

Transgender and Gender-Nonconforming

Resource Guide



Planned Parenthood
Mid-Hudson Valley

COMPLEMENTARY AND ALTERNATIVE MEDICINE (revised 11/2017)

Accord Acupuncture & Herb Shoppe	<ul style="list-style-type: none"> • Acupuncturist, nutritionist, herbalist • Specializing in Lyme care • Takes some insurance 	10 Old Rt 213, Suite D High Falls, NY 12440 (845) 687-6211
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COUNSELLING / THERAPISTS / PSYCH / LETTERS (revised 3/2019)

Note: Some insurance plans will cover certain gender-affirming surgeries if you have one or two letters from a therapist, psychiatrist, social worker, and/or the person prescribing your hormones. Call your insurance to ask about the requirements for your insurance plan

Apogee Center	<ul style="list-style-type: none"> • Peer support • Serving Columbia and Greene Counties 	160 Fairview Ave. Suite 232 Hudson, NY 12534 https://www.apogeecenter.org (518) 697-0976
Elijah Nella LMFT	<ul style="list-style-type: none"> • Sliding fee scale sometimes available • Letters for established patients- surgery, hormones, support animals, etc. • Non-binary friendly 	22 Garden Street, Suite 4 Rhinebeck, NY 12572 https://www.elijahnella.com/ (845) 481-0036 hello@elijahnella.com
Kingston Family Health	<ul style="list-style-type: none"> • Behavioral Health 	1 Family Practice Drive Kingston, NY 12401 845-338-2562

Peri Rainbow, MPS, OM, CDRC	<ul style="list-style-type: none"> • Sliding fee scale- \$50-150/hr • Trauma-informed care • Accelerated Resolution Therapy 	High Falls Emporium High Falls, NY 12440 (845) 399-3196 Peri.12484@gmail.com
Robin Dusty Nason, LCSW-R	<ul style="list-style-type: none"> • Takes some insurance 	199 Main St. New Paltz, NY 12561 (914) 204-6246 dustynason@gmail.com
Sarah Jamison, LMSW	<ul style="list-style-type: none"> • Sliding fee scale: \$65-85/hr • Couples therapy: \$85-105/hr • Non-binary friendly • Skype sessions available 	The Chocolate Factory 54 Elizabeth St. Suite 11 Red Hook, NY 12571 https://www.sjamison.com (845) 532-0257 sjamison@gmail.com
Sean M. Endress, MA, LCSW-R	<ul style="list-style-type: none"> • Accepts some insurance, please inquire. • Non-binary-friendly 	Integral Health Associates 3 Paradies Lane New Paltz, NY 12561 (Saturdays 2x monthly) Heartspace Yoga and Healing Arts 747 Madison Avenue Albany, NY 12208 (Monday-Wednesday) https://www.therapists.psychologytoday.com/64396 Seanmendress@yahoo.com (718) 887-1378
Briana Myers, LCSW	<ul style="list-style-type: none"> • Writes surgery letters • Specializes in q/t youth • Does not take insurance • Tiered fees: \$100, \$125, \$150 • Mon/Thurs 	9 Vassar Street #28 Poughkeepsie NY (917) 701-5219 brianamyers@gmail.com
Emily Joslin-Roher LCSW-R	<ul style="list-style-type: none"> • Currently not accepting new patients. Inquire as this may change. • Specialization LGBTQ community (specifically trans*)friends and family • Non-binary friendly • Writes surgery letters • Takes Aetna • Sliding scale available 	5 Cliff Street, 2nd Floor Beacon, NY 12508 (347) 394-7144 ejoslinroher@gmail.com
Julie Staber	<ul style="list-style-type: none"> • Accepts most insurance including managed Medicaid • Open to sliding scale payments • Writes some letters • Hours generally Mon/Tues/Thurs, but open to other days/times. 	1260 NY-28, West Hurley, NY 12491 https://www.hudsonvalleyguild.com/julie-staber-LCSWR (845) 679-7500 jstaberlcsw@gmail.com

