



## OUR MISSION

Wellmore Behavioral Health promotes lifetime wellness through essential and innovative treatment and support.

## OUR VISION

Wellmore Behavioral Health envisions a community where individuals are empowered to lead healthy and fulfilling lives.

## OUR STAFF

Wellmore employs culturally and gender responsive staff in an environment reflecting our values of quality, integrity, diversity, inclusion, equality, compassion, respect, and collaboration.

## OUR SERVICES

Wellmore offers client-centered interventions that are developmentally appropriate, evidence-based, solution-focused, trauma-informed, gender and culturally identity supportive and provided by professional recovery-oriented staff.



## MAJOR FUNDING FROM:

- Advanced Behavioral Health
- SAMHSA
- The Connecticut Community Foundation
- The CT Health Development Institute
- The CT Office of Early Childhood
- The Exchange Club Family Life Foundation
- The State of Connecticut Department of Children & Families
- The State of Connecticut Judicial
- Branches:
  - Court Supported Services Division
  - Office of Victims Services Division
- The State of Connecticut Department of Mental Health and Addiction Services
- The State of Connecticut Offices of Policy & Management
- The United Way of Greater Waterbury
- The United Way of Naugatuck and Beacon Falls

## ANGELICA'S STORY

Angelica is a 15-year-old Hispanic girl who lives with her mother, two brothers, and two sisters. She is entering the 10th grade at a local high school, is an active member in her church youth group, and enjoys watching and following several YouTube accounts popular among her peers. Her mother knew something was wrong, but it wasn't until Angelica's nightmares started that she sought help: "She went from such a bubbly kid to being sad and depressed... I was so worried." Angelica's treatment with Wellmore began with an EMPS evaluation after reporting thoughts of self-harm to her mother and an interrupted attempt to drown herself in the family's bathtub. As a result of that evaluation, she was referred to Wellmore's outpatient services and began treatment for depression. Her clinician, Jeff, reported that Angelica's treatment seemed to be productive, but wasn't as effective as Angelica and her mother had hoped.

About two months into Angelica's treatment for depression, she revealed to Jeff that her father (who moved out of the family's home a week prior to Angelica's EMPS evaluation) had been abusing her for several years, and that Angelica and her mother had gone to the police station the day before to report that terrible abuse. At that time, Angelica and her mother agreed to begin Trauma-Focused Cognitive Behavioral Therapy (TF-CBT), which Jeff hoped would be a more effective treatment, considering the fact of

Angelica's continued experience of abuse. TF-CBT is a specialized form of treatment that keeps the trauma experienced by the client present. In other words, the goal of TF-CBT is not to ignore the "elephant in the room" (Angelica's trauma), but rather to pay attention to it, so that Angelica can learn to understand her emotional and physical reactions to it and develop skills to better cope with those reactions. Techniques like gradual exposure to talking about the trauma are coupled with clinician guidance to allow Angelica to learn and cope with her reactions to reminders of her trauma.

Jeff reports the since beginning TF-CBT about a year ago, Angelica has become "vastly more communicative about her trauma, and in general. She is much more talkative and active in her treatment, and is relieved that she spoke up about the abuse that she was experiencing so as to end it for herself, and to prevent it from happening to her four younger siblings."

"We know that there is a lot more work to be done, but we are so happy to have Angelica talking and acting more like herself again," said her mother. Angelica, her mother, and Jeff are all hopeful that she will continue to build confidence, to notice and appreciate positive aspects of herself as a person, and to be able to effectively communicate her thoughts and feelings.

## RODGER'S STORY

My journey at Wellmore began in November of 2014, four days after Halloween to be exact. I had spent the previous five days at a facility in Middletown where I was detoxing from a 10-year addiction to prescription painkillers.

Following my detox, a clinician advised me about rehab. She said without a rehab program I would most likely relapse; probably within a week. Because I was serious about my recovery for the first time in my life, I asked the clinician if she could recommend a facility close to my home in Waterbury.

She immediately suggested Wellmore. "Are they any good?" I asked. "They are the best," she answered without hesitation.

