

DEPRESSION ANXIETY STRESS TRAUMA ADDICTION TO ALCOHOL OR OTHER DRUGS

For people of all ages, mental health problems and addictions can affect relationships, school, and job performance. Mental health is just as important as physical health, and access to effective care is essential to healthy communities.

Fortunately, help is here. Our region is home to an array of skilled, licensed mental health professionals who can help people feel better and function better.

This resource guide is compiled and published by
Mt. Ascutney Hospital and Health Center.

www.MtAscutneyHospital.org

Latest Revision: August 2018

MENTAL HEALTH PROVIDERS

*Located in the
Windsor, VT Area*



MENTAL HEALTH PROVIDER	ADDRESS	TELEPHONE/FAX	EMAIL	SPECIALTY CARE	AGES SERVED	INSURANCE ACCEPTED	DEGREE/LICENSURE	HOURS AVAILABLE
Dr. William Ballantyne, Psy.D	"The Mill" 21704 Maxham Meadow Way, Woodstock, VT; Moody Building, Suite 408, 24 Opera House Sq., Claremont, NH 03743; Mailing: 2 Runnemeade Lane, Windsor, VT 05089	Tel: (802) 296-1211	bill@drballantyne.com	Cognitive Behavior Therapy; General practice of psychology with emphasis on anxiety, depression, and trauma. Also sexual behavior problems and young adults struggling with transition to adulthood.	Adolescents and adults	BC/BS, Cigna, Anthem, Green Mountain Care and others	VT/NH licensed Psychologist	Monday, Tuesday, and Friday 9am-6pm
Erin Boxer, MA, LADC, LCMHC	Mt. Ascutney Hospital, 289 County Rd., Windsor, VT 05089	Tel: (802) 674-7382 Fax: (802) 674-7314	eboxer@hcrs.org	Short-term counseling for depression, anxiety and substance abuse.	Adults 18+	Most insurance plans accepted	Masters of Arts, Licensed Drug and Alcohol Counselor and Clinical Mental Health Counselor	Mon, Tues, Wed, and Thurs
Karen Chalom, LICSW	Simmons House, 32 Pleasant Street, Woodstock, VT 05091 and Windsor Connection Resource Center, 1 Railroad Plaza, Windsor, VT 05089	Tel: (802) 457-6191	karenchalom@yahoo.com	Traditional Talk Therapy, Body/Mind Psychotherapy, Expressive Arts Therapies serving children, adults, individuals, couples, families and groups. Life Issues including: depression, anxiety, life transitions, trauma, PTSD, parenting, anger, stress, relationships, grief and loss.	Ages 5 and up	Green Mountain Care, Medicare, BC/BS, MVP, Cigna, UBH, Aetna, Harvard Pilgrim and others	Licensed Independent Clinical Social Worker (LICSW)	Wednesday – Friday
Jennifer Connors, MD	MAHHC, 289 County Road, Windsor, VT 05089 OHC, 32 Pleasant Street, Woodstock, VT 05089	Tel: (802) 674-7300 Tel: (802) 457-3030	N/A	Psychiatric evaluation and treatment upon referral/consultation through your MAHHC/OHC provider.	All ages	Most insurance plans accepted	MD, VT Medical Licensure	Mon, Tues, Fri in Windsor and Wed and Thurs in Woodstock
Dana DeSchamp, LICSW	Mt. Ascutney Hospital Professional Building, Suite 102, 287 County Road, Windsor, VT 05089	Tel: (802) 952-1029	danatreuhaft@yahoo.com	Cognitive behavioral therapy; children, adolescents, adults and families; anxiety, depression, trauma, grief and loss, parenting issues, Autism Spectrum Disorders.	All ages	Most insurance plans accepted	Licensed Independent Clinical Social Worker	Monday, Thursday evening, Saturday
Janet Farley, MSW, LICSW	56 Main St., Springfield, VT 05156; 15 State St., Windsor, VT 05089	Tel: (802) 674-6065	nativenyr35@comcast.net	Combination psychodynamic psychotherapy and cognitive behavioral therapy. Treatment for depression, anxiety, stress, grief and loss, coping with illness, aging issues. Individual and family therapy.	Adults 21+	Green Mountain Care, Medicare, BC/BS, MVP and United Healthcare	Licensed Independent Clinical Social Worker	Monday, Wednesday, and Thursday
