

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

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

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

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

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,

Shaina Levee, MA

Stowe Natural Family Wellness
706 Mountain Rd.
Stowe, VT 05672
www.shainalevee.com
smlevee@gmail.com

Insurances: None, \$65/session

Value Options
Sliding Scale: yes

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

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.

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

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

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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.