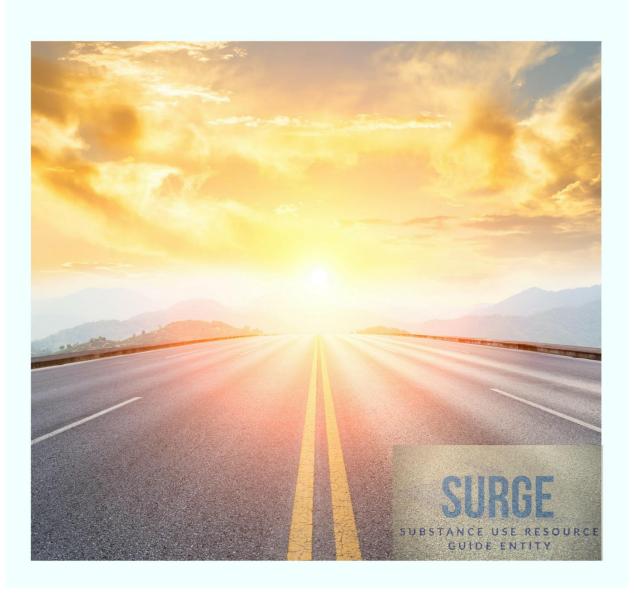
TEEN SUBSTANCE USE RESOURCE GUIDE

A GUIDE FOR PROVIDERS IN THE GREATER NEW HAVEN REGION



PURPOSE OF THE GUIDE

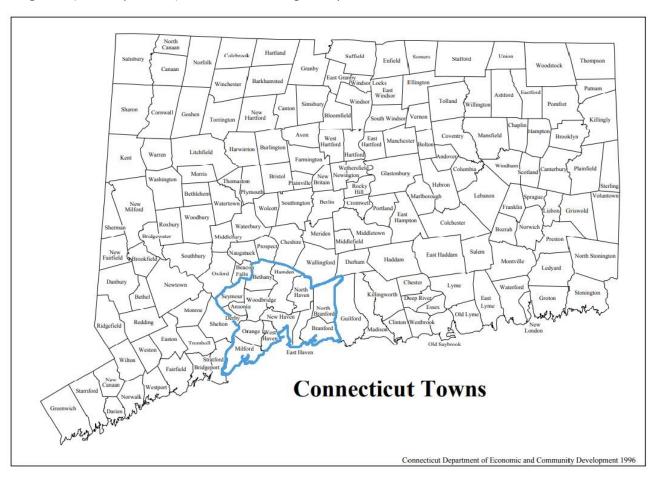
The purpose of this guide is to help **providers** as they try and connect teens who use substances (and their families and support systems) to beneficial resources. The creators of this guide recognize that it can be very overwhelming for youth and families to research resources and therefore caution providers from distributing this to youth and their families.

An electronic version of this guide can be downloaded from the following websites:

- The SURGE Facebook Page: https://www.facebook.com/Substanceuseresourceguideentity/
- The Children's Center of Hamden Website:
 http://www.childrenscenterhamden.org/childrens-center-hamden-help-youth-reach-dreams/

This guide is intended to be modified with up-to-date information annually. If you are aware of information that needs to be modified, please contact SURGE via Facebook or contact the chair of SURGE, Christine Hauser at Wakeman Hall: chauser@tccoh.org.

To keep a clear focus for the guide, resources included are limited to providers within DCF Region 2 (see map below) who have training or experience in the area of teen substance use.



ABOUT THE SUBSTANCE USE RESOURCE GUIDE ENTITY



The Substance Abuse Work Group was formed in September, 2016 through the South Central Network of Care in Connecticut by individuals in the community who were concerned that the needs of young people who use substances were not being met. Substance use and abuse in young people has the potential to negatively impact school performance, mental health, physical health, legal involvement, relationships, and ability to reach future goals. Social attitudes including stigma or acceptance of substance use can prevent people from getting the help that they need. Our work group promotes collaboration with families and communities, information-sharing among providers, and advocacy for state-level changes.

Our vision is to connect young people and their families in the Greater New Haven area (CT DCF Region 2) to comprehensive substance use resources and supports.

Monthly SURGE meetings take place on the 3rd Tuesday of every month at 1:30-2:30, at The Children's Center of Hamden, Wakeman Hall Conference Room.

For more information, contact the chair of SURGE, Christine Hauser at Wakeman Hall: chauser@tccoh.org.

TABLE OF CONTENTS

<u>Definitions</u>	5
FAQ	7
Risk and Protective Factors	8
Information about Drugs	9
Drug Identification Tools	
Substances Used	
Hierarchy of Needs	12
Stages of Change	13
Screening Tools	14
Talking to Teens and Caregivers about Substance Use	15
Guide to Making Referrals to Treatment	16
Substance Use Treatment Overview	17
Services Offered During Treatment	
What to Look for in a Provider	
<u>Treatment Types</u>	
Substance Use Treatment Programs	20
<u>Teens</u>	
Transition Age Youth	
Support Groups	26
<u>Families</u>	
<u>Teens</u>	
<u>Hotlines</u>	
Accessing Narcan	28
Community Partners	29
<u>Trainings</u>	30
Educational Resources	30
<u>Websites</u>	
Books/Literature	
APPENDIX: Referral Forms	31

DEFINITIONS

- <u>A.A.-</u> Alcoholics anonymous is a fellowship of self-supporting men and women who have had a drinking problem.
- <u>A-CRA/ACC</u>- The Adolescent Community Reinforcement approach and Assertive Continuing
 Care Is a less intensive weekly program that addresses substance use and other life
 challenges. This service can be delivered in the office, community or home.
- <u>A- SBIRT-</u> Adolescent Screening, Brief Intervention, and Referral to Treatment is an evidence-based guide to screening and responding to teen substance use.
- <u>Drug addiction</u>- chronic, relapsing brain disease characterized by compulsive drug seeking and use, despite potentially devastating consequences.
- <u>Drug overdose</u>— acute medical condition involving accidental or intentional use of a drug or medicine in a quantity exceeding normal instructed dosage.
- <u>Illicit Substance-</u> illegal drugs and/or the misuse of prescription medications or household substances.
- Licit Substance- drugs which are legal, but are produced, trafficked, and/or used illegally.
- MAT- Medication-Assisted Treatment is for individuals with a physical dependency on certain drugs, primarily heroin and other opioids, medication is provided in a specialized outpatient setting in combination with counseling and other treatment services.
- <u>MDFT-</u> Multidimensional Family therapy is an intensive family therapy that meets several times a week in the home. It examines all components of a teen's life to address problems and promote positive, long-term change.
- Mental health- our emotional, psychological, and social well-being, affects how we think, feel, and act.
- Mental illness- a wide range of mental health conditions that affect mood, thinking and behavior.
- MST- Multi-systemic therapy is an intensive family therapy that meets several times a week in the home to identify and address problems happening with a young person.
- N.A.- Narcotics anonymous is a fellowship of self-supporting men and women who have had a drug problem.
- <u>Narcan</u>— also referred to as Naloxone, an opioid antagonist medication that binds to the brain's opioid receptors and block them from responding to opioids. Narcan is also used to reverse an opioid overdose.
- Overmedication-when an individual takes an excessive or unnecessary amount of medication.
- <u>Protective factor</u>- conditions, characteristics or exposure of an individual that help healthy coping and mitigate potential risks.
- Risk factor- conditions, characteristics or exposure of an individual that increases the likelihood of developing a disease or injury.
- <u>SMART-</u> Self Management and Recovery Training offers online and community support meetings for individuals or families and friends of a loved one with addiction.
- <u>Stigma-</u> sign of disgrace or discredit, setting an individual apart from others. Powerful, negative attribute to all social relations. Often related to mental illness and substance use.

- <u>Substance use disorder (SUD)-</u> recurrent use of alcohol and/or drugs causes clinically and functionally significant impairment and are labeled as mild, moderate, or severe to indicate the level of severity.
- <u>TAY-</u> Transition age youth refers to young people between the ages of 18-25 who experience unique life challenges that are different for youth and adults.

FAQ

1. What is Drug Addiction?

Drug addiction is the most <u>severe</u> form of a substance use disorder (SUD). A SUD develops when continued use of alcohol and/or drugs causes significant issues in functionality and can range from being mild to severe. Effects in functionality include: failure to meet responsibilities at home, work, or school, health complications, and disability. Addiction is a complex, chronic brain disease characterized by drug craving, seeking, and use that persists despite experiencing devastating life consequences. Addiction is the result of chronic, prolonged drug use that changes the brain. Drug Addiction can be treated with medications (for some addictions) combined with behavioral therapies. It is important to note that relapse is very common, especially after extended periods of abstinence. Therefore, it is imperative to give the individual long-term support and care. In the event of relapse, it is also important to re-engage or modify treatment strategy rather than perceive it as a failure.

2. When someone uses drugs, can't they just stop whenever they want to?

If an individual is constantly seeking and using a drug(s) despite the negative implications it has on their life, then they are likely living with addiction. It is widely accepted that addiction is a brain disease rather than a choice or a moral failure on the part of an individual. We know that willpower is not enough to help someone stop using without support or professional help. It is extremely helpful to recognize that the individual may be powerless to change without support, even if they say otherwise.

3. What are some of the reasons people do not want help for their substance use?

Stigma is a major reason why people are not willing to admit they have a problem or to get help. People may feel ashamed that they have done something wrong or that something is wrong with them and feel more comfortable believing that their substance use isn't a problem.

