



**MENTAL HEALTH RESOURCES  
IN NORTHERN VERMONT**



**[www.nevtsuicide.com](http://www.nevtsuicide.com)**

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## MENTAL HEALTH IN NORTHERN VERMONT

This booklet is a brief guide to making informed decisions about choosing and making contact with providers of mental health and substance abuse services. There are multiple agencies and therapists who provide various aspects of care. The task of navigating this system to find a fit for your individual needs can be a bit daunting. The information presented in this booklet has been gathered by the Craftsbury Mental Health Resource Group, comprised of volunteers from the community whose goal is to increase awareness and improve access to mental health care. The guide is organized in 3 main sections: I. Crisis or Emergency of great urgency for obtaining care. II. Suggestions for how to go about seeking a professional therapist or counselor. III. A listing of therapists currently known to be in practice in Northern Vermont.

### I. AN EMERGENCY or CRISIS can take many different forms.

- If you or someone you know is having thoughts of suicide, or is having thoughts of harming others, and is not able to keep themselves or others safe, **PLEASE CALL 911 or GO TO THE NEAREST HOSPITAL EMERGENCY ROOM:**
  - ◇ **Copley Hospital**, Morrisville — (802) 888-8888
  - ◇ **North Country Hospital**, Newport — (802) 334-7331
  - ◇ **Northeastern Vermont Regional Hospital** St. Johnsbury — (802) 748-8141
- Toxic overdose of drugs or alcohol can be fatal, as also can be states of withdraw from drugs and alcohol. Again, call 911 or go to a hospital emergency room NOW, Do not wait.
- It is also a crisis if you are experiencing such disturbing mental/emotional symptoms that waiting to arrange outpatient care is not possible.
- For many other types and intensity of urgency you may call a designated crisis phone number. The Regional Mental Health and Human Service agencies are staffed 24/7 to provide urgent assistance.

## DESIGNATED CRISIS NUMBERS (BY COUNTY)

- **Essex— Northeast Kingdom Human Services** (802) 334-6744
- **Lamoille—Lamoille County Mental Health** (802) 888-5026 / after hours: (802) 888-8888
- **Orleans— Northeast Kingdom Human Services** (802) 334-6744 or (800) 696-4979

### A number of non-profit organizations sponsor 24/7 Help Lines:

- **Guardianship Services Emergency** (800) 642-3100
- **National Suicide Prevention Lifeline** (800) 273-TALK
- **TEXT VT 741741.** Free support from trained crisis counselor
- **Website: [www.nevtsuicide.com](http://www.nevtsuicide.com)** (our local Craftsbury website)

### II. CHOOSING A THERAPIST

- Your decision to seek professional help... or not, is a big one. It is often the most important and difficult step to take. Talking with a therapist can be thought of as a “special partnership of communication.”
- To begin, take a moment to craft a few words that express your concerns. Then, if you can, ask a trustworthy person for their support in pursuing this very personal challenge. (Be wary of those who offer too much advice about solutions and cures.) Your primary care doctor or nurse, if you have one, have advantage of knowing you and the providers of care in your community, and may be helpful in linking to someone that fits your needs.
- You can do some research on your own on the internet and the public library. The website for the publication Psychology Today, [www.psychologytoday.com/therapists/vermont](http://www.psychologytoday.com/therapists/vermont) offers lists of therapist by location, type of expertise and experience, credentials, cost and acceptance of insurance, other information.
- Another avenue is by word of mouth. If you know of someone who has talked with a therapist and you are comfortable enough to ask them, they maybe able to point you in a direction that helped them or someone they know.

