

Family Psycho-education Involves:

- joining (developing an alliance)
- on-going education about the illness and challenges faced by the patient and the family
- problem-solving
- creating social supports
- developing coping skills

Families play an important role in The Recovery Process

- improved clinical outcomes, community functioning, and satisfaction for consumers
- diminished interpersonal strain and stress within families
- higher rates of employment and recovery
- reduced need for crisis intervention and hospitalization over time
- improved cost-benefit ratio

The American Psychiatric Association cites family psycho-education, used in conjunction with medication if appropriate, is one of the most effective ways to help in the recovery process.



MISSION STATEMENT

It is the mission of Cedarcrest (and Blue Hills Substance Abuse Services) to facilitate the recovery of persons experiencing disabling symptoms of psychiatric and/or substance abuse disorders.

Vision Statement

Cedarcrest Hospital (and Blue Hills Substance Abuse Services) exist as part of the Department of Mental Health and Addiction Services system, a system in which RECOVERY is the guiding principal and overarching goal. At Cedarcrest (BHSAS), each client will receive services and programs that assist the individual in a manner tailored to better manage his/her illness, achieve personal goals and develop skills and supports leading to living the most constructive and satisfying life possible.

Confidentiality

Please understand the records of our patients are protected under Federal and State Confidentiality Statutes and we cannot even acknowledge their presence or have you participate without the patient's consent.

Family and Friends

Few things are more important to the success of patients at reaching their maximum potential than support from family and friends. To this end Blue Hills has created activities to help educate those closest to the patient about substance abuse and mental health problems.

Please attend
**Family and Friends
Group
Wednesday Nights
6:00 PM**

Staff at Blue Hills can also help refer our patients for family counseling following discharge.

WHO TO CONTACT

You can contact the
Blue Hills Reception
Desk at (860) 293-6400

They will advise you of
group times or how to reach
the counselor assigned to
your family member or
friend. Remember, no one
can give you any
information unless there is a
signed release. If you accom-
pany your family or friend
for admissions, have them
sign a release as they are get-
ting admitted.

Group Leaders

Mary Wimpfheimer, LCSW
Jay Valentin, LADC, CCDP

Blue Hills Substance Abuse
Services
500 Vine Street
Hartford, CT 06112
860 293-6400

THE STAFF

BLUE HILLS SUBSTANCE ABUSE SER-
VICES STAFF IS COMPOSED OF :

- MEDICAL DOCTORS
- PSYCHIATRISTS
- NURSES
- LICENSED SOCIAL WORKERS
- LICENSED PSYCHOLOGISTS
- CERTIFIED AND LICENSED
COUNSELORS
- MENTAL HEALTH ASSISTANTS
- MEDICAL RECORDS SPECIALISTS
- MEDICAL BILLING SPECIALISTS
- AND MORE

We work together as a Team to
provide a multi-disciplinary
perspective when helping patients
develop treatment and discharge
plans. Sometimes information
from family or friends can be
very helpful for obtaining history
or for future planning.

Accredited by:
The Joint Commission

FAMILIES AND FRIENDS SUPPORT SERVICES

WEDNESDAYS 6:00 PM

FOR
SUBSTANCE ABUSE
and/or
MENTAL HEALTH
CLIENTS OF
BLUE HILLS SUBSTANCE
ABUSE SERVICES

