

## **AREA Substance Abuse Treatment Programs**

**Manchester Memorial Hospital, Adolescent Services**  
(860) 647-6827

**Natchaug Hospital, Adolescent Services**  
(800) 426-7792

**Right Turn Perception Program, Adolescent Services**  
(860) 450-7122

**Rushford Center, Adolescent Service**  
(860)657-8910

**Note:** For Columbia residents, at the present time the primary service available to children and families from your community is the Juvenile Review Board. Any inquiries for additional services please call the Columbia Town Hall at 860 228-0110

## **AHM DRUG AND VIOLENCE PREVENTION TASK FORCE AND**



**AHM YOUTH AND FAMILY SERVICES, INC.**

**2009 LOCAL RESOURCES HANDBOOK**

**FOR THE TOWNS OF ANDOVER, HEBRON,  
MARLBOROUGH AND COLUMBIA**

## WELCOME!

Thank you for using this Local Resources Handbook. We have tried to include those addresses and/or phone numbers that you may use most often as you go through your personal journey as parents of pre-adolescent children and teens. Much of the information contained in this resource guide provides general information about programs at AHM, as well as contact phone numbers and websites for organizations related to public & personal safety, medical and mental health issues.

This guide was developed in support by AHM Youth and Family Services, the AHM Substance Abuse and Violence Prevention Task Force and ERASE.

The mission of AHM Youth & Family Services is:

"To provide mental health and positive youth development services, which assist children, young people and their families in creating a supportive and caring environment for them to reach their maximum potential as members of society."

## Important Websites

AHM Youth and Family Services  
[www.ahmyouth.org](http://www.ahmyouth.org)

CT. Council of Problem Gambling  
[www.ccpq.org](http://www.ccpq.org)

CT. Inhalant Task Force  
[www.ctinhalanttaskforce.org](http://www.ctinhalanttaskforce.org)

Gamblers Anonymous  
[www.gamblersanonymous.com](http://www.gamblersanonymous.com)

National Institute on Drug Abuse  
[www.drugabuse.gov](http://www.drugabuse.gov)

Mothers Against Drunk Driving  
[www.MADD.org](http://www.MADD.org)

Parents the Anti-Drug  
[www.theantidrug.com](http://www.theantidrug.com)

*Community Anti-Drug Coalition of America*  
[www.cadca.org](http://www.cadca.org)

*ERASE (East of the River Action for Substance Abuse Elimination), Inc*  
[www.ERASECT.org](http://www.ERASECT.org)

## **SUBSTANCE ABUSE SERVICES**

### **ALANON, ALATEEN**

1-888-825-2666

[www.ct-al-anon.org](http://www.ct-al-anon.org)

A worldwide organization that offers a program of help and mutual support for families and friends of someone with a drinking problem.

### **AA**

[www.ct-aa.org](http://www.ct-aa.org)

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking.

### **Connecticut Department of Mental Health and Addiction Services**

800-446-7348

[www.dmhas.state.ct.us/about](http://www.dmhas.state.ct.us/about)

Promotes and administers comprehensive, recovery-oriented services in the areas of mental health treatment and substance abuse prevention and treatment.



This handbook is made possible by a Drug Free Community Grant through ONDCP and SAMSHA/CSAP. No fees were charged for any listings, and this handbook is free of charge. There is no advertising in this handbook. If you have any questions or need additional information regarding any of the services listed in this handbook, please contact the AHM office at 228-9488.

### **AHM YOUTH & FAMILY SERVICES**

25 Pendleton Drive, Hebron, CT 06248

Tel. 860-228-9488 FAX-860-228-1213

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



## IMPORTANT NUMBERS/HOTLINES

**Emergency Medical or Mental Health 911**

### RESIDENT STATE TROOPERS

Andover	742-0235
Hebron	228-3710
Marlborough	295-9098
Columbia Resident State Trooper	228-9846
Colchester State Police Troop K	537-7500

### Help Lines

INFOLINE 211 is a free community service. You can call 211 to get information, or to seek help in a crisis. Available 24 hours a day.

