Child Growth and Development/Parenting Web Sites

- **www.cyfernet.org** - high quality, research based information for parents and professionals.

- **www.zerotothree.org** - national non-profit organization dedicated to advancing healthy development of infants and toddlers.

- **www.aboutourkids.org** - New York University web site offers scientifically based mental health and parenting information.

- **www.cfw.tufts.edu** - child and family web guide links to trust-worthy sites about infants, children and teens.

- **www.naeyc.org** - National Association for the Education of Young Children contains information about child development for families.

- **www.MVParents.com** - research-based resource for tips, ideas, and strategies for raising smart, strong, responsible kids.


- **www.growinghealthykids.com** - what families, schools, communities, workplaces and government can do to promote healthy child development.


- **http://eclkc.ohs.acf.hhs.gov/hslc** - Early Childhood Knowledge and Learning Network web site from Federal Offices of Head Start /up-to-date information and resources for parents and professionals.

**FUNDING PROVIDED BY:**

- Killingly Public Schools
- Plainfield Public Schools
- Putnam Public Schools
- Sterling Public Schools
- EASTCONN Head Start
- Northeast Early Childhood Council
- William Caspar Graustein Memorial Fund

Northeast Connecticut

Regional Family Resource Guide

2014
Northeast Early Childhood Council

The Northeast Early Childhood Council (NECC) is a local, regional group of community members from Killingly, Plainfield, Putnam, and Sterling. We are an independent, open group working together to ensure that all children, birth through age eight, in Killingly, Plainfield, Putnam & Sterling are healthy safe and successful learners.

The NECC takes into account all areas that could affect young children. As a result, the following Workgroups have been formed.

- Early Care & Education
- School Readiness
- Mental Health
- Physical Health
- Safety

The NECC meet several times per year and is open to all community members who wish to participate on any level.

For more information, our contact information is listed below:

**Regional Director**
Christine Rosati
860-779-6770
cgrosati@msn.com

**Community Coordinators**
Kristine Cicchetti
860-564-6400
mrsccich95@sbcglobal.net

Mae Flexer
860-208-0429
maeflexer@gmail.com

Like Us on Facebook
facebook.com/nechildhoodcouncil

Visit our website: www.neccouncil.org

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FAMILY ASSISTANCE

Infoline.................................................................................. 211
ACCESS Agency ............................................................... (860) 412-1600
ALPS Free Community Store.............................................. (860) 779-6660
Food Program- Danielson.................................................. 1-800-965-2237
Canterbury Cares Food Pantry............................................ (860) 546-9007
Catholic Charities & Family Services................................ (860) 889-8346
Community Kitchens of Northeast Conn........................... (860) 779-2645
CT Care 4 Kids- Child Care Assistance.............................. 1-888-214-5437
Daily Bread Soup Kitchen- Putnam.................................... (860) 928-0189
DKH Nurturing Families Network...................................... (860) 928-6541 ext. 2077
DSS Food Stamp Program................................................ 1-800-842-1508
Friends of Assisi Food Pantry.............................................. (860) 774-2310
Interfaith Human Services of Putnam............................... (860) 928-0169
Project Northeast Food Pantry/Support- Putnam.............. (860) 928-4078
Project Pin Food Pantry- Plainfield................................. (860) 564-5591
Salvation Army Thrift Store- Brooklyn.............................. (860) 779-1970
Salvation Army Satellite Site- Putnam............................... (860) 963-7602
St. Vincent de Paul-Norwich.......................................... (860) 889-7374
Thompson Ecumenical Empowerment Group.................. (860) 963-3458
Women Infant & Children (W.I.C.) Food Assistance Program............................................. (860) 928-3660
Diaper Bank........................................................................ (860) 928-0169

HOSPITAL AND EMERGENCY NUMBERS

Medical Emergency.............................................................. 911
Poison Control................................................................... 1-800-222-1222
Day Kimball Hospital
- Main Number................................................................... (860) 928-6541
- Emergency Department.................................................. (860) 774-3366
William Backus Hospital
- Main Number................................................................... (860) 889-8331
- Emergency Department.................................................. (860) 823-6389
- Backus 24 Hour Urgent Care Center............................... (860) 230-2830
Windham Hospital
- Main Number................................................................... (860) 456-9116
- Emergency Department.................................................. (860) 456-6715
DID YOU KNOW...?

