

## Ridgefield: Healthy Heads and Hearts (&Hands)

Last updated:5/18/2021

A local team of mental health providers has convened to support the community and each other during these turbulent times. Please use this list to connect with a professional if you need help.

Email if you need different resources, or provide feedback, reach Tony Phillips, LCSW at: [SocialServices@ridgefieldct.org](mailto:SocialServices@ridgefieldct.org)

Please call Insight Counseling at (203) 431-9726 to speak to someone and receive help with a referral.

To access an easy screening tool to get help for your child from FCA, just answer a few questions and hit submit: <https://programs.fcaweb.org>

First Name	Last name	Email	Phone	Discipline/Training	Specialties	New patients?	HUSKY or Medic Insurances accepted	Sliding scale?	Pro Bono	Faith Community	Website address
Beth	Anderson	pastorbethanderson@gmail.com	203-438-0606	Clergy	prayer, spirituality, LGBTQ, worship, Bible study				yes	St. Andrew's Lutheran Church	<a href="https://www.standrewselca.com">https://www.standrewselca.com</a>
Danna	Anderson	Danna@dannaanderson.com	713 562 7852	LPC	Adult, Anxiety, Depression, Substance use, Mindfulness	Yes	No, but will provide	yes	no		<a href="https://dannaanderson.com">dannaanderson.com</a>
Doug	Barile	dougbarile@gmail.com	203.948.4940	LMFT/MA, MBA	Child, Adult, Elder, LGBT, Anxiety, Depression, Substance use	Yes	HUSKY via Ridgefield	no	yes		<a href="https://www.ridgefieldtherapy.com">www.ridgefieldtherapy.com</a>
Susan	Bliss	dr.susan.bliss@gmail.com	203.241.3478	Ph.D. LCSW	Child, Adult, Bereavement, Learning/school issues, Anxiety, Depression, CBT/DBT, Mindfulness	Yes	No	yes	yes		
Kathy	Bloch	khblochmsw@gmail.com	203.451.3580	MSW, LCSW	Adult, LGBT, Anxiety, Depression, Spiritual, Mindfulness	Yes	No, but I will consider sliding scale	yes	maybe		
Amy	Cawman	amycawman@gmail.com	203.221.9169	LCSW	Child, Adult, Anxiety/OCD	Yes	No	yes	maybe		
Elizabeth	Engelberg	ej.engelberg@gmail.com	203.770.4411	Psy.D.	Child, Adult, ADHD, Learning/school issues, Anxiety, Depression, CBT/DBT	No	United Behavioral Health, Ct care,	yes	yes	Familiar with Jewish faith	
Lisa	Goldenberg	lgoldenberglcsww@gmail.com	203 648-8342	LCSW	Adult, Bereavement, Anxiety, Depression, Substance use, CBT/DBT	Yes	No	Anthem	yes	no	<a href="https://lisagoldenberglcsww.com">lisagoldenberglcsww.com</a>
Karen	I...	karen.i@wcogd.org	203.731.5200	Varies plus all certified as Domestic violence and Sexual assault counselors	Child, Adult, LGBT, Anxiety, Depression	Yes	no cost services	other	yes		2 west street
Elizabeth	Jorgensen	Liz@insightcounselingllc.com	203.943.6786	MS, CADC, Counselor	Adult, Anxiety, Depression, Substance use, CBT/DBT, Mindfulness	Yes	We are Out of Network and clients	yes	yes		<a href="https://www.insightcounselingllc.com">www.insightcounselingllc.com</a>
Lorraine	Lazarus-Morley	lrmorley@gmail.com	203.856.6191	LCSW	Adult, Elder, ADHD, Anxiety, Depression	Maybe	Medicaid, Medicare, HUSKY, Medicaid	yes	maybe		<a href="https://lrmorleylcsww.com">lrmorleylcsww.com</a>
Brandi	Matz	brandi@brandimatiz.com	908-397-5046	MSW, LCSW	Child, Adult, Anxiety/OCD, Anxiety	Yes	no	yes	yes		<a href="https://www.brandimatiz.com">www.brandimatiz.com</a>
Riesa	Minakan	riesaminakan@gmail.com	203-391-8578	LCSW	Child, Adult, ADHD, Anxiety, Depression, Substance use, CBT/DBT	Yes	no	no	no		<a href="https://rmridgefieldtherapy.com">rmridgefieldtherapy.com</a>
Paolo	Morena	paolomorenalpc@gmail.com	203-837-0055	MS/LPC	Adult, Elder, LGBT, OCD/ERP, Learning/school issues, Anxiety, Depression, Spiritual	No	Yes	Anthem, Husky, Cigna	other	maybe	<a href="https://www.paolomorenalpc.com">www.paolomorenalpc.com</a>
Lisa	Perry	lisa@NewtownFamilyTherapy.com	203.304.9977	School Counselor, LPC, CCTP	Child, Bereavement, ADHD, Learning/school issues, Anxiety, Depression, CBT/DBT, Mindfulness	No	Yes	Anthem, Cigna, HUSKY	no	yes	<a href="https://www.newtownfamilytherapy.com/">https://www.newtownfamilytherapy.com/</a>
Bill	Pfohl	bill@jesseleechurch.com	203.313.4499	Clergy	Bereavement, Spiritual	Maybe	No charges		yes	United Methodist Church; Jesse Lee	207 Main Street
Brook	Pieri	brook.pieri@gmail.com	917.648.8257	LCSW	Adult, Anxiety, Depression	Yes	HUSKY	United, Oxford, Anthem	yes	yes	
Maria-Pia	Seirup	mp@jesseleechurch.com	203.470.1337	Clergy, M.A.R. (master religion)	Elder, LGBT, Spiritual				yes	Jesse Lee Memorial United Methodist Church	<a href="https://www.jesseleechurch.com">www.jesseleechurch.com</a>
Valentina	Shehu	dr.valentina.shehu@gmail.com	203-244-8356	PhD Clinical Psychology	Child, Adult, LGBT, Bereavement, ADHD, Learning/school issues, Anxiety, Depression, CBT/DBT	Yes	Modern Health	yes	yes		<a href="https://drvalentinashshehu.com">drvalentinashshehu.com</a>
Sylvia	Steinert	sylviasteinert1@gmail.com	203.797.1593	LCSW	Adult, Anxiety/OCD, Anxiety, Depression	Yes	Husky/Medicaid,	HUSKY	yes	yes	
Gillian	Tanz	gilliantanzlcsww@gmail.com	203.912.9665	LCSW	Adult, Anxiety, Depression, CBT/DBT, Mindfulness	Yes	Anthem	HUSKY	yes	maybe	
Scott	Trefny	Strefny@insightcounselingllc.com	914.319.4865	LPC	Child, Adult, OCD/ERP, ADHD, Anxiety, Depression, Substance use, CBT/DBT, Mindfulness	No	Yes	Limited	HUSKY	yes	maybe
Veena	Verma-Dzik	drverma@insightcounselingllc.com	203.247.9496	ND-Naturopathic Physician	Child, Adult, LGBT, OCD/ERP, ADHD, Learning/school issues, Anxiety, Depression, Mindfulness	Yes	No	yes	yes		Insightcounselingllc.com. Fairfieldnaturopathichealth.com
Karen	Walant	Kwalant@gmail.com	203-482-2402	PhD, LCSW	Adult, Elder, Anxiety, Depression, CBT/DBT, Mindfulness	Maybe	No	yes	maybe	mindfulness	<a href="https://drkarenwalant.com">drkarenwalant.com</a>
Alan	Eskenzazi	Alan@silverspringcounseling.net	203-742-1964	LADC, EMDR Practitioner	Addiction, Trauma, Anxiety, Depression (Adult, Adolescent)	Yes	Husky	Anthem, Cigna, HUSKY	No	Possible	<a href="https://www.silverspringcounseling.net">www.silverspringcounseling.net</a>

