



Child & Family
Agency of Southeastern
Connecticut, Inc.

**BEHAVIORAL AND PHYSICAL HEALTHCARE
SERVICES OF CHILD AND FAMILY AGENCY OF
SOUTHEASTERN, CT**

OUTPATIENT COUNSELING


CFA operates outpatient clinics in New London, Groton, and Essex.

Here, we provide psychiatry and psychotherapy mental health services to children and adolescents (ages 3-18), their families, and adults.

We address mood, depression, anxiety, trauma, and behavioral problems through evidence-based practices.

Evidence-Based Practices:

- **MATCH-ADTC** is a modular approach to therapy for children with anxiety, depression, trauma or conduct problems.
- **TF-CBT (Trauma-Focused Cognitive Behavioral Therapy)** is designed to address symptoms related to discrete trauma.
- **ARC (Attachment, Regulation, and Competency)** addresses symptoms related to trauma and disrupted attachment. ARC promotes resiliency of individuals and families.
- **Trauma-Focused CPP (Child Parent Psychotherapy)** centers treatment around child-lead play. This practice highlights the caregiver child



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relationship while providing a therapeutic space to work through trauma using play.

- **EMDR (Eye Movement Desensitization and Reprocessing)** exposure therapy for those who are suffering from trauma, anxiety, panic disorders, disturbing memories, and post traumatic stress.
- **Perinatal and Maternal EMDR** exposure therapy for those who are suffering from trauma, anxiety, panic disorders, disturbing memories, and post traumatic stress.
- **Motivational Interviewing** engages clients in discussing their own needs and desires for change.

OPEN ACCESS HOURS

CFA's Essex, Groton, and New London Outpatient Clinics have instituted Open Access hours to allow counseling services to be initiated on a walk-in basis. We recognize that for some families, reaching out for mental health support can be hard. Therapeutic engagement and successful outcomes are often linked to how quickly care can be initiated.

GROUP THERAPY

Group therapy is a cooperative approach to building solutions and building trust.

Group therapy helps individuals learn how to express their issues and develop self-awareness by listening to other individuals with similar struggles.

ADULT OUTPATIENT THERAPY (AOT)

When mental illness impacts your life and the people around you, CFA's adult outpatient mental health treatment can help.

AOT provides services to CT residents over the age of 18.

AOT also allows caregivers of children partaking in CFA's outpatient services to address their own mental health needs, which ultimately leads to the family making faster therapeutic gains.

Lastly, adolescents who age out of our outpatient program may continue services with their clinician through AOT.

COMMUNITY-BASED SERVICES

In-home services support families who require a higher level of care than outpatient services can provide. In-home programs also work to alleviate external barriers to accessing treatment, such as transportation and disability.

Evidence-Based Practices and Child Welfare Programs:

- **IICAPS (In-Home Child and Adolescent Psychiatric Services)** serves youth and adolescents with significant psychiatric needs at risk of being hospitalized or recently discharged from an inpatient facility.
- **FFT (Fuctional Family Therapy)** is a short term, intensive program built on the foundation of acceptance and respect. This service addresses risk and protective factors within and outside of the family.
- **MDFT (Multi-Dimensional Family Therapy)** addresses issues related to substance abuse, high-risk behavior, delinquent conduct, mental health concerns, and school issues.
- **IPV-FAIR (Family Assessment Intervention Response)** offers brief, solution focused intervention geared towards increased safety and reparative experiences for the caregiver and child relationship. *DCF referral required.*
- **IFP (Intensive Family Preservation)** is an intensive, short-term program designed to prevent unnecessary out of home placement of children involved with the Department of Children and Families. *DCF referral required.*
- **RTFT (Reunification-Therapeutic Family Time)** works with families who have had children removed by the Department of Children and Families. Staff help families learn the skills needed to safely and effectively parent their children and achieve lasting reunification. *DCF referral required.*

- **Child FIRST** is an early childhood intervention aimed at decreasing the incidence of serious emotional disturbance, developmental and learning problems, abuse, and neglect.
 - **Healthy Futures** helps new and expecting parents learn the power of nurturing relationships, recognize their child's strengths and potential, foster skills for school readiness, monitor child development, and access supportive services and resources in their own community.
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SCHOOL-BASED HEALTH CENTERS

CFA operates School-Based Health Centers (SBHC) in Groton, New London, Stonington, and Waterford.

