



# Children's Mental Health Resource Guide for Cape Cod



This Resource guide was funded by the Massachusetts Department of Education through an Early Childhood Mental Health Project Grant awarded to The Early Childhood Community Partnership Council of Sandwich.





## Children's Mental Health Resource Guide for Cape Cod

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### **About this Guide**

This resource guide was compiled in an effort to assist Cape Cod parents find the right kind of mental health support for their child. Within, you will find psychologists, counselors and social workers who have been trained to and have experience in working with children. Each individual listing includes contact information, insurance and payment information, specialties and, in most case, a description of the type of services that individual provides. Next, you will find providers sorted by payment method as well as area of expertise for easy reference. Finally, there are toll-free numbers and websites for many common childhood mental health concerns compiled at the end of this book. Our hope is that this information will make the maze of children's mental health much easier to navigate.

\*Please note that this is NOT an exhaustive list of all providers on the Cape, nor is it an endorsement of any particular practitioner. Any changes, updates or additions can be emailed at anytime to [lmellilo@sandwich.k12.ma.us](mailto:lmellilo@sandwich.k12.ma.us). Updates to the directory will be made when additional funds are available to do so.

### **Where to Begin**

If you are concerned about your child's behavior, attitude or emotional state, you may be interested in seeking support from a professional. A good place to start is by talking to your child's pediatrician and/or teacher. The public school system for your town also has mental health professionals who may be able to provide direction and support. Try contacting the school psychologist, social worker, adjustment counselor, nurse or Director of Special Education. If your child is under the age of 3, contact Early Intervention through Cape Cod Child Development at (800)-974-8860. Phone numbers for the Cape school districts follow:

Barnstable	790-9802	Bourne	759-0660
Brewster	896-4545	Chatham	945-5135
Dennis	398-7600	Eastham	255-0808
Falmouth	548-0151	Harwich	548-0151 x111
Mashpee	539-1503	Orleans	255-0380
Provincetown	487-5000	Sandwich	888-3666
Truro	349-3101	Yarmouth	398-7600
Wellfleet	349-3101		

### Next Steps

Use the indices in the back of this guide to help search for a practitioner based on a particular area of concern or based upon the type of insurance that you have. Practitioners are listed alphabetically in the middle section. Please note that when “multiple private insurance companies” is listed as a payment option, you will still need to verify with your insurance company if that person is covered. Finally, in the final pages of the guide, you will find phone numbers and websites for local and national organizations that specialize in support for a given area of mental health.

### Alphabet Soup

Below are several initials that you may find following a counselor’s name along with a description of what the letters stand for:

#### **L.P.C. (or L.M.H.C., D.A.C., M.F.C.C.)**

Licensed professional counselor or licensed mental health counselor. A licensing qualification granted to those with a requisite academic degree and additional clinical work experience.

#### **M.A. (or M.S., M.Ed.)**

Master of arts, master of science or Master of Education is an academic degree, which can be earned in counseling, psychology or related fields. Many counselors and social workers hold an M.A., and many Ph.D. psychologists earn a master's en route to earning their doctorate degree.

#### **M.D.**

Psychiatrists are medical doctors, (M.D.s), who, after completing medical school, receive an additional four years of specialized mental health training. Psychiatrists can treat the full range of emotional and mental disorders, and are licensed to prescribe medication.

#### **M.F.T. (Also the M.F.C.C., L.M.F.T.)**

Marriage and family therapist or marriage, family and child counselor. These professionals work with individuals in the context of family relationships. The L.M.F.T., licensed marriage and family therapist, has a requisite academic degree and clinical work experience.

#### **M.S.W. (Also the L.C.S.W., L.M.S.W., A.C.S.W., L.C.S., L.I.C.S.W., C.S.W.)**

Master of social work. A social worker works with an individual in the context of the wider community.

#### **Ph.D.**

Doctor of philosophy. A Ph.D. in psychology in particular prepares psychologists in theory as well as statistics and data gathering. Psychologists with a Ph.D. are also fully trained in the assessment and treatment of all behavioral disorders, from anxiety and depression to anger and resentment.

#### **Psy.D.**

Doctor of psychology. Psychologists with a Psy.D. degree focus on therapy and counseling rather than research.

#### **A.P.R.N., A.P.N., A.R.N.P.P., or .M.H.N.**

Advanced practice registered nurses (A.P.R.N.) have a master's degree in psychiatric-mental health nursing. These nurses are eligible for licensure as therapists.

#### **C.A.G.S.**

Certificate of Advanced Graduate Study. Typically two years beyond a Master’s degree leading to certification in an area such as Guidance Counseling, School Psychology, or School Administration.

#### **Ed.D.**

Doctorate of education. Professionals with Ed.Ds practice therapy just as those with Ph.Ds. Many of these professionals are trained in child development and education, sometimes with a focus on educational planning and assessment. Some work as school superintendents, principals or directors of nonprofit organizations.

**Dr. Mary Acunzo - Ph.D.**  
93 Route 6A - Sandwich  
888-6869

***Neuropsychological assessment of Attention and Learning Disabilities and follow-up with schools.***

**Payment Options:** multiple private insurance companies.

**Trained/Experienced in:** Cognitive, Psychological and/or Neuropsychological Testing.

### **Allied Health Providers**

West Barnstable, Brewster & North Falmouth  
800-763-7777

**Payment Options:** multiple private insurance companies.

**Trained/Experienced in:** Cognitive, Psychological and/or Neuropsychological Testing, Medication Management, General Counseling, Learning Disabilities, Asperger's, Autism, Behavioral Difficulties, ADD, ADHD, Anxiety, Phobias, Depression, Bipolar Disorder, Divorce, Blended Families, Addiction, Parent Support.

**Barnstable Counseling Associates**  
923 Route 6A - Yarmouthport  
362-4250

***Provides individual counseling and medication management.***

**Payment Options:** multiple private insurance companies.

**Trained/Experienced in:** Medication Management, General Counseling, Asperger's, Autism, Behavioral Difficulties, ADD, ADHD, Anxiety, Phobias, Depression, Bipolar Disorder, Victims of Abuse or Violence, Grief, Loss, Divorce, Blended Families, Eating Disorders, Addiction, Adoption, Parent Support.

