

NAUGATUCK VALLEY HEALTH DISTRICT



May 2024



NVHD IN THE COMMUNITY



NVHD Attends Ansonia Earth Day Celebration

NVHD's Health Educator Lisa Trupp and SORT Program Specialist Beatriz Allen (pictured below) celebrated Earth Day at the Ansonia Nature Center on Saturday, April 20th. Hundreds of people came out to the annual event, which featured nature hikes, conservation activities, and vendor booths. Lisa and Bea shared information from the health district on related topics like spring/summer bug and sun protection, identification of poison ivy, septic system basics for homeowners, and appropriate, environmentally friendly disposal of medications.

It was a great day, thanks to the Alison, Daniel and the entire Ansonia Nature Center team for inviting us to share the fun!



YMCA Healthy Kids Day

On Saturday April 20th, our NVHD Immunization team members Nancy Serrano and Vanessa Lopez (pictured below) attended the annual Valley YMCA Healthy Kids Day® in Ansonia. This free, public event showcased numerous family-friendly activities promoting wellness for kids, families, and a healthy kickstart to the summer season. Our team engaged parents in conversations about the latest on pediatric vaccinations, where to obtain them, availability, and helped individuals access their immunization records through the CT WIZ Website. In addition to receiving information onsite, families received information to take home as well as fun giveaways!

Special thanks to event coordinator Stephanie Trcka and City of Ansonia Mayor Cassetti for making it a memorable day!



IDEA of the Month

NVHD is sharing one term or concept from its newly created Inclusion, Diversity, Equity, and Anti-racism (IDEA) Glossary each month.

This month's term is:

INTERSECTIONALITY

"A framework or approach for understanding how classifications and identities such as race, gender, class, religion, sexual orientation, ethnicity, and others interact and intersect with one another, rather than considering each classification in isolation."

National Women's Health Week is May 12-18, 2024!

Scroll down to learn more about this year's themes or visit womenshealth.gov!

#NWHW

NWHW
NATIONAL WOMEN'S HEALTH WEEK
Empowering Women,
Cultivating Health:
Celebrating Voices,
Wellness, and Resilience
nwhw





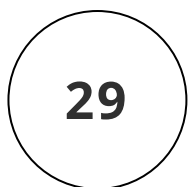
MAY HEALTHY VALLEY SPOTLIGHT

COVID CORNER

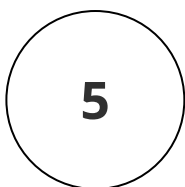


* NVHD monitors the number of people in the Valley who test positive for COVID-19 each month; please note that the numbers here reflect a combination of home tests and lab results reported to us by test sites.

APRIL*



positive adults



positive minors

REPORT POSITIVE TEST RESULTS HERE!



Public Health

Prevent. Promote. Protect.

Naugatuck Valley Health District

DID YOU KNOW?

FREE COVID-19 TESTS FROM THE FEDERAL GOVERNMENT ARE NO LONGER AVAILABLE.

www.covidtests.gov has suspended the ordering of free COVID-19 test kits; orders placed on or before **March 8, 2024** will still ship.

NVHD HAS COVID TESTS AVAILABLE TO ALL VALLEY RESIDENTS AT NO COST!

Scan the QR code or call (203) 881-3255, ext. 118 to place your order; while supplies last



Scan me!



UPCOMING NVHD EVENTS MAY-JUNE 2024

01

Diabetes Self-Management Program

Naugatuck Valley Health District is hosting a six-week Live Well with Diabetes program at the Shelton Senior Center.

The sessions are scheduled Fridays from 9:30 to 12:00pm and will run May 22, 2024.

For more information or to register for the program, please contact the Shelton Senior Center, 203-924-9324..



02

Mental Health First Aid: One Day Training

Naugatuck Valley Health District is offering an in-person, one day Mental Health First Aid training at our office in Seymour on Monday, May 13th, from 8am to 4pm.

Individuals trained in Mental Health First Aid learn:

- Risk factors and warning signs for mental health and addiction concerns.
 - Strategies on how to help someone in crisis.
 - How to be a bridge between someone in crisis and additional help they may need.
- Lunch is provided.

For more information or to enroll, please see the attached flyer or contact NVHD at 203-881-3255, and speak with Lisa Trupp at ext. 108 or Barbara Becker at ext. 128.

Health Observances in May



Mental Health Awareness Month

Arthritis Awareness Month

Hepatitis Awareness Month

National Asthma and Allergy Awareness Month

National Women's Health Month

May 5th through 11th: Children's Mental Health Week

May 6th through 12th: National Nurses Week

May 18th: National Aids Vaccine Day

May 29th: National Senior Health and Fitness Day

Allergen Awareness Month

According to the Food and Drug Administration (FDA), it is estimated that...

- Approximately 2% of adults and about 5% of infants/young children in the United States suffer from food allergies.
- Each year, roughly 30,000 individuals require emergency room treatment, and 150 individuals die because of allergic reactions to food.

Food labels can help consumers avoid foods or ingredients that they or their families are allergic to.

Allergens must be declared at least once on the food label in one of two ways:

1. In parentheses following the name of the ingredient in the ingredient list.
Example: "lecithin (soy)," "flour (wheat)," and "whey (milk)" OR
2. Immediately after or next to the list of ingredients in a "contains" statement.
Example: "Contains Wheat, Milk, and Soy."

