



# Digital TOOLKIT

Resources and information to  
support pregnant and parenting  
women in recovery

**For more information and resources  
please visit our website linked  
below:**

**[WWW.SEPIC.T.ORG](http://WWW.SEPIC.T.ORG)**

# *Table of Contents*

---

- Digital Flyers
- Digital Brochures
- Websites



# Digital **FLYERS**

## SUPPORTING PROVIDERS IN PROMOTING THE BEST OUTCOMES

for infants born substance-exposed  
and their families.



### ABOUT US

SEPI-CT works with birthing hospitals and other clinical providers across Connecticut to bring awareness to substance exposure during and after pregnancy.

**SEPI-CT provides free trainings and technical support to assist providers in:**



Meeting the legislative requirements of CAPTA (Child Abuse Prevention and Treatment Act)



Creating Family Care Plans to ensure families have access to treatment, recovery, and support resources



You can now use the virtual tool on our website to create Family Care Plans

### JOIN US

We could benefit from your expertise!

Please contact SEPI-CT if you would like to join any of the following four work groups:

- Treatment, Wellness, and Recovery
- Screening and Brief Intervention
- CAPTA/Family Care Plans
- Marketing and Training

### SEPI - CT TRAININGS



#### The Evolution of CAPTA: Supporting Families Impacted by Substance Use

##### Presentation Contents:

- CAPTA/CARA Legislation
- CAPTA Notification
- DCF Report Considerations
- Family Care Plan Development
- Awareness of Stigma/Health Inequities
- Community Connections and Resources



#### CAPTA Notification Process

##### Presentation Contents:

- CAPTA Notification Requirements
- How to Access the Portal
- Screen by Screen Review of Notification
- DCF Report Considerations



#### FASD/Substance Exposed Infants 101

##### Presentation Contents:

- FASD and SEI Prevention and Treatment
- How Stigma Impacts Care
- CAPTA and Family Care Plans

##### Additional Presentations:

**DMHAS Women's Services**  
**DCF Mandated Reporter Training**



### Ways to Contact SEPI-CT:

Gia Monteleone, SEPI-CT Program Specialist:  
gmmonteleone@wheelerclinic.org  
Shayla Ranmal-Supplies, Program Manager SEPI-CT:  
sranmal-supplies@wheelerclinic.org

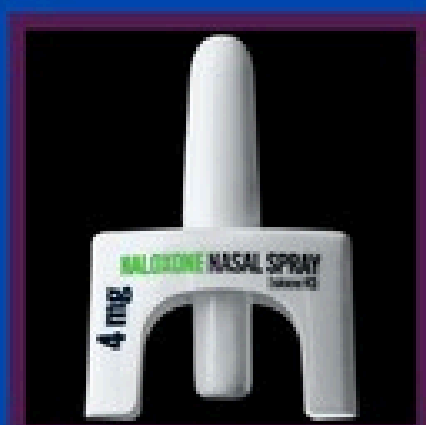


**Visit Our Website:**  
**SEPI-CT.org**





# NALOXONE IS SAFE FOR EVERYONE



Naloxone is a life-saving medication that can reverse an overdose from opioids in individuals throughout the lifespan including:

- ♥ infants and children
- ♥ adolescents and adults
- ♥ seniors

It is recommended that naloxone be used when a pregnant and/or nursing person experiences an opioid overdose.



Scan this QR code to learn about:

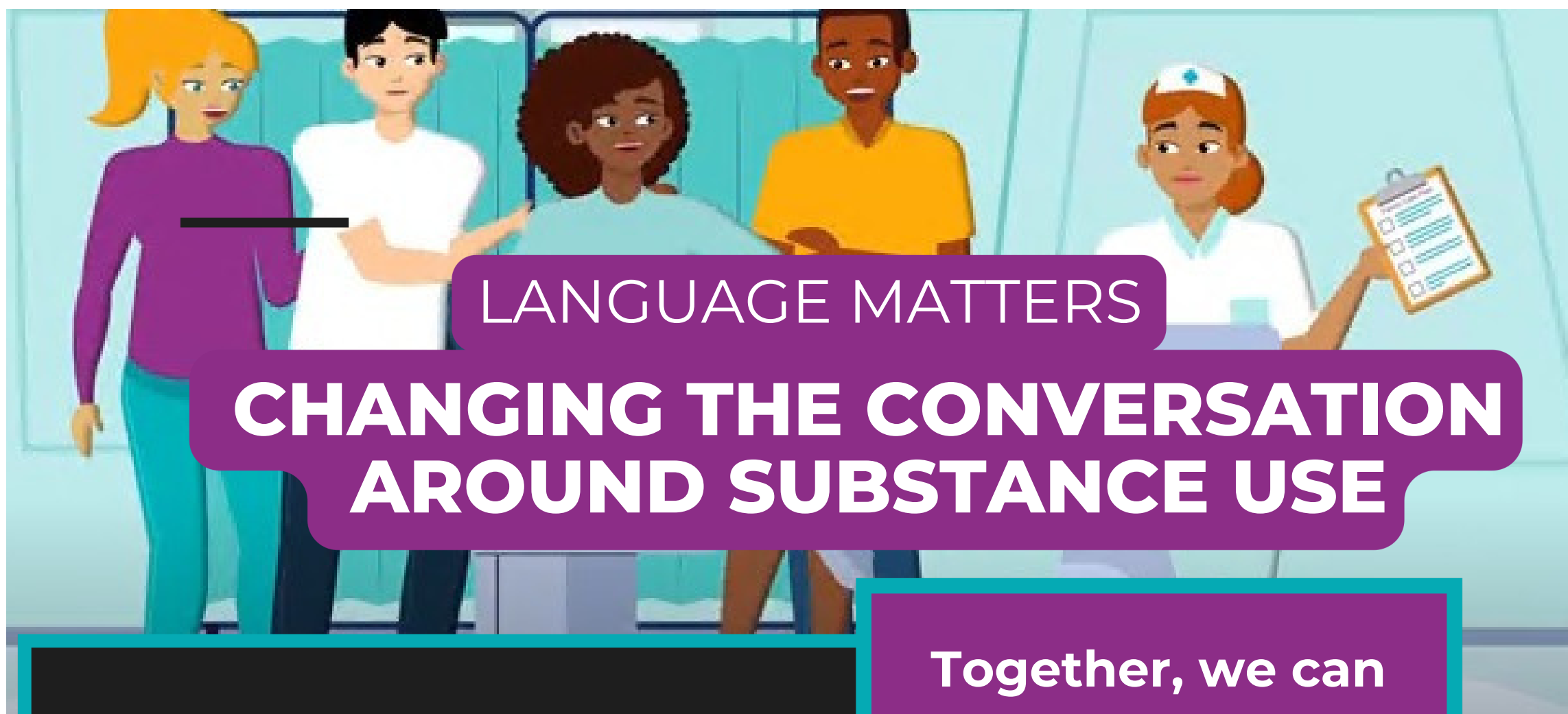
- ♥ How to use naloxone
- ♥ Where to find naloxone
- ♥ 24/7 treatment information
- ♥ Programs for pregnancy/parenting
- ♥ Peer support groups
- ♥ Harm reduction