**Bayview Associates Counseling**  
Hyannis & Orleans  
862-0514

**Payment Options:** Mass Health, multiple private insurance companies.

**Trained/Experienced in:** Medication Management, General Counseling, Learning Disabilities, Asperger's, Autism, Behavioral Difficulties, ADD, ADHD, Anxiety, Phobias, Depression, Bipolar Disorder, Victims of Abuse or Violence, Grief, Loss, Divorce, Blended Families, Eating Disorders, Addiction, Adoption, Parent Support.

**Jane Beatty - LMHC, AAT**  
270 Communications Way - Hyannis  
957-0244

***Child and Adolescent Counselor at the Grief Support Center for Hospice & Palliative Care of Cape Cod.***

**Payment Options:** Fee Adjusted Based Upon Ability to Pay, multiple private insurance companies.

**Trained/Experienced in:** General Counseling, Grief and Loss.

**Behavioral Psychiatric and Psychological Services**  
275 Millway - Barnstable  
880-6868

***Provides counseling and psychotherapy - multiple therapists in practice.***

**Payment Options:** multiple private insurance companies.

**Trained/Experienced in:** Medication Management, General Counseling, Learning Disabilities, Asperger's, Autism, Behavioral Difficulties, ADD, ADHD, Anxiety, Phobias, Depression, Bipolar Disorder, Grief, Loss, Divorce, Blended Families, Addiction, Adoption, Parent Support.

**Barbara Blair - LICSW**  
230 Main Street - Falmouth  
457-7509

*Working with individuals, couples and families, including children from age three through adolescence. Working from a family systems perspective, I apply cognitive behavioral therapy and utilize expressive therapies, including play therapy, artwork and sandplay.*

**Payment Options:** Fee Adjusted Based Upon Ability to Pay, multiple private insurance companies.

**Trained/Experienced in:** General Counseling, Behavioral Difficulties, ADD, ADHD, Anxiety, Phobias, Depression, Bipolar Disorder, , Grief, Loss, Divorce, Blended Families, Eating Disorders, Adoption, Parent Support.

**Dr. David Callahan - LCP**  
449 Route 130, Suite 12 - Sandwich  
888-7744

*Consultative diagnostic evaluations, assisting providers in determining appropriate focus of treatment and intervention. Receives referrals from many area psychiatrists, agencies and school systems for clarification of children's needs based on both neuropsychological and psychiatric disabilities such as ADD/ADHD, Bipolar Disorder and learning disabilities.*

**Payment Options:** Mass Health, private insurance companies.

**Trained/Experienced in:** Cognitive, Psychological and/or Neuropsychological Testing, General Counseling, Learning Disabilities, Asperger's, Autism, Behavioral Difficulties, ADD, ADHD, Anxiety, Phobias, Depression, Bipolar Disorder, Victims of Abuse or Violence, Grief, Loss, Divorce, Blended Families, Addiction, Adoption, Parent Support.

**Cape Cod Human Services**  
Hyannis, Falmouth & Orleans  
790-3433

[www.capecodhealth.org](http://www.capecodhealth.org)

**Payment Options:** Mass Health, multiple private insurance companies.

**Trained/Experienced in:** Referral Services, Medication Management, General Counseling, Learning Disabilities, Asperger's, Autism, Behavioral Difficulties, ADD, ADHD, Anxiety, Phobias, Depression, Bipolar Disorder, Victims of Abuse or Violence, Grief, Loss, Divorce, Blended Families, Eating Disorders, Addiction, Adoption, Parent Support.

**CapeNet - LICSW**  
1019 Route 132 - Hyannis  
778-1839

*Provides referrals, assessments, and interventions to child victims age 0-15, who have been sexually abused, seriously physically assaulted, and/or witnessed family violence. Services are also provided to non-offending parents and family members (parent groups available).*

**Payment Options:** free care available

**Trained/Experienced in:** Referral Services, Victims of Abuse or Violence, Parent Support.

**Dr. Byron Cargill - Ph.D.**  
218 West Main Street - Hyannis  
778-9190

*My area of specialization includes cognitive-behavioral treatment of anxiety and depressive disorders with children aged six years and older. I will refer to prescribing providers if indicated and work with pediatricians to coordinate care.*

**Payment Options:** Mass Health, private insurance companies.

**Trained/Experienced in:** Cognitive, Psychological and/or Neuropsychological Testing, General Counseling, Asperger's, Autism, Behavioral Difficulties, ADD, ADHD, Anxiety, Phobias, Depression, Bipolar Disorder, Divorce, Blended Families, Adoption, Parent Support.

**Catholic Social Services**  
261 South Street - Hyannis  
771-6771

*Will refer to area services and staffs a counselor who speaks Portuguese.*

**Payment Options:** Fee Adjusted Based Upon Ability to Pay.

**Trained/Experienced in:** Referral Services, General Counseling.

**Center for Family Therapy:**

**Carol Sattler, LMHC; Sheila Gordon, LICSW; Kathleen Smith-Brown, LMFT; Eva Macaluso, LMHC**  
2 Oak Street Suite 201 - Mashpee Commons  
539-0221

*General counseling for families and children. Dialectical Behavioral Groups for Adolescent Girls with eating disorders and self-mutilating behaviors.*

**Payment Options:** Fee Adjusted Based Upon Ability to Pay, multiple private insurance companies.

**Trained/Experienced in:** General Counseling, Learning Disabilities, Behavioral Difficulties, ADD, ADHD, Anxiety, Phobias, Depression, Bipolar Disorder, Victims of Abuse or Violence, Grief, Loss, Divorce, Blended Families. Eating Disorders. Addiction. Adoption. Parent Support.

**Child & Family Services of Cape Cod**

1019 Route 132 - Hyannis  
778-1839  
www.cfsservices.org

*Offers comprehensive mental health and child welfare services to children, adults, families and those with special needs.*

**Payment Options:** multiple private insurance companies.

**Trained/Experienced in:** Referral Services, Cognitive, Psychological and/or Neuropsychological Testing, General Counseling, Behavioral Difficulties, Anxiety, Phobias, Depression, Bipolar Disorder, Victims of Abuse or Violence, Grief, Loss, Divorce, Blended Families, Addiction, Adoption, Parent Support.

