

Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)

Where and How to Refer Clients

TF-CBT is a clinic-based, short-term treatment (16 to 20 sessions) for children, ages 4 to 18 who have significant behavioral and emotional problems that are related to traumatic life events, even if they do not meet full diagnostic criteria for post traumatic stress disorder (PTSD). TF-CBT is an evidence-based model of psychotherapy that combines trauma-sensitive interventions with cognitive behavioral therapy. Individual sessions with the child and parent as well as joint parent-child sessions are provided. Treatment results in significant reduction in PTSD and depressive symptoms.

The clinics listed below have clinicians and supervisors who have completed or are currently participating* in the extensive training for TF-CBT through the TF-CBT Learning Collaborative, funded by the Connecticut Department of Children and Families and directed by the Connecticut Center for Effective Practice, in partnership with the National Child Traumatic Stress Network.

Clinic Name/Address	Towns Served	How To Make An Initial Referral
<p>1. Bridges...A Community Support System * 949 Bridgeport Avenue Milford, CT 06460</p>	<p>Milford, West Haven, Orange</p>	<ul style="list-style-type: none"> ▪ Call the main number (203) 878-6365 and ask for the intake department <ul style="list-style-type: none"> ▪ Mon thru Thurs 8 AM to 8 PM ▪ Friday 8 AM to 5 PM ▪ If you do not reach a staff person in the intake department directly, leave a message and a staff will return your call within 24 hours, or the next business day ▪ All clients are screened for trauma history, although a caller may request a trauma assessment ▪ Be prepared to provide basic demographic and insurance information, and the reason for referral ▪ The standards for Enhanced Care Clinics are followed for timeliness in scheduling the first treatment appointment, i.e. 2 hours for emergent need; 2 days for urgent; and 2 weeks for routine need.
<p>2. Charlotte Hungerford Hospital - Center for Youth and Families * 1061 East Main Street Torrington, CT 06790</p>	<p>Barkhamsted, Bethlehem, Canaan, Colebrook, Cornwall, Goshen, Falls Village, Harwinton, Kent, Morris, Litchfield, New Hartford, Norfolk, North Canaan, Salisbury, Sharon, Thomaston, Torrington, Warren, Watertown, Winchester, Woodbury.</p>	<ul style="list-style-type: none"> ▪ Call (860) 489 -3391 to make a referral <ul style="list-style-type: none"> 📞 Monday and Wednesday: 8:30 a.m. – 9:00 p.m. 📞 Tuesday: 8:30 a.m. – 8:00 p.m. 📞 Thursday: 8:30 a.m. – 8:00 p.m. 📞 Friday: 8:30 a.m. – 5:00 p.m. ▪ Referrals must be made by parent, legal guardian, or DCF when committed. ▪ ECC standards are followed re: acuity and timeframes for appointments. <ul style="list-style-type: none"> 📞 An initial screening regarding trauma will be completed during the referral phone call. 📞 A TF-CBT Therapist will be assigned and will complete the comprehensive assessment. The appropriateness of the use of TF-CBT treatment for the client and family will be determined post assessment after review of the information.

