

## State of Connecticut Office of Health Care Access CON Determination Form Form 2020

All persons who are requesting a determination from OHCA as to whether a CON is required for their proposed project must complete this Form 2020. The completed form should be submitted to the Director of the Office of Health Care Access, 410 Capitol Avenue, MS#13HCA, P.O. Box 340308, Hartford, Connecticut 06134-0308.

### SECTION I. PETITIONER INFORMATION

If this proposal has more than two Petitioners, please attach a separate sheet, supplying the same information for each Petitioner in the format presented in the following table.

	Petitioner	Petitioner
Full Legal Name Central Naugatuck Valley Help, Inc.	X	
Doing Business As Watkins Network	X	
Name of Parent Corporation Central Naugatuck Valley Help, Inc.	X	
Petitioner's Mailing Address, if Post Office (PO) Box, include a street mailing address for Certified Mail 900 Watertown Avenue Waterbury, CT 06708	X	
What is the Petitioner's Status: P for profit and NP for Nonprofit NP	X	
Contact Person at Facility, including Title/Position: This Individual at the facility will be the Petitioner's Designee to receive all correspondence in this matter. Roberta Murtagh, Executive Director	X	

Contact Person's Mailing Address, if PO Box, include a street mailing address for Certified Mail 900 Watertown Avenue Waterbury, CT 06708	X	
Contact Person's Telephone Number (203) 756-8984 x 103	X	
Contact Person's Fax Number (203) 756-8984	X	
Contact Person's e-mail Address rmurtagh@cnvhelp.org	X	

## SECTION II. GENERAL PROPOSAL INFORMATION

- a. Proposal/Project Title: Watkins Network
- b. Estimated Total Project Cost: \$40,700.00
- c. Location of proposal, identifying Street Address, Town and Zip Code: 21 Prospect Street, Unit B,C,&D Torrington, CT06790-6329
- d. List each town this project is intended to serve:  
Greater Torrington Area
- e. Estimated starting date for the project: September 2014

## SECTION IV. PROPOSAL DESCRIPTION

Please provide a description of the proposed project, highlighting each of its important aspects, on at least one, but not more than two separate 8.5" X 11" sheets of paper. At a minimum each of the following elements need to be addressed, if applicable:

1. If applicable, identify the types of services currently provided and provide a copy of each Department of Public Health license held by the Petitioner.
2. Identify the types of services that are being proposed and what DPH licensure categories will be sought, if applicable.
3. Identify the current population served and the target population to be served.

**SECTION V. AFFIDAVIT**

**(Each Petitioner must submit a completed Affidavit.)**

Petitioner: Central Naugatuck Valley Help, Inc.

Project Title: Watkins Network

I, Roberta Murtagh, Executive Director  
(Name) (Position – CEO or CFO)

of Central Naugatuck Valley Help, Inc. being duly sworn,  
depose and state that the  
Central Naugatuck Valley Help, Inc.

information provided in this CON Determination form is true and accurate to the best of my  
knowledge.

Roberta Murtagh 9/11/14  
Signature Date

Subscribed and sworn to before me on September 11, 2014

Elizabeth D. Grice  
Notary Public/Commissioner of Superior Court

**ELIZABETH D. GRICE  
NOTARY PUBLIC  
MY COMMISSION EXPIRES MAY 31, 2016**

My commission expires: \_\_\_\_\_

## Watkins Network

### Program Services

Located in Torrington, the Watkins Network has offered psychiatric outpatient services for adults, outpatient treatment for substance abusive or dependent persons, and re-entry services to men and women following incarceration. The program consists of three main components: behavioral health, social reunification, and employment services. Behavioral health services include individual counseling, gender-specific group counseling for substance abuse, anger management group counseling, and mental health services. Social reunification services include family counseling, a parenting class, a domestic violence group for men, and a domestic violence education group for women. Employment services consist of a variety of workshops and individual sessions aimed to teach clients job search strategies, application and resume writing skills, interview techniques, and job retention practices. In addition, the program has developed a large bank of local employers willing to hire our clients for competitive employment.

Under mental health services the Watkins Network provides comprehensive psychiatric evaluations, medication management and intensive outpatient co-occurring services on-site to ensure that each individual client's needs are being met to the fullest extent. By offering a complete spectrum of care, the Watkins Network appropriately works with each individual, based on his or her changing needs.

