

## *Providers of Behavioral Health Services*

### *CALEDONIA COUNTY*

(\* update: January 2020\*)

[Note on insurance for individual providers on this list: Medicare is only accepted by Licensed Clinical Social Workers (LICSW) and Doctorate Level Psychologists (PhD or PsyD)].

**Abry, Cindy, LCMHC, NCC, NCCMHC, RPT-S** *Registered Play Therapist - Supervisor*

**Abry Counseling Services, PLLC**

(802) 793-0185

1129 Main St.

Fax: (802) 419-3738

St. Johnsbury, VT 05819

**Specialty:** Children (3-4 years old and up). Adolescents, Adults. EMDR, IFS, treating trauma, anxiety, and depression.

**Acito, A. Elizabeth, LCMHC**

*Mental Health Counselor*

656 Summer Street

[greenspringvermont@gmail.com](mailto:greenspringvermont@gmail.com)

St. Johnsbury VT 05819

(802) 735-2835

**Specialty:** Specializing in relationship issues, couple counseling, couples in crisis, family therapy, parenting support, and some children's issues treated from a family systems approach. Strengths-based counseling for depression, anxiety or PTSD symptoms. Coaching for healthy relationships, leadership skills, and other lifestyle change goals.

**Andrews, John, LCMHC, LADC**

*Mental Health and Substance Abuse Counselor*

1129 Main St., Unit 2NE

St. Johnsbury, VT 05819

(802) 249-6694

**Website:** [jandrewscounseling.com](http://jandrewscounseling.com)

**Email:** [john@andrewscounseling.onmicrosoft.com](mailto:john@andrewscounseling.onmicrosoft.com)

**Specialty:** Adults and adolescents. CBT, MI, Solution focused therapy.

**Baart Behavioral Health Services**

*Opioid Dependence Treatment*

1097 Hospital Drive

St Johnsbury, VT 05819

(802) 748-6166

**Balcom, Madeleine, M.A.**

*Rostered Mental Health Counselor*

Mind Body Counseling, LLC

[madeleine@mindbodycounselingvt.com](mailto:madeleine@mindbodycounselingvt.com)

190 Eastern Ave., Suite 202

St. Johnsbury, VT 05819

(802) 695-0515

**Specialty:** Adolescents, adults and families. Mindfulness, trauma-informed yoga, art, sand and play modalities. Life transitions, healing from trauma, depression, anxiety and women's issues. Medicaid and Blue Cross Blue Shield.

**Bedor, Sylvia, LCMHC, LADC**

*Mental Health and Substance Abuse Counselor*

231 Concord Ave., Suite 1

St. Johnsbury, VT 05819

(802) 748-5364 Ext. 1

**Specialty:** Individual and couples counseling, Cognitive Behavioral Therapy, trauma, depression, anxiety, stress management, life coaching, OCD.

- Carpenter, Jessa, M.S, LADC, LCMHC** *Mental Health & Substance Abuse Counselor*  
 231 Concord Avenue [completecirclecounseling@gmail.com](mailto:completecirclecounseling@gmail.com)  
 St. Johnsbury, VT 05819 (802) 274-7190  
**Specialty:** Adolescents and Adults. All Substance Abuse issues and co-occurring disorders with Substance Abuse. MAT. DUI and CRASH Assessments & counseling requirements. Evening and Weekend sessions available.
- Churchill, Stephanie, LMFT** *Marriage and Family Therapist*  
 231 Concord Ave., Suite 1 stephchurchillmft@yahoo.com  
 St. Johnsbury, VT 05819 (802) 748-5364 Ext.2 Fax: 802-748-7289  
**Specialty:** Ages 14 & up; couples, relationship issues, women's issues, grief, loss, GLBTQ, depression, life coaching.
- Cole, Sheryl A., MEd, MS** *Rostered Mental Health Counselor*  
**St. Johnsbury Psychology Associates, PLLC**  
 1097 Main Street scole@stjpsychology.org  
 St Johnsbury, VT 05819 (802) 424-0595  
**Specialty:** Attachment family work, trauma, adoption/foster care.
- Colpitts, Christopher, LICSW** *Social Worker*  
 Octagon Building  
 107 Eastern Ave. Suite C  
 St Johnsbury, VT 05819 (603) 496-9375  
**Specialty:** Providing individual and family therapy for children, adults and elders. Specializing in attachment issues with families and children, as well as trauma-focused CBT.
- Corcoran, Dean, LCMHC, LADC** *Mental Health and Substance Abuse Counselor*  
 St. Johnsbury Center for Well Being [www.vermont-counseling-yoga.com](http://www.vermont-counseling-yoga.com)  
 PO Box 323 yogidean@gmail.com  
 364 Railroad Street, Second Floor.  
 St. Johnsbury, VT 05819 (802) 748-1516  
**Specialty:** Children 12 & up, adults, couples, families. Trauma, addiction, anxiety, support/therapy groups, Also holds yoga classes.
- Cote, Kathryn, LCSW** *Social Worker*  
 190 Eastern Avenue Suite 205  
 St. Johnsbury, VT 05819 (802)748-1700 Ext. 1  
**Specialty:** Grief Counseling, Eating Disorders, Divorce (children & adolescents), Anxiety, Depression, Ages 2-80, All major insurances. Evening and Saturday appointments.
- Cushing, Amanda, LICSW** *Social Worker*  
 231 Concord Ave., Suite 1 acushing18@gmail.com  
 St Johnsbury, VT 05819 (802) 748-5364 Ext. 3  
**Specialty:** Young adults and adults. Grief, trauma, anxiety, depression, stress, life transitions.
- Davis, Meghan, LADC** *Substance Abuse Counselor*  
 231 Concord Ave. [megdavis.ladc@gmail.com](mailto:megdavis.ladc@gmail.com)  
 St. Johnsbury VT 05819 (802) 473-8421  
**Specialty:** Teens, Adults, occasionally couples. DBT, CBT, Solution-Focused Therapy, Motivational Interviewing, substance abuse counseling only.

