

Mental Health: Crisis Response and Support

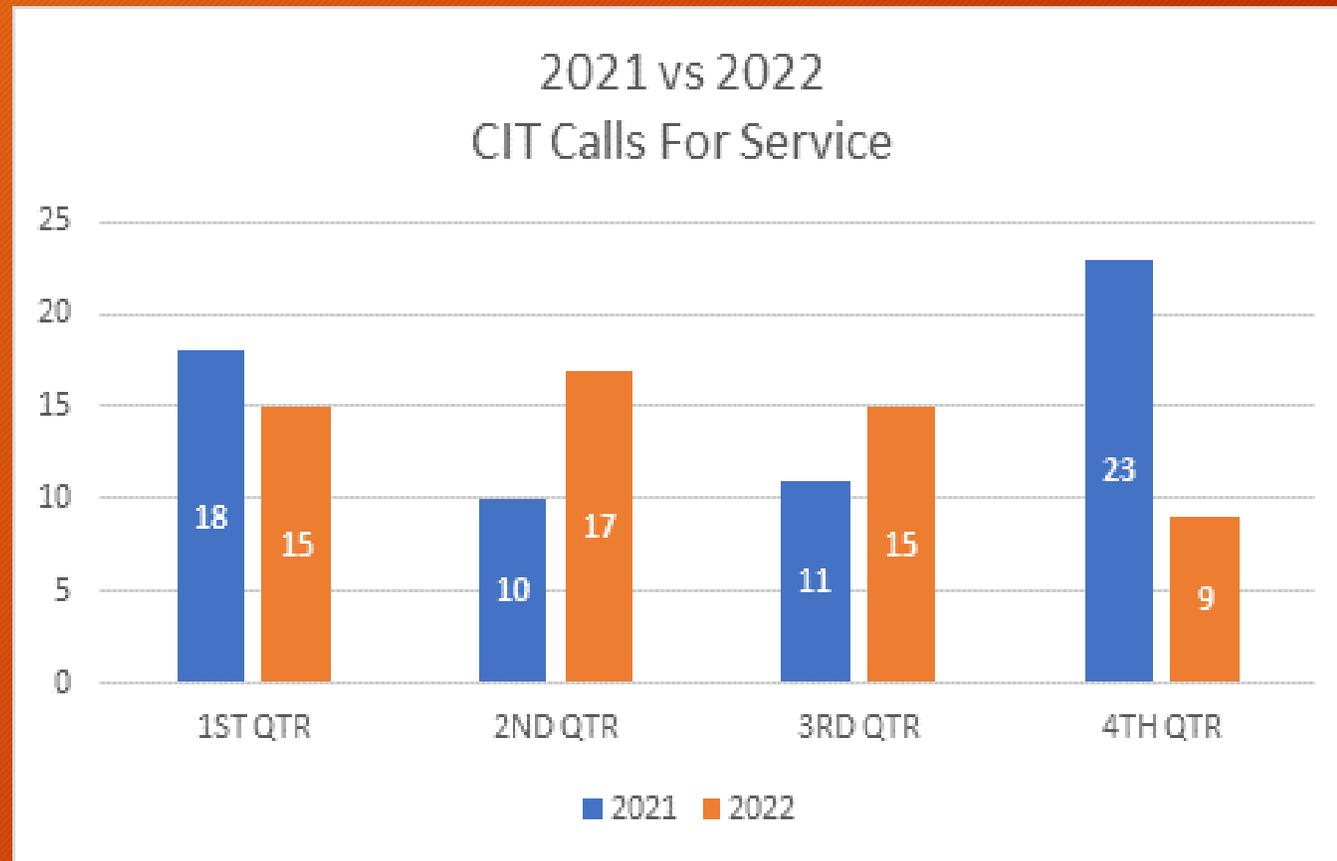
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Wilton Police Department Response

