

# Children's Mental Health Resource Guide for Cape Cod

Third Edition - 2010

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Additional copies of this guide can be requested by calling Lauren Melillo at the Sandwich Partnership for Families at (508)888-9525 or can be printed directly at [www.sandwichcpc.org](http://www.sandwichcpc.org).

# The Children's Mental Health Resource Guide for Cape Cod – Third Edition

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## About this Guide

This resource guide was compiled in an effort to assist Cape Cod families find the right kind of mental health support for their children. Within, you will find psychiatrists, psychologists, counselors and social workers who have been trained or have expertise in working with children. Additionally, you will find phone numbers and websites for many common childhood mental health needs. Our hope is that information will make the maze of children's mental health much easier to navigate.

This is NOT an exhaustive list of practitioners on the Cape, nor is it an endorsement of any particular practitioner. Any changes, updates or additions can be emailed to [cmhrg@comcast.net](mailto:cmhrg@comcast.net). 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 speaking with your child's pediatrician or teacher.

The public school systems (and many private schools) also have mental health professionals who may be able to provide direction and support. Try contacting the School Psychologist, Social Worker, School Adjustment Counselor or Nurse at your child's school. If your child is under the age of 3, contact Early Intervention at (800) 974-8860.

If you are seeking additional support, use the indices at the back of this guide to help you search for a practitioner who is ready to support your child's individual needs.

NEED HELP &  
DON'T KNOW WHERE TO TURN?



Call **2-1-1** or  
**877-211-MASS (6277)**  
or visit  
**[www.mass211.org](http://www.mass211.org)**

Every day, someone somewhere in Massachusetts needs to find essential community services, after school programs, a food bank, or where to secure care for an aging parent. Many face these challenges, but don't always know where to turn for help. The solution is to dial 2-1-1.

**24 Hours a day / 7 days a week**  
**Free • Confidential • Multilingual/TTY**

Mass 2-1-1 helps you find free information on Food, Shelter, Rent Assistance, Utility Bill Assistance, After-school programs, Child Care, Counseling, Senior Services, Disaster Relief, and Much More!

## State & Cape Agencies Supporting Children

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**Barnstable County Department of Human Services**  
**(508)375-6628**

**[www.bchumanservices.net](http://www.bchumanservices.net)**

The Department acts as the "clearinghouse" for human services in the County. We organize a broad range of coalitions, collaboratives, and task forces to provide advice on the health and human service needs of County residents, establish priorities for human services, and to assist in coordination of human service delivery systems in the County.

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**Cape Cod Healthcare Psychiatric Assessment Team (P.A.T.)**  
**24 Hour Mental Health Assessment and Referral**  
**A Community Service of Cape Cod Healthcare**  
**800-513-4PAT (800-513-4728)**

The PAT Team is a mobile team of licensed mental health professionals experienced in crisis intervention. They provide crisis assessment and referrals for mental health or chemical dependency issues, performing on-site assessment 24 hours a day, 7 days a week.

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**Cape Cod Neighborhood Support Coalition**  
**888-99-CCNSC (888-992-2672) or 771-4338**

**[www.capecoalition.com](http://www.capecoalition.com)**

As part of its mission to strengthen families, CCNSC offers a free, confidential information and referral service for families trying to access local health and human services including mental health services, parent education and support groups. A monthly parent education and support calendar is posted on our website.

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**Children's Cove**  
**375-0410**

**[www.childrencove.org](http://www.childrencove.org)**

Children's Cove is a freestanding, child-friendly facility designed to ensure that victims of child sexual abuse and their non-offending family members have access to support and services in a safe, respectful, and compassionate environment. We are committed to reducing the trauma endured by child victims, promoting accountability, fostering healing, and advocating on behalf of child victims of sexual abuse and physical abuse. We also provide phone consultation with parents who have concerns about sexualized behaviors and prevention.

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**Community Care Services, Inc.**  
**Mental Health Consultation Program**  
**821-7777, ext. 350**

Provides assessments of children with challenging behaviors in Group, School-age, and Family Child Care programs. General Mental Health Observation, classroom preventative practices, and social emotional teaching strategies; Functional Behavioral Assessments; program, provider, and family consultation; support for providers developing policy and procedures around child guidance; teacher and parent trainings; and individual child and family therapy.

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**Massachusetts Department of Mental Health**  
**270 Communication Way Unit 1C, Hyannis, MA, 02601**  
**778-4627**

The Emergency/Crisis 24 hour provides inpatient mental health facilities, outpatient mental health care and crisis intervention. DMH assures and provides access to services and supports to meet the mental health needs of individuals of all ages, enabling them to live, work, and participate in their communities. Serving children and adolescents with severe emotional disturbance who meet both clinical and service need criteria

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**Massachusetts Department of Developmental Services**  
**270 Communication Way Bldg. 5 Hyannis, MA, 02601**

**771-2595**

DDS provides assistance in job placement, transportation, housing, treatment, monitoring and care for those with mental retardation. Disability Related Transportation, Assistive Technology Information, Family Based Services, Caregiver/Care Receiver Support Groups, Children's Respite Care.