Choices	<ul style="list-style-type: none"> • Writes letters for newer patients • Morning, afternoon, evening and weekend appointments • Accepts many insurance plans • Rates \$100 per session. Reduced rates on a sliding scale may be negotiated as needed 	<p>10 Colvin Avenue, Suite 102, Albany, NY 12206 https://www.choicesconsulting.com (518) 438-2222 Fax: 518-438-7777 Info@choicesconsulting.com</p>
Jessica Mills	<ul style="list-style-type: none"> • Non-binary friendly • Does not accept insurance, but has a sliding scale • Generally \$50-\$100 per session • Open to payment plans 	<p>Integrative Wellness 89 Broadway Newburgh, New York 12550 https://www.psychologytoday.com/us/therapists/jessica-m-mills-newburgh-ny/203086 (914) 752-2365 millsjessi@gmail.com</p>
Colin Wolf	<ul style="list-style-type: none"> • Can write letters • Works with adults and some adolescents • Telemedicine only • Hours by appointment {days and evenings} • Sliding scale available • Statements can be provided to submit to insurance companies for reimbursement 	<p>https://www.queerapy.com 845-288-1961 colin@queerapy.com</p>
Christine Winters	<ul style="list-style-type: none"> • Can write letters • Mon-Fri 9-5 w/ evening hours on Tues • Accepts patients 18+ • Accepts all insurance including medicaid and medicare. • Payment plans and sliding scale available 	<p>Hudson Valley Mental Health 230 North Rd Poughkeepsie, NY https://www.hvmh.org/locations 1-845-486-2703</p>
Kristen Verge LMSW	<ul style="list-style-type: none"> • Accepts all insurance- including medicaid • Prices vary, Sliding scale available • Writes letters • Sees all ages- specializes in teens and adolescents 	<p>Cornerstone Family Health 147 Lake Street, Newburgh, NY 12550 https://www.cornerstonefamilyhealthcare.org/medical-directory-cf/kristen-verge/ 845-563-8000 ext 1108</p>

Suah Kim PHD	<ul style="list-style-type: none"> • Can write letters after 2 to 3 visits (for HRT and surgery) • \$200+ per session • Out of network provider. Will submit claims for insurance • Sliding scale available • Client focus adolescents/teens 14-19 and adults 	291 Broadway Suite 709 NY, NY, 10007 (929) 242-9970
Doree Lipson LCSW-R SEP	<ul style="list-style-type: none"> • Insurance- BCBS, Empire plan, Fidelis, Medicare, Kingston Teachers Fund • Sliding scale/payment plans available • Can write letters for established patients • Mon- Fri 8:30-7 	126 Main Street New Paltz, NY 12561 https://www.wellnessembodiedcenter.com/ wellnessembodiedcenter@gmail.com 845-532-6064
Stephanie Birinci LMHC	<ul style="list-style-type: none"> • Accepts most insurance. {Please inquire re: medicaid specifics} • Mon-Fri 9-6 w/some Sat hours • Can write letters • Sliding scale available 	320 Robinson Ave Suite 201 A Newburgh, NY 12550 845-564-2540 ext 160
Tas Streiner MA, LMFT	<ul style="list-style-type: none"> • Marriage and Family Therapist • Can write letters • Non-binary friendly • Hours- Mon- Fri 10-6 • Avg. cost per session \$80 - \$130 • Sliding Scale • Accepted Payments American Express, Cash, Check, Discover, Mastercard, Visa • Insurance- Blue Cross Blue Shield CDPHP, Cigna, Empire Blue Cross • Value Options, Out of Network 	Psychotherapy Associates 3 Atrium Dr Suite 202- entrance B Albany, New York 12205 518-348-4417 ext-20
Gateway Pros Program	<ul style="list-style-type: none"> • Psychiatric rehabilitation. Group and private clinical treatment. • Mon- Fri 8:30-3 • Accepts medicaid • Sliding scale/payment plans available with private insurance. • Can write letters for established patients. • Offers employment support • Must be 18+ and an Ulster co. resident 	1 Amy Kay Parkway Kingston, NY 12401 (845) 331-1261 ext. 316

