

Mental Health Providers

Updated October 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 insurance; will provide

Mental Health Providers

Updated October 2025 (AK)



Adolescent Medicine
Eating Disorder Assessment Clinic
802-847-4696

				invoice for reimbursement.
Eden Valley	https://www.edenvalleyvt.com/	4+	In-person and virtual	VT Medicaid and most commercial plans.
Christina Ensalata, MA	Christina Ensalata, Registered Psychotherapist, South Burlington, VT, 05403 Psychology Today Email Christina through above link	All ages and families	In-person in South Burlington, VT and virtual	VT Medicaid and many 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.
Milcah Harari, LICSW, PMH-C	https://www.milcahharari.com/ 802-391-9525	Older adolescents, medically stable, care team must include RD	Telehealth only	Licensed in VT, NY. 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

Mental Health Providers

Updated October 2025 (AK)



Adolescent Medicine
Eating Disorder Assessment Clinic
802-847-4696

				invoice for reimbursement.
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.
MindWell	(802) 880-3001 (Burlington, VT) https://www.mindwellcenter.com/getstarted (also has New York locations)	Alyssa Basiliere, LICSW Ages 10+	VT (in-person and telehealth)	Aetna, self-pay or out of network benefits
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.

Mental Health Providers

Updated October 2025 (AK)



Adolescent Medicine
Eating Disorder Assessment Clinic
802-847-4696

Kelley Scholfield, MA	KSVTcounseling@gmail.com 802-249-9903	14+	In-person only in Barre, VT	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 Montpelier, VT	Most major insurances, including VT Medicaid
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	

Mental Health Providers

Updated October 2025 (AK)



Adolescent Medicine
Eating Disorder Assessment Clinic
802-847-4696

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				
Leora Black	802-264-5333 https://counselingconnectionvt.com/		Colchester, VT	
Christina Ensalata, MA	Christina Ensalata, Registered Psychotherapist, South Burlington, VT, 05403 Psychology Today Email Christina through above link	All ages and families	In-person in South Burlington, VT and virtual	VT Medicaid and many commercial plans
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 aubrecarpenterphd@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 aubrecarpenterphd@gmail.com	Parents/Caregivers	Richmond, VT	Consultation and short-term support for

Mental Health Providers

Updated October 2025 (AK)



Adolescent Medicine
Eating Disorder Assessment Clinic
802-847-4696

	www.ittakesavillagevermont.com			caregivers who may be feeling stuck, overwhelmed, or not sure where to start.
Milcah Harari, LICSW, PMH-C	https://www.milcahharari.com/ 802-391-9525	Parents/Caregivers; guidance around anxiety, OCD and ARFID. SPACE informed.	Telehealth only	Licensed in VT, NY. Out of network for insurance.

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
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