The Cornell Scott-Hill Health Center is committed to strengthening and Empowering Communities. Child and Family Guidance (CFG) has long been a partner with the Boys and Girls Club, in addition to various sports clubs such as New Haven Pop Smith Baseball, Farnam Basketball, Ice the Beef Basketball League and New Haven Pop Warner Football.

Cornell Scott-Hill Health Center's 226 Dixwell Avenue, New Haven location will be one of many local community based agencies to relocate to the newly renovated Q House, which is estimated to be completed by December 2020. Services offered will include: behavioral health, dental, and medical, which will meet a vital community need for accessible care.

A host of other community agencies – such as Stetson Library and a recreation center for our youth – will also be available at the Q House. The goal is to create a “one stop shop” where people in need can find physical and mental health services all at the same location. We look forward to continuing to provide quality and accessible services to the community.

Best,

Sandra L. Gibson
MS, MSW, LCSW
Program Director

DEAR PARENTS & GUARDIANS

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Child-Parent Psychotherapy (CPP) is an intervention for children aged 0-5 who have experienced traumatic events and/or are experiencing mental health, attachment, and/or behavioral problems. Treatment sessions include the child and parent or primary caregiver. The treatment is based in attachment theory and integrates psychodynamic, developmental, trauma, social learning, and cognitive behavioral theories. The central goal is to support developmental, trauma, social learning, and cognitive problems. Treatment sessions include the child and mental health, attachment, and/or behavioral experiences traumatic events and/or are experiencing is an intervention for children aged 0-5 who have experienced traumatic events and/or are experiencing.

The Circle of Security Parenting (COS-P) The COS-P Network provides an evidence-based intervention program for parents and children that focuses on relationships. At times all parents feel lost or without a clue about what our child might need from us. Imagine what it might feel like if you were able to make sense of what your child was really asking from you. The Circle of Security Parenting™ program is based on decades of research about how secure parent-child relationships can be supported and strengthened. Using the COS-P model developed by the Circle of Security originators, our trained Facilitators work with parents and caregivers to help them to:

- Understand their child’s emotional world by learning to read emotional needs
- Support their child’s ability to successfully manage emotions
- Enhance the development of their child’s self-esteem
- Honor the innate wisdom and desire for their child to be secure

Stephanie Torres, LMSW and Oyebusola Ojo, LPC attended a 2 day training that emphasized on the following learning objectives. Learning Objectives of the Training:

- Understand the theoretical foundation of the Circle of Security
- Shift caregiver focus from behavior management to enhancing the quality of relationship
- Understand specific steps to build self-reflection in caregivers
- Use video examples to support increased empathy in caregivers
- Identify new options to help caregivers manage emotions
- Learn step-by-step approaches for promoting secure attachment in children

The Circle of Security Parenting Groups:

- 226 Dixwell Ave, New Haven
  Led by Oyebusola Ojo
  Call 203-503-3457

- 400 Columbus Ave, New Haven
  Led by Stephanie Torres
  Call 203-503-3055

The Connecticut-wide CPP training that was attended is sponsored through a National Child Traumatic Stress Network SAMHSA grant and is being conducted in collaboration with the Child Health and Development Institute of Connecticut (CHDI).

Theresa Pennachio, LPC

Theresa is a graduate of the Marriage and Family Therapy program at Southern Connecticut State University and is licensed as a marriage and family therapist. Theresa has an extensive history of attending numerous trainings and is credentialed in Motivational Interviewing, Trauma-Focused Behavioral Therapy (TF-CBT), and other Evidenced Based Practices that target behaviors and symptoms related to trauma. Theresa attends the West Haven Collaborative and New Haven shoreline collaborative meetings with numerous providers from the West Haven and New Haven shoreline area who work to identify and gather resources for families and individuals who are in need of mental health and/or basic needs resources. Theresa facilitates an “Adulting” group for teenagers transitioning to high school who are struggling with peer relationships, managing increased responsibilities and workload, developing into adulthood, and improving confidence and self-esteem. Theresa assists clients with goal-setting, identifying their worth and strengths, and gently guiding them to that goal.

In her spare time, Theresa enjoys spending time with her dog Waffles, attending music concerts, reading and traveling. When asked about providing clinical work to the Child and Family Guidance Department, Theresa said, “It is an honor to assist families in this community. It is a privilege to positively impact the future generations of this neighborhood, and to work alongside dedicated families who in response positively impact their own communities.”

Did you know we offer groups?

For information on groups offered, call us at 203-503-3055 (400 Columbus Avenue) or 203-503-3458 (226 Dixwell Avenue)

PMT GROUP

We are recruiting for the PMT group that is facilitated by Nadiya Dolce, LCSW, Assistant Program Director.

Parent Management Training (PMT) The aim of PMT is to decrease or eliminate a child’s disruptive or inappropriate behaviors at home or school and to replace problematic ways of acting with positive interactions with peers, parents and such authority figures as teachers. In order to accomplish this goal, PMT focuses on enhancing parenting skills. The PMT therapist coaches parents in applying such strategies as rewarding positive behavior, and responding to negative behavior by removing rewards or enforcing undesirable consequences (punishments). Although PMT focuses on specific targeted behaviors rather than on the child’s diagnosis as such, it has come to be associated with the treatment of certain disorders. PMT is used in treating oppositional defiant disorder, conduct disorder, intermittent explosive disorder (age-inappropriate tantrums), and attention deficit disorder with hyperactivity (attention-deficit/hyperactivity disorder). Such antisocial behaviors as fire setting and truancy can also be addressed through PMT.

Breakfast Exchange

Dr. Ece Tek, Chief of Behavioral Health and Program Director Sandra Gibson were invited to attend the Breakfast Exchange Group where they received a flower group members made to symbolize their bond in working together in resolving parenting challenges.

The Breakfast Exchange is a monthly group for parents to discuss a variety of topics over breakfast. The group is held at our 400 Columbus Ave, New Haven, led by Augusta Colodette, LCSW. For more information or to sign up, call 203-503-3055.