

WELLNESS BULLETIN *for Norwalk Parents*

January 2022

Dear Parents,

In December our families struggled with the new wave of COVID, worries about possible threats to the safety of our children, and the ongoing fatigue from all the impacts of the pandemic. For many families--and for kids at school--the long-term anxiety and grief started to turn into anger. That's why it's so important for us all to try to use January as a time to re-set. The new year offers the possibility of a fresh beginning. We have used this month's bulletin to focus on RESILIENCE--something we all need more of!

We hope you and your high school students will join us this Thursday night for a special presentation by Silver Hill Hospital to help us learn coping skills for dealing with adversity and building relationships. RSVP at www.thenorwalkpartnership.org/news We also have a special presentation for parents next week, as well as a restorative practices training later this month. Please join us for these opportunities!

Here's to a healthy, safe and happier new year in 2022,

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

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
PREVENTING SUBSTANCE MISUSE
AMONG YOUTH AND YOUNG ADULTS

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

The Norwalk Partnership
PREVENTING SUBSTANCE MISUSE
AMONG YOUTH AND YOUNG ADULTS

New Dates!



The Norwalk Partnership
PREVENTING SUBSTANCE MISUSE
AMONG YOUTH AND YOUNG ADULTS

Norwalk ACTS



Restorative Practices: Free Training for Norwalk!

by Denique Weidema-Lewis, Norwalk ACTS, Director of Equity and Collaboration

Since 2019, Norwalk ACTS has been co-hosting both School Climate and Restorative Practices training. **We welcome parents to join us this month** to learn how to create a positive culture in our families and schools using the Restorative Practices (RP) model!

What are Restorative Practices? RP provides information necessary for establishing the conditions for developing and nurturing a culture based on high quality relationships. RP creates cultural change by focusing *not* on identifying rules broken and responding with punitive consequences, but rather by focusing on identifying the harms done (impact) and responding with appropriate restorative consequences and by developing systems to repair and support strong relationships and enduring community. Working restoratively emanates from a fundamental hypothesis:

RESTORATIVE PRACTICES TRAININGS Winter 2022



“Human beings are happier, healthier and most likely to make changes in their behavior, when those in positions of authority do things *with* them rather than *to* them or *for* them.”

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

RP has two aims: (1) to build high-quality relationships and community, and (2) to repair those relationships and community when harm has been done to them.

Building intentional relationships and creating trauma-informed practices is essential to supporting youth in navigating the stress and trauma of the COVID-19 pandemic, and maximizing their engagement and resiliency despite the pandemic's ongoing challenges.

We look forward to offering the next round of School Climate (January 27 and 28, 8:30AM-2PM) and Restorative Practices training (February 3 and 4; 8:30AM-2PM). Within all our work at Norwalk ACTS, we recognize that building a web of collaboration between all members of our diverse community is an essential part of creating a restorative community. These virtual trainings are free & open to anyone in the community. Join us!

Sponsored by:



Register here: [School Climate Training Winter 2022 \(signupgenius.com\)](https://signupgenius.com) and [Restorative Practices Training Winter 2022 \(signupgenius.com\)](https://signupgenius.com).

The Importance of Mental Health and Resiliency

By Marissa Mangone, Chief Development Officer, Mid-Fairfield Child Guidance Center and Gail Melanson Ph.D., Executive Director, Child Guidance Center of Mid-Fairfield County

Mental Health includes our emotional, psychological, and social well-being.

- It affects how we think, feel and act. It also helps determine how we handle stress, relate to others, and make healthy choices.
- Mental Health is important at every stage of life from childhood and adolescence through adulthood. Most often we recognize the importance of physical health -- exercising, eating healthy, drinking water, and going to the doctor regularly. While physical health does play a large role in keeping our bodies in shape and functioning properly, our mental health is just as important to maintain and for achieving a healthy and happy lifestyle. Unfortunately, we don't pay as much attention to monitoring and taking care of our mental health. Sometimes there is a stigma associated with mental health.
- Going to see a therapist or taking other steps to ensure you are functioning optimally with your mental health should be just as acceptable as going for your yearly physical or going to the gym to maintain your physical health.