Randi Barlow	<ul style="list-style-type: none"> • Non binary friendly • Can write letters • Accepts insurance- medicare Please inquire for others • Hours by appt only • Sliding scale available • Hosts support group for family of transgender and non-binary people. • TFAST tfastgroup@gmail.com 	106 Stage Road #2 Monroe, NY 845-783-2613
Dr Ryan Meshulam MD MS Psychiatrist	<ul style="list-style-type: none"> • Hours by appt only • Please inquire regarding insurance accepted • Speaks english and spanish 	Cornerstone Family Health Center Behavioral Health 147 Lake St Newburgh, NY 845-563-8000 91 Blooming Grove turnpike New Windsor, NY 12553 845-220-2074
Michelle Cottle LMSW Clinician	<ul style="list-style-type: none"> • Accepts Medicaid, inquire regarding other insurance • Sliding scale for those without insurance • Can write letters for established patients 	Family Services 223 Main St Beacon, NY 845-485- 9700 helpline # Patients can request a specific clinician

DENTAL SERVICES (revised 10/2016)

All Access Dental	102 Fulton Ave. Suite B Poughkeepsie, NY 12601 https://www.allaccessdental.com (845) 454-4800
Kingston Family Health Center	1 Family Practice Drive Kingston, NY 12401 (845) 338-6918
Ellenville Family Health Center	6 Healthy Way Ellenville, NY 12428 (845) 647-450

DERMATOLOGY/SKINCARE (revised 3/2019)

Carolyn Baker PA-C	<ul style="list-style-type: none"> • Medical, surgical and cosmetic dermatology • Mon-Fri 830-4:30 • Inquire for insurance • Non- binary friendly 	Newburgh Dermatology 400 Gidney Ave Newburgh, NY https://www.horizonfamilymedical.com 845-561-1565
Primary Aesthetic Skincare	<ul style="list-style-type: none"> • Mon-Wed & Friday 9-6, Thurs 9-7 Sat 9-5 • Care credit payment plans available • Credit card payments accepted • Fillers, laser hair removal, non surgical procedures, body sculpting 	460 Old Post Rd Suite 2G Bedford, NY https://primaryaestheticskincare.net/ 914-234-8670

FERTILITY PRESERVATION (revised 8/2017)

Reproductive Medicine Associates of Connecticut	<ul style="list-style-type: none"> • IUI • IVF • Egg donation • Surrogacy 	https://www.rmact.com (800) 865-5431
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GENDER-AFFIRMING HORMONE THERAPY (revised 8/2017)

Gender Wellness Center (Dr Carolyn Wolf-Gould)	<ul style="list-style-type: none"> • Informed consent • Provides pubertal suppression • Pre post-op care • Surgical referrals • Accepts insurance Medicaid, Medicare • Sliding scale for mental health 	Susquehanna Family Practice FoxCare Center, Suite 103 5432 State Highway 7 Oneonta, NY13820 https://www.bassett.org/medical/services/transgender-health-services/ (607) 431-5757
Planned Parenthood Mid-Hudson Valley	<ul style="list-style-type: none"> • Informed consent model • 18+ years old • Non-binary friendly 	At Kingston, Poughkeepsie, and Monticello centers (845) 562-7800

Planned Parenthood Mohawk Hudson	<ul style="list-style-type: none"> • Informed consent model • 18+ years old 	At Saratoga Springs center (518) 584-0041
Planned Parenthood Upper Hudson	<ul style="list-style-type: none"> • Informed consent model • Pubertal suppression 	At Albany, Hudson, and Troy centers Albany: (518) 434-5678 Troy: (518) 274-5640
Planned Parenthood Southern Finger Lakes	<ul style="list-style-type: none"> • Informed consent model 	At Ithaca and Corning centers Ithaca: (607) 273-1513 Corning: (607) 962-4686