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**Massachusetts Department of Children & Families (was DSS)**  
**500 Main Street Hyannis, MA, 02601**  
**760-0200**

DCF is dedicated to the safety and well-being of children who have been abused or neglected in a family setting. We work first and foremost to keep families together by providing an array of family-focused services including: Inmate Support Services, Child Abuse Prevention, Family Based Services, Adoption/Foster Care Support Groups, Parent Support Groups and Classes, Children's Protective Services, Runaway/Homeless Youth Hotlines, Adolescent/Youth Counseling, and Child Sexual Assault Counseling.

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**Parent Information Network**  
**Hyannis, MA**  
**947-8779**

The Parent Information Network (PIN) is a parent information support and advocacy program designed by parents and professionals to help families that are challenged by children's mental health, emotional, or behavioral needs. The goal of PIN is to empower families and assist them in navigating and accessing the supports and services necessary to maintain their child within the local community. PIN helps parents/caregivers stay connected with other parents and helps to reduce the stress and isolation many feel as they cope with a child with challenging mental health needs.

## What the Letters Mean

You will find practitioners with many different letters following their names. Here's what they mean:

**A.A.T.** – Animal Assisted Therapy

**A.T.R.:(BC)**- Art Therapist, (Board Certified)

**L.A.D.C.** – Licensed Alcohol and Drug Counselor:

**L.I.C.S.W** – Licensed Social Worker: trained to work with an individual in the context of the community.

**L.M.F.T.** – Licensed Marriage and Family Therapist: trained to work with individuals in the context of family relationships.

**L.M.H.C.** – Licensed Mental Health Counselor

**M.D.** – Medical Doctor: Psychiatrists are medical doctors who, after completing medical school, receive an additional four years of specialized mental health training. They are licensed to prescribe medication.

**Ph.D.** – Doctor of Philosophy: Psychologists with this credential are fully trained in the research, assessment and treatment of the full range of behavioral disorders.

**Psy.D.** – Doctor of Psychology: The focus of training is on therapy and counseling rather than research.

## Common Types of Therapy

### **Expressive Therapies: Play, Sand, Art**

Expressive therapy, also known as arts therapy or creative arts therapy, is the use of the creative arts as a form of therapy. Unlike traditional art expression, the process of creation is emphasized rather than the final product. Expressive therapy is predicated on the assumption that people can heal through use of imagination and the various forms of creative expression.

### **Psychotherapy**

Most forms of psychotherapy use spoken conversation to help the client gain insight into their problems. Some also use various other forms of communication such as the written word, art-work, drama, narrative story or music. Psychotherapy with children and their parents often involves play, dramatization (i.e. role-play), and drawing.

### **EMDR Behavioral Therapy**

Eye Movement Desensitization and Reprocessing is a type of treatment designed to help alleviate the symptoms associated with traumatic situations and memories.

### **Cognitive-Behavioral Therapy**

CBT has been shown to be as effective as drug treatment for depression and anxiety disorders. The cognitive-behavioral therapist works with their client to set goals for therapy and to monitor progress periodically to assess whether the goals are being met. Therapy goals focus on solving concrete problems. Cognitive therapy is time-limited.

### **Dialectical Behavior Therapy**

DBT is a skill building approach which teaches specific skills and strategies to help someone find more effective ways to cope with distress, symptoms and issues in their life. The idea is to learn ways to change avoidance based behaviors that tend to be less effective and counterproductive (self injurious behaviors, suicidal thinking and behaviors, substance use, extreme emotional outburst, etc.) to more mindfulness based behaviors of acceptance and tolerance.

## Practitioner Listings

\*note: Each listing includes an indication of the types of payment accepted in parentheses (PI, MH, SFS).

**PI:** Private Insurance – This practitioner accepts many types of private insurance. Check with your insurance company to see if they cover this clinician.

**MH:** Mass Health – This practitioner accepts at least some forms of MassHealth including Standard, CommonHealth, Family Assistance, Basic, Essential, Limited or Buy-In. Check to see if they are covered by your specific type of insurance.

**SFS:** Sliding Fee Scale – This practitioner accepts private payments for those who choose to or cannot use health insurance to cover mental health services. Fees are adjusted to some degree based upon ability to pay.

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### **Mary Acunzo, Ph.D.**

68 Tupper Road, Suite 8 • Sandwich, MA 02563  
888-6869 • [www.capecodneuropsychology.com](http://www.capecodneuropsychology.com)  
(PI) Serving children ages 1 and up for Neuropsychological and Psychoeducational Testing and Counseling: Cognitive Behavioral Therapy.