For more recovery resources and information visit [sepict.org](https://sepict.org)

Sources: CDC.gov and ACOG.org





LANGUAGE MATTERS

# CHANGING THE CONVERSATION AROUND SUBSTANCE USE

## Why This Matters

Stigmatizing language can reinforce negative stereotypes, create shame and isolation, and hinder the recovery process. Whereas non - stigmatizing language can promote things such as empathy and understanding, encourage individuals to seek help and safely, and create a more supportive community.

## Use Person First Language

Person first language is a way of speaking or writing that emphasizes the person before their disability, disease, or condition.

Instead of saying: Addict, junkie, clean, or dirty

Say: Person with a substance use disorder, in recovery, or testing positive or negative for substances.

**Together, we can  
build a world  
where language  
heals, not harms**

## Take Action

Take time to educate yourself and those around you about addiction as a medical condition. Avoid harmful labels, and advocate for policy changes that address addiction with dignity and respect.

# STIGMA

## THE IMPACTS OF STIGMA ON INDIVIDUALS WITH SUBSTANCE USE DISORDER



### WHAT IS STIGMA?

Stigma is defined as a set of negative and unfair beliefs that a society or group of people have about something.

Stigma means labeling, stereotyping and discrimination of a person or group of people because they have done something society does not approve of.

### ADDICTION AND STIGMA

Addiction is a chronic, treatable medical condition. This affects the brain, behavior, and decision making.

Stigma within addiction is persistent, pervasive, and rooted in the belief that addiction is a personal choice reflecting a lack of willpower and a moral failing.

### IMPACTS OF STIGMA

Stigma leads to shame, isolation, and creates a fear of seeking help. Stigma can prevent individuals from accessing life - saving treatments. The use of stigmatizing language also perpetuates stereotypes and misunderstandings to individuals.

### BREAKING THE STIGMA

Breaking the stigma of addiction can change the way that people go through recovery. Using person - first language can make so much of a difference.

- e.g. person with a substance use disorder instead of addict.

Educating yourself and others about addiction is a personal choice. Using empathy towards those with addiction can help to ensure they see you as an ally and not someone that is judging and against them.

### WHY SUPPORT MATTERS

Compassion and support encourages recovery and reduces relapse rates. Communities that are seen to foster acceptance see much better health outcomes and lower overdose rates.

### TAKE ACTION

Do your part in reducing stigma! Speak up against stigma within conversations, media, and policy. Support nearby organizations that provide resources for addiction recovery. Recovery is possible! if you or someone you know needs help, do not hesitate to reach out.



# Are you a CT provider or a CT agency that serves pregnant people and their families?

As a healthcare provider or professional who is assisting pregnant/parenting individuals impacted by substance use, understanding your role in the Family Care Plan(FCP) development is essential. A FCP supports the health and well-being of infants and parents as well as assisting families in accessing needed services, including substance use treatment.



## What is a Family Care Plan(FCP)?

A Family Care Plan is a document that provides a roadmap of supports for birthing person, baby and family. This includes strategies and services that support the health and wellbeing of newborns and the substance use treatment and recovery of the birthing person. Per federal legislation, people who use substances during their pregnancy should have an FCP reviewed or developed at the time of birth in the event of a CAPTA notification.

## What is a CAPTA Notification?

The Child Abuse Prevention and Treatment Act (CAPTA) was reauthorized in 2010 to include a policy requiring states to implement a notification to DCF when a baby is born prenatally exposed to substances. In CT, birthing hospitals are required to submit a CAPTA Notification when an infant with prenatal substance exposure is born. These notifications contain no identifying information, unless a 136 DCF report (concerns of abuse or neglect) is required. Prenatal exposure to substances alone are not grounds to substantiate abuse or neglect.



## How are CAPTA and the FCP related?

When a newborn is identified as prenatally exposed to substances, the hospital should review the patient's completed FCP and submit a CAPTA notification. If the patient does not have a completed FCP, the hospital is required to create one in collaboration with the patient. A CAPTA Notification cannot be submitted without the reporter's acknowledgement that a FCP was either reviewed or created.

## Where Can I Find an FCP Template?

A fillable Word template can be downloaded and printed from the SEPI-CT website: <https://www.sepict.org/professionals/about-family-care-plans/>. This template can be edited to best fit your hospital or agency's workflow.