**Dr. William D'Amico - PhD Psych Lic**

North Falmouth, West Barnstable  
563-7805

*Helping patients, their families and physicians manage cognitive, psychophysiological, behavioral and emotional factors involved in psychological conditions. Specializing in diagnosis and treatment of ADD/ADHD, anxiety, phobias, depression, stress and pain management.*

**Payment Options:** Fee Adjusted Based Upon Ability to Pay, Mass Health, multiple private insurance companies.

**Trained/Experienced in:** , Cognitive, Psychological and/or Neuropsychological Testing, ADD, ADHD, Anxiety, Phobias, Depression, Bipolar Disorder.

**Carol DiFalco - MS**

121 Lakeshore Drive - East Falmouth  
654-0267

*Specializing in work with young children with a focus on teaching parenting skills and behavior modification. Work with new and expecting parents around pregnancy loss and difficult pregnancies.*

**Payment Options:** Fee Adjusted Based Upon Ability to Pay.

**Trained/Experienced in:** General Counseling, Asperger's, Autism, Behavioral Difficulties, ADD, ADHD, Anxiety, Phobias, Depression, Bipolar Disorder, Victims of Abuse or Violence, Grief, Loss, Divorce, Blended Families, Eating Disorders, Adoption, Parent Support.

**EEG Biofeedback of Cape Cod - Lic. Psychologist**

634 North Falmouth Highway - North Falmouth  
563-1850  
www.eegbiofeedbackcapecod.com

*Provides neurofeedback treatment for conditions involving brain dysfunction (ADD/ADHD, sleep disorders, Tourette's, anxiety and head injury). Quantitative EEG and brain mapping.*

**Payment Options:** Fee Adjusted Based Upon Ability to Pay, Mass Health, multiple private insurance companies.

**Trained/Experienced in:** Asperger's, Autism, ADD, ADHD, Anxiety, Phobias.

**Family Oriented Counseling Services (FOCUS) - LICSW**

133 Rte 28, Shellback Place Building I, Suite F - Mashpee  
477-7499

*Individual, Couples & Family Counseling, Play Therapy and Psychotherapy Groups*

**Payment Options:** multiple private insurance companies

**Trained/Experienced in:** General Counseling, Anxiety, Phobias, Depression, Bipolar Disorder, Grief, Loss, Divorce, Blended Families, Eating Disorders, Addiction, Parent Support.

**Family TIES of Massachusetts - Joanne Spencer**

5 Randolph Street - Canton  
(781)774-6740

www.massfamilyties.org

**Payment Options:** free service

**Trained/Experienced in:** Referral Agency, Parent Support.

**Carol Fortune – LICSW**

230 Route 149 - Marstons Mills  
776-1317

**General counseling for children, adolescents and adults individually and in the family context.**

**Payment Options:** multiple private insurance companies.

**Trained/Experienced in:** General Counseling, Learning Disabilities, Behavioral Difficulties, ADD, ADHD, Anxiety, Phobias, Depression, Bipolar Disorder, Victims of Abuse or Violence, Grief, Loss, Divorce, Blended Families, Addiction, Adoption, Parent Support.

**Robert Fournier - LICSW**

901 Main Street - Osterville  
477-1676

**Specializes in work with Post-Traumatic Stress Disorder, anxiety disorders, suicide risk and suicide bereavement.**

**Payment Options:** Fee Adjusted Based Upon Ability to Pay, multiple private insurance companies.

**Trained/Experienced in:** Suicide, General Counseling, ADD, ADHD, Anxiety, Phobias, Depression, Bipolar Disorder, Victims of Abuse or Violence, Grief, Loss, Divorce, Blended Families, Adoption, Parent Support.

**Diana Gavoni - MSW, LCSW**

46 Chipman Road - Sandwich  
648-0366

**The goal of my practice is to support and encourage parents and children to re-gain control, peace and harmony within the family unit. My primary focus and main clinical technique is behavioral change.**

**Payment Options:** Fee Adjusted Based Upon Ability to Pay.

**Trained/Experienced in:** General Counseling, Learning Disabilities, Asperger's, Autism, Behavioral Difficulties, ADD, ADHD, Anxiety, Phobias, Depression, Bipolar Disorder, Victims of Abuse or Violence, Grief, Loss, Divorce, Blended Families, Eating Disorders, Adoption, Parent Support.

**Gosnold on Cape Cod**

Falmouth, Pocasset, Centerville, Mashpee, Provincetown  
800-444-1554

www.gosnold.org

**Payment Options:** Fee Adjusted Based Upon Ability to Pay, Mass Health, multiple private insurance companies.

**Trained/Experienced in:** Referral Services, Cognitive, Psychological and/or Neuropsychological Testing, Medication Management, General Counseling, Learning Disabilities, Asperger's, Autism, Behavioral Difficulties, ADD, ADHD, Anxiety, Phobias, Depression, Bipolar Disorder, Victims of Abuse or Violence, Grief, Loss, Divorce, Blended Families, Eating Disorders, Addiction, Adoption, Parent Support.

**Dr. John Harrington**

118A Waterhouse Road - Bourne  
759-7119

**General counseling, psychotherapy and family therapy.**

**Payment Options:** Mass Health, multiple private insurance companies.

**Trained/Experienced in:** General Counseling, Learning Disabilities, Asperger's, Autism, Behavioral Difficulties, ADD, ADHD, Anxiety, Phobias, Depression, Bipolar Disorder, Victims of Abuse or Violence, Grief, Loss, Divorce, Blended Families, Addiction, Adoption, Parent Support.

