

## 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 case management and treatment services for individuals with substance abuse, mental health and / or housing needs. 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  
Tel: 203.610.8296 Fax: 203.610.8720

### **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

## Recovery Adolescent Program

1549 Fairfield Avenue  
Bridgeport, CT 06605

Tel: 203.333.4105

Fax: 203.331.4740

TTY: 203.225.0427

1.877.4.RNP.CARES  
(1.877.476.7227)



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

## PROGRAM OVERVIEW

Recovery Adolescent Program (RAP) has been in operation for more than two decades. It is a CARF accredited program in addition to being licensed by the Department of Public Health. Adolescent services are available at 1549 Fairfield Avenue in Bridgeport. We serve both male and female clients under 18 years of age. We serve adolescents who have been affected by substance abuse within the family system.

### ASSESSMENT

Our qualified clinicians utilize a comprehensive set of assessment tools to identify areas in a person's life that may be contributing to his/her addiction. It is through the initial assessment that treatment goals are identified and formulated. Recovery Adolescent Program offers clients individual, group and family / couples sessions.

### SERVICES

Clients offered individual therapy are assigned a counselor and develop individualized treatment goals based on the client's needs. We offer a variety of groups to our clients that help them to learn tools and skills to reduce their use of substances and eventually become abstinent. In addition, we assist adolescents to establish positive peer support and recreational activities. Family/couples sessions are strongly encouraged to help improve communication and begin the establishment of healthier relationships.

## RAP offers HOPE:

Our Hope groups are special support groups designed for parents/caregivers.

**H**ealing

**O**pportunities for support

**P**ositive Directions

**E**mpowerment

These groups provide solutions to cope with their adolescent's high-risk behaviors. Family members are provided with the opportunity to participate along with the youth in their treatment process. This group provides a forum for parents to share their thoughts, feelings and experiences with other parents. It also helps parents to identify solutions and tools to effectively cope with their adolescent's behaviors.

### ADOLESCENT GROUPS

We offer a wide range of groups for adolescents including: a marijuana prevention group focusing on how to learn coping and refusal skills to avoid marijuana use; a recovery skills group is available for teens that are referred from an inpatient program. This group is offered for teens that have over thirty days abstinence. The focus of this group is maintaining their sobriety and learning relapse prevention tools to prevent further use.

*...providing behavioral health services to the Connecticut community....*

## THERAPY MODALITIES/INTERVENTIONS

We use a variety of evidence-based treatment approaches known to be effective for adolescents including Motivational Therapy, Cognitive Behavioral Therapy and Contingency Management. Family therapy is used to explore and assist families to understand family dynamics, negative patterns of behavior, and problems in family structure; and to help families learn and use communication and conflict resolution skills. Individual therapy is used to process and resolve negative feelings, develop coping skills and build healthier lifestyles.

### PREVENTION SERVICES

Our prevention services focus on decreasing underage drinking and illicit substance use, i.e., marijuana, cocaine, heroin and pharmaceutical drugs. Our prevention program successfully implements specialized groups within high school, middle and elementary schools using an evidence-based treatment model to target students that are involved in, or have been identified as high-risk and sensation seeking. The evidence based model that is currently being used is "Healthy Choices". It is designed to increase awareness through education about how substances can affect the brain and body. The curriculum highlights methods for students to learn skills and tools necessary to cope with peer pressures and teen's negative feelings.