"I am a neuropsychologist and owner of Cape Cod Neuropsychology, LLC, evaluating and offering therapy for children with neuropsychological issues (including ADHD, Autism Spectrum Disorders and developmental learning disabilities), anxiety and mood disorders and more."

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### **Pamela Alexander, M.Ed., M.S.W., L.I.C.S.W.**

133 Falmouth Road, Bldg1, Suite F • Mashpee, MA 02649  
477-7499  
(MH, PI) Serving children ages 3 and up for Counseling: Play/Art/Sand Therapy, Cognitive Behavioral Therapy, Psychotherapy

"My practice is family-oriented. I work with children and parents and also like to stay in touch with schools and other providers. I specialize in the treatment of children with anxiety, depression, ADHD, adjustment problems (including divorce) and family issues."

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### **Allied Health Providers:**

**David Callahan, Ph.D.**

**Geoffrey Cohen, Ph.D.**

**Paul Goldring, Ph.D.**

**Carl Freeman Gustafson, Psy.D.**

**Paul Lapuc, Ph.D.**

**Gary Pace, Ph.D.**

1074 Main Street • West Barnstable, MA 02668  
362-1180

North Falmouth Highway • North Falmouth, MA 02556  
563-1850

(MH, PI) Serving children aged 2 months and up for Neuropsychological, Psychiatric and Psychoeducational Testing.

“Our team of psychologists can provide testing and evaluations as well as Cognitive Behavioral Therapy children of all ages at two locations on the Cape. Dr. Goldring also specializes in neurofeedback treatment for ADHD, sleep disorders, anxiety and Tourette's.”

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**Bass River Behavior Therapy**

232 South Shore Drive • South Yarmouth, MA 02664  
398 – 0336

(PI, SFS) Serving children ages 4 and up for Counseling

“The Barnstable Center for Mental Health provides mediation, individual and family counseling and hypnosis, specializing in the treating trauma, enuresis, general anxiety and school-related anxiety in children.”

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**Barnstable Counseling Associates:**

**Susan Montgomery, MSW, LICSW**

616 Route 6A • Dennis, MA 02638  
385-2550

(MH, PI) Serving children ages 6 and up for Play/Art/Sand Therapy, Cognitive Behavioral Therapy, Dialectical Behavioral Therapy, Psychotherapy

“I work with children, adolescents and adults who struggle with mood disorders, anxiety, trauma and eating disorders. I use a strength-based problem solving approach and I am trained in Dialectical Behavioral Therapy.”

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**Bayview Associates Counseling**

310 Barnstable Road • Hyannis, MA 02601  
862-0514 • [www.ssmh.org](http://www.ssmh.org)

(MH, PI, SFS) Serving children ages 3 and up for Counseling, Neuropsychological Assessment, Medication Prescription and Management

“Our child and family therapists understand the unique problems confronting children and adolescents ages three to nineteen years old. These include behavioral problems, family conflict, school adjustment difficulties, attention deficit disorder, divorce and separation, depression, pervasive developmental disorders, and grieving and loss. Our professionals work closely with individuals in the community who play an important role in young people's lives including teachers, guidance counselors, physicians, and special needs directors.”

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**Behavioral Psychiatric and Psychological Services**

275 Millway • Barnstable, MA 02630  
760-6868

(PI, SFS) Serving children ages 10 and up for Counseling and Medication Prescription and Management

“We are a group practice specializing in working with older children who struggle with school issues, substance abuse and family problems.”

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**Natalie Belkin, MD**

68 Tupper Road, Suite 8 • Sandwich, MA 02563  
781-258-9785

(PP) Serving children ages and up for Psychiatric Evaluations and Medication Prescription and Management and Psychotherapy

“I am an MD Child, Adolescent, and Adult Psychiatrist, Double Board Certified after having trained at both Harvard Longwood Residency for Adult Psychiatry and at Children's Hospital in Boston for Child and Adolescent Psychiatry. I am dedicated to providing psychiatric evaluations, ongoing medication management, consultation, and therapy with an emphasis on

education and respecting personal strengths and choices. My practice is private pay but invoices and letters can be provided to try to get insurance reimbursement at out of network rates."

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**Barbara Blair, LICSW**

230 Main Street • Falmouth, MA 02540  
457-7509

(PI, MH, SFS) Serving children ages 3 and up for Counseling: Play/Art/Sand Therapy, Cognitive Behavioral Therapy, Psychotherapy

"Working from a family systems perspective, I apply cognitive behavioral therapy as well as expressive therapies. I specialize in working with children impacted by eating disorders, ADHD, behavior difficulties, anxiety, OCD, depression, divorce, grief and provide parental support including support for maternal depression."

