

TEAM SOUTH FLORIDA

Website: www.teamsouthflorida.org

Email: info@teamsouthflorida.org

Phone: 702.527.1290

Address: PO Box 8595, Coral Springs, FL 33075

Florida Department of Agriculture Charitable

Organization Registration Number: CH47562

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Updated: October 2024

We are a small, 100% volunteer, non-profit organization consisting of active and retired law enforcement officers, along with select civilian volunteers who have close ties to the law enforcement community. Our primary mission is to honor and remember those law enforcement officers who have been killed in the line of duty while supporting their agencies and their families. Our secondary mission is to help bridge the gap between law enforcement and the communities they live and work in. We accomplish these missions through our charitable initiatives (www.teamsouthflorida.org/charitable-initiatives).

In early 2018, we prioritized adding mental health support for first responders to our growing list of initiatives. This was immediately following our discovery of significant challenges for first responders obtaining the help they needed. This was intensified due to the overwhelming increase in first responder suicides and mental health concerns becoming more and more prevalent over recent years.

The sad reality is much of the stress we have learned about comes from within an agency. This reality only adds pressure to the same stressors that have always existed regarding finances, relationships, and trauma experienced on the job. As a result, this often leaves our brothers and sisters feeling helpless and even more hesitant to reach out for much needed support.

With this in mind and frustrated with one agency's EAP process, we took it upon ourselves to personally interview dozens of therapists in Palm Beach County and Broward County. Over the last few years, we have updated our list of resources as a result of firsthand and second hand noted feedback. **Our number one priority is finding help for those who reach out, when they reach out.**

Our list of resources focuses on accepting most insurance, prioritizing first responders, and experience working with first responders. **We cannot stress enough the magnitude of confidentiality and anonymity we have expressed needing to be respected and honored.**

The following page details our current suggestions. Please let us know if you learn of a positive or negative experience with any of the provider(s) on our list so we can update accordingly.

For those with EAP through Cigna Insurance, please follow the recommendation below:

- Identify a specialist from the following page, call and make an appointment directly with the specialist.
- Contact Cigna's EAP at 800-554-6931. Let them know the specialist's name and address for the appt.
- Tell Cigna know you are requesting an authorization number to provide to the specialist.
- Provide the authorization number to the specialist before your meeting begins.

That is all you are required to do with Cigna's EAP as well as several other large insurance providers. You may need to disclose a topic (*anxiety, stress, depression, etc.*) but you do not need to elaborate or go into detail just to get an appointment.

***** No one, including Cigna or your agency's Human Resources Department should need specific details regarding why you are attempting to speak with a specialist. *****

TEAM SOUTH FLORIDA EXECUTIVE BOARD

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National Options:

Team South Florida: Text 702-527-1290 for support

CopLine: Call 800-267-5463

1st Help: Text 'badge' or 'blue' to 741741

Call for Backup: Call 734-347-8162

Palm Beach County:

Helya Ortiz 561-444-3914 or helya@palmbeachmentalhealth.org
6801 Lake Worth Road, Suite 307, Green Acres

Jennifer Estrada 561-320-2104
2324 South Congress Avenue, Suite 1F, Palm Springs

Danielle Roginski 561-779-6711 or droginskilcsw@comcast.net
420 South State Road 7, Suite 118, Wellington

Anette Badchkam 561-310-5475 or jolene1@bellsouth.net
1402 Royal Palm Beach Boulevard, Suite 102, Royal Palm Beach

Mary Canane 561-301-5355 or mcanane@bellsouth.net
1480 Royal Palm Beach Boulevard, Suite C, Royal Palm Beach

Celestine Quiroga 561-571-5501 or gracefulwaycounseling@gmail.com
1035 State Road 7, Suite 315, Wellington

Wendi Cassand 954-650-1706 or wcassand@bellsouth.net
4722 NW 2nd Avenue, Suite C104, Boca Raton

Laurence Miller 561-392-8881
1599 NW 9th Avenue, Suite 206, Boca Raton

Broward County:

Cindy Ricardo 954-793-6442 or acaringcounselor@gmail.com
9900 West Sample Road, Suite 254, Coral Springs (*sit in lobby, call on arrival, and wait*)

