

WELLNESS BULLETIN *for Norwalk Parents*

December 2021

Dear Parents,

The last couple of weeks have been traumatic for our school community. We encourage students, families and teachers to reach out to each other and make use of the mental health services in the schools and city to process the stress that we've all been going through. (Services are listed at the end of this bulletin.) As additional supports, please join us in January for several free online events that will share information, strategies, and resources to support our family relationships and mental health, prevent substance misuse, and promote a better school climate. (see flyers below & register at www.thenorwalkpartnership.org/news.)

Since the holidays are a time for celebrations, this issue of our parent newsletter focuses on **ALCOHOL**, with data from our recent surveys and parenting tips. (If you find this useful, please share the info, subscribe to TheNorwalkPartnership.org & follow us on Facebook & Instagram!)

Wishing you & your families a restorative and healthy holiday, on behalf of the leadership teams of The Norwalk Partnership (TNP) and Norwalk ACTS Social-Emotional Health Committee,

Margaret, mwatt@positivedirections.org **Denique**, dlewis@norwalkacts.org

UPCOMING EVENTS

The Norwalk Partnership invites parents & high schoolers to a special workshop to start 2022 off right!

NURTURING RELATIONSHIPS, OVERCOMING ADVERSITY, AND BUILDING RESILIENCE IN 2022

Presented by Silver Hill Hospital
Thursday, January 13th, 2022 - 6:30-7:30PM
learn more & register at:
www.thenorwalkpartnership.org/news

 SILVER HILL HOSPITAL 

The Norwalk Partnership invites you to a virtual event:

How Are Our Families Doing?

Survey Findings & Resources for Norwalk Parents about Mental Health and Substance Use

Wed., January 19th, 2022 7pm-8pm (English)
Thu., January 20, 2022, 7pm-8pm (Spanish)
Learn more & RSVP for Zoom link at www.thenorwalkpartnership.org/news



New Dates!



RESTORATIVE PRACTICES TRAININGS Winter 2022



School Climate Training
January 27 & 28, 2022
8:30 am - 2 pm (Virtual) [Click Here to Register](#)

Restorative Practices Training
February 3 & 4, 2022
8:30 am - 2 pm (Virtual) [Click Here to Register](#)

All sessions are FREE. The goal is to embrace restorative policies and practices in our communities, schools, and homes to create a healthier school climate.

All sessions are being led by Restorative Practices Expert Jo Ann Freiberg of School Climate Consultants, <https://schoolclimateconsultants.com>

For questions, contact Yolande Ford at yolande.ford@uwwesternct.org

Sponsored by:   

ALCOHOL USE IN NORWALK

by Margaret Watt, *Positive Directions*



Alcohol use is a part of the culture in Norwalk, common at adult gatherings and for sale at our local beaches. We all recognize the risks of drinking too much as an adult (dependency, driving accidents, inappropriate behavior...), but the risks are much higher when it comes to youth drinking. In our community survey in March, 28% of Norwalk adults said they think drinking is a "normal part of growing up"--but the majority (72%) disagreed. Here's the reality:

Do most teens drink? No! In years of national, state and local surveys, *the majority of teens don't use alcohol or other drugs.*

- During COVID, underage drinking has *decreased*, probably due to lack of social opportunities. In our June survey, **15%** of all Norwalk high schoolers and **8%** of Norwalk middle schoolers reported drinking. Even among seniors, only **23%** were drinking.
- Prior to COVID, more kids were drinking--but still a minority. In 2018, **60%** of Norwalk juniors (the highest grade surveyed) were *not* drinking.

Isn't it a good idea to teach kids to drink responsibly before they graduate?

- Research across many countries shows that when people start drinking in their teens, they are more likely to drink more frequently and more heavily. That's why the drinking age is 21!
- People under age 25 are most likely to "binge drink": to drink 5+ drinks (males) or 4+ drinks (females) in a 2-hour period. Binge drinking is associated with accidents, drownings, injuries, unprotected sex, sexual assault.

Doesn't it keep my kids safe from drunk driving if I let them drink at my house?

- CT's **Social Host Law** makes YOU liable for anyone under age 21 who drinks at a property you own or rent. You can be charged up to \$2000 and get jail time for *each* underage drinker--even if you didn't give permission!

