

Sponsored by:



**Craftsbury Mental Health
Resource Group**

MENTAL HEALTH RESOURCES IN NORTHEAST VERMONT

WWW.NEVTSUICIDE.COM



**Information, Resources,
Support**

Monday–Friday,
10:00 a.m. to 6:00 p.m. ET
800-950-NAMI (6264) or
info@nami.org

Crisis?

Text "NAMI" to 741741
Or call the
National Suicide Prevention Lifeline
800-273-8255



FarmFirst
Resources and support for farmers

Crisis support line for VT farmers and has counselors
available 24/7 1-877-493-6216
www.farmfirst.org/mental-health-on-the-farm



Text to **838255**

www.veteranscrisisline.net

VT

CRISIS TEXT LINE |

Text "VT" to 741741



TrevorLifeline at 1-866-488-7386
TREVORTEXT: Text START to 678678
or Chat www.thetrevorproject.org/get-help-now

ALGEE: A Life-Saving Acronym for Mental Health First Aid:

- A:** Assess for risk of suicide or harm.
- L:** Listen nonjudgmentally.
- G:** Give reassurance and information
- E:** Encourage appropriate professional help.
- E:** Encourage self-help and other support strategies

The Craftsbury Mental Health Resources Group is not a provider of diagnostic or treatment services. Our wish is to be "a friendly navigator" for information and questions of access. Please feel free to contact any one of the members listed here:

- Gwen Bueckendorf — glbueckendorf@gmail.com
- Norm Hanson — nphans@aol.com
- Susan Houston — mapleleafllamas@yahoo.com
- Lisa-Anne Loucka — la.loucka@gmail.com
- Sharon Moffatt — ssmoffatt@hotmail.com

LICENSING ABBREVIATIONS:

- **APRN:** Advanced Practice Registered Nurse
- **ATR-BC:** Board Certified Art Therapist
- **BSW:** Bachelor of Social Work
- **CADC:** Certified Alcohol and Drug Abuse.
- **LADC:** Licensed Alcohol and Drug Counselor
- **LCMHC:** Licensed Clinical Mental Health Counselor
- **LCSW:** Licensed Clinical Social worker
- **LICSW:** Licensed Independent Clinical Social worker
- **MA:** Master Degree in Arts
- **MS:** Master Degree in Science
- **MSW:** Master of Social Work
- **PMHNP:** Psychiatric-Mental Health Nurse Practitioner
- **PhD:** Psychologist Ph.D.

Ways to Show a Suicidal Person You Care

- If the person is high risk, do not leave them alone
- Let the person know you are deeply concerned
- Listen attentively to everything
- Do not keep suicidal tendencies a secret
- Don't be judgmental
- Be careful of the statement that you make
- Follow up on a regular basis
- Comfort the person with words of encouragement

Source: suicide.org



Source: imgur.com

Table of Contents

Choosing a Therapist.....	3
Designated Crisis Numbers & Help Lines	4

Providers of Behavioral Health Services:

Barre.....	5
Concord	5
Craftsbury.....	5
Glover.....	5
Hardwick	5
Hyde Park	6
Montpelier	6
Morrisville	6
Newport	8
St. Johnsbury.....	9
Stowe.....	10

MENTAL HEALTH IN NORTHERN VERMONT

This booklet is a brief guide to making informed decisions about choosing and making contact with providers of mental health and substance abuse services. There are multiple agencies and therapists who provide various aspects of care. The task of navigating this system to find a fit for your individual needs can be a bit daunting. The information presented in this booklet has been gathered by the Craftsbury Mental Health Resource Group, comprised of volunteers from the community whose goal is to increase awareness and improve access to mental health care. The guide is organized in 3 main sections: I. Crisis or Emergency of great urgency for obtaining care. II. Suggestions for how to go about seeking a professional therapist or counselor. III. A listing of therapists currently known to be in practice in Northern Vermont.

