

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

Kara Deleonardis Kraus, LICSW (she/her)

1233 Shelburne Rd, Lakewood Commons
East O'Lake Building, Suite 350
South Burlington, VT
Phone: 802-359-7232
Ages: 10+
Insurance: most, including Medicaid, and 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 Grundt 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

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
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
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
Teletherapy only
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
Suite 1
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

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.