



A resource guide to find inclusive
& affirming care

July 2024 Edition

Familypeeradvocate@acrhealth.org

created by:



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.

www.acrhealth.org/youth-programs/q-centers/

315-475-2430

qcenter@acrhealth.org

CNY Location: 617 West Genesee St, Syracuse, NY 13204

NNY Location: 210 Court St, Watertown, NY 13601

MV Location: 287 Genesee St, Utica, NY 13501

Director Youth, Housing, and Support Services

Stephen Simone, ext 2456

CNY Q Center Program Coordinator

Charlye Rosamilia, ext 2822

NNY Q Center Program Coordinator

Mikey Kelly, ext 2461

MV Q Center Program Coordinator

Erica Baslow, ext 2810

LGBTQ 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

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

Listings updated as of 7/2024



Recommended Mental Health Providers

Annalise Masten-Muniz, LMHC, CASAC

201-248-1004

Telehealth only

Briana Mason MA, LMFT

Alkira Marriage and Family Therapy, PC

6700 Kirkville Rd
Building B Ste 103B
East Syracuse, NY
315-492-1390

Britton Tarris, LSW, LMFT

3 Ellinwood Ct
New Hartford, NY
315-717-5787

Brynn Rogers, MA, LMFT

Connect Therapy Services PLLC

2100 East Genesee St
Syracuse, NY 13210
315-400-2483

Caitlin Dawson Brown MS, LMHC

50 Presidential Plaza Ste LL4
Syracuse, NY 13203
315-925-7477

CNY Marriage & Family Therapy Place, PLLC

792 North Main St Ste 100B
North Syracuse, NY 13212
315-299-6975

Credo Community Center

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

Crystal Hoban, LPMFT, MA

TruSelf Trauma Therapy

300 Great Oaks Blvd Ste 300
Albany, NY 12203
315-944-0525
Telehealth only

Daran Shipman, MA, LMFT

Affirming Ground Marriage and Family Therapy
PO Box 1114
Denver, CO 80201
315-744-8279
Licensed in NY & CO
Telehealth only

Darcey Simmons, LCSWR CASAC

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

Deb Coolhart, PhD, LMFT

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

Elliot Spengler, PhD

Genesee Valley Psychology
200 White Spruce Blvd Suite 220
Rochester, NY 14623
585-201-8017

Harvest House Counseling

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

Innerlakes

607-398-0212
www.innerlakestherapy.com/referrals
Hello@innerlakestherapy.com
Teletherapy

Heather Sanford, LCSW

Ithaca, NY
607-342-3098
sanford.he@gmail.com
Teletherapy or in-person

I-View Psychiatric NP & Behavioral Therapy P.C

200 Gateway Park Dr, Bldg B
Syracuse, NY 13212
315-391-7770

Teletherapy available
Also does psychiatric med management

Jim Feinberg LCSW-R

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

Kathryn Sowards, PhD, LMFT

Trauma Work
5900 North Burdick St Ste 102 East
East Syracuse, NY 13207
315-382-6427

Kevin K. Johnson, MD

Psychiatry, Addiction Medicine, Trans Health
Crouse Medical Practice
475 Irving Ave Ste 418
Syracuse, NY 13210
315-766-1104

Kori LaRose, LMSW

Claxton-Hepburn Medical Center
214 King St
Ogdensburg, NY 13669
315-713-5720

Liberty Resources Integrated Health Care

1045 James St, Ste 100
Syracuse, NY
315-472-4471

Teletherapy
Also does psychiatric med management

Live Your Truth Counseling LLC

<https://www.liveyourtruthcounseling.com/>
917-268-2520

Maverick Psychotherapy

404 Zena Rd
Woodstock, NY 12498
845-679-8650

Teletherapy available

Mechia Williams, LCSW

32 Public Sq Ste 19
Watertown, NY 13601
315-775-7654

Meghan McRae, PsyD

Rubenzahl Knudsen & Associates
22670 Summit Dr Ste 2
Watertown, NY 13601
315-788-3332

Molly Lizzio, LMFT

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

Moonhawk River Stone, MS, LMHC

1448 Dalton Dr
Schenectady, NY 12309
518-506-1261

Telehealth only



Prism Albany

Referral form at: <https://www.prismalbany.org/contact@prismalbany.org/>

Teletherapy

Radiant Soul Therapy

Megan O'Meara
www.radiantsoultherapy.com

Telehealth

Ruth A. Larson, LMHC

ruthalarsonlmhc@gmail.com

Telehealth only

Rhea Parks, LMFT

Mind, Body, Spirit Marriage & Family Therapy
Syracuse, NY 13206
315-273-4740 x4

Telehealth only

Solid Ground Wellness

5900 N. Burdick St Ste 201
East Syracuse, NY, 13207
315-416-7572

Telehealth only

Syracuse University Couple & Family Therapy Center

Trans Team
Peck Hall 601 East Genesee St
Syracuse, NY 13244
315-443-3023

Families with youth 10 & under have shorter wait time

Tammy Zumbo, LCSW-R

Balance Energy Wellness (practicing at Mohawk Valley Counseling)
610 French Road
New Hartford, NY 13413
518-893-1687
tammylcswr@gmail.com
www.tammyzumbo.com

