

Mental Health Providers

Updated April 2025 (AK)



Adolescent Medicine
Eating Disorder Assessment Clinic
802-847-4696

PROVIDER	CONTACT INFO	AGES SERVED	LOCATION(S)	ADDITIONAL NOTES
THERAPISTS				
Among The Trees Counseling and Wellness	Kate Morris, LICSW kate@amongthetreescounseling.com	16+	Telehealth only, licensed in VT and SC	Physically located in VT. Telehealth only. Out of network for insurance; will provide invoice for reimbursement.
Amy Allison, LCMHC, MS	413-349-5518 amy.brittany.allison@gmail.com https://www.psychologytoday.com/us/therapists/amy-allison-bennington-vt/466830	12+	Telehealth only, licensed in VT and MA	Physically located in VT. Telehealth only. Out of network for insurance; will provide invoice for reimbursement.
Jenna Bisset, MEd, MS, NCC	802-200-2344 https://associatesatthegables.com/therapists/jenna-bisset-med-ms-ncc/	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
Katie Clover, LICSW	services@katieclovertherapy.com https://katieclovertherapy.com/pages/services	Older adolescents	Telehealth and Manchester, VT	Wait list
Danielle D’Amico, PsyD	https://www.drdaniellerdamico.com/ 802-681-9717	Older adolescents and adults	Winooski, VT and telehealth to VT, NY, MA	Self-pay, not on insurance panels
Sar Davis, MPS	215-932-9885 https://www.rachelmillnertherapy.com/sar	Adolescents and adults	Telehealth only, not fully licensed in any state	Telehealth only. Out of network for insurance. \$150 per session.
Jacquelyn Duford, MA-LCMHC, ATR	Jacquelyn Duford - Art Therapy, Counseling (canvaspsychotherapy.com)	13+	Telehealth only	Licensed in NH and VT. Out of network for

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

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			licensed in VT	invoice for reimbursement.
Elizabeth Lemaire, MS, LCMHC	802-655-0585	Adolescents	Telehealth only	Most major insurances including VT Medicaid
Phoebe Manchester, MS, NCC, LCMHC	603-276-0721 https://treadwellcounseling.com/	Teens and adults OCD and anxiety specialist	Telehealth to VT	VT – telehealth only. Out of network for insurance; will provide invoice for reimbursement.
Rita Monroe, LICSW	360-661-7919		Middlebury, VT	
Reclaim Therapy	https://www.sarahherstichlcsw.com/	13+	Telehealth only	Telehealth only (located in PA). Out of network for insurance; will provide invoice for reimbursement.
Haica Rosenfeld	305-401-2026 haica@haicarosenfeld.com	Older teens and adults		
Annie Rosenthal, MA, MEd	802-500-7053		South Burlington, VT	Out of pocket; may offer sliding scale
Sarah Schantz at Nurtured Wellness LLC	sarah@nurturedwellnessllc.com	Adolescents (14+, younger case by case) and adults	South Burlington, VT	Most major insurances, including VT Medicaid. Wait list.
Kelley Scholfield, MA	KSVTcounseling@gmail.com 802-249-9903	14+	Telehealth only	Medicaid, Medicare, BCBS, MVP, and Cigna
Madison Smith, PsyD	802-448-0336 https://www.ittakesavillagevermont.com/ourteam	6+	Richmond, VT, in-person and telehealth	VT Medicaid and BlueCross BlueShield. Self-pay other plans
Ami Sweet	802-793-4715 https://ami-lindemann.clientsecure.me/#home		Telehealth and	Most major insurances, including VT Medicaid

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			Montpelier, VT	
The Adams Center for Mind and Body	802-859-1577 www.theadamscenter.com	Adolescents and adults	South Burlington, VT	Most major insurances, including VT Medicaid
Alexandra Thomsen, Ph.D., LLC	802-825-5239 alexthomsenphd@gmail.com	Older adolescents and young adult	Waterbury, VT and possibly virtual	Contact regarding availability and insurance
Vermont Center for Anxiety Care	802-865-3450 http://www.vtcenterforanxietycare.com/		Burlington, VT	Katie Gillespie (katie.vcac@gmail.com) May have other providers Most major insurances, including VT Medicaid
Vermont Psychological Services	(802) 656-2661 https://www.uvm.edu/cas/vermontpsych		Burlington, VT	Most major insurances, including VT Medicaid
PSYCHIATRISTS				
Kate Amey	802-225-1266		Berlin, VT	
Dustin Dippen, MD	802-316-8693 https://hummingbirdpsychiatry.com/		Telehealth only	Private pay, may offer sliding scale
Megan Foster, NDP	(802)728-2445 mfoster@giffordhealthcare.org		Randolph, VT	
Green State Psychiatry	802-489-5552 https://greenstatepsych.com/	All ages (depending on provider)	South Burlington, VT	Most major insurances, including VT Medicaid
Vermont Center for Children, Youth and Families	(802) 847-4563 https://www.uvmhealth.org/medcenter/location/vermont-center-children-youth-and-families	Child and adolescent	Burlington, VT	Most major insurances, including VT Medicaid
FAMILY THERAPISTS				

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Leora Black	802-264-5333 https://counselingconnectionvt.com/		Colchester, VT	
Maia Kiley, LMFT	(805) 602-7075 https://www.maiakiley.com/therapy	16+, couples and families	Telehealth only, licensed in VT	VT – telehealth only. Out of network for insurance; will provide invoice for reimbursement.
Sam Markewich, M.A., LMFT	802-755-3500	12+ and families	Montpelier, VT	Most major insurances, including VT Medicaid.
NFI Family Center	802-951-0450 https://www.nfivt-familycenter.org/		South Burlington, VT	Most major insurances, including VT Medicaid.
GROUPS				
Aubrey Carpenter, PhD	802-448-0336 aubreycarpenterphd@gmail.com www.ittakesavillagevermont.com	Parents/Caregivers	Richmond, VT	Occasionally offers short-term parent support groups for parents of youth with eating disorders.
PARENT/CAREGIVER-ONLY CONSULTATION/SUPPORT				
Aubrey Carpenter, PhD	802-448-0336 aubreycarpenterphd@gmail.com www.ittakesavillagevermont.com	Parents/Caregivers	Richmond, VT	Consultation and short-term support for caregivers who may be feeling stuck, overwhelmed, or not sure where to start.

ADULTS ONLY				
Delyn Hall, MA	https://www.delynhall.com/ 802-391-0176 or info@delynhall.com	18+	Telehealth, limited in-person in Williston, VT	BCBS, MVP, VT Medicaid

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Maggie Montelli	Maggie@littlemountaincounseling.org 802-857-8853	Young adults/adults	Burlington, VT, in-person only	Out of network; self-pay only
Rachel Natvig, Ph.D	rachelnatvig@gmail.com Otter Creek Associates (802) 582-4446	21+	Shelburne, VT – in- person and virtual	Multiple private insurance panels; no Medicaid