- **Here are some questions to consider asking any perspective therapist:**

- ◇ How long have you been practicing in your field?
- ◇ Are you licensed and, if not, why?
- ◇ Have you successfully helped people with my problem and if so, can you tell me if this is an active part of your practice?
- ◇ What is your approach to working with clients?
- ◇ Can you explain in laymen terms your common treatment methods, ie: talk therapy, hypnosis, 12-step and approximately how long you think we will be working together?
- ◇ If I need to speak to you between sessions, are you available for a check-in over the phone or email?
- ◇ Can I talk to you over the phone or meet with you for about 30 minutes before I commit to working with you to help me determine if it feels like a good fit? (Though some therapists may not be willing to meet face to face at no cost, some will. However, most are willing to have a conversation over the phone before setting an appointment.
- ◇ Do you belong to any professional organizations and are you getting professional supervision?
- ◇ Have you had any malpractice claims made against you? If so for what and how did they get resolved? (You can also check with the state licensing board to get this information).

### III. Providers of Behavioral Health Services

The following list is organized by Town & County  
Updated January 2019

#### Barre/Berlin (Washington County)

##### Washington County Mental Health (802 ) 229-0591

286 Hospital Loop, Berlin

- **Dr. Ann Burzynski**
- **Dr. Robert Duncan**

##### Washington County Mental Health Children's Division

(802) 476-1480 , 579 S. Barre Road, Barre

- **Dr. Jessica O'Neil**
- **Dr. Karin Reed**

##### Psychiatry @ Family Psychiatry Assoc. (802) 225-1266, 82 E View Ln Ste 3, Barre.

- **Dr. Rose Ehret**
- **Dr. Andrew Koo, MD.** Specialties: pediatric.
- **James Greenleaf APRN**

##### Psychiatry

- **Dr. Paul Cameron** (802) 479-0014, 77 Vine St.

##### Psychotherapy

- **Laurance Thompson, MS** (802) 272-5919 Specialties: Behavioral medicine, pain management, CBT, biofeedback, hypnosis/ mindfulness, meditation, Adults only.
- **Benjamin C. Welch, LICSW, LADC** (802) 473-0812 Specialties: Adults. General counseling. Also trauma, Veteran specific treatment, older adult specific treatment, substance abuse.
- **LifeMap Counseling Center** (802) 622-0683.

#### Concord (Essex County)

- **Daniel Miller, LCMHC, CADC** (802) 695-2512 @ Concord Health Ctr, Specialties: General Practice . *For Northern Counties Health Care patients only.*

- **June Goodband, MA, LCMHC, LADC** (802) 695-2512. Specialties: teens, co-occurring medical conditions, substance abuse, trauma, depression, anxiety & general practice.

## Craftsbury (Orleans County)

- **Pablo Coddou, MA** (802) 917-8363. Rostered psychotherapist. Specialties: Adolescents, adults, couples families.
- **Lisa-Anne Loucka, BSW** (802) 586-7578/(802) 279 9634 (cell) holistic counselor. Specialties: women, children, anxiety & depression. Sliding scale.
- **Sharon Moffatt, MA, LCMHC** at Whetstone Wellness, [www.whetstonewellness.com](http://www.whetstonewellness.com).
- **Margaret Worboys, LCSW** (802) 586-9936. Specialties: PTSD.

## Danville (Caledonia County)

- **Carolyn Graves, LCMHC** (802) 227-9007. Specialties: adoption issues, trauma informed therapy.
- **Daniel Miller, LCMHC, LADC** (802) 684-2275 @ Danville Health Center, Specialties: General Practice. *For Northern Counties Health Care patients only.*

## Glover (Orleans County)

### Psychotherapy

- **April Conley MS** (802) 323-6426 Specialties: Mental Health Substance Abuse Counselor. Children, Families, Adolescents, Groups.
- **Bert Francke** (802) 525-3620

## Hardwick (Caledonia County)

- **Jennifer Driver, MSW** (802) 472-3300 @ **Hardwick Health Ctr.** Specialties: General Practice. *For Northern Counties Health Care patients only.*
- **Ann Marie Dryden PMHNP:** (802) 472-3300 @ **Hardwick Health Ctr.** Specialties: Mental health evaluation.  
**Psychotherapy@ Wellspring Mental Health & Wellness Center:**
- **Juliann R. Ambroz M. Ed., LCMHC** (802) 380-2282 Specialties: Recreational & positive psychotherapy, certified in clinical hypnosis. Adults, couples, teens & families.