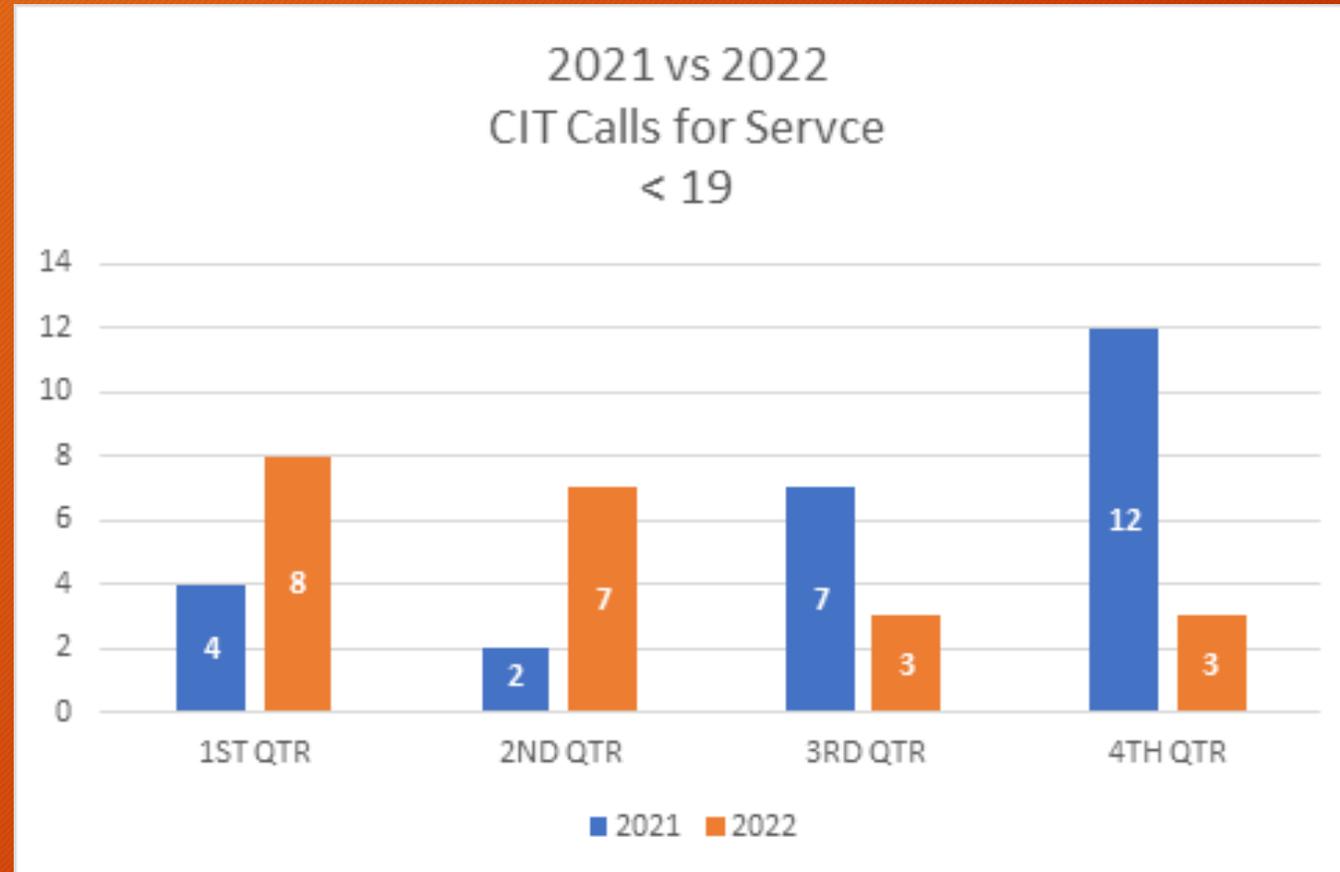
Crisis Intervention Calls for Service (CFS)

- Persons known to have mental illness who are experiencing a crisis; or
- Persons displaying behavior indicative of mental illness;
- Attempted or threatened suicides; or
- Calls involving gravely disabled individuals; or
- Calls in which individuals may be experiencing emotional trauma.

Wilton Police Department Response



Wilton Police Department Response



Wilton Police Department Response

Crisis Intervention Team (CIT)

The goal of the Crisis Intervention Team (CIT) is to facilitate safe resolutions to crisis situations for all parties involved: officers, community, and person in crisis. In addition, similar to providing a victim of domestic violence with information on appropriate advocacy services, the CIT will link persons in crisis to appropriate services that may benefit them.

