

## *Becoming SECURE*

InterCommunity's SECURE program is available to adults transitioning out of psychiatric or addiction-related inpatient or partial hospitalization treatment.

Residents, regardless of their insurance, from the following towns are eligible for the SECURE program:

- East Hartford
- Glastonbury
- Wethersfield
- Newington
- Rocky Hill
- Marlborough

## *Other InterCommunity Services*

In addition to the SECURE program, InterCommunity provides Outpatient behavioral health services including:

- Individual, Group, & Family Psychotherapy
- Medication Management
- Community Support Services
  - Supervised Housing
  - Vocational Services
- Social Rehabilitation Clubhouse

## *InterCommunity, Inc.*

InterCommunity, a nonprofit organization, has been providing quality, comprehensive behavioral health services to the community for nearly 35 years.

A locally and nationally recognized, the Joint Commission & CARF accredited Enhanced Care Clinic, InterCommunity strives to help people living with mental illness and addiction disorders improve their quality of life by providing opportunities for healing and recovery to children and adults.

Located off of Route 2, just over the Glastonbury line of East Hartford, InterCommunity is only four miles from the intersection of I-91 and I-84, and is on major bus routes.

**For more information about the SECURE program or other InterCommunity Services, please contact us at**

**860-569-5900.**



**S**upportive  
**E**nvironmental  
**C**are for  
**U**rgent  
**R**eferral  
**E**valuations



## Why the SECURE Program?



Most people who come out of an inpatient hospital stay or partial hospital program still don't feel quite themselves. Symptoms such as depression or and anxiety may

still linger and some may question if the medication is really working. Even those who feel much better may feel unsure about going back to the environment or situation that led them to feel overwhelmed. We are here to help folks dealing with this transition feel more secure.

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InterCommunity's SECURE program provides the guidance and supportive environment needed to help people transition back into the community and help them find the quality of life that they want. The SECURE program uses a team of professionals and consumers to lead skill building classes, insight oriented therapy, medication management, and improve social supports. Once a person graduates from this multi-week program, the SECURE staff will work with each person to connect them to the services that best meet their individual recovery goals.

## Opportunities within SECURE

- Skills and techniques to better manage symptoms
- Participation in a supportive, non-judgmental community
- Daily structure
- Help with entitlements and benefits
- Vocational/ Recreational Counseling
- Opportunities to build social supports
- Help in creating a healthier lifestyle
- Personalized assessment & goals
- Free daily lunch
- Transportation after the first day
- Support from others who have effectively transitioned from crisis to feeling happy, successful, and secure



*Make your transition more SECURE by calling  
860-569-5900*

## Medication Management

Once a week, every participant will have the opportunity to meet with a psychiatrist to review medication and determine if the medication is helping stabilize symptoms.

## Therapy

Several different groups are offered to provide insight and techniques focusing on coping with symptoms related to anxiety, depression, anger and mood swings.

## Skill Building Classes

Numerous classes are available that will be tailored to each person's recovery plan including healthy living, employment and help with entitlements.

## Social Supports

The SECURE program is embedded in InterCommunity's Social Club, Common Ground, a recovery-oriented place for adults overcoming mental health and/or addiction issues.