Resiliency plays a critical role in shaping a child's mental health and wellbeing.

Resilience is the ability to adapt and cope with difficult situations. When stress, adversity or trauma strikes, you still experience anger, grief and pain, but you're able to keep functioning -- both physically and psychologically. Being resilient includes the ability to withstand adversity and bounce back from difficult life events.



Being resilient does not mean that people don't experience stress, emotional upheaval, and suffering. Some people equate resilience with mental toughness, but demonstrating resilience includes working through emotional pain and suffering. In fact, being able to reach out to others for support is a key part of being resilient.

There are certain protective factors that have been associated with positive outcomes in children despite adverse events.

- Such factors include the presence of a loving and caring adult, self-regulation skills, positive self-perceptions, connection to faith and culture, adequate parenting skills in caregivers, and a positive school environment have been shown to be the most important factors that contribute to resiliency.
- Working with caregivers is as important as working with children/adolescents to promote resiliency. Addressing adversity while also focusing on enhancing protective factors helps to improve relationships and the ability to overcome adversity.



Mid Fairfield Child Guidance Center

By: Marissa Mangone, Chief Development Officer, Mid Fairfield Child Guidance Center

Every child has mood fluctuations. They get sad, or angry, or anxious. They procrastinate and become forgetful. This is all perfectly normal. It's part of growing up. However, when unhealthy behavior or an unhealthy emotional state persists and begins to negatively impact your child's ability to function in one or more settings (self, family, school, or community) you should consider seeking professional help. Remember, it's extremely common for children to need help with mental health issues and nothing to be embarrassed about. In fact, one in every five children in the U.S. has a diagnosable mental health condition that requires treatment.

We are here to help! Mid-Fairfield Child Guidance Center is a community-based, non-profit committed to providing equitable access to mental health and wellness services that improve the health, resiliency, and quality of life for children (ages birth – 21) and families in Norwalk. We offer a broad range of services including: individual, family, and group therapy; care coordination; extended day treatment and intensive outpatient programming; enrichment, consultation, and training opportunities; and home-, community-, and school based programming. Programs and services are offered at our Norwalk outpatient clinic, on an in-home basis, and at most Norwalk schools.

Our work in Norwalk Public Schools: Mid-Fairfield Child Guidance Center provides a broad spectrum of mental health support services and models of care to students, families, and staff throughout Norwalk Public Schools. Mid-Fairfield staff dedicated to NPS currently include Mental Health Clinicians and Care Coordinators. Clinicians provide students with individual and group therapy and screening services. Staff receive trauma informed care training and consultation services that support social and emotional wellness.

Mid-Fairfield's vision is to provide all Norwalk Public School students, families, and staff with ready access these essential support services via a network of community providers working with and in partnership with schools. To learn more about how students, families, and educators, can access programs and services, contact (203) 299.1315.

To learn more about Mid-Fairfield Child Guidance Center, please contact (203) 299-1315 or visit www.childguidancemfct.org.

Opportunity to provide feedback to our legislators!

Norwalk ACTS

VIRTUAL LEGISLATIVE BREAKFAST
THURSDAY, JANUARY 20, 2022 AT 8:30 AM



Join your state legislators for a (virtual) legislative breakfast. Learn and share your thoughts about their priorities before the Connecticut legislative session begins!

Norwalk ACTS is determined to collectively transform systems by ensuring resources, policies, practices, and power structures actively dismantle racism and drive equitable outcomes for every Norwalk child and young person.

www.norwalkacts.org

TCC CORNER

by Cadence Pentheny
cadence@ctpridecenter.org

You already have the tools!

You don't need to be a top expert in all things LGBTQ+ to let your child know that you care.

