

COUNSELING RESOURCES

RANDOLPH

CLARA MARTIN CENTER 802-728-4466
<http://www.claramartin.org>

Services include: comprehensive array of mental health & substance abuse services, outpatient counseling & groups

24-hour support 800-639-6360

PRIVATE PRACTICES IN THE RANDOLPH AREA:

LORRAINE KRAMER, MED, LADC - Randolph 802-448-1575

- Specialties: Coping skills, substance use, life transitions
- Ages: Adults
- Insurances: BCBS, Cigna, MVP Health Care, Magellan

KAREN BUTLER, MA, LMFT - Randolph 802-698-0509

- Specialties: Relationship issues, family conflict, grief
- Ages: preteens, tweens, adolescents, teenagers, adults
- Insurances: BCBS, Cigna, Harvard Pilgrim, MVP Health Care, Magellan, Medicaid, Optum, United Healthcare

ALYCIA POST, LCMHC, LADC - Randolph 802-456-4483

- Specialties: Addiction, trauma, PTSD, anxiety
- Ages: ANY
- Insurances: Medicaid, BCBC, CBA Blue, Cigna, MVP Health Care

SUSAN JACOBS, MA, LCMHC, LADC - Randolph 802-249-2973

- Specialties: Addictions, substance abuse, life transitions
- Ages: ANY
- Insurances: American Behavioral, Anthem, Behavioral Health Systems, BCBS, Cigna, Harvard Pilgrim, Medicaid

JAMES BASTIEN, LICSW - Randolph 802-332-3929

- Specialties: Trauma, PTSD, anxiety, mood disorders
- Ages: Elders, adults, adolescents
- Insurances: BCBS, Cigna, Green Mountain Care, MVP Health Care, Magellan, Medicaid, Optum

MARJORIE CROWE, LICSW, MSW, ACSW - Randolph 802-589-4720

- Specialties: Anxiety, depression, coping skills
- Ages: Adults
- Insurances: Anthem, BCBS, Cigna, MHN, Magellan, Medicaid, Medicare, TRICARE

SARAH WAKEFIELD, LCMHC, LCPC, RN - Randolph 207-610-6396

- Specialties: Grief, chronic illness, depression
- Ages: Elders, adults
- Insurances: Aetna, Anthem, Cigna, Martin's Point

SHAINA LEVEE, MA - BROOKFIELD 833-852-8313

- Specialties: Life transitions, TBI, pregnancy, prenatal, postpartum
- Ages: ALL
- Insurances: No insurance accepted, does have sliding scale

ERICA FAYRIE, LCMHC, LMHC, LPC, ATR - Brookfield.... 802-705-0184

- Specialties: anxiety, trauma, PTSD
- Ages: Adolescents, teenagers, adults
- Insurances: Medicaid, Cigna, BlueCross & BlueShield

BETHEL

DAVID PELLEGRINO, LCMHC - Bethel 802-365-1534

- Specialties: Anxiety, depression, relationship issues
- Ages: Elders, adults, adolescents
- Insurances: BCBS, Cigna, MVP Health Care, Magellan, Medicaid

KRISTEN WILLIAMS, LCMHC, LADC, MA - Bethel..... 802-661-4851

- Specialties: Spirituality, addiction, depression
- Ages: Elders, adults, adolescents
- Insurances: BCBS, Cigna, Green Mountain Care, MVP Health Care, Medicaid

TASHA DUFRENE, MA - Bethel 802-779-9084

- Specialties: Self-esteem, spirituality, depression
- Ages: Elders, adults, adolescents
- Insurances: BCBS, Cigna, Medicaid

BARRE/MONTPELIER

WASHINGTON COUNTY MENTAL HEALTH - Montpelier... 802-229-0591

<https://www.wcmhs.org/>

Services include: outpatient counseling for adults and children, developmental services, psychiatric services

LIFEMAP COUNSELING - Barre 802-622-0683

<https://www.buildthemap.com/>

- Jim Pugliese, MS, LCMHC
- Sarah White, MS, LCMHC, LP
- Christopher Henderson, MA
- Toby White, MA, LCMHC
- Elizabeth Danyew, MA, LCMHC
- Lindsay Dunn Thomas, MS, LP