- The brain develops 90% of its capacity in the first five years of life.
- What an infant or toddler does during the course of a day influences lifelong learning patterns.
- Oral and dental health from birth impacts overall health and learning.
- The number and variety of spoken words that a child has by age 5 influences his/her ability to be a successful reader.
- Sharing books and reading aloud with your child from birth allows for special quiet time together and supports the joy of reading.
- High quality preschool or childcare is positively related to children’s success in school. Poor quality can have negative effects.
FAMILY HEALTH NUMBERS

Across the Smiles Generations Dental Van......................... (860) 963-0010
American Red Cross................................................. 1-800-448-3543
AmeriCares Free Clinic.................................................. 1-800-486-4357
Backus Hospital Plainfield Emergency Care Center.... (860) 230-2830
Care Net Pregnancy Services......................................... (860) 779-0218
Center for Healthy Aging................................................ 1-800-273-0078
Community Providers Association of Mental Health Clinics for Children.......................... (860) 257-7909
CT Department of Social Services.................................. (860) 257-7909
OR 1-866-327-7700 (toll free)
Day Kimball Medical Group- Plainfield....................... (860) 564-6200
Day Kimball Medical Group- Putnam................................. (860) 963-6390
Day Kimball Medical Group- Thompson......................... (860) 923-1141
DCF Child Abuse Hotline............................................. 1-800-842-2288
Day Kimball Hospital-Healthy Start............................... (860) 928-6541
FAVOR-Family Advocacy for Children’s Mental Health.... (860) 563-3232
Generations Family Health Center-Danielson................. (860) 774-7501
Generations Family Health Center- Putnam....................... (860) 963-7917
Generations School-Based Health Center....................... (860) 928-4698
Husky Health Care Plan Information............................. (860) 450-7471
Maternal/Child Health Infoline.................................... 1-800-505-2000
Northeast District Department of Health......................... (860) 774-7350
Plainfield Walk-In Center............................................. (860) 564-4054
Planned Parenthood of CT.............................................. (860) 774-0533
United Community and Family Services
-Child First Program.................................................... (860) 822-4900
United Services Child Guidance Clinic......................... (860) 774-2020/(860)228-4480

JOB TRAINING

Infoline............................................................................. 211
ARC of Quinebaug Valley................................................. (860) 774-2827
Career Transition Center- Danielson............................ (860) 774-2620
EASTCONN Northeast Adult Education......................... (860) 779-3770
United Services................................................................ (860) 774-2020

HOUSING ASSISTANCE

Infoline............................................................................. 211
Housing Authorities Section 8 (HUD)
Killingly Housing Authority........................................... (860) 774-6067
Killingly Section 8.......................................................... (860) 774-3905
Plainfield Housing Authority......................................... (860) 230-3022
Plainfield Section 8.......................................................... (860) 230-3022
Putnam................................................................. (860) 963-6829
ACCESS Agency Emergency Shelter................................. (860) 774-4977
Connecticut Housing Finance Authority......................... (860) 721-9501
Connecticut Legal Services........................................... (860) 456-1761
Covenant Shelter of New London.................................... (860) 443-0573
Habitat for Humanity Northeast CT................................. (860) 442-7890
Holy Family Home and Shelter for Women & Children-Willimantic................................. (860) 423-7719
Plainfield Housing- Elderly/Disabled............................... (860) 564-3760

ENERGY ASSISTANCE

Infoline............................................................................. 211
ACCESS Fuel Assistance and Winterization...................... (860) 774-0418
Northeast Utilities.......................................................... 1-800-286-2000
Operation Fuel United Methodist Fuel Bank....................... (860) 774-0106
Yankee Gas...................................................................... 1-800-989-0900

EMPLOYMENT

Infoline............................................................................. 211
ACCESS Agency Jobsource Community Services.............. (860) 774-0418
CT Works- Employment Services- Danielson.................... (860) 412-7000
Department of Labor....................................................... (860) 263-6000
Unemployment Compensation Claims-Danielson.............. (860) 423-2521
5 STEPS TO FINDING A GOOD CHILDCARE OR PRESCHOOL

1. **START EARLY:** Finding the right childcare option can take some time.

2. **MAKE A CALL:** Call your Family Resource Center or call 211 Infoline and ask:
   - What are the licensing requirements in my area? Remember that licensed programs meet basic regulations required by law.
   - What types of programs are available?
   - How can I get information about complaints and licensing violations?
   - Is there any childcare financial assistance?

