

# Mental Health Providers

Updated January 2025 (AK)



Adolescent Medicine  
Eating Disorder Assessment Clinic  
802-847-4696

PROVIDER	CONTACT INFO	AGES SERVED	LOCATION(S)	ADDITIONAL NOTES
<b>THERAPISTS</b>				
<b>Among The Trees Counseling and Wellness</b>	Kate Morris, LICSW <a href="mailto:kate@amongthetreescounseling.com">kate@amongthetreescounseling.com</a>	16+	Telehealth only, licensed in VT and SC	Physically located in VT. Telehealth only. Out of network for insurance; will provide invoice for reimbursement.
<b>Amy Allison, LCMHC, MS</b>	413-349-5518 <a href="mailto:amy.brittany.allison@gmail.com">amy.brittany.allison@gmail.com</a> <a href="https://www.psychologytoday.com/us/therapists/amy-allison-bennington-vt/466830">https://www.psychologytoday.com/us/therapists/amy-allison-bennington-vt/466830</a>	12+	Telehealth only, licensed in VT and MA	Physically located in VT. Telehealth only. Out of network for insurance; will provide invoice for reimbursement.
<b>Jenna Bisset, MEd, MS, NCC</b>	802-200-2344 <a href="https://associatesatthegables.com/therapists/jenna-bisset-med-ms-ncc/">https://associatesatthegables.com/therapists/jenna-bisset-med-ms-ncc/</a>	6 – young adult	Williston, VT and may offer telehealth case by case	Accepting referrals; keeps wait list if full.  Most major insurances including VT Medicaid; not Cigna
<b>Katie Clover, LICSW</b>	<a href="mailto:services@katieclovertherapy.com">services@katieclovertherapy.com</a> <a href="https://katieclovertherapy.com/pages/services">https://katieclovertherapy.com/pages/services</a>	Older adolescents	Telehealth and Manchester, VT	Wait list
<b>Sar Davis, MPS</b>	215-932-9885 <a href="https://www.rachelmillnertherapy.com/sar">https://www.rachelmillnertherapy.com/sar</a>	Adolescents and adults	Telehealth only, not fully licensed in any state	Telehealth only. Out of network for insurance. \$150 per session.
<b>Jacquelyn Duford, MA-LCMHC, ATR</b>	<a href="https://www.canvaspsychotherapy.com">Jacquelyn Duford - Art Therapy, Counseling (canvaspsychotherapy.com)</a>	13+	Telehealth only	Licensed in NH and VT. Out of network for insurance; will provide invoice for reimbursement.

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<b>Eden Valley</b>	<a href="https://www.edenvalleyvt.com/">https://www.edenvalleyvt.com/</a> Christina Ensalata has experience treating eating disorders. Several other clinicians have experience treating OCD and ARFID.	4+	In-person and virtual	VT Medicaid and most commercial plans.
<b>Equip</b>	Multidisciplinary team for outpatient and higher levels of care 855-387-4378 <a href="https://equip.health/">https://equip.health/</a>	6+	Telehealth only	No VT Medicaid; no VT BCBS. Contract or single case agreement with some commercial plans
<b>Cora Glazer, LICSW</b>	(737) 204-9125 <a href="mailto:cora@fourseasonscounseling.org">cora@fourseasonscounseling.org</a>	14+	Telehealth (licensed in NH, VT, MA, TX)	Many commercial plans; contact provider for details
<b>Lauren Grant, MSW</b>	(802) 448-2667 <a href="mailto:Laurengrantcounseling@gmail.com">Laurengrantcounseling@gmail.com</a>	Adolescents case by case	Telehealth	Accepts VT Medicaid
<b>Elizabeth Hammond, LICSW</b>	401-636-8230 <a href="https://www.ehcounselingllc.com/contact">https://www.ehcounselingllc.com/contact</a>	13+	Telehealth only	Licensed in RI, MA, VA and VT. Out of network for insurance.
<b>Gretchen Hoyum, LMFT</b>	(802) 227-2560 <a href="mailto:gretchen@hoyumcounseling.com">gretchen@hoyumcounseling.com</a>	Adolescents	Telehealth only	Aetna, Cigna, and Harvard pilgrim
<b>Angela Kaloudis, LMHC</b>	617-764-9971 <a href="mailto:angela@angelaktherapy.com">angela@angelaktherapy.com</a>	14+	Licensed in NY, MA, VT	VT – telehealth only. Out of network for insurance; will provide invoice for reimbursement.
<b>Maia Kiley, LMFT</b>	805-602-7075 <a href="https://www.maiakiley.com/therapy">https://www.maiakiley.com/therapy</a>	16+, couples and families	Telehealth only, licensed in VT	VT – telehealth only. Out of network for insurance; will provide invoice for reimbursement.

