



Along the Way

A RESOURCE GUIDE TO FIND
INCLUSIVE & AFFIRMING CARE
OCTOBER 2022 EDITION

FAMILYPEERADVOCATE@ACRHEALTH.ORG



The Q Center

The Q Center at ACR Health is a safe space for lesbian, gay, bisexual, transgender, queer, and questioning youth, their families, and allies to gather, share, and receive support. Q Center programming promotes equality, celebrates diversity, provides resources that cultivate pride and leadership skills, and strives to create a safe and inclusive community for all

CNY Location: 617 West Genesee St Syracuse NY, 13204

NNY Location: 210 Court Street, Watertown NY, 13601

MV Location: 287 Genesee Street, Watertown NY, 13501

Director Youth, Family & Education Programs

Stephen Simone, ext 2456

CNY Q Center Program Coordinator

Anthony Abbott ext 2436

NNY Q Center Program Coordinator

Mikey Kelly, ext 2461

MV Q Center Program Coordinator

Soren Shirley, ext 2810

CNY/MV Q Center Care Manager

XX

LGBT Program Manager

Hilary Avallone, ext 2515

Family Peer Advocate

Karen Fuller, FPA-C, ext 2671

Cultural Competency Specialist

Ashley Davis, ext 2461

Q Center Assistant

Katelyn Williams, ext 2811

General Inquires

qcenter@acrhealth.org



Recommended Mental Health Providers

Ahmy Brock MA LMFT

Solid Ground Wellness
5900 N. Burdick St, Suite 201
East Syracuse NY, 13207
315-416-7572
*Telehealth Only

Britton Tarris, LSW, LMFT

3 Ellinwood Court
New Hartford NY
315-717-5787

Caitlin Dawson Brown MS, LMHC

50 Presidential Plaza Suite LL4
Syracuse, New York, 13203
315-925-7477

Credo Community Center

595 West Main Street
Watertown NY, 13601
315-788-1530

Darcey Simmons, LCSWR CASAC

890 7th N St
Liverpool NY 13088
315- 422- 0300

Jim Feinberg LCSW-R

404 Oak Street
Syracuse NY, 13203
718-490-0630
Teletherapy

Helen Johnson, LCSW

112 Dewitt Street
Suite 205A
Syracuse, NY 13203
315-309-4343
*Telehealth Only

Briana Mason MA, LMFT

Alkira Marriage and Family Therapy, PC
6700 Kirkville Road
Building B Suite 103B
East Syracuse NY
315-492-1390

Brynn Rogers, MA, LMFT

Connect Therapy Services PLLC
2100 East Genesee Street
Syracuse NY 13210
315-400-2483

CNY Marriage & Family Therapy Place, PLLC

792 North Main Street, Suite 100B
North Syracuse, NY 13212
315-299-6975

Crystal Hoban, LPMFT, MA

TruSelf Trauma Therapy
300 Great Oaks Blvd
Suite 300
Albany, NY 12203
315-944-0525
*Telehealth only

Deb Coolhart, PhD, LMFT

7000 East Genesee St
Linden Office Park
Building D
Fayetteville, NY 13066
315-445-2154

Heather Sanford, LMSW, MA

Ithaca, NY 14850
607-342-3098

Molly Lizzio, LMFT

Courage & Connection Counseling
528 Oak Street
Syracuse NY, 13203
315-313-4703

Harvest House Counseling

Clinton Hall
110 North Cayuga Street
4th Floor, Suite 3
Ithaca, NY 13850
315-663-7060
530 Oak Street
Syracuse, NY 13203
(315) 663-7060

Kathryn Sowards, PhD, LMFT

Trauma Work
5900 North Burdick Street
Suite 102 East
East Syracuse NY, 13207
315-382-6427

Kevin K. Johnson, MD**Psychiatry, Addiction Medicine, Transgender Health**

Crouse Medical Practice
475 Irving Ave, Suite 418
Syracuse NY, 13210
315-766-1104

