

What is TCI's Outpatient Program?

Our Outpatient Program (OP) allows participants an additional step in the continuum of care that is a critical factor for success in recovery. Upon discharge, patients are ready to assume more responsibility for their lives. Our OP will give participants the freedom to spend time with family, hold down a job or partake in substance free activities as they continue to build and hone their coping skills. Our experience indicates that choosing an OP, as part of aftercare, reduces the rate of relapse and heightens the progress toward successful recovery.

In our Outpatient Program participants benefit from a variety of services, 2-3 days per week and 3 hours per day, choosing from flexible am or pm programs. Participants are able to learn about their addiction and develop new coping skills. Outpatient participants have an opportunity to utilize these group sessions, facilitated by our master's level licensed clinicians, to better understand patterns of behavior as they work to sustain their recovery in the community. Evidence based tools and models of therapy will be implemented to nurture growth and change.



Mission Statement:

TriCircle, Inc. is an organization that provides resources for individuals and their families affected by substance use disorders. Through education, research, and community engagement we are dedicated to providing the tools that build strong futures.

Vision Statement:

TriCircle, Inc. envisions that all people seeking recovery be given inspiration, skills, and opportunities within a safe, stigma free community, which supports substance free long-term wellness.

Company Description:

Through participation in our programs, TriCircle, Inc. will help individuals, groups and families remain actively engaged and gain a sense of purpose. Along with the advantage of lived experience, our clients will have access to the education, community engagement, and life skills that create a solid framework for recovery. Participants will be offered healthy lifestyle alternatives, within a safe environment, and once graduated, will have many opportunities and all the resources needed to inspire others who are affected by the disease of addiction.



We Provide the Tools to Build Strong Futures

860-349-7074 ext. 1089
6 Way Road
Middlefield, CT 06455

www.tricircleinc.com



We Provide the Tools to Build Strong Futures

Clinical Services Resource Center



**Together WE are
Stronger!**



-  Education
-  Resources
-  Community Engagement

We will help you build a strong foundation of valuable and fundamental knowledge, resiliency, self-directed autonomy and introspection by offering:

Family engagement

Consideration of individual needs

Anxiety management

Relapse prevention

Relationship building

Family constellation therapy

A better understanding of personal assets – honesty, trust, acceptance, willingness, love, integrity and more

Availability of community resources

Diverse and innovative recovery options and information

One on one therapy

Therapeutic group options

Awareness of community and volunteer opportunities

Cognitive Behavioral Therapy

Dialectical Behavioral Therapy

Motivational Interviewing

Meditation and Hypnotherapy

Exposure to peer support education leading to various certifications

Advocacy skills for self and community

We provide a multitude of diverse resources that empower individuals and families to support recovery from substance use disorders and the mental health challenges that often co-occur. We believe that providing access to these resources:

- offers peer support options
- shifts focus and awareness
- helps to extend continuity and connectivity
- offers change in a safe environment
- keeps participants engaged for longer periods of time
- reinforces the best possible outcomes
- provides our participants with the ability to thrive in life

**Also regularly available
to parents, guardians
and loved ones:**

Hope & Support Groups

If you would like a ZOOM invitation to this group please contact:

Ana Gopoian at ana@tricircleinc.com

Hope After Loss Groups

If you would like a ZOOM invitation to this group please contact:

Christine Gagnon at christine@tricircleinc.com

Support Groups provide a safe and confidential space for parents, guardians, and others who are concerned about a loved one's substance use or addiction.

All families, parents and guardians are welcomed and encouraged to utilize these services at no cost.

During the COVID19 crisis, our support groups transitioned to a ZOOM platform following the same days and times listed online and in our regular meeting brochures. All of our programs, regardless of location, are COVID19 compliant. As we resume face to face meetings, we will continue to make ZOOM options available.

Who We Are

TriCircle, Inc. is a CT 501(c)(3) nonprofit organization founded to break the cycle of relapse and recidivism that exists in the current system of addiction treatment by providing resources to individuals and families affected by substance use.

TriCircle, Inc has a 3-phase plan with the third phase having 3 cycles. We are striving to bring our vision to full implementation and will not stop until we have fully succeeded.

Supportive Professionals

- Master's Level Licensed Clinicians
- Supportive Para Professionals
- Strong Board of Directors
- Advisory Boards
 - Fundraising & Events
 - Clinical
 - Communications & Public Relations

**Together
WE are Stronger!**



We Provide the Tools to Build Strong Futures