Mental Health Providers Experienced with Transgender Youth

If you are unsure of who to contact or have questions about mental health referrals for transgender youth, please contact the Transgender Youth Program at 802-847-4696. Please leave a message specifying that you have a question about finding a mental health provider. This list does not guarantee availability of the below listed providers.

Providers by County

**Addison County**

Michael Castelli, MA  
79 Court Street, #9  
Middlebury, Vermont 05753  
802-458-8110  
www.michaelcastelli.com  
Ages: 12+  
Insurances: Medicaid, BCBS, Cigna, BCBS, UHC  
**Note:** Does both psychotherapy and music therapy

**Bennington County**

Lisa Carton, LICSW  
PO BOX 834  
North Bennington, VT 05257  
802-433-4510  
Ages: 4+/works with families  
Insurance: accepts Medicaid, BCBS  
Sliding Scale: yes

Lisa Pezzulich, Psy.D. (she/her)  
Mindful Solutions, PLLC  
160 Benmont Ave, Suite 20  
Bennington, VT 05201  
(802) 430-1401  
Ages: 16+  
Insurance: Medicaid, Medicare, BCBS, Cigna, MVP, United Health Care

**Caledonia County**

Meghan Desmarais, MS, LCMHC  
231 Concord Ave.  
St. Johnsbury, VT 05819  
Phone: (802) 278-4547  
Ages: Teens  
Insurance: BCBS, Medicaid, Cigna, MVP

Eva Hamm, MS  
1097 Main St.  
St. Johnsbury, VT 05819  
Phone: (802) 424-0595, ext. 4  
Ages: 16+, parents of gender diverse youth  
Insurances: Many

**Chittenden County**

Christopher Janeway, MS, LCMHC (he/him)  
7 Kilburn St, Suite 305  
Burlington, VT 05401  
Phone: 802-557-1061  
Website: http://www.christopherjaneway.com/  
Ages: all  
Insurance: BCBS, Medicaid, sliding scale

Erika Meierdiercks, MS, LCMHC (she/her)  
3000 Williston Rd, Suite 2  
South Burlington VT  
Phone: 802-951-0450  
Ages: all  
Insurance: BCBS, Medicaid, sliding scale

Emiry Potter, MA, LCMHC, LADC, NCC (he/him)  
110 Main St., Suite 4C  
Burlington, VT 05401  
Phone: 802-739-0086  
Ages: 13+  
Insurance: Medicaid, BCBS, MVP, Harvard Pilgrim, sliding scale

Travis Miller, MS (they/them)  
486 Main St, Apt A  
Winooski, VT 05404  
Phone: 802-865-3450 ext. 852  
Ages: 13+  
Insurance: Medicaid, BCBS, Cigna, MVP  
Note: Works with individuals, couples and families
Kate Dearth, LICSW, AAP (she/her)
The Adams Center for Mind and Body
1233 Shelburne Rd.
Pierson House D2
South Burlington, VT
Phone: 802-859-1577, x351
Ages: all
Insurances: most
**Note:** All intakes must go through centralized intake

Adam Grun d t PhD (he/him)
7 Kilburn St
Suite 316
Burlington, VT 05401
Phone: 802-683-7533
Ages: 12+
Insurance: Medicaid, BCBS, MVP, Cigna
**Note:** Prefers to work with parents regarding their child’s gender identity

Michael Gilman, LICSW, ACSW
Optima Vermont
2 Church Street, Suite 4G
Burlington, VT
Phone: 802-658-4888
Website: http://www.optimavt.org
Ages: 15+
Insurance: most, including Medicaid

Gale Golden, LICSW
86 St. Paul St.
Burlington, VT
Phone: 802-864-0757
Ages: Adults only
Insurance: none, however provides detailed invoice that may be used to obtain insurance reimbursement
**Note:** Provides counseling and support to parents and adult family members of transgender youth.

