

**Preferred Therapists**

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	<b>Name/Facility</b>	<b>Location</b>	<b>Phone #</b>	<b>Insurance</b>	<b>Specialty</b>	<b>Miscellaneous</b>
□	Bliss Guilmette, Jamie-LCSW	Wethersfield	860-798-4963	Accepts Most Major Insurances. Please, contact your insurance carrier to determine coverage.	Children, Parents, and Families. Stress, Anxiety, Depression, Trauma and/or Insomnia.	<a href="http://www.mindbodyblisscounseling.com">www.mindbodyblisscounseling.com</a>
□	Bridge Family Center	Avon, Rockville & West Hartford	860-521-8035	Private Insurance, Medicare & Medicaid.	Anxiety, Stress, Depression, Substance Abuse, Divorce, and Other Life Issues. Residential Services, Youth and Family Services, and Family Resource Centers.	<a href="http://www.bridgefamilycenter.org">www.bridgefamilycenter.org</a>
□	Bunk, Grueneberg & Associates-Ilene Grueneberg, Ph.D.	Glastonbury	860-657-8868	Husky, Medicare, UBH, Aetna & BCBS.	Adoption, Attachment and ADHD.	N/A
□	Connecticut Center for ADHD	Middletown	860-344-8770	All insurances accepted.	ADHD	Website under construction
□	Cortez, Marie-LCSW	Manchester	860-490-8384	Anthem, Cigna & Husky.	Teens, Middle Age Kids, ADHD, Diabetes Type I, IEP's/504 Plans and Advocacy, Anxiety & Depression.	To refer, call her directly. Bilingual (English/Spanish). Day and evening hours. Appointments throughout the summer.
□	Cove Center for Grieving Children, The	Multiple Towns	203-634-0500	Free Program.	Grieving Children Ages 4 thru 18. Guilford, Meriden, New Haven, Stonington, West Hartford, East Hartford, and Easton (serving Newtown/Fairfield County).	<a href="http://www.covect.org">www.covect.org</a>
□	CT Psychological Assessment Center, LLC	Wethersfield	860-372-4811	To determine if you have mental health coverage, please check with your insurance carrier.	Counseling, psychological evaluations, and other behavioral intervention and mental health services.	<a href="http://www.cpactherapy.com/index.html">www.cpactherapy.com/index.html</a>
□	Family Resource & Development Center	Farmington	860-838-4735	Anthem BCBS and Medicaid/Husky.	Social/Emotional/Behavioral and Cognitive Difficulties, Depression, Anxiety Conditions, High Functioning Autism, ADHD, Other Neuropsychological Delays/Deficits, Various Childhood Mental Health Issues, Parenting Challenges and Family Related Issues, Adolescent Substance Abuse Disorder, and Eating and Nutrition Disorders.	<a href="http://www.frdcllc.com">www.frdcllc.com</a>
□	Hoon, Melissa-LCSW	Rocky Hill	860-785-6344	Aetna, Anthem, Cigna, ConnectiCare, Husky, Medicaid, Oxford, United Healthcare, and Out-of-Network.	Ages 14 and up. High Functioning Autism, Asperger's Syndrome, Relationship Issues, School Issues, Self Esteem and Stress.	<a href="http://www.psychologytoday.com/us/therapists/melissa-hoon-rocky-hill-ct/397651">www.psychologytoday.com/us/therapists/melissa-hoon-rocky-hill-ct/397651</a>
□	Hopewell Health Solutions-Michelle Reynolds, Ph.D. Kristine Schlichting, Ph.D.	South Glastonbury	860-946-0447	BCBS, Husky, Aetna, United, & Value Options.	Anxiety, Depression, Behavioral Issues, Parenting, Group Therapy, Autism. Works with adults, as well.	<a href="http://www.hopewellhealthsolutions.com">www.hopewellhealthsolutions.com</a>

