

## About Project Courage

Project Courage is a behavioral health center specializing in substance use prevention and recovery. We offer in-home recovery, intensive outpatient, family, and outpatient programs, and provide education and support to families, schools, and communities across Connecticut. Our vision is for everyone to be heard, feel safe, find courage, discover a purpose, and live an enriched life.

## Insurance Coverage

Project Courage is In-network with the following providers:

Anthem Blue Cross & Blue Shield

Aetna

Optum

United Healthcare

United Behavioral Health

Cigna

Connecticare

Harvard Pilgrim

Oxford

Magellan Healthcare  
(including Yale Health)

We also accept out of network benefits from other commercial insurances.

**Be heard**

**Feel safe**

**Find courage**

**Discover purpose**

**Live an enriched life**



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[projectcourageworks.com](http://projectcourageworks.com)



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## Family Services

Our Family Services are more than just support—they are designed to increase awareness, strengthen bonds, empower change, and heal. Our staff are trained in **Internal Family Systems (IFS) and Attachment Theory**. The IFS model helps you to increase communication, understand family members' fears and concerns, and gain insight on how to best support each other.

## Program Benefits

Studies show that healthy family involvement in a client's treatment dramatically increases positive outcomes. Engagement also improves healthy family systems through better understanding of addiction and boundary-setting. Creating a space that everyone can be understood, seen, and heard, presents an invitation for you and your family to feel at home and hopeful!

## Intensive Outpatient Program (IOP)

Our Intensive Outpatient Program (IOP) offers between nine and fifteen hours of group therapy each week for substance use and co-occurring disorders. Included services like **individual therapy, psychiatric services, urinalysis screening, and family services** provide accountability, support, and structure, so you can will explore different skills for your recovery.

## Program Benefits

Wrap-around support: With access to our clinical team and family services, you benefit from wrap-around support.

Accountability: Measures such as urinalysis screening and breathalyzer administration maintain accountability.

Multi-faceted approach: Fitness, meditation, and yoga, combined with psycho-education, internal family systems, and active exploration of self, provide you support with recovery needs.

## In-Home Recovery Services (IHRS)

Project Courage's In-Home Recovery Services (IHRS) is a community-based, in-home treatment tailored to you. We work with you to assess and determine how we can best assist you in 11 life domains. Your team includes a wellness coordinator, recovery coach, licensed clinician and APRN. Importantly, we are authentic individuals ready to support you at each step along the way.

## Program Focus

In-Home Recovery Services focuses on collaboration between you and the team to set and achieve goals in 11 life domains:

- Recovery Needs
- Basic Needs
- Housing Needs
- Transportation Needs
- Financial Needs
- Employment Needs
- Educational Needs
- Healthcare Needs
- Nutritional/Physical Activity Needs
- Mental Health Needs
- Social and Leisure Needs