

During times of distress and uncertainty, it can be overwhelming to figure things out alone. I am passionate about helping people take back control and build skills and resilience.



Jeannette Palacios

I have been working with children, adults, Spanish speaking and LGBTQ+ community in mental health and substance for over 15 years. My areas of expertise include, but are not limited to, assisting persons coping with co-occurring disorders, substance use, gambling, depression, stress, anxiety, adjustment, identity issues, anger management, loss and trauma.

I create a nonjudgmental and safe space to work side by side with you, through the steps of your journey.

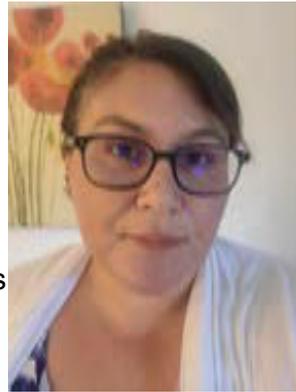
I am fluent in Spanish. I am a Licensed Professional Counselor, and Licensed Clinical Drug and Alcohol Counselor.

By working as a team, we can address the complexity of issues that you may be experiencing. It's a journey not a race.

Si necesita ayuda, estamos aquí a su orden.

**Jeannette Palacios, MA, LPC, LCADC,
NCC, ACS, DRCC**

I enjoy meeting people and creating a safe place to take part in their journey of personal growth. Together we build skills and stabilization which promotes healing, leading to positive changes and an increased quality of life.



Maria Williams

I have been working in the mental health field for 20 plus years in multiple capacities.

My counseling approach is grounded in person-centered therapy while eclectically incorporating tools from several theoretical models including motivational interviewing, cognitive behavioral therapy, mindfulness, adaptive information processing, mentalism, gestalt, crisis management, and neo-psychoanalytic concepts.

I believe in holism, meaning that every aspect of who an individual is matters. I have a foundation of knowledge in human development throughout all stages of life, medical challenges, trauma, substance use, personality disorders, anxiety and obsessive-compulsive disorders, mental illness, existential crisis, family dynamics, developmental and learning disabilities, adjustment struggles, spirituality, alternative coping methods and more.

Maria Williams, MA LAC

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Community Liaison for Outpatient Counseling Services

Jessica Bleyhl is a Graduate of Ramapo College of New Jersey's Master of Social Work Program with a minor in Alcohol and Substance Use Counseling.



Jessica Bleyhl

Jessica brings extensive personal and professional life experiences and is dedicated to helping others along their journey toward psychological wellness and recovery.

She uses her advanced knowledge of human behavior, ecological systems theory and other multidisciplinary frameworks to engage clients.

Jessica assists clients to address issues that impact their emotional and physical health.

She helps people achieve autonomy by supporting their Illness Management and Recovery and by assisting them to develop Wellness Recovery Action Plans.

We Want To Help You Get Through This!

Please call today

"It is never too late to be what you might have been."

- George Eliot

It is an honor and privilege to be part of someone's journey; to assist them in getting them to a space where healing takes root and grows.

People are more resilient than they give themselves credit for and life brings challenges and hurts that makes people forget that sometimes.

As a social worker with 16+ years' experience, I have worked with children, adolescents, and adults; within the context of individual, group, couples and family counseling. I have worked with individuals whom experienced depression, anxiety, grief, trauma, loss, obsessive-compulsive disorders, and substance use issues. I use a holistic, integrative approach and apply evidence-based interventions that best fit the person's needs. Different types of therapies that I use include cognitive behavioral, dialectical behavioral, eye movement desensitization and reprocessing, play, mindfulness, solution-focused, schema, exposure and response prevention, Gottman method and positive psychology. My role is to help people find that hope and courage that is in them, especially in the middle of the storm that may be their lives right now.

**Dai Phan, LCSW
Director of Outpatient Counseling Services**



Dai Phan

Whether you are struggling through a challenging life event, managing symptoms of a mental health issue, or need a sounding board and different point of view, psychotherapeutic counseling is a vital tool.



Patti Packard

I am a seasoned therapist with more than 20 years of varied training and experience. I incorporate Cognitive Behavioral Therapy, Dialectical Behavior Therapy and Internal Family Systems techniques. I find it most helpful to use this eclectic approach to match particular interventions and styles with your unique needs.

From adolescents through older adults, couples and groups, I specialize in working with victims and survivors of childhood abuse, sexual assault and domestic violence.

Together, we will build a working relationship and figure out what direction is best for you. I am down-to-earth and participate actively in sessions. I will share my thoughts and insights in an honest and respectful way.

Patti Packard, MSW, LCSW

"The good life is a process, not a state of being. It is a direction not a destination."

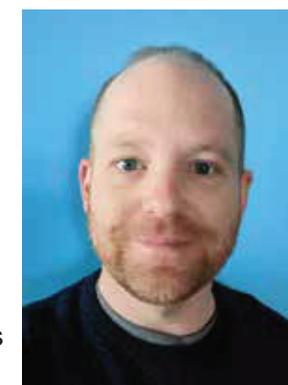
- Carl R. Rogers

Many people believe or have experienced therapy as a process of sessions in which a person unloads problems and finds comfort and guidance in the relational process. While I value the practice of sharing and listening, I believe the therapeutic process should be a deep, challenging and meaningful process; a working alliance enhancing a person's sense of self, realization of their goals and advancement of skills to integrate and use outside of sessions.

I aim to create a safe and relaxing environment in which this work can happen. I view people holistically and integrate their cultural and spiritual values into recovery. I teach grounding and mindfulness techniques and incorporate my training in Cognitive Behavioral Therapy (CBT), Eye Movement Desensitization and Reprocessing (EMDR), Dialectical Behavioral Therapy (DBT) to tailor sessions.

If you are ready to learn, grow and change, let's get to work.

Daniel Radom MS, MSW, LSW



Daniel Radom

Email: outpatientcounseling@bridgewaybhs.org