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<input type="checkbox"/>	Integrated Assessment Associates- Mary White-Roath, Ed.D.	West Hartford	860-256-7092	Self-Pay Only.	Consult with both K-12 and Higher Education institutions in the field of psycho-educational testing and treatment. Direct Services: Metacognition-Non-Medical Reading/Writing/Remediation Diagnostic Testing: Perform diagnostic testing on individuals in order to determine the best possible method of assistance	<a href="http://www.marywhiteroath.com">www.marywhiteroath.com</a>
<input type="checkbox"/>	Jewish Family Services- Shayna R. Ull-LMSW	West Hartford	860-236-1927 Ext. 7262	Accepts Most Insurances. Please, contact your insurance carrier to determine coverage.	Counseling Services for Children, Families, Individuals & Seniors.	<a href="http://www.jfshartford.org">www.jfshartford.org</a>
<input type="checkbox"/>	Klingberg Family Centers Outpatient Clinic	New Britain	860-243-4416 Call for New Patient Appointments	Husky A & B	Ages 4 to 17. Trauma, Neglect, Family, Behavior & Medications Prescribed.	<a href="http://www.klingberg.org">www.klingberg.org</a>
<input type="checkbox"/>	Lehman, Marc-LMFT	West Hartford	860-523-1577	Services may be covered in part by your health insurance or employee benefit plan. Please note that Marc Lehman is not in network with any insurance companies. Contacting your insurance carrier to determine out of network coverage can be helpful.	Individual and Family Therapy for middle and high school aged teens for both psychiatric and non-psychiatric difficulties, Dorm Room Coaching and Counseling (DRCC) for college students, Parenting support during divorce and after, Distinct focus working with eating disordered patients, Marital Counseling, Individual therapy for adults for adjustment issues, depression, anxiety and addictions, and Conflict Resolution for divorced parents.	<a href="http://www.marclehmanlmft.com">www.marclehmanlmft.com</a>
<input type="checkbox"/>	Maine & Weinstein	West Hartford	860-313-4431	Self-Pay Only.	Eating Disorders.	<a href="http://www.mwsg.org">www.mwsg.org</a>
<input type="checkbox"/>	Morrison, Donna-MSW, LCSW	Wethersfield & West Hartford	860-490-5778	Husky, Anthem BCBS, Cigna, & Aetna.	All Age Groups- Play Therapy, Art Therapy, and Parenting.	<a href="mailto:dmorrison.lcsw@gmail.com">dmorrison.lcsw@gmail.com</a>
<input type="checkbox"/>	New England Center for Cognitive Behavioral Therapy	Glastonbury	860-430-5515	Anthem, Medicaid, Cigna, Tri-Care, Out-of-Network Sliding Scale, & Coming Soon-Senior Medicare Sliding Scale.	Cognitive Behavioral Therapy & Psychiatry.	<a href="http://www.necbt.com">www.necbt.com</a>
<input type="checkbox"/>	Oculus Life Design- Jennifer Hoffman, LCSW	West Hartford	860-680-5289	Anthem BCBS, Aetna & Medicaid.	Ages 10 to 60. Usually Monday thru Thursday, but flexible hours by contacting her directly. Relationships, Trauma, Grief and Loss, Educational Issues, Autism, ADHD, Anxiety, Anger, Depression, Parenting, and Daily Stressors.	<a href="http://www.oculuslifedesign.com">www.oculuslifedesign.com</a>

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□	Perrotta, Peter-MS, LPC, LADC, LLC	Hartford	860-469-4612	Accepts Most Insurances. Please, contact your insurance carrier to determine coverage.	Christian Counseling, Cognitive Behavioral Therapy, Compassion Focused, Culturally Sensitive, Dialectical, Drug and Alcohol, Eclectic, Emotionally Focused, Experiential Therapy, Family/Marital, Family Systems, Gestalt, Internal Family Systems, Interpersonal, Mindfulness-Based, Multicultural, Parent-Child Interaction, Person-Centered, Play Therapy, Reality Therapy, Solution Focused Brief, & Strength-Based.	
□	Perry & Shirley Staltaro	East Hartford	860-502-4908	Husky & Most Other Insurances Accepted.	Evening & Weekend Appointments Available. Psychological Testing & Neuropsychological Testing Children and Adults, Individual Therapy for Adults and Children, Group Therapy, Marital/Couples Counseling.	<a href="http://www.staltaro.com">www.staltaro.com</a>
□	Psychological Health & Development Associates, LLC	Wethersfield	860-338-5911	Participates in Anthem/Blue Cross Blue Shield, Cigna Behavioral Health, Husky D and Medicare Managed Care Panels. Also offers an affordable private pay schedule for people who wish to have more flexibility and confidentiality than Managed Care (i.e. insurance) may allow.	Cognitive-Behavioral, Psychodynamic, Systems Theories and Neuropsychological Assessment.	<a href="http://www.psychhealth.net/home.html">www.psychhealth.net/home.html</a>
□	Psychological Health Associates	West Hartford & Danbury	860-233-9772 203-794-1044	Accepts Most Insurances. Please, contact your insurance carrier to determine coverage.	Multiple Providers. Divorce, Anxiety, Neuropsychological Evaluations, and ADHD.	<a href="http://www.psychhealthnet.com">www.psychhealthnet.com</a>
□	Rainbow Center Psychological Services- Ozlem Camli, Ph.D.	Wethersfield	860-529-5229	Anthem, UBH, & Husky.	Developmental Disorders (Preschool & School Age Children), ADHD, Parenting, Family, Women's & LGBT Issues, & Life Transitions.	<a href="http://www.rainbowcenterforchildrenandfamilies.com">www.rainbowcenterforchildrenandfamilies.com</a>
□	Reflections Counseling and Consulting Services, LLC- Kari Ann Greaves-LADC	Wethersfield	860-452-0113	Aetna, Anthem, Blue Care Network, Blue Cross, Blue Shield, Blue Cross and Blue Shield, Cigna, Healthy CT, Husky, Medicaid, Solutions EAP, & Out of Network.	Adolescents/Teenagers (14 to 19) and Adults. Drug & Alcohol Counselor	<a href="http://www.psychologytoday.com/us/therapists/kari-ann-greaves-wethersfield-ct/232721">www.psychologytoday.com/us/therapists/kari-ann-greaves-wethersfield-ct/232721</a>
□	Village, The, for Families and Children	Greater Hartford, including Manchester, Meriden, Middletown, & Bloomfield.	860-882-6406	No one will be denied access to services due to inability to pay. There is a discounted/sliding fee schedule for programs.	Provides a full range of behavioral health treatment and support services for children, families and adults – including parenting education classes, outpatient mental health therapy, substance abuse treatment, and foster care and adoption.	<a href="http://www.thevillage.org">www.thevillage.org</a>
□	Weis, Dina-Ph.D. Formerly: Dina Zekowski	Middletown & West Hartford	860-347-9911 Ext. 401	UHC, Oxford, MHN, Aetna, BCBS, Magellan, Value Options, & Cigna.	General, and Anxiety.	N/A

