



PROGRAMS AND SERVICES

BEHAVIORAL HEALTH UNIT:

Mental Health Services

Outpatient Mental Health Program

Psychotherapy: The Center provides clinical assessment, and individual, family, and group therapy to its clients.

Diagnostic Evaluations: Psychiatric evaluations and psychological testing are available to children actively engaged in treatment at the Center.

Advocacy: Outpatient therapists advocate for families in order to help them overcome or confront barriers to better education, housing, health or other social/human needs.

Sexual Abuse Treatment And Recovery (STAR) Service

Comprehensive psychotherapy services specifically designed for children who have been sexually abused as well as supportive and instructional services for parents and other family members.

Early Childhood Mental Health Treatment and Consultation

Early childhood therapists provide mental health assessment and treatment to very young children under the age of 5 as well as to parents and day care agencies.

Hispanic Family Outreach Services (HFOS)

Counseling services and advocacy are provided to children and their families enrolled in outpatient care who have difficulty accessing care due to language or cultural barriers.

Substance Abuse Services

Outreach/Outpatient Substance Abuse Services (TURNING POINT)

The Turning Point Program is a substance abuse program working with youth 13 through 17 and their families who are using or at risk of abusing drugs and alcohol. In addition the program accepts youth who are experiencing emotional problems (dual diagnoses). Services include individual, group and family counseling. Referrals can be made by calling the intake department at The Child and Family Guidance Center. The program accepts Medicaid and most private insurances.

Family-Based Recovery (FBR)

The program is an intensive home based program providing individual, family and group therapy to parents 18 years and older who are experiencing current problems with substance abuse/parent attachment issues and have a child two years old or younger living in the home. Clients are seen 3 times, however, services are available 24-7. Treatment duration is 12-18 months. Referrals can be made through the Department of Children and Families.

CRISIS AND CARE COORDINATION UNIT:

Crisis Services

Emergency Mobile Crisis Program (EMPS)

The Center provides crisis assessment and brief intervention for children under the age of 19, 24 hours a day 7 days per week. The program is accessed by calling 211.

Child Development—Community Policing (CD-CP)

In partnership with the Bridgeport Police Department, the agency provides quick response to a police officer's call when they encounter a child or youth who may need mental health services.

Care Coordination Services

Care Coordination is a Program that helps families living with children/adolescents who experience severe emotional and/or behavioral health issues that require multi-agency involvement. Care Coordinators use the Wraparound process which is a family driven model that helps families and children with complex emotional and behavioral health needs by working with a supportive team and focusing on the strengths of the youth, family and team in a culturally responsive manner to achieve the family's goals

FAMILY SUPPORT UNIT:

Supportive Services

Family Enrichment Service (FES)

Improvement and maintenance of appropriate parenting skills are provided to parents with children who have been abused or neglected, or who are at risk of abuse or neglect.

Intensive Family Preservation (IFP)

Provide intensive in-home supportive counseling to parents, whose child was temporarily removed from the home by DCF but has been returned with the need for short term family support.

Reconnecting Families Program (RCF)

Assessment and intensive treatment services for families who are designated by DCF as potentially eligible for reunification with their child.

Visitation Center

The Center offers a safe and comfortable environment for the non-custodial parent to visit their children. Supervised Visitations, Therapeutic Supervision, Monitored Exchanges and Observational documentation and Clinical Reports are available on a fee for service basis.

Nurturing Families Network (NFN)

Provides support and assistance to first-time mothers, by helping to enhance the parent-child relationship, to ensure that baby's and mother's medical and mental health needs are met, and to access needed community resources.

Juvenile Diversion

Strategic Intervention for High Risk Youth (SIHRY/CASASTART)

Intensive family mentoring and youth enrichment experiences to children living in the East Side of Bridgeport and attend Luis Muñoz Marín School that are at risk of involvement with drugs and/or the judicial system as well as experiencing problems in school.

Intensive In-home Services

Multi-Systemic Therapy (MST)

The program offers intensive in-home treatment to youth who primarily have behavioral problems but may also be abusing drugs or alcohol and/or be involved in the juvenile justice system.

Functional Family Therapy (FFT)

The program offers in-home treatment to youth who have been recently released on parole and have mental health and relationship issues with their parents or guardians. This program covers the entire Fairfield County.

PREVENTION & EARLY INTERVENTION UNIT:

Parenting Academy (Parenting Education Service)

The program conducts on-going video-based parent education classes throughout the Greater Bridgeport area. Classes are offered during the day and evening and available in both English and Spanish.

Grandparents Raising Grandchildren Program

Both parenting education and supportive services are provided to grandparents who are raising grandchildren.

Foster Grandparents Program

This cross-generational service recruits and trains seniors to mentor children and youth. The program operates out of various community sites and schools in the Greater Bridgeport area.

Schools of Hope

Foster Grandparents are placed at three schools of hope located in Fairfield, Bridgeport and Stratford with the aim to improve the academic performance of children.

PROFESSIONAL DEVELOPMENT

Professional Development Training Program

Internships and training placements for students in social work, family & marriage therapy, and psychology. The Center has affiliations with New York University, Columbia University, Southern Connecticut University, Hartford University, Fairfield University, and Sacred Heart University.