- 5 day/40 hour training
- 34 certified officers



Wilton Police Department Response

Police Emergency Examination Request (PEER) C.G.S. 17a-503

Any police officer who has reasonable cause to believe that a person has psychiatric disabilities and is dangerous to himself or herself or others or gravely disabled, and in need of immediate care and treatment, may take such person into custody and take or cause such person to be taken to a general hospital for emergency examination under this section.

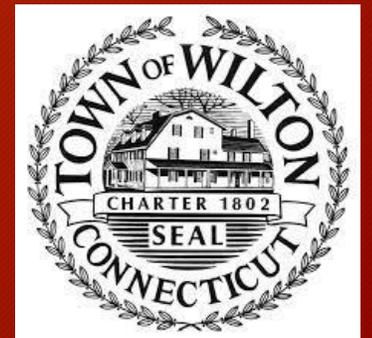
- 2021 = 57 PEER
- 2022 = 51 PEER YTD



Wilton Police Department Response

- Franklin S. DuBois Center
- Office of Victim Services
- State Department of Developmental Services
- State Department of Social Services

- Wilton Social Services
- Wilton BOE



Wilton Police Department Response

Public Act 22-47

- Behavioral and Mental Health Resources for children
- <https://www.connectingtocarect.org/wp-content/uploads/2022/02/CONNECT-FCC-Resource-List-Southwest-Region-1-Updated-1.20.22-FINAL.pdf>



Who to Call in a Crisis?

- **911:**
 - *911 calls answered by Wilton Police Department.*
- **211:**
 - *State of CT line with crisis intervention and mental health resources. Dial 211 or search online. If you are outside of Connecticut or have a problem using the 211-number, dial 1-800-203-1234.*
- **988:**
 - *Nationwide phone number for those who are considering suicide or facing mental health issues. You can call or text that hotline, or chat online at [988lifeline.org](https://www.988lifeline.org) to speak to a licensed crisis counselor.*
- **Kids in Crisis (Greenwich, CT):**
 - *Kids In Crisis is a nonprofit agency that provides 24/7 crisis prevention and intervention services through its Crisis Helpline, In-Person Counseling, and School-based and Community-based programs and services.*
 - *Access 24/7 help from Kids In Crisis by calling the Crisis Helpline (203-661-1911).*

Wilton Social Services Department-Crisis and Mental Health Support

- **Wilton Youth Services:**

- *Provides in moment crisis counseling.*
- *Provides Wilton youths and their families with information and referrals to local providers specific to their needs. Providers include private practice and counseling agencies.*
- *Provides financial assistance for counseling, support groups, and clinical based programming.*

- **Wilton Social Services:**

- *Provides in moment crisis counseling; we have 3 state licensed professionals.*
- *Provides Wilton adults and/or their families with information and referrals to local providers specific to their needs. Providers include private practice and counseling agencies.*
- *Provides financial assistance for counseling, support groups, and clinical based programming.*

Fairfield County Mental Health Provider Support

- **The HUB: Behavioral Health Action Organization for Southwestern CT**
 - *State-designated Regional Behavioral Health Action Organization (RBHAO) serving Southwest Connecticut.*
 - *Regional resource supporting and coordinating mental health, suicide awareness, substance use prevention and problem gambling efforts in the 14 communities from Greenwich through Greater Bridgeport.*
 - *Provides resource guides centered around treatment and recovery resources.*
 - *Works and coordinates with municipal Social Services Departments*
 - *Supports the Local Prevention Councils (Wilton Youth Council)*
- *Catchment Area Councils to identify needs and recommendations in the treatment and recovery systems.*

