

## OUR MISSION, OUR HISTORY

*Regional 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.

### Huntington House

74 Huntington Road, Bridgeport, CT  
Tel: 203.366.7012 Fax: 384.6279

### Iranistan House

964 Iranistan Avenue, Bridgeport, CT  
Tel: 203.367.0025 Fax: 337.6239

### Supervised Apartments

1549 Fairfield Avenue, Bridgeport, CT  
Tel: 203.337.8180 Fax: 337.8183

### Center for Human Services

2 Research Drive, Stratford, CT  
Tel: 203.386.8802 Fax: 386.8369

### Kinsella Treatment Center & Detoxification

1438 Park Avenue, Bridgeport, CT  
Tel: 203.335.2173 Fax: 333.0754

### Horizons

1635 Fairfield Avenue, Bridgeport, CT  
Tel: 203.333.3518 Fax: 382.5589

### Prospect House Shelter

392 Prospect Street, Bridgeport, CT  
Tel: 203.576.9041 Fax: 334.7798

### New Prospects

392 Prospect Street, Bridgeport, CT  
Tel: 203.610.6252 Fax: 610.6332

### Seaview Apartments

1826 Seaview Avenue, Bridgeport, CT  
Tel: 203.610.8296 Fax: 394.8720

### Regional Counseling Services

480 Bond Street, Bridgeport, CT  
Tel: 203.366.5817 Fax: 394.6790

### RCS Annex & Regional Adolescent Program

1549 Fairfield Avenue, Bridgeport, CT  
Tel: 203.333.4105 Fax: 331.4740

### Monroe Builds Communication

Masuk High School, Monroe, CT  
Tel: 203.452.5823 Fax: 452.5835

# Regional Network of Programs, Inc.



## **Horizons**

*1635 Fairfield Avenue*

*Bridgeport, CT 06605*

*Tel: 203.333.3518*

*Fax: 203.382.5589*

*TTY: 203.225.0427*

*1.877.4.RNP.CARES*



*www.RegionalNetwork.org*

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

Regional 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