Therese O’Toole, MSW
61 Elmwood Ave., Unit O
Burlington, VT 05401
Phone: 802-636-0539
E-mail: thereseotoolevt@gmail.com
Ages: 15+
Insurances: BCBS, Medicaid, some Aetna, sliding scale

Ryan Noel, PsyD
125 Saint Paul St.
Burlington, VT 05401
Phone: 802-535-3305
[www.verdantwellness.com](http://www.verdantwellness.com)
Ages: 13+
Insurances: BCBS, Medicaid, Medicare, MVP, Optum

Calla Papademas, MA
South Burlington, VT
Phone: 802-441-6737
Ages: High school
Insurances: Most accepted, including UHC, Tricare

Ali Dumeer, LICSW
The Adams Center for Mind and Body
1233 Shelburne Rd.
Pierson House D2
South Burlington, VT
Phone: 802-859-1577, extension 316
Ages: all
Insurances: Most
**Note:** All intakes must go through centralized intake

Alison Prine
Optima
2 Church Street
Suite 4G
Burlington, VT 05401
Phone: (802) 651-9898
Insurance: accepts most

Hailey Libbey, MA
Colchester, VT
Phone: 802-200-2955
Ages: 6+
Insurances: BCBS, Medicaid, MVP

Jess Willis, MA (she/her)
1 Kennedy Dr, Suite L8
South Burlington, VT 05403
E-mail: jesswillisma@gmail.com
Ages: All
Insurances: BCBS, Medicaid, MVP, Cigna

Riverstone Counseling
31 Elmwood Ave.
Burlington, VT 05401
Phone: 802-864-7423, ext 310
Ages: Teens and older
Insurances: Most

Ashley McCullough
Hinesburg, VT
Phone: 802-397-9596
Ages: Preteen+
Insurance: BCBS, Medicaid

Paul Chapman, MA
125 Saint Paul St.
Burlington, VT 05401
Phone: 802-735-3504
Can work with parents only, or with youth
Insurances: BCBS, Medicaid, MVP
### Franklin County

**Michelle Goodman-Spaulding, MA** (she/her)
- 156 North Main St
- Suite #1
- St. Albans, VT 05478
- Phone: 802-598-8284
- E-mail: mspauldingma@gmail.com
- Ages: Any
- Insurances: Most

**Ashley MacDonald, MS** (she/her)
- Vermont Counseling & Training Center
- 2 Champlain Commons, Suite 2
- Saint Albans, VT 05478
- Phone: 802-730-4765
- Ages: 4+
- Insurance: BCBS, Medicaid, MVP

**Denisha Arsenault, MA** (she/her)
- Saint Albans, VT
- Phone: 802-782-4154
- E-mail: denisha.arsenault1995@gmail.com
- Ages: Adolescents and older
- Insurances: BCBS, Medicaid, MVP, sliding scale

### Lamoille County

**Kate Donnelly, LICSW**
- 34 Pleasant Street
- Morrisville, VT 05661
- Phone: 802-730-9086
- http://katedonnally.com/
- Ages: Teens, Youth & Families
- Insurances: BCBS, Cigna, MVP, Medicaid, Medicare, Value Options
- **Sliding Scale**: yes

**Shaina Levee, MA**
- Stowe Natural Family Wellness
- 706 Mountain Rd.
- Stowe, VT 05672
- [www.shainalevee.com](http://www.shainalevee.com)
- Email: smlevee@gmail.com
- Insurances: None, $65/session

### Orange County

**Susan Jacobs, MA, LCMHA, LADC**
- 25 South Pleasant St.
- Randolph, VT 05060
- 802-249-2973
- Ages: Teens, young adults, and families
- Insurance: Cigna, Medicaid, BCBS, United, MVP
- Sliding Scale: yes

### Rutland County

**Lindsey Johnston, MS**
- 167 North Main St.
- Wallingford, VT 05773
- 802-446-3577
- mapleleafclinic@vermontel.net
- [www.mapleleafclinic.com](http://www.mapleleafclinic.com)
- Ages: works with middle school through adulthood.
- Insurance: Medicaid, out of network provider exceptions.
- Sliding Scale: Please call if application

### Washington County

**PJ Desrochers, LMFT**
- Montpelier, VT 05602
- Phone: 802-851-5955
- Ages: 11+
- Insurance: None
- Sliding Scale: $131-$151