- **Molly Barber, MA, LCMHC** (802) 472-6694 ext 2 or (802) 730-4595. Specialties: Sensorimotor psychotherapy for trauma adolescents, adults & couples.
- **Cherise Bolten, Rostered Psychotherapist** (802) 355-4447 Specialties: Trauma, attachment, grief/loss, children, adolescents, individuals, couples, families. [cherise.boutincounseling@gmail.com](mailto:cherise.boutincounseling@gmail.com).
- **Gwen Bueckendorf, LICSW** (802) 730-3131 Specialties: Substance abuse, certified alzheimer disease and other dementia treatment specialist, adults, couples, elders.
- **Pablo Coddou, MA** (802) 917-8363. Craftsbury, Rostered psychotherapist. Specialties: Adolescents, adults, couples families.
- **April Conley MS** (802) 323-6426 Specialties: Mental Health Substance Abuse Counselor. Children, Families, Adolescents, Groups.
- **Jennifer Degen MA** (802) 522-6067 also in Waitsfield, Specialties: Mind/Body psychotherapy. School psychologist.
- **Anthony DePaul, MA** (802) 472-6694 ext 6. Specialties: Client Centered psychotherapy. Adolescent boys: individuals, parents/families, groups.
- **Claire Diamond MA** (802) 272-0770 Specialties: Somatic psychotherapist, adults, and adolescents.
- **Noreen Hopkins, MA , Rostered Psychotherapist** (802 ) 730-0707 Specialties: Children, families, adolescents & adults. [nhopkinscounseling@gmail.com](mailto:nhopkinscounseling@gmail.com)
- **Sarah Houston, LCMHC** (802) 472-6642 Specialties: Psychotherapist, somatic therapist, sandplay, writing groups. Adults, elders, couples.
- **Jakob Leistner, MA, LCMHC** (802) 472-6133 Specialties: LGBTQIA, Adults, Adolescents, children, families, & couples.
- **Danielle LeRiche-Forkey, MA** (802) 696-9830 , also Wolcott
- **Ann Melin, MS** (802) 472-6694 ext. 6 or cell (858) 337-0331 Specialties: Chronic pain/illness, trauma, addiction, relationship difficulties, adults, adolescents, couples & family. [annwmelin@gmail.com](mailto:annwmelin@gmail.com)
- **Maggie McGuire, PhD** (802) 472-6694 ext 1. Specialties: Psychologist, somatic therapist, trauma resolution.
- **Mary Young MA, LCMHC** (802) 472-3345 Specialties: Adults, Couples. The Work of Byron Katie.

### Psychotherapy

- **Mary Bisson-Ward, LADC, LCMHC** (802) 472-3100 Specialties: Substance abuse, adults.
- **Ali Gerson MS, LADC, LMHC** (802) 472-3151 Specialties: Adults, drug and alcohol, PTSD, anxiety, depression.
- **Randy Bulpin** 535-6160. Specialties: adolescent male and music therapy.
- **Larry Karp, Psy D** (802) 472-6734, Specialties: Adults, Couples and adolescent mental health counseling.
- **Colleen Kutin, LCSW** (802) 472-6694, 39 Church St. Specialties: Children, Adolescents.
- **Kathleen Landry MA, LCMHC** (802) 546-0004 ext 1 Specialties: Family conflict, relationships, parenting .
- **Joseph McCarthy, MS** (802) 472-6615 Specialties: Adults, couples, drug and alcohol\_.
- **Gary Mitchell MS, LADC** (802) 748-3181 or (802) 334-6744, NEK Human Services- Mondays, 3 South Main St, Specialties: Addiction/Co-occurring mental health.
- **Talaia Thomas, LCMHC, LLC** (802) 772-0404, 4 South Main St. Specialties: Child or Adolescent, depression, trauma, PTSD, pet therapy. Handicap Accessible.
- **Mr. Christopher Stellar, LICSW, MA** Calais VT, (802) 231-2327 Specialties: Trauma, PTSD, behavioral issues, coping skills.
- **Tracy Ulrich, MA, LCMHC** (802) 730-6539 Specialties: Children and Families; early childhood through adulthood.
- **Drex Wright, Counselor** (802) 472-9900 Specialties: trauma, PTSD, substance abuse, spirituality. \*Handicap Accessible.