Why is underage drinking a problem?

- Kids who start drinking before age 15 are **4 times** more likely to develop alcohol dependency.
- Each year that teens delay drinking reduces their likelihood of alcohol problems by **14%**.
- Alcohol affects learning & memory in teens since their brains are still developing.
- Kids who drink are more likely to use other drugs too. In our June survey, among Norwalk teens who drink, **32%** vape, **21%** use marijuana **10%** misuse prescription drugs, and **9%** smoke.

Where do Norwalk kids drink?

- In focus groups, most kids report drinking at their own or a friend's house.
- Drinking at the beach is reported as common by **43%** of adults surveyed and by teens. Local security report seeing kids jump fences to drink at beaches after hours.
- **23%** of Norwalk adults in our survey say alcohol is common on school grounds during band & sporting events.

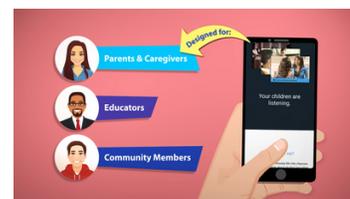
What about adults in Norwalk?

- In our March 2021 community survey, 30% of Norwalk adults told us they don't drink.
- At that time, about 18% of adults said they had been drinking more during COVID.
- Meanwhile another 18% said they had been drinking less during COVID.
- Want to cut back on drinking? Try Alcoholics Anonymous or SMART Recovery.

Alcohol Safety Tips for Parents

by Niana Nieves, Family & Children's Agency, and Margaret Watt, Positive Directions

The holiday season is a busy time filled with get-togethers and to-do list items. Even though you've likely got your hands full during this time of year, don't be any less diligent with your kids when it comes to underage drinking prevention. Peer pressure and opportunities to engage in underage drinking tend to heighten during the holidays. Keep the pointers below in mind to help prevent underage drinking this holiday season. And download the SAMHSA app, "Talk. They Hear You," for guidance to hold meaningful conversations with your kids.



What parents say--or don't say--matters!

- In our June survey, kids who say their parents disapprove of drinking are MUCH LESS likely to drink than those who say their parents don't disapprove: only 10% of kids drink when their parents disapprove, compared with 40% who don't believe their parents mind.
- Regardless of how old your kids are, start the conversation with them now about underage drinking prevention. They may have more exposure to alcohol during the holiday season, so set boundaries and align your expectations.

Be consistent with communication.

- Strong, consistent communication with your kids is key. Ensure you and your spouse or partner are on the same page when communicating expectations.
- As part of regular discussion, ask your kids open-ended questions to help prepare them for situations where alcohol is present.

Don't create an opportunity for underage drinking.

- For adults, holiday parties may include alcohol. If you're hosting an adult holiday party where alcohol is present, make sure you have other plans for your kids.
- Should it be an event where all ages are included, remember that your kids are always watching! Model responsible behavior.
- Make sure to keep your liquor inaccessible: Lock your cabinets or use our Liquor Stickers to place a seal over a bottle so you can tell if someone uses it.

Practice refusal skills with your kids.

- Talk to your kids about ways of getting out of a situation where drinking or other drug use is going on. Practice excuses: No. My mother/coach/teacher would kill me! I want to be safe. I can have fun without it. Etc...
- Talk about alternatives like bringing a water bottle.
- Have a code word that they can use to text or call you for a ride even if it's the middle of the night.

Create a family driving contract.

- Make a contract that no one in the family will ever drive while distracted or impaired, or allow anyone else to ride in a car with a distracted driver. This contract should apply to both kids and parents! Come up with a plan if a driver is not safe: Use Norwalk's Wheels 2 U service.. Call an Uber. Call a friend or family member. Walk!