<p>3. Child and Family Agency of Southeastern Connecticut * 255 Hempstead Street New London, CT 06320</p>	<p><u>Groton & New London Offices</u> New London County including New London, Groton, Waterford, East Lyme, Old Lyme, Lyme, Stonington, N. Stonington, Montville, Pawcatuck, Ledyard, and Salem</p> <p><u>Essex Office</u> Chester, Clinton, Deep River, Essex, Killingworth, Lyme, Old Lyme, Old Saybrook, Westbrook</p>	<ul style="list-style-type: none"> ▪ New London/Groton Offices <ul style="list-style-type: none"> ☎ Call 860 437-4550 and ask for the Inquiry Worker ☎ Faxed Referrals and Walk-Ins are also accepted ☎ Services are available for children and adolescents living in New London County ▪ Essex Office <ul style="list-style-type: none"> ☎ Call 860 767-0147 and ask for Inquiry Worker ☎ Faxed Referrals and Walk-Ins are also accepted ☎ Services are available for children and adolescents living in Middlesex County <p style="text-align: center;"><u>Both Offices</u></p> <ul style="list-style-type: none"> ▪ After hours requests for services will be directed to the agency's on-call clinician. ▪ Trained intake workers will take basic referral information including demographics, presenting problem, trauma history and insurance information. ▪ Husky cases are seen within two weeks for non-urgent referrals; two days for urgent referrals and two hours for emergent referrals. ▪ TF-CBT trained clinicians are available in New London, Groton and Essex offices.
<p>4. Child Guidance Clinic for Central Connecticut * 384 Pratt Street Meriden, CT 06450</p>	<p>Meriden, Wallingford *</p> <p>*Will accept referrals from other communities if families can travel to the clinic</p>	<ul style="list-style-type: none"> ▪ Call (203) 235-5767 (or walk-in) and ask to speak to an intake worker to make a referral <ul style="list-style-type: none"> ☎ Mon through Thurs 9 AM to 7:30 PM ☎ Fri 9AM to 6 PM ☎ Sat 9 AM to 1 PM <p>The initial appointment will be scheduled for the child and parent/guardian based on clinical information and the Enhanced Care Clinic requirements for timeframes for an appointment, i.e. emergent within 2 hours; urgent within 2 days; and routine within 2 weeks.</p> <ul style="list-style-type: none"> ▪ At the intake appointment, the clinician will conduct an initial screening and obtain financial, demographic and clinical information. ▪ Following the intake appointment, the case will be presented at an Admissions Meeting, a clinician will be assigned, and the clinician will schedule treatment with the family.

<p>5. Child Guidance Center of Southern Connecticut 196 Grey Rock Place Stamford, CT 06902</p>	<p>Stamford, Greenwich, Darien, New Canaan</p>	<ul style="list-style-type: none"> ▪ Call (203) 324-6127 or walk-in and ask for a clinician who takes requests for services <ul style="list-style-type: none"> 📅 Mon 9 AM to 6 PM 📅 Tues, Wed and Thurs 9 AM to 8 PM 📅 Fri 9 AM to 5 PM ▪ The clinician taking the request will provide guidance and discuss a case, however, the parent/legal guardian is required to call to complete the request and schedule an appointment. ▪ Basic identifying information as well as insurance/HUSKY membership numbers and address/telephone numbers for the child and parent/guardian are obtained. ▪ Provide the reason(s) for request (i.e. presenting problem/duration). ▪ Sufficient information is gathered to determine the urgency of response. ▪ At the intake appointment all clients are pre-screened for potential trauma symptoms; those that meet criteria for the program are referred to Dana Vera, Clinical Administrator of the TF-CBT program, and then assigned to a TF-CBT trained clinician for a comprehensive screening and treatment. ▪ For specific information regarding the TF-CBT program please call Dana at (203) 517-3311. She is available on Wednesdays and Thursdays for consultation.
<p>6. Clifford W. Beers Clinic 93 Edwards Street New Haven, CT 06511</p>	<p>New Haven, North Haven, West Haven, East Haven, Hamden, Branford, North Branford, Clinton, Guilford, Madison, Woodbridge, Orange, Milford, and Ansonia</p>	<ul style="list-style-type: none"> ▪ Call (203) 777-8648 (Press 4 for Triage) <ul style="list-style-type: none"> 📅 Mon thru Fri 9 AM to 5 PM ▪ If you would like consultation first to discuss the appropriateness of a referral, you may call Lauren Weibrecht at (203) 777-1270 X 239 ▪ Parent/legal guardian must make the referral ▪ Child must have HUSKY or Anthem insurance (If commercial or no insurance, case-specific discussion occurs) ▪ Child must live in Greater New Haven catchment area (See list of towns in previous column) ▪ Referral is for assessment to determine if services are appropriate; it is not a guarantee for treatment ▪ Intake interviews are usually scheduled Tuesday through Friday at various times

