

## OUR MISSION, OUR HISTORY

Recovery Network of Programs, Inc. (RNP) is a private, non-profit behavioral health provider serving Connecticut. Its primary mission is to serve the economically disadvantaged / afflicted person by using a variety of individualized and diversified approaches to person-centered care.

Founded in 1972, RNP has grown to meet the needs of the community. RNP employs a highly trained, diverse and qualified staff of professionals to provide substance abuse treatment, case management for the mentally impaired and homeless at numerous locations in Connecticut. All services are based on a Recovery Model of Care which individualizes treatment to support and encourage an individual's recovery and increased stability.

Today, the Organization's scope of services provide a continuum of care in the following areas: medication-assisted treatment, individual and group drug and alcohol counseling, substance abuse and mental health education, information and referral, a variety of counseling programs for youth and adults; facilities for individuals recovering from psychiatric disorders and a wide range of housing options for the homeless.



**\* Center for Human Services**  
2 Research Drive, Stratford, CT 06615  
Tel: 203.386.8802 Fax: 203.386-8369

**First Step**  
425 Grant St. Bridgeport, CT 06610  
Tel: 203.416.1915 Fax: 203.416.1919

**Horizons**  
1635 Fairfield Avenue Bridgeport, CT 06605  
Tel: 203.333.3518 Fax: 203.382.5589

**Huntington House**  
74 Huntington Road Bridgeport, CT 06608  
Tel: 203.366-7012 Fax: 203.384.6279

**Iranistan House**  
964 Iranistan Avenue Bridgeport, CT 06604  
Tel: 203.367.0025 Fax: 203.337.6239



**\* Kinsella Treatment Center**  
1438 Park Avenue Bridgeport, CT 06604  
Tel: 203.335.2173 Fax: 203.333.0754



**McGrath House**  
467-469 Summit Street Bridgeport, CT 06606  
Tel: 203.337.8180 Fax: 203.337.8183



**New Prospects & Prospect House**  
392 Prospect Street Bridgeport, CT 06604  
Tel: 203.610.6252 Fax: 203.610.6332  
(PH) Tel: 203.576.9041 Fax: 203.334.7798

**Recovery Adolescent Program / Annex  
& Drug Intervention Program**  
1549 Fairfield Avenue Bridgeport, CT 06605  
Tel: 203.333.4105 Fax: 203.331.4740  
(DIP) Tel: 203.610.6410 Fax: 203.610.6369



**Recovery Counseling Services**  
480 Bond Street Bridgeport, CT 06610  
Tel: 203.366.5817 Fax: 203.394.6790



**Seaview Apartments**  
1826 Seaview Avenue Bridgeport, CT 06610



**Supervised Apartments**  
1549 Fairfield Avenue Bridgeport, CT 06605  
Tel: 203.337.8180 Fax: 203.337.8183

**Urban Model Initiative**  
410-414 Poplar Street Bridgeport, CT 06604  
Tel: 203.333.3445 Fax: 203.579.5159

\* Medication - Assisted Treatment

# Recovery Network of Programs

Helping people build better lives since 1972

## Horizons

1635 Fairfield Avenue  
Bridgeport, CT 06605

Tel: 203.333.3518

Fax: 203.382.5589

TTY: 203.225.0427

1.877.4.RNP.CARES  
(1.877.476.7227)



[www.Recovery-Programs.org](http://www.Recovery-Programs.org)

## ***...services provided by RNP & Horizons...***

Recovery Network of Programs (RNP) has been successfully treating individuals who suffer from addiction and mental health issues for 35 years now. We are a non-profit behavioral health care organization. Our mission is to provide individualized services including treatment and prevention for people with substance abuse problems, community living and psychiatric rehabilitation. A full continuum of care is offered within the network.

Horizons is one of many programs offered within the continuum of care and is CARF accredited intensive short-term inpatient program for individuals struggling with addiction. We welcome males and females, age 18 and over and those with a substance dependence disorder, including those receiving or in need of medication-assisted services for opiate addiction.

Clinical staff is trained in the implementation of best practices using evidence-based treatment approaches including motivational interviewing, cognitive-behavioral therapy, living in balance and seeking safety.

Our highly structured clinical program includes:

- Individual Therapy
- Group Therapy
- Family Therapy
- Case Management
- 12-step Facilitation

Individual therapy sessions focus on comprehensive assessment, treatment planning and achievement of goals. Family involvement is strongly encouraged. Individuals supportive of the recovery process may visit clients during their stay. In addition, a marriage and family therapist provides couples and family sessions, educational groups and resource information. Groups are provided in an intimate setting in order to promote safety, foster engagement and build cohesion and a sense of belonging. Case management assists individuals with a variety of needs by facilitating connections to

community providers. Recognizing that it is often difficult for an individual to achieve recovery in isolation, introduction to self-help groups and sponsorship is a vital part of the program. This includes the facilitation of daily NA and AA meetings onsite.

Since inpatient treatment is designed to assist clients to stabilize, aftercare planning begins at the time of admission. Referrals are made to a variety of housing, outpatient addiction and mental health services. Clients who complete successfully are encouraged to become members of the alumni group in order to offer hope to those who are beginning the recovery process.

Our program promotes wellness and healing through:

- Continuous Self-Reflection
- Daily Meditation
- Therapeutic Journal Writing
- Yoga and Light Stretching
- Health Education