RESOURCES:

- Data, Q&A, downloads at www.thenorwalkpartnership.org/alcohol
- Free app: "Talk. They Hear You" from <https://www.samhsa.gov/talk-they-hearyou/mobile-application>
- 5 conversation goals: [https://www.samhsa.gov/sites/default/files/talk to your kids 5 conversation goals.pdf](https://www.samhsa.gov/sites/default/files/talk%20to%20your%20kids%205%20conversation%20goals.pdf)
- Think your child may be drinking? <https://www.samhsa.gov/talk-they-hear-you/parent-resources/how-tell-if-your-child-drinking-alcohol>

Socially Appropriate Drinking

By Dave Walenczyk, MSW, Director of Norwalk Youth Services

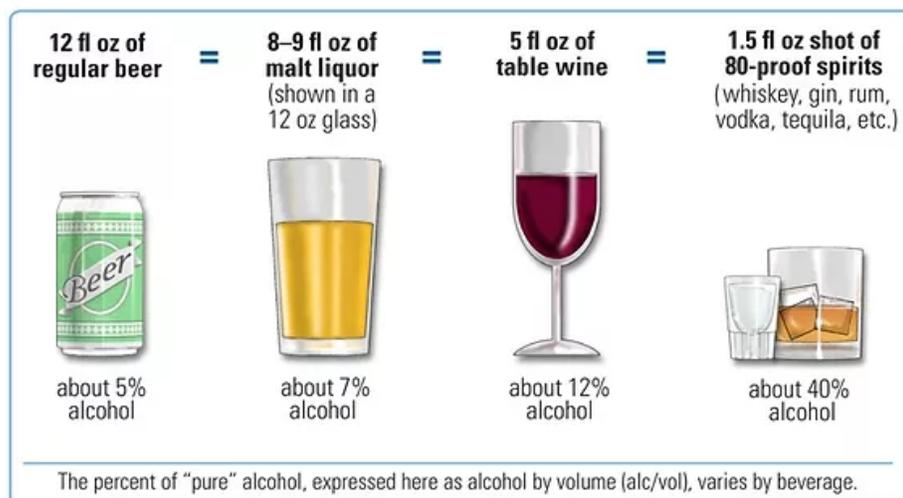
What is the difference between socially appropriate drinking and abusive or dependent use of alcohol? There are a number of factors to consider:

Typically, a socially appropriate drinker uses alcohol in a very predictable fashion. Drinking does not progress to intoxication (drunkenness). The intent of drinking is not to become inebriated (drunk). A socially appropriate drinker senses cues (feeling or noticing the effect of alcohol on their body) and moderates drinking to maintain control. A socially appropriate drinker is cued toward how much alcohol they've consumed over what period of time and exhibit control. For example, *"I've had two drinks over the past hour and a half, time to stop or switch to a non-alcoholic beverage, or slow down and spread drinks out."*

One shot of liquor, one 5oz glass of wine, or one 12 oz bottle of beer per hour is a generally good guideline for socially appropriate drinking. Of course, individual factors impact level of impairment.

A socially appropriate drinker does not generally experience adverse behavior or consequences from their use of alcohol. For example, some persons may become aggressive after even a small amount of alcohol. Alcohol may not be a safe substance for them to use. Others may have associated negative impacts on their decision-making skills after even a small amount of alcohol. Again, it may not be safe for such individuals to use alcohol.

Finally, socially appropriate drinkers are not consumed with thinking about use or having access to alcohol and are proactive about use of alcohol, such as having a designated driver if they choose to attend an event where they may consume alcohol and it's unsafe for them to operate a vehicle.



If you're someone who doesn't appear to be using alcohol as described above, you may be prone to abuse or, in more severe cases, dependence on alcohol. Alcohol can be a dangerous substance when abused and impact not just the drinker, but the drinker's family and community.

Please drink responsibly.



Norwalk Department of Youth Services

By Dave Walenczyk, MSW, Director of Youth Services

Norwalk Youth Services offers several free services to Norwalk residents:

- We provide **Restorative Justice** programming for youth who are arrested for minor offenses, or truant, or considered to be beyond control. Referrals are made via the Police, Courts, and or any parent in the community for voluntary services. Contact Jay Getner 203-854-7788 for this service.
- We provide **Care Coordination** services for youth and families who may have mental health or substance abuse issues. Services include an assessment and referral to appropriate services within the community based on determined need. We can also coordinate social service needs with the City's Family Navigation program. Contact our main number, 203-854-7785 for these services.
- Our **Peer Connection** program is an activity-based life skills and youth development program for Norwalk middle school-aged youth. This group meets weekly at Norwalk City Hall, Mondays from 6:30pm to 8:00pm. Please contact our main number 203-854-7785 to register for this program.

