

Providers of Behavioral Health Services

CALEDONIA COUNTY

Medicare is only accepted by Licensed Clinical Social Workers (LCSW) and Doctorate Level Psychologists (PhD or PsyD)

Abry, Cindy, LCMHC, NCC, NCCMHC, RPT-S *Registered Play Therapist - Supervisor*
Abry Counseling Services, PLLC **Telehealth appointments only**
(802) 793-0185
Fax: (802) 419-3738
abrycounseling@gmail.com
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
St. Johnsbury VT 05819
(802) 735-2835
greenspringvermont@gmail.com
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
jandrewscounseling.com
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 **Telehealth appointments only at this time**
PO Box 183
Lyndonville, VT 05851
(802) 230-1827
madeleine@mindbodycounselingvt.com
Specialty: Adults. Mindfulness & trauma-informed yoga. Life transitions, healing from trauma, depression, anxiety and women's issues. Medicaid and Blue Cross Blue Shield.

Providers of Behavioral Health Services *CALEDONIA COUNTY*

Bedor, Sylvia, LCMHC, LADC

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.

Mental Health and Substance Abuse Counselor

In-person & Telehealth appointments

Boutin, Cherise, MA, LCMHC

4 South Main Street Suite 14
Hardwick, VT 05843
802-536-8020

Specialty: Trauma. Grief. Adults, teens, preteen, children 6-10. Toddler. LGBTQ+

Mental Health Counselor

Carnahan, Idolyn Villiotti, LICSW

St. Johnsbury Psychology Associates

1097 Main Street
St. Johnsbury, VT 05819
(802) 424-0595

Specialty: Anxiety, depression, PTSD, trauma and major life transitions. Experience with substance use disorders. Utilizes psychodynamic and cognitive behavioral therapies.

Social Worker

Carpenter, Jessa, LCMHC, LADC

364 Railroad Avenue
PO Box 142
St. Johnsbury, VT 05819
(802) 274-7190

completecirclecounseling@gmail.com

Specialty: Adolescents and Adults. Alcohol and Substance Abuse issues, Anxiety and Depression, Relationship issues, Medication Assisted Treatment counseling, DUI and CRASH Assessments & counseling requirements. Accepts most insurances; but sliding fee scale available. Evening and Weekend sessions available upon request.

Mental Health & Substance Abuse Counselor

Telehealth & In-Person appointments

Churchill, Stephanie, LMFT

231 Concord Ave., Suite 1
St. Johnsbury, VT 05819
stephchurchillmft@yahoo.com
(802) 748-5364 Ext.2
Fax: 802-748-7289

Specialty: Ages 14 & up; couples, relationship issues, women's issues, grief, loss, LGBTQ+, depression, life coaching.

Marriage and Family Therapist

Telehealth appointments only

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CALEDONIA COUNTY

Cole, Sheryl, LCMHC

Mental Health Counselor

Heart Space Wellness Collaborative

515 Bay Street

St. Johnsbury, VT 05819

802-424-1040

Specialty: Anxiety, depression. Foster care. Trauma informed. Children, teens and young adults. CBT. Play therapy.

Colpitts, Christopher, LICSW

Social Worker

Octagon Building

Telehealth appointments only

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. Accepting most insurances.

Corcoran, Dean, LCMHC, LADC

Mental Health and Substance Abuse Counselor

St. Johnsbury Center for Well Being

In-person & Telehealth appointments

PO Box 323

364 Railroad Street, Second Floor.

St. Johnsbury, VT 05819

(802) 748-1516

yogidean@gmail.com

www.vermont-counseling-yoga.com

Specialty: Children 16 & up, adults, couples, families. Trauma, addiction, anxiety, support/therapy groups. Accepting most insurances.

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, Bariatric surgery evaluations. Ages 2-80. All major insurances. Evening and Saturday appointments.

Cushing, Amanda, LICSW

Social Worker

231 Concord Ave., Suite 1

In-person & Telehealth appointments

St Johnsbury, VT 05819

(802) 748-5364 Ext. 3

acushing18@gmail.com

Specialty: Young adults and adults. Grief, trauma, anxiety, depression, stress, life transitions.

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CALEDONIA COUNTY

Davis, Meghan, LADC

231 Concord Ave.
St. Johnsbury VT 05819
(802) 473-8421

megdavis.ladc@gmail.com

Specialty: Teens, Adults, occasionally couples. DBT, CBT, IDRP (Impaired Driver Rehabilitation Program), Solution-Focused Therapy, Motivational Interviewing, substance abuse counseling only. Accepting BCBS, Medicaid, Cigna & Evernorth, MVP Health Care.

Substance Abuse Counselor

Telehealth appointments only through winter

Demetry, Sara, LICSW

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. Accepting most insurances.

