

Families and Community First
Griswold

Griswold Community Resource Directory

**Working together to build
a healthy and safe,
drug-free community.
www.griswold-ct.org**



Table of Content

Town of Griswold	page 2
Griswold Public Schools	page 2
Emergency, Assistance and Crisis Numbers	page 3
Youth Groups	page 4
Early Care and Education	page 4
Food Assistance	page 6
Housing, Heating & Energy Assistance	page 7
Health Services.....	page 7-8
Adult Education	page 8
Transportation	page 10
Employment and Job Training	page 10
Legal Services.....	page 12
Family Services.....	page 12-15
Behavioral Health	page 17-22
Suicide	page 24
Information & Referrals	page 24-25



Town of Griswold

Animal Control.....	(860) 383-3993
Fire Department, Griswold.....	(860) 376-4996
Fire Department, Jewett City.....	(860) 376-2707
Griswold PRIDE	(860) 376-7026
Public Works.....	(860) 376-7080
Recreation Department.....	(860) 376-7026
www.griswoldyfs.com	
Resident Trooper Jewett City.....	(860) 376-2583
School Bus Garage.....	(860) 376-2860
Senior Center.....	(860) 376-2604
Slater Library.....	(860) 376-0024
Town Hall.....	(860) 376-7060
www.griswold-ct.org	
Wolverine Radio: AM 1690.....	(860) 591-9596
www.wolverine-radio.com	
Youth and Family Services.....	(860) 376-7026



Griswold Public Schools

www.griswold.k12.ct.us

District Administration.....	(860) 376-7600
Griswold Elementary School.....	(860) 376-7610
Griswold Middle School.....	(860) 376-7630
Griswold High School.....	(860) 376-7640
Griswold Alternative School.....	(860) 376-9129



Emergency, Assistance and Crisis Numbers

DIAL **9-1-1** for police, fire, or medical emergency

DIAL **2-1-1** for resource assistance and crisis

www.211ct.org

Services include:

- Basic needs- food, clothing, shelter
- Child care services
- Energy assistance
- Disability services
- Suicide prevention
- Senior services
- Veterans' services
- Health services

Emergency Mobile Psychiatric Services (EMPS).....2-1-1

Emergency services including mobile response, psychiatric assessment, medication consultations, 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.



Youth Groups

Boy Scouts/Cub Scouts St. Mary's Church.....	(860) 376-2044
Girl Scouts of Connecticut	(860) 423-5502 ext.3421
Griswold Cheerleading	(860) 376-6420
Griswold Soccer Club	(860) 367-1182
Griswold Youth Football	(860) 376-6420
Griswold Youth Wrestling	(860) 908-4048
Jewett City Little League	(860) 389-6382
Young Marines, Natchaug River	(860) 779-0041
<i>*Youth Sports telephone numbers are subject to change based on the season</i>	



Early Care and Education

Griswold School Readiness Coordinator.....	(860) 376-7668
Griswold Child Development Center.....	(860) 376-7619
Griswold Elementary Integrated Preschool.....	(860)376-7610
Little Log School House.....	(860) 376-4975
Nurturing Kids.....	(860) 376-1377
TVCCA Little Learners, Griswold.....	(860) 376-7054
Licensed Home Daycares.....	Refer to 2-1-1, Childcare



more than just a youth center...
griswold**REC**.org





Food Assistance

Department of Social Services (DSS).....1(855) 626-6632

Speech or hearing difficulties1(800) 842-4524

Supplemental Nutrition Assistance Program (SNAP)

Formerly known as Food Stamps, helps eligible individuals and families afford the cost of food at supermarkets, grocery stores, and farmers' markets. You can apply for these benefits by completing a state application form. This form can be done online, or mailed, faxed, or dropped off at a local DSS Regional Office.

To apply online, www.connect.ct.gov under "Apply for Benefits"

Gemma Moran Mobile Food Pantry, St. Mary's Church,

(860) 376-2044, 34 North Main Street, Jewett City

2nd and 4th Tuesdays of the month 10am-11am and 3pm-4pm

*Open to Jewett City, Griswold, Voluntown and Lisbon residents.

Emergency food pantry that distributes free supplemental groceries to community members.