**ALL PROGRAMS & SERVICES ARE FREE OF CHARGE
TO NORWALK RESIDENTS!**

PEER CONNECTION
 Mondays 6:30pm – 8:00pm
 Norwalk City Hall 203-854-7785
Peer Connection is more than just food, friends, and fun. The New Peer Connection Program is an interactive life skills program open and free to 6th, 7th and 8th grade students in the City of Norwalk. This unique program offers the following:

Group presentations on topics of interest to teens:

- Life Skills*
- Self – Awareness*
- Peer Relationships*
- Substance Abuse*
- Wellness*

Exciting Team Building Activities
Our Past Guest Speakers have included:
Robotics, Animal Embassy, Internet Safety Concepts, Artists, Mad Science, just to name a few.

As a member you will have the opportunity to assist in the program activities, as well as planning of all guest presentations.

TCC CORNER!

by Cadence Pentheny

LGBTQ+ Youth & Alcohol Misuse/Addiction

LGBTQ+ youth are at least 1.5 times more likely to use substances than their straight and/or cisgender counterparts - in fact, the data from the Norwalk Youth Survey shows that young people who self-identified as LGBTQ+ were 4 times as likely to use than their peers.

We are not seeing these higher numbers for no reason. LGBTQ+ youth are increasingly experiencing traumatic events such as bullying, violence, and isolation from their peers, families, and communities at large. When you are experiencing these things on a daily basis, abusing or misusing a substance such as alcohol (though we know it's not healthy or safe) might be the only coping mechanism you have available to you.

Alcohol is also often the drug of choice because of its prevalence in social settings. It's no small thing that the first, openly designated LGBTQ+-affirming space that many young people might find is a bar or a party - that association can be very powerful to someone who already feels invisible or is openly discriminated against.

Providing safe, affirming spaces and communities is essential to prevention.
Triangle Community Center is available as a resource for all ages in Norwalk!



PREVENTION CORNER

The Norwalk Partnership (TNP) is Norwalk's community coalition to prevent underage substance use. Get info, tips, and data at www.thenorwalkpartnership.org

Liquor Sticker Awareness Campaign

by Laila McGeorge, TNP coordinator

TNP's campaign aims to create awareness that Norwalk teens who drink usually access alcohol at their own or a friend's house. Adults are responsible and can be charged under CT's Social Host Law.

- One way adults can prevent underage drinking is by placing Liquor Stickers across the top of bottles of wine or liquor, so that youth have to break the seal or remove the sticker in order to drink.
- Adults should also keep their liquor in a locked cabinet.

Get your liquor stickers at participating package stores in Norwalk!

Contact me for more info: lmcgeorge@positivedirections.org.



Take personal responsibility this holiday season by making a plan for a safe ride home before your celebrations begin. Designate a non-drinking, unimpaired driver, or take Norwalk's "Wheels 2 U" service or call an Uber. If you're a host, provide an alternative to your guests, such as festive, non-alcoholic drinks.

"Power of Parents" Guide by Mothers Against Drunk Driving (MADD)

Parents, download MADD's guide to learn info & skills to speak to your children about the **risks of alcohol and drug use:**

<https://www.madd.org/the-solution/power-of-parents>



PREVENTION CORNER

Dabbing and Vaping...What's the Difference?

*On December 3rd, 2021, emergency services transported two Norwalk teens to the hospital after they became ill from vaping an unknown substance. This incident is a reminder that any substance can be contaminated with other products. **There is no safe use of illicit substances.***

