



### PROUD

ENCOURAGING HOPE. STRENGTHENING FAMILIES.

PROUD serves women who are pregnant or parenting young children and who have active substance use concerns, or a substance use history, including opioid use, or a related disorder. Recovery coaching, prenatal health and parenting education, and additional support and linkages to community and social services are offered. Substance use, physical and mental health assessments, and education and referrals also are provided to participants, their children and other family members, including spouses, who often have substance use disorders.

#### HOW IT WORKS:

Wheeler’s program helps pregnant and postpartum women to access and retain substance use disorder treatment and recovery services; decrease substance use during prenatal and postpartum periods; and increase parenting skills and attachment. Support and services are available to partners and spouses who may be struggling with substance use disorders, as well as to children and youth in the family. The program offers:

- Culturally sensitive, gender- and trauma-informed approaches to care, including a substance use treatment and/or relapse prevention group and individual services
- Peer recovery support
- Family strengthening through Circle of Security,<sup>®</sup> an in-home parenting intervention designed to promote strong parent-infant attachment
- Wraparound supports for pregnant and postpartum women and their families

All program participants will have access to myStrength, a highly interactive, individually tailored application used to engage and retain individuals in treatment and sustained recovery.

#### SERVICE DELIVERY

Services are delivered in homes; through telemedicine visits; or in-person at Wheeler’s community health centers in Bristol, New Britain, Plainville and Waterbury. Connections to primary care, obstetricians, pediatricians, and higher levels of substance use treatment, including intensive outpatient, detox, and medication-assisted treatment (MAT) will be offered, as well as linkages to a range of community supports, including early childhood resources and services, to meet individual clients’ needs.

#### SERVING WOMEN WHO ARE PREGNANT OR PARENTING YOUNG CHILDREN IN:

Berlin, Bristol, Cheshire, Cromwell, Farmington, Meriden, Middlefield, Middletown, New Britain, Newington, Plainville, Southington, Wallingford, Waterbury, West Hartford, and Wolcott



#### FOR INFORMATION, CONTACT:

Heather Arduini, LMFT  
Director of Behavioral Health Services  
860.782.2476  
HArduini@Wheelerclinic.org

For additional inquiries, call Wheeler’s Navigation Center at 888.793.3500.

#### Outpatient Locations

One Hope Street  
Bristol, CT 06010

225 North Main Street  
Bristol, CT 06010

40 Hart Street  
New Britain, CT 06052

855 Lakewood Road  
Waterbury, CT 06704

#### Payment Options

In many circumstances, Medicaid, Medicare, private insurance or third-party payer covers service cost.

PROUD is funded through a Substance Abuse and Mental Health Services Administration (SAMHSA) grant awarded to the Connecticut Department of Mental Health and Addiction Services (DMHAS) to provide these essential recovery services to Connecticut families affected by substance use.



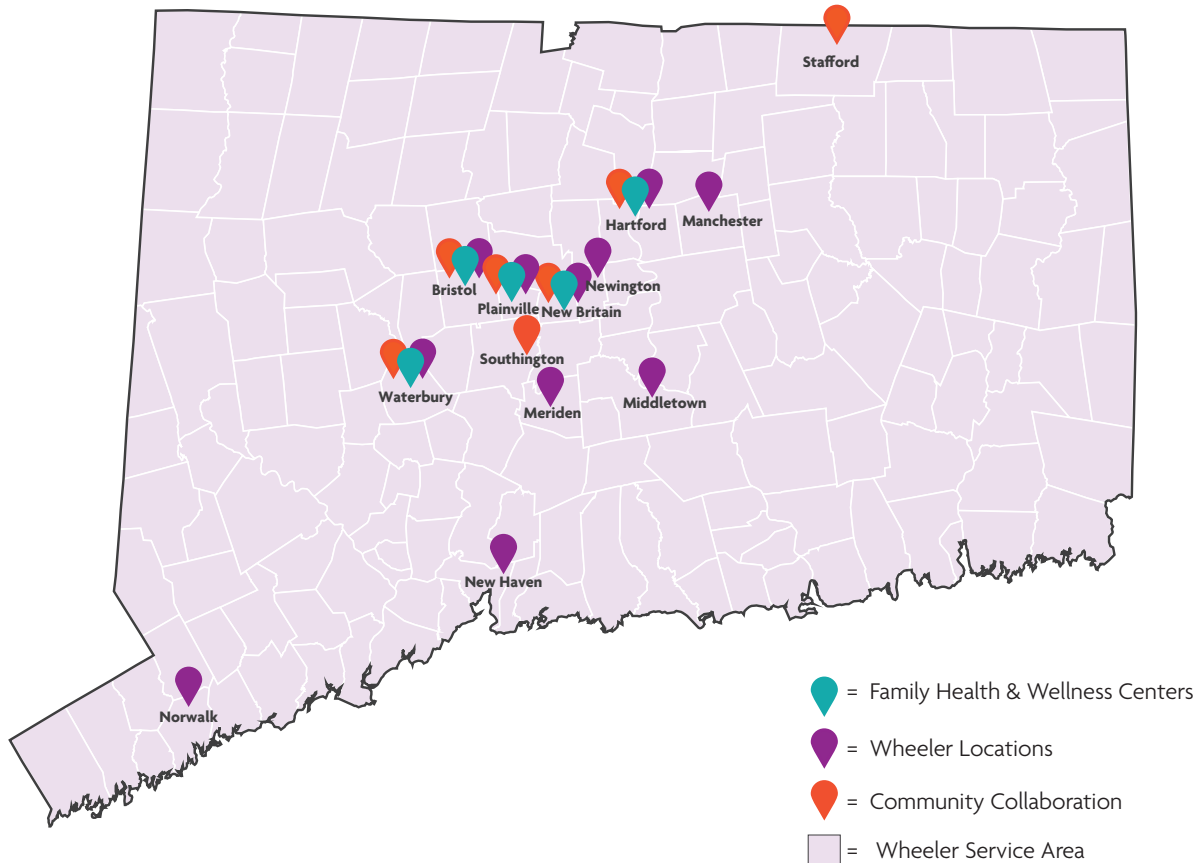
## ABOUT WHEELER

Wheeler provides comprehensive solutions that address complex health issues, providing individuals, families and communities with accessible, innovative care that encourages health, recovery, and growth at all stages of life. Our integrated approach to primary and behavioral health, education and recovery creates measurable results, positive outcomes and hopeful tomorrows for more than 50,000 individuals across Connecticut each year.

## WHEELER'S CENTERS OF EXCELLENCE

- Driven by cutting-edge clinical innovation and use of evidence-based practices;
- Offers easy access to a comprehensive array of treatment and recovery support services that are culturally, gender, and age-responsive, trauma-informed, and build on individuals' strengths to foster resiliency and recovery;
- World-class customer care is provided in an integrated, coordinated fashion, ensuring continuity of care; and
- Partners with youth and families in yielding excellent outcomes and high client satisfaction.

## SERVING OUR COMMUNITIES ACROSS CONNECTICUT:



For more information about Wheeler, please call 888.793.3500 or visit [WheelerHealth.org](http://WheelerHealth.org)

Licensed or approved by the Connecticut Department of Children and Families, the Connecticut Department of Public Health and the Connecticut State Department of Education, accredited by The Joint Commission.



COMMUNITY | HEALTH | CARE

Revised 08.09.2024