

## COMMUNITY AGENCIES AND THERAPISTS OFFERING TELEHEALTH SUPPORT

### COMMUNITY AGENCIES AND HEALTH CLINICS:

#### **Alzheimers Family Support Center – Brewster**

**(508) 896 – 5170**

The AFSC has suspended in-person programs but remains open, with expanded telephone support hours 9 am to 5 pm, 7 days a week. Messages are checked regularly. Individuals or family members living with Alzheimer’s disease or related dementia are welcome to call for support. **You do not have to be a current client.** Especially important during the COVID 19 crisis, primary caregivers need to have contingency plans in place, with at least one emergency contact number in the event that they become ill. If you do not have a plan in place and need help creating one, please call (508) 896 – 5170. If you experience respiratory symptoms, please contact your medical provider immediately.

#### **Bay Cove Human Services (Crisis Intervention and Support)**

Offering telehealth for evaluations 24/7 over the next few weeks until the situation stabilizes. **24 Hour Crisis line: 833-229-2683.**

#### **Cape Cod Children’s Place and Family Resource Center**

10 Ballwic Road  
Eastham, MA 02651  
**508-240-3310**

Family Support specialists are available to help families meet their basic needs and discuss child development / behavior strategies. **Cindy Horgan is answering the phone M - F, 9am - 5pm, 508-240-3310 [chorgan@capecodchildrensplace.com](mailto:chorgan@capecodchildrensplace.com)** A limited supply of diapers, food and children’s books is available.

#### **Cape and Islands Veterans Outreach Center**

Amidst the COVID-19 outbreak the **Cape & Islands Veterans Outreach Center** wants to assure all of our clients that our counseling, food pantry, prevention and permanent housing services are still being provided. In order to practice safe social distancing, we have eliminated all walk-ins at this time. We urge anyone who seeks our services to call 508-778-1590 to get direction on how to contact our staff. To minimize any interruption, our food pantry remains open every Thursday from 9am – 1pm as we have set in motion protocols to keep both our staff and clients safe from the spread of the virus. Our counseling clients can call counselors to set up virtual therapy sessions. Our prevention and permanent housing programs remain functional as well. Clients are still receiving services without interruption via phone. For rental assistance please call 508-488-8347.

#### **Cape Cod Human Services**

(508) 430 – 3350

They are set up to offer Telehealth Behavioral Health services, but **cannot accept new referrals at this time.**

### **Caregiver Homes CC&I, Adult Family Care**

As an LTSS provider of Adult Family Care for the young adult and elderly, state regulations have been modified, and Caregiver Homes can continue to accept new individuals and families onto service via remote assessments.

For many years now and for those active with Caregiver Homes, individuals and caregivers are provided a tablet and access to **Vela, created by Seniorlink/Caregiver Homes** which is a web-based care management system and application which provides daily communication, care coordination support, and the ability to provide ongoing support and onboard new individuals and families. Caregivers fill out an electronic note which are monitored by Caregiver Homes care teams daily, to ensure they can help maintain the highest level of quality care possible in the home setting. *Vela* is similar to telehealth but specific to *Caregiver Homes* and providing family caregiving support in the home setting.

For more information, please call Matt Butler, 774-955-4362 or [mbutler@caregiverhomes.com](mailto:mbutler@caregiverhomes.com)

### **Child and Family Services**

(508) 778 – 1839 Callers should specify that they are requesting Telehealth.

### **Councils on Aging / Senior Centers**

Town Senior Centers continue to provide support services to residents 60+ years of age. Call your local COA to speak with a staff member.

### **Family Resource Center - Hyannis**

They will continue to operate on a regular schedule, but ask that you call **(508) 815 – 5100** to access staff. If you want to come in, please call first and you will be asked to participate in a brief health screening and discussion of your needs so we can best serve your needs.

### **Gosnold**

Partial Hospitalization Programs (PHP) and Intensive Outpatient Programs (IOP) are now available through the TeleHealth virtual platform. Additional TeleHealth services include: Individual Therapy, Structured Outpatient Addiction Program (SOAP), and Driver Alcohol Education (DAE). Please contact a member of the Outreach Team for Assistance: Kevin Rosario (508) 274 – 4477, [krosario@gosnold.org](mailto:krosario@gosnold.org) or Justin Campbell (774) 392 – 3581, [jcampbell@gosnold.org](mailto:jcampbell@gosnold.org).

