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 802-847-3811. Please leave a message specifying that you have a question about finding a mental health provider.

Providers by County

Addison County

Ximena Mejia, Ph. D, LMHC
Video conferencing/teletherapy
802-777-8636
Provides receipts for people to file with their own insurance.
Ages: 13+
Sliding Scale: yes

Michael Castelli, MA
79 Court Street
Middlebury, Vermont 05753
802-324-1381
Ages: 12+
Insurances: Medicaid, BCBS

Note: Does both psychotherapy and music therapy

Charles Rossi, MA
36 Main St.
Middlebury, VT 05753
Phone: 802-388-1422
Insurance: Accepts BCBS, CBA, Medicaid, Cigna
Sliding Scale: yes

Bennington County

Lisa Carton, LICSW
PO BOX 834
North Bennington, VT 05257
802-379-5456
http://www.lisajcarton.com/
Ages: 4+/works with families
Insurance: accepts Medicaid, BCBS, and other major insurances.
Sliding Scale: yes

Beth Newman, LMFT, ATR-BC
Bennington, VT 05201
802-688-4557
Ages: teenagers
Insurance: BCBS, MVP, Medicaid, Optum, United
Sliding Scale: yes

Lisa Pezzulich, Psy.D. (she/her)
Mindful Solutions, PLLC
160 Benmont Ave, Suite 20
Bennington, VT 05201
(802) 442-3520 X211
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 120
South Burlington, VT
Phone: 802-999-7042
Ages: all
Insurance: Medicaid, and sliding scale

Finn Losch, MA
70 South Winooski
Burlington, VT 05401
802-448-4190
Ages: 10+
Insurance: BCBS and Medicaid
Sliding Scale: Yes
Note: Also works at Johnson State College

Rebecca Sherlock, MSW, DCSW
8 Whiteface Street
South Burlington, VT
Phone: 802-865-7878 and 802-229-2946
Website: http://www.rebeccasherlock.com
Ages: 14+
Insurance: most, including Medicaid

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
Note: All intakes must go through centralized intake

Adam Grunt PhD (he/him)
7 Kilburn St
Suite 316
Burlington, VT 05401
802-683-7533
Insurance: accepts Medicaid and other insurances

Jennifer Kerns, MA
269 Pearl St., Suite 3
Burlington, VT 05401
781-392-9969
Ages: 13+
Insurance: Accepts Medicaid, Medicare, BCBS
Sliding Scale: yes

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

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

Emory Potter, MA, LCMHC, LADC, NCC (he/him)
2 Church Street, Suite 4A
Burlington, VT 05401
Phone: 802 735 9072
Ages: 13+
Insurance: Medicaid, BCBS, MVP, United, Optum, sliding scale

All 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
Note: All intakes must go through centralized intake

Claire Diamond, MA
Wellsping Mental Health and Wellness
2 Church St
Suite 2C
Burlington VT 05401
Phone: 802-272-0770
Ages: Middle school, High School and Adult
Insurance: Medicaid and BCBS

Marlene Maron, PhD
111 Colchester Ave., Patrick 405,
Burlington, VT.
Phone: 802-847-3634 and 802-847-4880
Ages: All
Insurance: Most
Note: Offers counselling to families and parents

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

Lauren Berrizbeitia, LCMHC
16 Orchard Terrace
Burlington, VT
Phone: 802-862-6931 (#2)
Ages: all

Kristine Mary Karge, LCSW
Waters Edge Psychotherapy and Wellness Center
47 Maple Street, Suite 303
Burlington, Vermont 05401
(802) 664-4304
Ages: 14+
Insurance: Aetna, BlueCross and BlueShield, Cigna, MVP, Medicaid, Medicare
Note: Identifies as Hispanic/Latina and speaks Spanish
Nancy E. Feldman, LCMHC (she/her)  
2 Church St. Suite 4A,  
Burlington VT 05401  
802-864-4949 
www.nancyfeldmanvt.com
Ages: 16+, case by case basis for under 16 – family needs to be supportive

Gale Golden, LICSW  
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.

Brian Cina, LICSW  
200 Main Street  
Burlington, VT 05401  
Phone: 802-233-9131

Dan Duval, MA, LCMHC  
Otter Creek Associates  
15 Pinecrest Drive  
Essex Junction, VT  
Phone: 802-288-1087

Jess Horner, MA LICSW  
Networks, Inc.  
149 Cherry Street  
Burlington, Vermont 05401  
(802) 863-2495 x710
Ages: 10+ years old  
Insurance: Medicaid, Medicare, United, BCBS, Cigna  
Sliding Scale: Yes

Tom Barritt, LICSW  
Associates at the Gables  
183 Talcott Rd.  
Williston, VT 05495  
802-876-1100, ext. 313
Ages: Families with kids of any age, couples, and individual therapy for late adolescents-adults.  
Insurance: most