- **Vaping is an umbrella term** that refers to ingesting “vaporized” chemicals. The earliest vapes were e-cigarettes, used as an alternative to cigarettes to ingest nicotine in aerosol form.
- **Teens today** use the term dabbing specifically to refer to inhaling cannabis (marijuana), while they use vaping to refer to inhaling nicotine-based products.
- **Both dabbing and vaping** are dangerous for the lungs because the user ingests a large number of chemicals directly into the lungs.
- **Dabbing involves inhaling concentrated THC**—the chemical in marijuana that affects the brain and creates the “high.” Dabs can be close to pure THC: **70% to 90%** or even more.
- **At levels above 10% THC**, marijuana is associated with addiction, mental illness, psychosis, and even suicide. There is now a new diagnosis of Cannabis-Induced Psychosis, with CT DPH reporting a **300%** increase in hospital admissions for psychosis between 2016 and 2019.
- **In 2018, the US Surgeon General warned about the dangers of marijuana for teens** because it affects brain development. Teens who use marijuana a few times a week can lose up to **8 IQ points**.
- That’s why marijuana in any form is not legal for anyone under age 21. Vaping is also illegal before age 21.



Get Involved with TNP's Work!

The Norwalk Partnership is a coalition of volunteers and agencies working together to prevent substance use & promote mental wellness in our youth & young adults. Interested? Join our coalition or committees, listed below! RSVP to Laila, lmcgeorge@positivedirections.org:

- **TNP coalition** meets online on the last Wednesday of each month from 2-3:30pm.
- **TNP alcohol committee** meets 2nd Wednesdays of the month from 4-5pm.
- **TNP marijuana/vaping committee** meets 1st Thursdays of the month from 4-5pm.
- We are planning a **Freshman Forum** for 9th graders & parents and would love your help!

Want to focus on mental wellness?

- Norwalk ACTS **Social-Emotional Health committee**. RSVP to dlewis@norwalkacts.org

Norwalk Health Department News

By Kelley Meier, Health Educator

Things you Should Do to Prevent the Flu

Norwalk Health Department Flu Clinics
 Thursdays, 2PM - 4PM
 131 East Avenue
 No appointment needed.
 *No clinic 12/23 or 12/30

Use a mask

Wash your hands

Keep your distance

Get your flu vaccine

Stay at home if you feel sick

Need help or have questions? Call 203-854-1716

The Health Department strongly encourages all eligible individuals to get their COVID-19 vaccines and booster shot. Vaccines and booster shots play a significant role in helping the immune system further protect you from the COVID-19 and its variants. COVID-19 cases and hospitalizations are rising statewide. The COVID-19 vaccine and booster shots are our best defense at protecting ourselves, our families, neighbors, and community, especially during the holiday season.

NORWALK COVID VACCINE CLINICS DECEMBER 13 - DECEMBER 19

Monday December 13

8:30 am - 4 pm
Vet's Park
 42 Seaview Ave
 Pfizer (Ages 5+),
 Moderna, J&J

3:15 pm - 7 pm
Norwalk Public Schools:
Jefferson at Ponus and Naramake
 Visit <https://norwalkps.org/npsvaccinationclinics> for information.
 Pfizer (Ages 5-11)

Tuesday December 14

8:30 am - 4 pm
Vet's Park
 42 Seaview Ave
 Pfizer (Ages 5+),
 Moderna, J&J

9 am - 1 pm
FCA at Ben Franklin Community Center
 66 Bayview Avenue
 Pfizer (Ages 12+),
 Moderna, J&J

3 pm - 7 pm
FCA at Ben Franklin Community Center
 66 Bayview Avenue
 Pfizer (Ages 5-11)

3 pm - 6 pm
Norwalk Public Library (South Norwalk)
 10 Washington St
 Pfizer (5-11)

Thursday December 16

3 pm - 6 pm
Norwalk Public Library (Main Branch), 1 Belden Ave
 Pfizer (Ages 12+), Moderna, J&J

Friday December 17

4 pm - 8 pm
Norwalk Public Schools: Cranbury, Brookside, and Silvermine Elementary Schools
 Visit <https://norwalkps.org/npsvaccinationclinics> for information.
 Pfizer (Ages 5-11)

Saturday December 18

8:30 am - 4 pm
Vet's Park, 42 Seaview Ave
 Pfizer (Ages 5+), Moderna, J&J

9 am - 12 pm
Hartford Health Care, 761 Main Ave
 Pfizer & Moderna (Ages 18+) **Appointments required.**
 Visit <https://hartfordhealthcare.org/health-wellness/covid-vaccine/locations>.

