



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 11,771 hours of service to more than 756 individuals and families in FY17, in more than 719 clinical sessions every month. These services include individual, family and group therapy, psychiatric evaluations and medication management.

The Town dollars are critical to support the cost of care for clients from Winsted. Our data show that the cost of providing services to the clients in your town is \$212,288.

In fiscal year 2017, 92 Winsted area residents received services from one of the many programs at CMHA's Northwest Center.

Funding Sources:

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

Current Programs and Activities

Outpatient Mental Health

In FY17, CMHA's NWC outpatient mental health clinic served 501 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 FY17, approximately 279 people received services monthly at CMHA's Northwest Center. 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 FY17, 80 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 FY17, 150 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 behavioural issues, housing, transportation and other basic needs of families.

In FY17, 26 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:

Acts 4 Ministries	Markowski, M.D. Joel A. (Torrington pediatrician)
All About You Home Care Services	Midwestern CT Council on Alcoholism, Inc. (MCCA)
Catholic Family Charities Family Svc Cntr	McCall Behavioral Health
Center for Human Development (CHD)	McCall Foundation
Charlotte Hungerford Hospital	Mental Health Counselling of CT
Community Health and Wellness	New Opportunities
Center of Greater Torrington	Northwest CT YMCA
Connecticut DCF	Operation Overflow Winter Homeless Shelter –
Connecticut Junior Republic, Inc.	Torrington
EdAdvance (Local Regional	PrimeTime House, Inc./with The Connection
Education Service Center)	ProHealth Physicians of Torrington, Inc.
Family & Children's Aid	Susan B. Anthony Project
Family Resource Center	The Connection, Inc.
Family Strides	Torrington-Winsted Pediatrics, Inc.
FAVOR-CT, Inc.	Visiting Nurse Services of CT
Friends in Service to Humanity of	VNA Northwest, Inc.
Northwest CT, Inc. (FISH) Emergency Shelter	
Focus Center for Autism	Wellmore Behavioral Health
Homeless Shelter at Winsted Y	Western CT Mental Health Network
Litchfield County OBGYN	Winchester Emergency Shelter
Litchfield County Pediatrics in	Y House – Torrington YMCA
Torrington	

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