As mentioned, a comprehensive psychiatric evaluation is a service provided by the Watkins Network. An APRN conducts this service on-site for those clients needing mental health services. The APRN will continue to meet regularly with those clients to provide individual psychotherapy with medication management. In addition, clients with co-occurring disorders will continue to meet weekly with their assigned therapist. The APRN and the staff work together to offer a more cohesive treatment plan for each client, while also increasing client engagement.

Individual sessions utilize motivational interviewing and cognitive-behavioral techniques to address issues that have led to substance use, to manage mental health needs, and to embark on a path of recovery. Individualized Recovery Plans (IRP) are also developed during individual sessions, providing a step-by-step guide for clients to accomplish recovery goals. IRPs draw upon assets and areas of need identified during a thorough bio-psycho-social assessment at the initiation of one's treatment.

In order to meet the diverse needs of our clients, the Watkins Network has an intensive outpatient program, utilizing an evidenced-based curriculum. Each three hour session of the intensive outpatient program will incorporate instruction, therapy, and skill-building. Employing the use of motivational interviewing and cognitive-behavioral therapy, therapists will explore

topics of mental illness, substance abuse, relapse prevention, medication management, coping and relaxation skills, and community and social supports. The intensive outpatient program is designed to enhance individual recoveries through empowerment and education.

The Watkins Network has continues to offer gender specific group counseling to clients struggling with current or past substance abuse issues, trauma issues, relapse prevention issues, anger management issues, and domestic violence issues. The group counseling sessions use evidence-based curriculums, incorporating the use of twelve step philosophies, motivational interviewing and cognitive-behavioral therapies.

The Watkins Network is committed to providing all-encompassing treatment for individuals reintegrating into the community. Family counseling has been an essential tool in that process. Led by one's primary counselor or therapist, family counseling is available to any client in order to involve close family members and others who are supports in his or her recovery process. Family sessions are encouraged in order for the client to rebuild family relationships, to increase natural supports and to educate family members.

Services currently offered by the Watkins Network, deliver a broad spectrum of care to individuals in need of substance abuse and mental health services. The mission of Central Naugatuck Valley Help Inc. is *to integrate people in recovery into their communities and improve the quality of their lives through mental health and substance abuse treatment. We focus on residential and non-residential therapy, support and skill development.* In order to focus on this mission the Watkins Network has developed the ability to offer a wide array of services to the clients we serve.

The program moved to a new site in Torrington during the first week of September. The new site was chosen as it is all located on the ground floor, is handicap accessible and is in a more convenient location for our clients.

STATE OF CONNECTICUT  
Department of Public Health

LICENSE

License No. 0420

**Facility for the Care or Treatment of Substance Abusive  
or Dependent Persons**

In accordance with the provisions of the General Statutes of Connecticut Section 19a-493:

Central Naugatuck Valley HELP, Inc. of Waterbury, CT, d/b/a Watkins Network is hereby licensed to maintain and operate a private freestanding Facility for the Care or Treatment of Substance Abusive or Dependent Persons.

**Watkins Network** is located at 257 Main St, Torrington, CT 06790 with:

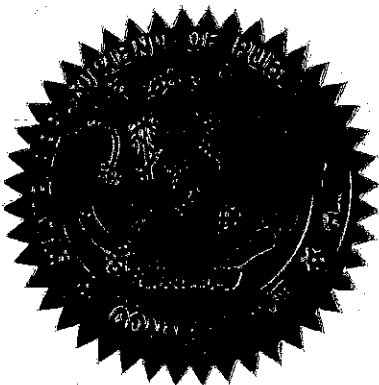
Roberta Murtagh as Executive Director.

The service classification(s) and if applicable, the residential capacities are as follows:

Outpatient Treatment

This license expires **March 31, 2015** and may be revoked for cause at any time.

Dated at Hartford, Connecticut, April 1, 2013. RENEWAL



A handwritten signature in cursive script that reads "Jewel Mullen, MD".