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**Maj Brown, LICSW**

3179 Main Street • Barnstable, MA 02630  
237-7564

(PI, SFS) Serving ages 8 and up for Counseling: Cognitive Behavioral Therapy and Psychotherapy

"In a private practice setting, I specialize in adolescent and family based issues with significant experience in addressing school-related concerns and issues."

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**Byron Cargil, Ph.D.**

218 West Main Street • Hyannis, MA 02601  
778-9190

(PI, MH) Serving children ages 6 and up for Counseling: Cognitive Behavioral Therapy

"I am a practicing licensed psychologist who treats a broad range of psychological issues. I specialize in the treatment of

anxiety disorders and depression. I rely on a combination of approaches including cognitive-behavioral therapies to more insight oriented personality/interpersonal approaches. I treat children ages six and above for anxiety and behavioral problems. I also treat adolescents, couples and include family members in treatment."

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**Center for Family Therapy:**

**Kathy Smith-Brown, LMHC, LMFT**

**Carol Sattler, LMHC**

**Eva Macaluso, LMHC**

**Sheila Scott-Gordon, LICSW**

**Donna-Lee McMullen, LICSW**

2 Oak Street • Mashpee, MA 02649

539-0221 • [www.centerforfamilytherapy.net](http://www.centerforfamilytherapy.net)

(PI, SFS) Serving children ages 5 and up for Counseling: Play/Art/Sand Therapy, Cognitive Behavioral Therapy, Dialectical Behavioral Therapy, Psychotherapy, EMDR

"We provide a relaxed atmosphere with caring, insightful and effective therapists. We offer a range of therapy including individual, couples, family and groups, where problems and symptoms are identified, addressed and improved. Our practice include seven partners with experience treating depression, anxiety, panic disorder, social phobia, obsessive-compulsive disorder, post traumatic stress disorder, grief, bi-polar disorder, eating disorders, sexual abuse, relationship issues, divorce, body dysmorphic disorder, self-injurious behaviors, and sleep difficulties.

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**Child and Family Services of Cape Cod**

1019 Route 132 • Hyannis, MA 02601

778-1839 • [www.child-familyservices.org](http://www.child-familyservices.org)

(PI, MH, SFS) Serving children ages 3 and up for Counseling: Play/Art/Sand Therapy, Cognitive Behavioral Therapy, Dialectical Behavioral Therapy and Psychotherapy and Medication Prescription and Management

"Our mission is to heal and strengthen the lives of children and families. We provide agency-based psychiatric services, therapeutic services in the home, school or agency specializing in the treatment of children who are victims of sexual or physical abuse, ADHD, Bi Polar Disorder and substance abuse issues. We also provide services around Bullying, Grandparents as Parents, Gender Issues, Eating Disorders and Life Skills. We have a 24/7 emergency call service."

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**Common Ground Counseling and Personal Growth Center**

22 Steeple Street, Box 56 • Mashpee, MA 02649  
57 Cranberry Highway • Orleans, MA 02632  
30 Conwell Street • Provincetown, MA 02657  
(800)577-4615 • [www.commongroundcounseling.com](http://www.commongroundcounseling.com)  
(MH, PI, SFS) Serving children aged 12 and up for Medication Prescription and Management concurrent with therapy; Counseling; Play/Art/Sand Therapy, Cognitive Behavioral Therapy, Psychotherapy.

"We are a group practice with a multi-disciplinary team serving most populations at conveniently located offices across the Cape. Specializing in treatment of children with ADHD, anxiety, substance abuse, transitions, social skills and grief as well as parenting issues."

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**Jacqueline Corso, MS**

South Yarmouth, MA 02675  
362-4435 • [www.corsoyogatherapy.com](http://www.corsoyogatherapy.com)  
(PI, SFS) Serving children ages 4 and up for Counseling: Psychotherapy and Yoga Therapy

"I treat using a completely holistic approach—utilizing mind body techniques. I combine the best of traditional Counseling/Psychotherapy with the integration of Yoga techniques and Principles (Postures, relaxation, breathing techniques and more.) Therapy is completely personalized and adapted to each client's level. I specialize in Anxiety, Sleep, Grief, Transi-

tions, Living with addiction/compulsive behaviors. Overall Self-care/ and Self Awareness."

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**Wendy Crocker, LICSW**

86 Route 149, Suite 92 • Marstons Mills, MA 02648  
428-1811  
(PI, MH) Serving children ages 4 and up for Counseling: Play/Art/Sand Therapy, Cognitive Behavioral Therapy and Psychotherapy

"I specialize in working with children, teens and young adults with language based learning disabilities and/or anxiety disorders. I strive to work in collaboration with families, schools and psychiatrists to ensure continuity of care as well as the generalization of coping skills and strategies."