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**Preferred Psychiatry Providers**

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<input type="checkbox"/> Auja, Akashdeep-MD	Wethersfield	860-757-3940	BCBS, Cigna and Aetna	Child and Adolescent Psychiatry	Not accepting new patients until February of 2019. Evening & Saturday Appointments Available
<input type="checkbox"/> Carbonari, Claudia-MD	Glastonbury	860-633-9522	Self-Pay Only	Autism Spectrum, ADHD	Only accepting new clients on a case-by-case basis
<input type="checkbox"/> Central Connecticut Behavioral Health, LLC Cromshaw, Richard-Ph.D., APRN- Can Prescribe	Rocky Hill	860-996-1569	No ConnectiCare, Oxford, United Health Care, Wellcare and Optum.	Only see patients 18 and older for general Psychiatry.	<a href="https://central-connecticut-behavioral-health-llc.business.site/">https://central-connecticut-behavioral-health-llc.business.site/</a>
<input type="checkbox"/> IOL-Child and Adolescent Outpatient Care	Hartford	860-545-7239	Medicaid & Commercial Insurances. Sliding fee scale is available.	Clinical Services Include: Assessment, Individual Psychotherapy and Case Management, Group Therapy, Family Therapy, Medication Clinic, Substance Abuse Consultation, Multifamily Groups, Outreach Services, and Bilingual/Bicultural Services	A parent needs to call to do the screening.
<input type="checkbox"/> Jewish Family Services Gurender Sahani-MD	West Hartford	860-236-1927	Aetna, BCBS, Cigna, ConnectiCare, Husky, Oxford, Tricare, United Health Care	Counseling Services for Children, Families, Individuals & Seniors	<a href="http://www.ifshartford.org">www.ifshartford.org</a>
<input type="checkbox"/> Karabelnik, Lisa-MD	West Hartford	860-521-3380	Out-of-network provider. Please contact your insurance company for details	Child, Adolescent and Adult Psychiatry	<a href="http://www.drkarabelnik.com">www.drkarabelnik.com</a>
<input type="checkbox"/> Manchester Hospital Behavioral Health: Campbell, Marion "Joy"-APRN/Prescribes Kaur, Manpreet-MD Pesce, Trisha-MD	Manchester	860-647-6827	No Tricare, but accepts most other insurances	Child and Adolescent Psychiatry	"All new patients start at 2 Guard Street, Manchester". Takes 5 and above. For 12 and above, open access each day at 11:00 a.m., Monday thru Friday, at: Manchester Hospital 71 Haynes St., Manchester, but separate entrance on 2 Guard St. (near the basketball hoop), Manchester. Ages 5-11, call for an appointment. Not taking new patients until November of 2019

