

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



Updated: February 2022

We are a very small, all 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 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 due to the overwhelming increase in first responder suicides and mental health concerns becoming more and more prevalent.

The sad reality is much of the stress we have learned about comes from within an agency. Even more unfortunate is many of our own have faced increased stress from their own supervisors and members of command staff. As a result, this often leaves our brothers and sisters feeling helpless and even more hesitant to reach out for much needed support.

With the above in mind and frustrated with one agency's EAP process in particular, 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 feedback personally as well as second hand. Our number one priority is finding those who reach out the help they need when they need it.

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 a negative experience with any of the provider(s) on our list so we can update it 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 Cigna know the specialist's name and address you have an appointment with.
- Let Cigna know you are requesting an authorization number.
- 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. *****

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TEAM SOUTH FLORIDA EXECUTIVE BOARD

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SECRETARY:

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Follow us on



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:

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

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*)

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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:

Maria Del Sol 305-439-0085

240 Crandon Boulevard, Key Biscayne

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

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Mental Health Facilities accommodating to law enforcement:

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

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 Chicago, New York, New Jersey, Nevada, California, 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 video means instead of solely 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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