4. Does a teen who just smokes pot or drink need treatment?

While it is normal for teens to experiment with drinking or drugs during adolescence, regular substance use monthly or more can increase the chances of the young person developing an addiction because their brain is still developing. If you know a young person who is using these substances regularly and has not been able to stop on his or her own, treatment is strongly recommended.

5. How can a provider make referrals to best support teens and families?

The best way to make referrals is to get permission from a family for a provider to make referral to minimize the amount of work the family needs to do and the number of times they need to share their story. Living with a substance use disorder or having a family member with a substance use disorder can be very overwhelming.

RISK AND PROTECTIVE FACTORS

Many factors influence an individual's chance of developing/maintaining a mental and/or substance use disorder. To better understand why and how an individual has developed/maintained a mental and/or substance abuse disorder, it is important to assess and focus on both risk and protective factors. Once risk and protective factors are identified, effective methods of prevention and intervention can be taken. It is imperative for the individual to focus on strengthening their protective factors and reduce their risk factors. Risk factors will ultimately increase an individual's chances for drug use whereas protective factors can help with reducing the risk.

Risk and protective factors can affect children at different stages of their lives. At each stage, risks occur that can be changed through utilizing prevention interventions with family, school, and community protective systems. These protective systems help children develop and maintain appropriate and positive behaviors. If these risks are not addressed early on, it can lead to increased negative behavior and development of additional risks such as social difficulties or academic failure. Negative behaviors and additional risks put a child at further risk for developing drug abuse later in life.

Risk Factors	Domain	Protective Factors
Early Aggressive Behavior	Individual	Self-Control
Lack of Parental Supervision	Family	Parental Monitoring
Substance Abuse	Peer	Academic Competence
Drug Availability	School	Anti-drug Use Policies
Poverty	Community	Strong Neighborhood Attachment

https://www.drugabuse.gov/publications/preventing-drug-abuse-among-children-adolescents/chapter-1-risk-factors-protective-factors/what-are-risk-factors

INFORMATION ABOUT DRUGS

The signs of drug use and addiction can vary depending on the individual and the drug, but some of the common signs include:

- Impaired speech
- Impaired motor coordination
- Bloodshot eyes/pupils that are larger/smaller than usual
- Changes in physical appearance/personal hygiene
- Changes in appetite
- Changes in sleep patterns
- Sudden weight loss/weight gain
- Unusual smells on breath, body, or clothing
- Changes in mood
- Disinterest in engaging in relationships or activities

DRUG IDENTIFICATION TOOLS

Type of Tool	Website or App	URL	Cost
Pill Identifier	Website	https://www.webmd.com/pill- identification/default.htm	Free
Pill Identifier	Website	https://www.cvs.com/drug/pill-identifier	Free
Pill Identifier	Website Phone App	https://www.drugs.com/imprints.php	Free
Pill Identifier	Website	https://reference.medscape.com/pill-identifier	Free
Illegal Drug Identifier	Phone App/Home Kit	https://www.detectachem.com/mobiledetect- app	*Free App, \$30.00 for Home Kit

Back to Table of Contents

9

SUBSTANCES USED

Below is a list of substances used by teens and other names. For detailed information about each drug, effects, more code names, and how they are used, visit: https://www.dea.gov/factsheets.

Substance	Subtypes	Other Names
Alcohol	 Wine, beer, liquor Promethazine with Codeine (Lean) 	 Booze, Brew, Guzzle, Sauce, Sip, Spirits, Lick Act, Dirty Sprite, Drank, Lean, Purple, Purple Drank, Skittles, Sizurup, Sizzurp, Syrup
Marijuana	 Plant-Based Concentrates Synthetics Hash 	 Boom, Bud, Chronic, Gangster, Ganja, Grass, Herb, Kif, Mary Jane, MJ, Pot, Reefer, Skunk, Weed 246, 710, Black Glass, Badder, Budder, Butane Hash Oil, Butane Honey Oil (BHO), Butter, Dabs, Eerrl, Ear Wax, Honey Oil, SAP, Shatter, Wax Black Mamba, Bliss, Bombay Blue, Fake Weed, Genie, K2, Moon Rocks, Skunk, Yucatan Fire, and Zohai High Concentration, Sticky Resin
Nicotine (Tobacco)	 Cigarettes Vaping Smokeless tobacco Clove Cigarettes Hookahs Cigars & Pipes 	 Bogeys, Butts, Cigs, and Smokes E-cigarettes, E-cigs, Ego, E-juice, E-liquid, Juice, Juul, Mods, Pen, PV (Personal Vaporizer), Smoke Juice, Vapes Chewing tobacco, Dip, Snuff, Snus, Spit Tobacco, Bidis, Kreteks Goza, Hubble-bubble, Narghile, Shisha, Waterpipe
Opioids	 Heroin Painkiller medication Fentanyl Opium 	 Black tar, H, Horse, Junk, Ska, Smack Happy Pills, Hillbilly Heroin, OC, Oxy, Oxycotton, Percs, Vikes Apache, Birria (mixed with heroin), Butter, China Girl, China Town, China White, Chinese, Chinese Food, Crazy, Crazy One, Dance Fever, Dragon, Dragon's Breath, Facebook (mixed with heroin in pill form), Fent, Fenty, Fire, Friend, Girl, Goodfella, Great Bear, He-Man, Jackpot, King Ivory, Lollipop, Murder 8, Poison, Shoes, Tango & Cash, Toe Tag Dope, White Girl Auntie, Aunt Emma, Big O, Black, Black Russian (mixed with hashish), Chandoo, China, Chinese Molasses, Chinese Tobacco, Chocolate, Cruz, Dopium, Dover's Powder, Dream Gum, Dream Stick, Dreams, Easing Powder, God's Medicine, Goma, Gondola, Goric, Great Tobacco, Gum, Hocus, Hops,

Substance	Subtypes	Other Names
		Incense, Joy Plant, Midnight Oil, Opio, Pen Yan, Pin Gon, Pin Yen, Pox, Skee, Toxy, Toys, When-Shee, Zero
Stimulants	 Cocaine/Crack Amphetamines Methamphetamine 	 Blow, Bump, C, Candy, Charlie, Coca, Coke, Flake, Rock, Snow, Toot Adderall, Bennies, Black Beauties, Concerta, Hearts, Ritalin, Roses, Skippy, Speed, Study Drugs, The Smart Drug, Uppers, and Vitamin R, Vyvanse Chalk, Meth, Speed, and Tina; or for crystal meth, Crank, Fire, Glass, Go fast, Ice
Depressants	 Benzodiazepines GHB 	 A-minus, Barbs, Candy, Downers, Phennies, Red Birds, Reds, Sleeping Pills, Tooies, Tranks, Yellows, Yellow Jackets, Yellows, Zombie Pills G, GEEB, Georgia Home Boy, Grievous Bodily Harm, Gina, Liquid E, Liquid X, Roofies, Scoop
Hallucinogens	 MDMA (Ecstasy, Molly) Inhalants PCP Ketamine LSD Psilocybin (Mushrooms) Mescaline Peyote Steroids 	 Adam, Beans, Clarity, E, Ecstasy, Hug, Love drug, Lover's speed, Molly, X, XTC Bold (nitrites), Laughing gas (nitrous oxide), Poppers (amyl nitrite and butyl nitrite), Rush (nitrites), Snappers (amyl nitrite), Whippets (fluorinated hydrocarbons) Angel, Angel Dust, Dust Blind Squid, Cat Valium, Green, Honey Oil, Jet, K, Keller, Kelly's Day, K-Hold, K-Ways, Special K, Super Acid, Vitamin K Acid, Blotter, Paper, Sugar Cubes, Tabs Alice, Boomers, Buttons, Caps, Champiñones, Hongos, Magic, Mushies, Pizza Toppings, Shrooms, Tweezes Big Chief, Blue Caps, Buttons, Cactus, Media Luna, Mescal, Mezcakuba, Moon, San Pedro, Topi Black Button, Britton, Button, Cactus, Green Button, Half Moon, Hikori, Hikuli, Hyatari, Nubs, Seni, Shaman, Tops Anabolic-androgenic Steroids, Juice, Roids
Other	 Cough Medicine (DXM and Codeine Syrup) Synthetic Cathinones (Bath Salts) Salvia Kratom 	 Candy, Dex, Drank, Lean, Robo, Robotripping, Skittles, Triple C, Tussin, Velvet Bloom, Cloud Nine, Flakka, Scarface, Vanilla Sky, White Lightning Diviner's Sage, Magic Mint, Maria Pastora, Sally-D, Seer's Sage, Shepherdess's Herb

Self-Actualization Ego Social Security

Figure 1. Maslow's hierarchy of needs.

According to Maslow, healthy humans have a certain amount of needs. His motivational theory is comprised of a five-tier model of human needs. These needs are arranged in a hierarchy because some needs are more primitive than others and require more focus. Needs in the lower end of the hierarchy must be satisfied before attending to needs higher up. An individual who has successfully mastered Maslow's hierarchy of needs have healthy problem-solving abilities, self-direction, satisfying relationships and moral values. Individuals who have not successfully mastered the hierarchy, however, are more susceptible to substance use disorders and may struggle to make changes if their basic needs are not met first.

Physical

When working with individuals with substance use disorders, it is necessary to focus efforts on helping the individual meet his or her needs at the bottom of the hierarchy first. The areas of the hierarchy are as follows:

- <u>Physical needs</u> include biological requirements for human survival such as food, water, shelter, clothing, sex, etc.
- <u>Security needs</u> include order, stability, security, protection from elements and freedom from fear.
- <u>Social needs</u> include the need to feel love and belonging via interpersonal relationships.
 When interpersonal relationships are fulfilled, individuals may be motivated to change behavior.
- Ego needs include self- esteem needs and the desire to receive respect from others.
- <u>Self-actualization</u> is reached when an individual realizes his or her personal potential and seeks personal growth.