Symptoms of allergic reactions can include:

- Hives
- Flushed skin or rash
- Tingling or itchy sensation in the mouth
- Face, tongue, or lip swelling
- Vomiting and/or diarrhea
- Abdominal cramps
- Coughing or wheezing
- Dizziness and/or lightheadedness
- Swelling of the throat and vocal cords
- Difficulty breathing
- Loss of consciousness



ALWAYS BE SURE TO INFORM YOUR SERVER OF ANY ALLERGIES

BE TICK SMART



REPEL INSPECT REMOVE

TICK PREVENTION

- Use EPA-registered insect repellent and follow the label instructions. Wear light colors, long sleeves, pants, tall socks, boots, a hat, and if possible treat outdoor clothing with permethrin.
- Stick to the center of trails and avoid brush, tall grass, and leaf litter.



AFTER YOU GET HOME

- Immediately conduct a full-body tick check on yourself, children, & pets.



HOW TO REMOVE A TICK

- Use clean, fine-tipped tweezers to grasp the tick as close to the skin's surface & pull upward.
- Clean the bite area with soap and water or rubbing alcohol.



*** TICKS FOUND ON HUMANS CAN BE SUBMITTED TO NVHD IN A SEALED CONTAINER AND SENT TO THE CONNECTICUT AGRICULTURAL EXPERIMENT STATION FOR TESTING. THERE IS A \$5.00 FEE PER TICK.***

COMMON TICK SPECIES IN CONNECTICUT

Blacklegged Tick



- AKA Deer Tick - reddish-brown body, dark brown/black spot on the upper back, black legs, and roughly the size of a sesame seed (2.5mm).
- Active year-long and are commonly found in fields, forests, ground debris, and leaf litter.
- Known for the majority of human Lyme diseases cases during the summer months but must be attached for 36 - 48 hours or more to transmit Lyme Disease.

American Dog Tick



- AKA Wood Tick - brown in color with a white/gray markings.
- In CT, peak season is April - August and can commonly be found in the tall grass/weeds of fields, meadows, paths/trails, and borders of streams, lakes, and wooded swamps.
- Feed on humans & dogs, mainly inside the ears, armpits, head, neck, and between the toes.
- Known vector for the agents of Rocky Mountain Spotted Fever (RRMSF) and Tularemia.

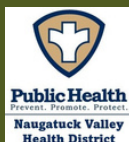
Lone Star Tick



- Reddish-brown bodies with a single white spot found on their backs, and can be as tiny as a poppy seed.
- Most active April - August, is aggressive about finding prey, and commonly found in the shade of tall grass or at the tips of low lying branches/twigs.
- Currently associated with at least six human diseases but DOES NOT cause Lyme disease.

FOR MORE INFORMATION VISIT

[HTTP://WWW.CDC.GOV/TICKS](http://www.cdc.gov/ticks)



NAUGATUCK VALLEY HEALTH DISTRICT

98 BANK STREET, SEYMOUR, CT 06483
PHONE: 203-881-3255
HOURS: M-Th: 8AM-4PM, F: 8AM-1PM



SCAN THE QR CODE TO VISIT OUR WEBSITE & FOLLOW US ON SOCIAL MEDIA!

PROUDLY SERVING: ANSONIA, BEACON FALLS, DERBY, NAUGATUCK, SEYMOUR & SHELTON

Drinking Water Week

May 5 - 11, 2024

This year's observance coincides with the 50th anniversary of the Safe Drinking Water Act (SDWA). Passed in 1974, the SDWA set strong water quality standards for the nation's drinking water and established a regulatory framework to safeguard the public health and safety of U.S. citizens.



Have you ever stopped to think about how many times a day you use water from a faucet? During Drinking Water Week (May 5-11, 2024), learn more about where your drinking water comes from and what makes it safe to use on the CDC webpage: https://www.cdc.gov/healthywater/drinking/public/water_sources.html.



We all rely on safe drinking water, and it's important to know how water gets to our faucets and what makes it safe to use.

Many federal, state, and local organizations work with communities to protect source water, such as lakes, rivers, and groundwater. Protecting our water sources is an ongoing challenge. Stopping sewage from seeping into drinking water sources by repairing broken septic systems and maintaining sewer systems can greatly reduce germs in our source water.



Federal, state, and local authorities also regulate and monitor public water systems to make sure water from these systems is safe to drink.

<https://www.cdc.gov/healthywater/drinking>

NVHD has recently updated its Private Well Code and Subsurface Sewage Disposal Systems Code and they can be accessed at www.nvhd.org

Water treatment while hiking, camping, and traveling

When visiting places with unknown water quality, treat water to make sure it's safe to drink. **Boiling water is the most reliable way to kill germs.** If you cannot boil your water, the next best option is to use a filter (especially if water is cloudy) and then use another treatment method. Follow instructions on the treatment product's label, including the contact time for disinfectants. This guide can help you decide which treatment method or combination of methods to use to make your water safe to drink.