Kori LaRose, LMSW**Claxton-Hepburn Medical Center**

214 King Street
Ogdensburg NY, 13669
315-713-5720

Liberty Resources Integrated Health Care

1045 James Street, Suite 100
Syracuse NY
315-472-4471
Teletherapy

Syracuse University Couple & Family Therapy Center

Trans Team
Peck Hall 601 East Genesee Street
Syracuse NY, 13244
315-443-3023
Families with youth 10 & under shorter wait time

Moonhawk River Stone, MS, LMHC

1448 Dalton Drive
Schenectady NY, 12309
518-506-1261
*Telehealth Only

Rhea Parks, LMFT

Mind, Body, Spirit
Marriage & Family Therapy LLC
Syracuse, NY 13206
(315) 273-4740 x4
*Telehealth Only

Tara Phillips, LCSW-R

119 Sherman Street, Suite 3
Watertown NY, 13601
315-533-2479

Tiffany McLallen, MA, LMHC

Meghan McRae, PsyD
Rubenzahl Knudsen & Associates
22670 Summit Drive, Suite 2
Watertown NY, 13601
315-788-3332

Tristan Martin, PhD, LMFT

4500 Pewter Lane
Manlius NY, 13104
315-925-7034

Maverick Psychotherapy

404 Zena Road
Woodstock, New York 12498
(845)-679-8650
info@maverickpsychotherapygroup.com
Tele-therapy available

Recommended Primary Care Physicians

Dr. Errol McKenzie
Family Medicine Associates of Fayetteville
212 Highbridge Street Suite C
Fayetteville NY, 13066
315-637-0477

Dr. George Gluz
University Internist
550 Harrison Street Suite 1
Syracuse NY, 13202
315-464-6527

**Gender Wellness Center at Susquehanna
Family Practice**
Doctors, Mental Health and Surgical
Providers
FoxCare Center, Suite 103
5432 State Highway 7
Oneonta, NY 13820
607-431-5757

**Inclusive Health Services
Physician's Office Building Suite 211**
725 Irving Avenue
Syracuse NY, 13210
315-878-7554
Waitlist 3 months

Teri Strine, RN MSN FNP-C
Crouse Medical Practice at Brittonfield
5000 Brittonfield Parkway, Suite A100
East Syracuse NY, 13057
315-449-3800

Dr. Kristen Pfau
3922 Fennell Street
PO Box 70
Skaneateles NY, 13152
315-685-0908
Trans & gender related care
Wai list 6-9 mons.

Planned Parenthood (Four locations) Informed consent age 18 and older

1120 East Genesee Street
Syracuse NY, 13210
866-600-6886

66 Brinkerhoff Street
Plattsburg NY, 12901
518-561-4430

135 Walnut Street
Corning NY, 14830
607-962-4686

160 Stone Street
Watertown NY, 13601
315-788-8065

Gender Affirming Healthcare Providers

**Inclusive Health Services
Physician's Office Building Suite 211**
725 Irving Avenue
Syracuse NY, 13210
315-878-7554
Waitlist 3 months

**Joslin Diabetes Center
3229 East Genesee Street**
Syracuse NY, 13214
Sees patients ages 18 and older
315-464-5726
Waitlist 3-6 months

**University of Rochester
Department of Adolescent Medicine
Gender Health Services**
601 Elmwood Avenue Box 690
Rochester NY, 14642
585-275-2964

**Gender Wellness Center at Susquehanna
Family Practice**
Doctors, Mental Health and Surgical
Providers
FoxCare Center, Suite 103
5432 State Highway 7
Oneonta, NY 13820
607-431-5757

**Dr. Karen Teelin
Davia Moss, NP
Upstate Pediatric and Adolescent Center**
90 Presidential Plaza
Syracuse NY 13202
315-464-5831
Waitlist 3-6 months

Planned Parenthood (Four locations) Informed consent age 18 and older

1120 East Genesee Street
Syracuse NY, 13210
866-600-6886

135 Walnut Street
Corning NY, 14830
607-962-4686

66 Brinkerhoff Street
Plattsburg NY, 12901
518-561-4430

160 Stone Street
Watertown NY, 13601
315-788-8065

Gynecologists

Dr. Krislyn Flint
Woman's Health Associates
1144 Meadow Drive
Oneida NY, 13421
315-363-9380