[www.gosnold.org](http://www.gosnold.org)

800 444 – 1554

### **Helping Our Women – Provincetown**

Our office is closed, but we continue to provide the following free services by phone **(508-487-4357)**, email or virtual meetings:

- New client in-take by phone. We provide services for any woman living with a chronic health condition in Provincetown (or other Outer Cape towns) regardless of income, assets, or immigration status.
- Rides to necessary medical appointments on Cape and in Boston
- In Provincetown, we provide taxi rides to Outer Cape Health, as well as to grocery store, and to CCRTA Boston Hospital Bus.

- To-go bags from our food & personal products pantry
- Phone meetings for social support, advocacy, assistance and referral, as well as to help with application to SNAP food benefits, fuel assistance, other benefit programs.
- For low-income women living with chronic health conditions, we also provide \$780 annual financial assistance grant (monthly \$65.00 stipend paid directly to utility, phone, cable, grocery store, etc.)
- We have an open door policy to provide referral and resource information to all members of the community which means that when someone from outside our service area calls, or when a person who is not a client calls, we typically spend 20-30 minutes on the phone with the person calling to learn about their needs, simply listen and provide contact names and phone numbers to resources in their immediate community.
- Last week we tried our first social support group meeting on zoom and we will be adding some social support programming via zoom and/or FB Live in April.

[www.helpingourwomen.org](http://www.helpingourwomen.org) for more information

### Homeless Prevention Council – Orleans

While we are not currently holding in-person meetings, HPC Staff are still available for phone consultations and support via email. Each of our Case Managers has a cell phone and availability during regular office hours, 9AM - 4PM, Monday - Friday. **Here is their contact information:**

Maggi: (774) 801-9505 or [Maggi@HPCCapeCod.org](mailto:Maggi@HPCCapeCod.org)

Maureen: (774) 801-9501 or [Maureen@HPCCapeCod.org](mailto:Maureen@HPCCapeCod.org)

Ella: (774) 801-9479 or [Ella@HPCCapeCod.org](mailto:Ella@HPCCapeCod.org)

Mackenzie: (774) 801-9502 or [Mackenzie@HPCCapeCod.org](mailto:Mackenzie@HPCCapeCod.org)

Our **Provincetown Community Support Liaison** is also available during regular office hours:

Alex: (508) 237-7042 or [Alex@HPCCapeCod.org](mailto:Alex@HPCCapeCod.org)

For general information or to reach office staff, you can email [Info@HPCCapeCod.org](mailto:Info@HPCCapeCod.org) or dial our main number, (508) 255-9667 for assistance during regular office hours.

**Para español pregunta por Ella (a (774) 801-9479) o Eric (a (508) 255-9667, la extensión 160 y [Eric@HPCCapeCod.org](mailto:Eric@HPCCapeCod.org)).**

We have also dedicated a [page on our website](#) to tracking available community resources.

<https://www.hpccapecod.org/>

### Independence House

Our Executive Director, Lysetta Hurge-Putnam has been diligent to ensure that our commitment to support survivors of domestic and sexual violence remain in full force. **Our emergency confidential shelter remains operational.**

- Our 24-hour hotline continues without interruption.
- Both [independencehouse.org](http://independencehouse.org) (and) [independencehouseteens.org](http://independencehouseteens.org) continue to provide virtual assistance by secure HIPAA compliant chat with an Independence House counselor during select business hours.
- Independence House counselors have been set up to provide remote intakes and individual counseling with their clients by telephone with blocked caller ID's.

- Independence House SAFEPLAN advocates are in place to provide telephone assistance with 209A and 258E applications and are collaborating to ensure this information is available with all 15 Cape Cod Police Departments and Cape Cod courthouses that are open for emergency matters.
- Independence House Medical Accompaniment to Cape Cod and Falmouth Hospitals is currently suspended until the hospitals reopen to the general public. Both hospitals are working with Independence House to help us provide telephone assistance to survivors who are onsite for sexual assaults and SANE exams.

**Lastly, in the coming days we will be testing a HIPAA, VAWA/OVW compliant video tele-therapy platform before rolling it out to our counselors so they may continue their support to clients face-to-face virtually.**

Our response to the community also continues by way of social media and on the home page of the Independence House website where our COVID-19 updates are front and center. Please feel free to visit us there at <https://independencehouse.org>

### **Justice Resource Institute (508) 771 – 3156)**

All cape services are available via video and phone; new referrals are being accepted

### **Outer Cape Health Services**

OCHS offers telehealth for patients receiving primary care through OCHS. At this time psychiatrists and therapists are providing telehealth by phone.