- Demetry, Sara, LICSW** *Social Worker*  
 1097 Main Street  
 PO Box 4141  
 St. Johnsbury, VT 05819 (802) 274-6400  
**Specialty:** Depression, anxiety, acute and developmental trauma, chronic pain, medical issues, life stage transitions. I work with adults 18 - elders. Certified in EMDR and Internal Family Systems Therapy. Pursuing certification in Neurofeedback.
- Desmarais, Meghan, MS, LCMHC** *Mental Health Counselor*  
 231 Concord Ave., Suite 1 [Desmaraiscounseling@gmail.com](mailto:Desmaraiscounseling@gmail.com)  
 St. Johnsbury, VT 05819 (802) 738-0371  
**Specialty:** Ages 12 and up. Anxiety, depression, OCD, LGBTQ+. Trauma informed care. EMDR basic trained (training completion summer 2020).
- Donahue, Paul, PhD** *Psychologist- Doctorate*  
 41 Cottage St., Suite 1 [prdonahue49@gmail.com](mailto:prdonahue49@gmail.com)  
 Littleton, NH 03561 (603) 259-6888  
**Specialty:** Counseling & Psychological Evaluations.
- Fournier, Scott, LCMHC** *Mental Health Counselor*  
**Cairn Counseling Center, PLC.**  
 1129 Main Street  
 St. Johnsbury, VT 05819 (802) 473-6107  
**Specialty:** Children. Teens. Families. Treating behavioral, school and family issues.
- Givens, Janet, M.A. CGT** *Rostered Psychotherapist*  
 The Octagon @ 107 Eastern Avenue, Suite F  
 St. Johnsbury VT 05819 (802) 274-9651  
**Specialty:** I am a Certified Gestalt psychotherapist since 1999 with a specific interest in how culture impacts the individual. EMDR trained, 12-Step recovery, mindfulness meditation among others.
- Goldberg, Deborah, M.Ed.** *Licensed Psychologist-Master*  
 1194 Main Street, Suite 301  
 St. Johnsbury, VT 05819 (802) 748-3711  
**Specialty:** Accepts most insurances. Stress management and relaxation, depression, and anxiety; adults and adolescents.
- Graves, Carolyn, LCMHC** *Mental Health Counselor*  
 1194 Main Street  
 St. Johnsbury, VT 05819 (802) 535-6429  
**Specialty:** Adoption issues, trauma informed therapy.
- Guerette, Julie, LCMHC** *Mental Health Counselor and Art Therapist*  
 77 Main Street  
 PO Box 417 (802) 626-1052 Main number  
 Lyndonville, VT 05851 (802) 626-8988 Secondary number  
**Specialty:** Children 5+, adolescents, adults. General practice/Art therapy/DBT.