Jewel Mullen, MD, MPH, MPA  
Commissioner

STATE OF CONNECTICUT

Department of Public Health

LICENSE

License No. 0537

**Psychiatric Outpatient Clinic for Adults**

In accordance with the provisions of the General Statutes of Connecticut Section 19a-493:

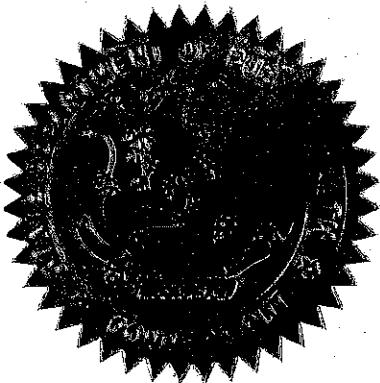
Central Naugatuck Valley HELP, Inc. of Waterbury, CT, d/b/a Watkins Network is hereby licensed to maintain and operate a Psychiatric Outpatient Clinic for Adults.

**Watkins Network** is located at 257 Main St, Torrington, CT 06790 with:

Roberta Murtagh as Executive Director,  
Harry Gerowe as Director.

This license expires **September 30, 2016** and may be revoked for cause at any time.

Dated at Hartford, Connecticut, December 19, 2012. INITIAL



*Jewel Mullen MD*

Jewel Mullen, MD, MPH, MPA  
Commissioner

**STATE OF CONNECTICUT**

**Department of Public Health**

**LICENSE**

**License No. RLC-0010**

**Mental Health Residential Living Center**

In accordance with the provisions of the General Statutes of Connecticut Section 19a-493:

Central Naugatuck Valley HELP, Inc. of Waterbury, CT, d/b/a Rogers House is hereby licensed to maintain and operate a Mental Health Residential Living Center.

Rogers House is located at 900 Watertown Ave., Waterbury, CT 06708 with:

Roberta Murtagh as Executive Director,  
\*Jaclyn Toucet\* as Director.

The maximum number of beds shall not exceed at any time:

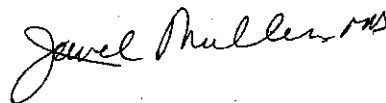
15 Mental Health Residential Living Center beds.

This license expires **September 30, 2014** and may be revoked for cause at any time.

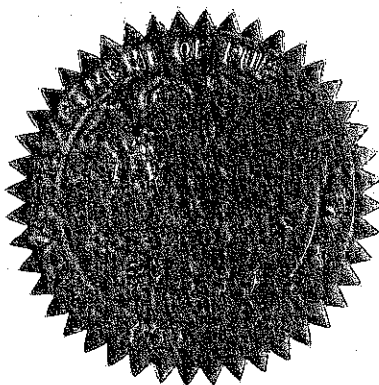
Dated at Hartford, Connecticut, October 1, 2012.

License revised to reflect:

\*Change of Director Eff: 8/13/14\*



Jewel Mullen, MD, MPH, MPA  
Commissioner





**STATE OF CONNECTICUT**  
**Department of Public Health**

**LICENSE**

License No. SA-0080

**Facility for the Care or Treatment of Substance Abusive  
or Dependent Persons**

In accordance with the provisions of the General Statutes of Connecticut Section 19a-493:

Central Naugatuck Valley HELP, Inc. of Waterbury, CT, d/b/a Reverend Edward M. Dempsey Drug Services is hereby licensed to maintain and operate a private freestanding Facility for the Care or Treatment of Substance Abusive or Dependent Persons.

**Reverend Edward M. Dempsey Drug Services** is located at 900 Watertown Ave, Waterbury, CT 06708 with:

Roberta Murtagh as Executive Director.

The service classification(s) and if applicable, the residential capacities are as follows:

34 Intermediate and Long Term Treatment and Rehabilitation Beds  
Outpatient Treatment

This license expires **September 30, 2014** and may be revoked for cause at any time.

Dated at Hartford, Connecticut, October 1, 2012. RENEWAL

Waiver Sec. 19a-495-570(j)(1)(F)(iv)(a)



*Jewel Mullen MD*

Jewel Mullen, MD, MPH, MPA  
Commissioner

STATE OF CONNECTICUT  
Department of Public Health

LICENSE

License No. 0536

**Psychiatric Outpatient Clinic for Adults**

In accordance with the provisions of the General Statutes of Connecticut Section 19a-493:

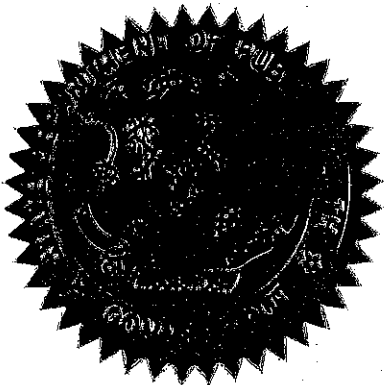
Central Naugatuck Valley HELP, Inc. of Waterbury, CT, d/b/a Reverend Edward M. Dempsey Drug Services is hereby licensed to maintain and operate a Psychiatric Outpatient Clinic for Adults.