Dr. Maureen Burke
725 Irving Avenue, Suite 600
Syracuse NY, 13210
315-464-5162
Hysterectomies

Electrolysis

Electrolysis Professionals
218 Luddington Street
Syracuse NY, 13206
www.electrolysisprofessionalscny.com
315-431-9580

Smart Choice Electrolysis
4955 West Taft Road
Liverpool NY, 13088
315-802-8466

Milan Laser Hair Removal
3470 Erie Blvd E Syracuse, NY 13214
<https://milanlaser.com/trans/>
315-472-8033

Gender Affirming Hair Removal Grants

- <https://translifeline.org/microgrants/gender-affirming-hair-removal/>
- <https://www.pointofpride.org/electrolysis-support-fund>

Voice Modification

**Voice and Communication Modification
Program for People in the Transgender
Community** Ewing Clinic Ithaca College
202 Smiddy Hall
607-274-3714

Recommended Surgeons

Dr. Anthony Deboni
CNY Surgery Center
5898 Bridge Street
Syracuse 13057
Breast Augmentation or Removal
315-663-0112

Dr. Daniel Medalie
Cleveland Plastic Surgery
25700 Science Park Drive
Landmark Center, Suite 190
Beachwood OH, 44122
216-393-9924

Mazzoni Center
1348 Bainbridge Street
Philadelphia, PA 19147
Main: 215-563-0652
Health Center: 215-563-0658

Dr. Christine McGinn
Gender Wellness Center Pappillon
4 Gazebo Place Suite 43
New Hope PA, 18938
Gender Confirmation Surgery,
Counseling, Hormones, Hair Removal
215-693-1199

Mount Sinai
275 Seventh Avenue
New York NY, 10011
212-604-173
Breast Augmentation and Removal,
Female to Male Bottom Surgeries

or

Dr. Deana Paley
Samaritan Plastic Surgery
629 Washington Street
Watertown NY, 13601
Top Surgery (18 or older)
315-755-3650

Binders, Packers, Tuckers & Undergarments

The Ties That Bind

CNY Binder Donation/Exchange Program
www.fiesthatbindcny.org

Syracuse University Couple & Family Therapy Center Binder Exchange Program

315-443-9405

Gc2b

www.gc2b.co

Unclockable (Tucking Kits)

<https://unlockable.com/>

Underworks

www.underworks.com

Tuck Buddies on Etsy

<https://www.etsy.com/shop/TuckBuddies>

TomboyX

tomboyX.com

Transguys Supply (STPs, Packers, Undergarments)

<https://transguysupply.com/>

*The Q Center also has a limited supply of item for youth that attend group

Clothing Lines

Rubies

Form fitting clothing for trans girls
www.rubyshines.com

Old Navy

Gender neutral line
www.oldnavy.gap.com

Leolines on Etsy

https://www.etsy.com/shop/Leolines?ref=simple-shop-header-name&listing_id=836115913

Flavnt Streetwear

www.flavnt.com



Culturally Competent Hair Stylists

www.safeinmychair.com

Offers a directory of stylists, barbers, makeup artists and entire salons that have declared themselves ready to be there for you

Moments Enchanted Salon & Day Spa

612 Oswego Street
Liverpool NY, 13088
315-937-6906

Cliptomania Salon

314 West Manlius Street
East Syracuse NY, 13057
cliptomaniasaloon@gmail.com
315-437-7616

Inclusive Faith Communities

All Saints Church

1340 Lancaster Avenue
Syracuse NY, 13210
315-472-9934

May Memorial Unitarian Universalist Society

3800 East Genesee Street
Syracuse NY, 13214
315-446-8920

All Souls UU Church

1330 Gotham Street
Watertown NY, 13601
315-788-2742

Plymouth Congregational Church

232 East Onondaga Street
Syracuse NY, 13202
315-474-4836

First Unitarian Universalist Society of Syracuse

109 Warning Road
Syracuse NY, 13224
315-446-5940

University United Methodist Church

324 University Avenue or
1085 East Genesee Street
Syracuse NY, 13210
315-475-7277

Grace Church

6 Elizabeth Street
Utica NY, 13501
315-733-7575

Westminster Presbyterian Church

17 William Street
Auburn NY, 13021
315-253-3331

Hendricks Chapel at Syracuse University

West Zone
Syracuse NY, 13244
315-443-2901
chapel@syr.edu



Community Resources

Black Cuse Pride

Focused on providing a safe and confidential environment to the inner-city LGBTQ community as well as offering networking opportunities, health information and peer support. We are the voice of the LGBTQ inner-city community
315-863-4539