	BOIL (for 1 min., or 3 mins. at elevations above 6,500 feet)	FILTER	PURIFIER	CHLORINE TREATMENT (disinfectant)	IODINE (disinfectant)	CHLORINE DIOXIDE (disinfectant)	COMBINING FILTER AND DISINFECTANT	UV LIGHT USED IN CLEAR WATER
BACTERIA (such as Campylobacter, Salmonella, Shigella, E. coli)	✓	✓	✓	✓	✓	✓	✓	✓
VIRUSES (such as norovirus, hepatitis A, enterovirus, rotavirus)	✓	✗	✓	✓	✓	✓	✓	✓
PARASITE Giardia	✓	✓ Filter certified for "cyst" and "oocyst" reduction	✓	!	!	✓	✓ Filter certified for "cyst" and "oocyst" reduction, plus chlorine dioxide	✓
PARASITE Cryptosporidium	✓	✓ Filter certified for "cyst" and "oocyst" reduction	✓	✗	✗	!	✓ Filter certified for "cyst" and "oocyst" reduction, plus chlorine dioxide	✓



Centers for Disease Control and Prevention
National Center for Emerging and Zoonotic Infectious Diseases

Learn more: www.cdc.gov/healthywater/drinking/travel/backcountry_water_treatment.html

- ✓ EFFECTIVE—will remove or kill this type of germ
- ! SOMEWHAT EFFECTIVE—may remove some germs of this type, but water could still be unsafe
- ✗ NOT EFFECTIVE—will not remove or kill this type of germ

HAVE A FOOD SAFE SUMMER



While the warmer weather conditions may be ideal for outdoor picnics and barbecues, the summer months typically see a spike in reports of foodborne illness. Make sure your fun in the sun doesn't get cut short by following some simple summer entertaining tips:

1 in 6

Approximate number of Americans stricken with food poisoning each year



128,000

Estimated annual hospitalizations from foodborne illnesses



Did You Know? ★
U.S. beef sales are highest during the week of July 4th, when Americans are expected to buy about **\$400 MILLION WORTH OF IT—25% MORE THAN AN AVERAGE WEEK** (according to the National Cattlemen's Beef Association).



Basic Tips

CLEAN



CLEAN SURFACES, UTENSILS AND HANDS WITH SOAP AND WATER. If you're at a picnic, bring moist towelettes to use!

Wash all produce under plain running water before eating, cutting or cooking, even if you plan to peel them!

SEPARATE



SEPARATE PLATES AND UTENSILS. When grilling, use separate plates and utensils for raw and cooked meat and poultry and ready-to-eat foods (like raw vegetables).

COOK



USE A FOOD THERMOMETER.

Burgers: 160°F



Just because your burger is brown, not pink, doesn't mean it's safe to eat!

CHILL



CHILL RAW AND PREPARED FOODS PROMPTLY if not consuming after cooking.



Don't leave food at room temperature for longer than two hours (or 1 hour if it's above 90°F). If planning a picnic, perishable food should be kept in an insulated cooler packed with ice or ice packs.

What Are You Making?

Here are some food safety tips for preparing a few signature summer dishes.

BARBECUE

Cook all meat and poultry to recommended internal temperatures.

Burgers: 160°F.

Chicken and Turkey: 165°F.

Sausage: 160°F.

Steaks: 145°F with a 3-minute rest time.

FRUIT SALAD

Rinse all produce before peeling or chopping.

Chop all produce with clean knives on cutting boards not used with raw meat to avoid cross-contamination.

DEVILED EGGS

Refrigerate prepared eggs until they're ready to be served and once out, keep them nestled in ice to keep them cool.



ADDITIONAL SOURCE CDC

USDA



Ad Council

For more summer food safety tips, go to

FoodSafety.gov

USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER



EVERY STEP COUNTS

When it comes to your recovery, every single step you take is one closer to changing your life for the better. Every day is a new opportunity to try—so why not make that day today?

Call 1-800-563-4086 or
 Visit LiveLOUD.org



CADA PASO CUENTA

Quando hablamos de recuperación, cada pequeño paso es un paso que te acerca a mejorar tu vida. Cada día es una nueva oportunidad para intentarlo. ¿Por qué no empezar hoy?

Visita LiveLOUD.org o
 llama al 1-800-563-4086.



One step you can take is safely disposing of unused or unwanted medication.

Bring it to the following locations..
No questions asked!

Ansonia Police Department

CVS

24 Pershing Drive #36, Ansonia, CT

Naugatuck Police Department

Shelton Police Department



Accepted:

- Over-the-counter medications
- Prescription medications
- Medication samples
- Medications for household pets
- Medicated lotions or ointments
- Vape devices (battery must be removed)

Not Accepted:

- Needles or other “sharps”
- Hazardous waste
- Thermometers
- Personal care products (shampoo, etc.)

Updates from NVHD's Public Health Emergency Preparedness (PHEP) Program

PHEP & MRC Coordinator, Barbara Becker, and Director of Health, Jess Kristy, attended the 2024 Emergency Management Symposium at Camp Nett!

This year's break out sessions featured a number of subject matter experts and leaders in the fields of homeland security, public health, technology, weather/climate, and incident management/response.

Director Kristy co-presented on mass casualty and fatality response with the CEO of the CT and RI American Red Cross and the Emergency Management Director of Bridgeport.

See the speaker bios here: <https://bit.ly/EMSymposiumSpeakers>



TRAINING OPPORTUNITY

medical reserve corps 

WHAT: CPR / BLS Training

WHEN: May 31, 2024 at 1pm

WHERE: NVHD (98 Bank Street, Seymour CT 06483)

REGISTRATION REQUIRED: www.surveymonkey.com/r/LB5XTYS

CONTACT: Barbara Becker bbecker@nvhd.org

To register with the Medical Reserve Corps as a volunteer for medical or non-medical missions, visit CT Responds! page on the state's Department of Health website and register. When volunteer opportunities arise, your unit leader will reach out to you and other volunteers that match the needs based on profile completeness, skills, trainings, medical licensure verification, and availability.

