

We can help you



recover from
mental health issues,
emotional trauma, and addictions.

Natchaug Hospital is launching a new treatment program
for **Young Adults, ages 18—25**

Weekday afternoons in Mansfield

189 Storrs Road, Mansfield Center, CT 06250

(near McDonald's and BigY) Transportation available.

Depression, anxiety, bi-polar and
other mental/emotional imbalances
are treatable illnesses.

If you feel that you or someone you know is suffering from
mental health issues or addictions,
call Natchaug Hospital for help.

860-456-1311 or www.natchaug.org

- How do I know if I should go to this program?
- What can I expect when I'm at the program?
- Does my family need to know that I'm in the program?
- What do PHP and IOP stand for and what is the difference?
- How do I get started?
- How long will I be in the program?
- How will I get to the program?

Learn more — see next page!

Natchaug Hospital is accredited by the Joint Commission and is a member of Hartford HealthCare. Natchaug Hospital is licensed by the State of Connecticut, and its special education programs are approved by the Bureau of Special Education.

Natchaug Hospital is a non profit 501(c)(3) organization funded in part by private contributions.

Natchaug Hospital participates in most insurance and managed care programs and is approved by Medicaid and Medicare.



How do I know if I should go to this program?

Natchaug Hospital's clinicians can help you decide if this program is for you or not. They will do a brief phone screening and then have you come in for a full evaluation, after which they will give you their recommendations. If you are already seeing a counselor once a week and still having a hard time managing your issues, this may be just the program for you.

What can I expect when I'm at the program?

You can expect to be in a supportive group setting with other people between the age of 18 and 25. You will attend three or four groups per day, depending on which treatment program you are in. There will be groups that involve talking about your issues, and other groups that are more about learning specific skills to manage your symptoms.



How long will I be in the program?

Most people are in the program for about six weeks but it varies from person to person. You will make decisions about discharge with your therapist.

Does my family need to know that I'm in the program?

The simple answer is no, but the decision about whether or not to involve your family is an important one. We encourage you to include anyone in your treatment who will be a support to you through this process. Trying to handle things alone often makes it more difficult.

How will I get to the program?

We can provide transportation if you need it. Or you can drive yourself to the program at Natchaug Hospital on Route 195 in Mansfield (near Big Y and McDonalds), or you can arrange to have someone drive you. Some insurance plans may cover the cost of transportation.

What do PHP and IOP stand for and what is the difference?

PHP stands for Partial Hospital Program. This involves four hours of treatment, usually five days per week. IOP stands for Intensive Outpatient Program and is three hours per day and anywhere from three to five days per week. Your level of care will be determined at the time of your intake depending on your need.

How do I get started?

You can call (860) 456-1311 Ext. 266 to learn more about the program or to schedule an evaluation. Once you have your evaluation, most people who decide to do the program will start the next day.

CALL

860-456-1311

Ext. 266

www.natchaug.org



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