

Everyone has problems. Getting help is the right way to solve them.

Coping with life's problems is never easy, and facing them alone is often not the best way. Even with support from family and friends, it can be a good idea to seek professional assistance, at least for a while.

At Behavioral Health Services of New Milford Hospital, that is what we offer. Located in our own building at 23 Poplar Street, we provide psychotherapy and other solutions to individuals, couples, families and groups. In addition to adults, we also help children and adolescents.

Our goal is to help people get back on track as quickly as possible, to lead productive lives with confidence and peace of mind. We also try to give our patients the insight to ward off similar problems in the future.

We're aware that for many people taking the first step can be difficult, so we offer a friendly and welcoming place. Once treatment begins, patients often feel a sense of relief.

If you or a loved one are distressed or having difficulty coping, we hope you will consider the assistance we can provide.

New Milford Hospital consistently ranks among the highest in patient satisfaction, both in Connecticut and nationwide. It is a regional not-for-profit community hospital providing a tradition of caring and personal attention, with highly skilled physicians, nurses and technicians backed by state-of-the-art technology. As a member of the NewYork-Presbyterian Healthcare System and affiliate of Columbia University's College of Physicians and Surgeons, our Regional Heart and Cancer Centers offer patients the latest treatment and technology with participation in world-renowned physicians. Other centers of excellence include: the Emergency Department, One Day Surgery, the Center for Sleep Medicine, Women's Imaging Center and Family Birthing Center.

NewYork-Presbyterian Hospital (NYPH) and the other Member Institutions of the NewYork-Presbyterian Healthcare System (the System Member institutions) are each operated by a separate non-for-profit corporation. Neither NYPH nor NewYork-Presbyterian Healthcare System, Inc. employs or supervises the medical staff of the System Member institutions, is licensed to provide medical care to patients at any System Member institution or operates any System Member institution.



A United Way Agency Partner



New Milford Hospital
Behavioral Health Services

Member
NewYork-Presbyterian Healthcare System

“...sometimes problems are best resolved by talking with people trained to help...”



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Member
NewYork-Presbyterian Healthcare System

23 Poplar Street
New Milford, CT 06776
(860) 354-3762
(860) 350-5373
www.newmilfordhospital.org

A caring and highly experienced professional staff.

In resolving personal issues, having the right people to help you is critically important.

At Behavioral Health Services, our staff has been carefully chosen based on training and experience, but also for their caring, positive and warm approach with patients.

Led by a board-certified psychiatrist, our team includes psychotherapists, social workers and advanced practice nurses who are highly trained in psychotherapeutic care.

Together we have the skill and experience to help patients understand and resolve their issues in an atmosphere that is comfortable and encouraging.

A new patient's first appointment is an evaluation session that lasts about one hour. We

assemble personal information and discuss background and family history as well as recent events and relationships that may contribute to current problems.

Further evaluation may be necessary, but we work to begin the best course of treatment as quickly as is appropriate.

A wide range of services **responsive** to **many needs.**

Every patient's needs are unique, so Behavioral Health Services offers a variety of solutions that can be employed both singly or in combination, and always in a fully confidential manner.

Medication Maintenance

Symptoms of many psychological and neurological conditions can be relieved by prescription medicines.

When appropriate, we develop a pharmaceutical program for the patient and regularly monitor the patient's progress.

Individual Therapy

If personal therapy is most suitable, a patient will be seen by a licensed psychotherapist who will typically work with that patient until the issue is resolved.

Couples Therapy

Couples having difficulty can be well served by sharing their situation

with a trained therapist.

We can help couples see things more clearly and arrive at lasting solutions.

Family Therapy

Outside help is often the most effective solution for family problems.

Our family therapy encourages everyone to participate and work things out as a team.

Group Therapy

When several people face similar problems, we can form a group for regular discussion led by a therapist. Group therapy, however, can only be scheduled when a sufficient number is available.

Children & Adolescents

Services for young people may include counseling, play therapy, family counseling and, in some cases, medical maintenance. We also can provide training to help parents be more effective.

Crisis Intervention

Individuals and families in a crisis that requires immediate attention can receive evaluation, referral and follow-up treatment directly at New Milford Hospital. A round-the-clock service is jointly provided by New Milford and Danbury hospitals.

Payment

Behavioral Health Services receives payment from patients, often through a number of insurance plans, and from public and

community funds, including the United Way. There is a standard charge for services; however, financial assistance is available based on a patient's ability to pay.

Scheduling a Visit

Appointments can be made between 8:30 AM and 5 PM and on some evenings for therapy groups and individual appointments. Our receptionist is well trained to help you, and our director is readily available to discuss things with you in greater detail.

For information or to make appointment, please call:

(860) 354-3762 or
(860) 350-5373