STAGES OF CHANGE

Before looking at the different types of screening tools, it is important to utilize the Transtheoretical Model (TTM) or Stages of Change Model. This model recognizes that people can be in different stages of readiness for change. It is imperative that we do not assume that people are ready to make a change in their behavior because they might not be ready to make an immediate or permanent change. Identifying the child's position in the readiness for change process enables clinicians to match them with an intervention most appropriate for them.

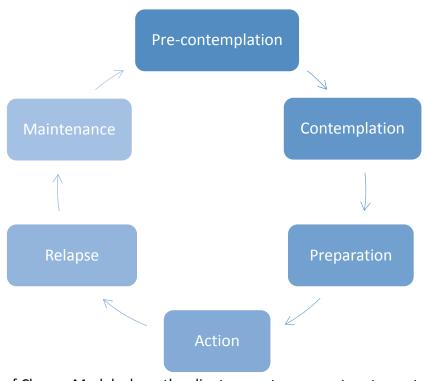


Figure 2. Stages of Change Model where the client can enter or reenter at any stage.

- 1. <u>Pre-contemplation</u>— No intention of taking immediate action. Unaware that their behavior is problematic or has negative consequences. Underestimate the pros of changing behavior, emphasizing the cons.
- 2. <u>Contemplation-</u> Intending to take immediate action. Recognize their behavior might be problematic and take into consideration with equal emphasis the practical pros and cons of changing their behavior.
- 3. <u>Preparation-</u> Ready to take action by taking small steps towards changing their behavior because they believe doing so can lead to a healthier life.
- 4. <u>Action-</u> Recently changed their behavior and intend to continuously move forward with their behavior change.
- 5. <u>Maintenance-</u> Sustained their behavior change for a while and intend to maintain their behavior change. Work on preventing relapse to earlier stages.

SCREENING TOOLS

As a provider, you play a fundamental role in talking to patients about their overall healthcare, including discussing use of drugs or alcohol. There is a high prevalence of mental health and substance use issues, but many people do not seek treatment in part due to falling under the radar and remaining undiagnosed. Regular screenings in health care and school settings enables earlier identification of mental health and substance use disorders. Subsequently, earlier identification leads to earlier treatment.

Screenings should be provided to people of all ages, especially children. There are a variety of screening tools which can be easily integrated into an overall health assessment to determine whether or not a child's substance use is an issue needing to be addressed with professional treatment.

The following screening tools can be used to assess for mental health and substance use disorders:

<u>SBIRT-</u> Screening Brief Intervention and Referral to Treatment is an evidence-based practice used to identify, reduce, and prevent substance use, abuse, and dependency using motivational interviewing techniques.

- Screening tools include: S2BI & CRAFFT
- The tools can be found here: http://sbirtnh.org/screening/

<u>Mental Health First Aid-</u> Education program that assess possible risk factors and warning signs of mental health problems, builds understanding of their impact, demonstrates how to assess a mental health crisis, select interventions and provide initial help, and connect persons to professional, peer and social supports as well as self-help resources.

More information regarding Drug Screening Tools can be found at:

https://www.integration.samhsa.gov/clinical-practice/screening-tools#drugs

More information regarding how and where one can be trained to screen can be found at:

https://www.ctclearinghouse.org/topics/screening-brief-intervention-and-referral-to-treatment-sbirt/

TALKING TO TEENS AND CAREGIVERS ABOUT SUBSTANCE USE

Children today are exposed to tobacco, alcohol, and other drugs at increasingly younger ages. The media portrays and promotes smoking, drinking, and drug use as a fun and natural aspect of "adult" life. It is important to start a dialogue with your child early on to discuss the implications of possible drug use and help them separate the facts from the myths.

It is important to start a conversation on drug use with your child long before you suspect they are potentially abusing substances. Talking about drugs can be a very difficult conversation. Look for everyday situations that serve as teachable moments. These teachable moments lay the groundwork for open and honest communication. Remember, open and honest communication is key to developing a happy and healthy relationship with your child.

The following resources are available for specifics on how a caregiver can start or continue the conversation of drug use with his or her child:

- 1. https://www.drugabuse.gov/publications/marijuana-facts-parents-need-to-know/talking-to-your-kids-communicating-risks
- 2. https://www.morningsiderecovery.com/addiction-blog/a-parents-guide-to-talking-to-teens-about-drugs-and-alcohol/
- 3. https://www.huffingtonpost.com/entry/how-to-talk-to-your-teen-about-drugs-6-tips-for-parents us 599236c1e4b0ed1f464c0d98
- 4. https://childmind.org/article/talk-teenager-substance-use-abuse/
- 5. https://www.getsmartaboutdrugs.gov/family
- 6. https://pubs.niaaa.nih.gov/publications/makeadiff https://pubs.niaaa.nih.gov/pubs.niaaa.nih.gov/pubs.niaaa.nih.gov/pubs.niaaa.nih.gov/pubs.niaaa.nih.gov/pubs.niaaaa.niaaaa.niaaaa.niaaaa.niaaaa.niaaaaa.niaaaaa.niaaaaaa.n
- 7. https://recovergateway.org/substance-abuse-help/loved-ones/teen-drug-use-parent-tools/talking-to-teens/

GUIDE TO MAKING REFERRALS TO TREATMENT

It can be a very difficult and intimidating process to find a treatment. Here are some tips to share with caregivers and teens:

- Walk families through as many steps as possible to alleviate their stress including: calling different programs, seeing availability, and going with them to appointments.
- Focus on the strengths of the child and parent.
- Treatment should *never* be discussed as a punishment, but rather an opportunity to make changes.
- Help the family get records, send records, and give an oral history to give a referral so the family/child do not have to repeat themselves.
- Check in with the child and parent to see if they have been connected to a service. If they have not been connected to one, see why and help them any way possible
- Caregivers
 - o Include caregivers in conversations about teen substance use, if possible.
 - o The child is more likely to attend if the parent knows or comes with them
 - If informing the parent would cause the teen to reject treatment when it is needed, minors who are willing and mature enough can participate in substance use treatment for a limited number of sessions without notifying the parent. In this case, the parent could not be responsible for payment of treatment.
- If the teen is resistant:
 - Their pros for changing need to outweigh their cons. You can help them set up rewards for attending or consequences for not attending.
 - Connect their goals to getting help
 - Get caregivers, guardians, and other natural supports involved
 - Have teens agree to try it, even if they are resistant to completing treatment.



Figure 3. Steps to making a referral.

SUBSTANCE USE TREATMENT OVERVIEW

SERVICES OFFERED DURING TREATMENT

- 1. <u>Individual Counseling</u>- One-on-one counseling to explore personal problems that an individual may not be comfortable discussing in a group setting.
- 2. <u>Group Counseling</u>- Usually consists of six to ten people with one or two counselors facilitating a discussion of their struggles, experiences and problems.
- 3. <u>Case Management-</u> Collaborating through the processes of assessing, planning, facilitating, care coordinating, evaluating, and advocating for the options and services that will best meet the individual's as well as the family's wide-ranging health requirements.
- 4. <u>Home Based Services-</u> Substance use and mental health treatment services provided inhome. Examples include Multidimensional Family Therapy (MDFT).
- 5. <u>Educational Services-</u> Grade-appropriate classes (or GED classes) for teens still in school, or those who may have dropped out, to help reduce disruptions to their schooling.
- 6. <u>Vocational Services</u> Services to help determine an individual's vocational aptitudes and interests, along with job skills, resume development and other work readiness skills.
- 7. <u>Life Skills-</u> Focuses on behavioral tools designed to help a teen or young adult cope with the stresses and challenges of daily life and develop greater self-esteem in order to better manage their recovery.
- 8. <u>Treatment for Mental Illness-</u> Individuals diagnosed with co-occurring mental illness need treatment for their substance use in addition to the mental illness, ideally in an integrated fashion. Treating the substance use alone will not help resolve underlying mental illness, and treating a depressive disorder alone will not resolve the substance use or dependence.
- 9. <u>Family Services-</u> In most cases, family involvement is an important element in treating teens and young adults. It helps family members understand addiction as a chronic illness, helps the family have realistic expectations and goals for treatment, and helps improve communication and overall family functioning.
- 10. <u>Continuing Care</u>- Sometimes labeled After Care or Follow-up Care, this includes treatment prescribed after completion of a formal structured program in any type of setting. It is a necessary support plan for ensuring that the tools learned in treatment can be applied successfully in the real world.

WHAT TO LOOK FOR IN A PROVIDER

- 1. Will they work with the teen you are referring?
 - a. Age
 - b. Gender
 - c. Accepted insurance
 - d. Language

- 2. Are there any reasons they would not work with a teen you are referring?
 - a. IQ requirement
 - b. Types of substance use they are unable to treat
 - c. Guardian participation
- 3. Does the frequency and duration of the program fit with the needs of the client?
- 4. How easy is it to get to appointments?
 - a. Location
 - b. Providing transportation
 - c. Bus travel
 - d. Home visits
- 5. Who has to make a referral?
- 6. Will they address substance use and mental health needs?
- 7. <u>Do they prescribe medication?</u>
- 8. Are they qualified?
 - a. Experience
 - b. Accredited organization
- 9. Does the client feel comfortable during the first meeting with the primary therapist?

