

The Delaware Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) Roster

What is the Delaware TF-CBT Roster?

Family members, professionals and members of the public can use this roster to find a trained specialist in the treatment of child and family trauma.

The roster is a publicly available listing of trainees and successful program graduates of the Delaware Children's Department's Division of Prevention and Behavioral Health Services (DPBHS). DPBHS has a clinical training program designed to train mental health professionals with at least a master's degree and experience to use the **Trauma-Focused Cognitive Behavioral Therapy** intervention developed by Esther Deblinger, Ph.D., Judith Cohen, M.D. and Anthony Mannarino with fidelity to the model. DPBHS has trained clinicians in this treatment to provide **effective, trauma-specific treatment for children with physical and/or sexual abuse, neglect, a history of witnessing violence (community or domestic violence) or experience with a traumatic event (e.g. car accident).**

Symptoms of child traumatic stress include but are not limited to:

- Repeated, upsetting memories of the traumatic event
- Flashbacks, reliving the experience
- Very upset by sights, sounds, smells which trigger memory of the traumatic event
- Avoiding places or people that are reminders of the event
- Being easily startled
- Showing very little emotion, seeming "numb" regarding the event
- Frequent nightmares
- Difficulty sleeping
- Difficulty concentrating
- Lack of interest in usual activities or personal relationships they once enjoyed

TF-CBT is a psychosocial treatment model designed to treat posttraumatic stress and related emotional and behavioral problems in children and adolescents and is listed as an evidence-based practice on the U.S. Substance Abuse and Mental Health Services Administration website: the National Registry of Evidence-based Programs and Practices (NREPP) with a quality of research rating of 3.8 on a scale of 4.0. The link to that website for TF-CBT is:
<http://www.nrepp.samhsa.gov/>

For general information about child traumatic stress, the website of the National Child Traumatic Stress Network (federally funded organization) is www.nctsn.org. It has information specifically designed for interest groups like parents, schools, etc... DPBHS is a member of the NCTSN and the training provided to Delaware clinicians is part of a very competitive federal grant obtained by DPBHS.

Disclaimer: As a public service, the Division of Prevention and Behavioral Health Services of the Delaware Children's Department has developed this roster which contains a list of trainees and graduates it has trained in TF-CBT. Neither DPBHS nor its providers nor its funders provide official endorsement of the clinicians included on our roster. This listing of clinicians is available for information purposes only; this listing is not meant to replace consultation with your physician or mental health professional. The views and opinions of clinicians listed do not necessarily state or reflect those of DPBHS or the State of Delaware.

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Clinicians with an asterisk by their names () will accept referrals of YOUNG CHILDREN and have received additional training in using TF-CBT with young children.*

Unless otherwise indicated, ALL clinicians on this roster accept third party payment as well as Medicaid Managed Care as payment for services.