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**Carole DiFalco, LMHC**

70 East Falmouth Highway • E. Falmouth, MA 02536  
289-1326  
(PI, SFS) Serving children ages 3 and up for Counseling: Cognitive Behavioral Therapy and Psychotherapy as well as Parent Education and Mediation

"I specialize in work with children with a focus on parenting skills and behavior modification, particularly around anxiety, depression, behavior, and postpartum depression."

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**Joe Dowick, LICSW**

22 Steeple Street, Box 56 • Mashpee, MA 02649  
477-3600  
43 Race Point Road • Provincetown, MA 02657  
487-3800 • [www.joedowick.com](http://www.joedowick.com)  
(PP, PI, MH) Serving children ages 10 and up for Counseling and Psychotherapy

"I am in private practice assisting individuals and families with today's life issues. I specialize in treatment of children with

ADHD, anxiety, depression, family transitions and substance abuse issues.

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**Aimee T. Facchini, LICSW**

3179 Main Street • Barnstable, MA 02630  
360-8578

(PI, SFS) Serving children ages 5 and up for Counseling: Play/Art/Sand Therapy, Cognitive Behavioral Therapy, Dialectical Behavioral Therapy (Children Specific) and Psychotherapy.

“My private practice case load currently has many adolescents and young adults. I work closely with families with children however, that family is defined. I am culturally aware of individuals and use that in my practice. I specialize in support children through crisis intervention, family therapy, depression anxiety, eating disorders, life transitions, loss, divorce and mediation.”

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**Family Continuity Program**

60 Perseverance Way • Hyannis, MA 02601  
862-0600 • [www.familycontinuity.org](http://www.familycontinuity.org)

(MH) Serving children of all ages for Counseling and Parent Support.

“As part of the Children's Behavioral Health Initiative, we provide in-home and outpatient therapy and therapeutic mentoring as well as family support training and behavioral management therapy and monitoring for children who are eligible for Mass Health.”

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**Family Resource Center**

**Community Health Center of Cape Cod**

123 Waterhouse Road • Bourne, MA 02532  
210 Jones Road, Suite 22 • Falmouth, MA 02540  
107 Commercial Street • Mashpee, MA 02649  
759-7971 • [www.chcofcapecod.org](http://www.chcofcapecod.org)

(PI, MH, SFS) Serving children from school-age and up for Counseling, Psychiatric Assessment and Medication Prescription and Management

“Our Family Resource Center offers mental health assessment (including depression and addiction screening), medication evaluation, psychiatry and counseling children with Mass Health, Commonwealth Care, Medicare, Private Insurance or no insurance. Whether it's one visit, several or an ongoing treatment plan, our psychiatrists, counselors and social workers can provide the services you need.”

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**Robert Fournier, Ph.D.**

901 Main Street • Osterville, MA 02655  
477-1676

(PP) Serving children of all ages for Counseling: Cognitive Behavioral Therapy, Psychotherapy

“I specialize in the areas of anxiety, depression, trauma, risk for suicide, bereavement, and relationship problems. My philosophy is deeply embedded in a belief that life is precious and that each person possesses a unique talent and potential for adding to life's value and history. I am privileged to be a part of the process of helping others improve their lives. Certified Suicidologist, Hypnotherapist, EMDR Specialist, Trauma Specialist.”

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**Adam D. Friedman, LMHC**

258 Main Street, Suite D-3 • Buzzards Bay, MA 02532  
70 East Falmouth Highway, Unit 2 • E. Falmouth, MA 02536  
(774)836-3738

(PI, MH, SFS) Serving children ages 4 and up for Counseling: Cognitive Behavioral Therapy and Behavioral Modification

“I specialize in providing individual and family counseling to children and adolescents, especially boys aged 8-18 who are

ambivalent about being in counseling. Issues may include poor academic and social functioning, oppositional behaviors, anger, depression, mood lability, irritability, anxiety, loss & trauma and ADHD.”

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**Diana Gavoni, MSW**

46 Chipman Road • Sandwich, MA 02563  
648-0366

(SFS) Serving children ages 3 and up for Counseling: Play/Art/Sand Therapy, Cognitive Behavioral Therapy and Psychotherapy

“I have an established reputation and practice working with children and families. Play therapy, art therapy and music therapy are utilized to engage children to develop trust in order to process their thoughts and feelings. I also communicate with medical professionals to assist with the overall plan of care, which may include medication.”

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**Gifford Street Counseling:**

**Jerry Breshin, LICSW**

**Jennifer Hayes, LICSW**

**Elizabeth Rogers-Hebner, LICSW**

340 Gifford Street • Falmouth, MA 02540  
495-0554

(PI, MH, SFS) Serving children ages 4 and up for Counseling: Play/Art/Sand Therapy, Cognitive Behavioral Therapy and Psychotherapy

“I specialize in work with adolescents struggling with dual diagnoses ranging from mood disorders, bipolar, anxiety, autism spectrum disorders, addiction and its impact on families, eating disorders and PTSD.”