St. Mary's Food Pantry (860) 376-2044

Accepts donations of non-perishable food, frozen food, and meat that are packaged and labeled. Also, accepts paper products and toiletries. All items are for distribution through the food pantry.

Community Kitchens:

Catholic Charities Diocese (Norwich)..... (860) 889-8346

Central Baptist Church (Norwich) (860) 889-8313

Saint Vincent De Paul (Norwich) (860) 889-7374

Salvation Army (Norwich) (860) 889-2329

Interfaith Community Luncheon (Norwich)..... (860) 887-6826

United Methodist Church and All Hallows Church

(Moosup)(860) 779-2645



Housing, Heating & Energy Assistance

*Griswold Community Social Worker & Municipal Agent
for the Elderly, Tina Falck.....(860)376-2604

ACCESS (Danielson area)... ..(860) 412-1600

CART, Community Assistance Review Team,

Norwich Human Services..... (860) 823-3753

CEAP-CT Energy Assistance Program, TVCCA..(860) 889-1365

Clergy Fuel Bank..... (860) 823-3753

Covenant Shelter of New London..... (860) 443-0573

EverSource New Start.....1(800) 286-2828

Griswold Housing Authority..... (860) 376-4516

Habitat for Humanity of Eastern CT..... (860) 442-7890

Holy Family Home and Shelter for Women & Children

Willimantic(860) 423-7719

Project Warm-Up - CART or United Way..... (860) 464-6012

Salvation Army..... (860) 889-2329

Soldiers, Sailors & Marines Relief Fund..... (860) 886-8557

TVCCA (Norwich-New London area)..... (860) 425-6681



Health Services

Backus Hospital (860) 889-8331

Center for Healthy Aging.....1(800) 273-0078

CT Department of Health.....(860) 509-8000

www.ct.gov/dph

CT Department of Social Services.....1(866) 327-7700

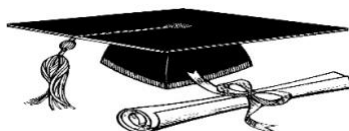
CT School Based Health.....(203) 230-9976
 Day Kimball Plainfield Medical Group (860) 564-6200
 Family Advocacy for Children's Mental Health..(860) 563-3232
 Husky Health Care Plan Information..... 1(855) 805-4325

www.huskyhealth.com

Apply on line: www.accesshealthct.com

Maternal/Child Health Infoline.....1(800) 505-2000
 Physicians One Urgent Care (Norwich)..... (860) 892-9000
 Plainfield Backus Emergency Care Center.....(860) 230-2830
 Plainfield Walk-In Center..... (860) 564-4054
 Planned Parenthood of CT (Norwich) (860) 889-5251
 Uncas Health District (860) 823-1189
 United Community & Family Services, UCFS...(860) 376-7040

www.ucfs.org



Adult Education

*Griswold Adult Education Provider: Vernon Regional

Adult Based Education, VRABE.....1(866)524-2368

www.vrabe.org

EASTCONN Community Learning Center.....(860) 423-2591
 Eastern Connecticut State University..... (860) 465-5000
 Education & Employment Information Center...1(800)842-0229
 Literacy Volunteers of Eastern CT..... (860) 886-9096
 Norwich Adult Education..... (860) 823-4999
 Opportunities Industrialization Center (860) 447-1731
 Quinebaug Valley Community College..... (860) 774-1130
 Three Rivers Community College..... (860) 886-0177
 United States Coast Guard Academy..... (860) 444-8444
 Willimantic Adult Education Center..... (860) 336-0900

Say it with **PRIDE**



Griswold parents **DON'T** provide!



9 out of 10

Griswold Parents
DO NOT provide alcohol
to their child.*

Together, let's make
that 10 out of 10!

Talk. They Hear You.

Talk to your child about the dangers of
underage drinking.

Show you **disapprove** of underage drinking.

Show you **care** about your child's health and happiness.

Show you're **paying attention** and will notice
if they drink.

Build your child's refusal skills
to avoid underage drinking.

Secure your alcohol at home.

Refuse to provide alcohol to your child and their friends.