"I'm here for you, I love you, and I will support you no matter what", goes further than you can ever know.



PREVENTION CORNER

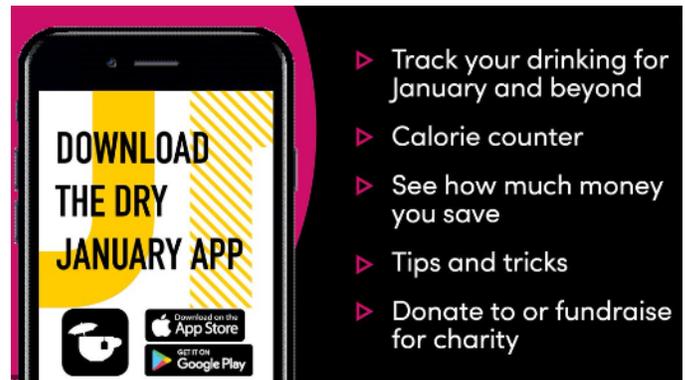
The Norwalk Partnership (TNP) is Norwalk's community coalition to prevent underage substance use. Get info, tips, and data at www.thenorwalkpartnership.org



Try Dry January!

Dry January is a month when many people voluntarily stop drinking alcohol after the excesses of December and start the new year on a sober, clearer, more refreshed and healthy note.

Download the **free Try Dry app** to help you meet your goals, whether you want to take on Dry January (or another dry challenge), cut down on your drinking, or go totally alcohol-free.



Start the New Year Fresh: Clean out your medicine cabinet!



When was the last time you checked the expiration dates on the medications and other products in your medicine cabinet? The new year is a great time to clean up! Keeping drugs around "just in case" creates a danger of kids experimenting, someone accidentally mixing drugs, or someone overdosing.

Safely dispose of your expired or unneeded medications by mixing them with kitty litter or coffee grounds in a ziplock bag to help them disintegrate, and then throwing the sealed bag in the trash. You can also use a Deterra bag for that purpose. Never flush! Please keep prescription drugs out of the water supply!



PREVENTION CORNER



ABOUT PREVENTION CORPS

Prevention Corps is an AmeriCorps program dedicated to educating and empowering communities across Connecticut to end the opioid crisis.

WHAT OUR AMERICORPS MEMBERS DO

AmeriCorps members will support The Norwalk Partnership in addressing the opioid crisis in Norwalk and Westport, CT. Members address the opioid crisis through community education (including Narcan training), stigma reduction, and resource creation. We are looking for passionate individuals from all backgrounds who are ready to utilize their individual assets to mobilize prevention efforts.



BENEFITS OF BEING A MEMBER

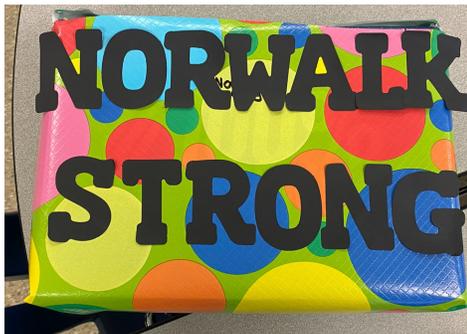
- modest living stipend paid during service
- educational award to be used towards tuition and fees, student loan payments, etc.
- professional development
- networking opportunities
- a chance to make a difference in your community!



If you are interested in applying, please contact Alisson Wood
preventioncorps@ryasap.org

Want to make a difference in your community and gain experience?

SERVE WITH PREVENTION CORPS AT THE NORWALK PARTNERSHIP



Norwalk Strong Clubs Create Wellness Boxes for The New Year!

by Laila McGeorge, TNP coordinator

This past school year has been stressful for many high schoolers in Norwalk... That's why The Norwalk Partnership's youth clubs, **Norwalk Strong** (located at McMahon and Norwalk High), have created wellness boxes for students to use coping skills, learn how to get help, and leave encouraging messages to their peers! Be on the lookout for these boxes in your high school!