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**Elaine Giniewicz, Ed.D.**

11 Cape Sail Drive, Suite 11 • Mashpee, MA 02649  
477-0339

(PI) Serving ages 3 and up for Counseling: Play/Art/Sand Therapy, Cognitive Behavioral Therapy and Psychotherapy

“I provide individual therapy, family therapy and consultations for a range of mental health issues and behavioral concerns including developmental disorders, ADHD, anxiety, depression, divorce, grief and social skills.”

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**Gosnold on Cape Cod**

196 Ter Heun Drive • Falmouth, MA  
1185 Falmouth Road • Hyannis, MA  
Dr. Julius Kelley Lane • Pocasset, MA  
30 Conwell Street • Provincetown, MA  
81 Old Colony Way • Orleans, MA  
681 Falmouth Road • Mashpee, MA  
540-6550 • [www.gosnold.org](http://www.gosnold.org)

(PI, MH, SFS) Serving children ages 5 and up for Counseling

“Gosnold has served individuals and families affected by addiction and mental illness since 1972. Individualized treatment, combined with twelve step principles, group therapy, family involvement and continuing care are the cornerstones of the Gosnold programs. Addiction is a disease that affects not just addicted person, but family members and loved ones often feel loneliness, frustration, fear, anger, shame and a sense of hopelessness. The Gosnold Reaching Out program is a resource to help family members and loved ones affected by addiction.”

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**Kids and Teens Behavioral Health Assessment Center**

460 West Main Street • Hyannis, MA 02601  
790-5903 • [www.capecodhealth.org](http://www.capecodhealth.org) and search ‘KTAC’

(PI, MH, SFS) Serving children ages 3 and up for Neuropsychological and Psychological Testing, Medication Prescription and Management and Counseling

"Today's families face many challenges. Our goal at KTAC is to make sure that accessing mental health services is not one of them. We offer families the opportunity to consult with trained and professional clinical staff to assist in determining what the best care and supportive services are for your child and family."

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**Kids Grieve Too! – Hospice & Palliative Care of Cape Cod:**

**Aimee Rozum, LICSW**

**Elaine Moraglia, LICSW**

765 Attucks Lane • Hyannis, MA 02601

957-0200 • [www.hospicecapecod.org](http://www.hospicecapecod.org)

(PI, SFS) Serving children of all ages for Grief Assessment, Counseling and support groups

"Kids Grieve Too! ® was started over a decade ago to respond to the needs of bereaved children on the Cape. It has grown to offer regular groups for kids of all ages, individual counseling for children, families and adults, community trainings and services in the schools. Loss, serious illness and life transitions – services free for Hospice families."

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**Wayne Klein, Ph.D.**

RHCI for Children – 280D Route 130 • Forestdale, MA 02644

833-4166 • [www.rhci.org](http://www.rhci.org)

(PI, MH) Serving children ages 5 and up for Neuropsychological Assessment

"I provide comprehensive evaluation, testing and treatment recommendations for patients suffering mental/cognitive changes resulting from a wide range of neurological conditions."

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**Tim Lineaweaver, LMHC, LADC**

410 Woods Hole Road • Woods Hole, MA 02543

388-7604

(PI, MH, SFS) Serving children ages 13 and up for Cognitive Behavioral Therapy

"I use a patient-centered, practical-minded solutions focused approach. I do assessments, family work and full-service cognitive therapy, meeting patients where they are with whatever their particular problems may be. I specialize in the treatment of children with addictions, depression, trauma (PTSD), co-occurring disorders, anxiety and parent support."

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**John Livingstone, MD**

**Joanne Gaffney, RN, LICSW**

522 Commercial Street • Provincetown, MA 02657

487-0455

(PI) Serving children ages 3 months to 16 years for Psychiatric Evaluation, Medication Prescription and Management (only if patient is or will be in psychotherapy and parents are involved) and Counseling: Play/Art/Sand Therapy, Cognitive Behavioral Therapy, Psychotherapy and EMDR.

"I am a senior level child and adolescent psychiatrist at Harvard Medical School, and although I evaluate and treat children directly, I also am available to consult about cases of other clinicians who desire input. Joanne Gaffney is an expert in parenting and couples psychotherapist and therapist mentor and teacher."

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**Barbara Maurer, LMFT**

901 Main Street • Osterville, MA 02655

428-5849

(PI, SFS) Serving children ages 6 and up for Counseling: Cognitive Behavioral Therapy and Family Therapy

"I am a member of the National Register of Marriage Friendly Therapists with 28 years of expertise in treating family issues with couples, children and adolescents. Specializing in behavioral

parenting skills, family conflicts, communication problems and post divorce blended families.”