Transportation

S.E.A.T Bus..... (860) 886-2631
Run #8: Jewett City/Lisbon Landing/Lisbon Crossing

View All Bus Routes/schedules
<http://www.seatbus.com/bus-routes-schedules-1/>

Norwich Human Services (860) 823-3778
Transportation for job interviews, 24-hour notice required

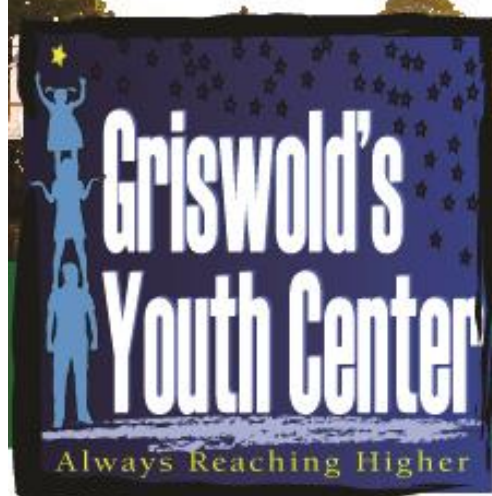


Employment and Job Training

ARC of Quinebaug Valley (860) 774-2827
EASTCONN Northeast Adult Education..... (860) 779-3770
Connecticut Department of Labor..... (860) 263-6000
dol.webhelp@ct.gov

Norwich AMERICAN JOB Center

Main Telephone Number.....(860) 859-5777
Fax Number.....(860) 859-5618
TTY/TDD.....(860) 859-5613
Business Services Consultant..... (860) 859-5767
Business Services Fax Number..... (860) 859-5610
Voice Response to Call in
 Unemployment Claims(860) 443-2041
Voice Response for Griswold, Jewett City,
 & Voluntown.....(860) 423-2521



STATE DEPARTMENT OF EDUCATION'S
YOUTH SERVICE BUREAU - 068

DEPT. OF CHILDREN & FAMILY
GRISWOLD/JEWETT CITY/VOLUNTOWN
JUVENILE REVIEW BOARD

*Positive Youth
Development*

*Tuancy/Discipline
Alternatives*

*Family
Strengthening &
Support*

*Community
Outreach*

Safe Haven



Hours?
Afterschool
to 5 pm

Where?
68 Ashland St
Jewett City

Questions?
Call: 860.376.7026

more than just a youth center...
[griswold**REC**.org](http://griswoldREC.org)





Legal Services

Child Advocate.....1(800) 994-0939
Child Support Enforcement Call Center1(800) 228-5437
CT Women’s Education and Legal Fund.....1(800) 479-2949
Protection & Advocacy for Individuals with
Mental Illness.....1(800) 333-4636
Statewide Legal Services of Connecticut..... (860) 453-3320



Family Services

Child and Family Agency

(860) 422-2797 www.childandfamilyagency.org

Provides services that deal with children’s mental health, children’s physical health care, the prevention of child abuse, the treatment of family violence, teen pregnancy, childcare, and parent education.

Community Speaks Out

www.communityspeaksout.org

Crisis Numbers: (860) 823-8771 or (860) 908-3305

Assists families with accessing substance abuse treatment services and fosters community support, awareness, and education on addiction

Would you give
your child
HEROIN
for a sports injury?



**Ask Your Doctor How Prescription Drugs
Can Lead to Heroin Abuse.**



BEFORE THEY PRESCRIBE - YOU DECIDE.™

AmericanMedicineChest.com

All names, logos, artwork and/or content are the Intellectual Property of Participants in a Drug-Free New Jersey.
© 2014 Partnership for a Drug-Free New Jersey

Early Childhood Consultation Partnership

(860) 704-6378 www.eccpct.com

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.

EASTCONN

(860) 423-2591 www.eastconn.org

Services: adult education & high school completion, early childhood consultation, early childhood programs and services, employment & training programs, parent and family programs, summer, vacation, after-school programs

Madonna Place

(860) 886-6600 www.madonnaplace.org

Services: parent education, nutritional and emotional support for the prevention of child abuse and neglect, emergency assistance, summer food program, Fatherhood Initiative, peer groups, educational groups, court advocacy, referrals for substance abuse, employment, legal assistance, and mediation

Safe Futures

24-hour crisis line1 (888) 744-2900

(860) 447-0366 www.safefuturesct.org

Services: emergency shelter and transitional living programs for women and their children who are victims of domestic violence or sexual assault; counseling and advocacy, case management, court advocacy, support groups and educational programs for schools and community groups

Southeastern Regional Action Council (SERAC)

(860) 848-2800 www.sectrac.org

Provides education, prevention and advocacy to youth, families and communities to reduce the impact of addiction and related risky behaviors.