### **Hyde Park** (*Lamoille County*)

Psychotherapy @ Green River Guild (802) 888-6215, 111 Main St. Hyde Park, VT ([www.greenriverguild.com](http://www.greenriverguild.com)).

- **Kim Austin Puleio, MSW, LICSW, LADC** adults, adolescents, anxiety, depression, grief and loss, traumatic experience, relationship stress, addiction/recovery.
- **Julie Bomengen, MS, LCMHC** Adolescents, adults, children 10 and older, anxiety, depression, trauma, grief and loss, adjustment issues, reproduction and post-partum issues. Psychodynamic psychotherapy and cognitive behavioral therapy.

- **Margot Childs Prendergast, LICSW**
- **Eleanor Morrissey, MA, LCMHC, LADC** Adults, anxiety, depression, recovery issues, grief and bereavement.
- **Kate Osborne, MSW, LICSW** adult, adolescents, depression, anxiety, trauma, adjustment issues.

### Psychotherapy

- **Peter Gerson, MA, LCP**, (802) 888-6611, 258 Main St., Specialties: Children 4 and up, adolescents, adults, psychodynamic talk & play therapy.
- **Tanya Searles, MA** (802) 825-1130 Specialties: All ages, anxiety, depression, relationship issues.

### **Island Pond** (*Essex County*)

#### Psychotherapy

- **June Goodband, MA, LCMHC, LADC** (802) 723-4300 @ Island Pond Heath Ctr, 82 Maple St. Specialties: Ages 11years & older; co-occurring medical conditions, substance abuse, trauma, depression, anxiety, general practice. *For Northern Counties Health Care patients only.*

#### Psychotherapy

### **Lyndonville** (*Caledonia County*)

- **Alleson Hamelin, LADC** (802) 274-6876, 18 Tulip St. Specialties: Children 3+, adult and family work, trauma, sexual abuse, depression, anxiety, addiction. Evening and weekend sessions can be arranged .
- **J. Timothy Hash, MSW** (802) 473-6753, 18 Tulip Street, Specialties: General Practice.
- **Deborah Lee, LADC** (802) 249-9654, 18 Tulip Street, Specialties: Substance abuse, EAP, DWI clients, adolescents.
- **Ellen Moore, LCMHC** (802) 535-7972, 77 Main St. Therapist St. J Academy. Specialties: Adolescence, trauma, & women.
- **Connie Sanville, M.S.** (802) 751-9068, Specialties: coaching and counseling for children, teens and adults.

### **Montpelier** (*Washington County*)

#### Psychiatry

- **Dr. James Scott Stone** (802) 223-2633, 73 Main St., Montpelier.
- **Dr. Francis Kalibat** (802) 223-0217, 132 Main St., Montpelier.

### Psychotherapy

- **Robert Buchiccio, LICSW** (802) 229-0749 Specialties: relationships, couples, families.
- **Rachel Kling, MA** (802) 750-1138, 3 Pitkin Court, #204. Specialties: Emotional pain, anxiety, and difficulty navigating relationships.
- **Stoll Psychiatry and Psychotherapy** (802) 229-1950.
- **Dianne Turenne MA** (802) 684-0021, 247 State St., Specialties: Trauma, PTSD, relationships, anxiety & depression.