TREATMENT TYPES

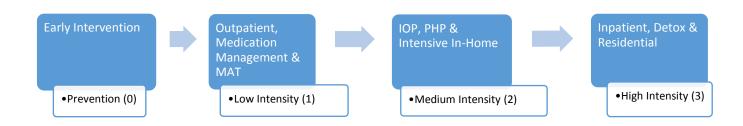


Figure 4. Treatment levels of care from low intensity to high intensity.

Early Intervention (0)

Clients typically attend one hour of treatment a week while continuing to live at home. Many programs make services available in the evenings and on weekends so individuals can remain in school or continue to work.

Outpatient (1)

Clients typically attend one hour of treatment a week at a specialty facility while continuing to live at home. Many programs make services available in the evenings and on weekends so individuals can remain in school or continue to work.

Medication Management (1)

Treatment ensures that any drugs that are being used are as prescribed so it limits chances for abuse. Also ensures patients are educated and able to use the prescription properly for their specific ailment. This can also include

Medication-Assisted Treatment (MAT) (1)

For individuals with a physical dependency on certain drugs, primarily heroin and other opioids, medication is provided in a specialized outpatient setting in combination with counseling and other treatment services.

Intensive Outpatient (IOP) (2)

Clients attend 10-20 hours of treatment a week (slightly less for teens) at a specialty facility while continuing to live at home. Many programs make services available in the evenings and on weekends so individuals can continue to work or stay in school. This service is a better option for individuals who need multiple services, have accompanying medical or psychological illnesses or have not been successful in outpatient treatment.

Intensive In-Home (2)

Home-based mental health services designed to meet each child and family's unique health needs via crisis management, intensive case management, counseling, family therapy, and skills training.

Partial Hospital Program (PHP) (2)

Clients attend 4-8 hours of treatment a day (20 or more a week) while continuing to live at home. Most families use these types of programs when their child needs an intensive and structured experience.

Detox (3)

Detox treatment, also commonly called simply detoxification or detox, is the process of removing toxic substances from the body.

Inpatient (3)

Treatment provided in specialty units of hospitals or medical clinics offering both detox and rehabilitation services. Typically used for people with serious medical conditions, substance use, or mental disorders.

Residential (3)

These programs provide treatment in a residential setting and can last from one month to a year. Typically, residents go through different phases as they progress through the program. During certain phases, contact with individual in treatment may be limited

SUBSTANCE USE TREATMENT PROGRAMS

TEENS

Treatment Type/ Intensity	Program	Address	Phone	Website	Prescribes Medication	Ages/ Gender Served	Insurance Accepted	Referral Sources
Early Intervention (0)	CJR CYFSC: MET CBT Group	414 Chapel Street, Suite C-1 New Haven, CT 06511	(203) 821-7273	http://www.ctjuniorrepubl ic.org/page.cfm?p=544				Juvenile Probation
Early Intervention (0)	Men on The Rise, LLC- Substance Use Education	P.O. Box 26101 West Haven, CT 06516	(203) 812-0246					
Early Intervention (0)	Child & Family Guidance Cornell Scott Hill Health Center- Substance Use Education	400 Columbus Ave. New Haven, CT 06519 226 Dixwell Ave. New Haven, CT 06511	Columbus Avenue Site: (203) 503-3055 Dixwell Avenue Site: (203) 503- 3458	http://cornellscott.org/co mponent/mtree/services/b ehavioral-health/12-child- and-family- guidance?Itemid=	Yes	Male & Female, 3-18	Medicaid, private insurance or sliding fee scale	Anyone
Medication Assisted Treatment (MAT) (2)	APT Foundation	1 Long Wharf Drive New Haven, CT 06514	(203) 781-4600	https://aptfoundation.org/	Yes	Male &, Female, 16+		

Treatment Type/ Intensity	Program	Address	Phone	Website	Prescribes Medication	Ages/ Gender Served	Insurance Accepted	Referral Sources
Medication Assisted Treatment (MAT) (2)	SATU	1 Long Wharf Drive New Haven, CT 06511	(804) 939-5214	https://medicine.yale.edu/ psychiatry/care/cmhc/clini cs/satu.aspx?organizationl d=110597	Yes	Male & Female, 16+	Medicaid, No Insurance	
Outpatient (1)	The Children Center of Hamden, Wakeman Hall Outpatient (A- CRA/ACC)	1400 Whitney Avenue New Haven, CT 06517	(203) 248-2116	www.tccoh.org	Yes	Male & Female 12-18	Medicaid, private insurance or sliding fee scale	Anyone
Intensive Outpatient (2)	The Children Center of Hamden, Wakeman Hall Outpatient	1400 Whitney Avenue New Haven, CT 06517	(203) 248-2116	www.tccoh.org	Yes	Male & Female 12-18	Medicaid, private insurance or sliding fee scale	Anyone
Intensive Outpatient/ Partial Hospital Program (2)	The Rushford Center (Seven Challenges)	110 National Drive Glastonbury, CT 06033	(860)657-8910	https://rushford.org/progr ams-services/adolescent- services/departments- services/outpatient- addiction-treatment		Male & Female		
Intensive In- Home (2)	Yale Child Study Center (MDFT)	230 S Frontage Rd, New Haven, CT 06519	(203) 785-6862	https://medicine.yale.edu/ childstudy/	Yes	Male and female 9-18		

Treatment Type/ Intensity	Program	Address	Phone	Website	Prescribes Medication	Ages/ Gender Served	Insurance Accepted	Referral Sources
Intensive In- Home (2)	Wheeler Clinic (MDFT)		(888) 793-3500	www.wheelerclinic.org	Yes		Medicaid, private insurance or sliding fee scale	
Intensive In- Home (2)	Wheeler Clinic (MST)	295 Washington Ave, Suite 1 Hamden, CT 25 Main Street, 3 rd Floor Hartford, CT 06106	(888) 793-3500	https://www.wheelerclinic. org/services/wheeler- services/multisystemic- therapy		Male & Female 12-18	All insurance types	
Intensive-In Home (2)	NAFI Connecticut (MST)		(860)560-0558	http://www.nafict.org/serv ices/community- programs/multisystemic- therapy/		Male & Female 12-18		
Residential (3)	Newport Academy		(877) 628-3367		Yes	Male & Female,12-20		
Residential (3)	Rushford Center- Stonegate		1-877-577-3233			Male Only, Ages 13-18 (18 only if enrolled in school)		
Residential (3)	Teen Challenge	P.O. Box 9492 New Haven CT 06534	1-855-404- HOPE (4673)	www.tconnecticut.org		Males Only		

Treatment Type/ Intensity	Program	Address	Phone	Website	Prescribes Medication	Ages/ Gender Served	Insurance Accepted	Referral Sources
Residential (3)	RisE	995 Sherman Avenue Hamden, CT 06514	(203) 508-1780	https://www.cpa- ct.org/juvenile/		Males Only	Anthem	DCF
Residential (3)	NAFI Touchstone			http://www.nafict.org/serv ices/residential- programs/multidimensiona l-family-therapy- intermediate-residential- program/		Female Only		DCF referrals only
Residential (3)	NAFI MDFT Intermediate Residential Program			http://www.nafict.org/serv ices/residential- programs/multidimensiona l-family-therapy- intermediate-residential- program/		Female Only		Probation referrals only
Residential (3)	CT Junior Republic Residential Program (CJRRP)	550 Goshen Road P.O. Box 161 Litchfield, CT 06759	(860) 567- 9423	https://www.ctjuniorrepub lic.org/page.cfm?p=556		Males 14-18		Court and DCF referrals only
Inpatient & Detox (3)	Arms Acres	75 Seminary Hill Rd Carmel Hamlet, NY 10512	(845) 225-3400	http://www.armsacres.co m/outpatient		Male & Female 13+	Husky A, Medicaid & Private Insurance	Anyone

Treatment Type/ Intensity	Program	Address	Phone	Website	Prescribes Medication	Ages/ Gender Served	Insurance Accepted	Referral Sources
Inpatient (3)	Yale New Haven Psychiatric Hospital	184 Liberty Street New Haven, CT 06510 203-688-9704	203-688-9704	https://www.ynhh.org/psy chiatric/services/adolescen ts.aspx	Yes	Male & Female		Anyone

TRANSITION AGE YOUTH

Treatment Type	Program	Address	Phone	Website	Prescribes Medication	Ages/ Gender Served	Insurance Accepted	Referral Sources
Peer Recovery Telephone Support (1)	CCAR- Young Adult Family Project	223 Elizabeth Street Derby, CT 06418	203-870-9132	https://ccar.us/services/yo ung-adult-family-project/		18+		
Outpatient (1)	Bridges Healthcare	949 Bridgeport Avenue Milford, CT 06460	(203) 878-6365	https://www.bridgesct.org	Yes	Transition Age Men and Women (18+)		
Outpatient (1)	Turnbridge	189 Orange Street New Haven, CT 06510	(203)937-2309	https://www.tpaddictiontr eatment.com/		Transition Age Men and Women (18+)		
Intensive-In Home (2)	NAFI Connecticut (MST-TAY Study)	295 Washington Ave, Suite 1 Hamden, CT 25 Main Street 3 rd Floor Hartford, CT 06106	(800)459-6298	http://www.nafict.org/serv ices/community- programs/multisystemic- therapy-transition-age- youth/		Transition Age Men and Women (17- 24)	All, no insurance	Probation and anyone

Treatment Type	Program	Address	Phone	Website	Prescribes Medication	Ages/ Gender Served	Insurance Accepted	Referral Sources
Residential		189 Orange Street		https://www.tpaddictiontr		Transition		
	Turnbridge	New Haven, CT	203-937-2309			Age Men and		
(3)		06510		eatment.com/		Women (18+)		

