalk Hospital	CSP	203-855-3528	Norwalk
Pathways	CSP, E, H, R	203-869-5656	Greenwich
Project Return (females 18-21 only)	H, R	203-222-8129	Westport
Rowan Center for Sexual Assault	DV	203-348-9346	Stamford
St. Vincent's Community Residential Services	H, R	475-210-3920	Bridgeport
Triangle Community Center (IGBTQ)	C	203-853-0600	County
Veyo	T	855-478-7350	Statewide
Young Adult Space (Drop-in center, Mon-Thru 1-6pm )...	C	203-853-0600	Norwalk

### Basic Needs (shelter, benefits, energy assistance)

Homeless and need shelter? Call 2-1-1, Option 3

Need food? Text 211food to 898211, then send your zip code to get options near you.

ABCD	C, S	203-833-8110	Norwalk
American Job Center	C	203-353-1702	Stamford
Community Action Agency of Western CT	E	203-602-8833	Various
Errera Homeless Outreach for Veterans	S, V	203-932-5711	Statewide
Homes for the Brave	E, H, R, V	203-338-0669	Bridgeport
Homes with Hope	E, H, S	203-226-3426	Westport
Inspira, Inc. (formerly St. Luke's)	H, S	203-388-0100	Stamford
Malta House (pregnant & parenting women)	C, S	203-857-0088	Norwalk
Open Door Shelter	E, H, S	203-866-1057	Norwalk
Pacific House (formerly Shelter for the Homeless)	S, V	203-348-2792	Stamford
Person-to-Person	C	203-939-1650	Norwalk
Person-to-Person	C	203-655-0048	Darien

Download copies of this guide at [TheHubCT.org](http://TheHubCT.org) or call 203-840-1187

1/20/2018



## 2019 Mental Health & Substance Use Public & Nonprofit Resources

Greenwich - Stamford - Norwalk areas

@ The Hub: Behavioral Health Action Organization for Southwestern CT ([www.thehubct.org](http://www.thehubct.org))

### In an Emotional or Addiction Crisis?

Adult mobile psychiatric crisis (8am-4:30pm)	800-586-9803
Child (<18yo) mobile psychiatric crisis (24/7)	Call 211, press 1
National Suicide Lifeline (24/7)	800-273-TALK (8255)
Crisis Text Line (24/7)	Send text to 741741
Kids in Crisis (24 hour hotline & face to face)	203-327-KIDS
Center for Sexual Assault hotline (24/7)	888-999-5545
Domestic Violence Crisis Center hotline (24/7)	888-774-2900
Substance Use Access Line (24/7)	800-563-4086
Problem Gambling Helpline (24/7)	888-789-7777
CT Quitline (smoking cessation) (24/7)	800-QUITNOW
COPLINE: National Law Enforcement Officers Hotline (24/7)	800-COP-LINE
Homeless Outreach Team (HOT)	203-579-7300
Warm Line (mental health peer support, 5-10pm daily)	800-921-9359
Young Adult Warmline (Mon-Sun 12-9pm)	855-6HOPENOW

### Looking for Regional & State Referral Resources?

Not sure how to start? Call 211 first! Select option 1 for crisis, option 3 for basic needs

The Hub (Behavioral Health Action Organization for Southwestern CT)	203-840-1187
Local Prevention Councils in each town help prevent substance misuse & promote wellness. Find yours: <a href="http://thehubct.org">thehubct.org</a>	
Southwestern CT Agency on Aging (SWCAA)	203-333-9288
Southwest CT Mental Health System (DMHAS Region 1)	860-418-7000
Communities 4 Action (lower Fairfield County)	203-588-0457
CT Behavioral Health Partnership (for Medicaid population)	877-552-8247
Department of Children and Families (DCF)	203-384-5300
Department of Mental Health & Addiction Services (DMHAS)	800-446-7348
Department of Rehabilitative Services (DORS, BRS)	203-251-9430
Department of Social Services (DSS)	855-626-6632

### Looking for Advocacy & Support for Your Rights?

Advocacy Unlimited	800-573-6929
CT Commission on Human Rights	860-541-3400
CT Family Support Network (help for families with special needs)	203-727-9564
CT Juvenile Justice Alliance	203-579-2727
CT Legal Rights Project (CLRP)	877-402-2229
CT Parent Advisory Center (CPAC)	860-739-3089
Disability Rights Connecticut	800-842-7303
FAVOR (Family Advocacy for Children's Mental Health)	860-563-3232
HCoinn (immigrant help)	203-336-0141
Keep the Promise (KTP)	860-788-6180
National Alliance for Mental Illness (NAMI) Southwest CT	800-215-3021
Office of the Healthcare Advocate (OHA)	866-466-4446
Special Education Resource Center	860-632-1485
Statewide Legal Services of CT	800-453-3320

The Hub is a program of the Regional Youth Adult Social Action Partnership (RYASAP)

### Town Social Services

Town services can help with benefits, case management & sometimes counseling.