Thames Valley Council for Community Action, Inc. (TVCCA)

(860) 889-1365

www.tvcca.org

Services: early care and education including Head Start, energy & support services, employment and training, senior volunteer programs including RSVP, special supplemental program for Women, Infants & Children (WIC), housing services including Rapid Rehousing/Diversion Supportive Housing Collaborative, Next Steps Supportive Housing and A Place to Stay Program and Section 8 Rental Applications Center, senior nutrition services including Meals on Wheels, case management, financial education, Hispanic human development programs

United Community & Family Services (UCFS)

(860) 376-7040

www.ucfs.org

Medical: Pediatric, Adult and Geriatric Primary Care, and Women's Services

Dental: Hygiene, Dentistry, and Smiles on the Move

Behavioral Health Services, Community Outreach Services

*HUSKY Health Plans Accepted, Income-Based Sliding Scale

United Services

(860) 774-2020

www.unitedservicesct.org

Family support and education services, including domestic violence programs and parent education programs.

Center for Autism.....1(800) 953-0295 or (860) 412-8686



**She gets her hair
from her mom.**

**Her eyes from
her dad.**

**And her drugs from
her grandma's
medicine cabinet.**

**70% of people 12 and older who abuse
prescription drugs get them from
family or friends.**

Don't let your medications end up in the wrong hands. Store them in a **secure** and **locked** safe at home. And **dispose** of any unwanted, unused, or expired medications at the next **Drug Take Back Day**, or your local police department.

Be Aware. Don't Share.



**LOCK
YOUR
MEDS.**





Behavioral Health Services

Backus Hospital, Center for Mental Health

(860) 823-6321

The outpatient component of the full continuum of care in the Department of Psychiatric Services, providing individual and group assessments and therapy sessions, as well as medication evaluation and treatment visits.

Catholic Charities

www.ccfsn.org

Norwich..... (860) 889-8346

Willimantic Office..... (860) 423-7065

Assessments, counseling, medication management, crisis intervention, adolescent substance abuse, emergency services, parenting education

Community Health Resources (CHR)

www.chrhealth.org

1(877)-884-3571

Comprehensive array of mental health, substance abuse, child welfare, supportive housing, foster care, prevention and wellness programs and integrated care services to children, adults and families in Central and Eastern Connecticut

Day Kimball Hospital Mental Health Clinic

(860) 963-6385

Outpatient behavioral healthcare for children, adolescents, and adults. Individual, family and group therapy, as well as medication management (ages 18 and up).

Department of Mental Health & Addiction Services

(DMHAS) Opioid and Heroin treatment 1 (800) 563-4086

Martin House (Main Line) (860) 889-6150

Recovery for Life (860) 886-1200

Provides mental health services, inpatient hospitalization, outpatient clinical services, 24-hour emergency care, day treatment. And Substance abuse services including, counseling, ambulatory care, residential detoxification, long-term care, long-term rehabilitation, intensive and intermediate residential services, methadone or chemical maintenance, outpatient, partial hospitalization, and aftercare.

Department of Veterans Affairs-Veterans Recovery Center

(860) 616-3600

Offers Intensive Outpatient Program followed by individualized services. Available to veterans with substance use disorders.

Admissions are voluntary. National Guard and Reserve members are also welcome.

Generations Family Health Center

(860) 450-0585

www.genhealth.org

Outpatient therapy, medication evaluation, medication management, psychological and intelligence testing, psychiatric evaluations

Intercommunity Addiction Services Division (formerly ADRC)

(860) 714-3700

www.intercommunityct.org

Provides outpatient, residential, recovery supports, and medication assisted treatment

Natchaug Hospital

(860) 465-5908

www.natchaug.org

Provides an array of mental illness and substance abuse services to adolescents to adults, including residential, outpatient,

hospitalization, medication assisted treatment, alternative school programs, and more.

