

**State of Connecticut**  
**Emergency Medical Services**  
**Guidebook for Resiliency Resources**



*Updated June 23, 2022*

## **About this Guidebook**

This guidebook has been compiled by EMS and healthcare professionals from throughout the state of Connecticut providing the most current information known to the committee. This book should augment current department or personal resources that are in place.

This directory is updated on a semi-annual basis as new providers are added. Information about each provider, their credentials, and how to contact them is included. In addition to licensed healthcare professionals, there are also other resources for assistance such as peer support specialists and non-profit organizations dedicated to peer support.

The committee does not endorse or promote any one resource, and recommends all EMS professionals should utilize the most appropriate and available resource to them.

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## Trauma Response Programs

### Litchfield County

**Organization:** Responder Wellness, Inc.  
**Location:** Danbury  
**Phone:** 203-493-0344  
**Website:** <https://www.responderwellness.org/>

**Resources:**

- Peer Support
- Mental Health Needs
- PTSD
- EMDR

**Leading Provider:** Stacy Raymond, PsyD

**Organization:** Frontline CT  
**Location:** Waterbury  
**Phone:** n.a.  
**Website:** <https://www.frontlinect.org/>

**Resources:**

- Peer Support

## Trauma Response Programs

### Litchfield County

**Provider:** Kelly Lynch, LCSW, EMT, CPT, PN-1  
**Practice Name:** Turning Point Wellness, LLC  
**Location:** Wolcott  
**Email:** kelly@turningpointwellnessllc.com  
**Phone Number:** 860-856-1696  
**Web Site:** <http://www.turningpointwellnessllc.com>

#### Areas of Expertise:

- Anxiety
- Depression
- Grief and loss
- Obesity/weight loss
- PTSD/trauma
- Sexual health

### Hartford County

**Organization:** Honor Wellness Foundation  
**Location:** Manchester  
**Phone:** 860-919-9762  
**Website:** <https://www.honorwellness.org>

#### Resources:

- Outpatient care and inpatient support
- Peer Support
- Substance Abuse and Addiction
- Family Support
- Mental Health Needs
- PTSD
- EMDR

**Leading Provider:** Phyllis DiGioia

**Organization: Connecticut Incident Stress Management Team**

Location: Statewide  
Phone: (800) 734-2473 (answered 24/7)  
Website: <http://www.ctcism.org/>

Services:

- Defusing: A group or individual meeting with those involved, directly after the event.
- Debriefing: A group meeting with those involved, 24 to 72 hours after the event. This will include a mental health professional from our external CIS provider
- The CT CISM Team is a non-profit, volunteer organization that relies on limited sources of funding including any extra funds created through training programs and donations.

**Middlesex County**

**Provider Name: Tabatha Maiorano, LADC, LSCW, PhD**

Location: Old Lyme  
Email: [TDForensics@yahoo.com](mailto:TDForensics@yahoo.com)  
Phone Number: 860-499-0663  
Web Site: [http://www. TDForensics.com](http://www.TDForensics.com)

Areas of Expertise:

- Healthcare, first responder consulting / counseling
- PTSD/trauma response

**Provider Name: Kim Novak, LCSW**

Location: East Hampton  
Email: [kimnovaklcsw@yahoo.com](mailto:kimnovaklcsw@yahoo.com)  
Phone Number: 860-365-5249  
Web Site: <http://www.corecenterct.com>

Areas of Expertise:

- Career/employment concerns
- PTSD/trauma Methods or Approaches Used:
  - Behavioral, cognitive therapy
  - Crisis intervention
  - EMDR (eye movement desensitization and reprocessing)



## Windham County

**Organization:** Hillary Stern, LCSW  
**Location:** Mansfield  
**Phone:** 860-208-8519  
**Website:** <https://www.hillarystern.vpweb.com>

### About Hillary Stern LCSW

- Hillary Stern LCSW has been practicing psychotherapy and dance movement therapy for 16 years. She has a broad range of skills and experience working with mood disorder, addictions, relationships, divorce, and victims of sexual abuse, PTSD, phobias and self-esteem issues. She utilizes a Body / Mind / Spirit approach to understanding the whole person.

