

# CHR's Child and Family Outpatient Practice



CHR is the region's most comprehensive behavioral healthcare agency and home to a vibrant Child and Family Outpatient practice with services ranging from individual and family therapy to crisis intervention and 24-hour emergency coverage. CHR's clinical staff has expertise in areas including medication management; treatment of depression, anxiety and disorders related to trauma; treatment of co-occurring problems (mental illness and substance use); parenting support and more.

## *Here are some of our evidence-based programs:*

**Modular Approach to Therapy for Children with Anxiety, Depression, Trauma or Conduct Problems (MATCH-ADTC):** MATCH is designed to treat four common behavioral health concerns among children and youth who are 6-15 years old who have primary presenting issues of anxiety, depression, trauma and/or conduct problems. MATCH treatment is flexible to fit the child's needs and can be individualized for each client.

**Attachment, Self-Regulation and Competency (ARC):** ARC is a flexible, components-based intervention used for for children who have experienced complex trauma, and their caregivers, and can be applied to children ages 0-21 across all levels of developmental functioning. Skills are taught across different domains to support the child in the development of a life narrative.

**Trauma-Focused Cognitive Behavioral Therapy (TF-CBT):** TF-CBT is a treatment approach used with children and youth who are impacted by trauma, and their parents or caregivers. TFCBT helps to resolve a broad array of emotional and behavioral difficulties associated with single, multiple and/or complex trauma experiences.

**Zero Suicide:** This is a statewide initiative to more thoroughly and frequently screen clients of all ages for suicide risk and triage youth appropriately when risks are identified.

*See reverse side for a list of locations.*

## Convenient Locations:

*Comprehensive services, including medication management:*

- **Manchester:** 444 Center Street, Manchester, CT 06040
- **Enfield:** 153 Hazard Avenue, Enfield, CT 06082
- **Mansfield:** 7B Ledgebrook Drive, Mansfield, CT 06250
- **Hartford:** Charter Oak Health Center, 21 Grand Street, Hartford, CT 06106
- **East Hartford:** 474 R School Street, East Hartford, CT 06108

### Outpatient Child and Family therapy only:

- **Bloomfield:** 693 Bloomfield Avenue, Suite 101, Bloomfield, CT 06002

*CHR also offers a range of in-home programs for children and families, many of which require DCF referrals and/or involvement. CHR's Assessment Center/referral line, can answer specific questions.*

**CHR's Assessment Center:**  
**1.877.884.3571**

## Real Quality. Real Results.

**100%** of families said their child benefited from their experience with CHR.

**99%** of families said CHR's staff listened to their concerns.

**97%** of families said they participated in their child's treatment.



REAL LIFE. REAL HOPE.

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

