



### Emotional Wellness Department Community Health Partners

851 5th Avenue North  
Suite 201  
Naples, FL  
34102

Phone: 239-659-7751  
Fax: 239-659-7799

Email: [ew@chealthpartners.com](mailto:ew@chealthpartners.com)



Building a healthier community, one member at a time.

## Emotional Wellness Department



239-659-7751

[ew@chealthpartners.com](mailto:ew@chealthpartners.com)

## EMOTIONAL WELLNESS SERVICES AND PROVIDERS OFFERED BY COMMUNITY HEALTH PARTNERS

### Emotional Wellness Program

#### Overview

The Emotional Wellness program is a practice of mental health professionals that provide counseling and supportive services to children, adolescents, adults, families and couples. The goal of the Emotional Wellness program is to eliminate barriers to accessing mental health support in our community. Our program partners with several large employers to offer open access to employees and their participating family members while offering public access to the practice through other insurance partnerships and reduced self pay rates. The Emotional Wellness program aims to provide cutting edge mental health services in a way that is accessible and affordable to our professional and private clients and their families.

### Jaime Crossan-DeBres, LCSW - S Associate Director/Clinician

Jaime Crossan-DeBres, LCSW has joined Community Health Partners to offer services to adults, couples, families and children of all ages that are struggling with emotional and behavioral issues. Services for adults and children will include parenting classes, child development educational classes, play therapy, age-appropriate/age-specific services, anti-bullying, healthy relationships, child anxiety management, trauma focused therapy and services for PTSD. Jaime is a certified EMDR Therapist. Jaime has over fifteen years of clinical experience. She completed her undergraduate degree in Sociology and Women's Studies from The University of Toronto and received her Master's degree in Social Work from Florida Gulf Coast University.

#### Populations Served:

- Prenatal Attachment and Infant Mental Health
- Children (ages 4 and up)
- Adolescents
- Adults/Couples
- Families

#### Areas of focus and experience:

- Trauma/ EMDR (Eye Movement Desensitization and Reprocessing)
- Domestic Violence/Sexual Violence/Human Trafficking
- ADD/ADHD
- Anxiety Disorders/Crisis Intervention
- Major Depressive Disorders
- Play Therapy
- Self-injurious Behaviors
- Psychological Assessments for Immigration and Homeland Security
- Child Abuse and Neglect
- Infant Mental Health
- Parenting/Teen Pregnancy/PPD/Attachment
- Pregnancy/childbirth trauma
- Healthy Relationships
- Weight Loss Behavioral Assessments
- Professional Trainings and Development

### Josie Means - Intake Coordinator

Josie has joined Community Health Partners to provide administrative support by assisting with scheduling, registrations, billing, translation services, and other services that are needed. Josie is bi-lingual and has over 15 years of experience working in social service organizations and the non-profit arena. Josie specialized in advocacy for at risk youth, children and families affected by family violence. She excelled in community outreach, leadership, professional training, and public speaking in schools. Josie is scheduling appointments for the Emotional Wellness clinicians. You can contact Josie at [\(239\) 659-7751](tel:2396597751) or by email at [ew@chealthpartners.com](mailto:ew@chealthpartners.com) for an appointment. Se habla Español.

Networks Served: Allegiance (Collier County Government and Collier County Public Schools), Cigna, Aetna, Self Pay

## Anabel Sathan, LCSW - Clinician

Anabel Sathan, LCSW has joined Community Health Partners to assist members in working through issues related to depressed mood, domestic violence, anxiety, healthy relationships, grief, loss and other common stressors to get you on your path to wellness. Anabel has over five years of clinical experience, most recently in palliative care. She completed her undergraduate degree and graduate degree in Social Work at Florida Gulf Coast University. Anabel is committed to providing excellent clinical counseling and believes therapy to be an empowering tool to help individuals discover their inner strength and reach their potential. *Se habla Español.*

### Populations served:

- Children (ages 10 and up)
- Adolescents
- Adults/Couples
- Families

### Areas of focus and experience:

- Trauma
- Child Abuse/ Neglect
- Domestic Violence
- Sexual Violence
- Human Trafficking
- Psychological Assessments for Immigration and Homeland Security
- ADD/ADHD
- Anxiety Disorders
- EMDR/Trauma
- Major Depressive Disorders
- Dual Diagnosis Disorders
- Grief and Loss
- Bullying
- Post Traumatic Stress Disorder
- Healthy Relationships
- Crisis Intervention
- Weight Loss Behavioral Assessments
- Professional Trainings and Development