3. **VISIT, ASK QUESTIONS & TAKE THE TIME TO OBSERVE.**
   - How many children are there for each adult? One adult to 3 or 4 infants and toddlers; one adult to 7 or 8 preschool aged is best.
   - How many children are in a group? In a center, group size is 8 or less for infants and toddlers, or 17 in a preschool program.
   - Ask about caregivers’ training and education.
   - Ask how long the caregivers have been at that center or providing care in their homes.
   - Find out if the provider is accredited by a national organization (such as NAEYC). Accredited programs meet higher standards of quality.

4. **MAKE A CHOICE.** Think about what you saw at each visit and make the best choice for your child and your family.

5. **STAY INVOLVED.** Meet with caregivers regularly, visit your child at childcare and join in special events. www.ChildCareAware.org

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**ADULT EDUCATION**

Infoline..................................................211
EASTCONN Community Learning Center- Windham........ (860) 423-2591
EASTCONN Northeast Learning Center (Adult Basic Skills, High School Equivalency) .............................................(860) 779-3770
Eastern Connecticut State University.............................(860) 465-5000
Education & Employment Information Center............... 1-800-842-0229
Quinebaug Valley Community College.........................(860) 774-1130
Three Rivers Community College............................... (860) 886-0177

**PARENTING CLASSES**

Day Kimball Hospital Nurturing Families............. (860) 928-6541 ext. 2077
Killingly Family Resource Center....................... (860) 779-6770
Plainfield Family Resource Center..................... (860) 564-6411
Putnam Family Resource Center....................... (860) 963-6940
TEEG Parent Aide Program.......................... (860) 923-3458
UCONN Cooperative Extension Center............... 1-888-311-8842
United Services........................................... (860) 774-2020

**INFORMATION & REFERRAL**

Infoline..................................................211
Children in Placement.................................... (860) 456-5700 ext. 4041
Children’s Law Center............................. 1-888-529-3667
Child Support Enforcement Call Center.......... 1-800-228-KIDS (5437)
CT Department of Children and Families
CT DCF Willimantic Regional Office................... (860) 450-2000
CT DCF Careline-Report Child Abuse/Neglect........ (860) 842-2288
CT DCF Ombudsman-Problem Resolution............... 1-866-637-4737
CT Legal Services-Willimantic........................ (860) 456-1761
CT Women’s Education and Legal Fund............. 1-800-479-2949
CT Family Support Network........................ (860) 657-8180
Day Kimball Hospital Nurturing Families............. (860) 928-6541 ext. 2077
Killingly Family Resource Center........................ (860) 779-6770
National Runaway Switchboard......................... 1-800-621-4000
Northeast Communities Against Substance Abuse..... (860) 779-9253
Plainfield Family Resource Center................ (860) 564-6411
Putnam Family Resource Center................... (860) 963-6940
United Services Domestic Violence Program Hotline.... (860) 774-8648
Women’s Center of NE CT Sexual Assault Crisis Services... (860) 456-2789
What to look for and ask when observing an early childhood program

Choose an early childhood program where the teachers consistently:

- Use a gentle tone of voice.
- Talk in a warm and friendly way.
- Laugh with the children.
- Show affection to the children.
- Respond to children’s needs.
- Bend down to speak to children at eye level.
- Provide individual attention to children.
- Help children learn to get along with others.
- Talk with parents about their children.
- Refrain from using a harsh tone of voice or using put-downs.
- Understand child growth and development.
- Provide exciting and engaging learning activities.
- In preschool programs, use the CT Preschool Curriculum Framework to plan learning experiences.

To learn other signs of quality early childcare programs, visit www.rightchoiceforkids.org

Enroll children in a preschool, Head Start, or similar community program, which will provide an opportunity to be with other kids and make new friends. Children can also learn academic basics as well as how to make decisions and cope with problems.