**Dr. Wayne Klein** - Neuropsychologist  
RHCI – Heritage Plaza 280D Route 130 – Sandwich  
833-4121

*Neuropsychological assessment of children ages 5 and up.*

**Payment Options:** Mass Health, private insurance companies.

**Trained/Experienced in:** Cognitive and Neuropsychological Testing.

**Barbara Maurer** - LMFT  
901 Main Street - Osterville  
428-5849

*Over 20 years experience helping hundreds of children, couples and families achieve improved parenting, communication, conflict resolution and family organization. Experience in life cycle issues of separation, divorces, remarriage and step family blending.*

**Payment Options:** Fee Adjusted Based Upon Ability to Pay, multiple private insurance companies.

**Trained/Experienced in:** General Counseling, Behavioral Difficulties, ADD, ADHD, Anxiety, Phobias, Depression, Bipolar Disorder, Grief, Loss, Divorce, Blended Families, Eating Disorders, Addiction, Parent Support.

**Jacqueline May-Corso**  
Capewide  
362-4435

[www.corsoyogatherapy.com](http://www.corsoyogatherapy.com)

*Combines psychotherapy and rehabilitation counseling with yoga techniques (breathing, relaxation, meditation and postures) in the treatment of physical, emotional and cognitive concerns.*

**Payment Options:** Fee Adjusted Based Upon Ability to Pay.

**Trained/Experienced in:** General Counseling, Learning Disabilities, Behavioral Difficulties, ADD, ADHD, Anxiety, Phobias, Depression, Bipolar Disorder, Victims of Abuse or Violence, Grief, Loss, Divorce, Blended Families, Eating Disorders, Addiction, Parent Support.

**Susie McIntyre** - C.E.I.S.  
Mashpee, Sandwich, Villages of Barnstable  
776-6303  
[susiemcintyre@comcast.net](mailto:susiemcintyre@comcast.net)

*Certified Early Intervention Specialist providing in home professional services for children (birth to age 4) experiencing issues with behavior, feeding skills/habits, play skills and developmental milestones.*

**Payment Options:** Fee Adjusted Based Upon Ability to Pay.

**Trained/Experienced in:** General Counseling, Asperger's, Autism, Behavioral Difficulties, Eating Disorders, Parent Support.

**MSPCC Family Counseling Center**  
206 Breeds Hill Road - Hyannis  
775-0275

*Multiple practitioners including Spanish and Portuguese-speaking therapists.*

**Payment Options:** Fee Adjusted Based Upon Ability to Pay, Mass Health, multiple private insurance companies.

**Trained/Experienced in:** Referral Services, Psychological Testing, Medication Management, General Counseling, Learning Disabilities, Asperger's, Autism, Behavioral Difficulties, ADD, ADHD, Anxiety, Phobias, Depression, Bipolar Disorder, Victims of Abuse or Violence, Grief, Loss, Divorce, Blended Families, Eating Disorders, Addiction, Adoption, Parent Support.

**Dr. Anthony Palumbo** - PhD, LICSW, CPTS  
Wareham & Hyannis  
295-4529  
[www.dr.silly.com](http://www.dr.silly.com)

*Play therapy for a variety of traumatic conditions, family-friendly. Sees patients in Hyannis, Wareham and through outreach in their homes.*

**Payment Options:** Fee Adjusted Based Upon Ability to Pay, Mass Health, multiple private insurance companies.

**Trained/Experienced in:** Cognitive, Psychological and/or Neuropsychological Testing, General Counseling, Learning Disabilities, Asperger's, Autism, Behavioral Difficulties, ADD, ADHD, Anxiety, Phobias, Depression, Bipolar Disorder, Victims of Abuse or Violence, Grief, Loss, Divorce, Blended Families, Addiction, Parent Support.

**Pare & Associates - LICSW, LMHC, PHD, Ph D**  
Yarmouth & Mashpee  
775-0719

***Family and individual counseling on an outreach basis in the family home.***

**Payment Options:** Fee Adjusted Based Upon Ability to Pay, Mass Health, multiple private insurance companies.

**Trained/Experienced in:** Medication Management, General Counseling, Learning Disabilities, Asperger's, Autism, Behavioral Difficulties, ADD, ADHD, Anxiety, Phobias, Depression, Bipolar Disorder, Victims of Abuse or Violence, Grief, Loss, Divorce, Blended Families, Addiction, Adoption, Parent Support.

**Dr. David Presnall - Licensed Psychologist**  
2325 Baystate Court - Brewster  
30 Higgins Crowell Road - West Yarmouth  
240-7964 x211

***Specialize in psych testing with child and adol cognitive behavioral therapy approach differential diagnosis.***

**Payment Options:** Fee Adjusted Based Upon Ability to Pay, Mass Health, multiple private insurance companies.

**Trained/Experienced in:** Cognitive, Psychological and/or Neuropsychological Testing, General Counseling, Learning Disabilities, Asperger's, Autism, Behavioral Difficulties, ADD, ADHD, Anxiety, Phobias, Depression, Bipolar Disorder, Victims of Abuse or Violence, Grief, Loss, Divorce, Blended Families, Adoption, Parent Support.

**Psychiatric Assessment Team (PAT)**  
27 Park Street - Hyannis  
(800)513-4728  
www.capecodhealth.org

**Payment Options:** free care available, Fee Adjusted Based Upon Ability to Pay, Mass Health, multiple private insurance companies.

**Trained/Experienced in:** Referral Services, General Counseling, Learning Disabilities, Asperger's, Autism, Behavioral Difficulties, ADD, ADHD, Anxiety, Phobias, Depression, Bipolar Disorder, Victims of Abuse or Violence, Grief, Loss, Divorce, Blended Families, Eating Disorders, Addiction, Adoption, Parent Support.

**Psychiatric Services at Cape Cod Hospital**  
27 Park Street - Hyannis  
790-3433

www.capecodhealth.org

**Payment Options:** free care available, Fee Adjusted Based Upon Ability to Pay, Mass Health, multiple private insurance companies.

**Trained/Experienced in:** Referral Services, Medication Management, General Counseling, Learning Disabilities, Asperger's, Autism, Behavioral Difficulties, ADD, ADHD, Anxiety, Phobias, Depression, Bipolar Disorder, Victims of Abuse or Violence, Grief, Loss, Divorce, Blended Families, Eating Disorders, Addiction, Adoption, Parent Support.