I. AN EMERGENCY or CRISIS can take many different forms.

- If you or someone you know is having thoughts of suicide, or is having thoughts of harming others, and is not able to keep themselves or others safe, **PLEASE CALL 911 or GO TO THE NEAREST HOSPITAL EMERGENCY ROOM:**
 - ◇ **Copley Hospital**, Morrisville — (802) 888-8888
 - ◇ **North Country Hospital**, Newport —(802) 334-7331
 - ◇ **Northeastern Vermont Regional Hospital** St. Johnsbury — (802)-748-8141
- Toxic overdose of drugs or alcohol can be fatal, as also can be states of withdraw from drugs and alcohol. Again, call 911 or go to a hospital emergency room NOW, Do not wait.
- It is also a crisis if you are experiencing such disturbing mental/emotional symptoms that waiting to arrange outpatient care is not possible.
- For many other types and intensity of urgency you may call a designated crisis phone number. The Regional Mental Health and Human Service agencies are staffed 24/7 to provide urgent assistance.

II. CHOOSING A THERAPIST

- Your decision to seek professional help... or not, is a big one. It is often the most important and difficult step to take. Talking with a therapist can be thought of as a “special partnership of communication.”
- To begin, take a moment to craft a few words that express your concerns. Then, if you can, ask a trustworthy person for their support in pursuing this very personal challenge. (Be wary of those who offer too much advice about solutions and cures.) Your primary care doctor or nurse, if you have one, have advantage of knowing you and the providers of care in your community, and may be helpful in linking to someone that fits your needs.
- You can do some research on your own on the internet and the public library. The website for the publication Psychology Today, www.psychologytoday.com/therapists/vermont offers lists of therapists by location, type of expertise and experience, credentials, cost and acceptance of insurance, other information.
- Another avenue is by word of mouth. If you know of someone who has talked with a therapist and you are comfortable

enough to ask them, they may be able to point you in a direction that helped them or someone they know.

- **Here are some questions to consider asking a perspective therapist:**
 - How long have you been practicing in your field? Are you licensed and, if not, why?
 - Have you successfully helped people with my problem and if so, can you tell me if this is an active part of your practice?
 - What is your approach to working with clients?
 - Can you explain in laymen terms your common treatment methods, ie: talk therapy, hypnosis, 12-step and approximately how long you think we will be working together?
 - If I need to speak to you between sessions, are you available for a check-in over the phone or email? Can I talk to you over the phone or meet with you for about 30 minutes before I commit to working with you to help me determine if it feels like a good fit? (Though some therapists may not be willing to meet face to face at no cost, some will. However, most are willing to have a conversation over the phone before setting an appointment.
 - Do you belong to any professional organizations and are you getting professional supervision? Have you had any malpractice claims made against you? If so for what and how did they get resolved? (*You can also check with the state licensing board to get this information*).

DESIGNATED CRISIS NUMBERS (BY COUNTY)

- **Essex— Northeast Kingdom Human Services** (802) 334-6744
- **Lamoille—Lamoille County Mental Health** (802) 888-5026
after hours: (802) 888-8888
- **Orleans— Northeast Kingdom Human Services**
(802) 334-6744 or (800) 696-4979

NON-PROFIT ORGANIZATION HELP LINES & INFORMATION:

- **211:** www.211.org. If you need assistance locating long-term mental health resources, talking through a problem, or exploring mental health treatment options, **call 211 to speak with a live person who can help.**
- **FarmFirst:** 1-877-493-6216
www.farmfirst.org/mental-health-on-the-farm
- **The NAMI Helpline** can be reached Monday through Friday, 10 a.m. – 10 p.m., 1-800-950-NAMI (6264)
or info@nami.org
- **National Suicide Prevention Lifeline** (800) 273-TALK
TEXT VT 741741. Free support from trained crisis counselor
- **Northeast Vermont Suicide Helping Hands**
www.nevtsuicide.com (our local Craftsbury website)
- **Veterans Crisis Line:** (800) 273-8255 PRESS 1, Veterans Text Line 838255
Veterans chat: VeteransCrisisLine.net

Newport VA Community Clinic (802) 624-2400, 1734 Crawford Rd., Newport, VT

Vermont Veterans Outreach: 24 hour Resource Line for Crisis Situations: (888) 607-8773
Morrisville: (802) 734-2311/ Newport: (802) 399-6250
- **Vt. Association of Addiction Treatment Providers:**
www.vtaddictionservices.org