Perception Programs

(860) 450-0151 www.perceptionprograms.org
Provides mental health and addiction services for adults, with Spanish speaking staff available. Provides outpatient treatment, residential treatment, recovery services, community justice, and supportive housing

Reliance Health, Inc.

(860) 887-6536 www.reliancehouse.org
Enhances health through mental wellness. Provides community programs, career services, education, clinical services, supported living, housing resources, service coordination, veteran’s support services, and homeless outreach.

Rushford Center, Inc.

1(877) 577-3233 www.rushford.org
Provides services to children, adults, and families dealing with substance use and mental health issues. Addiction outpatient and residential programs are available.

Southeastern Council on Alcoholism and Drug Dependence

(SCADD) (860) 437-2383
Lebanon Pines..... (860) 889-1717
Outpatient Intensive Program..... (860) 899-3178
Acute Care & Evaluation (Detox)..... (860) 447-1717
Women’s Halfway House..... (860) 442-1017
Men’s Halfway House..... (860) 889-3414
Provides outpatient, residential, detoxification programs, and counseling and case management services for both men and women.

WHAT IS STIGMA?

Stigma is a perceived negative attribute that causes someone to devalue or think less of the whole person.

- ★ Self-stigma is the internalizing of the perceptions of discrimination that leads to feelings of shame, isolation, and fear, and often results in the person not seeking treatment
- ★ Social stigma is characterized by prejudicial attitudes and discriminating behavior directed towards individuals with substance use disorders

Be AWARE of the POWER of LANGUAGE

Negative labels like "junkie" and "addict" dehumanize and encourage stigma.

How can you help?

Stop Internet Shaming



Break the silence

Speak up and challenge stereotypes and attitudes.

Educate yourself on the disease of substance use disorder, and then share what you learned.

Teach by sharing your own experiences or encouraging others to share their stories of recovery from substance use disorder.

Practice Empathy



**You either:
Know someone
Love someone
Are someone
or Lost someone
who suffers from**

substance use disorder

Show compassion by reaching out to those in need of help.
Do not let anyone suffer in silence.



#SILENCETHESTIGMA

Southeastern Mental Health Authority (SMHA)

Crisis Line: (860) 886-9302 Phone: (860) 859-4500

Share Line: (860) 885-7274 Toll Free: 1(866) 964-8123

SMHA is both a provider of behavioral services and administers all Department of Mental Health Addiction Services (DMHAS) contract funded behavioral health services. Provides access to a continuum of treatment and support services.

Stonington Institute

1(800) 832-1022 www.stoningtoninstitute.com

Provides detox, inpatient, residential, partial hospital and outpatient mental health and substance abuse services to adults.

The Connection

1(855) 435-7955 www.theconnectioninc.org

Provides residential, outpatient and community-based services including, behavioral health clinics, gambling-specific treatment programs, state-mandated driving-while-intoxicated and drug education programs.

United Community & Family Services

www.ucfs.org

(UCFS)..... (860) 376-7040

Comprehensive mental health and addiction services for adults, children and families. Outpatient and community-based behavioral health evaluation and treatment services including individual and family therapy.

Bettor Choice Program (860) 823-3094

Outpatient treatment of compulsive or problem gambling

United Services

www.unitedservicesct.org

Dayville..... (860) 774-2020

Willimantic..... (860) 456-2261

Wauregan.....(860) 564-6100

Provides a comprehensive array of outpatient mental health services for children, young adults and adults; and addiction

recovery outpatient services for the individual, group & family.
Spanish speaking services available.

Youth Challenge of Connecticut Inc.

(860)728-5199

www.youthchallenge.org

Provides transitional substance use, mental health and case management services to adult men, in a residential setting.