- Step 1: Register online on the Connecticut Volunteer Management Website www.CTResponds.CT.gov
- Step 2: Click the yellow "Register" button on the homepage to create your account and profile.
- Step 3: Complete all requested fields in order to complete your profile. You must enter your social security number but this is kept confidential, even from the Unit Leader.
- Step 4: Select the MRC Unit of your choice (Naugatuck Valley MRC)
- Step 5: Once accepted and by signing up online, you are consenting to having a background check.
- Step 6: The Unit Leader will then contact you through the CTResponds! website and email for orientation, the completion of the mandatory Loyalty Oath (this provides volunteers liability coverage while training or activated with the MRC), and training or response opportunities.

Mental Health Awareness Month

May 2024

**TAKE THE
MOMENT**

2024
Mental Health
Awareness Month



Join NVHD and NAMI this month in normalizing the practice of taking moments to prioritize mental health care without guilt or shame.

1 in 5 U.S. adults experience mental illness each year, and only half of them receive treatment.

1 in 6 U.S. youth experience a mental health condition each year, and only half of them receive treatment.

122 million people live in Mental Health Professional Shortage Areas.

The average delay between onset of mental illness symptoms and treatment is 11 years.

7 in 10 Americans (72%) agree that people with mental health conditions face discrimination in their everyday life.

Only half of Americans (53%) say they are familiar with the U.S. mental health care system.

If you are experiencing a mental health crisis: Call, chat or text 988 to speak with a trained crisis counselor 24 hours a day, 7 days a week
Local resources to follow.....

Naugatuck Valley Mental Health Resources

Organizations	Contact Information	Key Information
Adolescent and Family Counseling Support		
Eva Kaufaman (Part of BHCare Children's Division)	30 Elizabeth Street Derby CT 06418 203- 954-0543 BHcare.com Hours: Mon-Thurs: 9am-7pm Friday: 9am-5pm	Languages Spoken: English and Spanish Services children from 5 to 18 years old Services include: intensive transitional therapies, outpatient clinics, homebound services for children 6 and under, early childhood consultations, mental health, trauma, grief, sexual and domestic abuse, and psychiatric services. As well as prescribing medications on site.
Family & Children's Aid	30 Holmes Ave Waterbury CT 06702 203-755-2868 FCAWEB.org Hours: Mon-Fri: 8:30am-7pm	Languages Spoken: English and Spanish Services from newborn to 18 years old Focused on Improving emotional and Behavior Help There is a 24hr Crisis service with IICAPS Languages Spoken: English and Spanish
Family Intervention Center	51 Lakeside Blvd East 2 floor Waterbury CT 06708 203-753-2153 Call to make appointment Hours: Mon-Friday: 9am-5pm	Services 15 years old to adult/seniors with mental health, grief, trauma and substance abuse. There is 2 APRNs on site to prescribe meds as well as collaborating Psychiatrist.
FAVOR	185 Silas Deane Highway Wethersfield CT 06109 860-563-3232 www.favor-ct.org Hours: Mon-Fri: 8:30am to 4:30pm	Languages Spoken: English and Spanish A non profit 501-C family led organization. Offers a single place for families with children who have medical, mental, emotional and behavioral health challenges to find information and training.
Newtown Youth and Family Services	15 Berkshire Rd Sandy Hook CT 06482 203-270-4335 Newtownyouthandfamilyservices.org Hours: Mon-Thurs: 9am-8pm Fri: 9am-5pm Sat: 9am-12pm	Language Spoken: English Services Children/Parents/Adults with Mental Health issues, Trauma, Grief, Domestic and Sexual abuse, and Individual/Family/Couple therapy. APRNs and Psychiatrist on site to prescribe medications
Stoke Counseling (Homebound Program)	16 Hillside Ave Naugatuck CT 06770 203-729-0341 Stokescounseling.com Hours: Mon-Sat: 9am-9pm (depending on clinician and family schedule)	Languages Spoken: English and Spanish Homebound service for children 0-18 years old and their parents. Services include: behavioral therapy, mental health, trauma ,provides parents with skills to enhance parenting with tools and resources
Stokes Counseling Services (Outpatient)	16 Hillside Ave Naugatuck CT 06770 203-729-0341 Stokescounseling.com Hours: Mon-Thurs: 8:30-7pm Fri: 8:30-5pm	Languages Spoken: English, Spanish, French, Italian and ASL Program accepts children to adults