Providers of Behavioral Health Services
The following list is organized by Town & County (updated August 2021)

Barre (Washington County)

Washington County Mental Health (802) 229-0591, 286 Hospital Loop, Berlin

- Dr. Ann Burzynski
- Dr. Robert Duncan

Washington County Mental Health Children's Division

(802) 476-1480, 579 S. Barre Road, Barre

- Dr. Jessica O'Neil
- Dr. Karin Reed

Psychiatry @ Family Psychiatry Assoc. (802) 225-1266,

82 E View Ln Ste 3, Barre.

- Dr. Rose Ehret
- Dr. Andrew Koo, MD. Specialties: pediatric.
- James Greenleaf APRN

Psychotherapy

- **Laurance Thompson, MS** (802) 272-5919 Specialties: Behavioral medicine, pain management, CBT, biofeedback, hypnosis/mindfulness, meditation, Adults only.
- **Benjamin C. Welch, LICSW, LADC** (802) 473-0812. Specialties: Adults. General counseling. Also trauma, Veteran specific treatment, older adult specific treatment, substance abuse.
- **LifeMap Counseling Center** (802) 622-0683.

Craftsbury (Orleans County)

- **Pablo Coddou, MA** (802) 917-8363. Rostered psychotherapist. Specialties: Adolescents, adults, couples families.
- **Margaret Worboys, LCSW** (802) 586-9936. Specialties: PTSD.

Glover (Orleans County)

Psychotherapy

- **April Bodette MS** (802) 323-6428. Specialties: Mental health substance abuse Counselor. children, families, adolescents, groups.
- **Bert Francke** (802) 525-3620

Hardwick (Caledonia County)

Hardwick Health Center: (802) 472-3300

Psychotherapy at Wellspring Mental Health & Wellness Center:

- **Molly Barber, MA, LCMHC** (802) 472-6694 ext. 2 or (802) 730-4595. Specialties: Sensorimotor psychotherapy for trauma adolescents, adults & couples.
- **Gwen Bueckendorf, LICSW** (802) 730-3131. Specialties: Substance abuse, certified Alzheimer disease and other dementia treatment specialist, adults, couples & elders.
- **Anthony DePaul, MA** (802) 472-6694 ext. 6. Specialties: Client centered psychotherapy, adolescent boys, individuals, parents/families & groups.
- **Ann Melin, MS** (802) 472-6694 ext. 6 or cell (858) 337-0331. Specialties: Chronic pain/illness, trauma, addiction, relationship difficulties, adults, adolescents, couples & family. annwmelin@gmail.com
- **Maggie McGuire, PhD** (802) 472-6694 ext. 1. Specialties: Psychologist, somatic therapist & trauma resolution.

- **Jean Marie Pearce, MA, MFT** 802-441-3334, connect@jmpearce.com. Rostered Psychotherapist, trauma/stress, relationships, couples, family & individual therapy.
- **Drex Wright, Counselor** (802) 472-9900. Specialties: trauma, PTSD, substance abuse & spirituality. *Handicap Accessible.

Psychotherapy

- **Ann Marie Dryden, MSN, APRN** (802) 552-0636 psychiatric nurse practitioner, integrative consultations and psychiatric care.
- **Ali Gerson MS, LADC, LMHC** (802) 472-3151. Specialties: Adults, drug and alcohol, PTSD, anxiety & depression.
- **Randy Bulpin** (802) 535-6160. Specialties: Adolescent male & music therapy.
- **Larry Karp, Psy D** (802) 472-6734. Specialties: Adults, couples & adolescent mental health counseling.
- **Sharon Moffatt, MA, LCMHC** 4 South Main St. (802) 368-5190. Specialties: anxiety, coping skills and life transitions
- **Talaia Thomas, LCMHC, LLC** (802) 772-0404, 4 South Main St. Specialties: Child or adolescent, depression, trauma, PTSD, pet therapy. Handicap Accessible.
- **Tracy Ulrich, MA, LCMHC** (802) 730-6539. Specialties: Children and Families; early childhood through adulthood.