**Hall, Cecil, MS, LADC** *Substance Abuse Counselor/Rostered Psychotherapist*  
1194 Main Street, Suite 103  
St. Johnsbury, VT 05819 (802) 748-5670  
**Specialty:** General psychotherapy; substance abuse/addictions therapy; trauma/PTSD therapy; therapy for anxiety, depression. Employ an integrative, wellness-based approach to aid in both healing and personal growth. Adults, seniors, adolescents, couples.

**Hash, J. Timothy, MSW** *Rostered Mental Health Counselor*  
18 Tulip Street Box 111  
Lyndonville, VT 05851 (802) 473-6753  
**Specialty:** General Practice.

**Hunt, Donald, Licensed Psych-Master** *Psychologist*  
1482 Goss Hollow Road  
St Johnsbury, VT 05819 (802) 748-0985  
**Specialty:** Adults, couples, families.

**Huntington, William, LCMHC** *Mental Health Counselor*  
49 Perkins St. (RecFit Bldg)  
St. Johnsbury, VT 05819 www.Lifechangecounseling.org  
(802) 751-1511 Fax: 751-1515  
**Specialty:** Children 4+ through adults. General counseling, play therapy, sand tray.

**Jackson, Stevi, MS** *Rostered Mental Health Counselor*  
**St. Johnsbury Psychology Associates, PLLC**  
1097 Main Street sjackson@stjpsychology.org  
St. Johnsbury, VT 05819 (802) 424-0595  
**Specialty:** Individual therapy for children, teens and families with a history of trauma, separation anxiety and divorce.

**Kellogg, Connie, LCMHC** *Mental Health Counselor*  
231 Concord Ave., Suite 3  
St. Johnsbury, VT 05819 (802) 748-9555 Fax: 802-748-9555  
**Specialty:** Adults, adolescents, children. Anxiety, depression, stress management, trauma, conduct disorders. CBT, DBT, mindfulness, stress reduction techniques.

**Kimball, Penny, LCMHC, LADC** *Mental Health and Substance Abuse Counselor*  
1129 Main Street  
St. Johnsbury, VT 05819 (802) 748-8904  
**Specialty:** Substance abuse, alcoholic family systems, adult children of alcoholics, women's issues, anxiety, depressive disorders, marital and individual counseling for men and women ages 16 +.

**Korol, Rhonda, PhD** *Psychologist-Doctorate*  
190 Eastern Ave., Suite 205  
St. Johnsbury, VT 05819 (802) 748-1700 Ext. 3  
**Specialty:** Adults, couples, depression, anxiety, trauma, loss, grief, relationship issues.

**Lee, Deborah, LADC** *Substance Abuse Counselor*  
77 Main Street (802) 249-9654  
Lyndonville, VT 05851  
**Specialty:** Substance abuse and people affected by substance abuse. Medicaid, most major insurances, sliding scale.

**Lightbear, Kimberly, MA, LADC, NCC, CCTP Rostered Mental Health Counselor/Substance Abuse Counselor**

**St. Johnsbury Psychology Associates, PLLC** (802) 424-0595  
1097 Main Street klightbear@stjpsychology.org  
St. Johnsbury, VT 05819  
**Specialty:** Working with adolescents and adults. Certified Clinical Trauma Professional. Substance abuse, dual diagnosis, and trauma.

**Long, William, LCMHC, MD** *Mental Health Counselor*  
17 Eastern Ave (802) 748-2695  
St. Johnsbury, VT 05819  
**Specialty:** Cognitive Behavioral Therapy (certified), acceptance/commitment therapy, mindfulness.

**Markey, Judith, PsyD** *Psychologist – Doctorate*  
**St. Johnsbury Psychology Associates, PLLC.** www.stjpsychology.com  
1097 Main Street.  
St. Johnsbury, VT 05819 (802) 424-0595  
**Specialty:** Anxiety, CBT, DBT, social skills for adolescents and young adults with Asperger's disorder. Psychological assessment/testing.

**McGuire, Margaret, PhD** *Psychologist-Doctorate*  
39 Church Street  
Hardwick, VT 05843 (802) 472-6694  
**Specialty:** Trauma, somatic psychology, women's issues, individuals, couples, children and families.

**McKee, Lucy, LCMHC, LADC** *Mental Health and Substance Abuse Counselor*  
297 Summer Street (802) 473-8683  
St. Johnsbury, VT 05819 (802)751-0245  
**Specialty:** Equine assisted psychotherapy, CBT, DBT, MI. Adults, couples, groups.

**Moore, Ellen, LCMHC** *Mental Health Counselor*  
18 Tulip Street Website coming soon: moorecounselingvt.com  
Lyndonville, VT (802) 535-7972  
**Specialty:** Adolescence, trauma, women, couples.