Naugatuck Valley Mental Health Resources

Organizations	Contact Information	Key Information
Adolescent and Family Counseling Support		
Wellmore Behavioral Health, Naugatuck	333 Church Street Naugatuck CT 06770 203-723-9599 Wellmore.org Hours: Mon-Fri: 8:30am -5pm	Languages Spoken: English Services children to 18yrs old Therapists on site as well as 1 clinician that is trained in Trauma Focus and Cognition Therapy. As well as a Home based mobile crisis.
Behavioral and Mental Health Services		
BHCare Valley Social Club	285 Main St. Ansonia CT 06401 203-735-9106 bhcare.org Hours: Mon-Thurs: 9am to 4pm Fri: 9am-12pm	Languages Spoken: English and Spanish A referral program, patients who are under the care of a therapist from BHCare or Griffin Hospital referred for social skills. Program also has a warmline clients can call after hours, that is staffed by peers. Therapeutic services such as art and informative talking group is available as well.
Griffin Adult – Outpatient Intensive Outpatient Program & Dual Diagnosis Intensive Outpatient Program Griffin Intensive Outpatient Program IOP & Dual Diagnosis Outpatient Program	10 Progress Drive 2nd floor Shelton Ct 06484 203-538-6244 https://www.griffinhealth.org/treatments/psychiatry-intensive-outpatient-programs/ Hours: Mon - Thurs: 9am to 7pm 241 Seymour Ave. Derby CT 06418 203-732-7541 https://www.griffinhealth.org/ Hour: Mon, Wed, and Thurs: 10am-8pm Tues and Fri: 10am-4:30pm	Languages Spoken: English For Adult Mental Health Intensive Outpatient Program: Each program provides a highly structured, intensive, milieu- based assessment and treatment program as an alternative to inpatient hospitalization or as a transition from a brief inpatient admission. Assessments and treatment plans are individualized to address the individual's needs. Treatment involves a variety of group and individual methods along with the use of medications as indicated. A multidisciplinary team, the patient and the family collaborate to develop and then achieve focused, relevant goals. For Dual Diagnosis Intensive Outpatient Program: Designed for adults dealing with substance use disorder who require more than outpatient therapy, but not 24-hour hospitalization. This service is also available to adults with associated psychiatric diagnosis (dual diagnosis).
McCall Behavioral Health Network	58 High St. Torrington CT 06790 1-860-496-2100 mccallbhn.org Hours: Mon, Wed, and Thurs: 8am- 9pm Tues: 8am to 8pm Fri: 8am to 5pm	Languages Spoken: Spanish, English, and Portuguese A Program that provides multiple services for Mental health and Substance Use Services. They provide outpatient and inpatient treatment. Provides support to Adolescents, Families and Seniors Services. Locations and Walk-in services available in Torrington, Waterbury, Winsted and Danbury as well.

Naugatuck Valley Mental Health Resources

Organizations	Contact Information	Key Information
Behavioral and Mental Health Services		
The Sterling Center	1000 Bridgeport Ave Shelton CT 06484 203-929-2400 Thesterlingcenter.com Hours: Mon, Tues, and Wed: 10am-8pm	Languages Spoken: English and Polish Services children and adults with mental health disorders, behavioral issues, grief, trauma, domestic and sexual abuse
Waterbury Hospital: Outpatient Behavioral Health Services	88 Grandview Ave. Waterbury CT 06708 203-573-7265 https://www.waterburyhospital.org/all-services/behavioral-health/ Hours: Mon-Fri: 8am-8pm	Languages Spoken: English and Spanish Services adults only at this time with mental health issues, behavioral issues, psych and addiction There is also an outpatient group and individual therapies
Wellmore Behavioral Health Waterbury and Adult OP Program	402 East Main Street Waterbury CT 06702 203-755-1143 Crisis Line: 1-866-794-0021 https://www.wellmore.org/adult-programs Hours: Mon - Thurs: 8:30 am-8pm Fri: 8:30am-5pm Walk ins: Mon-Fri: 11:30am-2:30pm	Languages Spoken: English and Spanish Services adults for Mental Health, anger management and substance abuse co-occurrence There is Psychiatrist on site to prescribe medication only to those in the program
Western Connecticut Mental Health Network	95 Thomaston Ave Waterbury CT 06704 203-805-5300 Westernctmentalhealthnetwork.org Hours: Mon-Fri: 8:30am-4pm	Languages Spoken: English and Spanish For Adults with Mental Health Issues
Crisis Centers		
BHcare Branford	14 Sycamore Way Branford CT 06405 (203) 483-2630 https://www.bhcare.org/locations/bhcare-shoreline/ Hours for both locations: Mon and Fri: 8:30am-5pm Tues, Wed, and Thurs: 8:30pm-8pm	Languages Spoken: English and Spanish Services 18 years and up for mental health, trauma, grief, and substance abuse (Outpatient only) Also has substance IOP program
BHcare Ansonia	435 E Main Street Ansonia CT 06401 (203) 736-2601 https://bhcare.org/locations/bhcare-valley/	