Hyde Park (Lamoille County)

Psychotherapy at Green River Guild (802) 888-6215, 111 Main St. Hyde Park, VT (www.greenriverguild.com).

- **Kim Austin Puleio, MSW, LICSW, LADC** adults, adolescents, anxiety, depression, grief and loss, traumatic experience, relationship stress, addiction/recovery.
- **Julie Bomengen, MS, LCMHC** Adolescents, adults, children 10 & older, anxiety, depression, trauma, grief and loss, adjustment issues, reproduction and post-partum issues. Psychodynamic psychotherapy & cognitive behavioral therapy.
- **Eleanor Morrissey, MA, LCMHC, LADC** Adults, anxiety, depression, recovery issues, grief & bereavement.
- **Helene Nielson**
- **Kate Osborne, MSW, LICSW** adult, adolescents, depression, anxiety, trauma & adjustment issues.
- **Tanya Searles, MA.** Specialties: adolescents and adults, anxiety, coping with stress, EMDR.
- **Ian Turkle, LCMHC** anxiety, depression, grief, obsessive-compulsive disorder, PTSD, EMDR.

Psychotherapy

- **Peter Gerson, MA, LCP**, (802) 888-6111, 258 Main St. Specialties: Children 4 & up, adolescents, adults, psychodynamic talk & play therapy.

Montpelier (Washington County)

Psychotherapy

- **Robert Buchiccio, LICSW** (802) 229-0749. Specialties: relationships, couples & families. Accepting only online remote referrals.
- **Dr. Francis Kalibat**, (802) 223-0217, 132 Main St, Montpelier.
- **Rachel Kling, MA** (802) 750-1138, 3 Pitkin Court, #204. Specialties: Emotional pain, anxiety & difficulty navigating relationships.
- **Stoll Psychiatry and Psychotherapy** (802) 229-1950.
- **Dianne Turenne MA** (802) 684-0021, 247 State St. Specialties: Trauma, PTSD, relationships, anxiety & depression.

Morrisville (Lamoille County)

Behavioral Health and Wellness Center (802) 888-8320

Psychiatry at BHW

- **Sharon Brahmstedt APRN, PMHNP-BC** Psychiatric Nurse Practitioner. Specialties: Psychiatric assessment & medication management for children, adolescents & adults. psychotic disorders, mood disorders, anxiety disorders, trauma and co-occurring disorders.

- **Tina Brownley-Stevenson, APRN** Family Nurse Practitioner. Specialties: psychiatric assessment and medication management for adults with psychotic disorders, mood disorders, anxiety disorders, ADHD, substance abuse issues.
- **Linda Zamvil, MD, ABPN** Medical Director. Specialties: Psychiatry, psychiatric Assessment and medication management for children, adolescents & adults with ADHD, developmental, mood, anxiety, traumatic, psychotic and substance use disorders, along with comorbid medical conditions.