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<input type="checkbox"/> Middlesex Hospital Family Advocacy Program-Gouta, Hanady-MD	Middletown	860-358-3404	Accepts all Insurances	Child & Adolescent Psychiatry	Takes patients that reside in Middlesex County (Chester, Clinton, Cromwell, Deep River, Durham, East Haddam, East Hampton, Essex, Haddam, Killingworth, Middlefield, Middletown, Portland, Old Saybrook, and Westbrook). Employees of Middlesex Hospital or their Family Members also accepted.
<input type="checkbox"/> Parvez, Rizwan-MD	Glastonbury	203-903-4649	Self-Pay Only	Ages 6 and above for Child, Adolescent and Adult Psychiatry	In Glastonbury Monday and Thursday afternoons. Also has an office in Fairfield.
<input type="checkbox"/> Qureshi, Osman-MD	South Windsor	860-337-7818	Accepts Self-Pay, Anthem BCBS and Aetna Only	Ages 13 to 50 for Anxiety, Depression, Eating Disorders, and Bipolar	09/13/19-Not accepting patients at this time, but you can call to see if that changed.
<input type="checkbox"/> Spector, Steven-MD	Plantsville & West Hartford	860-321-2055	BCBS accepted. Insurance can change; please double check when making an appointment	Child & Adolescent Psychiatry	Please contact by telephone.
<input type="checkbox"/> UCONN Psychiatry Department	Farmington	860-523-3745	Accepts all Insurances	Ages 6-17 ADHD/Trauma/Individual & Group Therapy, & Medication Management	<a href="http://health.uconn.edu/psychiatry">http://health.uconn.edu/psychiatry</a>
<input type="checkbox"/> Winokur Psychiatry, LLC Winokur, David-MD	West Hartford	860-251-9453	Self-Pay Only	Ages 5 and Above Child, Adolescent & General Psychiatry	Please contact by telephone

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**Preferred Crisis/Emergent/Urgent**

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<input type="checkbox"/> 211-Emergency Mobile Crisis Intervention Services	State of Connecticut	211	Free Initial Assessment	Monday thru Friday: 6:00 a.m. to 10:00 p.m.- Excludes Holidays Weekends and Holidays: 1:00 p.m. to 10:00 p.m. Calls after 10:00 p.m.: Will Get an On-Call Clinician	<a href="http://www.211ct.org">www.211ct.org</a>
<input type="checkbox"/> Domestic Violence Hotline/Thehotline.org	National	800-799-7233	Free Service	Domestic Violence	<a href="http://www.thehotline.org">www.thehotline.org</a>
<input type="checkbox"/> InterCommunity Behavioral Health Services	East Hartford	860-569-5900	Accepts all Insurances	Mental Health & Addiction Services Walk-In Care Available	<a href="http://www.intercommunityct.org/behavioral-health/">www.intercommunityct.org/behavioral-health/</a>
<input type="checkbox"/> National Suicide Prevention Lifeline/Lifeline Chat	National	800-273-TALK (8255)	Free Service	Suicide Prevention	<a href="http://www.suicidepreventionlifeline.org/chat">www.suicidepreventionlifeline.org/chat</a>
<input type="checkbox"/> Rushford	Avon, Cheshire, Glastonbury, Meriden, & Middletown	877-577-3233	Accepts most insurances	In Patient & Partial Hospital	<a href="http://www.rushford.org">www.rushford.org</a>
<input type="checkbox"/> Wheeler Clinic	Plainville	888-793-3500	Accepts all Insurances	Mental Health & Substance Abuse Clinic Walk-In Care Available	<a href="http://www.wheelerclinic.org">www.wheelerclinic.org</a>

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**Preferred Family Support**

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<input type="checkbox"/> Connecticut Children's Office for Community Child Health	Hartford	860-545-9000	Call the department needed directly to see if there is a charge	Oversees a variety of community oriented programs that address a wide range of factors that influence children's healthy development. Traditional areas of child health services, family support, early care and education. Also touch other sectors including food and nutrition, housing, economic development, child welfare, and transportation.	<a href="http://www.connecticutchildrens.org/community-child-health/">www.connecticutchildrens.org/community-child-health/</a>
<input type="checkbox"/> CT Children's Center for Care Coordination-Allison Wilson	Hartford	860-837-6200	Services are free to all families with children up to age 21	Complex Medical Conditions, Autism Spectrum Disorders, Developmental Delays, Behavioral/Mental Health Conditions, Vulnerable or at risk due to family, housing, economic, and/or social factors.	<a href="http://www.connecticutchildrens.org/community-child-health/center-care-coordination/">www.connecticutchildrens.org/community-child-health/center-care-coordination/</a>
<input type="checkbox"/> CT Family Support Network-Patricia Stavola	Multiple Regions for CT	877-376-2329	Services are Free	Helps families raising children with disabilities and special healthcare needs.	<a href="http://www.ctfsn.org">www.ctfsn.org</a>
<input type="checkbox"/> Positive Parenting Program (Triple P)-Dee Chadwell, Program Supervisor	Serving New Britain & Hartford DCF Families	860-243-4418	Services are Free	In home program designed to help parents become resourceful problem solvers with an evidence-based parenting curriculum.	<a href="http://www.klingberg.org">www.klingberg.org</a>

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