## **Morrisville** (*Lamoille County*)

**Behavioral Health and Wellness Center** (802) 888-8320, Morrisville VT

### Psychiatry

- **Sharon Brahmstedt APRN, PMHNP-BC** Psychiatric Nurse Practitioner Specialties: Psychiatric Assessment & Medication Management for Children, Adolescents and Adults. Psychotic Disorders, Mood Disorders, Anxiety Disorders, Trauma and Co-Occurring Disorders.
- **Boseung Halliwell, APRN, PMHNP-BC**, Psychiatric nurse practitioner. Specialties: Psychiatric evaluation, psychotherapy & medication management with children and adults. Depression, anxiety, OCD, PTSD and substance abuse issues.
- **Linda Zamvil, MD**, Medical Director. Specialties: Psychiatry, Psychiatric Assessment; Children, Adolescents, & Adults; Mood disorders, Addictions, & Dual Diagnosis; Medication management.

### Psychotherapy

- **Jerri Brouillette LADC** Specialties: Substance abuse, working with criminal populations (sex offenders, violent offenders, domestic violence)
- **Megan Dewitt MA, LADC**
- **Mary Margaret Fondriest MA, AAP**
- **Susan Geer MSW, LICSW**
- **Ellen Gluckman LCMHC, LADC** Specialties: Children, adolescents, adults, couples & families. Emotional/Behavioral concerns related to relationships, family dynamics and negotiating life, Substance use, complex trauma, self-harm, GLBT, HIV/AIDs, Incarcerated individuals and their families.
- **Darrin Greene, MS** Specialties: Case Management. Individuals and Groups.

- **Lauren Johnson MA, LPM** Specialties: Child-parent psychotherapy, EMDR, attachment, adoption, recent trauma & PTSD, mood & anxiety disorders, ADHD.
- **Robert Hoffman MA, LPC**
- **Virgil Kovachick LADC, LCMHC**
- **Kathy Mai, MSW**, Specialties: Families, children adolescents, adults. Case management, individual and groups, substance abuse and recovery, co-occurring disorders, anxiety, depression, trauma, mindfulness, chronic pain, DCF.
- **Elizaveta Matiach, MS, LPM, LADC**, Specialties: Depression; anxiety; trauma; PTSD; adjustment & personality issues; cross-cultural counseling; substance abuse; adolescents and adults. Languages: Russian and French. Groups Offered: Helping Women Recover.
- **Mary O'Toole, BA, AAP**, Specialties: substance abuse counseling, Co-Occurring Case Management(VISI), Coordination of Services, court, probation and parole issues, crisis management.
- **Matt Sadowsky MA, LPM** Specialties: Holistic & integrative.
- **Ben Sklarski MA** Specialties: Children & families, adolescents, adults.
- **Kathryn Wolfe, MSW, LICSW, AAP** Specialties: adults, substance abuse, anxiety, depression, insomnia, grief & loss.
- **Susan Zumberge, LICSW, AAP**, Specialties: Children, adults & families, grief & loss, depression, anxiety, family issues, substance abuse, couples therapy and eating disorders.

**Lamoille County Mental Health Services** (802) 888-5026, 72 Harrell St., Morrisville ; To schedule for therapists or med. providers, contact Bryanne Castle 888-5026

### Psychiatry

- **Rebecca Brooklyn, APRN**  
Specialties: Psychiatric Assessment & Medication Management for Children, Adolescents and Adults.
- **Julie Sullivan, APRN**  
Specialties: Psychiatric Assessment & Medication Management for Children, Adolescents and Adults.

### Psychotherapy

- **Meg Bickerstaff LCMHC** (802) 696-2485, 200 Park St, Specialties: children and adults.

- **Kris Connolly LADC** (802) 730-2531, 200 Park St. Specialties: substance abuse, general mental health.
- **Jessica Dambach, LCMHC** (802) 793-4894 Specialties: Adolescents, adults, families. Certified EMDR.
- **Kate Donnally, LICSW** (802) 730-9086, 200 Park St.
- **Jason Fechter, MA, LMHC** (802) 888-9957, 34 Pleasant St.
- **Frederick Gluck LCMHC** (802) 498-5211, 200 Park St. Specialties: depression, anxiety, developmental disorders, adolescents & adults.
- **Pat Michaelson, MSW, LICSW**, (802) 279-4283, 250 Park St.
- **Cathy Murphy, LCMHC, LADC**, (802) 888-3726 Specialties: Adolescents, adults, and couples. Treats co-occurring conditions, recovery from substance abuse, depression, anxiety, trauma, life changes, and adjusting to loss.