Naugatuck Valley Mental Health Resources

Organizations	Contact Information	Key Information
Crisis Centers		
<p>CHERISH- BHcare</p>	<p>24-hour Crisis Line: 1-888-774-2900 bhcare.org/cherish Inperson Office Hours: 8am to 4pm</p>	<p>Languages Spoken: English and Spanish</p> <p>CHERISH works with the Department of Social Services and Elderly Protective Services. The Hotline provides 24 hour crisis intervention. Long term services are available; Individualized counseling, court advocacy, anonymous safe housing, Referral and advocacy for legal, medical, housing assistance. CHERISH also works with the local domestic violence services in the clients area.</p>
<p>Rape Crisis Center of Milford INC.</p>	<p>70 West River Street Milford CT 06460 203-878-1212 CT toll free: 1-888-999-5545 En Espanol: 1-888-568-8332 https://www.rapecrisiscenterofmilford.org/ Hours: Mon-Friday: 7:30am - 5pm 24/7 online crisis line Call for walk-in clinic hours</p>	<p>Languages Spoken: English and Spanish</p> <p>Crisis Intervention for sexual assault, via the phone, online, virtual and in person. State certified sexual assault crisis counselors available by phone 24/7. For walk-in services came in anytime of daily operations. Assistance in navigating the legal and medical systems. Short term counseling. Online support group, an intake is needed prior to joining the online support group. See website for confidential policy.</p>
<p>Umbrella Center BHcare of Shelton</p>	<p>1000 Bridgeport Ave Shelton CT 06484 203-780-2037 www.BHcare.org Hours: Mon - Fri: 8:00 am - 5:00 pm 24 /7 crisis hotline Call for walk-in times available</p>	<p>Languages Spoken: English and Spanish</p> <p>A Certified Community Behavioral Health Clinic</p>
<p>Wellmore Youth Crisis Center</p>	<p>141 E. Main St. 3rd Fl. Waterbury CT 06702 203-580-4298 Dial 211 for Mobile Crisis wellmore.org Hours: Mon-Fri: open 24 hours 7 days a week</p>	<p>Languages Spoken: English and Spanish</p> <p>Offers crisis stabilization support for ages 4 to 18 years old, a voluntary program, requires parental/guardian consent. Comprehensive Mental Health Assessment and referrals, collaborative safety planning, collaboration with existing providers and direct linkages to community services. Short-term medication management services, no beds onsite.</p>
Therapy and Counseling Services		
<p>A Peaceful Mind</p>	<p>2095 South Main Street Suite 9-B Waterbury CT 06706 475-281-8176 https://www.apeacefulmindcounseling.com/ Hours: Mon-Fri: 9am-5pm</p>	<p>Language Spoken: English</p> <p>Counseling for 16 years old and up to elderly Services include: mental health disorders, sexual abuse, domestic violence and substance abuse (in recovery only)</p> <p>Refers out for medications</p>

Naugatuck Valley Mental Health Resources

Organizations	Contact Information	Key Information
Therapy and Counseling Services		
Achieve Wellness LLC	35 Old Tavern Rd. unit 120 Orange CT 06477 203-553-9949 https://achievewellnesscenter.com/ Hours: Call to inquire (Each Clinician has different hours)	Language Spoken: English A group of integrative, solution-focused therapists and clinicians supporting clients in the process of positive change. Services include: Individual Therapy, Couples Counseling, and Family Counseling
Aris Health and Wellness	4 Research Drive Shelton CT 06484 203-240-1309 Arishealthandwellness.com Hours: Mon-Fri: 10am -6pm	Languages Spoken: English and Spanish Services for 18 years and up for individuals with mental health disorders, grief, trauma, domestic violence, sexual abuse, and substance abuse (only those in recovery)
Beacon Falls Counseling, LLC	93 South Main Street Beacon Falls CT 06403 203-729-0100 https://www.jlanci.com/contact_us Hours: Mon, Tues, Thurs: 9am-12pm and 2pm-9pm Friday: 9am - 4pm Sat and Sun: 9am-12pm	Language Spoken: English Services for children to adults age 7 years old to elderly Services include: counseling for mental health issues, grief, trauma, domestic violence, sexual abuse, PTSD, College Advising, ADHD testing and some learning disabilities and will see substance abuse in recovery only for therapy Languages Spoken: English and Spanish
CT. Counseling Center	4 Midland Road Waterbury CT 06708 203-755-8874 CTcounseling.org Hours: Mon-Thurs: 5:30 am- 8pm Fri: 5:30am-5pm	Therapy/counseling for adults only
Huntington Counseling Center/ Dr. Edward Keane	8 Huntington Street Shelton CT 06484 203-929-1234 Call for appointment Hours: Mon-Fri: 9am-8pm Sat: 9am-2pm	Language Spoken: English Specializes in Trauma Treatment and Conflictual relationships Also provides grief and trauma for first responders Language Spoken: English
Inner Strength Counseling	10 Progress Drive Shelton CT 06418 (475) 777-5905 https://innerstrengthcounselingct.com/ Hours: Mon-Fri: 10am-7pm	Language Spoken: English For patients 8 years and up A wide range of services for Mental health, grief, trauma, sexual abuse, domestic violence and many more areas of therapeutic counseling
Integrative Therapies, LLC	276 Bank Street Seymour CT 06483 203-260-9800 Integrativetherapies.com Hours: Mon-Fri: 10am to around 7-8pm (Some Saturdays)	Language Spoken: English Services for children and adults for mental health, trauma, domestic and sexual abuse