Darlen Human Services	203-656-7328	Darlen
Greenwich Dept. of Human Services	203-622-3800	Greenwich
New Canaan Human Services	203-594-3076	New Canaan
Norwalk Youth Services	203-854-7911	Norwalk
Stamford Social Services	203-977-4050	Stamford
Westport Social Services	203-222-2653	Westport
Wilton Human Services	203-341-1050	Wilton
Wilton Social Services	203-834-6238	Wilton

### Children's Behavioral Health (ages 0-18)

Key: (D)etox, (H)ome, (I)npatient, Intensive (IOP), (O)utpatient, (PH) Partial Hospital, (R)esidential

Catholic Charities	203-750-9711	Norwalk
Child Guidance of Mid-Fairfield County	203-299-1315	Norwalk
Child Guidance of Southern CT	203-324-6127	Stamford
Child Guidance of Southern CT	203-983-5294	Greenwich
Child Guidance of Southern CT	203-662-9380	Darlen
Community Health Center, Day Street	203-324-6127	New Canaan
Community Health Center, Franklin Street	203-854-9292	Stamford
CT Renaissance	203-866-2541	Various
Family and Children's Agency	203-855-8765	Norwalk
Family Centers, Inc.	203-969-0802	Stamford
Four Winds Hospital	800-528-6624	Regional
Jewish Family Services of Greenwich	203-622-1881	Katona, NY
Positive Directions (ages 12+)	203-227-7644	Greenwich
Schoke Jewish Family Services	203-921-4161	Westport
Silver Hill Hospital (ages 13+)	866-542-4455	New Canaan
Stamford Counseling Center	203-323-8560	Stamford
St. Vincent's Behavioral Health Services	203-221-8899	Norwalk
Saint Vincent's Behavioral Health Services	203-227-1251	Westport
Turning Point Regional Substance Use Program (teens)	203-394-6529	Regional

### Specialty Services

The for-profit agencies below offer specialized services.

Anxiety Institute (ages 18-25)	203-489-0888	Greenwich
AWARE Recovery (in-home addiction recovery)	844-292-7372	Various
Causeway Collaborative (failure to launch young men)	203-255-0301	Westport
Clearpoint Recovery Center (addiction)	203-293-1773	Westport
Mountainside Treatment Center	860-717-3198	Wilton
Newport Academy (therapeutic day school)	844-895-1689	Darlen
Renfrew Center for Eating Disorders	800-RENFREW	Greenwich
Spire School (specialized school for social-emotional)	203-661-1609	Stamford
Wilkins Center for Eating Disorders	203-531-1909	Greenwich

### Adult Behavioral Health

Key: (MH) Mental Health, (SUD) Substance Use Disorder, (D)etox, (H)ome, (I)npatient, Intensive (IOP), (MAT) Medication-Assisted Treatment (Opioid Dependence), (O)utpatient, (PH) Partial Hospital Program, (R)esidential

Substance Use Access Line	800-563-4086	Statewide
Addiction Services: bed availability (detox, sober homes, etc.)	www.ctaddictionservices.com	www.ctaddictionservices.com
Catholic Charities	203-750-9711	Norwalk
Center for Hope (brief counseling)	203-655-4693	Darlen
Christian Counseling Center	203-846-4626	Norwalk
Circle Care (specializing in LGBTQ)	203-852-9525	Norwalk
Community Health Center, Day Street Center	203-854-9292	Norwalk
Community Health Center, Franklin Street Center	203-969-0802	Stamford
CT Counseling Centers	203-838-6508	Norwalk
CT Counseling Centers	203-653-3038	Stamford
CT Renaissance, Inc. (includes problem gambling)	203-866-2541	Various
Family & Children's Agency	203-855-8765	Norwalk
Family & Children's Agency (Project Reward/women)	203-523-5790	Norwalk
Family Centers, Inc.	203-324-3167	Stamford
Family Centers, Inc.	203-869-4848	Greenwich
Family Centers, Inc.	203-655-4693	Darlen
Family Centers, Inc.	203-851-2077	Norwalk
Family Centers, Inc.	800-528-6624	Katona, NY
Family Centers, Inc.	203-388-1600	Stamford
Family Centers, Inc.	203-863-4673	Greenwich
Family Centers, Inc.	203-863-3316	Greenwich
Family Centers, Inc.	203-622-1881	Greenwich
Family Centers, Inc.	203-851-2077	Regional
Family Centers, Inc.	203-869-4779	Greenwich
Family Centers, Inc.	203-852-2988	Norwalk
Family Centers, Inc.	203-621-3754	Stamford
Family Centers, Inc.	203-227-7644	Westport
Family Centers, Inc.	203-221-8899	Norwalk
Family Centers, Inc.	203-227-1251	Westport
Family Centers, Inc.	203-921-4161	Stamford
Family Centers, Inc.	203-454-4992	Westport
Family Centers, Inc.	866-542-4455	New Canaan
Family Centers, Inc.	203-323-8560	Stamford
Family Centers, Inc.	203-276-7010	Stamford



# St. Vincent's

Behavioral Health Services

(*"Betsy"*)

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1-800-LIFE-NOW

[www.stvincentsbehavioralhealth.org](http://www.stvincentsbehavioralhealth.org)



# St. Vincent's

Behavioral Health Services

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