Alatur, Oya	Oya Alatur, LCSW Delaware Guidance Services 1200 North French Street Community Education Building 7 th Floor Wilmington, DE 19801 Phone: 302-652-3948 oyalatur@delawareguidance.org	31 Boone Court Magnolia, DE 19962 Phone: cbaptiste@acfmw.com
Armstrong, Jean	Jean Armstrong, Ph.D., LPCMH Children & Families First 555 Justison Street Wilmington, DE 19801 Jean.armstrong@cffde.org Phone: 800-220-3092	Basel, Charles Charles H. Basel III MAPC Fellowship Health Resources 505 W. Market St. Suite 110 Georgetown, De 19947 302-722-3559 cbasel@fhr.net
Ashton, Terry-Jan	Terry-Jan Ashton, LCSW A Center for Mental Wellness 208 Brookside Avenue Wilmington, DE 19805 Phone: 718-872-8683 tashton@acfmw.com	Baughman, Rosemary Rosemary Baughman Courageous Hearts, LLC 7054 Fitzgeralds Road Lincoln, DE 19960 Phone: 302-593-1378 Courageoushearts1@rocketmail.com
Aviles, Yvette	Yvette Aviles, LPCMH, NCC Delaware Guidance Services 103 Mont Blanc Boulevard Dover, DE 19904 Work Cell: 302-333-7559 Office: 302-678-3020, ext. 3435 yaviles@delawareguidance.org	Beltran, Karen Karen Beltran, MSW Family Counseling Center of St. Pauls 301 N. Van Buren Street Wilmington, DE 19805 Phone: (302) 576-4136 Karen@stpaulscounseling.org
Bailey, Rhonda	Rhonda Bailey, LMSW Milestone Consultants 1330 Middleford Rd., Suite 302 Seaford, DE 19973 Phone: 302-990-2414 Fax: 302-535-8817 rhondabaileyyy@gmail.com	Bennett, Stav* Stav Bennett, LPCMH 258 E. Camden Wyoming Ave. Camden Wyoming, DE 19934 Phone: 302-897-5419 stavbennett@gmail.com ** Not a DPBHS provider
Baptiste, Cassieopia	Cassie Lucas-Baptiste A Center for Mental Wellness	Berkel, Kier Kier Berkel, LPCMH Affordable Psychotherapy 19 Lambson Lane New Castle, De 19720 Phone: 302-740-8996
		Bloomer, Anna Anna Bloomer, LCSW

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	St Francis Family Practice 701 N. Clayton St Suite 200 Wilmington De 19805 Phone: 302-575-8040		Laura.p.burritt@christianacare.org
Boone, Malia	Malia Boone, LPCMH Delaware Guidance Services 103 Mount Blanc Blvd. Dover, DE 19901 Phone: 302-678-3020 mboone@delawareguidance.org	Chambers, Cheryl	Cheryl Chambers, LCSW New Beginnings Family Svcs. 203 NE Front St., Ste. 103 Milford, DE 19963 Phone: 302-422-2888 (Able to see students who Attend Glasgow High School)
Brandis, Kristina	Kristina Brandis, LCSW Christiana Care School Based Health Center Newark High School SBHC 750 East Delaware Avenue Newark, DE 19711 Phone: 302-369-1606 Kristina.brandis@christianacare.org	Chandler, Jordyn	Jordan Chandler, LPCMH, NCC Delaware Guidance Services 103 Mont Blanc Blvd. Dover, DE 19904 Phone: 302-678-3020 jchandler@delawareguidance.org
Brooks, Tyonna	Tyonna Brooks, LACMH, MS, NCC Behavioral Health Consultant Children and Families First Gauger-Cobbs Middle School Phone: 302-658-5177 Tyonna.Brooks@cffde.org	Cherrix, Natalie	Natalie Cherrix, LCSW 561 N. Hall St. Seaford, 19973 Phone: 302-682-9025 (ages 12+) ** Not a DPBHS provider
Browne, Adam	Adam Browne, LACMH, NCC Journeys, LLC 5201 West Woodmill Drive Suites 31 & 32 Wilmington, DE 19808 Phone: 302-384-7843 Adam.browne@journeysllc.com	Cherry, Kathleen	Kathleen Cherry Psy.D. Mid-Atlantic Behavioral Health 910 South Chapel St. Suite 102 Newark, DE 19713 Phone: 302-224-1400 kcherry@midatlanticbh.com
Bruch, Erica	Erica Bruch, LPCMH Children & Families First DE 555 Justison Street Wilmington, DE 19801 Phone: 800-220-3092 Erica.bruch@cffde.org	Coleman, Norwood	Norwood Coleman, Jr., LCSW-S, ACSW Life Health Center 222 Philadelphia Pike Suites 13-15 Wilmington, DE 19809 Phone: 302-981-2763 ncoleman@lifehealthcenterde.org **Not a DPBHS provider
Burritt, Laura	Laura Burritt, LPCMH School Based Health Center at Glasgow High School 1901 South College Avenue Newark, DE 19702 Phone: 302-369-1501	Cook-Fasano, Terri	Hazel "Terri" Cook-Fasano, LCSW ChristianaCare School-Based Health Centers 122 Silver Lake Road Middletown, DE 19709 HCook-Fasano@christianacare.org Phone: 302-696-3140

