

TRANSFORMING HEALTHCARE

IN EASTERN CONNECTICUT



Expanding Access to Compassionate Behavioral Health Care to Meet Community Need

ECHN's 2019 Community Health Needs Assessment reported that East Hartford, Vernon and Manchester had significantly higher hospitalization rates and emergency room visits for behavioral health and substance abuse issues, compared to the statewide average. To address this need in our community, ECHN has expanded access to behavioral health services across all age groups, focusing on inpatient care and increased capacity to treat substance use disorders. We provide compassionate care for the whole person, recognizing that both mental health and physical health matter to your well-being.

More Access, More Capacity

ECHN operates a range of inpatient and outpatient behavioral health services at Manchester Memorial Hospital (MMH) and Rockville General Hospital (RGH). To meet community need, our goal is to increase behavioral health beds.

Comprehensive Behavioral Services include:

- Outpatient Child and Adolescent Services
- Outpatient Adult Services for behavioral health and substance use
- Clinical Day School, a fully accredited special education school serving adolescents in grades 6 through 12 with behavioral health needs
- Inpatient Adolescent Behavioral Health Unit
- Inpatient Older Adult Behavioral Care Center
- Inpatient Young Adult Unit
- Inpatient Adult Behavioral Health Unit
- Emergency Crisis Services through the Emergency Departments
- Remote Child and Adolescent Outpatient Services via Telehealth
- Coming soon: Inpatient Dual Diagnosis Unit to provide care to those suffering from the combination of substance abuse and behavioral health issues

The New Young Adult Program

The opening of a new MMH Young Adult Unit at RGH, represents an important step to address an emerging behavioral health crisis. Young adults are less likely to receive mental health services than adults 26 to 49 or 50 and older. Yet nearly a third of the 18-26 age group has mental health issues, the highest percentage by comparison to older adults according to the National Institutes of Mental Health.

According to Centers for Disease Control:

63% of 18 to 24-year-olds report symptoms of anxiety or depression
25% percent report increased substance abuse
25% percent have seriously considered suicide.

The transition from adolescence to young adulthood is fraught with challenges related to continuing brain development of the pre-frontal cortex, separation from parents for school or work, and the difficulties of finding one's own way in the world.

The Young Adult Program is designed to help people find appropriate treatment and support while developing coping skills in an increasingly challenging world.

Learn more about ECHN's Behavioral Health Services at echn.org/services/behavioral-health or call 860.647.6800

This is the second of an informational series designed to keep you informed of our future-focused momentum. Look for more updates in the weeks to come. All of us at ECHN take great pride in being your community hospital, and we understand the tremendous responsibility of improving the health and well-being of the people who live and work here. We are transforming healthcare for all of us.

ABOUT ECHN

Eastern Connecticut Health Network operates acute care hospitals and emergency services in Manchester and Rockville, serving a region of over 300,000 people in 19 towns. Its affiliates include Manchester Memorial Hospital, Rockville General Hospital, ECHN Medical Group, Women's Center for Wellness and the John A. DeQuattro Cancer Center. Dedicated to providing compassionate health care services in over 30 specialties, ECHN is training the next generation of physicians in primary care and osteopathic neuromuscular manipulative medicine and will be expanding our residency programs to include behavioral health. ECHN specialty programs include Breast Imaging, Diabetes care, Gastroenterology and Digestive Health, General Surgery, Heart and Vascular Services, Integrative Health, Maternity, Occupational Health, Pain Management, Primary Care, Pulmonary, Sleep Disorders, Stroke Care, Urgent Care, Wound Care and the Women's Center for Wellness. Follow-up care services are supplemented by Visiting Nurse and Health Services of Connecticut. ECHN is a member of Prospect Medical Holdings, a national family of hospitals and health networks.