Mental Health Counseling Agencies

- **Mid-Fairfield Community Care Center (Norwalk, CT):**
 - *Nonprofit offering mental health support to children, adolescents, and young adults and families. Offers individual, group, extended day treatment for ages 5-12 to develop long-term coping skills and resilience transferable to multiple environments. For adolescents, ages 12-16, who present with a high level of emotional and behavioral health needs that occur in different environments- Intensive Outpatient is offered, typically for 6-12 weeks to help with short-term mental health stabilization/support long-term transition to a lower-level of care.*
- **Child & Family Guidance Center (Norwalk, CT):**
 - *Nonprofit offering outpatient counseling services, early childhood consultation, Functional Family Therapy (FFT) for a short-term, intensive intervention for youth 11-18 referred for behavioral or emotional problems by the juvenile justice, mental health, school, or child welfare systems, Intensive Family Preservation and Reunification programs as referred by the Department of Children and Families (DCF).*
- **Family Centers (Greenwich, Stamford, Darien and New Canaan, CT):**
 - *Offers varying levels of counseling, bereavement support and groups, trauma response, workplace counseling and various community supports throughout lower Fairfield county for pre-school aged youth (pre-schools, reunification) to housing support to help finding employment for older adults.*

Mental Health Counseling Agencies Continued

- **Positive Directions (Westport, CT):**

- *Nonprofit counseling agency offering inpatient counseling for any age, community prevention trainings, and recovery support groups, including peer-to-peer support for teenagers. Counseling is offered both in-person and via telehealth at the clinician's discretion.*

- **Catholic Charities (Danbury/Norwalk, CT):**

- *Nonprofit that offers up to 36 various programs from safe housing, family loans, mental health counseling, and breakfast program. Counseling services are provided at no-cost and most insurance is accepted for both telehealth or in-person sessions for any age.*

- **Family & Children's Aid (Danbury, CT):**

- *Offers a variety of programs centered on providing high-quality behavioral health services for children and families, including substance abuse treatment, supportive foster care, IICAPS is an intensive, home-based treatment program for children who have psychiatric disorders, and various in-community family supports.*

- **Elayne & James Schoke Jewish Family Service of Fairfield County (Stamford and Bridgeport, CT):**

- *Offers a variety of programs centered on individual, group and family counseling, social groups, a home companion program for seniors, emergency assistance, scholarships, services for Holocaust survivors, a Kosher food pantry, and home delivered meal services.*

Mental Health Counseling Agencies Continued

- **Mountainside Treatment Center (Wilton and Canaan, CT):**
 - *Offering intensive outpatient (IOP) or outpatient (OP) treatment alcohol and drug rehabilitation services, recovery coaching and adolescent-specific services, medication assisted treatment (MAT), and various support groups. Select services offered both in-person and via telehealth platforms.*
- **Silver Hill Hospital (New Canaan, CT):**
 - *Treatment offered for both young adults and adults living with a variety of mental health diagnoses. Multiple therapeutic approaches and levels of care offered from inpatient to transitional living to intensive outpatient (IOP). Inpatient treatment is generally covered by health insurance, with an exact list of accepted plan online.*
- **CT Renaissance (Norwalk, Bridgeport, Stamford and Waterbury, CT):**
 - *Offers outpatient counseling services for adults and children over the age of 13 with addiction, mental health, gambling issues, or with co-occurring diagnoses. Offers residential treatment stay for men ages 18 and over (Waterbury) who are in crisis to act as a hospital diversion program or step-down from an inpatient hospital stay or that which is referred by the Connecticut Court Support Services Division.*
- **Family & Children's Agency (Norwalk, CT):**
 - *Offers outpatient services catering to mental health support and substance use for children and families. Offers an IICAPS program (an in-home based, family-focused program for children with high psychiatric needs. Also offers foster care placement for children 6-17 in need of a stable living situation.*

Mental Health Counseling Agencies Continued

- **Saint Vincent's Medical Center (Westport, CT):**

- *Offering inpatient care for children, adolescents and adults with mental health and dual diagnosis substance use disorders. Offers evaluation, stabilization, and long-term treatment planning with a multidisciplinary team of providers. Offers long-term schooling support for adolescents at the hospital, so long as they are in treatment. Funded by the Connecticut Department of Mental Health and Addiction Services (DMHAS).*

- **Norwalk Community Health Center (Norwalk, CT):**

- *Offering adult medicine, immunization, care coordination, an onsite dental clinic, and women's health and behavioral health teams. Also offers pediatric care and a diaper bank to current clients as well as financial assistance as needed.*