Self-Help:

- Alcoholics Anonymous (AA), Alanon, Alateen
1-866-STEPPS12 or 1-866-783-7712
www.aa.org
- Cocaine Anonymous (CA)
800-347-8998
www.ca.org
- Narcotics Anonymous (NA)
800-627-3543
www.na.org, www.ctna.org
- NarAnon Family Group
800-477-6291
www.nar-anon.org
- Statewide Narcotics Task Force
800-44DRUGS
- Gambler's Anonymous Hotline
800-346-6238
- Gambler's Anonymous Referrals
203-777-5585

Faith based substance abuse recovery groups

- Celebrate Recovery, Lighthouse Church of God, Plainfield..... (860) 576-5308
- The S.O.B.E.R Project, New Life Assembly of God Jewett City (860) 376-0708
- Recovery Unanimous, www.rurecovery.com
Stedfast Baptist Church, Groton, (860) 941-7375

**Providing and
Allowing
minors
under 21 to
drink is
against the
law.**



- Anyone under 21 is prohibited from possessing alcohol on public or private property unless accompanied by their own parent or guardian.
- Minors may be fined for violating the law.
- Individuals who knowingly permit minors to possess or consume alcohol may be fined, imprisoned, or both.
- Anyone who owns or controls private property, including a dwelling unit, is prohibited from knowingly, recklessly, or with criminal negligence, permitting anyone under age 21 to illegally possess alcohol in the unit or on the property.





Suicide Support Services

Southeastern Mental Health Authority

24 hr. Crisis Hotline.....(860) 886-9302

Infoline.....2-1-1

Brian Dagle Foundation.....(860)-625-5280

brianshealinghearts.org

National Suicide Prevention Line..... (800) 273-8255

Southeastern CT Survivors of Suicide Loss Support Group

(860) 625-5280



Information & Referrals

American Red Cross.....1(800) 733-2767

Care 4 Kids..... (860) 500-4412

Children in Placement..... (860) 456-5700 ext. 4041

Children's Law Center1(888) 529-3667

CT Council of Family Service Agencies..... (860) 571-0093

CT Department of Children and Families (DCF) (860) 886-2641

CT DCF Child Abuse Hotline 1(800) 842-2288

CT DCF Ombudsman-Problem Resolution1(866) 637-4737

Disabilities Network of Eastern CT.....(860) 823-1898

National Runaway Switchboard1(800) 621-4000

United Way of Southeastern Connecticut(860) 464-7281

National Alliance for Mental Illness (NAMI)

Helpline: 1 (800)950-6264 www.nami.org
Outreach Programs, mental health support, and education

Public Outreach Department 1(888) 645-1617
<http://www.Drugwatch.com>

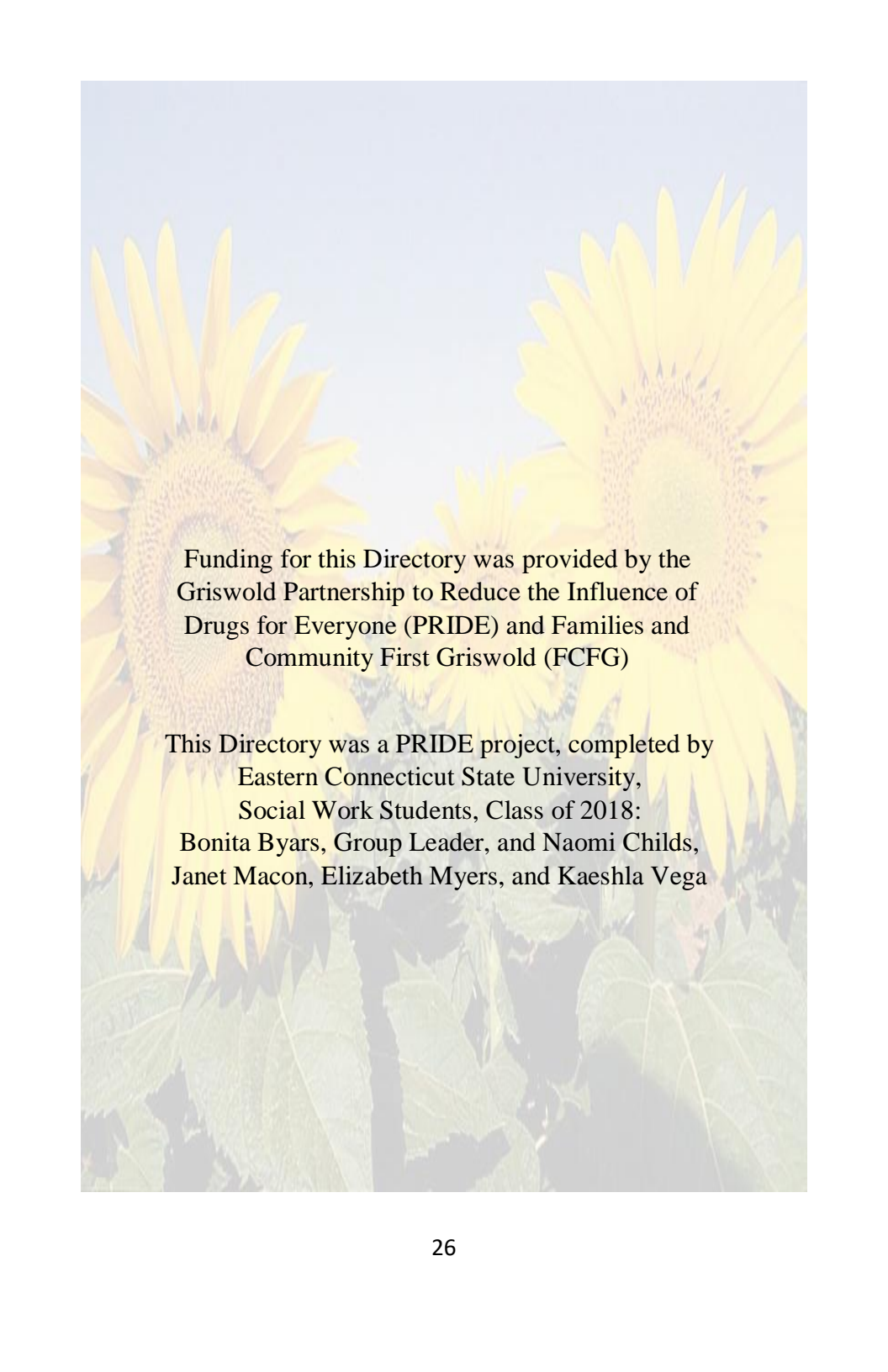
Sexual Assault Crisis Center (SACCEC) www.saccecc.org
24 Hour Hotline(860) 456-2789
New London (860) 442-0604
Willimantic (860) 456-3595