**Reverend Edward M. Dempsey Drug Services** is located at 900 Watertown Ave, Waterbury, CT 06708 with:

Roberta Murtagh as Executive Director,  
Harry Gerowe as Director.

This license expires **September 30, 2016** and may be revoked for cause at any time.

Dated at Hartford, Connecticut, December 19, 2012. INITIAL



*Jewel Mullen MD*

Jewel Mullen, MD, MPH, MPA  
Commissioner

STATE OF CONNECTICUT

Department of Public Health

LICENSE

License No. 0421

**Facility for the Care or Treatment of Substance Abusive  
or Dependent Persons**

In accordance with the provisions of the General Statutes of Connecticut Section 19a-493:

Central Naugatuck Valley HELP, Inc. of Waterbury, CT, d/b/a Travisano Network is hereby licensed to maintain and operate a private freestanding Facility for the Care or Treatment of Substance Abusive or Dependent Persons.

**Travisano Network** is located at 24 Shelter Rock Rd, Danbury, CT 06810 with:

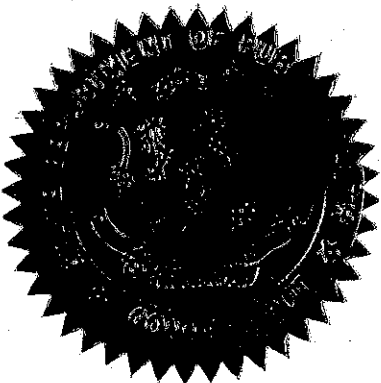
Roberta Murtagh as Executive Director.

The service classification(s) and if applicable, the residential capacities are as follows:

Outpatient Treatment

This license expires **March 31, 2015** and may be revoked for cause at any time.

Dated at Hartford, Connecticut, April 1, 2013. RENEWAL



*Jewel Mullen, MD*

Jewel Mullen, MD, MPH, MPA  
Commissioner

STATE OF CONNECTICUT  
Department of Public Health

LICENSE

License No. 0552

**Psychiatric Outpatient Clinic for Adults**

In accordance with the provisions of the General Statutes of Connecticut Section 19a-493:

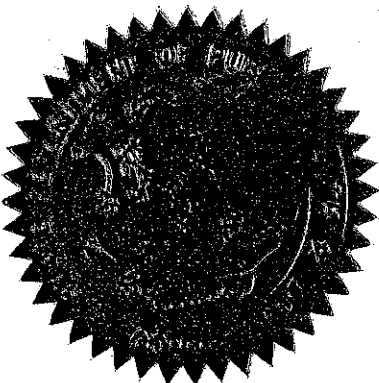
Central Naugatuck Valley HELP, Incorporated of Waterbury, CT, d/b/a Travisano Network is hereby licensed to maintain and operate a Psychiatric Outpatient Clinic for Adults.

**Travisano Network** is located at 24 Shelter Rock Rd, Danbury, CT 06810 with:

Roberta Murtagh as Executive Director,  
Harry Gerowe as Director.

This license expires **March 31, 2017** and may be revoked for cause at any time.

Dated at Hartford, Connecticut, May 28, 2013. INITIAL



*Jewel Mullen MD*

Jewel Mullen, MD, MPH, MPA  
Commissioner

**STATE OF CONNECTICUT**

**Department of Public Health**

**LICENSE**

**License No. CR-0007**

**Mental Health Community Residence**

In accordance with the provisions of the General Statutes of Connecticut Section 19a-493:

Central Naugatuck Valley HELP, Inc. of Waterbury, CT, d/b/a Glenlunan is hereby licensed to maintain and operate a Mental Health Community Residence.