A day later, sitting in the waiting room at Wellmore, I filled out paperwork detailing my decade of addiction. I started taking pills randomly in my mid-twenties. It wasn't long before pills took full control of my life. All of my money was spent on my habit. When I didn't have the money, I would do anything to get it. I would steal from friends and family, I pawned my laptop and flat screen TV. All I

cared about was my addiction and I would do whatever it took to feed it.

Based on my extensive history of pill addiction the intake specialist at Wellmore recommended I enroll in the Intensive Outpatient Program (IOP). I was advised to attend the program 3 hours a day, 5 days a week for 7-10 weeks. She said if I wanted the program to work I had to take full advantage of what it had to offer, and thankfully I did.



I graduated from the IOP program 7 weeks later, and was actually a little sad when it ended. I met a lot of great people at Wellmore; I still talk to many of them today, 14 months after my graduation.

I am still very much a part of the Wellmore community and participate in their groundbreaking OASIS program that helps opiate addicts maintain sobriety through group meetings and the miracle drug Suboxone.

I am happy to say I've been drug free for 14 months. I have a great support system in place between family, close friends, and of course, the staff at Wellmore.

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[www.wellmore.org](http://www.wellmore.org)  
1-855-935-5667



SERVING

# Children + Teens Adults + Families



## WELLNESS FOR A LIFETIME

Children's Services offer an array of clinical and support programs to families. Behavioral and emotional challenges among children can affect the entire family, so our treatment and support programs involve all family members to determine solutions that work for everyone. When families, providers and communities work together, we can be successful in reaching our goal of keeping children and families safe, healthy and happy together.

- Crisis Intervention Services
- Outpatient Services for Youth and Families
- Intensive Home-Based Services
- Child Prevention & Early Intervention Services
- Therapeutic Group Home
- Community Support Services
- School-Based

The Adult Programs provide evidence-based treatment interventions that target substance use and co-occurring mental health issues for individuals living and working in the community. The approach to care is strength-based and solution focused, with the overall goal of developing enhanced skills and improving the overall health of the individual.

- Outpatient Services for Adults
- Suboxone®
- Residential Facilities
- Case Management Services
- Primary Care

## CHILD & ADOLESCENT SERVICE SITES

Waterbury – Clinical Services  
141 East Main Street  
Waterbury, CT 06702  
Phone: 203-756-7287 or 1-855-935-5667  
Fax: 203-596-0722

Home-Based Services  
141 East Main Street  
Waterbury, CT 06702  
Phone: 203-575-0466  
Fax: 203-575-1817

Naugatuck – Clinical Services  
333 Church Street, 1st Flr  
Naugatuck, CT 06770  
Phone: 203-723-9599  
Fax: 203-723-9890

Torrington – Clinical Services  
30 Peck Road, Building 2, Suite 2203  
Torrington, CT 06790  
Phone: 860-626-7007  
Fax: 860-626-7014

Danbury – Clinical Services  
41 Kenosia Avenue, Suite 301  
Danbury, CT 06810  
Phone: 203-797-9778  
Fax: 203-797-9858

Valiant House

## ADULT SERVICE SITES

Waterbury – Outpatient Behavioral Health Services  
402 East Main Street  
Waterbury, CT 06702  
Phone: 203-755-1143 or 1-855-935-5667  
Fax: 203-753-3274

For information about Adult Residential Services Contact 1-855-WELLMORE  
Therapeutic Shelter  
Morris Recovery House  
Women & Children's Program

## BUSINESS OFFICES

141 East Main Street  
Waterbury, CT 06702  
Phone: 203-574-9000  
Fax: 203-574-9006

## HOW TO GET HELP AT WELLMORE

When in a **CRISIS**, call 2-1-1  
To make a referral or get help, call 1-855-WELLMORE

Walk-in sites and hours:

- 141 E. Main Street, Waterbury: Monday, Tuesday, Thursday, Friday 10:00 am-1:00 pm
- 402 E. Main Street, Waterbury: Monday-Friday 12:00 pm-3:00 pm
- Naugatuck office: Saturday 9:00 am-12:00 pm

Medicaid & Most Insurances Accepted

WALK-INS WELCOME  
1-855-935-5667  
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“Group therapy has helped cement the ideas and skills you have taught because of shared experiences with the others.”

- Rachel, Adult Outpatient client