

Project ASSERT

Improving Alcohol & Substance use Services, Educate and provide Referral to Treatment



A service of Yale New Haven Hospital and the Department of Emergency Medicine, Yale University School of Medicine

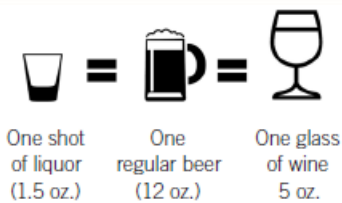
Project ASSERT is a service at the Yale New Haven Hospital Emergency Department. Health Promotion Advocates screen patients for drug and alcohol problems, provide interventions and directly refer patients to community treatment services. Since 1999, Project ASSERT has connected more than 52,000 patients with life-saving care and treatment.

Alcohol Use

Drinking too much alcohol increases risk of illness and injury. Even one drink is too much if someone is driving, at work, pregnant, breastfeeding, has certain medical conditions or is taking certain medications.

What is a standard drink?

One standard drink is defined as:



How much is too much? Low-risk drinking

is defined as: Maximum drinks per week/occasion

- Men: 14 per week /4 per occasion
- Women: 7 per week /3 per occasion
- Age > 65: 7 per week / 3 per occasion

Health effects of alcohol

Drinking too much alcohol contributes to high blood pressure, increases risk for many types of cancer and damages the body's vital organs, such as the brain, heart, liver and pancreas. Drinking is especially dangerous for pregnant women, as it can cause a number of complications like fetal alcohol syndrome.

Drug Use

Risks of associated injury and illness can be increased by taking any amount of an illegal drug, misusing a legal drug/prescription, or combining substances. To reduce the chances of death by overdose, please speak to Project ASSERT and/or your healthcare provider about treatment options. Naloxone kits (which should always be kept on your person) reverse an opioid overdose, and can be obtained in the ED. If you choose to use drugs, please never use alone and note that you may be unaware of what you are using, as substances are often laced with fentanyl, which can kill you. To minimize harm, ask us about fentanyl test strips and always use a small amount first.

Treatment Resources for Individuals with Substance use & Mental Health Disorders

APT Foundation- Residential Services

203-337-9943

44-54 East Ramsdell Street (New Haven, co-ed)
Offers residential services for adults, including Spanish-speakers, HIV+ individuals & those with primary mental health disorders.

CASA, 203-339-4112 (Bridgeport, co-ed)

Offers intensive & intermediate residential services, OP, IOP & partial hospitalization programs (PHP) for Spanish speaking individuals.

CHR-Milestone, 860-928-1860/Opt. #1,

(Putnam, female only)

Offers dual-diagnosis intensive residential services.

CHR-Roots to Recovery, 860-456-1769/Opt. #5,

(Willimantic, male only)

Offers long-term/intermediate residential services.

Connecticut Renaissance-McAuliffe Center,

203-346-1931 (Waterbury, men only)

Offers dual-diagnosis residential services.

Connecticut Valley Hospital-Blue Hills,

860-293-6400 (Hartford, co-ed)

Offers medically managed withdrawal & residential services.

Connecticut Valley Hospital-Merritt Hall

800-828-3396/Ext. 5 (Middletown, co-ed)

Offers medically managed withdrawal & residential services

First Step, 203-416-1915 (Bridgeport, co-ed)

Offers medically monitored withdrawal for adults.

Grant Street Partnership, 203-503-3000,

60-62 Grant Street, (New Haven, men only)

Offers OP services (18+) & PHP with sober living

InterCommunity Recovery Centers, Inc.

860-569-5900 (Hartford, co-ed)

- Medically monitored withdrawal ext. 515
- Residential Rehab ext. 541

Offers medically monitored withdrawal, OP, IOP, MAT (Suboxone) & intensive & intermediate residential services

Midwestern CT Council of Alcoholism (MCCA), 203-792-4515 (Danbury, co-ed)

Offers intensive & intermediate residential services, medically monitored withdrawal, MAT (Suboxone/ Naltrexone), IOP, & OP treatment.