Psychotherapy at BHW

- **Dense Ashman, MA, CMHC** Specialties: adults, adolescents, couples, families and groups; relationship challenges, depression, anxiety, trauma, grief and loss, health issues, coping with change.
- **Samantha Ballard MA** Specialties: Adolescents, adults and families, anxiety, depression, stress, substance abuse, mindfulness, behavioral & psychodynamic.
- **Laura Dewey MA, LADC** Specialties: Short-term & interim counseling & care coordination while on MAT team (medication assisted treatment)
- **Megan Dewitt MA, LADC** Specialties: Adolescents and adults, substance abuse and recovery, anxiety, depression, relationship issues, trauma, stress, coping skills, adjustment challenges, families impacted by substance use & MAT team (medication assisted treatment).
- **Rich Farrell LICSC** Specialties: children, adolescents and adults with anxiety, trauma, coping skills needs adjustment challenges, transition and relationships, EMDR.
- **Mary Margaret Fondriest MA, AAP** Specialties: Individuals and groups, adults and children, substance abuse and recovery, grief & loss, death and dying, crisis intervention, anxiety, depression, trauma, spirituality, integrated body-based approaches, cross-cultural counseling, military & veterans.
- **Susan Geer MSW, LICSW** Specialties: EMDR, adults and adolescents, couples and families, depression, anxiety, trauma, grief, chronic illness, relationship issues & eating disorders.
- **Ellen Gluckman LCMHC, LADC** Specialties: Children, adolescents, adults, couples & families. emotional/behavioral concerns related to relationships, family dynamics and negotiating life, Substance use, complex trauma, self-harm, GLBT, HIV/AIDs, Incarcerated individuals & their families.
- **Darrin Greene, MS** Specialties: Adults and adolescents and children, mental health and substance abuse, depression, anxiety, trauma, PTSD, grief, obsessions and compulsions, communication skills, acceptance & commitment therapy, mindfulness & CBT.
- **Lauren Johnson MA, LPM** Specialties: Child-parent psychotherapy, EMDR, attachment, adoption, recent trauma & PTSD, mood & anxiety disorders, ADHD.
- **Breanna Hart MSW, LICSW** Specialties: Children, families, adults, anxiety, depression, attachment, trauma, food disorders, behavioral challenges, co-occurring substance use disorders & coping skills.
- **Virgil Kovachick LADC, LCMHC** Specialties: Adults, families, couples, men's issues, anxiety, depression, mood disorders, grief and loss, adjustment issues & addictive disorders.
- **Joshua Lambert MA, LADC, LCMHC** Specialties: adolescents and adults, individuals and groups, co-occurring mental health and substance use, addition, anxiety, stress management, anger, mood disorders, complex trauma and PTSD, adjustments and transitions, relationships, psychosis.
- **Kathy Mai, MSW**, Specialties: Families, children adolescents, adults, case management, individual, groups, substance abuse, recovery, co-occurring disorders, anxiety, depression, trauma, mindfulness, chronic pain & DCF.
- **Elizaveta Matiach, MS, LPM, LADC**, Specialties: Depression, anxiety, trauma, PTSD, adjustment & personality issues, cross-cultural counseling, substance abuse, adolescents and adults. Languages: Russian and French. Groups Offered: Helping Women Recover.
- **Mary O'Toole, BA, AAP**, Specialties: substance abuse counseling, co-occurring case management (VISI), coordination of services, court, probation and parole issues & crisis management.
- **Kylie Pratt BSN, RN** on MAT (medication assisted treatment) team.
- **Matt Sadowsky MA, LPM** Specialties: Children and adolescents and adults and families, existential and values exploration, flexibility, self-acceptance & support in managing things that get in the way of who you want to be.
- **Ben Sklarski MA, LCMHC** Specialties: Children and teens and adults & families, EMDR. anxiety, depression, attachment, trauma, mood disorders, behavioral challenges, self-esteem, mindfulness, relational & somatic therapies.
- **Laura Walker MA, LCMHC, LADC** Specialties: Adults and groups, substance abuse and recovery, anxiety, depression, mood disorders, grief, trauma, CBT and DBT & mindfulness.

- **Susan Zumberge, LICSW, AAP**, Specialties: Children, adults & families, grief & loss, depression, anxiety, family issues, substance abuse, couples therapy, spirituality, chronic illness, chronic pain, anger management, self-esteem, coping skills.

Lamoille County Mental Health Services (802) 888-5026, 72 Harrell St., Morrisville. To schedule for adult and children therapists, case management or psychiatry, contact Bryanne Castle 888-5026 or Shannon Rodgers at 888-5026

Psychiatry

- **Mark McGee, MD** Specialties: psychiatric assessment and medication management. Telehealth only.

Psychotherapy at The Village House - 200 Park St.