508-487-9395, 508-349-3131, 508-432-1400. Call any number for access.

**The Outer Cape Health Services Community Resource Navigator (CRN)** program is available to help the Lower and Outer Cape town residents with unmet medical, behavioral health, and human service needs.

Outer Cape Health's CRN program can help with access to:

- Mental Health services
- Substance Abuse services
- Medical care
- Social services
- Coordination with other services and programs not offered by Outer Cape Health.

Referrals for the CRN program can be made by residents, family members, service providers, or community members.

Navigators are offering tele-visits.

Please call 774 209 3222 or email at [crnavigator@outercape.org](mailto:crnavigator@outercape.org)

### **Project 349/SMART RECOVERY Groups**

They're offering two SMART meetings on ZOOM:

Mondays at 6 pm. Open recovery meeting.

Tuesdays at 6 pm Family and Friends meeting.

Both meetings are open for new participants. Anyone wishing to attend should email me ([marthadeborahgordon@gmail.com](mailto:marthadeborahgordon@gmail.com)) with your email address and phone number, so I can send a link to join the meeting.

For more information on SMART Recovery, check out [SMARTRecovery.org](http://SMARTRecovery.org).

## RecoveryBuild

Substance Use support for Teens and young adults.

Contact APG Counselors at 774-487-5227 or [email APG@duffyhealthcenter.org](mailto:APG@duffyhealthcenter.org)

Our counseling team and Recovery Peer Mentors at RecoveryBuild APG are active and still taking referrals by working from home now, with new approvals for Telehealth communication. We have been making contact with parents and their students who are currently in home and in quarantine.

“This is a difficult time for all of us, but for those with a history of substance use, it can feel isolating and debilitating to be away from social supports, increasing the risk for use. We are offering check ins, community supports and a shoulder to lean on for families and students affected by substance use.”

## WeCan

783 Route 28

Harwich Port, MA

PH 508-430-8111

[www.wecancenter.org](http://www.wecancenter.org)

[info@wecancenter.org](mailto:info@wecancenter.org)

The staff is working remotely. We continue to offer 1:1 Legal, Career, Business & Financial empowerment consults by phone or zoom, and all our services are free. The staff are answering calls and helping however we can right now.

## PRIVATE THERAPISTS

### Hayley Bess, LICSW

Bourne Pond Associates

258 Main Street, B3

Bourne, MA

774 872 – 5014

<https://www.psychologytoday.com/us/therapists/hayley-bess-bourne-ma/717634>

### Maj Brown

Hyannis

508 237 – 7564

### Kate Cascio, LMHC

68 Tupper Road, Unit 10

Sandwich, MA

774 224 – 8512

<https://www.psychologytoday.com/us/therapists/kate-cascio-sandwich-ma/479824>

### Hailey Catsoulis, LMFT

Sunflower Marketplace

923 Route 6A Unit X

Yarmouthport, MA 02675

(774) 224 – 9625

<https://www.psychologytoday.com/us/therapists/haley-catsoulis-yarmouth-port-ma/384124>

**Robin Eitelbach LICSW**

169 Route 6A  
Orleans Ma 02642  
[robin.c.eitelbach@gmail.com](mailto:robin.c.eitelbach@gmail.com)  
508-237-2638

**Sheila House (Harwich residents only)**

Harwich Youth Services  
508-430-7836  
[shouse@town.harwich.ma.us](mailto:shouse@town.harwich.ma.us)

**Tracy Lamperti, LMHC**

1069 Main Street (Lemon Tree Plaza)  
Brewster, MA  
774 722 – 5919

**Michelle Olem**

180 Brackett Road  
Eastham, MA  
508-498-7596  
video and phone sessions

**Claudia Partyka-Alifano**

Barnstable  
774 776 – 1284

**Lindsay Pepin**

Pepin Therapeutics  
[pepintherapeutics@gmail.com](mailto:pepintherapeutics@gmail.com)  
508-737-9980

**Courtney Poignand, LICSW**

Orleans  
774 722 - 5190

**Al Roberti, LMHC**

Sandwich, MA  
(774) 462-5321

**Sharon Stout, LMHC**

Brewster  
(508) 240 – 1572

**Ashley Symington, LMHC, NCC**

Brewster, MA  
774 487 – 2193  
[ashkeysymingtonlmhc@gmail.com](mailto:ashkeysymingtonlmhc@gmail.com)  
[www.creativecounselingwithashley.com](http://www.creativecounselingwithashley.com)