A virtual tool is also available on [www.sepict.org](http://www.sepict.org) that utilizes 211 to link resources based on a birthing persons zip code.



## I am a Provider: What is my role in the FCP?



### Before Birth Event:

- Talk to your patient about a FCP and stress the importance of having one on file before they give birth
- If they do not have a FCP, develop one together. Keep a copy on file and provide them with a copy of their own.
- If they decline to create one, offer them a paper copy.
- Periodically check in with your patient about their FCP questions and/or progress

### After Birth Event:

- If you are the CAPTA reporter and you are unable to review a completed FCP, create one together before submitting a CAPTA Notification
- Provide the patient their own FCP copy at discharge

## I am not a provider, but work with pregnant people. What is my role in the FCP?

There is no wrong door when it comes to creating or discussing an FCP! If you are a behavioral health or social service agency professional and have clients who are using substances while pregnant, you are highly encouraged to provide any FCP guidance and support. Once the plan is completed, it is the client's discretion who they would like to share it with.

Family and friends of a birthing person can also help their loved one complete a FCP online and help keep copies for reference.



## I still have questions about CAPTA and/or the FCP. What resources and support are available for professionals?

SEPI-CT can provide an array of support to any professional, practice, or agency that works with this specialty population. Support includes but is not limited to:

- In person/virtual trainings including Family Care Plan and CAPTA, Overview of Women's Services, DCF Mandated Reporter and other various trainings
- Technical Assistance with implementation of new or existing CAPTA/FCP policies and procedures
- Materials such as brochures, pamphlets, and other resources
- One on one in person or virtual assistance with questions/concerns on CAPTA/FCPs

**Please Contact: Gia Monteleone** (She/Her) SEPI CT  
Program Specialist (Family Care Plan Coordinator)  
gmmonteleone@wheelerclinic.org | 959.262.4957 Visit  
[www.sepict.org](http://www.sepict.org) for resources and more information



# Are you pregnant and/or parenting?



Connecticut takes a recovery friendly approach to supporting **individuals and families with prenatal substance exposure** – one that is nonjudgmental and compassionate. There are many state resources available to pregnant individuals, one of the most important is the Family Care Plan.

Two federal laws help to support best outcomes for expecting families **when prenatal substance exposure is identified**: The Child Abuse Prevention and Treatment Act (CAPTA) and the Comprehensive Addiction and Recovery Act (CARA).

To achieve this, they require a Family Care Plan for **families who experience prenatal substance exposure**.



## What is a Family Care Plan (FCP)? How do I start one?

An FCP is a document created before birth that includes services and supports you have in place for you and your baby. These can include medical and behavioral healthcare, material and financial support, and other resources required to meet wellness and parenting needs. Ideally, this plan is created with your provider, but you may also choose to work with anyone on your support team, such as family and friends, trusted medical or behavioral provider, or a human service agency. Make sure that your prenatal care provider and/or your birthing hospital has a copy of your completed plan on file.

## What are the elements of a Family Care Plan?

- Physical health
  - Postpartum care
  - Support with feeding
  - Medication and pain management
  - Contraception and reproductive health
- Behavioral health
  - Engagement, treatment, recovery supports
  - Treatment for partner/other family members
- Infant health and development
  - High risk follow-up care, with referral to specialty care
  - Developmental screening and assessment, linkage to early intervention services
  - Early care and education program
- Parenting/family support
  - Coordinated case management
  - Home Visiting/Head Start
  - Housing, employment support, child care, transportation





## What is CAPTA?

The Child Abuse Prevention and Treatment Act (CAPTA) was written during the 1970s. Over time, it has changed and now includes more protections for infants and children. In CT, hospitals are required to submit what is known as a “CAPTA Notification” when an infant with prenatal substance exposure is born. This CAPTA notification is “blind,” meaning that no identifying information on the parent or child is disclosed. If your baby is identified as prenatally substance exposed, your hospital provider will submit this notification which also asks them to verify your Family Care Plan.

## Does a Family Care Plan put me at risk for a Child Protective Services report?

NO. In CT, prenatal substance exposure alone is not grounds for child protective services involvement. However, a CPS report will be made to the CT DCF Careline if your provider suspects abuse or neglect outside of prenatal exposure alone. Having a Family Care Plan completed before delivery helps to mitigate potentially unnecessary reports to child protective services if there are no safety concerns.



## What will happen to my baby after delivery?



If your baby is identified as prenatally exposed to substances, your birthing hospital will complete a CAPTA Notification, which includes completing your Family Care Plan. If you do not have a plan, you should create one with your hospital provider before discharge. A Family Care Plan is required by law to complete a CAPTA Notification.

Specifics of care for your newborn will vary by hospital. Some hospitals put infants with prenatal substance exposure into the neonatal intensive care unit to be monitored and to be given medications to manage withdrawal symptoms. Some hospitals use the “rooming -in” approach where your baby will stay in the room with you and you will provide nurturing and supports for your baby. You are able to tour facilities before you deliver to select the one that suits your needs.

## How do I start the conversation with my provider?

It is encouraged that you disclose any use with your provider/s. This will help ensure the best care for both you and your baby. It can be hard to have these conversations but it can be helpful to practice them with someone you trust. Reach out for support as early in your pregnancy as you can. Open up to someone who can help you start this journey. This may include your significant other, trusted family and friends, your behavioral or medical provider, or a human service agency. SEPI-CT has many recovery friendly and non-judgmental resources for birthing people. You are not alone. Visit <https://www.sepict.org/individuals-and-families/resources/>





# A PROUD Path To Recovery



## We are here for you

The PROUD (Parents Recovering from Opioid and Other Use Disorders) program is here to offer support and family centered treatment to pregnant and postpartum women, in all stages of substance use recovery. With services in your community, you can get the help you need.