SUPPORT GROUPS

FAMILIES

Type of group			Day & Time	Contact	Website
SMART Family & Friends	The Children's Center of Hamden	1400 Whitney Ave, Wakeman Hall (Bldg. #1) Hamden, CT 06517	Monday, 6:30-7:30 pm	Gaboury Benoit (203)401-1556, gabouryb@gmail.com	www.smartrecovery.org
SMART Family & Friends	Bridges	Bridges, RM4 570 Boston Post Road Milford CT 06460	Monday, 6:45-8:00 pm	dgannon@bridgesmilford.org	www.smartrecovery.org
Alateen	1st Church of Christ	5 Meetinghouse Lane Woodbridge, CT	Tuesday, 7:30 pm		https://www.ctalanon.org/meetings/mm2
Opioid Support Group	Clifford Beers	358 Orange St. 10 th floor New Haven, CT	Wednesday, 3:00-4:30 pm	(203)772-1270 x 1200 oesupport@cliffordbeers.org	http://www.cliffordbeers.org/
Nar-anon	Harborside Health Care- Arden House	850 Mix Ave, Board room Hamden, CT	Thursday, 7:00 pm	Rose (203) 641-9380 Maxine (203) 215-6961	http://www.nar-anon.org/find-a-meeting/
Nar-anon	Christ & The Epiphany Church	39 Park Place East Haven, CT	Tuesday, 7:00 pm	Karen M (203) 804-5406 Maria P (203) 815-4688	http://www.nar-anon.org/find-a-meeting/
Nar-anon	Christ & The Epiphany Church	39 Park Place East Haven, CT	Saturday, 10:00 am	MaryEllen (203) 848-8245	http://www.nar-anon.org/find-a-meeting/
Hope & Support Group	The C.A.R.E.S. Group	Echo Hose Ambulance Training Center 286 Howe Ave. Shelton, CT 06484	Thursday, 6:00-9:00 pm	855-406-0246	http://www.thecaresgroup.org/

Type of group	Organization	Address	Day & Time	Contact	Website
Hope & Support Group	TriCircle, Inc	Wallingford Stop-n-Shop Community Room 2nd Fl 930 N Colony Road Wallingford, CT 06492	9am-10:30am 1st Sunday of each month	(203) 631-1743	https://www.tricircleinc.com/

TEENS

Type of group	Organization	Address	Day & Time	Contact	Website		
SMART Teens	The Children's Center of Hamden	Contact facilitator for details	Contact facilitator for details	Shayn Williams-Burris (203) 248-2116 x366 swilliams-burris@tccoh.org	www.smartrecovery.org		
SMART Teens	Bridges, RM4 Bridges 570 Boston Post Road		Wednesday, 5:15-6:30 pm	dgannon@bridgesmilford.org	www.smartrecovery.org		

HOTLINES

Hotlines for substance support services:

• Continuum of Care, Safe Harbor Warm Line: 1-800-258-1528

Al-Anon/Al-A-Teen: 1-888-425-2666

• Alcohol/Drug Abuse Hotline: 1-800-662-HELP

ACCESSING NARCAN

Below is a list of pharmacies that carry Narcan in each Greater New Haven town. To find more pharmacies, Check out the "Narcan Now" app available free of charge for smartphones.

Town	Pharmacy Name	Address	Phone
Ansonia	Target's CVS Pharmacy	20 W Main Street, Ansonia, CT 06401	(203) 278-5055
Branford	CVS Pharmacy	2-6 Short Beach Road, Branford, CT 06405	(203) 488-9485
Derby	ShopRite Pharmacy	49 Pershing Dr Derby, CT 06418	(203) 736-1001
East Haven	Rite Aid	10 Hemingway Ave, East Haven, CT 06512	(203) 469-4609
Guilford	Walgreens	1116 Boston Post Road, Guilford, Ct 06437	(203) 453-1619
Hamden	Walgreens	1697 Whitney Ave, Hamden, CT 06517	(203) 230-0610
Orange	Target's CVS Pharmacy	25 Boston Post Road, Orange, CT 06477	(203) 859-3694
Oxford	Oxford Pharmacy	100 Oxford Road, Oxford, CT 06478	(203) 888-4567
Seymour	CVS Pharmacy	215 West Street, Seymour, CT 06483	(203) 888-9068
Shelton	Walgreens	73 Center Street, Shelton, CT 06484	(203) 924-7740
Madison	Stop & Shop Pharmacy	136 Samson Rock Drive, Madison, CT 06443	(203) 245-7204
Meriden	CVS Pharmacy	540 W Main Street, Meriden, CT 06451	(203) 237-8984
Milford	Rite Aid	1360 Boston Post Road, Milford, CT 06460	(203) 877-6774
New Haven	CVS Pharmacy	123 Church Street, New Haven, CT 06510	(203) 498-9442
North Branford	Rite Aid	280 Branford Road, North Branford, CT 06471	(203) 488-8703
North Haven	Target's CVS Pharmacy	200 Universal Dr N. North Haven, CT 06473	(203) 859-3490
Wallingford	Walgreens	284 S Colony Road, Wallingford, CT 06492	(203) 265-6336
West Haven	Walmart Pharmacy	515 Sawmill Road, West Haven, CT 06516	(203) 931-2221

COMMUNITY PARTNERS

Americorps Prevention Corps

Offers information and trainings on opioids, Narcan, and SBIRT.

Contact: Sheila Wylie

RYASAP Prevention Corps Member Manager

Office: 203-989-0787

Local Prevention Councils

In partnership with the State of Connecticut, the Department of Mental Health and Addiction Services (DMHAS) supports and runs 150+ local, municipal-based alcohol, tobacco and other drug (ATOD) abuse prevention councils throughout the state. This goal of this particular grant program is to facilitate the development of ATOD abuse prevention initiatives at the local level with support from elected officials in an effort to increase public awareness and develop/implement local prevention activities targeted towards youth.

More information on the Local Prevention Councils and their location can be found at: http://www.ct.gov/dmhas/cwp/view.asp?a=2912&q=335150
http://apw-ct.org/page/16525

The following Local Prevention Councils within this region are:

Program	Address	Contact	Website
Shelton Community Alert Program, Shelton Youth Service Bureau	120 Meadow Street Shelton, CT 06484	Silvia Rodriguez (203) 924-7614	www.cityofshelton.org
Orange Drug & Alcohol Action Committee (Bethany Orange & Woodbridge)	Committee Road Orange, CT 06477		
Derby Youth Services	1 Elizabeth St Derby, CT 06418	John Sacu jsacu@gmail.com	
Milford Prevention Council		Wendy Gibbons (203) 783-6676	www.milfordprevention.org
Seymour Public Schools	2 Bostford Rd Seymour, CT 06483	Rich Kearns (203) 888-2561	
City of West Haven Youth and Family Services	355 Main Street West Haven, CT 06516	Robert Morton (203) 937-3633	www.cityofwesthaven.com

Program	Address	Contact	Website
Ansonia Board of Education, Drop Out Drug Free Council	42 Grove Street, Ansonia, CT 06401	Eileen Ehman (203) 736-5095	

TRAININGS

Drug Trends

http://apw-ct.org/page/16536-Parent-Community-Programs

A-SBIRT

http://www.portal.ct.gov/DCF/Substance-Use/A-SBIRT

Motivational Interviewing

http://www.ct.gov/dmhas/cwp/view.asp?q=492956

Other Trainings on Substance Use

https://www.womensconsortium.org/onlinecourses

EDUCATIONAL RESOURCES

WEBSITES

- Turning Point CT
 http://map.turningpointct.org/
- Tricircle, Inc.
 https://www.tricircleinc.com/LinksResources.en.html
- Drug Enforcement Agency <u>https://www.dea.gov/index.shtml</u>
- NIDA for Teens <u>https://teens.drugabuse.gov/</u>
- Foundation for a Drug Free World http://www.drugfreeworld.org/

- Partnership for Drug Free Kids <u>https://drugfree.org/</u>
- Naloxone (Narcan) Information
 http://www.ct.gov/dmhas/cwp/view.as
 p?q=509650\
- Resources throughout CT
 http://www.ct.gov/dmhas/cwp/view.as
 p?a=2902&q=335208&dmhasNav=|
- Connecticut Clearinghouse
 https://www.ctclearinghouse.org/resources/

BOOKS AND LITERATURE

- 1. How to Get your Loved one Sober: Alternatives to Nagging, Pleading & Threatening. Robert J. Meyers & Brenda L. Wolfe
- 2. Beyond Addiction: How Science and Kindness Help People Change: Jeffrey Foote

APPENDIX: REFERRAL FORMS

CORNELL SCOTT HILL HEALTH CENTER



Mental Health Referral Form Child & Family Guidance Clinic ☐ 428 Columbus Ave ☐ 226 Dixwell Ave

Boys & Girls Club	Mental Health TF-CBT CBITS	SBHC MATCH BOUNCE I		
Referring Person Agency/Address		Tel#	_Date	
Client NameAddress		D.O.B City/Zip Code	Age	
Telephone #	H.H.C School	C.#	Grade	
Legal GuardianClient speaks/understands Guardian speaks/understandeEthnicity	Relation English	nship to Child _ Only □Both [ish Only □Bot	Other	
D.C.F. Involvement: Yes D.C.F. Link #	✓No Lega If yes, □C	al Mandate: 🔲 ! Court 🔲 Prob	ation Family Relations	
Insurance Name:		Policy #		
Reason for Referral:				
Any prior involvement with n No If yes, explain briefly.				Yes
Is client suicidal or homicidal	? ∐Yes ∐No If ye	s, specify		
Any hospitalizations? Yes	No If yes, specify (place,date)		
Any current medications?	Yes No If yes, spec	rify name, prescr	ribed by	
Any drug or alcohol abuse? [Form co	mpleted by:	*****	
[For Office Use Only]				
Emergency	Priority	Not	ı-Emergency	
Date Assigned:	Case Ass	signed To:		



Child and Family Guidance Clinic TF-CBT Screening Questions

To be done with every referral/triage

		- 1							
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•	Been in or seen a very bad accident	Yes No
•	Been unexpectedly separated from someone who she/he depends on for love or security for more than a few days?	Yes No
•	Been physically/emotionally hurt or threatened by someone?	Yes No
•	Seen or heard people physically fighting or threatening to hurt each other?	Yes No
•	Been forced to do something sexual or seen or heard someone else being forced to do something sexual?	Yes No
•	Watched people using drugs (like smoking, sniffing, or using needles)?	Yes No
		Total Control





Trauma Focused Cognitive Behavioral Therapy (TF-CBT) is a treatment model available at the Cornell Scott-Hill Health Center Child and Family Guidance Clinics. TF-CBT is designed to help children, adolescents, and their caretakers overcome trauma-related difficulties such as divorce, death of a loved one, community violence, domestic violence, sexual or physical abuse and more. This screening tool will help us determine if the child would benefit from TF-CBT.

