Project ASSERT
Improving Alcohol & Substance Abuse Services & Educating Providers About Treatment Referral

MCCA Sobering Center, 203-730-9947, 4 Hospital Avenue, Danbury
Outpatient and residential rehab facility (co-ed) for both mental health and substance abuse.

Multicultural Ambulatory Addiction Services
203-495-7710, 426 East Street, New Haven
Outpatient services, including methadone, for African-American and Latino adults 18+ with opioid addictions. Walk-ins accepted.

South Central Rehabilitation Center, 203-503-3318
232 Cedar Street, New Haven
Detox, methadone and triage facility for adults 18+, including Spanish-speakers and those with substance abuse and/or mental health disorders. Available 24/7.

Substance Abuse Treatment Unit, 203-974-5777
1 Long Wharf Drive, New Haven
Evaluation and outpatient services for men and women 17+ with substance abuse and/or mental disorders, including Spanish-speakers and HIV+ individuals.

Taking Initiative Center, 203-389-2970 ext. 1317
514 Whalley Avenue, New Haven
Drop-in center and safe place for homeless individuals and/or those recovering from addiction. Can provide referrals, not treatment.

Wellmore Behavioral Health, 203-574-1419, 142 Griggs Street, Waterbury
Outpatient and residential rehab facility (male only) for both mental health and substance abuse.

Yale New Haven Psychiatric Hospital, Outpatient
203-688-9907, 1294 Chapel Street, New Haven
Outpatient and intensive outpatient services for adults 18+ with substance abuse and/or mental disorders. Hamden location with evening hours: 203-784-8770.

CASA (Bridgeport, Spanish only)
203-339-4112

Comm. Health Res. (Putnam, female only)
860-928-1860/Opt. #1

Comm. Health Res. (Willimantic, male only)
860-456-1769/Opt. #5

Connecticut Valley Hospital (Middletown)
800-828-3396

InterCommunity Recovery Centers, Inc. (Hartford)
860-714-3700

First Step (Bridgeport)
203-416-1915

Midwestern CT Council of Alcoholism (Danbury)
203-792-4515

Rushford Treatment Center (Multiple locations)
877-577-3233

Silver Hill Hospital (New Canaan)
866-542-4455

SE Council on Alc. and Drug Dep. (New London)
860-447-1717

St. Vincent’s Beh. Health Services (Bridgeport, Westport)
203-227-1251

Stonington Institute (North Stonington)
800-832-1022

Other Treatment Resources

yalenewhavenhospital.org
Project ASSERT

Project ASSERT is a service at the Yale New Haven Hospital Emergency Department. Health Promotion Advocates screen patients for drug and alcohol problems, provide interventions and directly refer patients to community treatment services. Since 1999, Project ASSERT has connected more than 48,000 patients with life-saving care and treatment.

Alcohol Use

Drinking too much alcohol increases risk of illness and injury. Even one drink is too much if someone is driving, at work, pregnant, breast feeding, have certain medical conditions or are taking certain medications.

What is a standard drink?

One standard drink is defined as:

- One shot of liquor (1.5 oz.)
- One regular beer (12 oz.)
- One glass of wine (5 oz.)

How much is too much? Low-risk drinking is defined as:

<table>
<thead>
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<th>Maximum drinks per:</th>
<th>week</th>
<th>occasion</th>
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<tbody>
<tr>
<td>Men</td>
<td>14</td>
<td>4</td>
</tr>
<tr>
<td>Women</td>
<td>7</td>
<td>3</td>
</tr>
<tr>
<td>Age &gt; 65</td>
<td>7</td>
<td>3</td>
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Health effects of alcohol

Drinking too much alcohol contributes to high blood pressure, increases risk for many types of cancer and damages the body’s vital organs, such as the brain, heart, liver and pancreas. Drinking is especially dangerous for pregnant women, as it can cause a number of complications like fetal alcohol syndrome.

Helpful Contacts

Alcohol and Drug Use
Alcoholics Anonymous, 866-783-7712
Narcotics Anonymous, 800-627-3543

Community Health Centers
Connecticut Mental Health Center, 203-974-7713
Fair Haven Community Health Center, 203-777-7411
Cornell Scott-Hill Health Center, 203-503-3000

Health Insurance
Healthy Start (for pregnant women), 203-946-8187
Husky Health (Medicaid), 877-284-8759

Health Services
Breast and Cervical Cancer Screenings, 860-509-8251
Department of Social Services (DSS), 855-626-6632
DSS Adult and Elderly Services, 203-974-8027
DSS Family Services, 203-974-8193

HIV/AIDS
AIDS Project New Haven, 203-624-0947
CT AIDS Drug Assistance Program, 855-805-4325
Hispanos Unidos, Inc., 203-781-0226

Emergency Housing
Hillside Family Shelter, 203-777-7848
Columbus House, 203-401-4400
Continuum of Care, 203-562-2264
Emergency Shelter Mgmt. Services, 203-777-2522
Life Haven (women with children), 203-776-6208

Domestic Violence and Sexual Assault
CT Domestic Violence Hotline, 888-774-2900
Sexual Assault Crisis Services, 888-999-5545

Other
CT 2-1-1, 2-1-1 (out of state: 1-800-203-1234)

Local Alcohol and Drug Treatment Resources

APT Foundation, 203-781-4600
1 Long Wharf Drive, Suite 10, New Haven
Outpatient and residential treatment options for all ages, including pregnant women and women w/ children, Spanish-speakers and HIV+ individuals. Walk-in screenings available. Methadone clinic: 495 Congress Ave. and 540 Ella Grasso Blvd.

APT Foundation, Amethyst House, 203-337-9943
48 Howe Street, New Haven
Residential treatment facility for pregnant women or women with children, including those with mental health disorders and HIV+ individuals.

APT Foundation, Residential Services, 203-337-9943
44-54 East Ramsdell Street, New Haven
Outpatient and residential treatment facility for adults, including Spanish-speakers, HIV+ individuals and those with mental health disorders.

Connection Inc. Recovery House, 855-435-7955
48 Howe Street, New Haven
Outpatient, residential and community-based services.

Grant Street Partnership, 203-503-3000
60-62 Grant Street, New Haven
Outpatient services (18+) and residential treatment facility (adult men only) for adults with substance abuse and mental health disorders. Available 24/7.

Griffin Hospital, 203-732-7331
130 Division Street, Derby
Full range of inpatient and outpatient services for substance abuse and mental disorders. 24/7 crisis intervention services.

Hispanic Clinic, CT Mental Health Center, 203-974-5800
34 Park Street, New Haven
Outpatient services for Latino adults 18+ with alcohol and/or mental disorders (no IV drug use).