Tekhara Watson, LMFT

Camillus, NY
tekhara@nurturingconnectionsfamilytherapy.com

Teletherapy and in-person

Tara Phillips, LCSW-R

119 Sherman St Ste 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)

Recommended Primary & Gender Care Physicians

Dr. Errol McKenzie

Family Medicine Assoc. of Fayetteville
212 Highbridge St Ste C
Fayetteville, NY 13066
315-637-0477

Primary care

Dr. George Gluz, University Internist

550 Harrison St Ste 1
Syracuse, NY 13202
315-464-6527

Primary care

Gender Wellness Center at Susquehanna Family Practice

FoxCare Center Ste 103
5432 State Hwy 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 6+ months

Primary & gender care for ages 18 & up

Joslin Diabetes Center

Nappi Wellness Institute 5th Fl
725 East Adams St
Syracuse, NY 13210
315-464-5726

Waitlist 3-6 months

Gender care ages 18 & up

Dr. Kristen Pfau

3922 Fennell St
PO Box 70
Skaneateles, NY 13152
315-685-0908

Waitlist 6-9 months.

Gender care

Teri Strine, RN MSN FNP-C

Crouse Medical Practice at Brittonfield
5000 Brittonfield Pkwy Ste 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 St
Syracuse, NY 13210 315-464-5831

Gender care youth up to 21

Waitlist 6-9 months

University of Rochester

Department of Adolescent Medicine

Gender Health Services

601 Elmwood Avenue Box 690
Rochester, NY 14642
585-275-2964

Gender care

WellBeing Pediatrics

Ithaca, NY
607-602-2083

Primary Care

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 Dr
Oneida, NY 13421
315-363-9380

Dr. Maureen Burke

725 Irving Ave Ste 600
Syracuse, NY 13210
315-464-5162
Hysterectomies

Hair Removal

Electrolysis Professionals

218 Luddington St
Syracuse, NY 13206
www.electrolysisprofessionalscny.com
315-431-9580

A Soothing Touch Laser Hair Removal

2150 Oriskany Street West
Utica, NY 13502
315-792-7606

Smart Choice Electrolysis

4955 West Taft Rd
Liverpool, NY 13088
315-802-8466

Gender-Affirming Hair Removal Grants

<https://translifeline.org/microgrants/gender-affirming-hair-removal/>

Milan Laser Hair Removal

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

www.pointofpride.org/electrolysis-support-fund

Voice Therapy

**Voice and Communication
Modification Program for
People in the Transgender
Community**

Ewing Clinic, Ithaca College
202 Smiddy Hall
Ithaca, NY 14850
607-274-3714

Kin Maynard, Voice Coach

kmaynard@gm.slc.edu

www.kinmaynard.com

Joy Musser

Rochester, NY

www.mussertherapies.com

Teletherapy only

Recommended Surgeons

Dr. Joseph Alukal

Columbia Univ. Irving Medical Center
161 Fort Washington Ave
New York, NY 10032
212-305-0114
Bottom surgery for transfeminine patients

Rachel Bluebond-Langner

NYU Langone Plastic Surgery Associates
222 East 41st St, 7th Fl
New York, NY 10017
646-501-4449
Gender affirming surgeries

Dr. Mark Courey

Mount Sinai
New York, NY
212-241-9425
Tracheal shave, transfeminine vocal surgery

Dr. Anthony Deboni

CNY Surgery Center
5898 Bridge St
Syracuse, NY 13057
315-663-0112
Breast augmentation or removal

Dr. Frank Fang

Mount Sinai
5 E 98th St Fl 15
New York, NY 10029
212-241-5873
Top surgery

Dr. Alexes Hazen

Trans-Forming Body & Mind
New York, NY 10017
917-301-6563
Top surgery, facial feminization

Dr. Alireza Hamidian Jahromi and

Dr. Laura Douglass

Temple Health
Philadelphia, PA
215-707-3933
FFS, bottom surgery for transfeminine patients

Dr. Elizabeth Lax

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

Dr. Keith Livingston

East Coast Advanced Plastic Surgery
200 S Orange Ave #295
Livingston, NJ 07039
201-449-1000