- **Jack Aarts LADC, LCMHC** (802) 279-7922. Specialties: Ages 12 and up incl. veterans, substance abuse, PTSD, anxiety, depression, client-centered, CBT and REBT
- **Meg Bickerstaff LCMHC** (802) 696-2485, Specialties: Adults, adolescents, families and couples, trauma, EMDR & general mental health.
- **Gerette Buglion** Specialties: reiki, cult awareness consultation and groups.
- **Jessica Dambach, LCMHC** (802) 793-4894 Specialties: adolescents, adults families, certified EMDR.
- **Kate Donnally, LICSW** (802) 730-9086. Specialties: Trauma, EMDR, progressive counting, internal family systems, DBT & general mental health.
- **Rich Farrell** (802) 760-9702. Specialties: Adults & adolescents.
- **Frederick Gluck, LCMHC** (802) 498-5211, Specialties: Adults and teens and elders and families, EMDR, developmental challenges, self-esteem, social issues, life transitions, behavioral and anger issues & relationships.
- **Heather Jones, LCMHC** (802) 730.9097, Park St. Specialties: School aged children & adults.
- **Joie Marshall/Phoenix Center LCMHC, LADC** (802) 888.9101.
Specialties: Adults – individuals, couples & families, addiction, anger management, anxiety, depression, divorce, family conflict grief/loss, life coaching, parenting, relationships, self-esteem & hypnotherapy.
- **Gary Mitchell, LADC**, (802) 696-9303. Specialties: Adults, substance/ alcohol additions, gambling/process addictions & co-occurring disorders.
- **Marie Olsen, LCMHC RPT** (802) 917-3183. Specialties: Infants and early childhood and families and adults, play therapy, EMDR, child parent psychotherapy, perinatal mood disorder & trauma informed.
- **Lydia Pennock, LCMHC** (802)730-4510. Specialties: CBT, EMDR, mindfulness/ somatic strategies, solution-focused therapy, attachment theory, anxiety, depression, OCD, grief/loss, autism spectrum & trauma.
- **Ally Wise, LCMHC** (802)793-7955 Specialties: Children, adolescents & adults, ARC/EMDR, anxiety, grief, trauma, stress, life changes, adjustment disorders & parenting.
- **Kathryn Wolfe, LICSW, LADC** (802)441-3380. Specialties: Adolescents and adults, CBT, DBT, mindfulness, trauma sensitive yoga, perinatal mental health & telehealth referrals.

Psychotherapists - Private practitioners

- **Kris Connolly LADC** (802) 730-2531 Specialties: substance abuse & general mental health.
- **Lisa Daniels LCMHC** (802) 585-4894, 74 Portland St.
- **Jason Fechter, MA, LMHC** (802) 888-9957, 34 Pleasant St.
- **Pat Michaelson, MSW, LICSW**, (802) 279-4283, 250 Park St.

Newport (Orleans County)

Northeast Kingdom Human Services (NKHS) (802) 334-6744 or (800) 696-4979, 181 Crawford Rd, Derby, Covering the Northeast Kingdom – *Psychotherapy, Psychiatry. Individual clinicians not listed.*

Psychotherapy

- **Elaine Dahl, Ph.D.** Newport, (802) 334-8484, 55 Seymour Lane-Suite 18.
- **Lisa C. Erwin, LICSW** Newport 316 Main St., (802) 673-1029/(802) 200-2661. Specialties: Anxiety, depression, stress, relationship issues-adults & elders.
- **Douglas Flint M. Ed** Newport (802) 334-1795/(802) 200-2661 Specialties: Ages 13+. Sliding scale.

- **June Goodband, MA, LCMHC, LADC** 316 Main Street, Suite 102, Newport, (802) 624-6116. Mon-Thurs, Medicaid and most private insurances, but not Medicare. Specialties: depression, anxiety, trauma, substance abuse disorders & other life challenges.
- **Johan Green (603) 836-9481**
- **John Harrington, LICSW** Newport, (802) 299-6983. Specialties: Catalyst counseling, PLC. Competent, compassionate, confidential.
- **Gretchen Lewis, LCMHC** Newport (802) 334-8834, and Emergency Pager # (802) 283-3104 Specialties: Age 13-65, trauma, grief, bipolar, schizophrenia, depression, stress, OCD, substance abuse & gambling addiction.
- **Margaret Peggy Lorient, MSW** Newport (802) 334-9478/(802) 673-4907 Specialties: teens, adults & families.
- **Pavel Malm, LMHC** Newport, (802) 673-6998/(802) 327-0077, 83 School St.
- **Ezra Maurer, MA** Newport, (802) 282-4581, 194 Main St. Suite 214. Specialties: marital distress, complex trauma & meditation.
- **Shari-Lee Ryan LCMHC, LADC** Newport (802) 323-3407 ext. 2336. Specialties: All ages.
- **Noreen Shapiro-Berry** Newport (802) 744-6366 ext. 2137/
(802) 334-6744.
- **Angie Starr** Newport (802) 478-8196
- **Tina Marie Tarryk** Newport (802) 210-3616
- **Beth Treadwell-Brooks** Newport (802) 487-8138