10 am - 3 pm
Norwalk Senior Center, 11 Allen Rd
 Moderna *Boosters only | **Appointments required.**
 Visit <https://vams.cdc.gov/vaccineportal/> or call 203-854-7985 for appointments.

10 am - 4 pm
Norwalk Public Library (South Norwalk), 10 Washington St
 Pfizer (5-11)

THAT'S NOT ALL!

There are lots of other ways to get your vaccine!

- Search for all providers in our area: <https://www.vaccines.gov/search/>
- Find clinics for Norwalk Public Schools students: <https://norwalkps.org/npsvaccinationclinics>
- Visit www.norwalkct.org/vaccine for updates and announcements.

Please note: This list includes clinics held by several vaccine providers. We make every effort to keep this list up to date, but information/schedules may change due to weather or other circumstances. Cancellations for Vet's Park clinics are announced at www.norwalkct.org/vaccine. Questions? Please call 203-854-7985.





Save these numbers in your
and your family's phones!

MENTAL HEALTH OR SUICIDE CRISIS?

**FREE HOTLINES ARE
AVAILABLE 24/7!**

National:

- Crisis Text Line: Text 741741
- National Suicide Lifeline: Call 800-273-8255
(Starting July 2022, just dial 988)

LGBTQ:

- The Trevor Project: Text 678678
- Trans Lifeline: Call 877-565-8860

CT Resources:

- Kids in Crisis (ages 0-18): 203-661-1911
- CT's Action Line (mobile crisis): 2-1-1, option 1
- Domestic Violence SafeConnect: 888-774-2900
- JoinRiseBe Young Adult Warmline: Talk to a young adult peer specialist 12pm-9pm daily: 800-6-HOPENOW

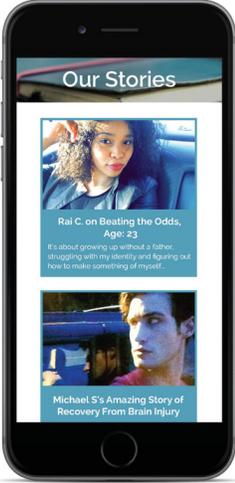
Local:

- First Responders: 911 (ask for a CIT officer)

Peer Support for Teens

Feeling Down? Struggling to Cope? We've Got Your Back.

TurningPointCT.org: Online resources & supports, created by young people in CT for their peers



Q&A Guide
You can get better. We can help. Discover the people who can truly guide you, from peers to professionals.

Personal Stories
Check out stories from young people across the state. We've been there—and look how far we've come!

Social Platforms
Stay updated on the latest posts and resources by following us on FB, Twitter, Insta, YouTube, TikTok, etc.!

Resource Map
Explore a map of social, recreational, and clinical resources for young people around the state.

Media Room
Check out the latest podcasts and share your artwork, poems, or videos.

Facts & Resources
Mental health, mental illness, addiction and recovery: let us give you the lowdown.



Guiding the search for mental wellness

TurningPointCT.org was developed by young people in Connecticut who are in recovery from mental health and substance use issues.



TurningPointCT.org
CT's online community on mental health & substance use, developed by young people in recovery for their peers

**THE TURNINGPOINTCT PODCAST:
BY & FOR YOUNG PEOPLE IN CT**

Teens and young adults from CT talking about things that really matter. Relationships, mental health, drugs & drinking, self-care, life, stress, and more!

NEW EPISODES EVERY OTHER FRIDAY!

Or find us @TurningPointCT on Spotify, Google Podcasts & Apple Podcasts

[TURNINGPOINTCT.ORG/PODCASTS](https://turningpointct.org/podcasts)

Instagram, Facebook, Twitter, YouTube, Messenger, TikTok

9/21

FREE PEER SUPPORT WITH ALLY! For young people in their teens & 20s

Need to talk to someone who gets what you're going through?
Want help figuring out next steps?

Connect with Ally Kernan, Peer Support Specialist at TurningPointCT!
In-person or virtual, Tuesday & Thursday mornings... or by request.
Call or text: 203-858-1819



Provided by TurningPointCT.org, the mental wellness community by & for young people in CT



SUPPORTS FOR NORWALKERS

Struggling with isolation, stress, depression, or substance use? Help is here.

