



**MEET ALL YOUR CLIENTS' MENTAL HEALTH NEEDS HERE
WINTER 2023**

Dear Colleagues,

The professional offices in Suites 9 and 10 at 358 Veterans Memorial Highway in Commack offer a diversity of independent outpatient psychotherapy practices and skillsets all under one roof. Practitioners offer outpatient mental health services for children, adolescents and adults, with clinical expertise in a wide range of mental health issues, and many years of clinical experience within school, hospital and outpatient settings. Some providers are in-network providers for major insurance carriers; others are out-of-network. Most are offering telehealth sessions, and some are meeting in-person. Please take a look at our brief biographies below and feel free to give us a call to discuss potential referrals. We welcome your business and pledge to you and your families the highest level of professional care available.

PANTALENO PSYCHOLOGICAL SERVICES, PLLC
ANTHONY PANTALENO, PH.D., DIRECTOR

EAST END PSYCHOLOGICAL SERVICES, P.C.
JOSEPH S. VOLPE, PH.D., EXECUTIVE DIRECTOR

BARBARA CAREY-SHAW, PH.D.

BETH HOLLANDER, PH.D.

SHARI BILLOTTI, PH.D.

SHEILA GOLOBOY, LCSW

CAROL LUCAS, LCSW, PH.D.

FOODandFITNESSPRO
SHANA MALEEFF, MA, RD, CDN, ACE-GFI
FOUNDER

SOCIAL SKILLS for CHILDREN

Executive Directors:

LOUISE CHIARULLI, MS, BCBA, LBA, LMHC
VALERIE MAZLIAH, MS, BCBA, LBA

Pantaleno Psychological Services, PLLC

Dr. Anthony Pantaleno specializes in the treatment of individual preadolescents and their families, and young adults, with a specialty in rational-emotive behavior therapy, individual dialectical behavior therapy, acceptance and commitment therapy, and mindfulness-based cognitive therapy. Dr. Pantaleno is a graduate of Fordham University and an Associate Fellow of the Albert Ellis Institute, with over thirty years of experience both as a School Psychologist and in private practice. His recognitions include the National Association of School Psychologists Practitioner of the Year in 2013 and the Suffolk County Psychological Association Psychologist of the Year in 2008 and 2016. Dr. Pantaleno does not accept third party insurance but will assist families in locating in-network services upon request. Please visit his website at www.drpantaleno.com for an overview of his practice and fees. Dr. Pantaleno is also a certified instructor in Koru Mindfulness and offers introductory mindfulness classes for young adults and adults. To learn more about these classes and mindfulness meditation as a key skill in emotional self-regulation, please visit korumindfulnessli.com. To discuss a potential referral, please email drpantaleno@gmail.com or call (631) 543-TEEN.

East End Psychological Services:

Across Long Island, families, school personnel and pediatricians have turned to the staff of East End Psychological Services (EEPS) to offer comprehensive psychological assessment as well as individual, family and couples/marital cognitive-behavioral psychotherapy. With offices in Commack and Miller Place and a staff of 16 experienced Psychologists, EEPS is known on Long Island as a specialty practice that works with children (ages 3 and older), adolescents and adults. Our areas of expertise include: ADHD, ODD, Autism Spectrum Disorders, anxiety disorders, PTSD, depression and bipolar disorder, insomnia, behavior modification, internet addiction, anger management, social skills training, child and adolescent sports psychology, selective mutism, school avoidance/refusal, families in transition including divorce and blended families. Moreover, we provide Neuropsychological, Educational, Cognitive, Personality and Career testing. Additionally, services are provided at both office locations through our **Psychological & Educational Testing Center** and **The Child and Adult Diagnostic and Treatment Program for ADHD**, both divisions of East End Psychological Services. Please visit

www.eepservices.org or call (631) 821-7214 for details about our practice. Dr. Joseph Volpe, Executive Director can be contacted directly at drvolpe@eepservices.org. Appointments are available within one week.

Barbara Carey-Shaw, Ph.D:

Dr. Barbara Carey-Shaw is a Licensed Psychologist with over 25 years of experience providing services to children, adolescents and adults. She uses a unique combination of cognitive-behavioral therapy and psycho-educational skill building to enhance communication and interpersonal skills that greatly influence emotional well-being. Specific areas of expertise include anxiety, depression, ADHD, Autism Spectrum Disorders, developmental disabilities, stress management, bipolar disorder and borderline personality disorder. She also provides social skills training, parent training, and intellectual/cognitive testing. Some insurance plans accepted. You can reach Dr. Carey-Shaw at (516) 241-3276 or at drbcareyshaw@gmail.com. TeleHealth is available.

Beth Hollander, Ph.D:

Dr. Beth Hollander is a Licensed Psychologist who graduated from Hofstra University's Clinical and School Psychology Ph.D. program. Her areas of expertise include anxiety (including OCD and phobias) and emotion regulation, and she uses a cognitive-behavioral treatment approach. Dr. Hollander also has experience with the treatment of Borderline Personality Disorder, Bipolar Disorder, and PTSD in military veterans and crime victims. She provides services for children, teens, and adults, and specializes in working with college-aged young adults. You can reach Dr. Hollander at (516) 336-8149 or drbethhollander@gmail.com. Some insurance accepted.