## Fairfield County

**Organization:** Fairfield County Trauma Response Team Inc  
**Location:** Fairfield  
**Phone:** 860-919-9762  
**Website:** <https://fctr.org>

### Resources:

- Outpatient care
- Inpatient support
- Peer Support
- Substance Abuse and Addiction
- Family Support
- Mental Health Needs
- PTSD
- EMDR

**Co-Coordinators** Karen Alter-Reid, PhD, Co-Coordinator 203-329-2701  
**Co-Coordinators** Michael Crouch, LCSW Co-Coordinator 203-961-1152

## Fairfield County

**Provider Name:** Karen Alter-Reid  
**Practice Name:** Karen Alter-Reid, Ph.D.  
**Location:** Stamford  
**Email:** karen.alterreid@gmail.com  
**Phone Number:** 203-329-2701  
**Web Site:** <http://www.alter-reid.com>

### Areas of Expertise:

- Anxiety
- Depression
- Grief and loss
- PTSD/trauma
- Stress Methods or Approaches Used: • Crisis intervention • EMDR (eye movement desensitization and reprocessing) • Relational therapy • Short-term (brief treatment)
- Telehealth Services

**Provider:** Dawn M. Roy, LCSW, ACS  
**Location:** Fairfield  
**Email:** dawnmroylcsw@gmail.com  
**Phone:** 203-331-7458  
**Website:** <https://dmrcounseling.net/>

### Credentials:

- Licensed Clinical Social Worker
- Approved Clinical Supervisor
- Mental Health First Aid Instructor
- EMDR Certified Therapist

## Wellness Programs

### New Haven County

**Provider Name:** Leesa Sklover, PhD, LPC  
**Practice Name:** Leesa Sklover/LoveLife Counseling LLC  
**Location:** Guilford  
**Email:** drsklover@gmail.com  
**Phone Number:** 917-860-0488  
**Web Site:** <http://lovelifeproductions.net>

#### Areas of focus:

- Neuroscience of sound, imagery, meditation
- Yoga therapy
- Neuropsychotherapy
- Mindfulness
- sleep enhancement
- sonic imagery
- mantra medicine
- anxiety
- family health
- Telehealth Services

## Substance abuse services

### Litchfield County

Organization: Drug and Alcohol Addiction Treatment Center

Location: 528 Smith Street Torrington, Connecticut 06790

Phone: 475-473-5556

Email: info@addictiontreatmentct.club

Website: www.addictiontreatmentct.club

Hours: Open daily

Organization: McCall Center for Behavioral Health

Location: 58 High Street Torrington, Connecticut 06790

Phone: 860-496-2100

Website: www.mccallcenterct.org

Hours: Open daily

### Fairfield County

Organization: The Hub: Behavioral Health Action Organization for Southwestern CT  
*A division of the Regional Youth Adult Social Action Partnership (RYASAP)*

Location: Fairfield County

Phone: 203-579-2727

Website: <https://www.thehubct.org/>

Resources:

- Mental health services
- Substance Abuse

Director: Giovanna Mozzo, MSW

## Hartford County

Organization: Substance Abuse of West Hartford

Location: West Hartford, CT

Phone: 800-558-0175

Website: [www.drugabuse.gov](http://www.drugabuse.gov)

Hours: Open daily

Organization: West Hartford Inpatient Drug Detox Centers

Location: West Hartford, CT

Phone: 866-553-1478

Website: [www.youchoice-rehab.com](http://www.youchoice-rehab.com)

Hours: Open daily

Organization: Institute of Living

Location: 200 Retreat Avenue, Hartford, CT

Phone: 860-545-7000

Website: <https://instituteofliving.org/>

Hours: Open daily

Organization: Wheeler Clinic

Location: 40 Hart Street, New Britain (statewide locations)

Phone: 888-793-3500

Website: <https://wheelerclinic.org/>

Hours: Open daily

## Windham County

Organization: Natchaug Hospital

*Location:* 189 Storrs Road, Mansfield, CT 06250

Phone: 800-426-7792

Website: <https://natchaug.org>

Hours: Open daily

## Middlesex County

Organization: Rushford

*Location:* 1250 Silver Street, Middletown, CT 06457  
883 Paddock Avenue, Meriden, CT 06450

Phone: 877-577-3233

Website: <https://rushford.org>

## New London County

Organization: Connecticut Addiction Medicine

*Location:* 4 Broadway, Norwich, CT

Phone: 860-222-9559

Website: <https://www.ctaddictionservices.com>

## New Haven County

Organization: Turnbridge

*Location:* 189 Orange Street, New Haven, CT

Phone: 203-937-2309

Website: <https://www.turnbridge.com>

## Eating Disorder Treatment

### Fairfield County

**Organization:** Melissa Mitri Nutrition, LLC  
**Provider:** Melissa Mitri, RD  
**Location:** 4 Oxford Rd, Suite B6 Milford, CT 06460  
**Phone:** 860-325-0579  
**Website:** <https://melissamitri.com/>