Cooper, Dennis	Dennis Cooper, M.A. Delaware Guidance Services 103 Mont Blanc Blvd. Dover, DE 19904 Phone: 302-678-3020 Dennis.cooper@delawareguidance.org	Phone: 302-319-4661
Corbett, Doris	Doris Corbett, LPCMH, NCC, DCC, M.Ed Hand in Hand Counseling 523 Capitol Trail Newark, DE 19711 Phone: 302-438-0884 dc@handinhandcs.com	Jeanne Doe Dukes, LCSW Lewes Counseling 32314 Lewes-Georgetown Highway Lewes, DE 19958 Phone: 302-430-2127 (ages 5+) ** Not a DPBHS provider jdukes@nemours.org
Cottman, Alicia	Alicia Cottman Catholic Charities 2601 W. 4th Street Wilmington, DE 19805 Phone: 302-655-9624 (ages 12+) acottman@ccwilm.org	Jennifer Edwards, LPCMH Children & Families First 555 Justison Street Wilmington, DE 19801 Jennifer.Edwards@cffde.org Phone: 800-220-3092
Darby, Lisa	Lisa Darby, LCSW Mid Atlantic Behavioral Health 910 South Chapel St. Ste.102 Newark, DE 19713 Phone: 302-224-1400 ldarby@midatlanticbh.com	Pautia Esuh, MSW Children and Families First School Based Trauma Programs 91 Wolf Creek Boulevard Dover, DE 19901 Pautia.esuh@cffde.org (302) 674-8384
Dash, Danielle	Danielle Dash, LPCMH Delaware Guidance Services 103 Mount Blanc Boulevard Dover, DE 19904 Phone: 302-678-3020 ddash@ccwilm.org	Renee Evans, LPCMH, NCC Children & Families First W.T. Chipman Middle School 101 W. Center Street Harrington, DE 19952 Phone: 302-398-8197 ext. 217 Renee.evans@cffde.org
Dennison, Kally	Kally Dennison, LPCMH Delaware Guidance Services 103 Mont Blanc Boulevard Dover, DE 19904 Phone: 302-678-3020, ext. 3328 kreichhold@delawareguidance.org	Brenda Farside, LCSW DBA Kindred Counseling 3519 Silverside Road Ridgely 101-B Wilmington, DE 19810 Phone: 302-438-2796 **Not a DPBHS provider
Douglas, Totiyana	Totiyana Douglas, LCSW T Douglas & Company, LLC 1074 Old Forge Road New Castle, DE 19720 Totiyana@TDouglascompany.com	Giannina Figueroa, LACMH Open Door 254 E. Main St., Ste. 100 Newark, De. 19711 Phone: 302- 731-1504
	Fitzgerald, Lindsay	Lindsay Fitzgerald, LCSW

Delaware Guidance Services
31168 Learning Lane
Lewes, DE 19958
Phone: 302-645-5338

Lindsay.fitzgerald@delawareguidance.org

Fitzgerald, Lindsay Lindsay Fitzgerald, LCSW
Courageous Hearts, LLC
17054 Fitzgeralds Road
Lincoln, DE 19960
Phone: 302-593-1378

Gilleylen, Meghan Meghan Gilleylen, LPCMH, NCC
Delaware Guidance Services
103 Mont Blanc Blvd.
Dover, DE 19904
Phone: 302-678-3020 Ext 3423
mgilleylen@delawareguidance.org

Gonzalez, Ada Ada Gonzalez, Ph.D.
The Mind and Body Consortium
151 Walker Road
Dover, DE 19904
Phone: 302-674-2380
Phone: 302-730-1122
(Spanish-Speaking, Bilingual)
** Not a DPBHS provider

Haley, Andre V. Andre V. Haley, Ph.D., CAADC,
LCDP, LBS, LMSW
A Center for Mental Wellness
25 S. Old Baltimore Pike I, Suite
201
Christiana, DE 19702
Office: 302-266-6200
Cell: 302-563-8399
Fax: 302-266-6212
ahaley@acfmw.com