**Hotlines/Warm lines:**

Kids in Crisis children/parents 24/7 hotline - 203.661.1911

Children's Emergency Mobile Psychiatric Service 24/7 - 2-1-1 or 1.800.203.1234

Womens Center of Greater Danbury - DV hotline - 203-731-5206

Danbury Hospital Crisis Hotline - (203) 739-7799

National Suicide Prevention Hotline - 1-800-273-8255

Download the "How We Feel" app for free on Google Play Store or iPhone App store. <https://bit.ly/3azfbZh>

## Clinics & Social Services

Ridgefield Social Services - Tony 203-807-4524, Karen 203-431-2754

Ridgefield Youth Service Bureau - 203-438-6141

Family and Childrens Aid - (203) 748-5689

Danbury Youth Services Inc. - 203-748-2936

Western CT Mental Health Network - 203-448-3200

CT Husky provider locator: <http://www.ctbhp.com/members/mbr-findprv.html>

Medicare behavioral health provider locator: <https://www.medicare.gov/physiciancompare/>

## Mindfulness resources

The Ridgefield Recreation Center is offering some mindfulness classes: <https://www.ridgefieldparksandrec.org/home/news/free-online-mindfulness-class-practices-steady-your-heart-and-mind>

The Ridgefield Recreation Center is offering some Saturday Qigong meditation classes: <https://www.ridgefieldparksandrec.org/home/news/group-qigong-changing-times-free-online-meditation-class>