CNY Pride

The mission of CNY Pride is to serve the Central New York lesbian, gay, bisexual, transgender and queer (LGBTQ) community and their allies
315-210-8690

Identity

Identity is a youth center for teens and young adults ages 13-24
206 State Street
Binghamton NY, 13901
607-651-9120
www.idyouth.org

The Center

The Cortland LGBTQ Center seeks to create a visible and empowered community through education, advocacy, resource enhancement, and linkages to essential services for all lesbian, gay, bisexual, transgender, and queer-identified people, as well as their families and other supportive community members
73 Main Street
Cortland NY, 13045
607-756-8970
www.cortlandprevention.org

PFLAG Oswego County

Oswego County Opportunities Inc.
Midtown Plaza, Oswego
Contact Debbie Danby
315-342-7532 Extension 1603
ddaby@oco.org

SAGE Upstate

Promotes health and well-being of older LGBTQ adults and allies
431 East Fayette Street Syracuse NY, 13202
Kim Dill, Executive Director
315-478-1923
www.sageupstate.org



Community Resources (con't)

Syracuse University LGBT Resource Center

Strives to build a socially conscious community that is inclusive of and accessible to students with marginalized genders and sexualities and the complex intersections of race, class, disability and underrepresented identities that impact their success at

Syracuse University
Jorge Castillo, Director
132 Schine Student Center
Syracuse, New York 13244
315-443-0228
<https://ese.syr.edu/lgbtq>

Transgender Alliance of CNY

A service organization for the transgender community of central and upstate NY
www.facebook.com/tgacny/

National Resources

Philadelphia Trans Wellness Conference

A yearly convention by the Mazzoni Center
<https://web.cvent.com/event/8772d16d-b5b8-46c4-9430-13308c6ec075/summary>

TYFA Trans Youth Family Allies

Helping children and families with gender identity and expression
<http://www.imatyfa.org/>
888-462-8932

Transparenting in CNY

Facebook page providing positive news stories, articles, and opinion pieces for parents and caregivers of transgender youth
www.facebook.com/transparenting/

Campus Pride Agenda

An organization for student leaders and campus groups working to create a safer college environment for LGBTQ students
www.campuspride.org



Crisis Support

Liberty Resources Crisis Services

Rapid response to adults & youth having a mental health crisis and cannot cope within the home or community without crisis supports or intervention. Our teams provide support in Onondaga, Oswego, Madison, Cortland & Cayuga Counties.
1-855-778-1900

Trans Life Line

Grassroots hotline and microgrants 501(c)(3) non-profit organization offering direct emotional and financial support to trans people in crisis – for the trans community, by the trans community.
www.translifeline.org
USA 877-565-8860

The Trevor Project

Provides crisis intervention and suicide prevention services to LGBTQ young people (Under the age of 25)
www.thetrevorproject.org
1-866-488-7386

Legal Aid

Volunteer Lawyers Project of Central NY

221 South Warren Street Suite 320
Syracuse NY 13202
315-849-9234
Assistance with name changes, gender marker changes and passport applications

Empire Justice Center

Telesca Center for Justice
One West Main Street Suite 200
Rochester NY, 14614
585-295-5721
Human rights laws, name and document changes

Just Roots Consulting

Milo Primeaux, Esq (He/Him)
Law Office of Milo Primeaux, Esq
P.O. Box 665 Dansville NY, 14437-0665
585-612-1071

Disclaimer

This resource guide was put together with recommendations from Q members. This is not an all-inclusive list; it is meant to be a tool to assist you in finding affirming providers. If you wish to recommend someone you have had a positive experience with or have had a negative experience with a provider listed above, please contact:

Karen Fuller, FPA-C
Credentialed Family Peer Advocate
Kfuller@acrhealth.org
315-475-2430 Extension 2412