## Newport Area *(Orleans County)*

**Northeast Kingdom Human Services (NKHS)** (802) 334-6744 or 800-696-4979, 181 Crawford Rd, Derby, Covering the Northeast Kingdom – Psychotherapy, Psychiatry. Individual clinicians not listed.

### Psychotherapy

- **Alan Aiken, M.Ed** Newport, (802) 334-6227 Specialties: Marriage/ Couple Counseling, Ages 19-65.
- **Neila Anderson-Decelles, LP, Masters Level**, Newport, (802) 673-4864. Specialties: Children, Adolescent, & Family; Trauma informed care & assistance with PTSD or Acute Stress disorders.
- **Lawrence Berry, MA** Newport, (802) 793-1064.
- **Cheryl Bowen, LADC** (802) 673-4097, 3212 US Route 5, Specialties: Addiction, Substance Use Disorder.
- **Crystal Britch, MA** Newport (802) 272-4112 Specialties: Grief, bereavement, trauma & Loss, All ages, sliding scale.
- **Kara Campbell, LMFT** Newport, (802) 999-7783, 215 Glen Rd. Specialties: Marriage and Family therapy.
- **Elaine Dahl, Ph.D.** Newport, (802) 334-8484, 55 Seymour Lane-Suite 18.
- **Lisa C. Erwin, LICSW** Newport 316 Main St., (802) 673-1029 Specialties: anxiety, depression, stress, relationship issues-adults and elders. Some limited capacity to also see home bound elderly

- **Douglas Flint M. Ed** Newport (802) 334-1795 Specialties: Ages 13+. Sliding scale.
- **June Goodband, MA, LCMHC, LADC** 316 Main Street, Suite 102, Newport, (802) 624-6116. Fridays only, Medicaid and most private insurances, but not Medicare. Specialties: age 4+, depression, anxiety, trauma, substance abuse disorders, and other life challenges.
- **John Harrington, LICSW** Newport, (802) 299-6983. Catalyst Counseling, PLC. Competent, compassionate, confidential. Early mornings, evenings, Saturdays.
- **Emily Jankowski** Derby (802) 881-2639 Specialties: Children
- **Gretchen Lewis, LCMHC** Newport (802) 334-8834, and Emergency Pager # (802) 283-3104 Specialties: Age 13-65, trauma, grief, bipolar, schizophrenia, depression, stress, OCD, substance abuse & gambling addiction.
- **Margaret Peggy Loriot, MSW** Newport/Lyndonville (802) 334-9478 Specialties: All ages, children, teens, adults and families .
- **Pavel Malm, LMHC** Newport, (802) 673-6998, 83 School St.
- **Sally “Kathryn” Mathieson, APRN** Newport, (802) 334-7177.
- **Ezra Maurer, MA** Newport, (802) 282-4581, 194 Main St. Suite 214
- **Joe McCarthy, MS** Newport/Hardwick (802) 472-6615 Specialties: Individual, family, depression, anxiety, PTSD, ADHD, Coping with developmental disorders for families.
- **Mary Paddon, LMFT** Newport, (802) 334-0567, 316 Main St. Specialties: Marriage and Family therapy.
- **Shari-Lee Ryan LCMHC, LADC** Newport (802) 323-3407 Specialties: All ages.
- **Noreen Shapiro-Berry** Newport (802) 744-6366.
- **Cynthia Taska, LICSW** Lowell (802) 744-2870 Specialties: All ages.
- **Susan Taylor, MA** Derby (802) 334-5085 Specialties: Ages 7-65, trauma, substance abuse, animal assisted therapy.
- **Judy Young** Barton (802) 525-3507 Specialties: Child, family, Depression, anxiety, stress management, relationship issues, guardianship evaluations for elderly, disables and others with decisional capacity issues.