State of Connecticut Child Abuse Hotline (DCF)  
800-842-2288

Domestic Violence Programs for Connecticut  
888-774-2900

Connecticut Sexual Assault Crisis Services  
888-999-5545

National Center for Missing & Exploited Children  
800-843-5678

National Runaway Switchboard  
800-786-2929

American Red Cross  
877-243-5727



## AHM FAMILY RESOURCE CENTER PROGRAMS

The AHM Family Resource Center provides a variety of programs for parents and children throughout the year. All programs are open to residents of Andover, Hebron and Marlborough. Many programs are free, while some request a nominal fee. In case of financial hardship, fees can be reduced or waived. Programs are centered on the components required by the State of Connecticut Department of Education, and include the following:

### PLAY AND LEARN GROUPS

### FAMILY DAYCARE PROVIDER WORKSHOPS

### PARENT WORKSHOPS

### RESOURCE AND REFERRAL SERVICES

### HOME VISITS

### POSITIVE YOUTH DEVELOPMENT ACTIVITIES

### KinderRHAMa PRESCHOOL



### **YOUTH EMPLOYMENT**

AHM is active in helping employ teens through two programs in partnership with CREC and NCAAA. The programs are community-based. One has an intergenerational focus.



### **PROJECT GRADUATION**

This activity is co-sponsored by AHM and the RHAM High School. It is organized and run by volunteer parents. Immediately following graduation, high School seniors are invited to an all-night party that is free from any drugs or alcohol, in order to offer a safe and fun alternative to other private parties.



### **TEEN CENTER**

Designed to provide a safe environment for teens to have fun, the Teen Center has many activities including air hockey, ping-pong, a pool table, foos-ball, computers and video games. In addition to being open after school, special activities are planned on a regular basis. The Teen Center also offers seasonal clubs and special activities such as the Bon Appetite Cooking Club, the Jazz for Juniors Music Ensemble, and the Police and Youth Pool League in partnership with CT. State Police and area Senior Centers.

### **Help Crisis (cont'd)**

Department of Social Services Information  
800-842-1508

Children's Law Center  
860-232-9993

Statewide Legal Aid Services  
800-453-3320

Dept. of Motor Vehicles  
800-842-8222

CT. Council on Problem Gambling  
800-346-6238

Husky Health Info line  
877-284-8759

CT. Poison Control Center  
800-222-1222

National Suicide Hotline  
800-784-2433

CT Children's Medical Center  
Hospital Number  
(860) 545-9000  
Kids Line  
(860) 243-1552

## AHM COMMUNITY PROGRAMS

### FAMILY COUNSELING

Counseling is offered for children and youth ages Infant - 18, and their families. AHM also provides psychiatric assessments and referral services when necessary.

### SUPPORT GROUPS

AHM offers a variety of prevention, education, clinical, and support groups. These groups take place both in the school setting and at the AHM office. Groups are held based on client and student need and may include: grief support, parent education, and student support.

### STUDENT SUPPORT SERVICES

This is a school-based program that is designed to assist students in grades K-12 and their families. Families at the elementary and secondary levels can receive a comprehensive network of prevention, intervention and positive youth development services. AHM based social workers operate in conjunction with local agencies, outside resources and clinical staff, to assist those families in need, providing assessment, referral, and direct services.

### JUVENILE REVIEW BOARD

This board consists of AHM staff, law enforcement representatives, school personnel, DCF and court representatives. The Board offers an opportunity for first time offenders to be diverted from the juvenile justice system. Referrals can be made by the police, school officials (for truancy or consistent defiance of school rules), or by parents.



### PEER HELPERS PROGRAM

This program provides an opportunity for adolescents to participate in leadership forums and to learn how to be effective listeners and communicators. They provide a variety of services both in the school and in the community.



### MENTORING PROGRAM - "LANTERNS"

This program connects children in the community with an adult volunteer who can provide support, friendship, and positive reinforcement during school hours for a minimum of one academic year. Adult volunteers are trained in communication, confidentiality, and setting goals.



### SUMMER YOUTH THEATER

AHM's Summer Youth Theater encourages young people, entering grades 6-12, to explore their creative ability by participating in the production of a Broadway musical. Youth are involved in all aspects of the play, including set design and construction, backstage and sound system works, as well as all acting roles. Starting in the summer of 2009 AHM will be offering a new summer theatre program for students in grades 4<sup>th</sup> - 6<sup>th</sup>. For more details call the AHM office.