Social Worker

Donahue, Paul, PhD

41 Cottage St., Suite 1
Littleton, NH 03561
(603) 259-6888

prdonahue49@gmail.com

Specialty: SPED Advocate helps parents navigate the SPED process, procedures and laws. Vermont and New Hampshire.

Special Education Advocate and Life Coach.

Fortin, Angelique (Angie), MS, LCMHC *Mental Health Counselor*

101 Cottage St., Suite 5B
Littleton, NH 03561
(603) 991-1304

Specialty: Children, teens, adults. Individual and family therapy. Anxiety, depression, grief. Person-centered, strength-based, trauma informed therapist. Utilizes Cognitive Behavioral therapy (CBT) and Mindfulness (MBCT). Additional information listed on Psychology Today. Licensed in Vermont and New Hampshire. Accepts Medicaid, Cigna, Blue Cross/Blue Shield. In NH: also NHHF except for Wellsense.

In-person and Telehealth appointments

Fournier, Scott, LCMHC

Cairn Counseling Center, PLC.

1129 Main Street
St. Johnsbury, VT 05819
(802) 473-6107

Specialty: Children. Teens. Families. Treating behavioral, school and family issues.

Mental Health Counselor

In person and Telehealth appointments

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CALEDONIA COUNTY

Givens, Janet, M.A. CGT

The Octagon @ 102-107
Eastern Avenue, Suite F
St. Johnsbury VT 05819

Text first (802) 274-9651

Specialty: Certified Gestalt psychotherapist since 1999 with a specific interest in how culture affects the individual. EMDR trained, 12-Step recovery, mindfulness meditation among others.

Rostered Psychotherapist

Telehealth & face to face with Covid vaccination card.

Limited practice, private pay only

Goldberg, Deborah, M.Ed.

1194 Main Street, Suite 301
St. Johnsbury, VT 05819
(802) 748-3711

Specialty: Stress management and relaxation, depression, and anxiety; adults and adolescents. Accepts most insurances.

Licensed Psychologist-Master

Telehealth

Guerette, Julie, LCMHC

77 Main Street
PO Box 417
Lyndonville, VT 05851
(802) 626-1052 Main number
(802) 626-8988 Secondary number

Specialty: Children 5+, adolescents, adults. General practice/Art therapy/DBT.

Mental Health Counselor and Art Therapist

Hall, Cecil, MS, LADC

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.

Substance Abuse Counselor/Rostered Psychotherapist

Primarily Telehealth at this time

Hamelin, Alleson

18 Tulip Ln
Lyndonville, VT 05851
802-210-1807

Specialty: Addictions. Trauma. PTSD. Adults. Teen. Children 6-10. CBT. MBCT. MI. Person centered. Trauma focused.

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Hamm, Eva, MS

Rostered Psychotherapist

St. Johnsbury Psychology Associates, PLLC

1097 Main Street

St Johnsbury, VT 05819

(802) 424-0595

ehamm@stjpspsychology.org

Specialty: Adults. Life transitions, anxiety, depression, body image issues, and chronic illness and physical disability. LGBTQ+ and polyamory friendly. Experience with Judaism and Jewish culture. Person-centered, solution-focused and feminist approaches.

Hapke, Kenneth, PhD

Psychologist

1097 Main St

St Johnsbury VT 05819

802-278-9293

Specialty: Older teen. Individuals. Couples. LGBTQ+. Existential. Humanistic. Interpersonal.

Helfand, Anna, LCMHC

Mental Health Counselor

190 Eastern Ave Suite 206

St. Johnsbury, VT 05819

anna@lifewisevt.com

802-523-3382

Specialty: Play therapy. Helping parents/caregivers attune and connect with their children. Adults, teens, toddlers. CBT

Helfand, David, PsyD

Relaxation & Relationship Psychologist

LifeWise, LLC

(802) 232-4468

www.LifeWiseVT.com

Specialty: Fully Licensed in Vermont & Massachusetts. Services Available Throughout the U.S.

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

(802) 751-1511 Fax: 751-1515

will@lifechangecounseling.org

www.Lifechangecounseling.org

Specialty: Children 4+ through adults. General counseling, play therapy, sand tray.

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CALEDONIA COUNTY

Kellogg, Connie, LCMHC

459 Portland St., Suite E5
St. Johnsbury, VT 05819
(802) 748-1818

Mental Health Counselor

Specialty: Adults, adolescents, children. Anxiety, depression, stress management, trauma, conduct disorders. CBT, DBT, mindfulness, stress reduction techniques.

Kimball, Penny, LCMHC, LADC

1129 Main Street
St. Johnsbury, VT 05819
(802) 748-0019

Mental Health and Substance Abuse Counselor

Providing Telehealth services at this time

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

190 Eastern Ave., Suite 205
St. Johnsbury, VT 05819
(802) 748-1700 Ext. 3

Psychologist-Doctorate

Telehealth appointments only

Specialty: Adults, couples, depression, anxiety, trauma, loss, grief, relationship issues.