## **Peacham** (Caledonia County)

### **Psychotherapy**

- **Karen Gallas PhD Ed** (802) 592-3402 Specialties: Children and families. Trauma, PTSD, dream work, coherence therapy. Sliding scale only.

## **St. Johnsbury** (Caledonia County)

**Northeast Kingdom Human Services** (802) 748-3181 or (800) 649-0118, 2225 Portland Street, Covering the Northeast Kingdom – Psychotherapy, Psychiatry. Individual clinicians not listed.

- **Danielle Puffer, MA, ADC** (802) 748-5041, Specialties: General Practice. *For Northern Counties Health Care patients only.*

### **Psychotherapy @ Counseling Center @ 231 Concord Ave:**

(802) 748-5364 Fax (802) 748-7289

- **Sylvia Bedor, LCMHC, LADC** Ext 1, Specialties: General practice, Children, Individuals, couples, family, marriage. Substance abuse, depression, anxiety, trauma, attachment difficulties, OCD, hoarding, eating disorders.
- **Jessa Carpenter, M.S, LADC** (802) 274-7190 Specialties: Adolescents & Adults, substance abuse and co-occurring disorders, MAT, DUI and CRASH assessments & counseling requirements. Evenings and Weekends available.
- **Stephanie Churchill, LMFT** Ext. 2, Specialties: Ages 14 & up; Marriage and family therapy, women's issues, grief, loss, GLBT, depression.
- **Amanda Cushing, LICSW** Ext. 3, Specialties: adolescents, adults. General practice.
- **Connie Kellogg, LCMHC** (802) 748-9555 Specialties: adults, adolescents, children, anxiety, depression, stress management, trauma, conduct disorders, CBT, DBT, mindfulness, stress reduction techniques.
- **Shawn Waldron, MA, LCMHC, LADC, NCC** Ext. 4, Specialties: Substance abuse, adolescents and families.

### **Psychotherapy @ Counseling Center @ 1194 Main Street**

- **Deborah Goldberg, M.Ed** (802) 748-3711. Specialties: stress management & relaxation, depression, and anxiety; adolescents, adults.
- **Cecil Hall, MS, LADC** (802) 748-5670. Specialties: substance abuse/addictions and co-dependence services, PTSD . Sliding scale.

### **Psychotherapy @ St. Johnsbury Psychology Assoc. @ 1097 Main**

**Street:** (802) 424-0595

- **Madeleine Balcom, BA**
- **Cheryl A. Cole, MA**
- **Scott Fournier, M.S.** Specialties: Children, families, treating behavioral, school and family issues.
- **Judith Markey, PsyD** (802) 751-9347, Specialties: Anxiety, CBT, DBT, social skills for adolescents and young adults with Asperger's disorder and autism spectrum disorders. Psychological assessment/testing.
- **Karen Roy, M.S.** (802) 424-0595, Specialties: adults and adolescents, treating life transitions, eating disorders, and mental health issues associated with the college experience.

### **Psychotherapy**

- **John Andrews, LCMHC, LADC** (802) 249-6694, 1129 Main St, Unit 2NE, Specialties: Adults & adolescents, CBT, MI, solution focused therapy.
- **Mary-Elizabeth Briscoe, LCMHC**, 347 Emerson Falls Rd., Suite #2, St. Johnsbury (802) 684-9703. Specialties: anxiety, trauma, coming out, identity support, grief, bereavement, sexuality concerns, transgender concerns. Works with teens, young adults & adults.
- **Christopher Colpitts, LICSW** (603) 496-9375, 107 Eastern Ave. Specialties: Providing individual and family therapy for children, adults and elders. Specializing in attachment issues with families and children, as well as trauma-focused CBT.
- **Dean Corcoran, LCMHC, LADC** (802) 748-1516. 364 Railroad Street. St. Johnsbury Center for Well Being. Specialties: Children 12 & up, adults, couples, families. Trauma, addiction, anxiety, support/therapy groups, also holds yoga classes .
- **Kathryn Cote, LCSW** (802) 748-1700 Ext. 1, 190 Eastern Ave. Specialties: Children, adolescents, adults, couples, families; eating



disorders, grief counseling, divorce, depression, and anxiety disorders. Evening and Saturday appointments.