Glenlunan is located at 107 Tudor St, Waterbury, CT 06704 with:

Roberta Murtagh as Executive Director,  
\*Jaclyn Toucet\* as Director.

The maximum number of beds shall not exceed at any time:

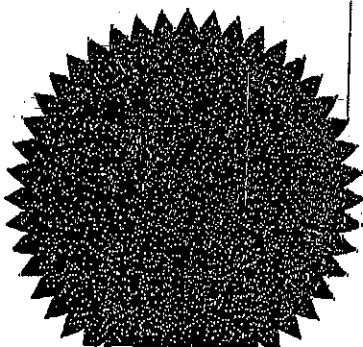
6 Mental Health Community Residence beds.

This license expires **September 30, 2014** and may be revoked for cause at any time.

Dated at Hartford, Connecticut, October 1, 2012.

License revised to reflect:

\*Change of Director Eff: 1/13/14\*



*Jewel Mullen*

Jewel Mullen, MD, MPH, MPA  
Commissioner  
Help Inc.

P001/001

Sep 8 2014 01:23pm

Fax: 203-759-1648

STATE OF CONNECTICUT  
Department of Public Health  
LICENSE

License No. CR-0009

**Mental Health Community Residence**

In accordance with the provisions of the General Statutes of Connecticut Section 19a-493:

Central Naugatuck Valley HELP, Inc. of Waterbury, CT, d/b/a Wynnewood is hereby licensed to maintain and operate a Mental Health Community Residence.

**Wynnewood** is located at 44 Cook St, Torrington, CT 06790 with:

Roberta Murtagh as Executive Director,  
\*Heidi Calabrese\* as Director.

The maximum number of beds shall not exceed at any time:

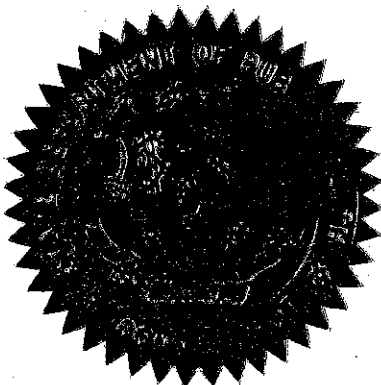
6 Mental Health Community Residence beds.

This license expires **September 30, 2014** and may be revoked for cause at any time.

Dated at Hartford, Connecticut, October 1, 2012.

License revised to reflect:

\*Change of Director Eff: 9/6/13\*



*Jewel Mullen MD*  
Jewel Mullen, MD, MPH, MPA  
Commissioner

## Greer, Leslie

---

**From:** Hansted, Kevin  
**Sent:** Friday, September 19, 2014 10:02 AM  
**To:** Greer, Leslie  
**Subject:** FW: Determination 14-31942-DTR

Leslie, please add the below email to the record.

Thank you.

Kevin T. Hansted  
Staff Attorney  
Department of Public Health  
Office of Health Care Access  
410 Capitol Ave., MS #13HCA  
P.O. Box 340308  
Hartford, CT 06134  
Phone: 860-418-7044

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-----Original Message-----

From: rmurtagh [<mailto:rmurtagh@cnvhelp.org>]  
Sent: Wednesday, September 17, 2014 3:15 PM  
To: Hansted, Kevin  
Subject: Re: Determination 14-31942-DTR

Dear Mr. Hansted,

I apologize that the narrative doesn't get to the point until the very end. We are just relocating. Nothing else is changing.

Thank you for taking the time to contact me.

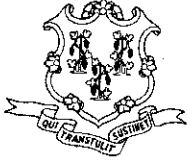
Roberta Murtagh  
Executive Director  
C.N.V. Help, Inc.  
900 Watertown Avenue  
Waterbury, CT 06708  
(203) 756-8984 x 103

> -----Original Message-----

> From: Hansted, Kevin <[Kevin.Hansted@ct.gov](mailto:Kevin.Hansted@ct.gov)>  
> To: [rmurtagh@cnvhelp.org](mailto:rmurtagh@cnvhelp.org) <[rmurtagh@cnvhelp.org](mailto:rmurtagh@cnvhelp.org)>