- PROUD program staff use a holistic model that includes clinical, case management, and peer based approaches to recovery.
- Program services are flexible, with in-home and telehealth treatment options.
- Treatment and support is personalized for every mother and her family.
- PROUD program staff will create Family Care Plans with expectant mothers.

**PROUD program services are offered through Midwestern Connecticut Council of Alcoholism (MCCA) and Wheeler to women living in:**

- Greater Hartford, Greater New Britain, Manchester, Middletown, Waterbury, & Willimantic  
**Wheeler | Contact 860-418-7119**
- Greater New Haven & Bridgeport **MCCA | Contact 203-285-6475 ext. 2501**

---

**Contact the PROUD program today and start your path to recovery.  
For more information, visit [portal.ct.gov/PROUD](https://portal.ct.gov/PROUD)**

---



FUNDED BY



Wheeler

version 1.2025



# Digital **BROCHURES**



## ACCIDENTAL INGESTION

### What is it?

Accidental ingestion is defined as unintentional ingestion of or exposure to harmful substances or harmful amounts of substances, such as medications, chemicals, plants, food, or venom.

### WHO CAN THIS EFFECT?

Accidental ingestion can effect anyone including infants, children, adolescents, adults, seniors, and even pets.

### GOALS

Our goal is to help reduce accidental ingestions in order to ensure the safety and security of everyone.

Call 911 and/ or poison control at  
800.222.1222  
If anyone has potentially ingested  
anything harmful

## FOR MORE INFORMATION

Visit our website  
[www.sepict.org](http://www.sepict.org)



**SEPI-CT** Substance Exposed Pregnancy  
Initiative of Connecticut

### About SEPI - CT

SEPI-CT works with both providers and families across Connecticut to bring awareness to substance exposure during pregnancy, and to ensure families have access to the treatment, recovery, and support resources they need.

### SECURE STORAGE OF MEDICATIONS AND OTHER SUBSTANCES VIDEO



<https://www.youtube.com/watch?v=9WefORjzfuU&t=2sh> text

## SECURE STORAGE OF MEDICATIONS AND SUBSTANCES

### Lock and Protect, Every Time



# SECURE STORAGE BROCHURE

## MEDICATION DISPOSAL

### Where and How?

The best and most environmentally friendly way to dispose of your prescription medicine is through a drug take - back program.

The U.S. Drug Enforcement Administration (DEA) periodically provides drug disposal sites in communities across the nation. The DEA also has permanent drug disposal sites in certain pharmacies or hospitals.

### If There Are No Drug Disposal Sites in the Area

If there are no disposal sites in your areas; there are ways to dispose of medications at home.

The label might have special disposal instructions that you should follow.

If there are no special disposal instructions, you can dispose of your medication in your household trash by following these four steps:

1. Mix your medicine with an inedible substance like dirt, cat litter, or used coffee grounds.
2. Put the mixture in a container, such as a sealed plastic bag.
3. Throw the container in your household trash.
4. Scratch out all the personal information on the prescription label of your empty medication bottle to make it unreadable. Then dispose or recycle the empty medication bottle.

## HOW TO KEEP A SAFE & SECURE ENVIRONMENT

*Storing medications or other substances is very important in order to keep yourself and others around you safe.*

- ✓ Keep medicine and substances out of view and out of reach of children
- ✓ Keep prescriptions in their original container with the safety cap locked.
- ✓ Use a lockbox or lock bag to secure your medications. You can get lockboxes through the CT Clearinghouse, Amazon, CVS, or other vendors
- ✓ Have a storage plan for when you are traveling or visiting someone's home
- ✓ Clean all surfaces with soap and water



## LIFE SAVING MEDICATION



Narcan® Nasal Spray

Naloxone, also referred to as "Narcan®" is a medication that rapidly reverses an opioid overdose.

Naloxone is safe for everyone throughout the lifespan including pregnant birthing individuals, infants, children, adolescents, adults, seniors, and pets. You can get Naloxone through certain pharmacies and also through Regional Behavioral Health Action Organizations

### If you suspect an overdose:

1. Administer Naloxone and call 911
2. Try to keep the person awake and breathing
3. Lay the person on their side to prevent choking
4. Stay with the person until emergency assistance arrives



REACH Providers and Service Areas

There is "no wrong door" for referrals. For services, contact the Women's REACH program in your area.

Region 1- Serving greater Bridgeport, Norwalk, & Stamford communities

Liberation Programs, Inc.  
203-479-2616  
www.liberationprograms.org/womens-reach-program-2/

Region 2- Serving greater Meriden, Middletown, & New Haven communities

The Connection, Inc.  
475-234-1717  
www.theconnectioninc.org/family-support-services/

Region 3- Serving greater New London, Norwich, & Windham communities

Community Health Resources (CHR)  
1-877-884-3571  
www.chrhealth.org/womens-reach/

Region 4- Serving greater Bristol, Hartford, Manchester, & New Britain communities

Wheeler  
860-793-4454  
www.wheelerclinic.org/services/wheeler-services/reach

Region 5- Serving greater Danbury, Torrington & Waterbury communities

Midwestern Connecticut Council of Alcoholism (MCCA)  
203-753-4540  
www.mccaonline.com/services/reachprogram/

For more information about DMHAS funded programs and services for women:



https://www.ct.gov/dmhas

For more information about REACH or to contact DMHAS Women's Services visit

https://portal.ct.gov/DMHAS/Programs-and-Services/Women/Womens-and-Childrens-Programs.



Women's Recovery Engagement Access Coaching Healing Program

WOMEN'S REACH BROCHURE



Women's REACH Program

The Women's REACH Program is designed to provide outreach, engagement, short term case management, recovery coaching, community connections to treatment, and recovery support resources to pregnant or parenting women with substance use and/or co-occurring disorders. Services are also available to parenting/expecting fathers, grandparents, LGBTQIA+ individuals, partners of reach clients, and other immediate parenting family or natural support who have been impacted by substance use, either personally or by the use of the child's parent.