**Psychology Associates**  
449 Route 130 Suite 11 - Sandwich  
888-5272

***Group of individually licensed therapists with child and adolescent experience will try to match clinician's expertise with problem,s time and place demands. Work well in short term model and with schools and referring doctors - psychiatric referral inhouse after referral.***

**Payment Options:** Fee Adjusted Based Upon Ability to Pay, Mass Health, multiple private insurance companies.

**Trained/Experienced in:** Cognitive, Psychological and/or Neuropsychological Testing, Medication Management, General Counseling, Learning Disabilities, Asperger's, Autism, Behavioral Difficulties, ADD, ADHD, Anxiety, Phobias, Depression, Bipolar Disorder, Victims of Abuse or Violence, Grief, Loss, Divorce, Blended Families, Eating Disorders, Addiction, Adoption, Parent Support.

**Dr. Marianne Ruggeri - Licensed Clinical Psychologist**  
184 Jones Road Suite 1B - Falmouth  
540-4542

***Background in children's education and psychological expertise.***

**Payment Options:** multiple private insurance companies

**Trained/Experienced in:** General Counseling, Behavioral Difficulties, Anxiety, Phobias, Depression, Bipolar Disorder, Victims of Abuse or Violence, Grief, Loss, Divorce, Blended Families, Eating Disorders, Adoption, Parent Support.

**Safe Passages - Grace Aviles - LMHC**

449 Route 6A - East Sandwich  
833-0462

*Safe Passages offers professional counseling to families and individuals in a simple setting of honesty and respect. It is a confidential place of reprieve to help clients navigate change, healing and growth.*

**Payment Options:** Fee Adjusted Based Upon Ability to Pay, multiple private insurance companies.

**Trained/Experienced in:** Learning Disabilities, Behavioral Disorders, Anxiety and Phobias, Depression and Mood Disorders, Victims of Abuse and Violence, Grief and Loss, Divorce and Remarriage, Adoption, Parent Support.

**South Bay Mental Health**

23 White's Path – South Yarmouth  
800-244-4691

**Payment Options:** Fee Adjusted Based Upon Ability to Pay, Mass Health, multiple private insurance companies.

**Trained/Experienced in:** Referral Services, Psychological Testing, Medication Management, General Counseling, Learning Disabilities, Asperger's, Autism, Behavioral Difficulties, ADD, ADHD, Anxiety, Phobias, Depression, Bipolar Disorder, Victims of Abuse or Violence, Grief, Loss, Divorce, Blended Families, Eating Disorders, Addiction, Adoption, Parent Support.

**Lousie Stebbins – RNCS, APRN**

230 Main Street - Falmouth  
540-7042

*Advanced Practice Nurse with specialty in psychiatry. Psychiatric clinical nurse works with families providing a present-focused, behavioral approach. Specializing in the treatment of mood disorders, eating disorders and ADD/ADHD including medication prescription and management.*

**Payment Options:** Fee Adjusted Based Upon Ability to Pay, multiple private insurance companies.

**Trained/Experienced in:** Medication Management, General Counseling, Behavioral Difficulties, ADD, ADHD, Anxiety, Phobias, Depression, Bipolar Disorder, Grief, Loss, Divorce, Blended Families, Eating Disorders, Parent Support.

**Dr. Gary Tabor – Liscensed Clinical Psychologist**

33 North Main Street - Falmouth  
457-0265

**Payment Options:** Fee Adjusted Based Upon Ability to Pay, multiple private insurance companies.

**Trained/Experienced in:** General Counseling, Learning Disabilities, Asperger's, Autism, Behavioral Difficulties, ADD, ADHD, Anxiety, Phobias, Depression, Bipolar Disorder, Victims of Abuse or Violence, Grief, Loss, Divorce, Blended Families, Addiction, Adoption, Parent Support.

**The Parenting Station:**

**Cindy Horgan – Certificate in Parent Education & Sharianna Boyle-**  
Certified School Psychologist  
South Yarmouth  
394-4978

*Providing support for parents thru workshops, phone support, school visits and home visits.*

**Payment Options:** phone support and workshops free; Fee Adjusted Based Upon Ability to Pay for Home/School Visits.

**Trained/Experienced in:** Referral Services, Parent Support

**Dr. Juris Treibergs - MD Psychiatrist**

Wareham & Plymouth  
747-2705

**Payment Options:** Fee Adjusted Based Upon Ability to Pay, Mass Health, multiple private insurance companies.

**Trained/Experienced in:** Medication Management.

**Beth Wechsler - LICSW**  
9 Steeple Street - Mashpee  
477-0007

***Provides counseling, advocacy and partnership with parents to help manage issues and create a supportive environment.***

**Payment Options:** multiple private insurance companies.

**Trained/Experienced in:** General Counseling, Learning Disabilities, Anxiety, Phobias, Depression, Bipolar Disorder, Grief, Loss, Divorce, Blended Families, Eating Disorders, Addiction, Adoption, Parent Support.

**Whole Child Therapeutic Services:**

**Carol DiFalco & Mary Beth Barnhardt - MS & SLP-CCC**  
Falmouth

654-0267 or 280-0030

cdifalco@medscape.com or mbbarnhardt@juno.com

***Resource and support services for children and families experiencing developmental challenges. Speech and Language Therapy, Emotional and Behavioral Therapy, Parent Support and Educational Services and Children's Social Groups.***

**Payment Options:** Fee Adjusted Based Upon Ability to Pay, multiple private insurance companies.

**Trained/Experienced in:** General Counseling, Learning Disabilities, Asperger's, Autism, Behavioral Difficulties, Parent Support.



