

# TEAM SOUTH FLORIDA

Website: [www.teamsouthflorida.org](http://www.teamsouthflorida.org)

Email: [info@teamsouthflorida.org](mailto: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: March 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](http://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 was several instances where those reaching out for help disclosed a tremendous amount of stress resulting from within their agency. This reality only added pressure to the same stressors that have always existed for first responders (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.

Frustrated with one agency's EAP process for someone we were trying to help guide, we decided to take it upon ourselves to personally interview dozens of therapists in Palm Beach County and Broward County. Over the last few years, we continue to update our list of resources from firsthand and secondhand feedback. **Our number one priority is finding help for those who reach out, when they reach out.**

Our list of resources focuses on four key components. First, each resource accepts most insurance or volunteers their services for free or very reasonable rates. Second, they will prioritize seeing first responders. Third, they have experience working with first responders. Lastly, **we cannot stress enough the magnitude of confidentiality and anonymity we have expressed needing to be respected and honored.** Each of these resources have given us their word on these components.

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 resources listed.

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

PRESIDENT: RICH BEST  
VICE PRESIDENT: MIKE BRUNSON  
SECRETARY: CHRISTINE MCINTYRE-HURLEY  
TREASURER: JOYCE ROUGEUX

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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](mailto:helya@palmbeachmentalhealth.org)  
6801 Lake Worth Road, Suite 307, Lake Worth

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

Danielle Roginski 561-779-6711 or [droginskilcsw@comcast.net](mailto:droginskilcsw@comcast.net)  
420 South State Road 7, Suite 118, Wellington

Theresa Gahren 888-201-6407 / 561-819-0620 or [theresa.gahren@uphealthinc.com](mailto:theresa.gahren@uphealthinc.com)  
14000 South Military Trail, Suite 202, Delray Beach

Anette Badchkam 561-310-5475 or [jolene1@bellsouth.net](mailto:jolene1@bellsouth.net)  
1402 Royal Palm Beach Boulevard, Suite 102, Royal Palm Beach

Mary Canane 561-301-5355 or [mcanane@bellsouth.net](mailto:mcanane@bellsouth.net)  
1480 Royal Palm Beach Boulevard, Suite C, Royal Palm Beach

Celestine Quiroga 561-571-5501 or [gracefulwaycounseling@gmail.com](mailto:gracefulwaycounseling@gmail.com)  
1035 State Road 7, Suite 315, Wellington

Wendi Cassand 954-650-1706 or [wcassand@bellsouth.net](mailto:wcassand@bellsouth.net)  
4722 NW 2nd Avenue, Suite C104, Boca Raton

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

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## **Broward County:**

Karen Cease 954-501-0175 or [karencease@hotmail.com](mailto:karencease@hotmail.com)  
2881 East Oakland Park Blvd, Fort Lauderdale

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

Stacey Balkanski 754-702-7659 or [staceybalkanskilcsw@gmail.com](mailto: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](mailto: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 4<sup>th</sup> Street, Plantation

Tammy Kushner 954-998-6364 or [Tammy.Kushner@gmail.com](mailto: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 3<sup>rd</sup> Avenue, Miami / 501 Goodlette Road North, Suite C206, Naples

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

Maria Del Sol 305-439-0085  
240 Crandon Boulevard, Key Biscayne

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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

## **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 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](mailto:Terry@TeamSouthFlorida.org) / 702-527-1290

Peer Support Coordinator, Team South Florida Law Enforcement Charity

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