Services

The Women's REACH program provides female Recovery Navigators for pregnant, expecting, and/or parenting women and individuals impacted by substance use. The Recovery Navigator will provide education, advocacy, recovery coaching and short term case management. Through their personal knowledge of the recovery community, each Recovery Navigator will help connect women and individuals to services aimed at enhancing their recovery journey while supporting their goals as they develop a safe support network. Services are individualized, averaging 1-90 days with extension flexibility for special cases. Participation in REACH is voluntary.

Community Outreach

Recovery Navigators will spend most of their time in the community outreaching to and engaging with women and individuals, establishing and maintaining community connections, and facilitating connections between the two. Recovery Navigators help women and individuals develop collaborative relationships with community based medical and behavioral health providers, including birthing hospitals, recovery programs, DCF, and the Office of Early Childhood. Recovery Navigators help women and individuals access the services they need to develop a personal recovery support network and become successful mothers, parents, and guardians. The Recovery Navigator is not intended to replace clinical services; rather enhance them. Within their respective agencies, Recovery Navigators are part of the team.



Family Care Plan

The Recovery Navigator will support women/birthing individuals and their health care providers in the development of a Family Care Plan. A Family Care Plan is meant to be a community safety net for families affected by substance use. Ideally, the plan is established during pregnancy, prior to child welfare involvement.

- Physical health
  - Pre-natal & Post-partum care
  - Support with breastfeeding
  - Medication and pain management
  - Reproductive health including contraception and pregnancy planning
- Behavioral health
  - Engagement, treatment, recovery supports and retention
  - Treatment for partner/other family members
- Infant health and development
  - High risk follow-up care, with referral to specialty care
  - Developmental screening and assessment, linkage to early intervention services
  - Early care and education programs
- Parenting/family support
  - Coordinated case management
  - Home Visiting/Head Start
  - Housing, employment support, child care, transportation



**PROUD (Parents Recovering from Opioid and Other Use Disorders)**

The PROUD program is here to offer support and family-centered treatment to pregnant women and mothers of infants or young children, in all stages of substance use recovery. With flexible service options, mothers can get the help they need in their community.

Anyone can make a referral:

- For **Greater Hartford, Greater New Britain, Manchester, Middletown, Waterbury & Willimantic area** contact the Wheeler PROUD team at 860-418-7119

- For **Greater New Haven & Bridgeport area** contact the MCCA PROUD team at 203-285-6475 ext. 2501

For more information, visit [portal.ct.gov/PROUD](https://portal.ct.gov/PROUD)

**Women’s REACH**

The Women’s REACH (Recovery, Engagement, Access, Coaching & Healing) program is staffed by Women’s Recovery Navigators and a Family Recovery Navigator who bring their lived experience to help support other women and families through case management and recovery coaching approaches. There is no wrong door to access REACH services. Services are voluntary.

**Liberation Programs, Inc.**

203-479-2616 (Serving Region 1)

**The Connection, Inc.**

475-234-1717 (Serving Region 2)

**Community Health Resources (CHR)**

1-877-884-3571 (Serving Region 3)

**Wheeler**

860-793-4454 (Serving Region 4)

**Midwestern Connecticut Council of Alcoholism (MCCA)**

203-753-4540 (Serving Region 5)

For more information, visit [portal.ct.gov/DMHAS-REACH](https://portal.ct.gov/DMHAS-REACH)

**THE DEPARTMENT OF MENTAL HEALTH AND ADDICTION SERVICES (DMHAS)**

**FOR MORE INFORMATION:**

<https://portal.ct.gov/womensservices>



**FOR REAL-TIME BED AVAILABILITY:**

1-800-563-4086

[www.ctaddictionservices.com](http://www.ctaddictionservices.com)

For more information about other DMHAS-funded services for women, please visit:

ACCESS Mental Health for Moms (Perinatal consultation for providers)  
833-978-MOMS (6667)  
[accessmhct.com/moms/](https://accessmhct.com/moms/)

Substance Exposed Pregnancy Initiative-CT (SEPI-CT)  
[sepict.org](https://sepict.org)



version 3.2025

**Treatment Services for Women with Substance Use Disorders in Connecticut**



**CONNECTICUT**  
Mental Health & Addiction Services



**WOMEN’S TREATMENT SERVICES BROCHURE**

**Women’s Specialty Programs**

The programs listed in this brochure are designed to support the unique needs of women as they navigate their recovery journey. We offer a continuum of care to meet individuals at different points in this process. There is no wrong door to access help. As part of this continuum, DMHAS offers specialized services to individuals who may be pregnant/parenting. These programs are able to admit children with their parent.