Handwerk, Leah Leah Handwerk, LCSW
Rising Hope Therapy, LLC
260 Chapman Road, Ste. 104A
Newark, DE 19702
Phone: 302-273-3194
Leah.handwerk@risinghopetherapy.com

Hayes, John John Hayes
Children and Family First
410 S. Bedford St.
Georgetown, De. 19947

Phone: 302-856-2388
John.hayes@cffde.org

Hemmerich, Antoinette Antoinette Hemmerich, LPCMH
117 Schley Avenue
Lewes, DE 19958
Phone: 302-260-0605

Hines, Ainje' Ainje' Hines, MS
Children and Families First
555 Justison Street, Ste. 150
Wilmington, DE 19801
School Based BHC
Phone: 302-319-8773 (work cell)
Ainje.hines@cffde.org

Hoffman, Brittany Brittany Hoffman, LACMH, NCC
Delaware Guidance Services
103 Mont Blanc Blvd.
Dover, DE 19904
Phone: 302-678-3020
Bhoffman1@delawareguidance.org

Holloman, Melanie Melanie Holloman, LMSW
Delaware Guidance Services
1200 North French Street
Community Education Building
7th Floor
Wilmington, DE 19801
Phone: 302-652-8297
mholloman@delawareguidance.org

Hynson, Shanette Shanette Hynson, LPCMH
Seaford House
400 N. Market St.
Seaford, DE 19973
Phone: 302-629-2996
bfarside@nbngroup.com

Jester, Tiffany Tiffany Jester, MS, NCC
Delaware Guidance Services
103 Mont Blanc Boulevard
Dover, DE 19904
Phone: 302-678-3020

Johnson, Regina Regina Johnson, LPCMH
Phone: 302-983-6173
+phone calls only

Johnston, Michelle Michelle Johnston, MA, LPCMH

	Mind and Body Consortium 995 N. Dupont Road 956 S. State Street Dover, DE 19901 Phone: 302-424-1322 & 302-674-2380 +phone calls only	555 Justison Street Wilmington, DE 19801 Jessica.macleod@cffde.org Phone: 800-220-3092
Jones, Wade G.	Wade G. Jones, LPCMH, LCDP, CAADC, CCS Alternative Solutions Consulting Group, LLC 29849 Plantation Drive Millsboro, DE 19966 302-542-3586 (T) 866-648-7571 (F) wjones@alternative-solutions.com	Maldonado, Danielle Danielle Maldonado, LPCMH, NCC Delaware Guidance Services 900 Health Services Drive Seaford, DE 19973 Dmaldonado@delawareguidance.org Phone: 302-262-3505, ext. 5242
		Mascuilli, Katelyn Katelyn Mascuilli, MA, NCC Children & Families First 555 Justison Street Wilmington, DE 19801 Phone: 302-551-9356 Katelyn.mascuilli@cffde.org
Kotak, Geeta	Geeta Kotak, LCSW Silver Linings Counseling, LLC 1500 Shallcross Avenue Suite 1A-2 Wilmington De 19806 Phone: 302-455-8990 geeta@silverliningscounseling.hush.com	Mason, Larita Larita Mason, M.A., NCC Jewish Family Services 99 Passmore Dr. Wilmington, De. 19803 Phone: 302-478-9411 lmason@jfsdelaware.org
Lanouette, Christina	Christina Lanouette , LCSW Center for Mental Wellness 121 W. Loockerman St. Dover, DE 19904 Phone: 302-674-1397 christinalanouette@acfmw.com	McGillivray, Kiera Kiera McGillivray, LMFT Children and Families First 91 Wolf Creek Boulevard Dover, DE 19901 Phone: 302-545-0689 Kiera.mcgillivray@cffde.org
Lewin, Kareta	Kareta Lewin, Ph.D., NCC, LACMH Spa Counseling, LLC 210 N. Market Street EXT Seaford, DE 19973 Phone: 302-519-9276 Dr.lewink@gmail.com	McLaughlin, Peggy Peggy McLaughlin, MSCC Catholic Charities 2601 W. 4th Street Wilmington, DE 19805 Phone: 302-655-9624 (ages 12+) pmclaughlin@ccwilm.org
Lonergan, Linda	Linda Lonergan, LPCMH, MS, NCC Heart Song Counseling & Consulting 2644 Kirkwood Hwy Newark, De 19711 302-563-7636 heartsongcounseling@gmail.com	Miller, Deborah* Deborah Miller, LCSW Lighthouse Therapy Center 30838 Vines Creek Road, Suite 2B Dagsboro, DE 19939 Phone: 302-732-1310 ** Not a DPBHS provider
Macleod, Jessica	Jessica Macleod, MSW Children & Families First	Molson, Jazzmyn Jazzmyn Molson, NCC