### Hartford County

**Organization:** Dr. Alyssa Bennett  
**Phone:** 860-837-7681  
**Location:** 505 Farmington Ave, 2nd Floor, Farmington, CT

**Organization:** Brianna Blake, PsyD  
**Location:** 85 Felt Road, Suite 503, South Windsor, Connecticut 06074  
**Phone:** (959) 265-2953

**Organization:** Brownbear and Owl Holistic Counseling, LLC  
**Provider:** Shannon Marone, MAAT, LPC  
**Location:** 56 Arbor Street, Suite 323, Hartford, Connecticut 06106  
**Phone:** (860) 498-4525

**Organization:** Caitlin Rose Counseling Services, LLC  
**Provider:** Caitlin Rose Egan, LPC  
**Location:** 92 N Summit Street, Southington, Connecticut 06489  
**Phone:** (203) 403-6283

**Organization:** Center for Cognitive Therapy  
**Provider:** Lili Daoud, LCSW  
**Location:** Avon, Connecticut 06001  
**Phone:** 860-677-2991

**Organization:** Kimberly M. Daniels, Psy.D.  
**Location:** 682 Prospect Ave. Hartford, CT 06105  
**Email:** [kdanielspsyd@gmail.com](mailto:kdanielspsyd@gmail.com)  
**Phone:** 860.231.2227

## Hartford County

Organization: Food is Fuel, LLC  
Provider: Ashley DeBella-Marques, MS, RDN, CD-N,  
Location: 642 Hilliard Street Suite 1212 Manchester CT 06042  
Website: [www.foodisfuelllc.com](http://www.foodisfuelllc.com)  
Email: [info@goodisfuelllc.com](mailto:info@goodisfuelllc.com)  
Phone: 860-985-9278

Organization: Sue Gebo MPH RD CD-N CDE  
Location: 854 Farmington Avenue, Suite 25, West Hartford, CT 06119-1552  
Email: [suegebo@sbcglobal.net](mailto:suegebo@sbcglobal.net)  
Phone: 860-232-5415 or 860-231-1696

Organization: Lindsey Jason, MSW, LCSW  
Location: 35 Cold Spring Road, Building 100; Suite 122, Rocky Hill, CT 06067  
Phone: 860-934-0541; 860-469-2603

Organization: Stephanie Krulewitz, MA, LADC  
Location: 674 Prospect Avenue - West Hartford, CT  
Email: [psychsdc@aol.com](mailto:psychsdc@aol.com)  
Phone: 860-305-9045

Organization: Real Talk, CT LLC  
Provider: Melissa Mitri, RD  
Location: 258 Spielman Hwy. Burlington, CT 06013  
Phone: 860-325-0579

Organization: Suzanne Roberts, LCSW  
Location: 750 Old Main Street, Suite 306, Rocky Hill, Connecticut 06067  
Phone: 860-342-0493

Organization: Dr. Kris Schumann  
Location: 50 Albany Turnpike, building 3, Canton, CT 06019  
Phone: 860-479-2536

Organization: Walden Eating Disorder Center  
Location: 31 Union St, Vernon, CT  
Phone: 860-872-5254



## Hartford County

Organization: Jessica Weinstein  
Location: 469 Buckland Rd, Unit 104, South Windsor, CT  
Phone: 860-281-1490  
Email: jweinsteinlpc@gmail.com

## Litchfield County

Organization: Lotus Counseling of CT (Watertown)  
Location: 76 Westbury Park Road Suite 209E, Watertown CT, 06795  
Phone: 203-707-896; fax: 203-889-5381

## New Haven County

Organization: Consultation and Counseling Associates  
Provider: George Hajjar, PhD  
Location: 27 Waterbury Road, 1st Floor, Prospect, CT 06712  
Phone: (203) 884-0880  
\*\*Speaks Arabic and has bariatric support groups

Provider: Siobhan Feliciano, LPC  
Organization: Integrated Counseling Solutions, LLC  
Location: 363 Main Street, Suite 512, Middletown, Connecticut 06457  
Phone: (860) 200-3979