**Women’s-Specific Residential Treatment**

**CHR**

**Milestone (3.7 RE Co-occurring Enhanced Treatment)**

Putnam

860-753-4402

**McCall Behavioral Health Network**

**Hanson House (3.5 Intermediate Treatment)**

Torrington

860-618-6297

**MCCA**

**Trinity Glen Women’s Program (3.3 Specialized Treatment)**

Kent

860-592-3200

**SCADD**

**Gordon House (3.1 Halfway House)**

New London

860-442-1017

**Regional Network of Programs, Inc.**

**Tina Klem Serenity Recovery House**

Bridgeport

203-366-7012

**Mercy Housing and Shelter Corp.**

**St. Elizabeth’s Recovery House**

Hartford

860-808-2115

**Women and Children’s Residential Treatment**

**3.5 PPW**

**Liberation Programs, Inc.**

**Families in Recovery Program (FIRP)**

Norwalk

203-953-3367

**APT Foundation**

**Amethyst House**

New Haven

203-337-9943 ext.3951

**CHR**

**New Life Center**

Putnam

860-753-4402

**InterCommunity, Inc.**

**Coventry House**

Hartford

860-569-5900 ext.669

**Wellmore Behavioral Health**

**Women and Children’s Program (WCP)**

Waterbury

203-574-3311

**Women’s Recovery Support Program (WRSP)**

**The Connection, Inc.**

**860-964-5529**

**Hallie House**

Middletown

**Coley House**

Hamden

**Hogan House**

Hartford

**Women’s Outpatient and Intensive Outpatient Services**

**Family & Children’s Agency**

**Project Reward**

9 Mott Avenue, 4th Floor, Norwalk

203-523-5793

**CASA, Inc.**

**Project Courage**

592 Kossuth Street, Bridgeport

203-339-4777

**APT Foundation**

**Access Center**

1 Long Wharf, New Haven

203-781-4600

**The Connection, Inc.**

**The Center for Behavioral Health**

**4 Broadway, Norwich**

(Pedestrian entrance and parking lot located at 67 Church St., Norwich)

860-425-5258

**Wheeler**

**Lifeline Outpatient Programs**

91 Northwest Drive, Plainville

888-793-3500

**Wellmore**

**Behavioral Health**

402 East Main Street, Waterbury

203-755-1143

**MCCA**

**Women & Children’s Outpatient Program**

38 Old Ridgebury Road, Danbury

203-792-4515



# FOR ADDITIONAL SUPPORT FOR WOMEN

For additional community-based support for women who may be struggling with substance use, please contact the Women's REACH (Recovery, Engagement, Access, Coaching & Healing) program.

<https://portal.ct.gov/DMHAS-REACH>



# HERE TO HELP

Or, for real time statewide residential Substance Use Disorder treatment bed availability please visit:

[ctaddictionservices.com](http://ctaddictionservices.com)



# THE PROUD PROGRAM

If you have additional questions about PROUD or any Substance Use Disorder treatment options for women please visit <https://portal.ct.gov/womensservices>



PROUD IS FUNDED BY



CONNECTICUT  
Mental Health & Addiction Services



version 1.2025



[portal.ct.gov/PROUD](https://portal.ct.gov/PROUD)

# PROUD PROGRAM BROCHURE

## A PROUD PATH TO RECOVERY

The PROUD program is here to offer support and family-centered treatment to pregnant women and mothers of infants or young children, in all stages of substance use recovery. With flexible service options, mothers can get the help they need in their community. Some features of the program are:

- PROUD program staff use a holistic model that includes clinical, case management, and peer-based approaches to recovery.
- Program services are flexible, with in-home and telehealth treatment options.
- Treatment and support is personalized for every mother and her family.
- PROUD program staff will create Family Care Plans with expectant mothers.



## HOPE AND HEALING WITH PROUD

The PROUD program aims to support pregnant and parenting women in achieving their recovery goals. We know addiction is complicated. For many women, this disease is rooted in painful childhood and adult traumas. Being pregnant or parenting can feel so overwhelming when struggling with addiction. There is hope. There is healing. Treatment, support, and care are available for mom, her baby and household members with PROUD.



## CONTACT THE PROUD PROGRAM TODAY



Anyone can make a referral to PROUD for a pregnant or parenting woman who could benefit from the support and services we provide. Please contact a PROUD team member today!

To refer a woman who lives in the:

- **Greater Hartford, Greater New Britain, Manchester, Middletown, Waterbury, & Willimantic** area contact the Wheeler PROUD team at **860-418-7119**
- **Greater New Haven & Bridgeport** area contact the MCCA PROUD team at **203-285-6475 ext. 2501**

For more information, visit [portal.ct.gov/PROUD](https://portal.ct.gov/PROUD)

## CRITERIA FOR ADMISSION



- **Adult Woman**
- **Is pregnant or is parenting an infant or young child.**
- **Current or recent substance use of any type.**
- **Would benefit from clinical services (such as counseling) with additional case management, recovery coaching or connection to community resources.**
- **Lives in any of the regions listed above.**

