Mental Health Providers Experienced with Trans Youth

If you are unsure of who to contact or have questions about mental health referrals for trans 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**

Ximena Mejia, Ph. D, LMHC  
Video conferencing/teletherapy  
802-777-8636  
Ages: 13+  
Insurance: Cigna, provides receipts for others to file with your insurance  
Sliding Scale: yes

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

**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

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

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

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

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
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

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 Holmes, PA (she/her)
145 Pine Haven Shores
Suite 1040
Shelburne, VT 05482
Phone: 802-200-2531

Ally Bernstein, MSW
486 Main St.
Winooski, VT 05404
802-865-3450, ext. 120
Ages: 12+
Insurances: BCBS, Cigna, MVP, Medicaid

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

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

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

Franklin 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,

Lamoille County

Shaina Levee, MA
Stowe Natural Family Wellness
706 Mountain Rd.
Stowe, VT 05672
www.shainalevee.com
smlevee@gmail.com
Insurances: None, $65/session

V3: 11/2021
Value Options

**Sliding Scale:** yes

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**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

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**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

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**Washington County**

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

**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

**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

**Brooke White, PhD (she/her)**
Full Circle Health and Wellness
15 East State St.
Montpelier, VT 05602
(802) 448-1487
Note: accepts patients 6 and up

**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

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**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
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

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

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.