Shari Billotti, Ph.D:

Dr. Shari Billotti is a Licensed Psychologist and Certified School Psychologist. She holds a Doctorate in Psychology with special interests in the treatment and identification of ADHD (both in children and adults), social skills training, anxiety and general adjustment issues, behavior management, parent training, divorced and/or blended families, high functioning Autism Spectrum disorders, support for children who have siblings with disabilities, school consultation, and psychological and academic evaluations. Dr. Billotti uses a goal oriented, cognitive behavioral approach in working with children, adolescents, young adults, and families. You may reach Dr. Billotti at 631-786-5209, or at Sharibillotti@gmail.com.

Carol Lucas, LCSW, Ph.D:

Dr. Carol A. Lucas is a New York State licensed clinical social worker. She holds a Bachelor of Science degree from New York Institute of Technology, and a master's degree and Ph.D. in Social Work from Adelphi University. She has a solid background in mental health practice with expertise in working with clients around issues of substance use, anxiety and mood disorders, sexism, homophobia, identity development, sexual violence and other trauma, psychological first aid, relationship issues, and difficulties that impact quality of life and social functioning. Her philosophical and theoretical orientation is as a feminist therapist and critical theorist. Dr. Lucas' practice includes multiple culturally informed and developmentally appropriate long and short-term therapeutic modalities such as acceptance and commitment therapy (ACT), affirmative practice, cognitive behavioral therapy (CBT), narrative therapy, motivational interviewing, strategic and solution focused therapy, psychodynamic therapy, and other intervention strategies. She accepts Medicare, Northwell Health, out-of-network benefits and offers flexible payment schedules. She is currently offering in-person and telehealth sessions. You can reach Dr. Lucas at 631-774-8653 and clucasphd@gmail.com.

FoodandFitnessPro

Shana Maleeff, MA, RD, CDN, ACE-GFI, Founder

FoodandFitnessPro is an award-winning team of Registered Dietitian-Nutritionists who work with clients to help them feel great, look amazing, and live a healthy lifestyle through ongoing nutrition education and support. We cater to each individual's unique circumstances. Specialties include: weight management, diabetes, pre-diabetes, PCOS, high cholesterol, high blood pressure, pediatrics and family nutrition, disordered eating and eating disorders, GI, sports nutrition, and more. Offering In-Person and Telehealth sessions. In-network with Aetna, BCBS, NYSHIP, Cigna, 1199, and Meritain. Discounted rates for self-pay clients. Visit us at FoodandFitnessPro.com or contact us at shana@foodandfitnesspro.com or (516) 441-9013.

Social Skills for Children

Executive Directors:

Louise Chiarulli, MS, BCBA, LBA, LMHC

Board Certified Behavior Analyst

Licensed Behavior Analyst

Licensed Mental Health Counselor

Valerie Mazliah, MS, BCBA, LBA

Board Certified Behavior Analyst

Licensed Behavior Analyst

Certified Special Education Teacher

Social Skills for Children utilizes the science of Applied Behavior Analysis (ABA) to teach social skills to school aged children and young adults. ABA is a research based, practical approach that uses the principles of behavior to teach new skills to change behavior in a systematic and measurable way. Target behaviors are identified for each child, data is collected, and student progress is measured to ensure effective outcomes. All staff are New York State Licensed Behavior Analysts (LBA). Children will:

- Develop social skills and enhance team building.
- Develop appropriate conflict resolution skills.
- Acquire self-confidence.
- Learn how to initiate, maintain, and terminate play.
- Improve problem-solving skills.
- Recognize, label, and verbalize feelings.
- Learn appropriate assertiveness.
- Improve impulse control.
- Develop conflict management skills.
- Reduce non-productive behavior(s).

Contact us for further information at 631-873-5477/631-965-1797 or www.socialskills4children.com

Sheila Goloboy, LCSW

Sheila Goloboy is a Licensed Clinical Social Worker who works with a wide range of clients, pre-adolescent through older adult. She has a breadth of counseling experience, including (but not limited to) grief, ADHD and executive functioning, depression, anxiety, and family and individual life transitions. Sheila utilizes a range of practice theories, including psychodynamic, strengths-based, family systems, cognitive behavioral, crisis and task-centered, and existential theories.

Sheila holds a Bachelor of Science from Tufts University in Engineering Psychology and a Masters of Social Work from Adelphi University. She is also an ordained Rabbi and recently received an honorary Doctor of Divinity from Hebrew Union College. It was her 15 years of congregational work with families and individuals that led to her pursuit of a clinical license and private practice.

Sheila currently has appointments available. She will bill out-of-network insurance or use a sliding scale for self-pay clients. You can reach her at 631-655-7765 or sheila.goloboy@gmail.com.

