

CCCI CENTRAL COAST CRITICAL INCIDENT TEAM

2715 Porter Street #210 Soquel, California 95073

831.429.7797

Central Coast Critical Incident Team Panel of Mental Health Providers



Laurel Andres LMFT
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Laurel Andres began running groups 35 years ago at the time of the central coast floods. She coordinated and facilitated emergency mental health services for the Marina District in San Francisco during the aftermath of the Loma Prieta earthquake and has since debriefed and counseled numerous companies, work groups, first responder communities, individuals and families following acute disasters and periods of long-term stress. She has completed advanced training in multi-modal approaches to Critical Incident Management, high conflict mediation and organizational excellence. She maintains a private psychotherapy practice specializing in trauma recovery, family and partnership improvement and work-related difficulties. Laurel is also a trainer, mediator and leadership consultant to the business sector, government agencies, academic institutions and hospitals around issues of stress management, strategic communication and messaging, vision and mission and balancing work and home life. Recent contracts have been with the executive leadership at UCSC, executive and medical staff at Santa Cruz Health and Ole Health in Napa, the bench of the Superior Court of Santa Cruz, S.C. District Attorney's Office, two Police Departments, Sheriff's Office, Netcom, S.C. County Probation and Apple, Inc.



Shelly Gillan LMFT
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Shelly Gillan has been working in the field of end of life, grief, and trauma for 25 years. She is currently the Clinical supervisor, Director of Programs and Client Services at Kara, a nonprofit peer counseling agency in Palo Alto, California. She serves on Kara's CISM team that provides debriefings, crisis counseling and education to both individuals, children and adults facing critical incidents such as sudden traumatic deaths in schools, community agencies, and businesses in the Bay Area.

Shelly is a Licensed Marriage Family Therapist with a private practice in Santa Cruz and Palo Alto. She primarily serves First Responders and adults suffering from early childhood trauma. Shelly has experience supporting First Responders in various roles for the last ten years. Currently Shelly supports the Palo Alto Fire Department and the Palo Alto Police Department by serving on their CISM and wellness teams.

Shelly is an out of network provider.

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Karen Goehring

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Karen Goehring is a licensed Marriage and Family Therapist with two private practice locations in San Jose and Castro Valley. Karen is a former paramedic who worked in Los Angeles County and Alameda County. She works primarily with first responders dealing with post-traumatic stress injuries. She utilizes EMDR in treatment and works closely with law enforcement, fire and EMS agencies as a mental health/CISM consultant and critical incident debriefer. She also volunteers as a clinician at the West Coast Post Trauma Retreat.



Steven Kelly LMFT

MFT #16945
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I am a licensed Marriage and Family Therapist practicing for over 30 years. I have extensive background working with individuals and couples to help clarify the dilemmas they face and implement new progressive outcomes. Together, we clarify what the problem is and why it continues. We define what you need toward a positive, constructive direction. This clarity sets the stage for the next steps of problem-solving, creating effective strategies, reevaluating and changing old ineffective or debilitating beliefs, and finally implementing the new views and actions. This can include: effective communication skills, mutual problem-solving, inner emotional clarity and regulation, healing low esteem, lifting depression, turning anxiety into inner stability and competent action.

I work with people who have had traumatic experiences while on the job, in a relationship, or from other life experiences. We form an alliance to define and understand the effects of trauma, develop effective steps for healing, and develop positive, effective and realistic life and relationship strategies.

I am a down-to-earth, engaging, and straight-forward counselor. Suffering deserves compassion, understanding, and empathy. Together we look at how you feel, what you believe, and what you want. We go forward together and address each hurdle along the way.

Steve participates on the Anthem, Blue Shield, Magellan and Optum insurance panels.

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Nick Ross, Ph.D.

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Nick Ross began his work in 1990 on a team managing traumatic incidents at Hudson River State Psychiatric Hospital and working with people dealing with homelessness and mental illness at BRC in New York City. He has served as Director of Youth & Family Services—supporting families facing grief and traumatic death—and as a critical incident team responder at Kara in Palo Alto, California, where he continues to serve as a Clinical Consultant.

For ten years Nick has been a member of the CCCIT supporting emergency responders in Santa Cruz County. He is a licensed psychologist and maintains psychotherapy practices in Capitola and Mountain View. He has served as a volunteer clinician at WCPR, the First Responder Support Network's trauma healing retreat, and is trained in trauma treatments such as EMDR and Brainspotting and, through ICISE, for CISM (critical incident stress management) with first responders. Nick is very grateful to have been introduced to mindfulness practices as a young man, which have been foundational to his own well being and professional work. He is available for sessions as an EAP provider for CCCIT contracted agencies.

Nick is an out-of-network provider.



Gloria Simpson LCSW

LCSW #14975

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Gloria Simpson has worked in the field of trauma for 30 years. She has worked with first responder client populations providing trainings, consultations, individual and group crisis intervention and mental health services. She has recently contributed to a documentary about 911 dispatchers. She provides employee support services to law enforcement, fire, dispatch and emergency medical responders. She has experience working with adults, children and families around issues of abuse and trauma.

Gloria provides consultation and supervision to both public agencies and counseling interns. Her expertise also includes addiction issues. In addition to providing services with the Central Coast Critical Incident Team, Gloria is a hospital emergency room social worker, supervisor/clinical program manager for a private non profit and has a private practice. She holds a certification of specialized training in emergency services. She received her master's degree at the University of Southern California.

Gloria participates on the Anthem, HAI, Magellan, MHN, Optum, Sutter Select and UBH insurance panels.

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Nancy Virostko

LCSW #19191

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Nancy began her career in 1994 as a case manager for Family and Children's Services in Santa Cruz County. While there she worked closely with families, serving parents and children who had experienced abuse and neglect. Nancy also served as an administrator at the agency and was integral to the support of social workers experiencing vicarious trauma due to their work environment. In 2007, Nancy also spent seven years working for the Santa Cruz Superior Court as a child custody mediator. She has extensive knowledge about the court system and conflict resolution. As a mediator, she utilized her clinical skills to address complex and often high-conflict child custody disputes and attend to the needs of children and families. Nancy has established a comprehensive and diverse private therapy practice, working closely with individuals and couples struggling with normal life transitions as well as depression, anxiety, stress, trauma, and grief.

Throughout her career, Nancy has focused on individuals and communities during times of crisis and trauma. She is committed to facilitating the healthy development of her clients. Nancy received her Master's in Social Work from San Jose State University and received her License in Clinical Social Work in 1999.

Clinical Consultant



Sue Brandy, LCSW

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Sue is retired from her private practice in Santa Cruz and now acts as our clinical consultant and back up debriefer. She has been responding to critical incidents and disasters for the past 25 years. In her work with local police, sheriff, fire personnel, CHP and other first responders, she has provided debriefing and one-on-one response, as well as support to family and co-workers.

Her private practice has included providing counseling to adults, children and adolescents coping with "normal" life challenges, as well as contending with traumatic events. Sue continues to offer workshops, consultations and trainings in CISM, Stress Management and other topics to a variety of businesses, groups and agencies.

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