<p>7. Community Health Center * 631 Main Street Middletown, CT 06457</p> <p>Community Health Center * 134 State Street Meriden, CT 06457 203 237-2229</p>	<p>Middlesex County</p>	<ul style="list-style-type: none"> ▪ Call (860) 347-6971 <ul style="list-style-type: none"> ☒ Mon, Wed, and Fri 8:30 to 5 PM ☒ Tues and Thurs 8:30 AM to 7 PM ▪ For specific information regarding TF-CBT, call Daisy Abbott-Sletcher (860) 347-6971 Ext 3406 ▪ Receptionist obtains basic demographic information, reason for referral, verifies insurance, and schedules intake appointment ▪ Clients are screened for trauma histories/treatment needs and will be assigned to a TF-CBT clinician ▪ Parent/legal guardian must attend first appointment to sign paperwork and discuss TF-CBT model ▪ Clinicians who are trained in TF-CBT are available in the Middletown and Meriden outpatient clinics, and clinicians are also available through the School-Based Health Centers at Middletown High School and Meriden schools. For school based clients, direct inquiries may be made to the CHC School Based Health Center Clinician.
<p>8. Community Health Resources 47 Palomba Drive Enfield, CT 06082</p>	<p>Andover, Ashford, Bloomfield, Bolton, Brooklyn, Canterbury, Chaplin, Columbia, Coventry, Danielson, Eastford, East Hartford, East Granby, East Windsor, Ellington, Enfield, Glastonbury, Granby, Hampton, Hebron, Killingly, Manchester, Mansfield, Marlborough, Plainfield, Pomfret, Putnam, Scotland, Somers, South Windsor, Stafford, Sterling, Suffield, Thompson, Tolland, Union, Vernon, Willington, Windham, Windsor, Windsor Locks and Woodstock.</p>	<ul style="list-style-type: none"> ▪ For initial referral for clinics located in Enfield, Manchester, and Bloomfield: Call the CHR Assessment Center (860) 683-8068; or Toll Free (877) 884-3571 <ul style="list-style-type: none"> ☒ Mon, Tues, and Wed 8 AM to 8 PM Thurs and Fri 8 AM to 5 PM ▪ Child-specific information will be requested and clients are screened for trauma history.

<p>9. Family & Children's Aid 75 West Street Danbury, CT 06810</p>	<p>Danbury, Bethel, Redding, Ridgefield, Brookfield, New Town, New Fairfield, New Milford, Bridgewater, Sherman</p>	<ul style="list-style-type: none"> ▪ Call Main Number at (203) 748-5689 <ul style="list-style-type: none"> ☒ Mon thru Thurs 8:30 AM to 7 PM ☒ Fri 8:30 AM to 4:30 PM ▪ Receptionist obtains basic demographic information, verifies insurance, and schedules intake appointment ▪ Briefly explain why seeking treatment, and if TF-CBT is sought ▪ All clients are screened for trauma histories/treatment needs using a battery of assessment instruments ▪ Assigned to TF-CBT clinicians, as appropriate ▪ Intake appointments generally occur during the weekdays, Monday through Friday, 8:30 AM to 4 PM.
<p>10. Family Services of Greater Waterbury 34 Murray Street Waterbury, CT 06710</p>	<p>Waterbury, Wolcott, Naugatuck, Cheshire, Prospect, Oxford, Southbury, Middlebury, Watertown, Bethlehem, Morris, and Litchfield.</p> <p>No restrictions to serve other towns if clients provide transportation.</p>	<ul style="list-style-type: none"> ▪ Call Veronica Rosario, Intake Worker at (203) 756-8317 X 3039 <ul style="list-style-type: none"> ☒ Mon, Wed and Fri: 8 AM to 1:30 PM ☒ Tues 8 AM to 4:30 PM ☒ Thurs 11:30 AM to 8 PM ▪ Requests for intake services during other hours will be taken by the receptionist who will ask a few screening questions and inform the caller that the intake worker will call back within 48 hours (workdays) ▪ Only legal guardian must initiate referral ▪ Have insurance information and social security number available ▪ Provide list of current medications and dosages, if applicable ▪ Clients may be seen at Waterbury or Naugatuck office sites