Keith, Jennifer, PhD

The Rockbridge Wellness Group

190 Eastern Ave., Suite 202
St. Johnsbury, VT 05819
(802) 327-5902

Psychologist-Doctorate

rockbridgewellness.org

Specialty: Humanistic, relationship centered treatment for complex trauma with EMDR and Ego State Therapy. EMDR certified through EMDRIA. Vermont insurance coverage in process. Accepting cash based clients.

Lee, Deborah, LADC

77 Main Street
Lyndonville, VT 05851
(802) 249-9654

Substance Abuse Counselor

primarily in-person; some Telehealth.

Specialty: Substance abuse and people affected by substance abuse. Certified Clinical Trauma Professional. Certified Clinical Anxiety Professional. Medicaid, most major insurances, sliding scale.

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CALEDONIA COUNTY

Lightbear, Kimberly, MA, LADC, NCC, CCTP *Rostered Psychotherapist/Substance Abuse Counselor*
St. Johnsbury Psychology Associates, PLLC

1097 Main Street

St. Johnsbury, VT 05819

(802) 424-0595

klightbear@stjpsychology.org

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

St. Johnsbury, VT 05819

(802) 751-5457

Specialty: Cognitive Behavioral Therapy (certified), acceptance/commitment therapy, mindfulness.

Manning, Marissa, LICSW *Social Worker*

459 Portland St., Suite E5

St. Johnsbury, VT 05819

(802) 402-4497

Specialty: Teenagers, adults and geriatric population. Anxiety, depression, panic disorders, postpartum depression/anxiety, life transitions, acute or chronic illness. Cognitive behavioral therapy, mindfulness practice, solution-focused therapy, and a client-centered approach. Currently accepting VT Medicaid, Optum, Cigna and self-pay clients.

Markey, Judith, PsyD *Psychologist-Doctorate*

St. Johnsbury Psychology Associates, PLLC.

1097 Main Street.

St. Johnsbury, VT 05819

(802) 424-0595

www.stjpsychology.com

Telehealth appointments only.

Specialty: Anxiety, CBT, DBT, social skills for adolescents and young adults with Asperger's disorder. Bariatric surgery evaluations.

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.

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CALEDONIA COUNTY

McKee, Lucy, LCMHC, LADC

297 Summer Street
St. Johnsbury, VT 05819
(802) 473-8683
(802)751-0245

Mental Health and Substance Abuse Counselor
In-person & Telehealth appointments

Specialty: Equine assisted psychotherapy, CBT, DBT, EMDR, MI. Adults, couples, groups.

Milne-O'Grady, Christine, LICSW

Social Worker

770 Railroad Street
St. Johnsbury, VT 05819
(802) 272-5525

christine@milneogradysw.com

Specialty: Focuses on LGBTQIA+ populations, Counseling for teens and adults, and utilizes a holistic approach incorporating modalities to meet clients where they are. Accepting BC/BS and Medicaid.

Murray, Jamiee, LICSW

Social Worker

1097 Main St
St. Johnsbury, VT 05819
802-424-0595

jamiemurray@stjpsychology.org

Specialty: Anxiety. Depression. Children, teens and young adults. Cognitive behavior therapy. Accepting BCBS and Medicaid.

Moore, Ellen, LCMHC

Mental Health Counselor

18 Tulip Street
Lyndonville, VT
(802) 535-7972

Optional telehealth appointments available.

Specialty: Adolescence, women, trauma, EMDR.

Morrigan, Sam, BS

Rostered Psychotherapist

21 Merchant St
Barre, VT 05641
802-242-8532

Working in St. Johnsbury on Tuesdays

Specialty: Women's issues, domestic abuse and coping skills. LGBTQ+. Working with 12+. Accepting BCBS and Medicaid.

Neal, Carbery, LCMHC, ATR-BC, LCPAT, APA
Therapist

Mental Health Counselor/Art

107 Eastern Ave., Ste. E (Octagon Building)
St. Johnsbury, VT 05819
(802) 535-5035 (Leave message for call back)
carberyneal@gmail.com

Specialty: [Currently due to COVID: Telehealth only with adults]. Counseling and art therapy. Children ages 7 and up, teens and adults. ADHD, PTSD, anxiety, depression, women's issues, transpersonal issues, life transitions, attachment, adoption, changing families.