AREA SCHOOLS

Killingly (www.killinglyschools.org)

- Family Resource Center........................................ (860) 779-6770
- Goodyear Early Childhood Center............................. (860) 779-6770
- Killingly Central School......................................... (860) 779-6750
- Killingly Memorial School....................................... (860) 779-6680
- Killingly Intermediate School.................................. (860) 779-6700
- Killingly High School............................................. (860) 779-6620
- Superintendent’s Office........................................... (860) 779-6600

Plainfield (www.plainfieldschools.org)

- Family Resource Center........................................ (860) 564-6411
- Readiness Preschool.............................................. (860) 230-0827
- Plainfield Early Childhood Center............................ (860) 564-6400
- Shepard Hill Elementary School............................... (860) 564-6432
- Moosup Elementary School.................................... (860) 564-6430
- Plainfield Memorial School..................................... (860) 564-6440
- Plainfield Central School........................................ (860) 564-6437
- Plainfield High School............................................ (860) 564-6422
- Pupil Personnel/Special Education............................ (860) 564-6401
- Superintendent’s Office.......................................... (860) 564-6403

Putnam (www.putnam.k12.ct.us)

- Family Resource Center........................................ (860) 963-6940
- Putnam School Readiness....................................... (860) 963-6940
- Putnam Elementary School.................................... (860) 963-6925
- Putnam Middle School.......................................... (860) 963-6920
- Putnam High School.............................................. (860) 963-6905
- Student Services.................................................... (860) 963-6926
- Superintendent’s Office.......................................... (860) 963-6900

Sterling (www.sterlingct.us/education.htm)

- Sterling Community School................................... (860) 564-2728
- Superintendent’s Office.......................................... (860) 564-4219

EARLY CARE & EDUCATION OPTIONS

- Infoline........................................................................ 211
- Child Care Assistance Program................................... 1-800-226-8400
- Connecticut Birth to Three System............................. 1-800-505-1000
Parents are their children’s first and most important teacher

BRING OUT THE BEST IN YOUR CHILDREN BY NOTICING POSITIVE BEHAVIOR:

- Comment on your child's positive behavior.
- Notice effort and improvement.
- Appreciate your child’s contributions even if small.
- Express confidence in your child.
- Express delight in your child often.

WHY DO PEOPLE NEED HELP WITH PARENTING? DOESN’T IT COME NATURALLY?

HAVING A CHILD CHANGES OUR LIVES DRAMATICALLY. Most parents want to do a good job yet most of us are not always sure how. We don’t all have the support we need. Sometimes as parents we feel isolated and frustrated about our abilities. Sometimes we want to talk about our daily lives with someone who understands.

PARENTING IS THE MOST IMPORTANT, CHALLENGING, AND REWARDING JOB WE WILL EVER HAVE. All parents can learn positive skills and better ways to be with children.

MOST PARENTS FIND IT VERY HELPFUL TO JOIN A GROUP OR CLASS OR MEET WITH HOME VISITORS. Most parents who receive help say that it improves life with their children. Most parents who get support would recommend that others do the same. Contact a Family Resource Center to find out what it offers to support you and your child.
MENTAL HEALTH

Every person, child or adult, needs to be emotionally and mentally well in order to live a happy life. Living with mental and emotional problems, including addictions, takes a hard toll on entire families. When families get help for behavioral and mental health issues, the lives of everyone in the family can be transformed. Attitudes change from despair to hope.

The brief directory below has been put together with the goal that families can get help by just making a call or two. Many of the agencies listed provide emergency evening and weekend numbers. If you think that you or someone you love might need help, call these experts. Their agencies exist to serve our needs.

Please refer to the Transit section for help with transportation. Husky users may use the phone number on the back of their card.

MENTAL HEALTH & BEHAVIORAL/SUBSTANCE ABUSE

Basic Behavioral Screening for Ages 0-5 Using the Ages & Stages Questionnaire
Killingly Family Resource Center .................................................. (860)779-6770
Plainfield Family Resource Center ............................................. (860)564-6411
Putnam Family Resource Center .................................................. (860)963-6940

Catholic Charities
Norwich Office .............................................................................. (860)889-8346
Willimantic Office ................................................................. (860)423-7065

Behavioral Health Assessments (assessments, counseling, medication management, crisis intervention, adolescent substance abuse, emergency services, parenting education).

COST: Accepts most insurances, sliding scale

Community Health Resources (CHR) .............................................. 1-877-884-3571
Assessment and care coordination for children 0-17 with emotional/behavioral difficulties, care coordinators develop family-centered treatment plans and provide linkage to and coordination of services.

COST: No charge for care coordination

Day Kimball Hospital Mental Health Clinic .................................. (860)963-6385
Children’s psychiatric and clinical outpatient services. Individual, family and group therapy and medication management (ages 18 and up).