Mountainside, 800-762-5433 x111 (Canaan)

Offers medically monitored withdrawal, residential services, extended Care Sober Living, OP, LGBTQ Group & MAT (Suboxone/Vivitrol).

Regional Network of Programs (RNP)-Horizons, 203-333-3518, (Bridgeport, co-ed)

Offers intensive residential services.

Regional Network of Programs (RNP)-New Prospects, 203-610-6252 (Bridgeport, co-ed)

Offers dual-diagnosis residential services.

Retreat Behavioral Health, 203-873-9768,

(New Haven, co-ed)

Offers medically monitored withdrawal, residential services, MAT (Suboxone/Vivitrol), OP & IOP.

Rushford Treatment Center, 877-577-3233

(Multiple locations, co-ed)

Offers medically monitored withdrawal, residential services, MAT (Suboxone), PHP & OP for adults & adolescents.

SCADD, 860-447-1717

(New London/Lebanon, co-ed/men only)

Offers medically monitored withdrawal & long-term dual-diagnosis residential services.

Silver Hill Hospital, 866-542-4455

(New Canaan, co-ed)

Offers medically monitored withdrawal & residential services for adolescents & adults.

Stonington Institute, 800-832-1022

(North Stonington, co-ed)

Offers medically monitored withdrawal, residential services, dual-diagnosis PHP with a sober living residence & IOP.

Outpatient Resources

BHcare, 203-800-7177 (Co-ed)

- **Valley** 435 E. Main St. Ansonia, CT
- **Shoreline** 14 Sycamore Way Branford, CT

Offers outpatient (OP) treatment, recovery coaching, intensive outpatient programming (IOP), medication for addiction treatment (MAT) (Suboxone/Vivitrol), & primary care & wellness services.

MCCA, 203-285-6475,

419 Whalley Ave, STE 300, (New Haven, co-ed)
Offers OP individual & group services, IOP & specialized groups such as relapse prevention & anger management.

Turnbridge, 203-937-2309,

189 Orange St, (New Haven, co-ed)
Offers comprehensive dual-diagnosis individual & group OP treatment, IOP & MAT (Suboxone/Vivitrol).

Substance Abuse Treatment Unit, 203-974-5777,

1 Long Wharf Drive, (New Haven, co-ed)
Offers evaluation & OP services for individuals 17+, including Spanish-speakers & HIV+ individuals.

Wellmore Behavioral Health, 203-574-1419,

142 Griggs Street, (Waterbury, men only)
Offers adult OP & IOP treatment, MAT (Suboxone) & residential services.

Yale New Haven Psychiatric Hospital, Outpatient, 203-688-9723,

425 George Street, (New Haven, co-ed)
Offers OP & IOP services for adults 18+.
- Hamden location with evening hours
203-688-9723.

Other Community Resources

A New Beginning-Redemption House:

203-909-5705, Sober housing

Community Health Centers:

- Connecticut Mental Health Center (CMHC)
203-974-7713
- Fair Haven Community Health Center
203-777-7411

CT 2-1-1

- out of state: (1-800-203-1234)

Domestic Violence & Sexual Assault

- CT Domestic Violence Hotline
888-774-2900
- Sexual Assault Crisis Services
888-999-5545

DMHAS Access line & Transportation:

800-563-4086 (24/7 call center to facilitate access to substance use treatment, transportation to medically managed withdrawal prioritized)

Health Insurance

- Healthy Start (for pregnant women), 203-946-8187
- Husky Health (Medicaid), 877-284-8759

Health Services

- Breast & Cervical Cancer Screenings
860-509-8251
- Department of Social Services (DSS)
855-626-6632
- DSS Adult & Elderly Services
203-974-8027
- DSS Family Services
203-974-8193

HIV/AIDS

- AIDS Project New Haven, 203-624-0947
- CT AIDS Drug Assistance Program,
855-805-4325
- Hispanos Unidos, Inc., 203-781-0226

Mutual Help:

- **Alcoholics Anonymous**, 866-783-7712
- **Narcotics Anonymous**, 800-627-3543
- **CT Community for Addiction Recovery**,
203-672-4115, 1435 Chapel St, New Haven
- www.smartrecovery.com (global community of mutual-support groups)
- www.intherooms.com (access to online recovery support services)

Taking Initiative Center, 203-389-2970 ext. 1317,
514 Whalley Avenue, New Haven
Drop-in center for people facing homelessness &/or recovering from addiction. Provides referrals, not treatment.