UConn Expanded Food and Nutrition Education
Program (860) 885-2825
Young Parents Program (Norwich) (860) 823-3782



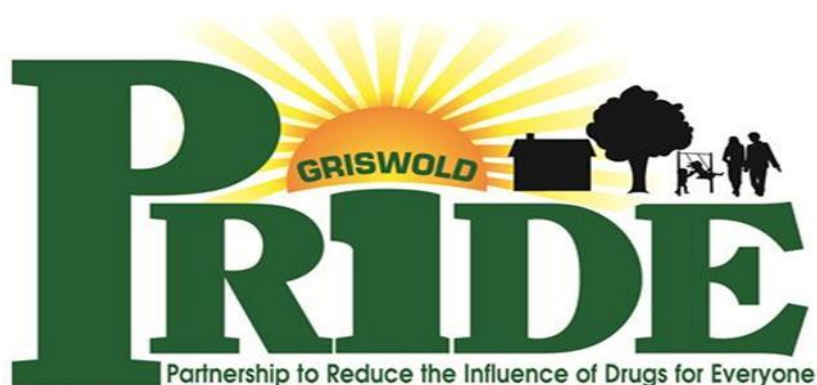
The Griswold Community supports the Annual Red Ribbon Week Campaign. We stand against underage alcohol and tobacco use, and illegal drug use in our community and schools.

We pledge to help create a safe, healthy, and drug-free community!

The background of the page is a photograph of several large sunflowers with bright yellow petals and dark brown centers. The sunflowers are set against a clear, light blue sky. The image is slightly faded to allow the text to be legible.

Funding for this Directory was provided by the
Griswold Partnership to Reduce the Influence of
Drugs for Everyone (PRIDE) and Families and
Community First Griswold (FCFG)

This Directory was a PRIDE project, completed by
Eastern Connecticut State University,
Social Work Students, Class of 2018:
Bonita Byars, Group Leader, and Naomi Childs,
Janet Macon, Elizabeth Myers, and Kaeshla Vega



Uniting the citizens of Griswold in a partnership to create and foster a safe, drug-free environment for the entire community



@griswoldpride



Families & Community First
Griswold

Engaging families, schools, and the community in improving
life outcomes for children and families



@fcfgriswold