**James Nelson, MA, LCMHC, LADC**
- 250 Main Street
- Montpelier, VT
- (802) 318-5456
- 16 Orchard Terrace
- Burlington, VT
- (802)-862-6931 ext 3
- Note: accepts patients 14 and up
- Insurance: most, including Medicaid
Natalia Holubec, MFT
147 State St
Montpelier, VT 05602
Phone: 802-500-1159
Insurance: BCBS, Medicaid

Cory Gould, LPMA
100 East State Street
Montpelier, Vermont 05602
(802) 200-2946
Ages: 14+
Insurance: Most insurance

Suzanne Mancinelli, LMFT (she/her)
159 State St.
Montpelier, VT 05602
Phone: 802-552-8560
E-mail: suzannemancinelli58@gmail.com
Ages: Works with families about their child’s gender identity
Insurance: Medicaid, BCBS-VT, MVP, Aetna
Note: Please state that your call is regarding a transgender youth to ensure prompt response.

Margot C. Prendergast, LICSW
641 Comstock Rd
Berlin, VT 05406
Phone: 802-272-6559
E-mail: margotpren@gmail.com
Ages: Teens through adult
Insurance: Almost all insurances
Does not provide family therapy

North Star Wellness
Jennelle, Alvin, LCMHC
Stefanie Lingfelter, LADC (Spanish speaking)
453 Stone Cutters Way
Montpelier, VT 05601
Phone: 802-232-2579
www.vt-wellness.com

Katherine Jordan, MA
Talam Counseling and Healing Arts
147 Main St.
Montpelier, VT 05602
Phone: 802-487-8001
Insurance: BCBS, Medicaid

Windham County

Eli Burke, LICSW
Teletherapy only
Phone: 802-459-4563
Ages: Teens, young adults
Insurance: BCBS, Medicare, Medicaid

Laura Hoskins, LCMHC (she/her)
Tall Trees Associates
70 Orchard St.
Brattleboro, VT 05301
Phone: 802-451-9557
E-mail: laurah.tta@gmail.com
Ages: 10+
Insurance: Multiple insurance, sliding scale

Curtis Graf, Ph. D
139 Main St.
Brattleboro, VT 05301
802-254-2400
www.curtisgrafphd.com
Ages: Works with all ages
Insurance: Medicaid, BCBS, and others
Sliding Scale: yes

Wendy McClary, LMFT
Windham Family Therapy
36 Park Place, Suite 201
Brattleboro, VT 05301
Phone: 802-490-8044
E-mail: wendymcclarylmft@gmail.com
Ages: 8+
Insurance: BCBS, Cigna

Providers in New York State

Kelly Hornby, LCSW-R (she/her)
Clinton County Mental Health and Addiction Services
130 Arizona Avenue
Plattsburgh, NY 12901
Phone: 518-565-4060
Ages: all
Insurances: all
Note: Intake Coordinator is Anne Chauvin

Darry Roberts, LMHC
59 Ram Road
Morrisonville, NY 12962
Phone: 518-621-0697

Allsun Ozyesil
Plattsburgh, NY 12901
Phone: 518-566-7832
Ages: all
Insurances: Fidelis, BCBS, call for others
Sliding Scale: Yes

Wendy McClary, LMFT
Windham Family Therapy
36 Park Place, Suite 201
Brattleboro, VT 05301
Phone: 802-490-8044
E-mail: wendymcclarylmft@gmail.com
Ages: 8+
Insurance: BCBS, Cigna

Sliding Scale: yes
Ages: 8+
Insurance: Most
Works with families

Psychiatry Consultation
Please contact the Transgender Youth Program (802-847-3811) if you need help reaching any of these providers.

Jeremiah Dickerson, MD
Child and Family-Based Psychiatry
UVM Medical Center
Burlington, VT
Phone: 802-847-4563
Ages: up to age 18
Note: Specifically state that this is a consultation regarding a transgender patient and ask to leave a message for Dr. Dickerson.

Evan Eyler, MD
Psychiatry
UVM Medical Center
Burlington, VT
Phone: (802) 847-4727
Note: Experienced in working with individuals with gender dysphoria. Prefers to serve as a consulting clinician for individuals already connected with another therapist or psychiatrist and provide expertise and assistance with diagnosis and treatment of gender dysphoria.