Transitions Clinic - Linkages with correctional partners to provide support & access to continuity of care including comprehensive primary care & behavioral health services.

- **InterCommunity Health Care** -
16 Coventry St., Hartford/860-569-5900 Ext. 202
- **Cornell Scott Hill Health Center** -
Appointment: 203-850-2449 or 203-492-9763
 - 911 State St. New Haven/Th: 1pm - 5pm
 - 150 Sargent Drive, 2nd Floor, New Haven/Fri: 8 - 12:30pm

Veyo Medical Transportation:-

855-478-7350 Provides medical transportation

Programs offering medication for opioid use disorder

APT Foundation, 203-781-4600

1 Long Wharf Drive, Suite 10, New Haven

Offers OP treatment including individual, groups, IOP and MAT services. Spanish-speakers and HIV+ individuals serviced. No appointment necessary, walk-in screenings available M-F 8:30-11am.

Bridges Healthcare Inc., 203-878-6365

949 Bridgeport Avenue, Milford

Dual diagnosis OP program. Offers day and evening groups, IOP and MAT (Suboxone). Accepts Medicaid, Medicare and BCBS.

Bridges Healthcare - Mobile Addiction treatment team (MATT van)/203-494-5811

Offers MAT (Suboxone), and recovery coaching services for adults 18+ - no insurance required. (Schedule/hours varies per locations)

CSHHC - Addiction Recovery Clinic, 203-503-3000, 150 Sargent Dr., New Haven

Offers MAT (for opioid and alcohol use disorders) and outpatient treatment
Limited hours: Tuesday 8-noon, Fridays 1 - 5 pm

Fair Haven Community Health Clinic 203-809-3511, 374 Grand Avenue, New Haven

FHCHC is an integrated program that offers both medical and behavioral health care for adults 18+,

LGBTQ+, HIV+ and services are bilingual. Provides medications (Naltrexone/Suboxone) and behavioral treatment for substance use disorder.

Liberation Programs, Inc: 203-399-3136 (Stamford and Bridgeport)

Provides dual-diagnosis OP treatment including individual, group and MAT (methadone, Suboxone & Vivitrol)

Multicultural Ambulatory Addiction Services 203-495-7710, 426 East Street, New Haven

Outpatient services, including methadone, for African-American and Latino adults 18+ with opioid addictions. Walk-ins accepted.

Regional Network of Programs (RNP):

- **Center for Human Services 203-386-8802**
- **Kinsella Treatment Center 203-335-2173**

RNP offers an MAT program for the treatment of opioid use disorders utilizing prescribed methadone, Buprenorphine/Suboxone® and supportive counseling in conjunction with other support and referral services. (Serving Bridgeport & Fairfield county)

South Central Rehabilitation Center-203-503-3318, 232 Cedar Street, New Haven

Medically monitored withdrawal, methadone and triage facility for adults 18+, including Spanish-speakers. Available 24/7.

The Root Center for Advanced Recovery, 1-800-862-2181, option #2.

Offers evidence-based OP treatment, group and MAT (Methadone/Suboxone/Vivitrol). Multiple locations, hours vary.

Waterstone Counseling Centers, 203-245-0412

86 Bradley Rd, Madison

446 Blake St, New Haven

317 Long Hill Rd, Groton

Offers OP treatment including individual, group and MAT. Accepts Medicaid and some private insurance, hours vary.

Project ASSERT

Yale New Haven Hospital

York Street Campus: 203-688-6553

Saint Raphael Campus: 203-789-3535