High schoolers interested in wellness and substance use prevention: Join our Norwalk Strong clubs!

- **BMHS:** Wednesdays from 2:30-3:30 PM, Room 1207. Contact Sof, the BMHS club leader, at sramos@positivedirections.org or text him at: 203-945-9012
- **NHS:** Thursdays from 2:30-3:30 PM in the Public Forum Room. Contact Grace, the NHS club leader, at





Internet Safety at Home

As adults and children alike have turned to digital tools for school, work, and socialization, **online safety matters now more than ever.**

Here are **five tips** for keeping kids safer online, adapted to fit the current “safer at home” environment.

Tip 1:

Keep the Ground Rules



Even if our online habits have changed significantly, you can still set boundaries that work for your family and schedule. Involving children in setting these rules may help them stick to the guidelines.

Consider:

- Distance learning tasks **before** social media or gaming
- **No devices** during meals
- At least ___ **minutes** of non-electronic activities per day
- **“Digital curfew”**: no devices after a certain hour

Tip 2:

Modify How You Monitor



Even the strictest monitoring programs and content blockers can't ensure that children are totally protected online. The best tools for keeping kids safe are time, attention and active conversation about digital behaviors.

Consider:

Setting up **workstations** for children and teens that provide **quick visual access** to the screens for **easy check-ins** from parents/caretakers as they telework or complete household tasks.

Tip 3:

Engage with the Platforms



Take advantage of this time at home and online to get more familiar with the technology platforms your child likes to use. Taking a genuine interest in the games and platforms your child enjoys will help you better understand what your child is doing online.

Consider: If you're teleworking, **take a short break** to join your child on a round on the **game console**, or forward a funny **meme or video** you saw on one of the social media channels they use. It's a quick way to show you're willing and able to be **involved** in your child's online life.

Tip 4:

Chat IRL



Chat "in real life" with your children. With our social lives being conducted entirely online these days, it's important to have face-to-face discussions about how children and teens are maintaining healthy relationships online, and to give them opportunities to also talk about anything unhealthy or uncomfortable happening to them online.

Consider: Showing that you're willing to **listen and respond calmly**, even if what you hear is uncomfortable or troubling.

Tip 5:

Don't Take the Tech



Taking away internet access because a child has made a mistake online rarely solves the problem. Taking access away during a lockdown would likely do far more harm than good. Beyond affecting a child's ability to complete distance-learning tasks, it would all but completely isolate them from friends and other family; a support system that is essential right now. Find ways to give consequences that don't involve removing online access entirely.

Consider: If you must, **limit access** (shorter window for digital socializing, gaming, restricted use to certain public areas of the house, etc.) **rather than** removing it entirely.

Learn More Here!

- NCMEC Internet Safety Training and Tips for Training (FREE): <https://ncmec.elevate.commpartners.com/prevention-education-and-resources>
- NCMEC Videos for Children on Computer Safety (FREE): <https://www.netsmartzkids.org/videos/>
- Internet Safety Concepts, Scott Driscoll: <https://internetsafetyconcepts.com/for-families>

PREVENTION CORNER

It's Our Anniversary ~ Come Celebrate With Us!

Want to know more about Alcoholics Anonymous, Al-Anon or Alateen? If you or someone you're close to may be struggling with alcohol, come learn what these "12-step" support groups are all about! This Anniversary Meeting is an open meeting, where anyone can attend to see if you might want to participate. There will be speakers including a teen advocate from Norwalk.



Sunday Evening Wilton Congregational Church
Al-Anon Group

12th Year Anniversary

via Zoom

Speakers from Al-Anon, A.A. & Alateen

Sunday, January 23rd, 6-7:30 pm EST

Zoom ID: 818 6965 2422/Passcode: 548933

Dial in Only: 929-205-6099, Passcode: 548933



Sharing Our Experience, Strength & Hope Together

* ONE DAY AT A TIME *

SKILLS TRAINING: LEARN TO PREVENT SUICIDE!