Naugatuck Valley Mental Health Resources

Organizations	Contact Information	Key Information
Therapy and Counseling Services		
<p>Key Therapy Counseling</p>	<p>731 Main St. suite 122 Monroe CT 06468 203-261-7090 https://www.keytherapycounseling.com/ Hours: Call to make appointment Mon-Fri: 10am to 4pm</p>	<p>Languages Spoken: English and conversational Japanese</p> <p>There is over twenty therapist who work in individual psychotherapy couples therapy, online therapy and family therapy</p>
<p>Michael Koplinski, LPC</p>	<p>30 Hazel Terrace Woodbridge CT 06525 203-499-9101 Call to make appointment Hours: Mon-Fri: 9:30 am-6:30 pm</p>	<p>Language Spoken: English</p> <p>Based in Woodbridge, for in person and also sees patients Virtually. Services all with Mental health issues, OCD, Trauma , Grief, Domestic and sexual abuse victims, Individuals on the Autistic spectrum and those with substance abuse and in recovery.</p>
<p>Patrick Keenan</p>	<p>115 Main Street Suite 110 Seymour CT 06483 203-828-8602 Call to make appointment Hours: Mon-Thurs: 8am-7pm</p>	<p>Language Spoken: English</p> <p>Services children ages 3 to 18 years old and adults Services include: mental health, trauma, grief, behavioral, Autism, Domestic violence, sexual abuse counseling</p> <p>Specialty in Trauma Focus Therapy and behavioral analysis</p> <p>Language Spoken: English</p>
<p>Personal Growth Concepts , INC</p>	<p>35 Porter Ave Naugatuck CT 06770 203-375-5782 Personalgrowthconcepts.com Hours: Mon-Fri: 9am-9pm Sat: 9am-4pm</p>	<p>Services for 17 years and older Services individuals with Mental health disorders, grief, domestic and sexual abuse, and substance abuse disorders preferably in recovery</p> <p>Language Spoken: English</p>
<p>Serenita Wellness</p>	<p>100 Bank Street Suite 104 Seymour CT 06483 203-828-0704 Serenitawellness.com Hours: Mon-Fri: 9am-3pm (later hours available upon request)</p>	<p>Services 13 years old and up to elderly with mental health, sexual and domestic abuse, grief, trauma, anger management, end of life support, individual/family/Couples therapy, and substance abuse in recovery.</p> <p>Specialties in CBT, EMDR Trained and a LIDC just joined their team to treat alcohol and substance abuse.</p> <p>Language Spoken: English</p>
<p>Shoreline Wellness & Behavioral Health Clinic, LLC</p>	<p>415 Main Street West Haven CT 06516 203-931-1184 shorelinewellnesscenter.com Hours: Mon-Thurs: 9am-8pm Fri: 9am-6pm Sat: 9am-4pm</p>	<p>Behavioral Health services include: individual therapy, marriage/couples and family therapy, group counseling, parental education, eye movement desensitization and reprocessing, selective mutism</p>

Naugatuck Valley Mental Health Resources

Organizations	Contact Information	Key Information
Therapy and Counseling Services		
<p>Solstice Behavioral Health</p>	<p>1 Enterprise Drive Shelton CT 06484 203-900-4720 Solsticebhc.org Hours: Mon-Thurs: 8:30am-6pm Fri: 8am-5pm</p>	<p>Languages Spoken: English and Spanish</p> <p>Pediatric and Family Counseling with Licensed Clinical Social Worker, Licensed Clinical Social Worker and Registered Behavior Technicians</p> <p>Committed to delivering high-quality, compassionate, and individualized care to the individuals and families</p>
<p>Therapeutic Pathways</p>	<p>175 Church Street Naugatuck CT 06770 203-720-2252 TherapyCT.net Hours: Mon-Thurs: 9am-8pm</p>	<p>Language Spoken: English</p> <p>Mental health counselors that services 18 years and up and take a comprehensive approach to healing mind, body and spirit</p>
<p>Thrive Counseling Psychiatry and Counseling - Milford</p>	<p>70 Cherry St. Milford CT 06460 203-442-9188 thriveworks.com Hours: Call to make appointment during this time Mon-Fri: 7am to 9:30pm Sat: 7am to 6pm Sunday: 8am-5pm</p>	<p>Languages Spoken: English and Spanish</p> <p>Psychiatric telehealth and Therapeutic in person and telehealth services. Each therapist/psychiatrist has independent hours</p>
<p>Twin Peaks Counseling</p>	<p>111 New Haven Ave Derby CT 06418 475-439-9639 Twinpeakscounseling.com Hours: Mon-Fri: 8:30am-6pm Sat: 8:30am-1pm (some Saturdays)</p>	<p>Languages Spoken: English and Spanish</p> <p>Services children to adults With Mental Health, grief, anxiety, depression, etc. As well as Substance abuse and marriage counseling</p>



STOKES COUNSELING

ABOUT STOKES COUNSELING

We are a large private counseling practice with three in-person office locations in Naugatuck and Ansonia, CT. In addition to in-person appointments we also provide statewide services via telehealth.

Our licensed therapists specialize in working with children, adolescents, adults and families and have a wide range of focus areas.

We also accept most major insurances including Medicaid.

HOW TO MAKE AN APPOINTMENT

Getting started at Stokes is easy!

Complete our online appointment request form (on the homepage of our website) or give us a call to schedule an appointment. You also have the option of in-person or telehealth.

YOUR Mental Health Matters

FOCUS AREAS

Anxiety
ADHD
Autism Spectrum Disorders
Depression
EMDR
LGBTQ+
Mood Disorders
PTSD and Trauma
...among more

CONNECT WITH US



info@stokescounseling.com



stokescounseling.com



203-729-0341

LOCATIONS

16 Hillside Ave., Naugatuck,
CT, 06770

18 Hillside Ave., Naugatuck,
CT, 06770

205 Wakelee Ave., Ansonia, CT,
06401



WHO ARE WE?