Karen Cease 954-501-0175 or karencease@hotmail.com
2881 East Oakland Park Blvd, Fort Lauderdale

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Broward County continued:

Stacey Balkanski 754-702-7659 or staceybalkanskilcsw@gmail.com

Availability in two locations:

5571 N University Drive, Suite 101, Coral Springs / 7860 Peters Road, Suite F107, Plantation

Vicki Rubin 954-432-7703 or info@vrcounseling.com
12515 Orange Drive, Suite 803, Davie

Carlos Plasencia 954-436-3880
10406 Taft Street, Pembroke Pines

Debbie Rode 954-471-5286
12555 Orange Drive, Suite 267, Davie

Patrick McCaghren 954-436-8326
10400 Griffin Road, Suite 101, Cooper City

Matthew Simon 954-792-0772
7469 NW 4th Street, Plantation

Tammy Kushner 954-998-6364 or Tammy.Kushner@gmail.com
Davie (*Broward Sheriff's Office EAP Psychologist and US Air Force Veteran*)

Dade County:

Counseling Associates 239-289-9796 (*mention first responder referred by Team South Florida*)
2840 SW 3rd Avenue, Miami / 501 Goodlette Road North, Suite C206, Naples

Locations: Bonita Springs, Coral Gables, Miami, Naples, Port St. Lucie

Jo Jean-Charles 954-399-2186
6447 Miami Lakes Drive East, Suite 104, Miami Lakes

Erka De Sauty-Dominguez 786-925-0705
717 Ponce De Leon #307A, Coral Gables or 10689 North Kendall Drive #306, Kendall

Volusia County:

Kimberly Ingram 386-243-2851 or kingram@wellspringmhg.com
1121 North Dixie Freeway, New Smyrna Beach

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Orange County:

Jaime Bridges 321-956-0196 Prior law enforcement
1216 East Concord Street, Orlando

Ashlyn Douglas-Barnes 407-564-3459 <https://advancebariatriccounseling.com>
1950 Lee Road, Suite 110, Winter Park

Jason Darnell 407-722-1761 www.transformativecs.com/contact
397 Wekiva Springs Road, Suite 109, Longwood

Walton County / Panhandle:

Kathleen Hensley 850-226-7100 <https://thecranecenterllc.com>
137 Crystal Beach Drive, Suite 137-C, Destin
22600 Panama City Beach Parkway, Panama City Beach

Mental Health Facilities accommodating to law enforcement:

Shatterproof at FHE Health 844-423-3081
Mention Shatterproof for First Responders
505 South Federal Highway, Suite 2, Deerfield Beach
A plethora of services offered with a focus on first responders

UCF Restores at University of Central Florida 407-823-3910
4111 Pictor Lane, Suite 203 (Building 99), Orlando www.ucfrestores.com

Denise O'Connell 305-682-5243
20900 Biscayne Boulevard, Aventura

Kaila Nelson 954-295-6038
5757 North Dixie Highway, Oakland Park

PBSO Deputy Jeffrey Lefton 561-371-0367
5440 Linton Boulevard, Delray Beach

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As a reminder, you can always call or text (*text preferred*) our organization at 702-527-1290 anytime, day or night, for any kind of immediate support. We have law enforcement officers who have a variety of experience and tenure, some with military backgrounds, newer officers as well as seasoned and retired officers, contacts with dispatchers, and contacts with spouses of first responders who are all willing to listen and attempt to help.

We have representatives in California, Chicago, New Jersey, New York, North Carolina, South Carolina, and throughout the entire State of Florida. Many of the specialists listed above know of referrals for, or they themselves, handle marital counseling and/or counseling for children as well. In addition, many of the providers listed above now offer appointments via zoom or other virtual methods instead of solely meeting in person.

Lets all help each other to **#EndTheStigma** !! Lets work on taking care of those who take care of everyone else and far too often, neglect taking care of themselves.

Terry Maguire

Terry@TeamSouthFlorida.org / 702-527-1290

Peer Support Coordinator, Team South Florida Law Enforcement Charity

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