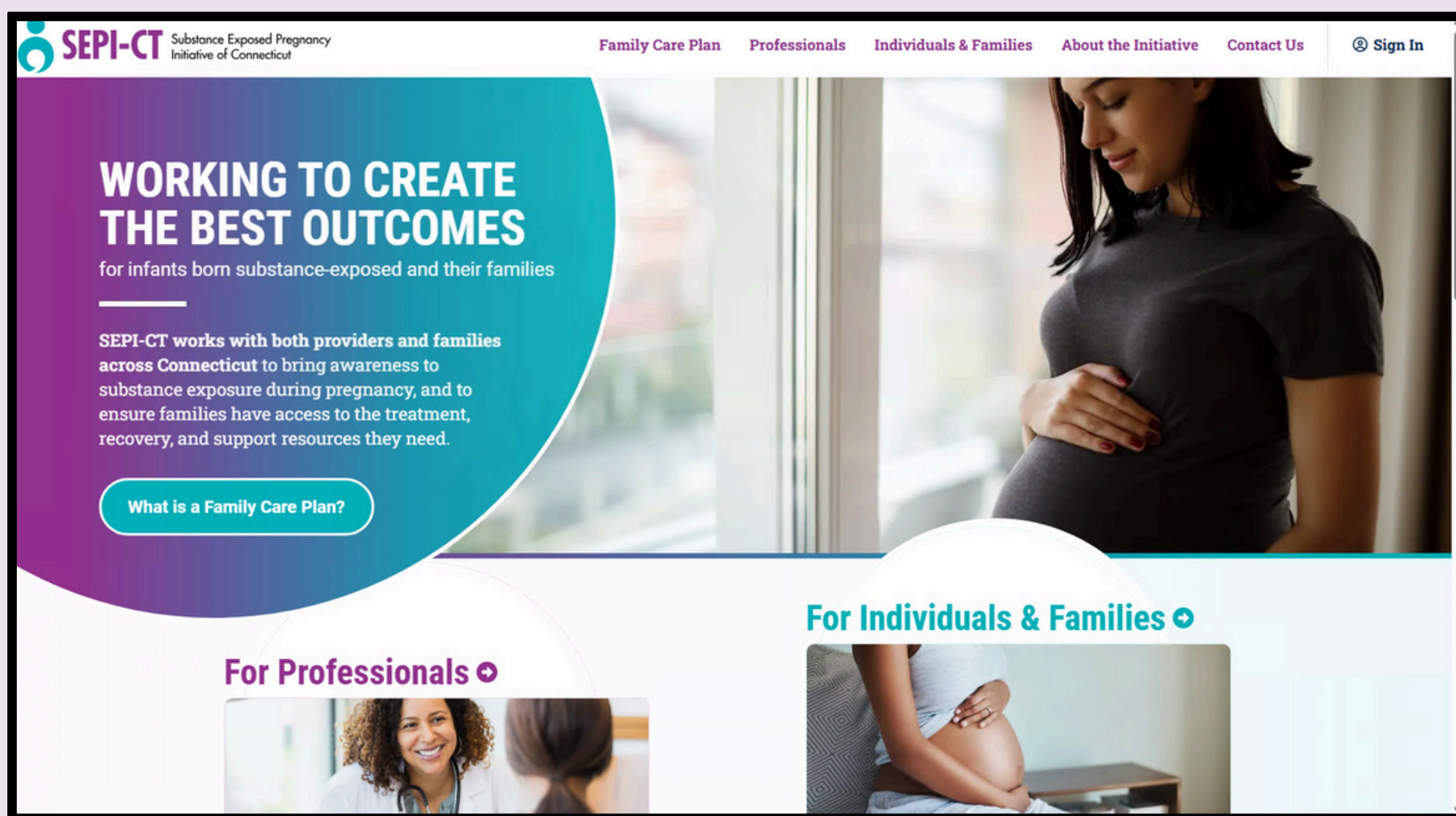


**WEBSITES**





Click the photo to access our website.



# SEPI - CT Website

The SEPI - CT website houses many resources for providers and patients, our virtual family care plan tool, our YouTube videos, and much more. Trainings for CAPTA, Family Care Plans, and many more can also be set up through our website.

[www.sepict.org](http://www.sepict.org)



Click the photo to access our website.



# SEPI - CT YouTube Channel

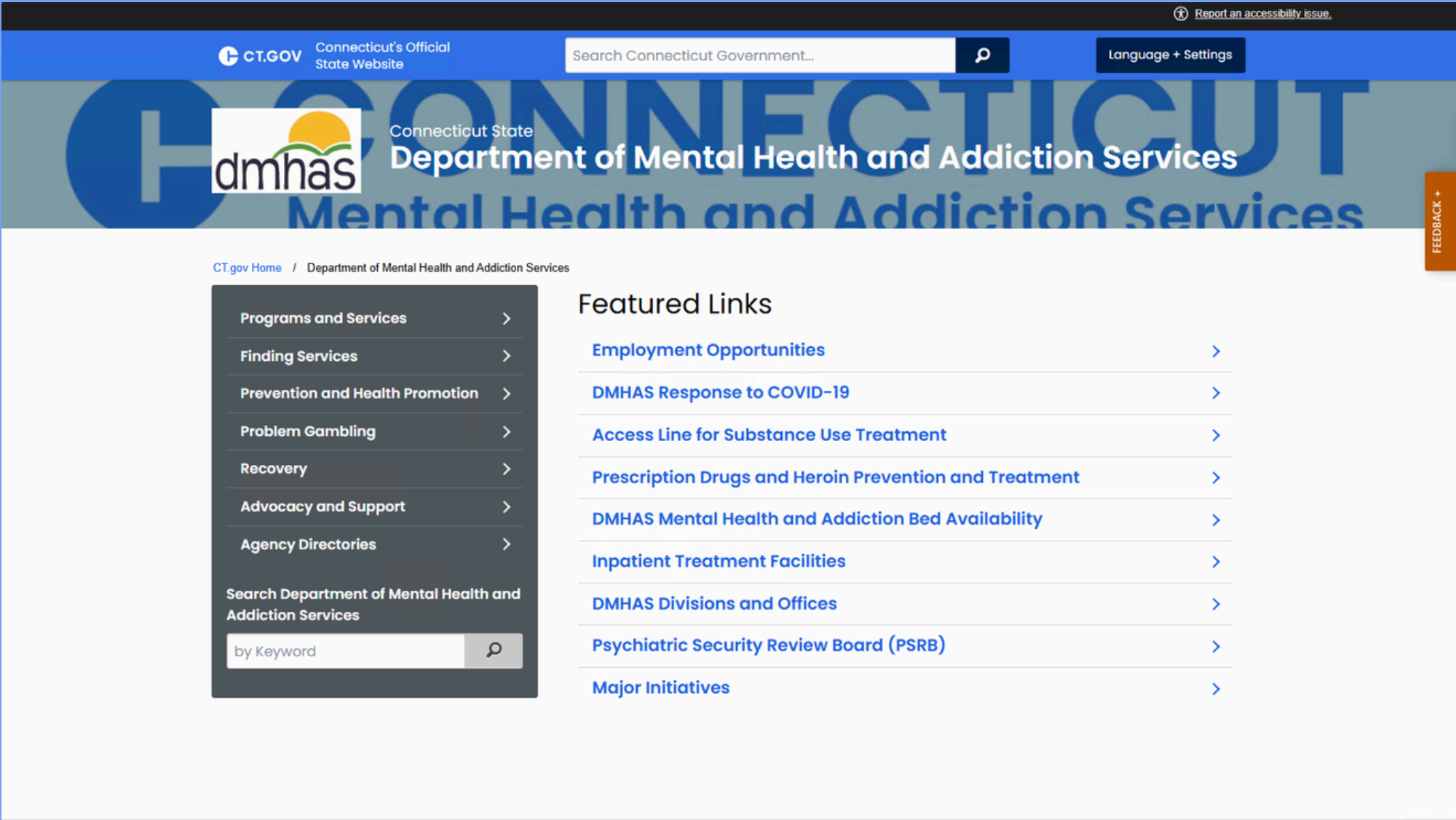
The SEPI - CT YouTube channel has many video resources for patients and providers. Some videos include

