Other Treatment Resources

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 Blue Hills (Hartford)
860-293-6400

Connecticut Valley Hospital (Middletown)
800-828-3396

InterCommunity Recovery Centers, Inc. (Hartford)
860-564-5900 ext. 515

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

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)
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.

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

Maximum drinks per week by occasion

<table>
<thead>
<tr>
<th>Drink</th>
<th>Men</th>
<th>Women</th>
<th>Age &gt; 65</th>
</tr>
</thead>
<tbody>
<tr>
<td>One shot</td>
<td>14</td>
<td>7</td>
<td>7</td>
</tr>
<tr>
<td>One regular beer</td>
<td>4</td>
<td>3</td>
<td>3</td>
</tr>
<tr>
<td>One glass of wine</td>
<td>5</td>
<td></td>
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</tbody>
</table>

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, breastfeeding, has certain medical conditions or is 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.)

Local Alcohol and Drug Treatment Resources

- **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 Ramdell 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 for male and female adults with substance abuse disorder, including co-occurring mental health disorders.

- **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).

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

- **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.

Programs offering medication for opioid use disorder

- **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 with children, Spanish-speakers and HIV+ individuals. Walk-in screenings available. Methadone clinic: 495 Congress Ave. and 540 Ella Grasso Blvd.

- **Addiction Recovery Clinic**, 203-789-4044 1450 Chapel Street, 2nd floor, New Haven
  Outpatient program for substance use disorders. Accepts Medicaid, Medicare and most private insurance. Limited hours include Tuesdays 8:10-11:40 am and Fridays 1-3 pm.

- **Center for Compassionate Recovery**, 203-245-0412 17 Wall Street, Madison
  Outpatient program for opioid use disorder, combining individual, group therapy and MAT. Accepts Medicaid and some private insurance. Hours vary.

- **Fair Haven Community Health Clinic**, 203-809-3511 374 Grand Avenue, New Haven
  Outpatient program providing medical care and treatment for substance use disorders. Accepts Medicaid, Medicare, private, self-pay and sliding scale. Hours vary at multiple locations.

- **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 Vivitrol facility for adults 18+, including Spanish-speakers and those with substance abuse and/or mental health disorders. Available 24/7.

- **Bridges Healthcare Inc. (Milford)**, 203-878-6365