COUNSELING RESOURCES

VITALITY ASSOCIATES - Barre 802-272-2545

<https://www.vitalityassociatesvt.com/>

- Jennie Holden, PhD
- Peter Dietz, Ed.D., LCMHC
- Steven Ferrari II, MA
- Daniela Caserta, MA
- Hope Perini, MS
- Jamie Smith, MS

PRIVATE PRACTICES IN THE MONTPELIER AREA

EILIS O'HERLIHY, LICSW, MSW - Montpelier 802-386-2097

- Specialties: pregnancy, postpartum, prenatal, family conflict, trauma, PTSD
- Ages: Adolescents, adults, elders
- Insurances: BCBS, MVP Health care, Medicaid, Medicare

CORINA ROSE, MA, MCMHC - Montpelier 802-272-5436

- Specialties: Grief, loss, trauma, depression, anxiety, eating disorders
- Ages: Any
- Insurances: website states most insurances are accepted

JOSHUA STUMPF, LCMHM - Montpelier..... 802-339-4613

- Specialties: Life transitions, trauma, PTSD, relationship issues
- Ages: Adults, adolescents, preteens
- Insurances: BCBS, Cigna, Medicaid

MARLEE BRUNTON, MA, MSA, FTT..... 802-424-8363

- Specialties: Behavioral issues, child or adolescent, trauma, PTSD
- Ages: Adults, adolescents, children
- Insurances: BCBC, Green Mountain Care, MVP Health Care, Medicaid

HANNAH CARPENTER, MA, LCMHC.....802-397-9516

- Specialties: Life transitions, anxiety, grief
- Ages: Any
- Insurances: BCBS, Cigna, MVP Health Care, Medicaid

ZACH SARGENT, LICSW - Montpelier..... 802-992-1863

- Specialties: Depression, behavioral issues, substance use
- Elders, adults
- Insurances: Aetna, Anthem, Beacon, BCBS, CBA Blue, Cigna, Empire BCBS, Humana, MVP Health care, Magellan, Medicaid, Medicare, United Healthcare

SUSANNAH BLACHLY, LCMHC - Montpelier..... 802-275-5234

- Specialties: trauma, grief, anxiety, depression
- Ages: Elders, adults
- Insurances: BSBS, Cigna, MVP Healthcare, Medicaid

SARAH MAAS, MA, LICPSY - Montpelier 802-323-5575

- Specialties: anxiety, depression, trauma
- Ages: adults, adolescents, preteens
- Insurances: BCBS, Green Mountain Care, MVP Health Care, Medicaid, United Healthcare

MIRIAM VORAN, PHD - Montpelier 802-223-2134

- Specialties: child or adolescent, relationship issues, parenting
- Ages: Elders, adults, adolescents, preteens, children, toddlers
- Insurances: BCBS

SARAH NORTON, MA, LCMHC 802-454-8550

- Specialties: Anxiety, depression, relationship issues
- Ages: Adults
- Insurances: No insurance accepted, does have sliding scale

PJ DESROCHERS, LMFT - Montpelier 802-851-5955

- Specialties: relationship issues, life transitions, transgender
- Ages: Elders, adults, adolescents, preteens
- Insurances: private pay only

ANN MARIE DRYDEN, MSN, APRN - Montpelier

<https://findingyourrootshw.com>

- Background info: Ann is a Family Nurse Practitioner & Psychiatric Mental Health Nurse Practitioner providing psychotherapy and below services
- Services: Integrative medicine consultations, integrative therapy sessions, psychiatric evaluation & medication management, psychotherapy
- Insurances: Medicaid, TriCare, BCBS

PRIVATE PRACTICES IN THE BARRE AREA

BEVERLY ALLEN, MA, LADC - Barre.....802-232-4117

- Specialties: substance use, depression, anxiety
- Ages: Adults
- Insurances: BCBC, Medicaid

JOSHUA DEWITT, MA, LCMHC - Barre 802-696-6590

- Specialties: anxiety, depression, coping skills
- Ages: Elders, adults, adolescents
- Insurances: MVP Health Care, Medicaid

JULIE KATHERINE BRADSHAW, LICSW, LADC - Barre.....802-255-8172

Specialties: Relationship issues, depression, substance use

- Ages: Elders, adults, adolescents, preteens
- Insurances: Aetna, BCBC, Cigna, Green Mountain Care, MVP Health Care, Magellan, Medicaid, Medicare