Wakeman Hall Outpatient Referral Form

Wakeman Hall provides comprehensive mental health treatment, substance use treatment, and recovery support services for young people in the Greater New Haven area. To make a referral, please call, email or fax this form to:

Renee Hausman, Director of Admissions Phone: 203.248.2116 x 308

E-mail: rhausman@tccoh.org Fax: 203.287.9815

Referral Source: How you heard about us: Name: Reason for Referral: Phone number:	.	E-maii: mausman@tccon.oi	<u>rg</u>	Fax: 203.287.9813		
Name:	_					
E-mail: Phone number: Reason for Referral: Name:		heard about us:				
Name:						
Name:	E-mail:			Phone number:		
Name: Age: Primary language: Gender: Race/ethnicity: Address: Phone number: Youth resides with: Relationship: Insurance company: Insurance ID #: Caregiver/Guardian: Primary language: Phone number: Cell phone: Address: Primary language: Phone number: Cell phone: Address: Primary language: Phone number: Cell phone: Address: Vouth's current and past behavioral health treatment providers: Name: Agency (if applicable): E-mail: Phone number: Youth's mental health or medical issues (DSM diagnoses): Youth istory (check all that apply): physical abuse psychotic symptoms	Reason for	: Referral:				
Name: Age: Primary language: Gender: Race/ethnicity: Address: Phone number: Youth resides with: Relationship: Insurance company: Insurance ID #: Caregiver/Guardian: Primary language: Phone number: Cell phone: Address: Primary language: Phone number: Cell phone: Address: Primary language: Phone number: Cell phone: Address: Vouth's current and past behavioral health treatment providers: Name: Agency (if applicable): E-mail: Phone number: Youth's mental health or medical issues (DSM diagnoses): Youth istory (check all that apply): physical abuse psychotic symptoms						
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domestic violence homicidal ideation						
self-injurious behavior sexualized behaviors	=					

substance use, list drugs used in the past month _____

بن

YALE CHILD STUDY CENTER - MDFT

Yale Child Study Center In-Home Programs

98 York Street, New Haven, CT 06511

Phone number: 203.785.6862 Fax:203.785.7517

MULTIDIMENSIONAL FAMILY THERAPY (MDFT) Clinical Registration / Referral Form (Please complete all fields. Do not leave any blank. This will delay the referral process) Date of Referral: Referral Source Name: Client Name: Relationship to Client: Client Place of Birth: ☐ Female (click to select or deselect) Client Date of Birth: Address of Primary Residence Alternate Address (if applicable) Address: Address: City: City: State: State: Zip Code: Zip Code: Phone Number #1: Phone Number #1: Phone Number #2: Phone Number #2: How long has the client lived at this address? How long has the client lived at this address? Insurance Type and ID Number: □ Active □ Inactive Client have any disabilities that would impact his/her ability to access services: If yes, describe: Parent #1 Name: Phone Number: Relationship to Client (click on check box below to select or deselect): ■ Adoptive ■ Adoptive □ Aunt □ Birth □ Birth □ Cousin □ Facility ☐ Fictive Father Mother Father Mother Brother Staff Kin □ Foster □ Foster □ Grand-□ Grand-**⊠** Self □ Sister ☐ Step П ☐ Signifi-Mother father mother Father Shared cant Other Father Custody □ Step □ Uncle Other (add comment): Mother Primary Caregiver? ☐ Yes □ No Translation Required? □ No ☐ Yes Preferred Language (click on check box below to select or deselect ☐ Chinese/ П □ Chinese/ ■ English □ Farsi П □ French American Armenian Cantonese Mandarin French Creole Sign Language ☐ Khmers ☐ Korean Kujarathi □ Loatian ■ Non-□ Polish □ Portu-Verbal Guiarathi gese □ Russian □ Serbo-■ Spanish ☐ Vietna-mese □Other (add comment) Croatian Parent #2 Name: Phone Number: Relationship to Client (click on check box below to select or deselect): ■ Adoptive □ Aunt □ Birth □ Birth □ Cousin □ Facility □ Fictive ■ Adoptive П Mother Father Father Mother Brother Staff Kin □ Foster □ Foster □ Grand-□ Grand-□ Self ☐ Signifi-□ Sister □ Step Shared cant Other Father Father Mother father mother Custody ☐ Step □ Uncle □ Other (add comment): Mother

Primary Caregiver? ☐ Yes ☐ No Translation Required? ☐ Yes ☐ No							No				
Preferred La	anguage (clic	k on check box	below	to sele	ct or deselect	<u>)</u> :					
		☐ Chines	e/	☐ Chi	inese/	☐ Engl	lish	□ Farsi			☐ French
American	Armenian	Cantones	2	Manda	arin	_			Fre	ench	Creole
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☐ Russian	☐ Serbo-	☐ Spanis	h	□ <u>Vie</u>	tna-mese	□ Othe	er (ad	d comment)			
	Croatian										
Primary Car		Yes □ N	0			_			□ Yes		No
Guardian N						Phone	Numb	ber:			
Relationship	p to Client 🖸	ick on check b	ox belo	w to se	lect or desele	ct):					
☐ Adoptive	■ Adoptive	☐ Aunt	☐ Bi	irth	☐ Birth			□ Cousin	□ F	acility	☐ Fictive
Father	Mother		Fathe	er	Mother	Brothe	r		Staff		Kin
☐ Foster	□ Foster	☐ Grand-	□G	rand-	☐ Self			□ Signifi-	□ S	ister	☐ Step
Father	Mother	father	moth	ner		Shared	1	cant Other			Father
						Custod	ly				
☐ Step	☐ Uncle	☐ Other (ad	dd com	ment):							
Mother											
l 		k on check box									
		☐ Chines		☐ Chi		☐ Engl	lish	☐ Farsi			☐ French
American	Armenian	Cantones	•	Mand	arin				Fre	ench	Creole
Sign											
Language	- Ukmar	- U Karaar		D Pos	in enthi			□ Non-	+-	Polish	□ Doetu
Cuincathi	☐ Khmer	s 🔲 Korear	1	LI VA	arathi	□ Loat	tian	Verbal	"	Polisn	□ Portu-
Guiarathi Russian	☐ Serbo-	☐ Spanis	h	□ Via	tna moso	Other (add					gese
LI KUSSIGII	Croatian	Li Spanis	1		tna-mese	LIOUIE	:r (au	u comment)			
Daissan Con		Yes D N	_			Tonada	r	Danisada F	7 ٧		81-
Primary Car				l		Hansia	LION F	Required? [□ Yes		No
l——-		Children and F					_				
		☐ Investigation	ons 🗆	CPS 🗆	Committed						
DCF Worker								's Phone Num			
	sor's Name:				_	DCF Su	pervis	sor's Phone N	umbe	r:	
		Children and	Familie	s Involv	ement?						
_	ous Legal Gu					I					
	orker's Name					Phone	Numb	ber:			
<u> </u>		s, what is the									
		ived with the F		Caregiv	/er?						
		about the pro									
		to the program									
		ne) (click on cl				_					
□ Behavior		□ Communit			Congregate Co	are		epartment of		☐ Det	ention
Partnership,		Natural Suppo		Fam				dren and Fami		Involve	
☐ Emergen	icy	□ Family Adv	ocate		oster Parent		□ Ir	nfo-Line (211)			er Program
Department	Department									with A	gency
Other Pr	☐ Other Private ☐ Physician ☐ Probation Co					urt	□ P	olice		☐ Psy	chiatric
Agency										Hospit	al
☐ Self/Fam	ily	☐ School			Other State A	gency		Other (add cor	nmen	t	
Referral Sou	rce Phone N	umber:									
Release of in	Release of information obtained for Referral Source?										

