

Children's Behavioral Health Resources - available at no cost – regardless of insurance type

- **ACCESS Mental Health** → Immediate phone consultation and referrals (Monday-Friday 9am - 5pm): Hartford Hospital Hub: (855) 561-7135; Wheeler Clinic Hub 855-631-9835, Yale Child Study Center Hub 844-751-8955.
- **Mobile Crisis Intervention Services** → Behavioral health crisis services age <18; if older will refer to adult system. [Dial 2-1-1, press 1 (wait) & press 1 again]. *Remind families to follow these phone prompts to avoid long wait times in the general 211 queue.* www.211ct.org
- **CT Children's Center for Care Coordination / DPH Care Coordination** → (860) 837-6200. Connects families to basic needs, mental health, and triages to DPH Care Coordination regional programs: North Central (CT Children's Center for Care Coordination, Hartford, 860-837-6200); Southwest (Stamford Hospital, Stamford, 866-239-3907); South Central (Family Centered Services of CT, New Haven, 877-624-2601); Eastern (United Community and Family Services, Norwich, 866-923-8237), Northwest (St. Mary's Hospital, Waterbury, 866-517-4388).
- **Find a Provider** → Options for referrals include: Access MH, 2-1-1, the CT Children's Center for Care Coordination, and:
 - **Connecticut Evidence-Based Practices Directory** - a searchable directory of children's mental health providers offering selected evidence-based treatments disseminated by CHDI in Connecticut (<https://bit.ly/ebp-tracker>).
 - **CHDI's Educating Practices** (now virtual Zoom) "Behavioral Health: Connecting to Services" training includes participation from local mental health clinicians for immediate referral. <https://www.chdi.org/educating-practices>
 - Parents can search **Psychology Today's "Find a Therapist" tool** at <https://www.psychologytoday.com/us>.
- **KidsMentalHealthInfo.com** → Information on children's mental health issues in English and Spanish and links to national and **Connecticut resources** for parents. Developed by CHDI.

Children's Behavioral Health Resources – fee or eligibility-based

- **Beacon Health Options** → The state's Medicaid provider offers member support at 877-552-8247, www.CTBHP.com.
- **WrapCT Care Coordination** → provides care coordination services to families with children experiencing mental or behavioral health needs that meet the criteria for Wraparound services. For information on making a referral, visit: <https://www.connectingtocarect.org/wrapct/care-coordination/>.
- **Connecticut Children's** → Emergency Department "Zone C" (dedicated to behavioral health screening, stabilization, referral) and a new Transitions Clinic which acts as a bridge between the ED and longer-term care.
- **Birth to Three** → Continuing with telemedicine type visits, www.birth23.org

Additional Resources and Services for Families and Providers

- **Hotlines: "Talk It Out"** is a new State of CT hotline to **help parents and caregivers decompress** from the pressure of caring for children during COVID-19. (Monday to Friday, 8am to 8pm and Saturday, Sunday and Holidays, 1pm to 8pm)
 - **Connecticut Children's Hospital** → **COVID Hotline for Parents (833) 226-2362**.
 - **Hero Hotline – (888) 217-HERO**: Free mental health hotline operated by CHR for frontline workers and those struggling with stress of the COVID-19 crisis (including grocery store clerks, families of essential workers, and those grieving loss).
- **Family Support programs** → **Peer Family Support**: Peer support for families with children who have medical, mental, or behavioral health challenges [FAVOR-CT.org, (860) 563-3232]. **Connecticut Family Support Network**: Helps families raising children with disabilities & special health care needs; [www.CTFSN.org; (877) 376-2329].
- **Intimate Partner Violence/Domestic Abuse** → Available to providers & parents, (888) 774-2900. CTSafeConnect.org
- **Families in Need of Food** → 2-1-1, <https://uwc.211ct.org/covid19resources/#Food>
- **Child Health & Development Institute (CHDI)** → Resources for clinicians (chdi.org/ep-covid-19). Resources for parents and the public on supporting children's well-being, accessing social services, health and safety, and behavioral health (chdi.org/covid-19).

**This Quick Guide was developed by Dr. Ken Spiegelman, (a pediatrician in Manchester, CT) in partnership with CHDI.*