

Preferred Therapists

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	Name/Facility	Location	Phone #	Insurance	Specialty	Miscellaneous
<input type="checkbox"/>	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.	www.bridgefamilycenter.org
<input type="checkbox"/>	Bunk, Grueneberg & Associates-Ilene Grueneberg, Ph.D.	Glastonbury	860-657-8868	Husky, Medicare, UBH, Aetna & BCBS.	Adoption, Attachment and ADHD.	N/A
<input type="checkbox"/>	Genser, Geoff-LCSW, LLC	Farmington	860-570-0877	Anthem BCBS, Aetna & Husky. Please know the details of your coverage including deductible and/or copayment prior to your first appointment.	Focus is on treating adolescents and young adults (Ages 17-25) and engaging the supports of the family, the school, and the community in their growth and development. Depression, Anxiety and Obsessive Thinking Patterns, ADHD, Family/Peer Relationship Difficulties, GLBT Teens, Self-Esteem and Motivation Difficulties, Academic Problems, Developing Life Skills, and Planning for the Future.	www.ggclinical.com
<input type="checkbox"/>	Glastonbury Youth & Family Services-Lori LaCapra	Glastonbury	860-652-7673	Services are provided free of charge, but see next column fo full details.	Monday thru Friday 8:00 a.m. to 4:30 p.m. Parent to submit an online request for services or call; follow link provided in the next column. Services are available for Glastonbury's youth and young adults (21 and under) and their families, as well as for all students who attend Glastonbury schools.	www.glastonburyct.gov/departments/department-directory-i-z/youth-and-family-services/clinical-services
<input type="checkbox"/>	Hopewell Health Solutions-Kristine Schlichting, Ph.D.	South Glastonbury & West Hartford	860-946-0447	BCBS, Husky, Aetna, United, & Value Options.	Anxiety, Depression, Behavioral Issues, Parenting, Group Therapy, Autism. Works with adults, as well.	www.hopewellhealthsolutions.com
<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.	www.marclehmanlmft.com

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□	Middlesex Hospital Family Advocacy Program	Middletown	860-358-3404	Accepts all Insurances.	Child & Adolescent.	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.
□	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.	www.rainbowcenterforchildrenandfamilies.com
□	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.	www.thevillage.org
□	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
□	Weiss, Daniel E.-Psy.D.- Spectrum Psychotherapy Centers, LLC	Windsor	860-688-6767	Accepts Most Insurances Including Medicaid. NO Medicare or Tricare. Please, contact your insurance carrier to determine coverage.	Ages 4 and above. Anxiety/Depression, Social Skills Training, ADHD, and Pervasive Developmental Disorders.	danweiss.psyd@gmail.com

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Preferred Psychiatry Providers

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<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
<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	09/08/21-Not accepting patients at this time, but you can call to see if that changed. Might start taking patients December of 2021.
<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"/> 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	www.211ct.org
<input type="checkbox"/> Domestic Violence Hotline/Thehotline.org	National	800-799-7233	Free Service	Domestic Violence	www.thehotline.org
<input type="checkbox"/> InterCommunity Behavioral Health Services	East Hartford	860-569-5900	Accepts all Insurances	Mental Health & Addiction Services Walk-In Care Available	www.intercommunityct.org/behavioral-health/
<input type="checkbox"/> National Suicide Prevention Lifeline/Lifeline Chat	National	800-273-TALK (8255)	Free Service	Suicide Prevention	www.suicidepreventionlifeline.org/chat
<input type="checkbox"/> Rushford	Avon, Cheshire, Glastonbury, Meriden, & Middletown	877-577-3233	Accepts most insurances	In Patient & Partial Hospital	www.rushford.org
<input type="checkbox"/> Wheeler Clinic	Plainville	888-793-3500	Accepts all Insurances	Mental Health & Substance Abuse Clinic Walk-In Care Available	www.wheelerclinic.org

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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.	www.connecticutchildrens.org/community-child-health/
<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.	www.connecticutchildrens.org/community-child-health/center-care-coordination/
<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.	www.ctfsn.org
<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.	www.klingberg.org

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