	A Center for Mental Wellness 25 S. Old Baltimore Pike Lafayette Bldg., Ste. 201 Newark, DE 19702 Phone: 302-723-4835 jmolson@acfmw.com		Lewes, DE Phone: 302-593-2550
Moores, Stephen*	Stephen Moores, MC, LPCMH Delaware Guidance Services Polly Drummond Office Park Building 1, Suite 1208 Newark, DE 19711 Phone: 302-455-9333 smoores@delawareguidance.org	Palmeri, Stephanie	Stephanie Palmeri, LPCMH Norman Broudy, M.D. and Associates, LLC 825 Washington Street Wilmington, DE 19801 Phone: 302-655-7110 x212 spalmeri@broudyassociates.com
Mullen, Julius	Julius Mullen, Sr., Ed.D., LPCMH Children and Families First 410 S. Bedford St Georgetown, DE 19947 Phone: 302-856-2388 Julius.mullen@cffde.org ** Not a DPBHS provider	Pettit, Mia	Mia Pettit, LCSW, CCDP-D, CAADC Delaware Guidance Services 103 Mont Blanc Dover, DE 19904 Phone: 302-678-3020 mpettit@delawareguidance.org
Mullen, Natasha	Natasha Mullen, M.ED, LPCMH Milestone Consultants 1330 Middleford Rd., Suite 302 Seaford, DE 19973 Phone: 302-990-2414 Fax: 302-535-8817 nmullen@milestoneconsultants.org	Pitts, Penelope	Penelope Pitts, LPCMH, NCC Fellowship Health Resources 505 W. Market St., Ste. 110 Georgetown, DE 19947 Phone: 302-854-0626 ext.1785 ppitts@fhr.net
Munday, Michele	Michele Munday, LPCMH, NCC Delaware Guidance Services 103 Mont Blanc Blvd. Dover, DE 19904 Phone: 302-678-3020, ext. 3428 mmunday@delawareguidance.org	Redman-Brown, Robin	Robin Redman-Brown, LPCMH The Delaware Family Center 3608 Lancaster Pike Wilmington, DE 19805 Phone: 302-932-0921 ***Not a DPBHS Provider redmanbrown@comcast.net
Murphy, Terri	Terri Murphy, LSW Delaware Guidance Services Stockton Building 261 Chapman Road Newark, DE 19713 302-455-9333 tmurphy@delawareguidance.org	Repka, Denise	Denise Repka, LCSW Growth and Change Counseling 1500 Shallcross Ave., Ste. 2 Wilmington, DE 19806 Phone: 302-598-0531 (Ages 15+) *** Not a DPBHS provider
Myers, Brandy	Brandy Ash Myers, NCC Delaware Psychological Services 321 Stein Highway	Roberts, Angela	Angela Roberts, MSW Children and Families First 91 Wolf Creek Boulevard Dover, DE 19901 Phone: 302-674-8384 Angela.roberts@cffde.org
		Rose, Roxana	Roxana Rose, LCSW Delaware Guidance Services

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RSB

1200 North French Street
Community Education Building
7th Floor
Wilmington, DE 19801
Phone: 302-652-3948
(Spanish-speaking bilingual)
rrose@delawareguidance.org