Suicide rates are up, and suicidal ideation is high even in our kids right here in Norwalk. Do you know how to recognize signs someone could be considering suicide? Do you know what to say and do? Take a free Question-Persuade-Refer (QPR) training online & learn the skills to save a life.

- The Hub is offering QPR trainings on the 1st and 3rd Tuesday of each month from 9am-10:30am. Register at www.thehubct.org/events
- Looking for an evening QPR training, QPR in Spanish, or want to bring QPR to your PTO or other group in Norwalk? Contact Margaret at mwatt@positivedirections.org

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 Margaret, mwatt@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 203-854-1116

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 JANUARY 10 - JANUARY 16

Monday January 10	Tuesday January 11	Wednesday January 12	Thursday January 13	Friday January 14	Saturday January 15
<p>8:30 am - 4 pm Vet's Park 42 Seaview Ave Pfizer (Ages 5+), Moderna, J&J</p> <p>4 pm - 8 pm Norwalk Public Schools: CMS Visit https://norwalkps.org/npsvaccinationclinics for information. Pfizer (Ages 5-11)</p>	<p>8:30 am - 4 pm Vet's Park 42 Seaview Ave Pfizer (Ages 5+), Moderna, J&J</p> <p>9 am - 1 pm FCA at Ben Franklin Community Center 66 Bayview Avenue Pfizer (Ages 12+), Moderna, J&J</p> <p>3 pm - 7 pm FCA at Ben Franklin Community Center 66 Bayview Avenue Pfizer (Ages 5-11)</p> <p>9 am - 2 pm Norwalk Community Health Center 120 Connecticut Ave Pfizer (Ages 12+) Appointments required. Visit https://www.norwalkchc.org/covid-vaccine-appointment or call 203-851-1000.</p>	<p>1 pm - 4:30 pm Norwalk Community Health Center 120 Connecticut Ave Pfizer (Ages 5-11) Appointments required. Visit https://www.norwalkchc.org/covid-vaccine-appointment or call 203-851-1000 for appointments.</p>	<p>9 am - 2 pm Norwalk Community Health Center 120 Connecticut Ave Pfizer (Ages 12+) Appointments required. Visit https://www.norwalkchc.org/covid-vaccine-appointment or call 203-851-1000 for appointments.</p>	<p>1 pm - 4:30 pm Norwalk Community Health Center 120 Connecticut Ave Pfizer (Ages 5-11) Appointments required. Visit https://www.norwalkchc.org/covid-vaccine-appointment or call 203-851-1000 for appointments.</p>	<p>8:30 am - 4 pm Vet's Park 42 Seaview Ave Pfizer (Ages 5+), Moderna, J&J</p> <p>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.</p> <p>10 am - 3 pm Norwalk Senior Center, 11 Allen Rd *MODERNA BOOSTERS ONLY* (AGES 18+) Appointments required. Visit https://vams.cdc.gov/vaccineportal/ or call 203-854-7985 for appointments.</p>
<p>THAT'S NOT ALL! There are lots of other ways to get your vaccine!</p> <ul style="list-style-type: none"> 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. <p>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.</p>					



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

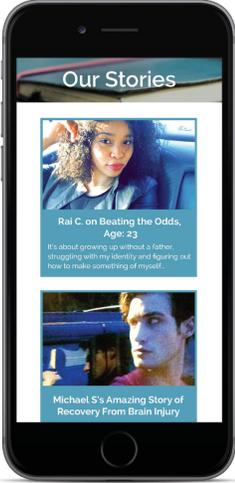
Local:

- 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.

TURNING POINT CT.ORG
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

pd **positive directions**
THE CENTER FOR PREVENTION AND COUNSELING

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](https://www.thehubct.org/treatment)