***Providers by Payment Option***



**Accepting Private Insurance**

Dr. Mary Acunzo  
Allied Health Providers  
Barnstable Counseling Associates  
Bayview Associates Counseling  
Jane Beatty  
Behavioral Psychiatric/Psychological Ser.  
Barbara Blair  
Dr. David Callahan  
Cape Cod Human Services  
Dr. Byron Cargill  
Center for Family Therapy  
Child & Family Services of Cape Cod  
Dr. William D'Amico  
EEG Biofeedback of Cape Cod  
Carol Fortune  
Robert Fournier  
Gosnold on Cape Cod  
Dr. John Harrington  
Dr. Wayne Klein  
Barbara Maurer  
Dr. Anthony Palumbo  
Pare & Associates  
Dr. David Presnall  
Psychiatric Assessment Team (PAT)  
Psychiatric Services at Cape Cod Hospital  
Psychology Associates  
Dr. Marianne Ruggeri  
South Bay Mental Health  
Lousie Stebbins  
Dr. Gary Tabor  
Dr. Juris Treibergs  
Beth Weschler  
Whole Child Therapeutic Service

**Accepting Mass Health**

Bayview Associates Counseling  
Dr. David Callahan  
Cape Cod Human Services  
Dr. Byron Cargill  
Dr. William D'Amico  
EEG Biofeedback of Cape Cod  
Gosnold on Cape Cod  
Dr. John Harrington  
Dr. Wayne Klein  
MSPCC Family Counseling Center  
Dr. Anthony Palumbo  
Pare & Associates  
Dr. David Presnall  
Psychiatric Assessment Team (PAT)  
Psychiatric Services at Cape Cod Hospital  
Psychology Associates  
South Bay Mental Health  
Dr. Juris Treibergs  
**Fee Adjusted Based Upon Ability to Pay**  
Jane Beatty  
Barbara Blair  
Catholic Social Services  
Center for Family Therapy  
Dr. William D'Amico  
Carol DiFalco  
EEG Biofeedback of Cape Cod  
Robert Fournier  
Diana Gavoni  
Gosnold on Cape Cod  
Barbara Blair  
Jacqueline May-Corso  
Susie McIntyre  
MSPCC Family Counseling Center

**Fee Adjusted Based Upon  
Ability to Pay (cont'd)**

Dr. Anthony Palumbo  
Pare & Associates  
Dr. David Presnall  
Psychiatric Assessment Team (PAT)  
Psychiatric Services at Cape Cod Hospital  
Psychology Associates  
Safe Passages - Grace Aviles  
South Bay Mental Health  
Lousie Stebbins  
Dr. Gary Tabor  
The Parenting Station  
Dr. Juris Treibergs  
Whole Child Therapeutic Services

**Free Care Available**

CapeNet  
MSPCC Family Counseling Center  
Psychiatric Assessment Team (PAT)  
Psychiatric Services at Cape Cod Hospital  
The Parenting Station



*Providers by Area of Specialty*



**ADD & ADHD**

Allied Health Providers  
Barnstable Counseling Associates  
Bayview Associates Counseling  
Behavioral Psychiatric/Psychological Ser.  
Barbara Blair  
Dr. David Callahan  
Cape Cod Human Services  
Dr. Byron Cargill  
Center for Family Therapy  
Dr. William  
Carol DiFalco  
EEG Biofeedback of Cape Cod  
Carol Fortune  
Robert Fournier  
Diana Gavoni  
Gosnold on Cape Cod  
Dr. John Harrington  
Barbara Maurer  
Jacqueline May-Corso  
MSPCC Family Counseling Center  
Dr. Anthony Palumbo  
Pare & Associates  
Dr. David Presnall  
Psychiatric Assessment Team (PAT)  
Psychiatric Services at Cape Cod Hospital  
Psychology Associates  
South Bay Mental Health  
Lousie Stebbins  
Dr. Gary Tabor

**Addiction**

Allied Health Providers  
Barnstable Counseling Associates

Bayview Associates Counseling  
Behavioral Psychiatric/Psychological Ser.  
Dr. David Callahan  
Cape Cod Human Services  
Center for Family Therapy  
Child & Family Services of Cape Cod  
Family Oriented Counseling Services  
Carol Fortune  
Gosnold on Cape Cod  
Dr. John Harrington  
Barbara Maurer  
Jacqueline May-Corso  
MSPCC Family Counseling Center  
Dr. Anthony Palumbo  
Pare & Associates  
Psychiatric Assessment Team (PAT)  
Psychiatric Services at Cape Cod Hospital  
Psychology Associates  
South Bay Mental Health  
Dr. Gary Tabor  
Beth Wechsler

**Adoption**

Barnstable Counseling Associates  
Bayview Associates Counseling  
Behavioral Psychiatric/Psychological Ser.  
Barbara Blair  
Dr. David Callahan  
Cape Cod Human Services  
Dr. Byron Cargill  
Center for Family Therapy  
Child & Family Services of Cape Cod  
Carol DiFalco  
Carol Fortune

Robert Fournier  
Diana Gavoni  
Gosnold on Cape Cod  
Dr. John Harrington  
MSPCC Family Counseling Center  
Pare & Associates  
Dr. David Presnall  
Psychiatric Assessment Team (PAT)  
Psychiatric Services at Cape Cod Hospital  
Psychology Associates  
Dr. Marianne Ruggeri  
South Bay Mental Health  
Dr. Gary Tabor  
Beth Wechsler

#### **Anxiety & Phobias**

Allied Health Providers  
Barnstable Counseling Associates  
Bayview Associates Counseling  
Behavioral Psychiatric/Psychological Ser.  
Barbara Blair  
Dr. David Callahan  
Cape Cod Human Services  
Dr. Byron Cargill  
Center for Family Therapy  
Child & Family Services of Cape Cod  
Dr. William D'Amico  
Carol DiFalco  
EEG Biofeedback of Cape Cod  
Family Oriented Counseling Services  
Carol Fortune  
Robert Fournier  
Diana Gavoni  
Gosnold on Cape Cod  
Dr. John Harrington  
Barbara Maurer

Jacqueline May-Corso  
MSPCC Family Counseling Center  
Dr. Anthony Palumbo  
Pare & Associates  
Dr. David Presnall  
Psychiatric Assessment Team (PAT)  
Psychiatric Services at Cape Cod Hospital  
Psychology Associates  
Dr. Marianne Ruggeri  
Safe Passages – Grace Aviles  
South Bay Mental Health  
Lousie Stebbins  
Dr. Gary Tabor  
Beth Wechsler