**Neal, Carbery, LCMHC, ATR-BC, LCPAT, APA** *Mental Health Counselor/Art Therapist*  
Octagon Building  
107 Eastern Ave., Ste. E (802) 748-9388  
St. Johnsbury, VT 05819 carberyneal@gmail.com  
**Specialty:** Counseling and art therapy. Children ages 4.5 and up and adults. ADHD, PTSD, anxiety, depression, women's issues, transpersonal issues, life transitions, attachment, adoption, changing families.

**Nelson, Franne Whitney, EdT, CSDS** *Sudden Death Trauma Specialist*  
PO Box 571 legacyhill@pshift.com  
Montpelier, VT 05601 (802) 477-2896  
**Specialty:** Grief Educator. Nicknamed by the State Police “The Death Lady”.

**Northeast Kingdom Human Services** *Mental Health Counseling (802) 748-3181*  
2225 Portland Street *Substance Abuse Counseling (802) 748-1682*  
St Johnsbury, VT 05819

**Pompeo, Jane, LCMHC** *Mental Health Counselor*  
**St. Johnsbury Psychology Associates, PLLC**  
(802) 424-0595 ext. 4  
1097 Main Street jpompeo@stpsychology.org  
St. Johnsbury, VT 05819 [www.stjpsychology.org](http://www.stjpsychology.org)  
**Specialty:** Providing individual therapy for children, adults and elders. Depression and anxiety, substance use disorders, grief counseling, CBT, mindfulness/stress reduction techniques.

**Roy, Karen, LCMHC** *Mental Health Counselor*  
**Four Firs Counseling, LLC**  
190 Eastern Ave., Suite 202  
St. Johnsbury, VT 05819 (603) 728-8386  
**Specialty:** Ages 17 and older. Working with couples, men and women experiencing anxiety, depression, life transitions, trauma, and death and dying using an existential/holistic approach.

**Sanville, Connie, M.S** *Rostered Mental Health Counselor*  
61 Depot Street (PO Box 776) lifenotionscounseling@gmail.com  
Lyndonville, VT 05851 (802)751-9068  
**Specialty:** Coaching and Counseling for children, teens and adults. Accepting BC/BS & Medicaid.

**Sheehan, Rose, LCMHC, LADC** *Mental Health and Substance Abuse Counselor*  
1129 Main Street ccpgrant@gmail.com  
St Johnsbury, VT 05819 802-535-9814  
**Specialty:** Medicaid, insurance, sliding scale. Substance abuse, general counseling.

**Stith, Aleda, LCMHC, LADC** *Mental Health and Substance Abuse Counselor*  
101 Cottage Street  
Littleton, NH (603) 616-4025  
**Specialty:** Ages 8 +. Individual, Family. Couples. CBT, DBT, Co-occurring Substance Abuse/ Mental Health Issues.

**Thompson, Laurance, Licensed Psych-Master** *Psychologist*  
130 Fisher Road, Suite 1-6 [www.whatworksforpain.com](http://www.whatworksforpain.com)  
Berlin, VT 05602 (802) 272-5919  
**Specialty:** Behavioral medicine, pain management. CBT, biofeedback, hypnosis/mindfulness meditation. Adults only.

**Treatment Associates** *Opioid Dependence Treatment*  
73 Main Street  
Montpelier, VT 05819 (802) 225-8355

**Waldron, Shawn, LCMHC, LADC, NCC, MAC** *Mental Health and Substance Abuse Counselor*  
**Riverbend Counseling Services PLLC** [swcounseling@charter.net](mailto:swcounseling@charter.net)

518 Main Street  
Lyndonville VT 05851  
45 Center Street  
Sutton VT 05867

(802) 745-9567

**Specialty:** Ages 6 +; General Practice and substance abuse counseling, trauma work, clinical hypnosis.

**Ward, Brian S., MEd**

*Licensed Psychologist*

238 Greenbanks Hollow Road  
Danville, VT 05828

(802) 684-3636

**Specialty:** Stress management and meditation only.

**Zola, Kristi, LCMHC**

*Mental Health Counselor*

18 Tulip Street  
Lyndonville, VT 05851

(802) 274-1981

**Specialty:** All major insurances. Ages 10 & up. Individuals, couples. EMDR, DBT, CBT, MI, trauma-informed therapy, domestic violence.

**Veterans Administration: Primary Mental Health, White River Jct., VT (866-687-8387),  
M-F walk-in.**