<p>11. Cornell Scott - Hill Health Center * Dixwell Children's Services 226 Dixwell Avenue New Haven, CT 06511</p> <p>400 - 428 Columbus Ave New Haven, CT 06519</p>	<p>New Haven</p>	<ul style="list-style-type: none"> ▪ You may call either office (Call (203) 503-3458 for the Dixwell Avenue clinic or Call (203) 503-3055 for the Columbus Ave clinic and request a referral for services; or ▪ Or you may Walk-In to the Dixwell Avenue clinic office <ul style="list-style-type: none"> 📍 Mon, Wed, and Thurs 8:30 AM - 7:00 PM 📍 Tues 8:30 AM - 6:30 PM 📍 Fri 8:30 AM - 5:00 PM ▪ Or you may Walk-In to the Columbus Ave clinic office <ul style="list-style-type: none"> 📍 Mon, Tues, and Thurs 8:30 AM - 8:30 PM 📍 Wed 8:30 AM - 6:00 PM 📍 Fri 8:30 AM - 5:00 PM 📍 Sat 8:30 AM - 1:00 PM ▪ A clinician will ask basic information such as demographics, insurance as well as reasons for referral and a brief trauma history screen ▪ Case will be assigned to a clinician; the legal guardian will be contacted to schedule an initial evaluation.
<p>12. Klingberg Family Centers 157 Charter Oak Avenue Hartford, CT 06106 (Main entrance on Huyshope Avenue)</p> <p>Klingberg Family Centers Family Therapy Institute/Outpatient Clinic 185 Main Street Suite 408 New Britain, CT 06051</p> <p>Klingberg Family Centers Child Abuse Treatment Services (CATS) 157 Charter Oak Avenue Hartford, CT 06106 (Main entrance on Huyshope Avenue)</p> <p>Klingberg Family Centers CATS 370 Linwood Street New Britain, CT 06052</p>	<p>All towns in Hartford County</p>	<ul style="list-style-type: none"> ▪ Call (860) 243-4416 Outpatient Clinic Office <ul style="list-style-type: none"> 📍 Mon thru Thurs 9 AM to 8 PM 📍 Friday 9 AM to 5 PM ▪ Provide insurance information and basic demographics to the receptionist ▪ Call will then be transferred to trained intake receptionist to determine urgency of need for access with a brief trauma history screen. ▪ ECC standards are followed, acuity and timeframes for appointments. ▪ Intake interviews are scheduled with a TF-CBT trained Clinician during the same hours as listed in the first bullet ▪ Spanish Speaking TF-CBT trained clinicians available at both locations ▪ For referrals to <u>Child Abuse Treatment Services (CATS)</u>: <ul style="list-style-type: none"> 📍 Call Mary Dineen Elovich at (860) 243-4416 Ext 258 📍 Mon thru Thursday 9 AM to 7 PM 📍 Friday 9 AM to 5 PM ▪ To be eligible for services there must be a disclosure of physical abuse, sexual abuse, or witness to domestic violence ▪ Children/Adolescents, ages 4 to 17 are served ▪ No fee for services provided to victims and families - Services are grant funded by the Office of Victim Services ▪ TF-CBT trained clinician obtains basic demographics information, nature of presenting problem and a brief trauma history screen ▪ Intake appointments occur within 72 hours, Mon - Fri 9 AM to 5 PM ▪ Spanish speaking TF-CBT trained clinicians available at both locations