COST: Accepts Husky, Medicare, Medicaid, self-pay

Dept. of Children & Families Voluntary Services Program............ 1-800-842-2288
This is a program for children and youth under the age of 18 with serious emotional disturbances, mental illness and/or substance dependence. The program is for families who are not abusive or neglectful. More information may be obtained at www.ct.gov/dcf/site/default.asp. Select the “About DCF” tab then scroll down and select the Voluntary Services bullet.

COST: FREE

Early Childhood Consultation Partnership (ECCP).......................... (860)704-6378
ECCP is a statewide program that offers Early Childhood Providers and Families consultation services to help support healthy social and emotional development of children birth to age 5.

Cost: FREE

Emergency Mobile Psychiatric Services (EMPS)......................... 211
Emergency services including mobile response, psychiatric assessment, medication consultation, assessment and short-term medication management, behavioral management services, substance abuse screening and referral to traditional and non-traditional services for any family with a child in crisis. Accessible 24 hours per day/7 days per week/365 days per year.

Generations Family Health Center ............................................ Willimantic (860)450-0585
Putnam (860) 963-7917 .................................................. Putnam Middle School (860) 928-4698
Outpatient therapy, medication evaluation, medication management, psychological and intelligence testing, psychiatric evaluations.

Cost: Accepts Husky, Medicare, Medicaid, sliding scale

National Alliance for Mental Illness (NAMI) ....................... 1-800-215-3021
Outreach Programs, mental health support and education.

Cost: FREE

New Perception ........................................................................... (860)450-0151
Outpatient mental health and addiction services for adults. Spanish speaking staff.

Cost: Accepts SAGA, Medicaid, Charter Oak, Aetna

United Community & Family Services (UCFS) ....................... (860)892-7042
Behavioral Health Intake ....................................................... (860)822-4237
Comprehensive medical, dental, women’s health and behavioral health services for adults, children and families. Outpatient and community-based behavioral health evaluation and treatment services including individual and family therapy.

Cost: Accepts most insurance plans including Husky, Medicare, Medicaid, slide scale for uninsured

United Services ........................................................................ (860)774-2020 / 860-450-1357
Comprehensive mental health and substance abuse evaluation and treatment for adults, children and families, child guidance clinic, family services, emergency and psychiatric consultation under medical oversight. Spanish speaking services available.

Cost: Accepts most insurance plans including Husky, Medicare, Medicaid, sliding scale for uninsured
**ADDICTION RECOVERY / SUBSTANCE USE PROGRAM / DETOX TREATMENT**

- Alcohol & Drug Recovery Centers (ADRC) - Hartford ............... (860)714-3700
- Alliance Treatment Center - New Britain ........................................ (860)673-6115
- Blue Hills Hospital-Hartford ....................................................... (860)293-6400
- Community Health Resources .................................................. 1-877-844-3571
- Natchaug Hospital ........................................................................ (860)456-1311
- Pathways-Putnam ................................................................. (860)787-1277
- Southeast Council on Alcohol & Drug Dependence (SCADD) .... 860-447-1717
- Substance Abuse Treatment & Enhancement Project (SATEP) ....... 1-800-563-4086

**SUICIDE**

- National Suicide Prevention Line .................................................. 800-273-8255
- Southeastern Mental Health Authority ........................................ (860)886-9302/
  866-964-8123
- Suicide Infoline ................................................................................ 211

**LEGAL ASSISTANCE**

- Protection & Advocacy for Individuals with Mental Illness .......... (860)453-3320

**GENERAL / ADDITIONAL INFORMATION RESOURCES**

- General information on mental health issues, including informational
  brochures, can be found at the National Institute of Mental Health website-
  www.nimh.nih.gov
- Information on addiction services is available at the CT Mental Health and
  Addiction Services website- www.ct.gov/dmhas

**CT General Assembly**

**United States Congress**

- **Congressman Joe Courtney**
  (860) 886-0139
- **Senator Richard Blumenthal**
  (860) 258-6940
- **Senator Chris Murphy**
  (860) 549-8463

**Toll-free 1-800-842-8267**

**Senator Andy Maynard**
(860) 240-0591

**Senator Don Williams**
(860) 240-8634

**Toll-free 1-800-842-1420**

**State Representatives:**
- **Mae Flexer**
  (860) 208-0429
- **Steve Mikutel**
  (860) 376-4615
- **Danny Rovero**
  (860) 774-3792

**Toll-free 1-800-842-8267**