Learn more about tapping with Sue Ahlstrom, MS Counseling: Email [tappingtime@gmail.com](mailto:tappingtime@gmail.com)

Live content: upcoming

## Video Content

Silver Hill Hospital video library, re: Covid-19, anxiety, stress: <https://silverhillhospital.org/community/video/>

Silver Hill Hospital: Coping with Covid Discussion with Dr. Michael Groat: <https://bit.ly/3npuLOh>

Liz Jorgensen, Delaying your Gray: Parenting even in a Pandemic: <https://bit.ly/2wMazkG>

Project Resilience: 7 local clinicians provide advice and tips on Coping & Parenting through the pandemic: <https://bit.ly/2wLKfQp>

Creating a New Normal: Re-Imagining a More Compassionate Future with Dr. Brandon Nappi: [https://event.webcasts.com/starthere.jsp?ei=1316725&tp\\_key=40a28582b3](https://event.webcasts.com/starthere.jsp?ei=1316725&tp_key=40a28582b3)

## Resources

ERMS has lots of great information on how to help children deal with stress, click here: <https://sites.google.com/ridgefieldps.net/ermscounselingcenter/remote-learning?authuser=0>

A great Mental Health and Wellness guide with tips & suggestions can be found here: <https://bit.ly/2UGzsHR>

A resource guide to reduce stress from USA.Gov: <https://bit.ly/3dCYkYd>

Positive Directions in Westport resource guide: <https://www.positivedirections.org/copy-of-resources>

Family and Children's Aid Danbury resource guide: <http://www.fcaweb.org/news/covid-19/>

NAMI - Ridgefield Friends & Families Support Group: Marc (203) 940-2516 or Sheryl (203) 470-1488

## Health Coverage

Open enrollment for [Accesshealthct.com](#) has been extended. HUSKY/Medicaid enrollment is always open

Go to: [www.accesshealthct.org](#) to apply for either the ACA marketplace or HUSKY.

For a list of Medicare behavioral health providers, click here: <https://www.medicare.gov/forms-help-resources/find-compare-health-care-providers>

For a list of Medicaid/HUSKY behavioral health providers, click here: [https://www.huskyhealthct.org/provider\\_lookup.html](https://www.huskyhealthct.org/provider_lookup.html)

Click here to see original source: <https://bit.ly/3aeCKGR>

FIND HEALTHY STRESS BUSTERS

There are many healthy ways to manage stress. Try a few and see which ones work best for you.

- **Recognize the things you can't change.** Accepting that you can't change certain things allows you to let go and not get upset. For instance, you cannot change the fact that you have to drive during rush hour. But you can look for ways to relax during your commute, such as listening to a podcast or book.
- **Avoid stressful situations.** When you can, remove yourself from the source of stress. For example, if your family squabbles during the holidays, give yourself a breather and go out for a walk or drive.
- **Get exercise.** Getting physical activity every day is one of the easiest and best ways to cope with stress. When you exercise, your brain releases chemicals that make you feel good. It can also help you release built-up energy or frustration. Find something you enjoy, whether it is walking, cycling, softball, swimming, or dancing, and do it for at least 30 minutes on most days.
- **Change your outlook.** Try to develop a more positive attitude toward challenges. You can do this by replacing negative thoughts with more positive ones. For example, rather than thinking, "Why does everything always go wrong?" change this thought to, "I can find a way to get through this." It may seem hard or silly at first, but with practice, you may find it helps turn your outlook around.
- **Do something you enjoy.** When stress has you down, do something you enjoy to help pick you up. It could be as simple as reading a good book, listening to music, watching a favorite movie, or having dinner with a friend. Or, take up a new hobby or class. Whatever you choose, try to do at least one thing a day that's just for you.
- **Learn new ways to relax.** Practicing [relaxation techniques](#) is a great way to handle daily stress. Relaxation techniques help slow your heart rate and lower your blood pressure. There are many types, from deep breathing and meditation to yoga and tai chi. Take a class, or try learning from books, videos, or online sources.
- **Connect with loved ones.** Do not let stress get in the way of being social. Spending time with family and friends can help you feel better and forget about your stress. Confiding in a friend may also help you work out your problems.
- **Get enough sleep.** Getting a good night's sleep can help you think more clearly and have more energy. This will make it easier to handle any problems that crop up. Aim for about 7 to 9 hours each night.
- **Maintain a healthy diet.** Eating healthy foods helps fuel your body and mind. Skip the high-sugar snack foods and load up on vegetables, fruits, whole grains, low-fat or nonfat dairy, and lean proteins.

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- **Learn to say no.** If your stress comes from taking on too much at home or work, learn to set limits. Ask others for help when you need it.