

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: 394.6790

Regional Counseling Services

480 Bond Street, Bridgeport, CT
Tel: 203.366.5817 Fax: 394.8720

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.



Regional 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



www.RegionalNetwork.org

PROGRAM OVERVIEW

Regional 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. Regional 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.

Healing
Opportunities for support
Positive Directions
Empowerment

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.