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<b>Elizabeth Lemaire, MS, LCMHC</b>	802-655-0585	Adolescents	Telehealth only	Most major insurances including VT Medicaid
<b>Phoebe Manchester, MS, NCC, LCMHC</b>	603-276-0721 <a href="https://treadwellcounseling.com/">https://treadwellcounseling.com/</a>	Teens and adults OCD and anxiety specialist	Telehealth to VT	VT – telehealth only. Out of network for insurance; will provide invoice for reimbursement.
<b>Rita Monroe, LICSW</b>	360-661-7919		Middlebury, VT	
<b>Reclaim Therapy</b>	<a href="https://www.sarahherstichlcsww.com/">https://www.sarahherstichlcsww.com/</a>	13+	Telehealth only	Telehealth only (located in PA). Out of network for insurance; will provide invoice for reimbursement.
<b>Haica Rosenfeld</b>	305-401-2026 <a href="mailto:haica@haicarosenfeld.com">haica@haicarosenfeld.com</a>	Older teens and adults		
<b>Annie Rosenthal, MA, MEd</b>	802-500-7053		South Burlington, VT	Out of pocket; may offer sliding scale
<b>Sarah Schantz at Nurtured Wellness LLC</b>	<a href="mailto:sarah@nurturedwellnessllc.com">sarah@nurturedwellnessllc.com</a>	Adolescents (14+, younger case by case) and adults	South Burlington, VT	Most major insurances, including VT Medicaid. Wait list.
<b>Madison Smith, PsyD</b>	802-448-0336 <a href="https://www.ittakesavillagevermont.com/ourteam">https://www.ittakesavillagevermont.com/ourteam</a>	6+	Richmond, VT, in-person and telehealth	VT Medicaid and BlueCross BlueShield. Self-pay other plans
<b>Ami Sweet</b>	802-793-4715 <a href="https://ami-lindemann.clientsecure.me/#home">https://ami-lindemann.clientsecure.me/#home</a>		Telehealth and Montpelier, VT	Most major insurances, including VT Medicaid
<b>The Adams Center for Mind and Body</b>	802-859-1577 <a href="http://www.theadamscenter.com">www.theadamscenter.com</a>	Adolescents and adults	South Burlington, VT	Most major insurances, including VT Medicaid

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<b>Alexandra Thomsen, Ph.D., LLC</b>	802-825-5239 <a href="mailto:alexthomsenphd@gmail.com">alexthomsenphd@gmail.com</a>	Older adolescents and young adult	Waterbury, VT and possibly virtual	Contact regarding availability and insurance
<b>Vermont Center for Anxiety Care</b>	802-865-3450 <a href="http://www.vtcenterforanxietycare.com/">http://www.vtcenterforanxietycare.com/</a>		Burlington, VT	Katie Gillespie ( <a href="mailto:katie.vcac@gmail.com">katie.vcac@gmail.com</a> ) May have other providers Most major insurances, including VT Medicaid
<b>Vermont Psychological Services</b>	(802) 656-2661 <a href="https://www.uvm.edu/cas/vermontpsych">https://www.uvm.edu/cas/vermontpsych</a>		Burlington, VT	Most major insurances, including VT Medicaid
<b>PSYCHIATRISTS</b>				
<b>Kate Amey</b>	802-225-1266		Berlin, VT	
<b>Dustin Dippen, MD</b>	802-316-8693 <a href="https://hummingbirdpsychiatry.com/">https://hummingbirdpsychiatry.com/</a>		Telehealth only	Private pay, may offer sliding scale
<b>Megan Foster, NDP</b>	(802)728-2445 <a href="mailto:mfoster@giffordhealthcare.org">mfoster@giffordhealthcare.org</a>		Randolph, VT	
<b>Green State Psychiatry</b>	802-489-5552 <a href="https://greenstatepsych.com/">https://greenstatepsych.com/</a>	All ages (depending on provider)	South Burlington, VT	Most major insurances, including VT Medicaid
<b>Vermont Center for Children, Youth and Families</b>	(802) 847-4563 <a href="https://www.uvmhealth.org/medcenter/location/vermont-center-children-youth-and-families">https://www.uvmhealth.org/medcenter/location/vermont-center-children-youth-and-families</a>	Child and adolescent	Burlington, VT	Most major insurances, including VT Medicaid
<b>FAMILY THERAPISTS</b>				
<b>Leora Black</b>	802-264-5333 <a href="https://counselingconnectionvt.com/">https://counselingconnectionvt.com/</a>		Colchester, VT	
<b>Maia Kiley, LMFT</b>	(805) 602-7075 <a href="https://www.maiakiley.com/therapy">https://www.maiakiley.com/therapy</a>	16+, couples and families	Telehealth only, licensed in VT	VT – telehealth only. Out of network for insurance; will provide

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<b>Sam Markewich, M.A., LMFT</b>	802-755-3500	12+ and families	Montpelier, VT	Most major insurances, including VT Medicaid.
<b>NFI Family Center</b>	802-951-0450 <a href="https://www.nfivt-familycenter.org/">https://www.nfivt-familycenter.org/</a>		South Burlington, VT	Most major insurances, including VT Medicaid.
<b>GROUPS</b>				
<b>Aubrey Carpenter, PhD</b>	802-448-0336 <a href="mailto:aubreycarpenterphd@gmail.com">aubreycarpenterphd@gmail.com</a> <a href="http://www.ittakesavillagevermont.com">www.ittakesavillagevermont.com</a>	Parents/Caregivers	Richmond, VT	Occasionally offers short-term parent support groups for parents of youth with eating disorders.
<b>PARENT/CAREGIVER-ONLY CONSULTATION/SUPPORT</b>				
<b>Aubrey Carpenter, PhD</b>	802-448-0336 <a href="mailto:aubreycarpenterphd@gmail.com">aubreycarpenterphd@gmail.com</a> <a href="http://www.ittakesavillagevermont.com">www.ittakesavillagevermont.com</a>	Parents/Caregivers	Richmond, VT	Consultation and short-term support for caregivers who may be feeling stuck, overwhelmed, or not sure where to start.