This is needed at time of Referral – please send in along with Referral form							
Describe pres	enting concer	ns/assessment qu	estions (obtain durati	on of proble	m and inference	:e):	
			to select or deselect	1	· ·	T	T
□Abuse	□Anxiety	□Depression	□Develop-mental	□Disrupt	□Eating	□Encopresis	□Enuresis
			Delays	ive	Disturbance		
DE-mile.	DHarm/	□ Harray / Diele	DU se constitue	Behavior	□ OCD	D Door	
☐Family Conflict	☐ Harm/ Risk of	☐ Harm/ Risk of Harm to Self	☐Hyperactive	🗖 Inattenti	L 000	☐ Peer Difficulties	□Problem Sexual
Connict	Harm to	or narm to sen	/Impulsive	ve		Difficulties	Behavior
	Others			l ve			Dellaviol
□Psychosis	Running	☐ School	☐ Substance	□Substa	☐ Tics	☐ Trauma	□Tricoti-
Larsychosis	Away	Problems	Problem: Alcohol	nce	L 1163	L Hadina	Jomania
	Away	Troblems	Troblem. Alcohor	Problem:			testiletis
				Other			
☐ Other (spe	cify in comme	ent)					☐ None
			res □ No □ Pas	t □ Not Δ	pplicable (cl	ick to select or d	
			treating clinician/age		ipplicable (4)	ick to select of a	icociació,
in current or p	ast treatment	i, provide name of	treating chiniciany age	incy.			
Has the client	t ever heen or	n any medication?	П Ves П No П] Past □	Not Applicable	(click to select	t or deselect)
		tations (name, dos		11430 111	vot Applicable	(Click to Scieci	cor deserect)
Current psych	iotropic medic	Lations (name, do:	se, irequericy).				
If current med	dication inclu	de prescriber nam	e.				
If current medication, include prescriber name:							
List any previous medications (name, dose, frequency):							
Name/Place	of Client's Prir	mary Care Provide	r:				
Address/phor	ne number of	Primary Care Prov	ider:				
Does the Clier	nt currently ha	ave Psychiatrist or	Neurologist? Ye	es 🗆 N	o (click to se	lect or deselect)	
Has the Client	t ever received	d Assessment Serv	ices or Birth to 3?	□ Yes I	□ No □	Past 🗆 No	t Applicable
Has the Client	t ever been in	volved with the co	urts? 🗆 Yes 🗀 No	☐ Past	□ Not Applica	ble (click to sele	ct or deselect)
Client's Schoo	ol:			Grade:			
Special Educa	tion Services?	□ Yes □	No ☐ Past	□ Not App	licable Client	(click to select	or deselect)
504 Plan at So	hool? DY	es 🗆 No	□ Past □ No	t Applicable	(click to sele	ct or deselect)	
	ttend school re			o select or d		,	
Additional No							
Additional No							
MULTIDIME	NSIONAL FA	MILY THERAPY					
DCF Case Status:							
Currently on Probation? Yes No (click to select or deselect) Date of last arrest?							
Probation Off				Telepho	one #?		
		ship to Patient:					
Guardian's Ad		p to radicite		Guardian's	Date of Birth:		
Mother's Date of Birth:							

Mother's Add					
I 	e / Hispanic Origin:				
Father's Age:			Father's Date of Birth:		
Father's Addre					
	/ Hispanic Origin:				
Other Househ	old Members (name, age, date	of hirth, relationship t	o nationt).		
		or birtii, relationship	o patient).		
Behaviors of C	Concern:				
	referral: (This section in the haviors of concern and in		domains completed with information to vel of care)		
			g skills, cognitive abilities, factors for why the child is of would be place in detention, etc.):		
	n (relationships – how they get treatment, etc.):	along with other men	nbers, parenting styles, concerns, DCF history, family		
School Domain (history and current level of child's academics, behaviors, interaction with peers, etc.):					
Community Domain (topics might include important service providers involved with the family, community support available, other systems' involvement like (DCF/CSSD):					
Is the Youth C If yes, drug(s) Frequencey of		Yes 🗆 No [c]	ck on check box below to select or deselect)		
Current DSM\	/ Diagnosis				
Behavioral Di	agnosis :				
Medical Diagnosis:					
Social Determ	inants (click on check box belo				
☐ None	☐ Education-al Problems	☐ Problems with So	ocial Environment		
☐ Unknown	☐ Occupational Problems	☐ Problems with P	rimary Support Group		
☐ Financial Problems ☐ Problems w/ Interaction with Legal System/Crime					
☐ Homelessn	ness	☐ Problems with A	ccess to Health Care Services		
☐ Housing Pr	oblems (not homelessness)	☐ Other Psychosoc	ial and Environmental Problems (add comment)		
Functional Assessment (GAF):					

Past Psychiatric History (include information about psychiatric hospitalizations (place of admission, dates, reason for admission) as well as other forms of mental health treatment provided to the child):
Is the Youth Currently in Placement? Yes No (click on check box below to select or deselect) If yes: Current Placement and Address:
Placement Contact & Telephone # :
Anticipated discharge date:
Intended Home: (who & address)
Current Treaters (family member receiving service, institution/agency, type of service, name of contact, telephone
number):
Current Treater #1:
Current Treater #2:
Current Treater #3:
Past Treaters (family member receiving service, institution/agency, type of service, name of contact, telephone number):
Past Treater #1:
Past Treater #2:
Past Treater #3:
Additional referrals made along with MDFT referral? (PHP, Outpatient, EDT, IOP, etc.):
If yes, indicate which services (select all that apply) (click on check box below to select or deselect):
☐ Care Coordination ☐ EDT ☐ Outpatient Services
☐ Other (add comment)

CONNECTICUT MULTIDIMENSIONAL FAMILY THERAPY REFERRAL FORM (Wheeler Clinic)

I.	
CLIENT INFORMATION:	DOB.
Name:	
Gender: Primary Language spoken in home:	
Medical Insurance (plan name and ID#):	
Treateur Insurance (plan hand and 12 //)	
II.	
REFERRAL INFORMATION:	
Referred by: Name: Date of refe	erral:
Agency/Address:	
Phone #:	
AGENCY REFERRED TO:	
Agency/Address:	
Phone #:	
Probation Supervisor (Signature Req'd for CSSD Post-Dispo)	
Legal Status: Court:Probation Officer:	
Current/recent charges:	
Past charges:	
Court Orders:	
Date of Case Review Team Meeting (CRT) or other team meeting	
DCF Involved: Yes No Status:	
If Yes: Social Worker Name:Phon	ne:
Social Work Supervisor Name:Phor	
Area Office/Address:	
Any known/suspected safety concerns in the home? (Explain):	
III. REASON FOR REFERRAL:	
KEASON FOR REFERRAL.	
Current Substance use (describe):	
Supporting Documentation Sent to MDFT (e.g. Evaluations, etc)	
Supporting Documentation Soft to Fibri 1 (e.g. Dialattons, etc)	

MDFT Referral 2

CONNECTICUT MDFT REFERRAL FORM (Wheeler Clinic)

If no, adult responsible for the child's care: Name:								
Address: Phone: PARENTS: Legal Guardian Mother's name: YesNo Address: Phone:								
PARENTS:Legal GuardianMother's name:YesNoAddress:Phone:Legal GuardianFather's name:YesNo								
Mother's name: YesNo Address: Legal Guardian Father's name: YesNo								
Address: Phone: Father's name: YesNo								
Father's name: YesNo	Mother's name: Yes No							
Father's name: YesNo								
Address:								
Address:Phone:								
OTHERS LIVING IN THE HOME:								
Name Age Relationship to Client								
SCHOOL:								
Current School: Grade:								
YOUTH'S CURRENT/PAST TREATMENT HISTORY: (if applicable)								
Institute/Agency Dates of Service Type of Service (individual therapy, inpatient, outpatient) (home based therapy) Type of Service Discharge Status (successful/ unsuccessful)	of contact							
DIAGNOSIS: DSM IV Axis I:								
Axis II:								
CURRENT MEDICATION:								
Name Dose/Frequency Prescribing Physician	Prescribing Physician							
·								
DATE OF INTAKE:								
MDFT CLINICIAN ASSIGNED:								

WHEELER CLINIC MST REFERRAL FORM

I.
CLIENT INFORMATION:
Name: DOB: CL:
SS # Ethnicity:
Gender:Primary Language spoken in home:
Medical Insurance (plan name and ID#):
II.
REFERRAL INFORMATION:
Referred by:
Name: Date of referral :
Agency/Address:
Phone #:
DCF INVOLVEMENT?
yesno Status
Name of Worker:Phone:
Name of Supervisor: Phone:
Any known/suspected safety concerns in the home? (explain):
JAG Score: Date Completed: Planned Probation Discharge
Date: Next Court Date:
COURT INVOLVEMENT?
Y N Status
III
REASON FOR REFERRAL:
Current substance use (describe):
Current substance use (describe).