Networks Served: Allegiance (Collier County Government & Collier County Public Schools), Self Pay

## M. "Susie" Rosbottom, LMFT - Clinician

M. "Susie" Rosbottom, Licensed Marriage & Family Therapist, has joined Community Health Partners to assist members in working through challenges including, but not limited to, relational issues, stress management, adjustments to life transitions, anxiety, depression, parenting issues, trauma, grief/loss, and substance abuse. Susie works with individuals, couples, families, groups, and all ages of children within the context of their families. Her strength-centered approach focuses on promoting emotional wellness, self care, healthy relationships, and an understanding of the various systems that impact her clients. M. "Susie" Rosbottom, LMFT, earned her undergraduate and graduate degrees from Stetson University in Deland, FL. She has been working in the mental health field for 20 years, with the majority of those years serving Southwest Florida. She has worked in both public and private sectors. Susie has lived in Naples since 1983.

### Populations served:

- Children (all ages within the context of family therapy)
- Adolescents
- Adults/Couples
- Families

### Areas of focus and experience:

- Healthy Relationships
- Adjustment to life transitions
- Substance use
- Dual Diagnosis Disorders
- Anxiety Disorders
- Depression and other mood disorders
- Trauma/ EMDR (Eye Movement Desensitization and Reprocessing)
- Grief and Loss
- Parenting/Attachment
- Behavioral disorders
- Bullying
- Healthy Coping Skills
- Professional Trainings and Development

Networks Served: Allegiance (Collier County Government & Collier County Public Schools), Cigna, Self Pay

## Berta Garcia, MSW RCSWI - Clinician

Berta Garcia, MSW RCSWI has joined Community Health Partners to assist members in working through issues related to depressed mood, domestic violence, anxiety, healthy relationships, grief, loss and other common stressors. Berta has over five years of clinical experience, most recently in hospital social work and crisis intervention. She completed her undergraduate degree and graduate degree in Social Work at Florida Gulf Coast University. Berta is committed to helping people find and develop their best self. Berta believes in solution focused counseling that provides people with the tools, skills and training to realize their own dreams and achieve balance. *Se habla Español.*

### Populations served:

- Adolescents
- Adults/Couples
- Families

### Areas of focus and experience:

- Trauma
- Child Abuse/ Neglect
- Domestic Violence
- Sexual Violence
- Human Trafficking
- Psychological Assessments for Immigration and Homeland Security
- ADD/ADHD
- Anxiety Disorders
- Trauma
- Major Depressive Disorders
- Dual Diagnosis Disorders
- Grief and Loss
- Post Traumatic Stress Disorder
- Healthy Relationships
- Crisis Intervention
- Weight Loss Behavioral Assessments
- Professional Trainings and Development

Networks Served: Allegiance (Collier County Government & Collier County Public Schools), Self Pay

## Sandi Hack, MSW RCSWI - Clinician

Sandi Hack, MSW RCSWI has joined Community Health Partners to offer services to adults, couples, families and children of all ages that are struggling with emotional and behavioral issues. Sandi has extensive experience, starting her career as a certified as a Montessori pre-school teacher. Sandi spent 15 years in the health care industry, working on pediatric unit. After motherhood she returned to school and graduated with both a Bachelor's degree and Master's degree in Social Work from Florida Gulf Coast University. Sandra has extensive experience working with clients with grief and loss issues, domestic violence, depressed mood, anxiety, severe and persistent mental illness and high-risk behaviors. Sandi is part time and offers evening and Saturday appointments for appropriate clients.

### Populations served:

- Children (ages 4 and up)
- Adolescents
- Adults/Couples
- Families

### Areas of focus and experience:

- Domestic Violence/Sexual Violence/Human Trafficking
- ADD/ADHD
- Grief and loss
- Anxiety Disorders/Crisis Intervention
- Major Depressive Disorders
- Play Therapy
- Self-injurious Behaviors
- Developmental Disorders
- Child Abuse and Neglect
- Post Traumatic Stress Disorder
- Parenting/Teen Parenting/
- Healthy Relationships

Networks Served: Allegiance (Collier County Government and Collier County Public Schools), and Self Pay