

PROMOTIONAL FEATURE

Treatment center focuses on the individual

NEW BRITAIN

By CATHERINE SHEN
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Providing the best treatment for people in need continues to be the priority for Farrell Treatment Center, a nonprofit substance abuse treatment facility



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in New Britain, especially during an ongoing pandemic.

"This is actually a pretty exciting time for us because we're able to continue providing treatment," said Dan Millstein, clinical department director of Addiction Services. "The pandemic has made it harder to make connections, but it hasn't stopped us from being all inclusive."

In partnership with Gilead Community Services, the two organizations merged and united to expand their continuum care to include a full range of mental health recovery services, along with residential and outpatient addiction services.

Gilead Community Services has been providing mental health services for over 50 years and Farrell Treatment Center has been providing intensive treatment for addiction and substance abuse for the past 45 years. Both organizations share a recovery philosophy that values the needs and goals of each person served and designs treatment to incorporate best practices in all fields, according to the two service providers.

With a focus on the individual person, Farrell Treatment Center, located on 586 Main St., provides a recovery-oriented system of care and



Contributed photo
The Farrell Treatment Center in New Britain

their programs are designed to assist clients in finding solutions, strength, and hope.

"We're not a one size fits all kind of place. We have a more holistic approach and we see what works best for people," Millstein said.

The center offers a variety of services, including intensive residential, which is 28-day men-only program; intensive outpatient designed for clients living in the community; outpatient treatment for group counseling, individual or family therapies; and women's intensive outpatient program, which provides a safe environment for women to discuss and address their issues with addiction, trauma, mental health

and family issues.

All treatment programs were designed to incorporate a variety of approaches; 12 steps facilitation, mindfulness, relapse prevention, seeking safety, family involvement and neurobiological interventions are a sample of treatment modalities, according to the center. The staff is dedicated to helping others achieve a healthy, substance free lifestyle by providing a nonjudgmental atmosphere of respect and dignity.

"We are like a family here, with many of our people who have been involved for 30 or 40 years they continue to come back when we have holiday parties or gatherings," said Millstein. "The pandemic has made connections between people harder and our coaches are doing more Zoom meetings to make sure people stay connected, not only with their recovery coaches, but with each other too."

The center's residential and outpatient treatment programs have remained open during the entire pandemic period.

"We brought back in-person treatment between November and December, but with the spike in covid-19 cases, we decided to shut that down again. We hope to reopen that

again soon," said Millstein.

For information about Gilead Community Services, visit: www.gileadcs.org

For information about Farrell Treatment Center, call at 860-225-4641, email at farrelltc@gileadcs.org, or visit: www.farrell-tc.com



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