> Subject: Determination 14-31942-DTR  
> Sent: 17 Sep '14 14:30  
>  
> Dear Ms. Murtagh,  
>  
>  
> I am in receipt of your Determination request to the Office of Health  
> Care Access regarding the Watkins Network. Unfortunately, it is not  
> clear what your proposed project is. As I understand it, the Watkins  
> Network is already in existence and has been providing services. Are  
> you adding new services, terminating services or relocating? Please advise.  
>  
>  
> Thank you.  
>  
>  
> Kevin T. Hansted  
>  
> Staff Attorney  
>  
> Department of Public Health  
>  
> Office of Health Care Access  
>  
> 410 Capitol Ave., MS #13HCA  
>  
> P.O. Box 340308  
>  
> Hartford, CT 06134  
>  
> Phone: 860-418-7044  
>  
>  
> CONFIDENTIALITY NOTICE: This email and any attachments are for the  
> exclusive and confidential use of the intended recipient. If you are  
> not the intended recipient, please do not read, distribute or take  
> action in reliance on this message. If I have sent you this message  
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> delete this message and any attachments from your computer system.  
> We do not waive attorney-client or work product privilege by the transmission of this message.





**STATE OF CONNECTICUT**  
DEPARTMENT OF PUBLIC HEALTH  
*Office of Health Care Access*

September 24, 2014

VIA FACSIMILE ONLY

Roberta Murtagh  
Executive Director  
Central Naugatuck Valley Help, Inc.  
900 Watertown Avenue  
Waterbury, CT 06708

RE: Certificate of Need Determination Report Number 14-31942-DTR  
Relocation of the Watkins Network

Dear Ms. Murtagh:

On September 15, 2014, the Office of Health Care Access ("OHCA") received your Certificate of Need ("CON") Determination request on behalf of Central Naugatuck Valley Help, Inc. ("Petitioner") with respect to the relocation of the Watkins Network.

The Petitioner operates the Watkins Network in Torrington, Connecticut. The Watkins Network provides psychiatric outpatient services for adults, outpatient treatment for substance abusive or dependent persons, and re-entry services to men and women following incarceration. The Watkins Network serves clients in the greater Torrington area. The Petitioner wishes to relocate the Watkins Network to 21 Prospect Street, Unit B, C&D, Torrington, Connecticut. The new location is in the same town as the current location and will serve the same patient population and payer mix.

Pursuant to Conn. Gen. Stat. § 19a-639c, the Petitioner has satisfactorily demonstrated that the population and payer mix currently served by the Petitioner will not substantially change as a result of the proposed relocation. Therefore, *no CON is required*.

Sincerely,

Kimberly R. Martone  
Director of Operations

C: Rose McLellan, License and Applications Supervisor, DPH, DHSR

*An Equal Opportunity Provider*

*(If you require aid/accommodation to participate fully and fairly, contact us either by phone, fax or email)*

410 Capitol Ave., MS#13HCA, P.O.Box 340308, Hartford, CT 06134-0308  
Telephone: (860) 418-7001 Fax: (860) 418-7053 Email: OHCA@ct.gov

\* \* \* COMMUNICATION RESULT REPORT ( SEP. 24. 2014 10:39AM ) \* \* \*

FAX HEADER:

TRANSMITTED/STORED FILE MODE	SEP. 24. 2014 10:37AM OPTION	ADDRESS	RESULT	PAGE
635	MEMORY TX	912037568984	OK	2/2

REASON FOR ERROR  
E-1) HANG UP OR LINE FAIL  
E-3) NO ANSWER

E-2) BUSY  
E-4) NO FACSIMILE CONNECTION



STATE OF CONNECTICUT  
DEPARTMENT OF PUBLIC HEALTH  
OFFICE OF HEALTH CARE ACCESS

FAX SHEET

TO: ROBERTA MURTAGH

FAX: 203 756-8984

AGENCY: CENTRAL NAUGATUCK VALLEY HELP, INC.

FROM: OHCA

DATE: 9/24/14 Time: \_\_\_\_\_

NUMBER OF PAGES: 2  
*(including transmittal sheet)*

**Comments:**

Please see attached determination

**PLEASE PHONE Barbara K. Olejarsz IF THERE ARE ANY TRANSMISSION PROBLEMS.**

Phone: (860) 418-7001

Fax: (860) 418-7053

410 Capitol Ave., MS#13HCA  
P.O. Box 340308  
Hartford, CT 06134