Heather Findlay, LCHMC	841 US Route 5 N, Frazer Agency's Nationwide Bldg., Windsor, VT 05089	Tel: (802) 230-6480	hfindlay@ymail.com	Practicing EMDR Therapy for children, adolescents and adults with emphasis on anxiety, depression, headache and pain management, loss/grief, stress and trauma.	All ages	Medicaid, BC/BS, Anthem, MVP, Cigna,UBH/Harvard Pilgrim	Master's Degree in Clinical Mental Health Counseling; Licensed Clinical Mental Health Counselor in VT and NH	20-25 hrs./week by appointment. Mon, Wed, Thurs, Fri, Sat
Marilyn Gabriel, PhD, LICSW	2484 US Rte. 5, Windsor, VT 05089	Tel: (802) 280-7789	marilyn.gabriel@gmail.com	Cognitive behavioral therapy, diagnostic and forensic evaluation, child and family therapy, holistic health and yoga therapy. QEEG Guided Z-Score LoRETA Neurofeedback.	All ages	Green Mountain Care, BC/BS, Anthem, Harvard Pilgrim, Health Plans Inc., Cigna and MVP	Licensed Independent Clinical Social Worker (PhD)	By appointment; Monday – Thursday and some evenings
Mark Gabriel, MSW, LICSW	2484 US Rte. 5, Windsor, VT 05089 244 Woodchuck Hill Road, Grafton, VT 05146	Tel: (802) 280-7789	marks.gabriel@gmail.com	Cognitive behavioral therapy, Child and Family Therapy and Couples, Treating: PTSD, Depression, ADHD and Anxiety.	All ages	Green Mountain Care, BC/BS, MVP	Licensed Independent Clinical Social Worker (MSW)	By appointment; Monday – Thursday and some evenings
Bonnie Irwin, MA	Windsor Connection Resource Center, 1 Railroad Plaza, Windsor, VT 05089	Tel: (802) 785-4581 Alt: (802) 674-2111	birwin@myfairpoint.net	Psychodynamic psychotherapy, life issues including depression, anxiety, stress, chronic illness. Child-parent psychotherapy for attachment issues.	Children, adolescents, and adults	None, affordable fees are negotiated individually with each client	MA, VT psychotherapist	Wednesday, Friday
Lynn Irwin, MA	Windsor Connection Resource Center, 1 Railroad Plaza, Windsor, VT 05089	Tel: (802) 674-2111 Alt: (802) 785-4581	lirwin@myfairpoint.net	General psychotherapy practice, open to all. Experience with developmental disabilities, criminal behavior.	Adolescents and adults	None, affordable fees are negotiated individually with each client	MA, VT psychotherapist	Friday
C. Frederick Lord, MD, FASAM	Connecticut Valley Recovery Services, 15 State Street, Windsor, VT 05089	Tel: (802) 674-9400 Fax: (802) 674-9410	cvrsi@comcast.net	Addiction medicine and pain medication consultation/management.	Adults 18+	VT Medicaid, VT Medicare, BC/BS, MVP and others	MD, Fellowship trained in Addiction Medicine, University of Florida, Licensed in VT. Diplomate, American Board of Addiction Medicine	Monday afternoon, Tuesday, Wednesday and Friday by appointment
Rebecca MacKenzie, MSW, LICSW, CSSW, BCPPC	P.O. Box 304, Claremont, NH 03743 Office: Trinity Evangelical Free Church, 44 Main Street, Windsor, VT 05089 and Grace River Church, 56 Main Street, Claremont, NH 03743	Tel: (603) 504-2851	rbmackenzie@myfairpoint.net	Cognitive behavioral therapy; solution-focused therapy; emotionally-focused therapy, family and couples; depression; anxiety; ADHD; PTSD; relational; parenting; attachment issues and individual adults.	Ages 5 and up	VT and NH Medicaid, Anthem, BC/BS of VT, fee for service, VT Medicare	Licensed Clinical Social Worker (VT + NH), Board Certified Professional Christian Counselor	Monday – Thursday, 9am-5pm
Lee Monro, MA	Mt. Ascutney Hospital Professional Building, Suite 102, 287 County Road, Windsor, VT 05089	Tel: (802) 674-7136	leemonro@gmail.com	Individual, couples, and family therapy.	Ages 12 and up	BC/BS, Anthem, VT Medicaid, Harvard Pilgrim, Aetna, UBH, Cigna (out-of-network) and most others	MA, Counseling Psychology, Licensed VT psychologist-master	Tues, Wed, Thurs; Occasional Mon; Fri as needed