St. Johnsbury (Caledonia County)

Northeast Kingdom Human Services (802) 748-3181 or (800) 649-0118, 2225 Portland Street. Covering the Northeast Kingdom – Psychotherapy, Psychiatry. Individual clinicians not listed.

St. Johnsbury Community Health Center (802) 748-5041,
185 Sherman Drive

- Danielle Puffer, MA, ADC. Specialties: General practice.

Psychotherapy at Counseling Center (802) 748-5364, 231 Concord Ave

- Sylvia Bedor, LCMHC, LADC Ext 1, Specialties: General practice, children, individuals, couples, family, marriage. Substance abuse, depression, anxiety, trauma, attachment difficulties, OCD, hoarding & eating disorders.
- Stephanie Churchill, LMFT Ext. 2, Specialties: Ages 14 & up; Marriage and family therapy, women's issues, grief, loss, GLBT, depression.
- Amanda Cushing, LICSW Ext. 3, Specialties: adolescents, adults. General practice.

Psychotherapy at Counseling Center — 1194 Main Street:

- Deborah Goldberg, M.Ed (802) 748-3711. Specialties: Stress management & relaxation, depression, anxiety & adolescents
- Cecil Hall, MS, LADC (802) 748-5670. Specialties: Substance abuse/addictions and co-dependence services & PTSD. Sliding scale.

Complete Circle Counseling 364 Railroad St. (mail: P.O. Box 142, St. Johnsbury, VT 05819) (802) 823-1045

- Jessa Carpenter, M.S, LADC (802) 274-7190 Specialties: adolescents & adults, substance abuse and co-occurring disorders, anxiety, depression, MAT, DUI, CRASH assessments & counseling requirements.

St. Johnsbury Psychology Associates - (802) 424-0595, 1097 Main Street

- Judith Markey, PsyD - clinical psychologist who works with adolescents, adults, couples, and families to treat depression, anxiety, mood disorders, trauma, grief, LGBTQ issues, Asperger's syndrome, and other issues.
- Idolyn Villiotti Carnahan, M.S.W. - She specializes in working with adolescent and adult patients who struggle with anxiety, depression, PTSD, trauma, and major life transitions.
- Stevi Jackson, M.A. - has worked with children and families for 10 years.

- Connie L. Kellogg, M.A., L.C.M.H.C. - specialties include the treatment of anxiety, depression, and trauma. She also works with adults coping with chronic illness, chronic pain, sexual abuse, and life transitions.
- Kimberly Lightbear, MS, LADC - Master's level Vermont rostered mental health counselor and a Vermont licensed alcohol and drug counselor (LADC), a National Certified Counselor (NCC), and a Certified Clinical Trauma Professional (CCTP).
- Marissa S. Manning, LMSW - has worked in the medical field for 13 years and as a medical social worker for five of those years. Marissa utilizes cognitive behavioral therapy, mindfulness practices, and a client-centered approach in her work.
- Jane Pompeo, LCMHC - strong background in crisis intervention, recovery, and grief counseling.
- Michael Shor, LCSW - offers individual and family therapy for clients with psychiatric and neurodevelopmental disorders ranging from mood disorders, trauma, stress and life circumstances to autism, ADHD, executive function, life-context, and advocacy.

