



CMHA's Northwest Center is Litchfield County's leading resource for mental health care.

Founded in 1952, Northwest Center for Family Service and Mental Health (NWC) is part of Community Mental Health Affiliates, Inc. (CMHA). CMHA's Northwest Center is a licensed outpatient mental health clinic and family service agency with Joint Commission accreditation. In addition to CMHA's locations in 2 other cities and towns, CMHA served the residents of Litchfield County through the office in Torrington.

CMHA's Northwest Center remains the only state licensed, nonprofit mental health clinic serving all of Litchfield County. The Center also serves clients from 13 border towns in New York State including Millerton, Amenia and Dover.

CMHA's Northwest Center operated eight programs and provided over 9,512 hours of service to more than 761 individuals and families in FY16.

In fiscal year 2016, 100 Winsted area residents received services from one of the many programs at CMHA's Northwest Center.

Funding Sources:

Annual Fund Drive	Private Contracts
Private Donations	Community Mental Health Affiliates, Inc.
Town Grants	Draper Foundation Fund, a fund of the
Fees and Insurance Payments	Northwest Connecticut
Department of Children and Families	Community Foundation
Department of Mental Health and	Union Savings Bank Foundation
Addiction Services	United Way of Northwest CT
Civic Family Services	

Current Programs and Activities

Outpatient Mental Health

In FY16, CMHA's NWC outpatient mental health clinic served 644 people of all ages: children, adolescents, adults, and seniors. Services include individual, family and group psychotherapy, psychological and psychiatric evaluation and medication management and case management.

In FY16, approximately 268 people received services monthly at CMHA's Northwest Center for a total of over 5,109 visits annually. CMHA's Northwest Center provides more than 426 clinical sessions every month. These services include individual, family, and group therapy, psychiatric evaluations, and medication management.

CMHA's Litchfield County programs receive funding from the CT Department of Children and Families (DCF) to operate the following distinct county-wide services:

Positive Parenting Program is an in-home, evidence-based program that helps parents manage their child's behavior and become independent, resourceful problem-solvers. Parents/caregivers are given the tools to create a positive and safe home learning environment that will help to develop and nurture their child's behavioral, emotional and cognitive strengths.

In FY16, 46 families received this in-home service.

Intensive Family Preservation is an intensive in-home program designed to support families in crisis in which children are at imminent risk of out of home placement. The goal is to keep children safe and avoid either a permanent or long-term separation from their family and community. IFP builds upon the conviction that many children can be safely protected and treated within their own homes when parents are provided the services and support and are empowered to change their own lives.

In FY16, 24 families received intensive, home-based support, counseling and parenting assistance.

Family Based Recovery Program is an in home service program which provides family recovery and substance abuse treatment to families who have identified substance abuse issues and a child(ren) under 2 years old in the home. The program also provides individual, family and group therapy and child attachment treatment. Clinicians work with child behavioral issues, housing, transportation and other basic needs of families.

In FY16, 47 families received this in-home service.

Collaborations

CMHA collaborates with a number of area agencies, receiving and giving referrals so that clients can obtain the appropriate level of coordinated holistic care. The following agencies are collaborators: RHA Pediatrics in Sharon, Litchfield County Pediatrics in Torrington, Connecticut DCF, FAVOR (advocacy for parents/caregivers), FOCUS in Canton (occupational therapy and social skills groups for children on the autism spectrum), Wellmore and Family & Children's Aid (intensive, in-home programs), Trinity Glen in Sharon (inpatient substance abuse program for adult family members), The McCall

Foundation in Torrington (intensive inpatient for adults), Charlotte Hungerford (outpatient/partial hospitalization for adults and adolescents in recovery), and the Susan B. Anthony Project in Torrington for families experiencing domestic violence.

If you have questions, please call Marie Mormile-Mehler, MSW, VP of Planning and Performance Improvement at 860-826-1358 x 1630.