The Seven Challenges®
Substance Abuse Treatment Program
for Adolescents

at Natchaug Hospital Joshua Centers

Joshua Program Locations:

Joshua Center Northeast
934 North Main Street, Danielson
860-779-2101

Joshua Center Enfield
72 Shaker Road, Suite 7, Enfield
860-749-2243

Joshua Center Southeast
1353 Gold Star Hwy, Groton
860-449-9947

Joshua Center Mansfield
189 Storrs Road, Mansfield
860-456-1311

Joshua Center Thames Valley,
11A Stott Ave, Norwich
860-886-4850

Joshua Center Shoreline
5 Research Parkway, Old Saybrook
860-510-0163

Natchaug Hospital is now offering a substance abuse partial hospitalization program and intensive outpatient for adolescents.

The Seven Challenges® Program was designed with the unique needs of substance abusing adolescents in mind. Through the Seven Challenges® teens address not only their drug or alcohol abuse, but also their underlying psychological, situational and life skills issues.

The Challenges® provide a framework for helping youth think through their own decisions about their lives and their use of alcohol and other drugs. Counselors, trained specifically in the program methodology, facilitate discussions that help youth to identify and work on the issues most relevant to them, practice new skills and, eventually, make positive lifestyle changes.

Natchaug Hospital is pleased to bring this evidence-based treatment program for adolescents to eastern Connecticut

The Seven Challenges®
Challenging ourselves to make wise decisions about alcohol and other drugs

1. We decided to open up and talk honestly about ourselves and about alcohol and other drugs.
2. We looked at what we liked about alcohol and other drugs, and why we were using them.
3. We looked at our use of alcohol or other drugs to see if it has caused harm or could cause harm.
4. We looked at our responsibility and the responsibility of others for our problems.
5. We thought about where we seemed to be headed, where we wanted to go, and what we wanted to accomplish.
6. We made thoughtful decisions about our lives and about our use of alcohol and other drugs.
7. We followed through on our decisions about our lives and drug use. If we saw problems, we went back to earlier challenges and mastered them.

Natchaug Hospital, a private, nonprofit organization affiliated with Hartford HealthCare, is accredited by the Joint Commission and licensed by the State of Connecticut.

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

Next Step:
Contact the Joshua Center closest to your school or home to learn more about substance abuse treatment for adolescents at Natchaug Hospital’s Joshua Programs and to schedule an intake appointment.

If you are unsure which program to contact, call Natchaug Hospital 800-426-7792

www.natchaug.org
Programs

Inpatient Treatment Programs:
- Treat up to 57 clients on a daily basis in three programs (child, adolescent and adult) at the Mansfield location
- Average length of stay, 5-13 days

Intermediate Inpatient Care program, Mansfield:
- Average length of stay, 45 days

Residential Treatment Program:
- Average daily census 12 adolescent girls
- All residents are connected with the juvenile justice system
- Average length of stay, nine months

Partial Hospitalization and Intensive Outpatient Programs:
- Nine locations
- Treat approximately 3,200 children, adolescents, and adults each year
- Average length of stay, 6-8 weeks
- Seven Challenges® adolescent substance abuse program launched 2012
- Young Adult program opened 2012 to serve men & women 18- to 25-years-old

Intensive In-Home Child & Adolescent Psychiatric Services:
- Four teams
- Up to 32 families can enroll at a time
- Provides in-home services 2-3 times per week
- Average length of treatment, six months

Extended Day Treatment Program:
- Offered at five Joshua Centers
- Average Daily Census, 29
- Provides structured groups for three hours a day up to five days per week
- Average length of stay, six months

Ambulatory Detoxification Program:
- A medical procedure employing Suboxone (an opiate agonist) to help people withdraw safely and abstain from opiates - causes minimal disruption to normal day-to-day life
- Includes regular monitoring and group therapy
- Four locations

Clinical Day Treatment special education program:
- Nine Natchaug school locations, plus two Norwich schools operated by Natchaug Hospital
- Each school day an average of 200 students attend Natchaug Hospital’s school programs
- Placement referral made by the local education authority

Juvenile Court Support Services:
- Natchaug’s work with Connecticut’s juvenile justice programs includes conducting intensive short-term and intermediate evaluations for the juvenile courts in Willimantic and Waterford

Natchaug Hospital’s Network of Care
www.natchaug.org
(860) 456-1311

NATCHEAUG HOSPITAL
189 Storrs Road
Mansfield Center, CT 06250
860-456-1311 or
800-426-7792

CARE PLUS & JOSHUA CENTER SOUTHEAST
1353 Gold Star Highway
Groton, CT 06340
860-449-9947

JOSHUA CENTER ENFIELD
72 Shaker Rd. Suite 7
Enfield, CT 06082
860-749-2243

JOSHUA CENTER MANSFIELD
189 Storrs Road
Mansfield Center, CT 06250
860-456-1311

JOSHUA CENTER SHORELINE
5 Research Parkway
Old Saybrook, CT 06475
860-510-0163

JOSHUA CENTER NORTH-EAST
934 North Main Street
Danielson, CT 06239
860-779-2101

JOURNEY HOUSE
189 Storrs Road
Mansfield Center, CT 06250
860-456-1311

QUINEBAUG
11 Dog Hill Rd.
Dayville, CT 06241
860-779-0321

RIVEREAST
428 Hartford Turnpike
Vernon, CT 06066
860-870-0119

SACHEM HOUSE
189 Storrs Road
Mansfield Center, CT 06250
860-456-1311

JOSHUA CENTER THAMES VALLEY
11 A Stott Avenue
Norwich, CT 06360
860-886-4850

WINDHAM CLINICAL DAY TREATMENT
345 Jackson Street
Willimantic, CT 06226
860-450-7373