Psychotherapy

- John Andrews, LCMHC, LADC (802) 249-6694, 1129 Main St, Unit 2NE, Specialties: Adults & adolescents, CBT, MI, solution focused therapy.
- Christopher Colpitts, LICSW (603) 496-9375, 107 Eastern Ave. Specialties: Providing individual and family therapy for children, adults and elders. Specializing in attachment issues with families & children, as well as trauma-focused CBT.
- Dean Corcoran, LCMHC, LADC (802) 748-1516. 364 Railroad Street. St. Johnsbury Center for Well Being. Specialties: Children 12 & up, adults, couples, families. Trauma, addiction, anxiety, support/therapy groups, also holds yoga classes.
- Kathryn Cote, LCSW (802) 748-1700 Ext. 1, 190 Eastern Ave. Specialties: Children, adolescents, adults, couples, families, eating disorders, grief counseling, divorce, depression & anxiety disorders.
- Sara Demetry, LICSW (802) 274-6400, 1097 Main Street. Specialties: Depression, anxiety, trauma, chronic pain, concerns with aging, care giving, and adjustment to illness, mindfulness, cognitive therapy & therapy that includes tuning into the inherent wisdom of the body. Certified in Internal Family Systems therapy.
- Donald Hunt, Licensed Psychologist (802) 748-0985, 1482 Goss Hollow Road. Specialties: Adults, couples & families.
- William Huntington, LCMHC (802) 751-1511, 49 Perkins St. (RecFit Building), Life Change Counseling Specialties: children 4+ through adults, general counseling, play therapy & sand tray.
- Penny Kimball, LCMHC, LADC (802) 748-8904, 1129 Main Street. Specialties: Substance abuse, alcoholic family systems, adult children of alcoholics, women's issues, anxiety, depressive disorders, marital & individual counseling for men and women ages 16 +.
- Rhonda Korol, PhD (802) 748-1700 Ext.3, 190 Eastern Ave. Specialties: Adults, couples, depression, anxiety, trauma, loss, grief & relationship issues. 19
- Lucy McKee, LCMHC, LADC (802) 473-8683 or (802) 751-0245, 297 Summer Street, Specialties: Equine assisted therapy, substance abuse & EMDR.
- Carbery Neal, LCMHC, ATR-BC (802) 748-9388, 107 Eastern Ave., Specialties: Children ages 4 & up & adults. ADHD, PTSD, anxiety, depression, women's issues, transpersonal issues, life transitions, attachment, adoption & changing families.
- Rose Sheehan, LADC, LCMHC (802) 535-9814, 297 Summer Street. Specialties: Sliding scale; substance abuse & general counseling.

Stowe (Lamoille County)

- **Rick Barnett, PsyD, MA, MS, LADC** (802) 874-0420, Old Farm Rd. Specialties: addiction, trauma, depression, anxiety & mood disorders. www.bpshealth.com.
- **Jenna M. Donohue, MA, LCMHC, CLC** (802) 793-2562. Cognitive, behavioral & reality based therapy. Specialties: cognitive, behavioral, and reality based therapy. Trauma-birth complications, grief/loss, RAD (reactive adjustment disorder) www.jennadonohue.com.
- **Dominic Foti, LCMHC, MA, CAYT (855) 919-0578**. In person and online therapy. Specialties: grief, dual diagnosis, addiction, family conflict, coping skills & stress, men's issues, peer relationships.

- **Ellen Gibs Clinical Social Work/Therapist MSW, LICSW (978) 801-0335** Online therapy, elders, caregivers, family issues related to aging and dementing illness, chronic illness, depression, bi-polar, trauma & grief
 - **Sandra K Howell, MS Psychotherapist, CPMS (802) 229-2711or (802) 229-2711.** Specialties: Adults & couples.
 - **Ed Loewenton, pre-licensed professional, MA (802) 863-3223 ed@loewenton.org.** Specialties: gifted children & their families, depression, victims compensation cases.
 - **Alicia Senghas, Counselor, MS, LCMH. (802-793-8076**
Specialties: depression and anxiety
 - **Stuart Senghas, Clinical Social Work/Therapist, MSW (802) 992-8159.** Specialties: anxiety, depression, relationship issues
 - **Sharon Elayne Volansky-Gerard, Licensed Psychologist, MA (802) 253-2225.** Specialties: Trauma therapy.
 - **Susan L Woods, Psychotherapist, (802) 253-2550/(802) 238-7530** Specialties: Mindfulness therapy.
Susan.woods@outlook.com. www.slwoods.com.
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