CONNECTICUT MST REFERRAL FORM (Wheeler Clinic)

		IV						
BACKGROUND INFORMATION:								
Legal Guardian? Relationship:								
Does child live with parent(s)?yesno								
If no, adult responsible for the child's care:								
Name:		Relation	ship:					
Address:		Phon	e:					
PARENTS:								
Mother's name								
Address:		pnone:						
Father's name:								
Father's name:Address:		phone:						
OTHERS LIVING IN T	НЕ НОМЕ:							
<u>Name</u>	<u>Age</u>	Relationship	to Client					
					•			
SCHOOL		C 1						
Current School								
Contact person:								
School concerns?								
YOUTH'S CURRENT/	PAST TREAT	MENT HISTO	RY:					
Institution/Agency	Dates	Type of	Discharge	Tel.#	Name of Contact			
	of Service	Service	Status					
		(individual	(successful /					
		therapy,	unsuccessful)					
		inpatient,	,					
		outpatient)						
DIAGNOSES:	1	1	1	-				
DSM IV Axis I:								
								
Axis II:								
	ONI.							
CURRENT MEDICATION			ъ и	DI ::				
<u>Name</u>	Dose/Fr	<u>equency</u>	Prescribing	g Physician				
-								

Referral Source (please indicate):
MST Team Referring to: DCF Willimantic/Norwich CSSD Waterford
CSSD New Haven DCF Hartford CSSD Hartford CSSD Middletown DCF Waterbury CSSD Rockville CSSD Norwalk/Stamford

MST REFERRAL FORM
NAFI Connecticut, Inc.
NAIT Connecticut, Inc.
I.
CLIENT INFORMATION:
Name: DOB: SSN.#
Juvenile ID# DCF Link#:
Gender: Race:
Primary Language spoken in home: Spanish/English
Bilingual clinician needed: Wes No
Medical Insurance (plan name and ID#):
* *
II.
REFERRAL INFORMATION:
Referred by:
Name: Date of referral:
Agency:
Address:
Phone #:
I am al Charters
Legal Status:
Is this client court involved? Yes No
Commitment status:
Court jurisdiction:
Current/recent charges:
Past charges: Court orders:
Probation/Parole referrals:
Is this client currently on probation? Yes No
Probation Officer:
Date of Disposition:
Anticipated Date of Probation Discharge:
Total JAG Score: Top Criminogenic Needs:
Date of JAG Assessment:
Is this client currently on parole? Yes No
Parole Officer:
Parole Commitment end date:
Detention Status:
Is the youth currently in detention? No
Last day of detention:

III.
REASON FOR REFERRAL:
Please describe:
Current substance use: Yes No
If yes, please describe:
Past substance use: Yes No
If yes, please describe:
Please list Supporting Documentation being sent to MST: (e.g. Pre-Dispositional Study,
Psychiatric or Psychological Evaluations, Assessments, etc.)

IV. BACKGROUND INFORMATION:
Does youth live with parent(s)? Yes No
If no, adult responsible for the youth's care:
Name: Relationship:
Address: Phone:
Legal Guardian: Wes No
PARENTS:
Mother's name: Address: Phone:
Legal Guardian: Yes No
Father's name:
Address: Phone:
Legal Guardian: Yes No
OTHERS LIVING IN THE HOME:
Name Age Relationship to Client
SCHOOL INFORMATION:
Current School:
Grade:
DCF INVOLVEMENT:
☐Yes ☑ No Status: Name of Worker: Phone:
Traine of Worker.
SAFETY ASSESSMENT:
Any known/suspected safety concerns in the home:
Are there any other safety concerns we should be aware of:

+‡+

Institution/Agency	Dates of Service	Type of Service (individual therapy, inpatient, outpatient)	Discharge Status (successful / unsuccessful)	Tel. #	Name of Contact		
DSM-IV DIAGNOSES: Axis I: Axis II: Axis III: Axis IV: Axis IV: Axis V./GAF:							
CURRENT MEDICATION: Name Dose/Frequency Prescribing Physician							
Please note any addit	ional pertinent case	e information:					



ONLY

Team

New Haven, Bridgeport, Meriden, Middletown, Waterbury
Fax to: (203) 773-1503 Attention: MST TAY
Questions? Call Supervisor Kaitlin Breggl (203) 228-4286
Hartford, Enfield, New Britain, Norwich, Manchester, Bristol
Fax to: (860) 560-0769 Attention: MST TAY
Questions? Call Supervisor Laura Pazda (860) 576-3630

*REFERRAL SO	URCE ONLY	NEEDS T	O COMPLET	TE ITEMS M	ARKED WITH *	BUT	PLEASE COMPLETE AL	L ITEMS TH	AT YOU KNO	w.			
	Young A	DULT S	UCCESS P	ROJECT- C	lient Infor	mati	on	*DATE:					
*CLIENT'S PREFER	RED NAME:		*FIRST NAI	ME:	MIDDLE NA	ME:	*LAST NAM	1E:	*AGE:				
									*BILINGUAL REQUIRED:	Yes			
*SEX: M F	BIRTH	DATE:			IF NATIVE AMER., TRIBE:			*PRIMARY LANGUAGE:					
IF BORN OUTSIDE US, # YRS RESIDED IN US:		RACE:			ETHNICITY:			SECONDARY LANGUAGE:					
	TERIA (Ca	all MS	T-EA Sup	pervisor	if you have	any	questions or v		iscuss a d	case)			
*CLIENT'S <u>AGE</u> IS 1	17-20 (before	e 21st bir	rthday)?	Yes 🔲		Wate	<u>DE</u> IN: Greater New H rbury, Greater Hartfo ter, Bristol?						
	ent, <u>non-det</u>	ention/i	ail/prison, G				discharge. Communi upervised living can b		Cannot curre				
MENTAL HEALTH:	,		r-		CRIMINAL IN	CRIMINAL INVOLVEMENT:							
*Seems to have a r and/or Psychotic D							eleased from jail/pris probation violation)?		n in past 18	months Yes			
Does NOT have A Intellectual Disa		sive Dev	/elopmental	Disorders, Correct	*Severity of incarceration		ending charges at refe	erral IS NOT I	-	lt in rrect 🔲			
NOT currently sui	icidal or hom	nicidal.		Correct 🔲	*NO recent	nistory	or a pattern of probl	em sexual b	ehaviors. Co	rrect 📗			
DIAGNOSES, MED	S, <u>SYMPTO</u>	MS/BEH	AVIORS YO	U KNOW OF	*PROVIDE A	RREST	DATES, CHARGES, A	ND/OR RELE	ASE DATES:				
*CLIENT (IF NEEDE	D, ALSO GU	ARDIAN) HAS SIGNI	ED RELEASE	OF INFORMAT	NOI 8	k GIVEN PERMISSION	TO MAKE R	EFERRAL?	Yes 🔲			
*ANY OTHER Brid REFERRAL REASON(S):	ef summary	of any o	ther referra	l reasons. Ir	clude *safety	concer	ns the program shou	ld be aware	of.				
THESE MAY SUGGE							AGNOSIS: a written diag						
*CLIENT'S					*CLIENT'S		***						
PHONE #(s):					CURRENT ADDRESS:								
*CLIENT'S MOTHER:	IONE(S):				ADDRESS:				*HAS LEGAL GUARDIANS CLIENT? Y	SHIP OF			
*CLIENT'S FATHER:	IONE(S):				ADDRESS:				*HAS LEGAL GUARDIANS CLIENT? Y	SHIP OF			
*OTHER CONTACT:	IONE(S):				ADDRESS:				*HAS LEGAL GUARDIANS CLIENT? Y	SHIP OF			
GUARDIANSHIP/C			legal adult	s Explain:									
*Legal guardian I				contract, and	relevant forms o	nd sho	uld be present for scree	ning/intake if	client is under	r 18.‡			
NAFI USE Referra	I Date:			Screening D	abe:		Intake D.	ate:					

Therapist:

*REFERRAL SOURCE'S NAME:		*AGENCY/DCF Region:		on:	*PHONE(S):				*EMAIL:					
*REFERRAL SO	RVISOR'S TITI	OR'S TITLE: *!			*SUPERVISOR'S PHONE:			*SUPERVISOR'S EMAIL:						
*REFERRAL SOURCE'S SUPERVISOR: *SUPERVISOR'S TI					KVIDOK O IIII	E. SOPERVISOR S PHO				JOPERVISOR S ENFALL			OK O ENGLIS	
*PROVIDERS & PROGRAMS CLIENT IS INVOLVED IN (*fill in all that apply/are known)														
SCHOOL		CONTACT										Currently		
PROGRAM: □N/A	PHO	NE(S):	PERSON: JOB TITLE:										Attending? Yes	
						CONTACT							Currently	
DCF:					PE	PERSON:					Involved?			
PHONE(S): JOB IIILE: 165														
REASON FOR DCF INVOLVEMENT: CONTACT CUrrently														
DMHAS:							PERSON:					Currently Involved?		
□n/a		NE(S):			JOB	JOB TITLE:				Yes [
REASON FOR DMHAS INVOLVEMENT: CONTACT CONTACT														
PROBATION/ PAROLE:							PERSON:						Currently Attending?	
PAROLE:	PHO	PHONE(S):					JOB TITLE:					Yes 🔲		
COURT/DOC							CONTACT						Currently	
PROGRAM:	PHO	NE(S):					RSON:						Attending? Yes	
CURRENT	FIIO	142(5).		PENDIN	G	300	, , , , ,	LEGAL			PROB./PA	AR.		
CHARGES:				CHARGE			s	TATUS:			END DA	ΓE:		
□N/A				□ N	/A			□N/A				N/A		
			Name:					Re	lationship:					
EMERGEN	ICY													
CONTAC	т:		d d				51 W)							
		A	ddress:				Phone #(s):							
INSURANCE:	Υ] N 🔲		IAME OF						RELATIONSHIP TO CLIENT/SELF:				
POLICY ID	_	_	POLICY	HOLDER:	<u>:</u>						Y HOLDER			
NUMBER:		COMPANY:									DOB:			
'	F		NAME		DOSAGE				NAME &					
CLIENT	r's	5					CLI	ENT'S	AGENCY:					
CURREN		т					MARY							
MEDICATION						PHYSI		Electric Control of the Control of t						
									PHONE:					
									NAME &					
CLIENT	r'S						CLI	ENT'S	AGENCY:					
CURRENT					PSY	PSYCHIAT								
DIAGNOSES:									ADDRESS &					
							PHONE:							
PREFERRED HOSPITAL: HOSPITAL ADDRESS:							HOSPITAL PHONE:				HEALT	H NOT	ES:	
CLIENT ADVANCE INSTRUCTIONS/ADVANCE DIRECTIVE: YES (see records in client file) NO														
MAJOR SAFET	- 1								•					
CONCERNS FO														
THE HOME OF CLIENT:	١ ا													
Disposition		D-8		LI- D-4			Daelia	- d C	oning Seroe				Firstion J-17-17	