GAHT/PUBERTAL SUPPRESSION (revised 12/2017)

Jill Brodsky	<ul style="list-style-type: none"> • Pediatric endocrinologist • Pubertal suppression and GAHT/HRT 	CareMount Medical 30 Columbia Street Poughkeepsie, NY 12601 Main-(845) 202-6059 For Appt- {845}-592-7609
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HAIR SERVICES (revised 5/2018)

Saratoga Hair Transplant Center		https://www.saratogahair.com surgeons@saratogahair.com (800) 281-9198 Saratoga, Newburgh and Latham
Ariana Eisenson	<ul style="list-style-type: none"> • Electrolysis • Day, evening, weekend appointments • Prices vary • Complimentary consultation 	286 Clinton Ave. suite 102 Kingston, NY 845-338-2600 http://www.electrolysisofkingston.com/
Advanced Electrolysis Linda Weller CPE board certified	<ul style="list-style-type: none"> • Tue-Sat 9am- 7pm • prices vary/sliding scale based on time 	http://www.advancedelectrolysisny.com/ 293 N Plank Newburgh, NY 12550 (845) 566-4700

Primary Aesthetic Skincare	<ul style="list-style-type: none"> • Mon-Wed & Friday 9-6, Thurs 9-7 Sat 9-5 • Care credit payment plans available • Credit card payments accepted 	460 Old Post Rd Suite 2G Bedford, NY https://primaryaestheticskincare.net/ 914-234-8670
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HOTLINES (revised 11/2016)

Trans LifeLine	<ul style="list-style-type: none"> • Peer support hotline, primarily for mental health crises 	https://www.translifeline.org/ (877) 565-8860
Trevor Project	<ul style="list-style-type: none"> • Crisis intervention for LGBTQ youth age 13-24 via phone, text, or instant message 	https://www.thetrevorproject.org (866) 488-7386

INFECTIOUS DISEASE/ HIV CARE (revised 12/2017)

Dr Christine Kerr (Infectious disease)	<ul style="list-style-type: none"> • Most private health insurance and managed care plans • Public health insurance (Medicare, Medicaid, Child Health Plus) • Sliding fee scale • Insurance enrollers on-site • Wed and Fri 7am-8pm 	Main office: 6 Henry Street Beacon, NY https://www.hrhcare.org/providers/christine-kerr-md/ 845-831-0400
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LEGAL (revised 12/2017)

Legal Services of the Hudson Valley	<ul style="list-style-type: none"> • Wide range of services including name-change and gender marker change assistance • Multi-lingual staff 	Offices in Newburgh, Poughkeepsie, Kingston, Monticello, Peekskill, Rockland, and White Plains https://www.lshv.org/ (877) 574-8529
TrianguLegal	<ul style="list-style-type: none"> • Name change • Gender marker change • Healthcare access • Family law 	@TrianguLegal on twitter

Transcend Legal	<ul style="list-style-type: none"> New York org that helps you get your hormones or surgery covered 	https://www.transcendlegal.org (347) 612-4312
Trans Equality	<ul style="list-style-type: none"> State-by-state descriptions of requirements for name/gender marker change 	https://www.transequality.org/documents
Trans Relief Project	<ul style="list-style-type: none"> Advice on name and gender marker changes Funding for legal services related to name/gender marker change 	https://www.transrelief.com
Community Health Advocates	<ul style="list-style-type: none"> Free help for all New Yorkers having problems with health insurance 	https://www.communityhealthadvocates.org (888) 614-5400
Peri Rainbow, MPS, OM, CDRC	<ul style="list-style-type: none"> Marriage officiation Life-cycle ceremonies Certified mediator Ordained minister 	High Falls Emporium 10 Old Route 213. High Falls, NY 12440 (845) 399-3196 Peri.12484@gmail.com
NYS Attorney General	<ul style="list-style-type: none"> Has helped transgender New Yorkers appeal discriminatory insurance practices for surgery or hormone therapy denials. 	https://www.ag.ny.gov (800) 428-9071 Link for online form to issue a complaint
Transgender Legal Defense and education Fund	<ul style="list-style-type: none"> Deals with issues concerning employment, healthcare, education, discrimination and public accommodations. The Name Change Project provides free legal name change support. 	20 West 20th Street Suite 705 NY, NY 10011 https://www.transgenderlegal.org 646-862-9396 info@transgenderlegal.org

