



Wellmore Behavioral Health provides a wide range of mental health services to the greater Waterbury, Torrington, and Danbury regions. Services for children and families include crisis intervention, intensive home-based services, and community-based prevention/early intervention approaches. Questions about individual programs and referrals can be directed to (855) WELLMORE (935-5668).

#### Outpatient Clinical Services:

**Emergency Mobile Psychiatric Services (EMPS):** provides urgent care to children, adolescents and families in crisis. Professional staff is available 24 hours a day, 365 days a year for intervention, counseling, information and referral services to help with suicidal, behavioral and other violent threats, loss of control and traumatic experiences. **For Crisis Services, call 2-1-1.**

**Outpatient Services for Youth and Families:** helps youth and families with a broad range of behavioral and emotional challenges, including: anxiety, depression, psychosis, self-harming behaviors, developmental delays, grief/loss/trauma, substance use/abuse, and family conflict. Treatments may include TF-CBT, DBT, or MATCH modalities. Medication management is available.

**We offer Open Access/Walk In service in Waterbury (141 East Main Street) during the following hours:**

- **Monday 9:30 - 1**
- **Tuesday 9:30 - 1**
- **Thursday 9:30 - 1**
- **Friday 9:30 - 1**

**We offer Open Access/Walk In service in Naugatuck (150 Meadow Street) on Saturday from 9 – 12 noon.**

**Call 203-756-7287 or 855-WELLMORE**

#### Intensive Home-Based Services:

**Child First (CF):** for children from birth to age 6 at risk for developmental, learning and psychiatric issues. CF is an early childhood intervention with the goal of developing a targeted treatment plan focusing on parent guidance and family therapy.

**Functional Family Therapy (FFT):** for youth and families aged 11-18 who are at risk or involved with juvenile justice. A caregiver is needed to be involved in each session with the youth. FFT seeks to improve communications skills, problem solving and relationship building.

**Intimate Partner Violence – Family Assessment Intervention Response (IPV-Fair):** provides clinical and case management services to all members of a family experiencing Intimate Partner Violence. Priority access given to families with children 0-5 and DCF involvement.

**Multi-systemic Therapy – Building Stronger Families (MST-BSF):** for children and youth ages 6-17 involved with DCF where protective services are concerned about neglect/abuse and substance abuse issues within the family. Referrals from DCF Waterbury area office only.

**Intensive In-Home Child and Adolescent Psychiatric Service (IICAPS):** for youth from 3-18 with significant emotional and behavioral concerns, provides individual and family therapy, parent guidance, case management services and crisis support.

#### Community Support Services: Prevention & Early Intervention

**Care Coordination:** provides WRAP-informed case management and care collaboration for children aged 3-18 with serious emotional disturbance. CC collaborates with other professional and naturalistic supports to help the family create a 'team' approach to their child's care needs.

**Community Support for Families:** works with DCF referred families at risk of abuse or neglect to help them access community resources and naturalistic supports to prevent further involvement with child protective services. Referrals for families involved with Family Assessment Response track of DCF only.

**Early Childhood Consultation Project (ECCP):** provides consultation in early childhood settings to center staff and teachers of children ages 0-5. Assists centers with understanding the social, developmental and emotional needs of young children. Referrals made through the early childhood settings only.

**Nurturing Families Network (NFN):** provides ongoing home visiting for first time mothers and their children from prenatal months to 5 years. Assists parents with understanding their children's developmental and growth through parent guidance and education.

**Parenting Support Services (PSS):** works with families at risk of abuse and neglect through the use of two parenting curriculum (Triple P & Circle of Security).