COUNSELING RESOURCES

BENJAMIN WELCH, LICSW, LADC - Barre 802-635-5797

- Specialties: Trauma, PTSD, Addiction, PTSD
- Ages: Elders, adults, adolescents
- Insurances: BCBS, Cigna, MVP Health Care, Magellan, Medicaid, Medicare, Tricare

SELENE LUTSCHG, LCMHC - Barre 802-448-1521

- Specialties: Trauma, PTSD, relationship issues, codependency
- Ages: Adults, Adolescents
- Insurances: BCBS, Medicaid

BONNIE HALDEMAN POMERANTZ, MA - Barre..... 802-431-0628

- Specialties: relationship issues, anger management, domestic abuse
- Ages: Elders, adults, adolescents, preteens, children, toddlers
- Insurances: BCBS, Medicaid, Medicare

JOAN MCMAHON, LCMHC - Barre.....802-767-2078

- Specialties: Anxiety, depression, coping skills
- Ages: Elders, adults, adolescents
- Insurances: Aetna, BCBS, Cigna, MVP Health Care, Magellan, Medicaid

DAVE CONTRADA, MA - Barre 802-585-2089

- Specialties: Anxiety, depression, addiction
- Ages: Elders, adults, adolescents
- Insurances: BCBS, Green Mountain Care, Medicaid

MARTIN KEMPLE, MA - Barre 802-560-4148

- Specialties: Life transitions, family conflict, grief
- Ages: Elders, adults, adolescents, preteens, children, toddlers
- Insurances: BSBS, MVP Health Care, Medicaid

WOODSTOCK AREA

PRIVATE PRACTICES IN THE WOODSTOCK AREA:

SARAH RUTLEDGE, MACMHC, MED - Woodstock..... 802-230-0556

- Specialties: Anxiety, grief, learning disabilities
- Ages: Elders, adults, adolescents, preteens
- Insurances: None accepted, sliding scale

CALEB SHEPHERD, LICSW - Woodstock 802-778-0941

- Specialties: Relationship issues, child or adolescent, anxiety
- Ages: Elders, Adults, Adolescents, preteens
- Insurances” Anthem, BCBS, Cigna, Harvard Pilgrim, Medicaid, Optum

ELEANOR LOWENTHAL, MA, LMFT - Woodstock or Norwich..... 802-490-1535

- Specialties: Relationship issues, child or adolescent, depression
- Ages: Elders, adults, adolescents
- Insurances: Anthem, BCBS, Cigna, Harvard Pilgrim, Magellan, Optum

JACQUELINE OVERSTREET, LCMHC - South Pomfret.....802-230-1762

- Specialties: ADHC, Anxiety, Eating disorders, trauma, PTSD
- Ages: Adults, Adolescents, children
- Insurances: BCBS, Cigna, MVP Health Care

OTHER COMMUNITY MENTAL HEALTH CENTERS

RUTLAND COUNTY

RUTLAND MENTAL HEALTH SERVICES 802-775-2381

WINDSOR AND WINDHAM COUNTY

HEALTHCARE & REHABILITATION SERVICES 802-295-3031

ADDISON COUNTY

COUNSELING SERVICES OF ADDISON COUNTY 802-388-6751

ONLINE RESOURCES

FOR ADDITIONAL PRIVATE PRACTICES:

www.psychologytoday.com and/or www.cvmhp.org (Therapist search tools)

For online therapy:

- TalkSpace, Accepts Insurance: Yes
- BetterHelp, Accepts Insurance: No
- Regain, Couples Counseling, Accepts Insurance: No
- Teen Counseling, Ages 13-19, Accepts Insurance: No
- Pride Counseling, LGBTQ Community, Accepts Insurance: No
- Amwell, Accepts Insurance: Yes
- 7 Cups of Tea, Accepts Insurance: No
- Doctor on Demand, Accepts Insurance: Yes
- MDLive, Accepts Insurance: Yes

COMPARISON TOOL FOR ONLINE THERAPY PROVIDERS

<https://www.verywellmind.com/best-online-therapy-4691206>

FREE ONLINE DEPRESSION SUPPORT GROUPS

<https://www.livewell-foundation.org/depressionsupport>

**Gifford Behavioral Health does not endorse any particular person or center listed above. These are to be used as resources, at your own discretion.*