More to Say, LLC is a pediatric development and therapy center offering speech & language, feeding, and occupational therapy services as well as holistic enrichment programs and homeschooling classes.

WHO DO WE WORK WITH?

- Children of all abilities up to age 21
- Children with medical diagnoses (e.g., cleft palate, cerebral palsy, Down syndrome)
- Autistic children and neurodivergent individuals

WHAT AREAS DO WE WORK ON?

- Speech and language skills
- Feeding and eating difficulties
- Emotional regulation
- Fine and gross motor skills
- Dyslexia
- Reading fluency and comprehension
- Sensory processing
- Life skills and self-care
- And many more!

WHAT INSURANCES DO WE ACCEPT?

- | | |
|--------------------------|---------------------|
| • Aetna | • HUSKY Health |
| • Anthem | • Oxford Health |
| • Blue Cross Blue Shield | • Tricare |
| • Cigna | • United Healthcare |
| • ConnectiCare | • Yale Health Plan |

IMPORTANT TO KNOW:

- On-demand interpreter
- No waitlist
- Telehealth availability



LOCATIONS & HOURS OF OPERATION

350 Center Rock Green, Suite 10
Oxford, CT 06478

- M-Fr from 8:30am to 6:30pm
- Saturdays from 8am to 1pm

469 W Main Street
Branford, CT 06405

- M-Fr from 8:30am to 6:30pm

CONTACT INFORMATION

Phone: 1-203-828-6790

Fax: 1-203-800-3548

Web: moresosayct.com

NAUGATUCK VALLEY HEALTH DISTRICT PRESENTS:

Adult Mental Health First Aid Training



Monday, May 13th: 8:00am to 4:00pm

**Naugatuck Valley Health District
98 Bank St., Seymour, CT**

Join us for a **FREE** Adult Mental Health First Aid training where participants will learn how to respond to a mental health crisis using the **Mental Health First Aid Action Plan (ALGEE)**:

- **A**ssess for risk of suicide or harm.
- **L**ist nonjudgementally.
- **G**ive reassurance and information.
- **E**ncourage appropriate professional help.
- **E**ncourage self-help and other support strategies.
- Participants will be required to complete a **2-hour, self-paced online course** before attending the instructor-led session. Participants will receive certification from the National Council for Mental Wellbeing valid for 3 years.

****Lunch will be provided****

Registration Required

<https://www.surveymonkey.com/r/BJBNQFP>



Questions? Contact
instructors:

Lisa Trupp
ltrupp@nvhd.org
203-881-3255, ext. 108

Barbara Becker
203-881-3255, ext. 128
bbecker@nvhd.org



Public Health
Prevent. Promote. Protect.

**Naugatuck Valley
Health District**



National Hepatitis Awareness Month

Viral hepatitis can be prevented, treated, and cured

Get to know your A,B,C's



- **Hepatitis A:**

- can occur from any sexual activity with an infected person and is not limited to fecal-oral contact.
- People who are sexually active are considered at risk for hepatitis A if they live with or are having sex with an infected person, or inject drugs.
- Vaccination is the most effective way of preventing hepatitis A transmission among people at risk for infection.

- **Hepatitis B:**

- can be transmitted through sexual activity.
- Unvaccinated adults who have multiple sex partners, along with sex partners of people with chronic hepatitis B infection, are at increased risk for transmission.
- Injection-drug use and sexual contact are other common modes of hepatitis B transmission in the United States.

- **Hepatitis C:**

- can be transmitted through sexual activity.
- Having a sexually transmitted infection, having sex with multiple partners, and engaging in anal sex appear to increase a person's risk for hepatitis C.
- **There is no vaccine for Hepatitis C.**
- The best way to prevent hepatitis C is by avoiding behaviors that can spread the disease, especially sharing needles or other equipment to inject drugs.

Reduce Your Risk:

- Use an external condom during every act of vaginal, oral, or anal intercourse.
- Learn how to use condoms appropriately to prevent body fluid exposure during sex.
- Talk with a healthcare provider about getting a vaccine for hepatitis A and hepatitis B.
 - Be aware that while they may reduce your risk for hepatitis, they won't reduce your risk for other STIs. You should still use safer sex precautions as a line of defense against STIs.





MAY IS ARTHRITIS AWARENESS MONTH

Did you know?.....

60 million

Nearly 60 million adults are diagnosed with arthritis

1 in 4

1 in 4 adults have a type of arthritis

52%

More than half of adults with arthritis are working age (18-64)

100+

There are over 100 arthritis related conditions

For more information...

<https://www.arthritis.org/about-arthritis>



NATIONAL WOMEN'S HEALTH WEEK

MAY 12TH-18TH, 2024

Empowering Women, Cultivating Health: Celebrating Voices, Wellness, and Resilience



Sunday, May 12th

EMPOWERING WOMEN IN
THEIR HEALTH JOURNEY



Monday, May 13th

SAFE SEXUAL HEALTH



Tuesday, May 14th

SHINING A LIGHT ON
MATERNAL MENTAL HEALTH



Wednesday, May 15th

TALK ABOUT IT – REDUCING
WOMEN'S HEALTH STIGMA



Thursday, May 16th

UNDERSTANDING CARE IS
THERE



Friday, May 17th

REPRODUCTIVE HEALTH
FROM PUBERTY TO
MENOPAUSE AND BEYOND



Saturday, May 18th

WOMEN AND HEART HEALTH