MEDICATIONS (revised 5/2017)

Goodrx	<ul style="list-style-type: none"> Price comparison for medications at local pharmacies Coupons for discounts on medications 	https://www.goodrx.com
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PRIMARY CARE PROVIDERS (revised 2/2019)

Lauren Vigna, MD First Care Medical Center		222 State Route 299 Highland, NY 12520 (845) 691-3627
Institute for Family Health		Centers throughout the Hudson Valley https://www.institute2000.org
OB/GYN and Specialty Care Center of Kingston		1 Foxhall Ave Kingston, NY 12401 (845) 338-8444
Family Practice Center of Hyde Park		11 Crum Elbow Road Hyde Park, NY 12538 https://www.institute.org/location/family-practice-center-of-hyde-park/ (845) 229-1020
Ellenville Family Health Center		6 Healthy Way Ellenville, NY 12428 (845) 647-4500
The Family Health Center of Port Ewen		213 Broadway Port Ewen, NY 12466 (845) 331-2355
Kingston Family Health Center		1 Family Practice Drive Kingston, NY 12401 Adult/general- (845) 338-6400 Pediatrics- (845) 339-9055
New Paltz Family Health Center		279 Main St #102 New Paltz, NY 12561 (845) 255-2930
Dr Burroughs	<ul style="list-style-type: none"> • Endocrinologist • Mon-Fri-9-5 • Most insurance accepted. Please inquire 	Highland Medical group at Montefiore 160 North Midland Ave 2 nd floor Nyack, NY 845-897-8371
Dr Robbins Gottlock, MD	<ul style="list-style-type: none"> • Family medicine • Mon 12-4 • Thursday 9-12 • Most insurance accepted. Please inquire • Fluent in English and Spanish 	362 N. Broadway 2 nd floor Sleepy Hollow, NY 10591 914-631-2070

SURGICAL SERVICES (revised 2/2019)

Dr Silverman	<ul style="list-style-type: none"> • Top surgery • Most insurance accepted • Can apply for Care credit at office • Hours Mon-Fri 9-5 	<p>4 Liberty Street, 3rd Floor Poughkeepsie, NY 12601</p> <p>https://www.newbeginningsplasticsurgery.com (845) 454-6392 drsilverman@newbeginningsplasticsurgery.com</p>
Dr Rockmore	<ul style="list-style-type: none"> • Top surgery • Facial feminization • Call for insurance list • Most services are \$5,000. and up • Can apply for Care credit at office • Hours Mon-Fri 8-4:45 	<p>455 Patroon Creek Boulevard #101 Albany, NY 12206</p> <p>https://www.drjeffreYROCKMORE.com/ (518) 438-0505 general@theplasticsurgerygroup.net</p>
Dr Emese Kolnaki	<ul style="list-style-type: none"> • Breast specialist • Top surgery • Takes most insurance including Medicare • Can apply for Care Credit and Prosper Healthcare at the office 	<p>973 East Avenue Rochester, NY 14607</p> <p>https://www.quatela.com/ (585) 244-1000 drk@kalnokiplastics.com</p>
Dr Alexes Hazen MD	<ul style="list-style-type: none"> • Top surgery • Wed 9-5 Fri 9-3 {Please inquire for additional hours} • Medicare, Blue Cross, Aetna and out of network. {Please inquire for others} • Sliding scale and payment plans available 	<p>110 East 66th street NY, NY</p> <p>917-301-6563</p>

