



# *Along the Way*

A RESOURCE GUIDE TO FIND  
INCLUSIVE & AFFIRMING CARE

APRIL 2023 EDITION

[FAMILYPEERADVOCATE@ACRHEALTH.ORG](mailto: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, Utica 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**

Kai Hymes, ext 2837

**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](mailto:qcenter@acrhealth.org)



## Recommended Mental Health Providers

**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

**Moonhawk River Stone, MS, LMHC**  
1448 Dalton Drive  
Schenectady NY, 12309  
518-506-1261\*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

**Harvest House Counseling**  
530 Oak Street  
Syracuse, (315) 663-7060  
Watertown- 315-552-0603

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



**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

**Innerlakes**  
607-398-0212  
<https://www.innerlakestherapy.com/referrals>  
Hello@innerlakestherapy.com  
Teletherapy

**Get Perspective**  
**Tiffany McLallen**  
[tiffanyfmclallen@gmail.com](mailto:tiffanyfmclallen@gmail.com)  
315-408-0980  
All-ages & Family Therapy  
Open to clients in CNY, WNY and MV (not NNY)  
Self-pay/Sliding Scale

**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**

**Rainbow Access Initiative**  
Referral form at: [www.raialbany.com](http://www.raialbany.com)  
[Contact@raialbany.com](mailto:Contact@raialbany.com)  
Teletherapy

**Radiant Soul Therapy**  
**Megan O'Meara**  
[www.radiantsoultherapy.com](http://www.radiantsoultherapy.com)  
Insurance: Aetna, Cigna, UHC, Oxford, Oscar  
Sliding scale available  
Teletherapy

## 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

**Macy VanArnam, MD**  
**Women's Wellness and Breast Care**  
1575 Washington St  
Watertown, NY

## Electrolysis

**Electrolysis Professionals**  
218 Luddington Street  
Syracuse NY, 13206  
[www.electrolysisprofessionalscny.com](http://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. Elizabeth Lax**  
**Basset Medical Center**  
1 Atwell Rd  
Cooperstown, NY  
607-547-3456

**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

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



## Binders, Packers, Tuckers & Undergarments

### **The Ties That Bind**

CNY Binder Donation/Exchange Program  
[www.tiesthatbindcny.org](http://www.tiesthatbindcny.org)

### **Syracuse University Couple & Family Therapy Center Binder Exchange Program**

315-443-9405

### **Gc2b**

[www.gc2b.co](http://www.gc2b.co)

### **Unclockable (Tucking Kits)**

<https://unlockable.com/>

### **Underworks**

[www.underworks.com](http://www.underworks.com)

### **Tuck Buddies on Etsy**

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

### **TomboyX**

[tomboyX.com](http://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](http://www.rubyshines.com)

### **Old Navy**

Gender neutral line  
[www.oldnavy.gap.com](http://www.oldnavy.gap.com)

### **Leolines on Etsy**

[https://www.etsy.com/shop/Leolines?ref=simple-shop-header-name&listing\\_id=836115913](https://www.etsy.com/shop/Leolines?ref=simple-shop-header-name&listing_id=836115913)

### **Flavnt Streetwear**

[www.flavnt.com](http://www.flavnt.com)

## Culturally Competent Hair Stylists

[www.safeinmychair.com](http://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](mailto: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](mailto: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](http://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](http://www.cortlandprevention.org)

**PFLAG Oswego County  
Oswego County Opportunities Inc.**  
Midtown Plaza, Oswego  
Contact Debbie Danby  
315-342-7532 Extension 1603  
[ddaby@oco.org](mailto:ddaby@oco.org)

**Oneida County Pride Association**  
The Oneida County Pride Association is a community-centered organization focused on serving the need  
[oneidacountypride@gmail.com](mailto:oneidacountypride@gmail.com)

## **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](http://www.sageupstate.org)

## **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  
315-443-0228  
<https://ese.syr.edu/lgbtq>



## Community Resources (con't)

### **Madison County LGBTQIA Network**

Housed at BRiDGES, the Network is a resource for LGBTQIA individuals and groups and their allies. The goal of the Network is to enhance the supports and resources that currently exist, to identify gaps and needs for services, and to bring together the community to raise awareness, increase support and reduce isolation.

[camann@bridgescouncil.org](mailto:camann@bridgescouncil.org)  
<https://bridgescouncil.org/lgbtqia/>

### **Herkimer County Pride**

Herkimer County Pride Alliance is an incorporated non profit in NYS. We are made up of members of LGBTQIA+ communities and their allies in Herkimer County, NY. We are seeking to create a network of resources and support; build and strengthen community; promote equity and inclusion of LGBTQIA+ youth and adults; and bring lasting community changes that help decrease the suicide rates and risks in Herkimer County

PO Box 83 Herkimer, NY, 13350

[Herkimerpride@gmail.com](mailto:Herkimerpride@gmail.com)  
<https://herkimercountypridealliance.org/>

### **Transgender Alliance of CNY**

A service organization for the transgender community of central and upstate NY

[www.facebook.com/tgacny/](http://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>

### **Transparenting in CNY**

Facebook page providing positive news stories, articles, and opinion pieces for parents and caregivers of transgender youth

[www.facebook.com/transparenting/](http://www.facebook.com/transparenting/)

### **TYFA Trans Youth Family Allies**

Helping children and families with gender identity and expression

<http://www.imatyfa.org/>

888-462-8932

### **Campus Pride Agenda**

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

[www.campuspride.org](http://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](http://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](http://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](mailto:Kfuller@acrhealth.org)  
315-475-2430 Extension 2412