<p>13. The Village for Families and Children 1680 Albany Avenue Hartford, CT 06105</p>	<p>Hartford, West Hartford, and Bloomfield</p>	<ul style="list-style-type: none"> ▪ Contact the Call Center at (860) 236-4511 <ul style="list-style-type: none"> ☞ Mon thru Thurs 8 AM to 7 PM ☞ Fri 8 AM to 5 PM ☞ Sat 9 AM to 2 PM ▪ A trained intake worker will obtain information regarding reason for referral, basic demographics, insurance information and urgency of need for service ▪ Intake appointments are scheduled during the same hours as cited above ▪ All clients receive a trauma screening, and clinicians at all Village locations are trained in TF-CBT
<p>14. United Community and Family Services 34 East Town Road Norwich, CT 06360</p>	<p>Bozrah, Colchester, East Lyme, Franklin, Griswold, Groton, Lebanon, Ledyard, Lisbon, Montville, New London, North Stonington, Norwich, Preston, Salem, Sprague, Stonington, Voluntown, Waterford</p>	<ul style="list-style-type: none"> ▪ Call Centralized Intake at (860) 892-7042 ext 733 <ul style="list-style-type: none"> ☞ Mon thru Thurs 8 AM to 8 PM ☞ Fri 9 AM to 5 PM ▪ For questions about TF-CBT or the process, call Lily Gill, LMFT at (860) 822-4309 ▪ Clinicians who are trained in TF-CBT are available at the Norwich and Jewett City offices ▪ Intake appointments may occur on the following days/times: <ul style="list-style-type: none"> ☞ Mon thru Thurs 8:30 AM through 7:00 PM ☞ Fri 8:30 AM to 4:00 PM
<p>15. Wellpath 70 Pine Street Waterbury, CT 06710</p> <p>15. Wellpath 70 Pine Street Waterbury, CT 06710</p>	<p>Beacon Falls, Bethlehem, Cheshire, Middlebury, Naugatuck, Oxford, Oakville, Prospect, Roxbury, Southbury, Thomaston, Washington, Waterbury, Watertown, Wolcott, Woodbury</p>	<ul style="list-style-type: none"> ▪ Call the Main Number - (203) 756-7287 and Dial 0 to speak with an operator <ul style="list-style-type: none"> ☞ Mon thru Thurs 9 AM to 8 PM ☞ Fri 9 AM to 5 PM ▪ Ask to speak with a triage case manager in order to schedule a date for orientation ▪ Once orientation has been attended by the parent/guardian, an intake date will be scheduled for the parent/guardian and client with an outpatient clinician ▪ TF-CBT clinicians are assigned, as necessary ▪ The treatment appointment will be scheduled for the child and parent/guardian based on clinical information and the Enhanced Care Clinic requirements for timeframes for this appointment, i.e. emergent within 2 hours; urgent within 2 days; and routine within 2 weeks. ▪ Basic demographic and insurance information will be requested ▪ The parent/guardian must attend first appointment and sign paperwork ▪ DCF social workers may sign and fax paperwork for those clients under DCF guardianship, if needed

<p>16. Wheeler Clinic 91 Northwest Drive Plainville, CT 06062</p>	Plainville, Bristol, Southington, New Britain, Plymouth, Terryville, Burlington, Farmington, Simsbury, Wethersfield, Rocky Hill, Kensington, Simsbury, Avon, Wethersfield	<ul style="list-style-type: none"> ▪ Call the ACCESS Center at (860) 793-3588 <ul style="list-style-type: none"> 📞 Mon thru Thurs 8 AM to 9 PM 📞 Fri 9 AM to 5 PM ▪ Intake slots available Monday thru Friday: 10 AM thru 4 PM ▪ Later appointments may be available due to special needs ▪ Caller may request trauma screening to alert clinician, but all clients are screened for trauma history ▪ Clients may be seen at the Plainville, Bristol and Hartford offices
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