SUPPORT GROUPS (revised 2/2019)

Hudson Valley LGBTQ Community Center	<ul style="list-style-type: none"> • Support group for LGBTQ • Support group for transgender and gender-variant youth 	300 Wall Street, Kingston https://www.lgbtqcenter.org (845) 331-5300 info@lgbtqcenter.org
Transgender Spectrum Discussion Group	<ul style="list-style-type: none"> • Non-binary folks welcome • Alcohol/chemical dependency support • Meets every first and third Wed 7:30–9p.m 	Meets at HV LGBTQ Community Center in Kingston (see above) jsalt@lgbtqcenter.org
League of Extraordinary Genders	<ul style="list-style-type: none"> • Discussion group for youth of trans/non-binary experience (age 12-19) • Meets every first and third Wed 3:30–5 p.m 	Meets at HV LGBTQ Community Center in Kingston (see above) jsalt@lgbtqcenter.org
LGBTQ+Ability	<ul style="list-style-type: none"> • For members of the LGBTQ and disability community • Meets 2nd Tues of each month 5:30-7:30 	Taconic Res For Independence 82 Washington Avenue Poughkeepsie charlaruby@gmail.com (845) 701-0203
Mid-Hudson Valley Transgender Association	<ul style="list-style-type: none"> • Peer support • Spousal support 	(845) 338-6400
Institute for Family Health	<ul style="list-style-type: none"> • Support for new parents • Diabetes education classes 	(845) 338-6400
PFLAG – Parents and Friends of Lesbians and Gays (and bisexual and transgender folks)	<ul style="list-style-type: none"> • Group support, education, and activism • Meets Second Wed of each month–7pm-9pm 	Meets at HV LGBTQ Community Center (see above)
Onward Recovery	<ul style="list-style-type: none"> • LGBTQ recovery support group • Transgender and non-binary friendly • Alcohol/chemical dependency support • No charge • Saturdays 10am-11am 	135 Grand Street (Rear entrance) Newburgh https://www.onwardrecovery.org Contact: Tillie- (845) 725 1244 x 451
Prideability	<ul style="list-style-type: none"> • Meets every 2nd Monday 	50 Enterprise place Middletown, NY
Randi and Bob Barlow	<ul style="list-style-type: none"> • TFAST- Transgender Family Alliance for Support and Teaching • Support group for family of transgender and non-binary people. 	tfastgroup@gmail.com Please email for further info

VOICE TRAINING (revised 10/2018)

Libby Paloma Speech Therapist	<ul style="list-style-type: none"> • By appointment/flexible hours • Available for Skype sessions as well as in person in Peekskill, NY • Sliding scale \$50-100 per weekly session 	https://www.gcvoicetraining.com/ gcvoicetraining@gmail.com 415-307-8761
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VARIOUS (revised 2/2019)

Hudson Valley Community Services	<ul style="list-style-type: none"> • HIV/AIDS/STD/Hep C. support • Snap access and education • Substance abuse prevention programs • Syringe exchange program • Housing support • Food pantry • Transportation offered 	https://www.hudsonvalleycs.org
REFUGE restrooms	<ul style="list-style-type: none"> • A resource for safe restroom access for transgender, intersex, and gender nonconforming individuals. 	https://www.refugerestrooms.org
Rad Remedy	<ul style="list-style-type: none"> • Connects trans, gender non-conforming, intersex, queer folks to accurate, safe, respectful care. 	https://www.radremedy.org 414-939-4RAD 414-939-4723 info@radremedy.org
National Center for Transgender Equality	<ul style="list-style-type: none"> • Legal name and gender change for state and federal documents. 	https://transequality.org/documents?org=1358&lvl=100&ite=679&lea=250500&ctr=0&par=1&trk=

Online link to guide-

https://www.plannedparenthood.org/uploads/filer_public/36/64/3664fb5d-25eb-4d29-b420-7eef5a97655a/pp_transgender_healthservices_resource_guide_3_21_18.pdf