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**MSPCC Family Counseling Center**

206 Breeds Hill Road • Hyannis, MA 02601

775-0275 • [www.mspcc.org](http://www.mspcc.org)

(PI, MH, SFS) Serving children of all ages for Counseling and Medication Prescription and Management

“Believing the family to be a child’s greatest resource, MSPCC is committed to providing family-centered, comprehensive treatment services in a family’s home or other community based settings including mental health evaluation, in-home therapy, parent support and education, and therapeutic mentoring. The Center also includes specialized child and adolescent trauma treatment services.”

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**Navigating ADHD, Inc.:**

**Tracey Bromley Goodwin, M.Ed.**

**Holly Oberacker, ATR, LMHC**

1645 Falmouth Rd. Bayberry Sq., Ste B2 • Centerville, MA 02362

566-0242 • [www.navigatingadhd.com](http://www.navigatingadhd.com)

(SFS) Serving children ages 4 and up for Family and Child Education and Support

“Navigating ADHD, Inc is a solutions-based approach to supporting families whose lives are affected by ADHD. Navigating ADHD offers emotional and academic support to children and provides support groups and seminars for parents and teachers.”

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**Pare and Associates**

572 Main Street • West Yarmouth, MA 02673

680 Falmouth Road • Mashpee, MA 02649

775-0719

(PI, MH, SFS) Serving children ages 4 and up for Counseling: Play/Art/Sand Therapy and Cognitive Behavioral Therapy

“We are a group of 20 therapists, 10 of whom see children. We have an outreach program to clients in home and school. Our main approach is one-to-one counseling with children, involving their parents on an on-going basis. We also refer for medication evaluations. We have counselors who specialize in every area of counseling.”

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**David Presnall, Ph.D.**

23 Baystate Court • Brewster, MA 02631

240-7964 x211

30 Higgins Crowell Road • West Yarmouth, MA 02673

778-8580

(MH, PI) Serving children aged 6 and up for Neuropsychological Testing; Psychoeducational Testing, Cognitive Behavioral Therapy.

“I provide diagnostic testing and evaluation including the assessment of learning disabilities, mood disorders and neuropsychological skill deficits as well as counseling and parent consultation. I specialize in working with children with ADHD, PDD, Depression, and Anxiety.

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**The Psychiatric Collaborative Association**

30 Higgins Crowell Road • West Yarmouth 02673

23-25 Baystate Court • Brewster, MA 02631

240-7964

(MH, PI) Serving children ages 3 and up for Counseling and Neuropsychological Assessment

“The Psychiatric Collaborative Association provides a group of mental health professionals and medical professionals serving adults, children, couples, families, and the professional community for a wide variety of outpatient psychiatric and mental health services. Services include individual and family counseling, parent support, anger management, and bereavement counseling.”

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**Psychology Associates of Sandwich**

449 Route 130, Suite 11 • Sandwich, MA 02563

888-5272

(MH, PI, SFS) Serving ages 2 and up for Psychoeducational Testing, Medication Prescription and Management, Counseling: Play/Art/Sand Therapy, Cognitive Behavioral Therapy, Psychotherapy, and Family Therapy

"We are a community-based mental health agency staffed with 3 psychiatrists, 10 psychologists and 5 social workers with specialties in ADHD, anxiety, depression, eating disorders, family transitions, behavior, grief, social skills, violence, addiction, sexual and anger issues."

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**REACH Educational Services**

**Melissa Sheldon, M.Ed.**

**Christine Blake, M.Ed.**

1 Huckleberry Lane • Forestdale, MA 02644

68 Tupper Road, Suite 8 • Sandwich, MA 02563

747-1556 • [www.reachedu.com](http://www.reachedu.com)

(SFS) Serving children ages 2 and up for Educational, Social Skills and Functional Behavioral Assessment, Social Skills Instruction, Positive Behavioral Support Plans, Applied Behavioral Analysis (ABA) and parent training and consultation

"REACH Educational Services, Inc. was initiated by a group of professionals with a mutual commitment to the education of children and adolescents with unique educational needs; including those with Autism Spectrum Disorders, Attention Deficit Disorder, Non-Verbal Learning Disability, Bi Polar Disorder, Tourette Syndrome, Communication Disorders, Down Syndrome, other learning disabilities and related social pragmatic disorders. We provide a multi-sensory approach to learning through educational, social, behavioral and adaptive functional daily living skills intervention."

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**Ann Solomon-Schwartz, LMFT**

1025 Main Street, Rte 6A • West

st Barnstable, MA 02668

362-4141 x114

(PI, SFS) Serving children of all ages for Counseling: Play/Art/Sand Therapy, Psychotherapy and Family Therapy

"I specialize in work with children, teens and young adults – particularly those with Asperger's and Autism Spectrum Disorders through an eclectic approach incorporating cognitive behavioral techniques, family therapy and art therapy in the treatment of children with ADHD, anxiety, depression, family transitions, behavior, grief and social skills problems."