Dr. Christine McGinn

Gender Wellness Center Papillon
4 Gazebo Pl Ste 43
New Hope, PA 18938
215-693-1199
*Gender confirmation surgery,
counseling, hormones, hair removal*

Dr. Daniel Medalie

Cleveland Plastic Surgery
25700 Science Park Dr Ste 190
Beachwood OH, 44122
216-393-9924

Dr. Ade Obayemi

SUNY Upstate Otolaryngology
Syracuse, NY
315.329.7350
Facial feminization

Dr. Deana Paley

Samaritan Plastic Surgery
629 Washington St
Watertown, NY 13601
315-755-3650

Dr. Vito Quatela

Quatela Center for Plastic Surgery
Rochester, NY
585-577-5253
*Facial feminization (soft tissue procedures only:
rhinoplasty, lip lift, etc)*

Dr. Christina Rohde

Columbia Univ. Irving Medical Center
161 Fort Washington Ave Ste 5-506
New York, NY 10032
212-342-3707
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

Transgender Surgical Program

Massachusetts General Hospital
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

Point of Pride

Free chest binders

www.pointofpride.org

Gc2b

www.gc2b.co

Unclockable

Tucking kits

<https://unlockable.com/>

Underworks

www.underworks.com

Tuck Buddies

www.etsy.com/shop/TuckBuddies

TomboyX

binders, tucking underwear

<https://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

Leolines

Underwear and swimwear for
trans women and girls

www.etsy.com/shop/LeoLines

Flavnt Street wear

www.flavnt.com

Old Navy

Gender neutral line

www.oldnavy.gap.com

Rubies

Underwear and swimwear for trans girls

www.rubyshines.com

Culturally Competent Hair Stylists/ Barber

Cliptomania Salon

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

Moments Enchanted Salon & Day Spa

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

Westcott Barber

James Cavanaugh

713 Westcott St
Syracuse, NY 13210
<http://westcottbarbershop.com/>
(315) 308-0719

Inclusive Faith Communities

All Saints Church

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

May Memorial Unitarian Universalist Society

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

All Souls UU Church

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

Plymouth Congregational Church

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

First Unitarian Universalist Society of Syracuse

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

University United Methodist Church

324 University Ave or
1085 East Genesee St
Syracuse, NY 13210
315-475-7277

Grace Church

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

Westminster Presbyterian Church

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

Hendricks Chapel at Syracuse University

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.

315-863-4539

CNY Pride

Serves the Central New York LGBTQ community and their allies

315-210-8690

Identity

Identity is a youth center for teens and young adults ages 13-24

206 State St

Binghamton, NY 13901

607-651-9120

www.idyouth.org

Madison County LGBTQIA Network at BRIDGES

Seeks 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.

www.madcolgbtqia.org

Oneida County Pride Association

oneidacountypride@gmail.com

PFLAG Oswego County

Oswego County Opportunities Inc.

Contact Debbie Danby: 315-342-7532 Ext 1603

ddaby@oco.org

SAGE Upstate

Promotes health and well-being of older LGBTQ adults and allies

431 East Fayette St

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

132 Schine Student Center

Syracuse, NY 13244

315-443-0228

<https://ese.syr.edu/lgbtq>

The Center

Seeks to create a visible and empowered community through education, advocacy, resource enhancement, and linkages to essential services for all LGBTQ-identified people, as well as their families and supportive community members

73 Main St

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

Gender Spectrum

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

<https://genderspectrum.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.

www.glsen.org

Point Of PRIDE

Life- Changing access. Life-saving affirmation. Provides Financial aid and direct support to trans folks in need of health and wellness care.

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

Transparenting in CNY

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

www.facebook.com/transparenting/

TYFA Trans Youth Family Allies

Helping children and families with gender identity and expression

www.imatyfa.org/

888-462-8932

Crisis Support

Liberty Resources Crisis Services

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

Trans Life Line

Grassroots hotline offering direct emotional and financial support to trans people in crisis – for the trans community, by the trans community.
www.translifeline.org
877-565-8860

The Trevor Project

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

Legal Aid

Volunteer Lawyers Project of Onondaga County

221 South Warren St Ste 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 St Ste 200
Rochester, NY 14614
585-295-5721

Human rights laws, name and document changes

Just Roots Consulting

Milo Primeaux, Esq (he/him)
PO 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 if you have had a negative experience with a provider listed above, please contact:

Karen Fuller

Kfuller@acrhealth.org

315-475-2430 ext 2412

For those who wish to use this as a foundation for making your own agency's resource guide, we ask that you credit The Q Center for any information taken from this guide.