24/7 HOTLINES

- **CT's Mobile Psychiatric Crisis:** Dial 2-1-1, select option 1
- **CT's Substance Use Access Line:** 800-563-4086
- **Crisis Text Line:** Text Hello to 741741 (national)
- **National Suicide Lifeline:** 800-273-8255 (starting July 2022, just dial 988)
- **Trevor Project (LGBTQ):** Text 678678 or call 866-488-7386 (national)
- **Trans Lifeline:** 877-565-8860 (national)

CITY SERVICES

- **Community Services:** Info, referrals, family navigators. 203-854-7999
- **Youth Services Bureau:** Care coordination, referrals, Juvenile Review Board, life skills. 203-854-7785

FREE IN-SCHOOL SUPPORT

- **Teen Talk:** Free crisis counseling provided by Kids in Crisis. BMHS: 203-852-9488, x11319, Room 11319. NHS: 203-838-4481, x13279, Room 218E. Or call 24/7 helpline: 203-661-1911
- **School-Based Health Centers:** Behavioral health, telehealth, medical, physicals. BMHS: Room 1209. NHS: Room C301. Also NHMS, Ponus & WRMS.

FREE PEER SUPPORT

- **Alcoholics Anonymous:** Meetings in English & Spanish. ct-aa.org
- **Courage to Speak Foundation:** Parent support group, education. 877-431-3295
- **NAMI:** Support groups for young adults & families, training programs by & for families with a loved one with mental illness. namisouthwestct.org
- **Alanon/Alateen:** Support for people affected by someone's substance use. *Adults:* Call Karen at 203-962-5427. *Teens:* Call Peter at 203-856-1614
- **RIPPLE:** Late-night online support groups & more. RockingRecovery.org
- **SMART Recovery:** Support & skills building to quit bad habits & make positive changes in your life. Local groups: turningpointct.org/smart
- **TurningPointCT:** Online mental health community by & for teens and young adults in CT. TurningPointCT.org. One on one peer support with Ally.

SUPPORTS FOR NORWALKERS

Struggling with isolation, stress, depression, or substance use? Help is here.

NONPROFIT TREATMENT AGENCIES

- **Catholic Charities:** Mental health counseling, all ages. English & Spanish. 203-750-9711
- **Child & Family Guidance, ACRA program:** Substance use treatment for teens ages 12-24. English & Spanish. 203-810-4404
- **Child Guidance of Mid Fairfield County:** Mental health services ages 5-21, including home based. English & Spanish. 203-299-1315
- **Community Health Center (Day Street):** Mental health & substance use, all ages. Must be medical client of CHC. Multiple languages. 203-854-9292
- **CT Counseling Centers:** Behavioral health for adults, including IOP and opioid treatment. English & Spanish. 203-838-6508
- **CT Renaissance:** Behavioral health for ages 13 through adult, including gaming/gambling. 203-866-2541
- **Family & Children's Agency:** Psychiatric services for children & teens, including IICAPS; mental health & substance use for adults. 203-855-8765
- **High Focus Centers:** Intensive mental health & co-occurring for ages 10 through adult, including IOP and PHP. 877-670-5120
- **Keystone House:** Residential rehabilitation program for people with a psychiatric disorder. 203-855-7920
- **Liberation Programs:** Drug & alcohol counseling for middle school through adults. 855-542-7764
- **MFAP Drug User Outreach:** Outreach, Narcan, syringe exchange. 203-855-9535 x107
- **Norwalk Community Health Center:** Mental health & substance use counseling, all ages. Must be medical client of NCHC. English, Spanish, Haitian Creole. 203-899-1770 x1203
- **Norwalk Hospital:** Behavioral health treatment for adults, including IOP, PHP and inpatient. 203-852-2988
- **Positive Directions:** Mental health & substance use treatment, prevention, recovery support, ages 13 through adult. Free time-limited 1:1 peer support for teens and young adults with Ally from TurningPointCT. English & Haitian Creole. 203-227-7644
- **St. Vincent's:** Mental health & substance treatment, all ages, including IOP in Norwalk and inpatient / detox in Westport. 203-221-8899
- **Services in Nearby Towns:** TheHubCT.org/treatment