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**Judy Sorenti, LMHC, MFT**

111 Cranberry Hwy • Sagamore, MA 02561

888-9222 • [www.canalcounseling.com](http://www.canalcounseling.com)

(PI, MH, SFS) Serving children of all ages for Counseling: Play/Art/Sand Therapy, Cognitive Behavioral Therapy, Dialectical Behavioral Therapy and Psychotherapy

"If you don't have happy kids you won't have happy parents. If you don't have happy parents you won't have happy kids. I work with whatever my clients bring in with them. I specialize in treatment of children with ADHD, anxiety, depression, eating disorders, family transitions, behavior, grief, social skills, violence, addiction, sexual abuse and trauma work and incorporating Tapas Accupressure as an adjunct therapy."

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**South Bay Mental Health**

50 Long Pond Drive • South Yarmouth, MA

760-1475 • [www.southbaymentalhealth.com](http://www.southbaymentalhealth.com)

(MH, PI) Serving children of all ages or Counseling and Medication Prescription and Management

"At South Bay, the goal of treatment is to encourage individuals and families to become self-sufficient and live as independently as their abilities allow. In support of our clients' self-sufficiency, South Bay provides a continuum of services including individual and group therapy, school-based services, crisis intervention and emergency services."

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**Gary Tabor, Ph.D.**

330 North Main Street • Falmouth, MA 02540  
563-7493

(PI, SFS ) Serving children ages 5 and up for Counseling

"I am a PhD licensed clinical psychologist using a family systems approach, working together with parents and children to address issues of conflict and communication skills. I also specialize in work with children with depression, anxiety, ADHD and school issues."

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**Deborah Vaughan, LICSW**

12 Stone Horse Road • Osterville, MA 02655  
428-2372

30 Higgins Crowell Road • West Yarmouth, MA 02673  
778-8580 x224

(PI, MH, SFS) Serving children ages 3 and up for Counseling: Play/Art/Sand Therapy, Cognitive Behavioral Therapy, Dialectical Behavioral Therapy and Psychotherapy

"I provide counseling for children, siblings and their parents, specializing in treatment of depression, anxiety, ADHD, eating disorders, family transitions, behavior, grief and addiction. Additional services in adoption issues, divorce/separation, blended families and attachment disorders."

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**Waquoit Healing Arts Center:**

**Jane Beatty, LMHC, AAT**

**Aimee Rozum, LMHC, ATR-BC**

**Sarah Stevenson, LICSW**

446 Waquoit Highway • East Falmouth, MA 02536

540-2323

(PI, MH, SFS) Serving children ages 5 and up for Counseling

"We provide counseling for children struggling with school problems, relational issues, anxiety, ADHD. Animal assisted therapy (with both dogs and horses) is available. We have experts in the field of complicated grief in children and adolescents and in counseling children with life threatening illnesses and trauma."

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## For More Information

For more information of specific mental health issues, please visit the following resources:

**American Academy of Pediatrics** - [www.aap.org](http://www.aap.org)

**American Psychological Association** - [www.apa.org](http://www.apa.org)

**National Alliance for the Mentally Ill** - [www.namimass.org](http://www.namimass.org)

**National Assoc of School Psychologists** - [www.nasponline.org](http://www.nasponline.org)

**National Mental Health Info Center** - [www.mentalhealth.org](http://www.mentalhealth.org)

**Parent Professional Advocacy League** - [www.ppal.net](http://www.ppal.net)

**Parental Stress Line** - 800-632-8188

**Parents Helping Parents Hotline** - 800-882-1250

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## Maternal Depression

While 85% of women experience some mild, short-lived mood disturbance following the birth of a child, about 10 – 15% develop more significant symptoms of depression or anxiety. Postpartum Depression can occur at any point after delivery and sometimes even during pregnancy, hence the broader term, "Maternal Depression".

### **Since Your Baby's Birth, Do You Sometimes Feel...**

- Restless, angry or irritable?
- Sad, depressed or feel like crying a lot?
- Worthless or guilty?
- Afraid of hurting the baby or yourself?
- Overly worried about the baby or not concerned at all?

### **Do You Sometimes Have...**

- Little or no energy?
- Headaches, chest pains, rapid heart beat, numbness or tingling in the hands or feet, or fast and shallow breathing?
- Trouble sleeping well?
- Poor eating habits (skipping meals or overeating)?
- Trouble focusing, remembering, making decisions?
- Little interest in things you used to enjoy?

Everyone has these feelings or problems from time to time. When they occur during or after pregnancy and last for several days or weeks, they could be signs of a more serious problem that can have lasting consequences on child development. If you are experiencing any of these problems or have questions, call your health care provider. **For a complete listing of resources and information from the Cape & Islands Maternal Depression Task Force visit [www.capecoalition.com](http://www.capecoalition.com) and click on Maternal Depression Resources or call Coordinator Mary Wilson at 775-6240.**