- What is a Family Care Plan
- Pregnancy and Substance Use Disorder
- Secure Storage of Medications and Other Substances
- Black and Latine Health: Supporting your Wellbeing During Pregnancy and Postpartum
- And More!

<https://www.youtube.com/@SEPI-CT>



Click the photo to access our website.



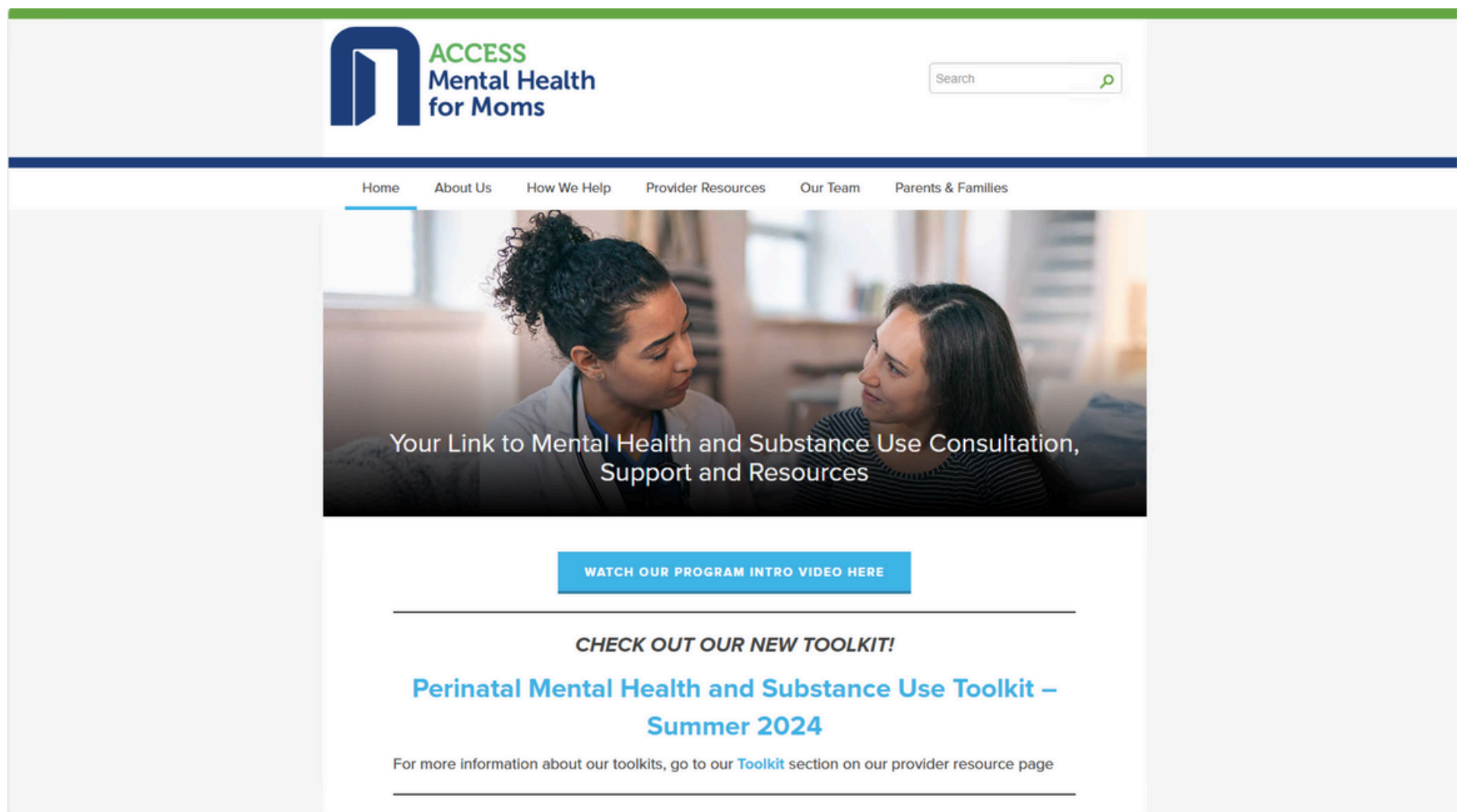
# DMHAS Website

The DMHAS houses many resources like all of the DMHAS women’s services and their contacts. These include the PROUD program, Women’s REACH, and information on CAPTA and Family Care Plans.

<https://portal.ct.gov/dmhas>



Click the photo to access our website.



# ACCESS Mental Health for Moms Website

The ACCESS Mental Health for Moms website has video resources within their page for individuals. Also, there are resources and toolkits for providers.

<https://www.accessmhct.com/moms/>




## Contact us with any questions or concerns



*Shayla Ranmal - Supplies  
Program Manager*


 *[sranmal-supplies@wheelerclinic.org](mailto:sranmal-supplies@wheelerclinic.org)*

 *959 - 262 - 0952*



*Gia Monteleone  
Program Specialist*

 *[gmmonteleone@wheelerclinic.org](mailto:gmmonteleone@wheelerclinic.org)*

 *959 - 262 - 4957*