

Frequently Asked Questions

How do I make an appointment?

Call our central intake line at 860-822-4900 and request an appointment for our Colchester Office.

What insurances do you accept?

We accept most commercial insurances, as well as all state insurances, including Medicare and Medicaid.

How long will I have to wait for an appointment?

Your initial appointment will be scheduled within two weeks of your call and your regular appointments will be scheduled at your convenience.

Are evening and early morning appointments available?

Our clinicians make every effort to accommodate your schedule. Early morning and evening appointments are available.

Can I participate in my child's treatment?

Parents are required to participate to some degree in their child's treatment. The degree of participation is decided upon together during your intake.

How often can I meet my therapist?

Frequency of visits is decided by you and your therapist.

Are my appointments confidential?

We strictly follow rules of confidentiality as defined by ethics, HIPPA, etc.

Clinicians



Ann Marie Maffuid, LMFT is a licensed marriage and family therapist with over 20 years experience in the mental health field. Ann Marie provides clinical supervision to therapists, and also conducts various parenting seminars, training groups, and provides presentations on various mental health issues. Ann Marie is a member of the Collaborative for Colchester's Children, C3, the local FWSN board, and the local J88. Ann Marie is well connected in the local community, and the larger CT mental health provider networks. She supervises the Colchester office and BHS Intern Program.



Carole Renca, MA, LPC has a Master's degree in counseling from the University of Connecticut and is a Licensed Professional Counselor since 1998. Her specialty is working with adults who suffer from substance abuse or psychiatric illness as well as those with co-occurring disorders. She provides both individual and group counseling as well as assessments and consultations.



Paige Bogdo, LMFT graduated from the University of Saint Joseph with her Masters in Marriage and Family Therapy. She works with families, couples, and children. Paige particularly enjoys working with adolescents who exhibit defiant behaviors to help parents establish more structure and work towards creating healthier family dynamics. She also enjoys working with teenagers who are at risk for using or are currently experimenting with alcohol and other substances.



Lindsay Moser, LMFT graduated from Central Connecticut State University with her Masters in Marriage and Family Therapy. She enjoys working with children and adolescents with a variety of mental and behavioral health issues and particularly enjoys working within a family context. She also enjoys working with individuals and couples.



Becky Moore, LPC is a licensed Professional Counselor, who has her master's degree from the University of New Haven and has been working with children, adults and families for over five years. She utilizes individual, family and group therapies to help clients improve their lives and functioning. Becky also specializes in working with children who have experienced traumatic events through the utilization of Trauma Focused Cognitive Therapy. Becky offers a strength based, solution focus approach to counseling.



Amy Cave, LMFT received her MS in Marriage and Family Therapy from Central Connecticut State University. She is a licensed Marriage and Family Therapist with experience providing counseling in homes, schools and clinical settings throughout New London County. Amy enjoys working with children, parents, couples, adolescents and adults, providing therapy for a variety of clinical needs including parenting skills, Post-traumatic Stress Disorder, mood disorders, anxiety, depression, relationship problems, life transitions and disruptive behaviors. Amy is passionate about helping individuals and families make positive changes to help each reach their personal and therapeutic goals.



Rajesh Parekh, MD is a board certified psychiatrist. Dr. Parekh completed his undergraduate work at Lynchburg College and earned his M.B.S. at Kempegowda Institute of Medical Sciences in Bangalore, India. He completed his residency at Connecticut Valley Hospital through Yale University's psychiatry residency program. Dr. Parekh is the Psychiatric Medical Director at UCFS and is seeing patients in the Colchester office.



Kate Remauro, APRN is a licensed, board certified Psychiatric-Mental Health Nurse Practitioner. She is a graduate of Columbia University and specializes in working with children and adolescents. Her philosophy in treatment stems from a wellness, strengths-based and client centered approach. As a compassionate and creative clinician, she is dedicated to providing quality care and assisting clients in reaching their highest potential and leading healthy, fulfilling lives.



United Community & Family Services

Colchester Office

212 Upton Road

Colchester, CT 06415

860-537-7676



Offering individual and group counseling to adults, children and families

HUSKY Health Plans Accepted

Income-Based Sliding Scale

Most commercial insurances accepted

New Clients Welcome



Counseling and Psychotherapy

We provide individual, family, couple and group therapy to children, youth and adults. A wide range of services include help with:

- emotional or behavioral problems
- grief and loss
- anxiety and depression
- life crisis
- trauma
- parenting education
- domestic violence
- divorce and separation
- physical and sexual abuse
- substance abuse
- anger management
- relationship problems
- crisis intervention
- support for foster and adoptive parents
- developmental problems
- risk assessment
- substance abuse assessment
- co-occurring disorders
- Autism
- Asperger syndrome

In conjunction with counseling and psychotherapy, if needed, we also offer psychiatric evaluation and medication management.

Groups

The Colchester office offers many groups for women, men and teens covering a wide array of topics, such as substance abuse, mindfulness, teenage issues, as well as many more. For more information and availability of the groups listed below, please call the office.

- Mindful Relationships
- At Wit's End
- Children's Social Skills Group
- Teen Support Group
- Men's Support Group
- Young Adult Support Group
- Adult Medication Management Group
- Children's/Adolescent Medication Management Group
- Adult Recovery in Action Group
- Adult Mindfulness Beginners Group
- Adolescent Substance Abuse Group
- Anxiety Group
- ABC's of Parenting
- Keep Calm and Carry On
- Adult Mindfulness Advanced Group
- Girls Circle: Relationships with Peers Group
- Girls Circle: Wise and Well
- Trauma Treatment Groups for Children and Adults
- Groups for Children with Spectrum Disorders
- Parent Support Group for Caregivers with Children with High-Functioning Autism, Anxiety or ADHD

The Colchester Behavioral Health Services office provides compassionate, individualized, goal-specific treatment for all of our clients. We treat each person with respect and dignity, and strive to make your treatment as comfortable as possible. We offer many appointments times, promptness for appointments, and a comfortable treatment environment. We also offer case management services to help you with other issues in your life that may be affecting your mental health, such as employment issues, housing needs, and transportation. Our staff are friendly, eager to help, and invested in you as a whole person, and how they can help you in all aspects of your life. We work closely with your other doctors, school counselors, clergy, and any other supports you identify.

Call us today to inquire about how we can help you!

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