SBHC provide behavioral and physical health care directly in school, supplementing the care provided by a child's primary physician.

All students who attend a school with a SBHC are eligible to receive medical and mental health care without having to miss valuable school time.

Evidence-Based Practices:

- **SBIRT (Screening, Brief, Intervention, and Referral to Treatment)** early intervention and treatment for people with substance use disorders and those at risk of developing these disorders.
- **CBITS (Cognitive Behavioral Intervention for Trauma in Schools)** a school-based intervention shown to reduce PTSD, depression symptoms, and psychosocial dysfunction in children who experienced trauma.
- **Bounce Back** is an adaptation of the CBITS model for elementary school students.
- **C-SSRS (Columbia Suicide Severity Rating Scale)** allows for more uniform, reliable and valid assessment of suicide risk.

UNIVERSAL WELLNESS SCREENINGS

Composed of mental health assessments and addressing social determinants of health screenings improves families access to resources, provides rapid referral to mental health counseling, and educates children on healthy lifestyle choices.

HEALTHY HABITS & WEIGHT MANAGEMENT

Focusing on nutrition, portions, exercise, and hydration, CFA SBHC Nurse Practitioners have successfully implemented management groups at the high school, middle school, and elementary school level.

ASTHMA SCREENINGS

Asthma screenings are assessed annually on each child seen with the diagnosis. These screenings ensure their asthma is being optimally controlled and educates families on medication and triggers. Primary care visits are encouraged annually.

DEPRESSION AND SUBSTANCE USE SCREENINGS

Depression and substance abuse screenings are done at medical visits for all children over age 12. Screenings for children under age 12 are conducted at well-child visits or as indicated.

PHYSICAL EXAMS, IMMUNIZATIONS, AND ACUTE CARE

SBHC's provide physical exams, immunizations, including flu vaccines, and acute care visits.

COMMUNITY BRIDGE CLINIC (CBC)

The CBC is a community-based health clinic located in New London, CT. Services are open to children, families, and adults. New London City residents are prioritized.

We Provide:

- Physical exams
- Vaccines

- Sick & acute care visits
- Labs
- Prescriptions
- Education & management for chronic conditions
- Linked behavioral health services

LEARN MORE AND REFER

Outpatient Counseling and AOT:

(860) 437-4550

Community-Based Services:

FFT

Cate Jellie, LCSW (Essex)

Christina Murphy, LCSW (New London)

(860) 437-4550

IICAPS

Klaritza Armenta, M.A., LPC

(860) 437-4550

MDFT

Jeannine Cleaver, LCSW

(860) 437-4550

Child First or Healthy Futures

Erin Tascher, LCSW

(860) 437-4550

School-Based Health Center:

(860) 437-4550

Community Bridge Clinic

Aymi Bennhoff, APRN, FNP-C

(860) 437-4550

www.childandfamilyagency.org
info@childandfamilyagency.org

OUR LOCATIONS

ESSEX

Essex Outpatient Clinic

190 Westbrook Road

GROTON

Groton/Mystic Outpatient Clinic

591 Poquonnock Road

SBHC, Catherine Kolnaski Magnet School

500 Poquonnock Road

SBHC, Groton Middle School

35 Groton Long Point Road

SBHC, Fitch Senior High School

101 Groton Long Point Road

SBHC, Mystic River Magnet School

160 Fishtown Road

SBHC, Thames River Magnet School

250 Brandegee Ave

NEW LONDON

New London Outpatient Clinic

7 Vauxhall Street

SBHC, Dover Jackson Middle School

36 Waller Street

SBHC, Jennings Elementary School

50 Mercer Street

SBHC, Nathan Hale Elementary School

37 Beech Drive

SBHC, New London High School

490 Jefferson Avenue

SBHC, Regional Multicultural Magnet School

1 Bulkeley Place

SBHC, Winthrop Elementary School

74 Grove Street

STONINGTON

SBHC, Stonington Middle School

204 Mistuxet Avenue

WATERFORD

SBHC, The Friendship School

24 Rope Ferry Road

Child & Family
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Administrative Building

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