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Northeast Kingdom Human Services
2225 Portland Street
St Johnsbury, VT 05819

Mental Health Counseling (802) 748-3181
Substance Abuse Counseling (802) 748-1682

Roy, Angel, MA
231 Concord Ave., Suite 1
St. Johnsbury, VT 05819
(802) 748-5364

Rostered Mental Health Counselor

Specialty: Children (ages 5+), adolescents, adults. Anxiety, depression, self-esteem, relationships, coping skills, school issues, family therapy. Cognitive Behavioral Therapy, Play Therapy, Mindfulness-Based (MBCT), Solution-Focused (SFBT), Parent Education, Trauma Focused, Family Therapy.

Roy, Karen, LCMHC
Four Firs Counseling, LLC
190 Eastern Ave., Suite 202
St. Johnsbury, VT 05819
(603) 728-8386

Mental Health Counselor

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
61 Depot Street (PO Box 776)
Lyndonville, VT 05851
(802)751-9068
lifentionscounseling@gmail.com

Rostered Mental Health Counselor

Specialty: Coaching and Counseling for children, teens and adults. Accepting BC/BS & Medicaid.

Sheehan, Rose, LCMHC, LADC
1129 Main Street
St Johnsbury, VT 05819
802-535-9814
ccpgrant@gmail.com

Mental Health and Substance Abuse Counselor
In-person appointments

Specialty: Medicaid, insurance, sliding scale. Substance abuse, general counseling.

Stith, Aleda, LCMHC, LADC
101 Cottage Street
Littleton, NH
(603) 616-4025

Mental Health and Substance Abuse Counselor

Specialty: Ages 8 +. Individual, Family. Couples. CBT, DBT, Co-occurring Substance Abuse/Mental Health Issues.

Providers of Behavioral Health Services

CALEDONIA COUNTY

Treatment Associates

73 Main Street
Montpelier, VT 05819
(802) 225-8355

Opioid Dependence Treatment

Waldron, Shawn, LCMHC, LADC, NCC, MAC *Mental Health and Substance Abuse* **Riverbend Counseling Services PLLC** *Counselor*

231 Concord Ave Suite 2
St. Johnsbury VT, 05819
(802) 745-9567
swcounseling@charter.net
Sutton VT 05867

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

Benjamin Welch, LICSW, LADC

Counselor
136 North Main St., #12
Barre, VT 05641
(802) 635-5797
bcw689@gmail.com

Social Worker & Substance Abuse

In-person and Telehealth appointments

Specialty: Teens, adults, elders. Trauma and PTSD, Addiction, Chronic Pain. Person-centered, CBT, ACT, traditional talk therapy, mindfulness, motivational enhanced interviewing.

Zola, Kristi, LCMHC

18 Tulip Street
Lyndonville, VT 05851
(802) 274-1981

Mental Health Counselor

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

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CALEDONIA COUNTY

What is CPP (Child-Parent Psychotherapy)?

Information for Parents and Caregivers:

CPP is therapy that strengthens the caregiver-child relationship. CPP helps both child and caregiver to recover from scary or painful events such as loss, separation, abuse, neglect, domestic violence, and community violence.

Child-Parent Psychotherapy:

- Helps you and your child connect and heal from stressful experiences
- Is respectful of what you and your child are ready to share
- Respects your cultural and family values
- Promotes mutual healing as a path to a stronger and healthier relationship

What should you tell your child about CPP?

Before meeting with the CPP clinician, it is a good idea to talk with your child about why you are both meeting with the clinician.

Tell your child that both of you will:

- Meet with someone who helps children and parents feel better after hard things happen.
- Play, use words or draw about your worries and what makes you happy.

What will you learn?

CPP helps you to learn how your child is developing and expressing feelings and needs.

You will learn how:

- To understand the feelings you and your child have about what you have both experienced, and how your child is expressing their feelings.
- To help your child begin to recover from experiences that felt scary, sad or worrisome.
- To communicate with your child in new ways.
- To help your child learn to behave in positive ways that are appropriate for their age.

What to expect after the intake visit:

The first sessions explore the strengths and needs of you and your child. This process includes the clinician asking you to describe your child and family in your own words, asking questions from questionnaires to learn about your child's development and experiences you and your child have had, and observing you and your child playing together. After the CPP clinician has had an opportunity to get to know both of you, therapy begins. This looks like one session per week with the CPP clinician for you and your child together. Child-parent sessions may include watching your child play and playing with them, and talking with the clinician and your child about their play, feelings and experiences. Your participation in these weekly sessions with your child is important to the healing process. The CPP clinician will also schedule regular times to

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Speak with you (in person or by phone) without your child, so that you can openly discuss your concerns without worrying about how your child might feel about what you are saying.

Contact Information:

You CPP Clinician is Kate Goetz, LICSW, I/ECMH-C (Infant/Early Childhood Mental Health Credential)

802-397-4331

kgoetzlcsw@gmail.com

In case of emergency, call 911. In a mental health crisis, call 988.