Organization: Andrea Michelle  
Location: Fairfield, CT  
Phone: 203-479-0248

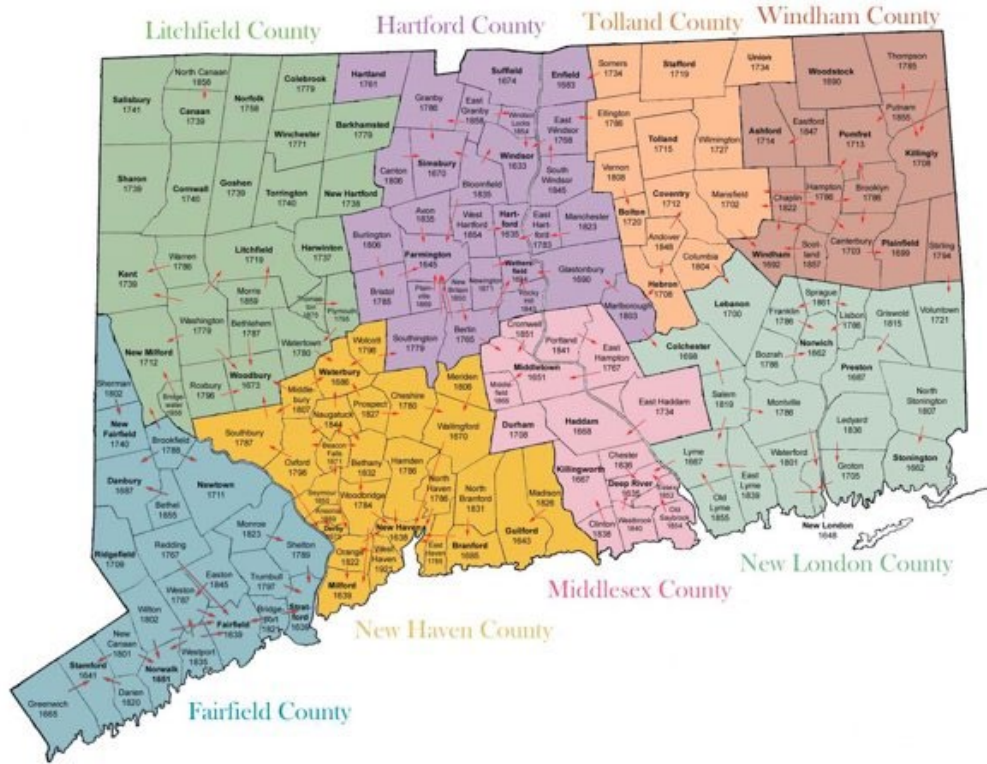
Organization: Carey O'Neill, Psy.D, CGP  
Location: 609 W. Johnson Ave, Suite 303 - Cheshire, Connecticut 06410  
Phone: (860) 406-5043

Organization: Radiance Counseling Center  
Location: 95 East Main Street, Meriden, Connecticut 06450  
Phone: (860) 331-8486

## New London County

Organization: New London County Psychology  
Location: 567 Vauxhall St, Ste 207, Waterford, CT  
Phone: 860-501-9445

## State of Connecticut Department Links



Connecticut referral and crisis intervention service

Dial – 211 (<https://211ct.org>)

Office of Emergency Medical Services

[www.portal.ct.gov/dph/Emergency-Medical-Services/EMS/Office-of-Emergency-Medical-Services-Homepage](http://www.portal.ct.gov/dph/Emergency-Medical-Services/EMS/Office-of-Emergency-Medical-Services-Homepage)

Department of Mental Health and Addiction Services

<https://portal.ct.gov/DMHAS>

## National Organizations

Each of these links below serve as an additional reference tool for individuals and departments to identify training opportunities, resource guides, and funding opportunities.

### National Suicide Prevention Hotline

**800-273-8255**

All Clear Foundation

<https://allclearfoundation.org/>

American Counseling Association

<https://fctr.org>

Disaster Distress Hotline:

<http://www.samhsa.gov>

The Dougy Center: How to Help a Grieving Child

<http://www.dougy.org>

International Association of Fire Chiefs

<http://www.iafc.org>

International Critical Incident Stress Foundation

<http://www.icisf.org>

National Volunteer Fire Council

<https://www.nvfc.org>

Project 109

<https://www.project109.org>

Psychological First Aid for students and teachers

<http://rems.ed.gov>

Uniformed Help

<https://www.uniformedhelp.org>

## General Information

It is important to note that signs/symptoms of post-traumatic stress disorder (PTSD) might not be visible immediately after an incident.

All providers have their own ways of dealing with grief & traumatic incidents, and it is important to understand that these may manifest in varying degrees and at different points after the incident.

## Contributors

For more information or edits to this guidebook please connect with those below who continue to work on the health and wellness of our EMS providers throughout Connecticut.

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