Russell, Harold

Harold Russell
A Center for Mental Wellness
121 W. Loockerman Street
Dover, DE 19904
Phone: 302-249-7172
haroldrussell@acfmw.com

Santana, Ashley

Ashley Santana, NCC, LPCMH, DVS
Family Crisis Therapist
Silver Lake Treatment Consortium
493 East Main Street
Middletown, DE 19709
Phone: 302-464-3912
Fax: 302-378-5244
Ashley.santana@delaware.gov

Santiago, Abner

Abner Santiago, LPCMH
Family Counseling Center of St. Paul's
301 N. Van Buren Street
Wilmington, DE 19805
Phone: 302-576-4136
abner@stpaulscounseling.org

Smith, Doris

Doris Smith, LMSW
Journeys Counseling, LLC
5201 W. Woodmill Drive
Suites 31-32
Wilmington, DE 19808
Phone: 302-384-7843
Dolores.smith@journeysllc.com

Smith, Perrin

Perrin Smith, LCSW
Henlopen Behavioral Health
1632 Savannah Rd., Unit 5
Lewes, DE 19958
Phone: 302-644-1224
***Not a DPBHS provider
psmith@tideshhealth.com

Snyder, Kathryn

Kathryn Snyder, LCSW
KNS Counseling Services
113 West North Street

Georgetown, DE 19947
Phone: 302-381-7283
knsounselingservices@live.com

Stamatiadis, Polixeni Jenny

Polixeni Jenny Stamatiadis, LCSW
Growth and Challenge Counseling
1500 Shallcross Ave., Ste. 2
Wilmington, DE 19806
Phone: 302-598-0531
(Ages 15+)
*** Not a DPBHS Provider

Sullivan, Michelle

Michelle Sullivan, LPCMH, CCDP-D, CAADC
A Center for Mental Wellness
25 S. Old Baltimore Pike, Ste. 201
Christiana, DE 19702
Tel: 302-266-6200
msullivan@acfmw.com

Tetty, Edith

Edith A. Tetty, LPC, LPCMH
Christiana Care School-Based
Health Centers
William Penn High School
713 E. Basin Road
New Castle, DE 19720
Edith.anenih@christianacare.org
Phone: 404-855-1573

Thomas, Shawnisha

Shawnisha Thomas, LPCMH
Thomas Clinical Consultation Svcs.
231 N. Main St., Ste. 201
Smyrna, DE 19977
Phone: 302-336-8028
T2services@gmail.com

Thompson, Kimberly

Kimberly Thompson, M.S.
A Center for Mental Wellness
121 W. Loockerman St.
Dover, DE 19904
Phone: 302-674-1397
kimberlythompson@acfmw.com

Trammell, Pamela

Pamela Trammell, LMSW
Healing Pathways Counseling
1310 Middleford Rd., Ste. 102
Seaford, DE 19973
Phone: 302-536-1395
Fax: 302-536-7498

Pstrammell2@gmail.com

Tullier, Bridgette Bridgette Tullier, MSS
Delaware Guidance Services
Stockton Building
261 Chapman Road
Newark, DE 19713
Phone: 302-455-9333, ext. 2023
btullier@delawareguidance.org

Vaughn, Mary Mary Vaughn, Psy.D.
Atlantic Psych Associates
24 Hiawatha Lane
Dover, DE 19904
Phone: 302-678-0213
***Not a DPBHS Provider

Vial, Theresa Theresa Vial, MSW
Children and Families First DE
91 Wolf Creek Boulevard
Dover, DE 19901
Phone: 302-545-3470
Theresa.vial@cffde.org

White, Alexis Alexis White, LMSW
Courageous Hearts, LLC
8848 September Way
Lincoln, DE 19960
Alexis.courageous@gmail.com
Phone: 302-593-1378

Winder, Teneshia Teneshia Winder, Ph.D.
A Center for Mental Wellness
121 W. Loockerman Street
Dover, DE 19904
Phone: 302-674-1397
Twinder@acfmw.com