#### **Asperger's & Autism**

Allied Health Providers  
Barnstable Counseling Associates  
Bayview Associates Counseling  
Behavioral Psychiatric/Psychological Ser.  
Dr. David Callahan  
Cape Cod Human Services  
Dr. Byron Cargill  
Carol DiFalco  
EEG Biofeedback of Cape Cod  
Diana Gavoni  
Gosnold on Cape Cod  
Dr. John Harrington  
Susie McIntyre  
MSPCC Family Counseling Center  
Dr. Anthony Palumbo  
Pare & Associates  
Dr. David Presnall  
Psychiatric Assessment Team (PAT)  
Psychiatric Services at Cape Cod Hospital  
Psychology Associates  
South Bay Mental Health

Dr. Gary Tabor  
Whole Child Therapeutic Services

#### **Behavioral Difficulties**

Allied Health Providers  
Barnstable Counseling Associates  
Bayview Associates Counseling  
Behavioral Psychiatric/Psychological Ser.  
Barbara Blair  
Dr. David Callahan  
Cape Cod Human Services  
Dr. Byron Cargill  
Center for Family Therapy  
Child & Family Services of Cape Cod  
Carol DiFalco  
Carol Fortune  
Diana Gavoni  
Gosnold on Cape Cod  
Dr. John Harrington  
Barbara Maurer  
Jacqueline May-Corso  
Susie McIntyre  
MSPCC Family Counseling Center  
Dr. Anthony Palumbo  
Pare & Associates  
Dr. David Presnall  
Psychiatric Assessment Team (PAT)  
Psychiatric Services at Cape Cod Hospital  
Psychology Associates  
Dr. Marianne Ruggeri  
South Bay Mental Health  
Lousie Stebbins  
Dr. Gary Tabor  
Whole Child Therapeutic Services

#### **Depression & Bipolar**

Allied Health Providers

Barnstable Counseling Associates  
Bayview Associates Counseling  
Behavioral Psychiatric/Psychological Ser.  
Barbara Blair  
Dr. David Callahan  
Cape Cod Human Services  
Dr. Byron Cargill  
Center for Family Therapy  
Child & Family Services of Cape Cod  
Dr. William D'Amico  
Carol DiFalco  
Family Oriented Counseling Services  
Carol Fortune  
Robert Fournier  
Diana Gavoni  
Gosnold on Cape Cod  
Dr. John Harrington  
Barbara Maurer  
Jacqueline May-Corso  
MSPCC Family Counseling Center  
Dr. Anthony Palumbo  
Pare & Associates  
Dr. David Presnall  
Psychiatric Assessment Team (PAT)  
Psychiatric Services at Cape Cod Hospital  
Psychology Associates  
Dr. Marianne Ruggeri  
Safe Passages - Grace Aviles  
South Bay Mental Health  
Lousie Stebbins  
Dr. Gary Tabor  
Beth Wechsler

#### **Divorce & Blended Families**

Allied Health Providers  
Barnstable Counseling Associates

Bayview Associates Counseling  
Behavioral Psychiatric/Psychological Ser.  
Barbara Blair  
Dr. David Callahan  
Cape Cod Human Services  
Dr. Byron Cargill  
Center for Family Therapy  
Child & Family Services of Cape Cod  
Carol DiFalco  
Family Oriented Counseling Services  
Carol Fortune  
Robert Fournier  
Diana Gavoni  
Gosnold on Cape Cod  
Dr. John Harrington  
Barbara Maurer  
Jacqueline May-Corso  
MSPCC Family Counseling Center  
Dr. Anthony Palumbo  
Pare & Associates  
Dr. David Presnall  
Psychiatric Assessment Team (PAT)  
Psychiatric Services at Cape Cod Hospital  
Psychology Associates  
Dr. Marianne Ruggeri  
Safe Passages - Grace Aviles  
South Bay Mental Health  
Lousie Stebbins  
Dr. Gary Tabor  
Beth Wechsler

**Cognitive, Psychological,  
Neuropsychological Testing**

Dr. Mary Acunzo  
Allied Health Providers  
Dr. David Callahan  
Dr. Byron Cargill

Child & Family Services of Cape Cod  
Dr. William D'Amico  
Gosnold on Cape Cod  
Dr. Wayne Klein  
MSPCC Family Counseling Center  
Dr. Anthony Palumbo  
Dr. David Presnall  
Psychology Associates  
South Bay Mental Health

**Eating Disorders**

Barnstable Counseling Associates  
Bayview Associates Counseling  
Barbara Blair  
Cape Cod Human Services  
Center for Family Therapy  
Carol DiFalco  
Family Oriented Counseling Services  
Diana Gavoni  
Gosnold on Cape Cod  
Barbara Maurer  
Jacqueline May-Corso  
Susie McIntyre  
MSPCC Family Counseling Center  
Psychiatric Assessment Team (PAT)  
Psychiatric Services at Cape Cod Hospital  
Psychology Associates  
Dr. Marianne Ruggeri  
South Bay Mental Health  
Lousie Stebbins  
Beth Wechsler

**Grief & Loss**

Barnstable Counseling Associates  
Bayview Associates Counseling  
Behavioral Psychiatric/Psychological Ser.  
Barbara Blair

Dr. David Callahan  
Cape Cod Human Services  
Center for Family Therapy  
Child & Family Services of Cape Cod  
Carol DiFalco  
Family Oriented Counseling Services  
Carol Fortune  
Robert Fournier  
Diana Gavoni  
Gosnold on Cape Cod  
Dr. John Harrington  
Barbara Maurer  
Jacqueline May-Corso  
MSPCC Family Counseling Center  
Dr. Anthony Palumbo  
Pare & Associates  
Dr. David Presnall  
Psychiatric Assessment Team (PAT)  
Psychiatric Services at Cape Cod Hospital  
Psychology Associates  
Dr. Marianne Ruggeri  
Safe Passages – Grace Aviles  
South Bay Mental Health  
Lousie Stebbins  
Dr. Gary Tabor  
Beth Wechsler