- **Sara Demetry, LICSW** (802) 274-6400, 1097 Main Street. Specialties: Depression, anxiety, trauma, chronic pain, concerns with aging, care giving, and adjustment to illness, mindfulness, cognitive therapy and therapy that includes tuning into the inherent wisdom of the body. Certified in Internal Family Systems therapy.
- **Donald Hunt, Licensed Psych-Master** (802) 748-0985, 1482 Goss Hollow Road. Specialties: Adults, couples, families.
- **William Huntington, LCMHC** (802) 751-1511, 49 Perkins St. (RecFit Building), Life Change Counseling Specialties: children 4+ through adults, general counseling, play therapy, sand tray.
- **Penny Kimball, LCMHC, LADC** (802) 748-8904, 1129 Main Street. Specialties: 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 +.
- **Rhonda Korol, PhD** (802) 748-1700 Ext., 190 Eastern Ave. Specialties: Adults, couples, depression, anxiety, trauma, loss, grief, relationship issues.
- **William Long, LCMHC, MD** (802) 748-7352. NVRH. Specialties: Cognitive Behavioral Therapy (certified), acceptance/commitment therapy, mindfulness.
- **Elizabeth McFaul, LCMHC** (800) 785-4611, 656 Summer Street, [greenspringvermont@gmail.com](mailto:greenspringvermont@gmail.com) Specialties: Sliding scale. Children, families, couples, individuals and adults. Relational, behavioral & attachment issues. Anxiety, depression, life coaching.
- **Lucy McKee, LCMHC, LADC** (802) 473-8683 or (802) 751-0245, 297 Summer Street, Specialties: equine assisted therapy, women's issues, individuals, couples, children and families.
- **Carbery Neal, LCMHC, ATR-BC** (802) 748-9388, 107 Eastern Ave., Specialties: Children ages 4.5 and up and adults. ADHD, PTSD, anxiety, depression, women's issues, transpersonal issues, life transitions, attachment, adoption, changing families.
- **Rose Sheehan, LADC, LCMHC** (802) 535-9814, 297 Summer Street. Specialties: Sliding scale; substance abuse, general counseling.

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#### LICENSING ABBREVIATIONS:

- **APRN:** Advanced Practice Registered Nurse
  - **ATR-BC:** Board Certified Art Therapist
  - **BSW:** Bachelor of Social Work
  - **CADC:** Certified Alcohol and Drug Abuse Counselor .
  - **LADC:** Licensed Alcohol and Drug Counselor
  - **LCMHC:** Licensed Clinical Mental Health Counselor
  - **LCSW:** Licensed Clinical Social worker
  - **LICSW:** Licensed Independent Clinical Social worker
  - **MA:** Master Degree in Arts
  - **MS:** Master Degree in Science
  - **MSW:** Master of Social Work
  - **PMHNP:** Psychiatric-Mental Health Nurse Practitioner
  - **PhD:** Psychologist Ph.D.
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The Craftsbury Mental Health Resources Group is not a provider of diagnostic or treatment services. Our wish is to be "a friendly navigator" for information and questions of access. Please feel free to contact any one of the members listed here:

- Gwen Bueckendorf — [glbueckendorf@gmail.com](mailto:glbueckendorf@gmail.com)
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## Ways to Show a Suicidal Person You Care

- If the person is high risk, do not leave them alone
- Let the person know you are deeply concerned
- Listen attentively to everything
- Do not keep suicidal tendencies a secret
- Don't be judgmental
- Be careful of the statement that you make
- Follow up on a regular basis
- Comfort the person with words of encouragement

Source: suicide.org



Source : imgur.com