



BEHAVIORAL HEALTH

Adult Outpatient Care

Our behavioral health services help people of all ages address a wide range of behavioral and psychiatric conditions. Our broad range of services supports you across the continuum of behavioral health care, from crisis services and intensive inpatient care to outpatient evaluations, therapy and counseling.

We also recognize that all aspects of health are interrelated, and we understand the importance of caring for the whole person. That's why we take a caring and comprehensive approach that's integrated with the rest of your medical care.

Day Kimball Healthcare offers integrated, comprehensive care close to home. To learn more about all our behavioral health services, visit daykimball.org/behavioralhealth.



A community partner of
YaleNewHavenHealth

Behavioral Health

Outpatient Care

**Day Kimball Hospital Campus
Community Services Center
320 Pomfret Street
Putnam, CT 06260
(860) 963-6385**

**Monday, Tuesday, Thursday,
8:00 a.m. - 6:00 p.m.**

**Wednesday,
8:00 a.m. - 8:00 p.m.**

**Friday,
8:00 a.m. - 5:00 p.m.**

Inpatient Care

**Day Kimball Hospital
Behavioral Health Inpatient Unit
320 Pomfret Street
Putnam, CT 06260
(860) 928-6541 ext. 2549**

**Crisis services are available
24/7 at the Day Kimball Hospital
Emergency Department.**

■ daykimball.org

Our adult outpatient care program provides diagnostic evaluations, individual, family and group therapies, medication management, and follow-up treatment for a wide variety of behavioral and psychiatric conditions, including

- anxiety
- depression
- grief and reactions to chronic and acute illness
- trauma and post-traumatic stress disorder (PTSD)
- bipolar disorder and other mood disorders
- obsessive compulsive spectrum disorders (OCD)
- adjustment disorder, a short-term condition in which a person is unable to cope with a particular source of stress, such as a major life change, loss or event
- executive function deficits such as attention deficit hyperactivity disorder (ADHD)
- relationship, career and stage of life issues

Our providers also specialize in serving the needs of specific populations including the elderly, women and the LGBTQ community.

Our Integrated Team and Specialized Treatments

Our care team includes psychiatrists, psychotherapists, advanced practice registered nurses (APRNs), social workers, and professional counselors. They all work together to offer a comprehensive array of services and a variety of specialized treatments, including

- **insight-oriented psychotherapy**, a conversational style of treatment between the therapist and client that helps people to acknowledge, understand and express their feelings, motivations, beliefs and fears
- **cognitive behavioral therapy (CBT)**, a form of psychotherapy focused on helping people recognize and change inaccurate or negative thoughts in order to behave in a more positive way
- **dialectical behavior therapy**, which helps people change patterns of destructive behavior by helping to identify triggers and providing strategies to avoid negative behavioral reactions to those triggers
- **motivational enhancement therapy**, which seeks to help people clarify their own perceptions and beliefs in order to direct themselves in a more decisive way toward changing behavior
- **eye movement desensitization and reprocessing (EMDR) and accelerated resolution therapy (ART)**, information-processing therapies that may be used to treat a variety of conditions, but particularly trauma and post-traumatic stress disorder

Because your behavioral health can affect your physical health and vice-versa, our behavioral health team also communicates with your primary care practitioner to ensure an integrated approach and the best possible care of both mind and body.

Billing and Payment Information

Billing for behavioral health services will come from Day Kimball Hospital. Please check with your insurance carrier for details about your specific coverage, copays, deductibles and any prior authorization requirements. If you have questions about your bill or need help paying for care, please contact our team of financial counselors at (860) 963-6337 (at the prompt, enter option 2). For more information visit daykimball.org/billing.