



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

Xx, 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 2412

Cultural Competency Specialist

Ashley Davis, ext 2461

Q Center Assistant

Katelyn Williams, ext 2811

General Inquiries

qcenter@acrhealth.org

Providers in blue have been recommended by current Q Youth or Families. If they are not marked, they have been recommended by other providers and we do not have firsthand experience with them.



Recommended Mental Health Providers

Annalise Masten- Muniz, LMHC,CASAC

201-248-1004
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

Daran Shipman, MA, LMFT

Affirming Ground
Marriage and Family Therapy, PLLC
PO Box 1114
Denver, CO 80201
(315) 744-8272
Licensed in NY & CO
Telehealth ONLY

Deb Coolhart, PhD, LMFT

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

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

Darcey Simmons, LCSWR CASAC

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

Harvest House Counseling

530 Oak St
Syracuse, NY 13203
315-663-7060

Innerlakes

607-398-0212

<https://www.innerlakestherapy.com/referrals>

Hello@innerlakestherapy.com

Teletherapy

Jim Feinberg LCSW-R

404 Oak Street

Syracuse NY, 13203

718-490-0630

Teletherapy

Kevin K. Johnson, MD

Psychiatry, Addiction Medicine, Transgender Health

Crouse Medical Practice

475 Irving Ave, Suite 418

Syracuse NY, 13210

315-766-1104

Liberty Resources Integrated Health Care

1045 James Street, Suite 100

Syracuse NY

315-472-4471

Teletherapy

- Also does Psychiatric Med management.

Mechia Williams, LCSW

32 Public Sq

Suite 19

Watertown, NY 13601

315-775-7654

Moonhawk River Stone, MS, LMHC

1448 Dalton Drive

Schenectady NY, 12309

518-506-1261

*Telehealth Only

Rainbow Access Initiative

Referral form at: www.raialbany.com

Contact@raialbany.com

Teletherapy

I-View Psychiatric NP & Behavioral Therapy P.C

200 Gateway Park Drive, Building B

Syracuse, NY 13212

315-391-7770

Teletherapy available

Also does Psychiatric Med management

Kathryn Sowards, PhD, LMFT

Trauma Work

5900 North Burdick Street

Suite 102 East

East Syracuse NY, 13207

315-382-6427

Kori LaRose, LMSW

Claxton-Hepburn Medical Center

214 King Street

Ogdensburg NY, 13669

315-713-5720

Maverick Psychotherapy

404 Zena Road, Woodstock, NY 12498

(845)-679-8650

Tele-therapy available

Molly Lizzio, LMFT

Courage & Connection Counseling

528 Oak Street

Syracuse NY, 13203

315-313-4703

Radiant Soul Therapy

Megan O'Meara

www.radiantsoultherapy.com

Telehealth

Rhea Parks, LMFT

Mind, Body, Spirit

Marriage & Family Therapy LLC

Syracuse, NY 13206

(315) 273-4740 x4

*Telehealth Only

Solid Ground Wellness

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

**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 have
shorter wait time

Tara Phillips, LCSW-R

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

***Tiffany McLallen, MA, LMHC**

Get Perspective

tiffanyfmclallen@gmail.com

315-408-0980

All-ages & Family Therapy
Open to clients in CNY, WNY, and MV
(not NNY)

Tiffany McLallen, MA, LMHC

Meghan McRae, PsyD

Rubenzahl Knudsen & Associates

22670 Summit Drive, Suite 2
Watertown NY, 13601
315-788-3332

Tristin Martin, PhD, LMFT

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

Recommended Primary & Gender Care Physicians

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

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

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

Inclusive Health Services
Nappi Wellness Institute 3rd FL
725 East Adams St
Syracuse NY, 13210
315-878-7554
Waitlist 3 months
Primary & Gender care for 18 & UP

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Joslin Diabetes Center
Nappi Wellness Institute 5th FL
725 East Adams St
Syracuse, NY 13210
Sees patients ages 18 and older
315-464-5726
Waitlist 3-6 months
Gender Care

Dr. Kristen Pfau
3922 Fennell Street
PO Box 70
Skaneateles NY, 13152
315-685-0908
Waitlist 6-9 mons.
Gender Care

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

Dr. Karen Teelin
Davia Moss, NP
Upstate Pediatric and Adolescent Center
@ Nappi Wellness Institute 4th Fl
725 East Adams Street
Syracuse NY 13210
315-464-5831
Gender Care youth up to 21
Waitlist 3-6 months

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



**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

Gynecologists

Dr. Krislin 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

Hair Removal

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
315-663-0112

Breast Augmentation or Removal

Dr. Daniel Medalie
Cleveland Plastic Surgery
25700 Science Park Drive
Landmark Center, Suite 190
Beachwood OH, 44122
216-393-9924
Mount Sinai
275 Seventh Avenue
New York NY, 10011
212-604-173
Breast Augmentation and Removal, Female to
Male Bottom Surgeries

Dr. Elizabeth Lax
Bassett Medical Center
1 Atwell Rd
Cooperstown NY, 13326
607-547-3456
Top surgery

Dr. Christina Rohde
**Columbia University Irving Medical
Center**
161 Fort Washington Avenue
Suite 5-506
New York, NY 10032
(212) 342-3707
Top Surgery

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

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

Rachel Bluebond- Langner
NYU Langone Plastic Surgery Associates
222 East 41st Street, 7th Floor,
New York, NY 10017
646-501-4449
Gender affirming surgeries

Dr. Frank Fang
Mount Sinai
5 E 98th St Fl 15
New York, NY 10029
1-212-241-5873
Top Surgery

Dr. Jess Ting
Mount Sinai
Center for Transgender Medicine & Surgery
275 7th Ave
New York, NY
212-604-1730
Top Surgeries, Facial feminization

Dr. Alexes Hazen
Trans-Forming
Body & Mind
535 5th Ave 29th Fl
New York, NY 10017
917-301-6563

Top surgery, facial feminization

Dr. Joseph Alukal
Columbia Irving Medical Center
161 Fort Washington Avenue
New York, NY 10032
212-305-0114
Bottom surgery for transfeminine patients

Transgender Surgical Program
Wang Ambulatory Care Center, Suite 435
Massachusetts General Hospital
55 Fruit Street
Boston, MA 02114
617-643-7210
Bottom & Top surgery, facial feminization & Masculinization, vocal procedures

Binders, Packers, Tuckers & Undergarments

The Ties That Bind
CNY Binder Donation/Exchange Program
www.tiesthatbindcny.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 items 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
cliptomaniasalon@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

Oneida Pride Association

The Oneida County Pride Association is a community-centered organization focused on serving the need.
oneidacountypride@gmail.com

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



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>

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

Transgender Alliance of CNY

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

www.facebook/tgacny/



National Resources

Campus Pride

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

www.campuspride.org

GLSEN

Works to ensure that LGBTQ* Students are able to learn and grow in a school environment free from bullying and harassment. Together we can transform our nation's schools into the safe and affirming environment all youth deserve.

<https://www.glsen.org/>

TYFA Trans Youth Family Allies

Helping children and families with gender identity and expression

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

888-462-8932

Gender Spectrum

Works to create gender sensitive and inclusive environments for all children and teens.

<https://genderspectrum.org/>

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/

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 Onondaga County INC

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

Kfuller@acrhealth.org

315-475-2430 Extension 2412