**Learning Disabilities**

Allied Health Providers  
Bayview Associates Counseling  
Behavioral Psychiatric/Psychological Ser.  
Dr. David Callahan  
Cape Cod Human Services  
Center for Family Therapy  
Carol DiFalco  
Diana Gavoni

Gosnold on Cape Cod  
Dr. John Harrington  
Jacqueline May-Corso  
MSPCC Family Counseling Center  
Dr. Anthony Palumbo  
Pare & Associates  
Dr. David Presnall  
Psychiatric Assessment Team (PAT)  
Psychiatric Services at Cape Cod Hospital  
Psychology Associates  
South Bay Mental Health  
Dr. Gary Tabor  
Beth Wechsler  
Whole Child Therapeutic Services

**Medication Management**

Allied Health Providers  
Barnstable Counseling Associates  
Bayview Associates Counseling  
Behavioral Psychiatric/Psychological Ser.  
Cape Cod Human Services  
Gosnold on Cape Cod  
MSPCC Family Counseling Center  
Pare & Associates  
Psychiatric Services at Cape Cod Hospital  
Psychology Associates  
South Bay Mental Health  
Lousie Stebbins  
Dr. Juris Treibergs

**Parent Support**

Allied Health Providers  
Barnstable Counseling Associates  
Bayview Associates Counseling  
Behavioral Psychiatric/Psychological Ser.  
Barbara Blair  
Dr. David Callahan

Cape Cod Human Services  
 CapeNet  
 Dr. Byron Cargill  
 Center for Family Therapy  
 Child & Family Services of Cape Cod  
 Carol DiFalco  
 Family Oriented Counseling Services  
 Carol Fortune  
 Robert Fournier  
 Diana Gavoni  
 Gosnold on Cape Cod  
 Dr. John Harrington  
 Barbara Maurer  
 Jacqueline May-Corso  
 Susie McIntyre  
 MSPCC Family Counseling Center  
 Dr. Anthony Palumbo  
 Pare & Associates  
 Dr. David Presnall  
 Psychiatric Assessment Team (PAT)  
 Psychiatric Services at Cape Cod Hospital  
 Psychology Associates  
 Dr. Marianne Ruggeri  
 Safe Passages – Grace Aviles  
 South Bay Mental Health  
 Lousie Stebbins  
 Dr. Gary Tabor  
 The Parenting Station  
 Beth Wechsler  
 Whole Child Therapeutic Services

**Referral Services**

Cape Cod Human Services  
 CapeNet  
 Catholic Social Services  
 Child & Family Services of Cape Cod

Family TIES of Massachusetts  
 Gosnold on Cape Cod  
 MSPCC Family Counseling Center  
 Psychiatric Assessment Team (PAT)  
 Psychiatric Services at Cape Cod Hospital  
 South Bay Mental Health

**Victims of Abuse or Violence**

Barnstable Counseling Associates  
 Bayview Associates Counseling  
 Dr. David Callahan  
 Cape Cod Human Services  
 CapeNet  
 Center for Family Therapy  
 Child & Family Services of Cape Cod  
 Carol DiFalco  
 Carol Fortune  
 Robert Fournier  
 Diana Gavoni  
 Gosnold on Cape Cod  
 Dr. John Harrington  
 Jacqueline May-Corso  
 MSPCC Family Counseling Center  
 Dr. Anthony Palumbo  
 Pare & Associates  
 Dr. David Presnall  
 Psychiatric Assessment Team (PAT)  
 Psychiatric Services at Cape Cod Hospital  
 Psychology Associates  
 Dr. Marianne Ruggeri  
 Safe Passages - Grace Aviles  
 South Bay Mental Health  
 Dr. Gary Tabor

*Websites and Telephone Numbers by Topic*

**General Mental Health Information**

The National Alliance for the Mentally Ill www.nami.org 1-800-950-6264	Family TIES www.massfamilyties.org 1-800-905-8437
Parent Professional Advocacy League (PAL) www.ppal.net 1-800-537-0446	About Our Kids www.aboutourkids.org
National Mental Health Association www.nmha.org 1-800-969-6642	US Dept of Health and Human Services National Mental Health Information Center www.mentalhealth.org

**ADD/ADHD**

Attention Deficit Information Network of Plymouth (AD-IN) (508) 746-3959	Children and Adults with ADD/ADHD www.chadd.org
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**Addiction**

You're Not Alone www.notalone.org	Not My Kid www.notmykid.org
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**Adoption**

Cape Cod Adoption Connection (508) 896-7332	Adoptive Families www.adoptivefamilies.com
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**Anxiety and Phobias**

Anxiety Disorders Association of America  
 (301) 231-9350  
 www.adaa.org

**Autism and Asperger's**

Asperger's Association of NE www.aane.org (617) 527-2894	Community Autism Resources 1-800-588-9239
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### **Behavioral Difficulties**

Children Today  
www.childrentoday.com

The Behavior Advisor  
www.behavioradvisor.com

### **Cognitive, Psychological and/or Neuropsychological Assessment**

National Association of School  
Psychologists  
www.nasponline.org

American Psychological  
Association  
www.apa.org

### **Depression and Mood Disorders**

Child and Adolescent Bipolar  
Foundation  
www.bpkids.org  
(847) 256-8525

The Depressed Child  
www.depressedchild.org

### **Divorce and Remarriage**

Divorce Info  
www.divorceinfo.com

American Association of  
Marriage and Family Therapy  
www.aamft.org

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### **Eating Disorders**

National Eating Disorders Association  
www.nationaleatingdisorders.org  
(206) 382-3587

### **Grief and Loss**

The Dougy Center for  
Grieving Children and  
Families  
www.dougy.org

National Association of School  
Psychologists  
<http://www.nasponline.org/NEAT/griefwar.html>

### **Victims of Abuse and Violence**

Children's Cove  
www.childrenscove.org  
(888) 863-1900

Child-At-Risk Hotline:  
1-800-792-5200

Parental Stress Line  
1- 800-632-8188

Massachusetts Citizens for Children  
www.masskids.org

Parents Helping Parents Hotline  
1- 800-882-1250

International Child Abuse Network  
www.yesican.org