- **FS Dubois Center (Stamford, CT):**

- *Offering ongoing, individualized treatment to persons living in the community with severe behavioral health disorders who are publicly insured, uninsured and in some cases underinsured. Offers triage services and community referrals, four levels of care, and crisis support. Offers a transitional residence program (Norwalk) from inpatient and correctional institution. Offers support employment, education, and life skill development. Funded by the Connecticut Department of Mental Health and Addiction Services (DMHAS).*

Alternative Mental Health Supports

- **Pegasus Therapeutic Riding (Brewster, NY/Greenwich & Darien, CT):**
 - *A therapeutic horseback riding facility offering both mounted and unmounted programs for youth ages five and up with disabilities and socio-emotional needs. Both the mounted and unmounted programs are supervised by certified staff and volunteers. Children have the opportunity to develop lasting friendships with staff, volunteers, other students, and the horses. Scholarships and financial aid are available as needed on a case-by-case basis.*
- **The Pilot House (Fairfield, CT):**
 - *Fairfield-based community center offering social programs, life skills, therapeutic services and support to serve the diverse needs of children, young adults and adults with disabilities and socio-emotional needs, to promote their continuing growth and progress. Pilot House also offers therapeutic riding at their community farm along with art, gardening, and community social events.*
- **Ability Beyond (Chappaqua, NY/Bethel, CT):**
 - *Offers day-programming, employment programs and coaching, residential living, rehabilitation and post-high school transition services for young adults with developmental disabilities and other diverse learning needs above age 13.*
- **STAR Inc. (Norwalk, CT):**
 - *Offers day-programming, community events, case management services, transportation, family support and respite, employment programs and coaching, rehabilitation and post-high school transition services for young adults with developmental disabilities and other diverse learning needs ages 3 and up to older adult.*
- **Laurel House Inc.(Stamford, CT):**
 - *Nonprofit organization, provides mental health services and programs in Stamford, CT and the surrounding areas in lower Fairfield County. Programs and services include recovery planning, life skills coaching and skill building, supported education, supported employment, Thinking Well (cognitive remediation), housing and residential services, food service and wellness, social opportunities, and active outreach to individuals who might otherwise be isolated.*

Non-Profit Community Supports

- **The Domestic Violence Crisis Center (DVCC) (Stamford, CT):**

- DVCC provides 24/7 crisis intervention via a 24-hour crisis hotline (888-774-2900) that helps those in need to connect with DVCC staff directly and certified counselors are available 24/7 via phone, text, chat and email, counseling and advocacy services, and emergency safe housing. Provides age and developmentally appropriate awareness and prevention education for K-12 students and other community organization.

- **The Rowan Center (Stamford, CT):**

- Offers up to 12 free individual counseling sessions to primary and secondary survivors of sexual violence, ages 14+. Provides free, 24-hour confidential support and education to those who have experienced sexual violence or knows someone who has. Offers a 24-hour hotline (Local English: 203-329-2929 /Statewide Spanish 888-568-8332) as well as a text (888-999-5545 between 9 a.m. and 5 p.m.) and chat hotline.

- **Triangle Community Center (Norwalk, CT):**

- *Providing over twenty-five regular programs for the Fairfield county LGBTQ+ community, from groups to young adult services, to community education and professional training. Offers referrals to other inclusive services, case management services, counseling, and housing referrals to youth-in-need. Also provides a service line: 203-939-7331 for various needs, group meetings, referrals, and accessibility services for current clients.*

- **Lighthouse (Greenwich, Westport, & Stamford, CT):**

- A peer-to-peer social support group for LGBTQ+ youth and their allies. Meetings provide a safe space for LGBTQIA+ youth and allies to socialize, share, and gain lifelong skills through guest speakers, trips, parties, and other events.

- **Circle Care Center (Norwalk, CT):**

- Non-profit primary medical care practice providing primary medical care, sexual health screenings and testing, HIV treatment and prevention, transgender-affirming care, mental health care, and an onsite pharmacy.

Additional Town Resources

- Wilton Public School District
- Wilton Youth Council
- Wilton Continuing Education
- Wilton Library
- Wilton YMCA
- Wilton Faith Communities