Logan Hegg, PsyD  
UVM Medical Center  
1 S Prospect St  
Burlington, VT 05401  
Phone: 802-847-2948  
Ages: all  
Insurance: most, including Medicaid  
Note: Please state that your call is that regarding a transgender youth, to ensure that appointment scheduled promptly

Franklin County

Michelle Spaulding, MA (she/her)  
156 North Main St  
Suite #1  
St. Albans, VT 05478  
Phone: 802-598-8284
Ages: Teenagers through adulthood  
Insurances: Most

Patrick Dunn, LMHC (he/him)  
67 Fairfield St.  
Suite 204  
St. Albans, VT 05478  
Phone: 802-782-8306
Ages: Teens and adults  
Insurances: Medicaid, BCBS, Cigna, United, MVP

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

Margot C. Prendergast, LICSW  
111 Main St.  
Hyde Park VT 05655  
Phone: 802-272-6559
Ages: 6+ through adult  
Insurance: Almost all insurances

Orange County

Allison Andrews, LICSW  
74 Main St.  
Wells River, VT  
Phone: 802-274-5120
Ages: Works with children (5+), teens, adults  
Insurance: Please contact

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  
Note: Can do home visits in area

2/5/2020
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

James Lenfesty, MS  
11 Court Square, Rutland VT 05701  
Rutland, VT  
802-775-1398  
Experience with trans and queer clients  
Works with older teens (18+), young adults, adults  
Insurance: Accepts Medicare, Medicaid  
Sliding Scale: yes

Washington County

PJ Desrochers, LMFT  
174 Elm St  
Montpelier, VT 05602  
Phone: 802-851-5955  
Insurance: Most  
Sliding Scale: please call

Darlene Furey, LICSW, MSS, MLSP  
Oak Tree Counseling Associates llc  
147 State Street  
Montpelier, Vermont 05602  
Phone: (802) 279-4020  
Insurance: BCBS, Medicaid, Cigna  
Sliding Scale: Yes

Molly Bernardi-Smith, MA  
138 Main St., Suite 5  
Montpelier VT 05602  
802-778-0483  
Ages: 16+  
Insurance: BCBS, Medicaid, Medicare  
Sliding Scale: yes

Cory Gould, LPMA  
149 State Street  
Redfield House  
Montpelier, Vermont 05602  
(802) 992-1501  
Ages: 14+  
Insurance: Cigna, BCBS, Medicaid, MVP, Aetna

Julia Chafets  
132 Main Street  
Suite 2  
Montpelier, Vermont 05602  
Phone: 802-279-8850  
Ages: 6+ years old  
Insurance: BCBS and Medicaid

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) 505-1748  
Note: accepts patients 6 and up

Margot C. Prendergast, LICSW  
241 Farmstock Rd  
Berlin, VT 05406  
Phone: 802-272-6559  
Ages: 6+ through adult  
Insurance: Almost all insurances

Suzanne Mancinelli, MA (she/her)  
The Vermont Center for Integrative Herbalism  
252 Main Street, Suite 2  
Montpelier, VT 05602  
Phone: 802-552-8560  
Ages: preteen-adult  
Insurance: Medicaid & BCBS-VT  
Note: Please state that your call is regarding a transgender youth to ensure prompt response.
Windham County

Michael Gigante, Ph. D
31 Frog Hill
Brattleboro, VT 05301
802-254-8032
Ages: 15+
Please contact about health insurance info.
Sliding Scale: yes

Eli Burke, Med, LICSW
Brattleboro, VT 05301
Phone: 802-257-4880
Ages: Teens, young adults
Insurance: BCBS, Medicare, Medicaid

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

Windsor County

Allison Andrews, LICSW
The Writer’s Center
58 N Main St
White River Junction, VT
Phone: 802-274-5120
Ages: Works with children (5+), teens, adults
Insurance: Please contact

Deb Harrison, LICSW
2091 Main St
Cavendish, VT 05142
Phone: 802-226-7900
Ages: All
Insurances: Medicaid, BCBS, Cigna, MVP
Note: Also works at Black River High School

Annette Kennedy, Psy D
16 Beaver Meadow Rd
P.O. 801
Norwich, VT 05055
Phone: 802-785-2639
Ages: Works with teens (13+) and adults
Insurance: Please contact and sliding scale

Provides in New York State

Moriah Warnne
Mental Health Counseling Services
6956 State Highway 56
Potsdam, NY
Phone: (315) 268-0264
Insurance: accepts most

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.

Harris Strokoff, MD
Adult and Child Psychiatry
Community Health Center Burlington
617 Riverside Ave
Burlington, VT 05401
Phone: 802-864-6309
Note: Services only able to those who receive primary care through Community Health Center.

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.