

LGBTQ+/Transgender Resources										
List compiled by Deschutes County Health Services staff. Availability and contact information may have changed. DCHS does not endorse any particular provider. Last Updated 5/13/20										
Clinicians	License	Pronouns	Address/Business	City	Contact	Insurance	Sliding Scale	Other Languages	Ages	Notes
Melissa Adams	LCSW		325 NW Vermont Place Suite 105	Bend/Redmond	541.833.9131	Providence, BCBS, United, Optum, OHP, DMAP			All	Evenings & Weekends Available
Kyle Ahlf	PsyD, LPC	He/Him/His	516 SW 13th Street Suite 201	Bend	541.640.3031	OHP & Pacific Source	Yes		All	Evenings & Weekends Available, Psychological Evaluations
Lisel Flansworth	LPC		131 NW Hawthorne Avenue Suite 210	Bend	541.205.0209	BCBS, EBMS, First Choice, Pacific Source, UMR			16+	
Trudy Godat	LPC, CADC		131 NW Hawthorne Avenue Suite 108	Bend	541.977.4023				Adolescents & Adults	
Sydney Goldstein	MSW	She/Her/Hers	1012 SW Emkay Drive	Bend	541.728.4311	BCBS, MODA, First Choice, Pacific Source, Lifewise, Reliant, MIENet			13+	
Mariya Hammond	LPC		223 SE Davis Avenue	Bend	541.205.0949	First Choice, OHP, Pacific Source	Yes		Adult	
Kristina James	LMFT		1011 SW Emkay Drive	Bend	541.323.3477	Most Insurance			Adolescents & Adults	
Barbara Jenkins-Lehman	MS	She/Her/Hers			541.248.2953/541.390.6138	Cash	Yes		14+	
Susan Kolb	LPC		1468 NW Elgin Avenue	Bend	541.550.8008					
Heather Laurie	LCSW		1011 SW Emkay Drive	Bend	541.604.0262		Yes		All	
Kathy Lawrence	LCSW	She/Her/Hers	OSU Cascades	Bend	541.322.3162					
Mo Mitchell	LPC	She/Her/Hers	400 SW Bluff Drive Suite 200	Bend	541.550.8901	Most Insurance			16+	
Dara Pearson	LPC		29 NW Greenley Avenue	Bend	541.390.3075		Yes			
Rita Schenkelberg	PhD	She/Her/Hers	1375 NW Kingston Avenue	Bend	541.383.5958				Youth	
Linda Schrader	PsyD	She/Her/Hers	754 NW Broadway Street Suite 208	Bend	541.419.3949	Out of Network			18+	
Michelle Shawver	PsyD	She/Her/Hers	45 NW Park Place	Bend	541.508.7746	First Choice & Pacific Source	Limited		18+	
Madelein Simmons	RN	She/Her/Hers	1012 SW Emkay Drive	Bend	541.330.1975	BCBS, MODA, Pacific Source			15+	
Amelia Smith	PsyD	She/Her/Hers	1345 NW Wall Street Suite 303	Bend	541.819.0706	OHP & Pacific Source		Spanish	4+	
D'Arcy Swanson	LPC	He/Him/His	233 SW Wilson Avenue Suite 2	Bend	541.419.3947	Out of Network			15+	
Rick Synowski	CADC	He/Him/His	Best Care	Madras	541.475.6575	All	Yes		16+	
Anna Theford	LPC		761 NW Franklin Avenue Suite 100	Bend	541.205.4334/541.390.8655	Aetna, First Choice, Medicaid, PSCS, Pacific Source, Reliant, UMR	Yes		All	
Therese Thompson	LPC		2955 N Hwy 97 Suite 104	Bend	541.678.8287	OHP, Pacific Source, Medicaid, Medicare	Yes		Children & Adolescents	
Alicia Vani	LCSW	She/Her/Hers	400 SW Bluff Drive Suite 200	Bend	541.301.6146	OHP, Pacific Source, First Choice, MODA, BCBS, Most Private			4+	
<b>Behavioral Health Consultants</b>										
Sierra Groenewold	LPC	She/Her/Hers	BMC/Summit	Bend						
Fred Kane			Mosaic Medical	Madras	541.383.3005	OHP, Medicare, Tricare, Triwest, Most Private				
Lindsay Overstreet	LCSW	She/Her/Hers	Mosaic Medical, Bend High/Ensworth	Bend	541.383.3005	OHP, Medicare, Tricare, Triwest, Most Private			≤ 21	
Scott Safford	PhD	He/Him/His	St. Charles	Bend	541.706.4800	All			All	
Lacey Sheppard	LCSW	She/Her/Hers	BMC/Summit	Bend	541.382.2811					
Shilo Tippett	PsyD	She/Her/Hers	St. Charles	Madras	541.475.4800	OHP, Medicare, Tricare, Triwest, Most Private				
<b>Psychologists</b>										
Kyle Ahlf	PsyD, LPC	He/Him/His	Peak Wellness Services	Bend	541.640.3031	OHP & Pacific Source	Yes			Evenings & Weekends
Rebecca Scraftford	PsyD		St. Charles PEDAL Clinic	Bend	541.706.6843	Most Insurance	Yes		≤ 26	Need referral from PCP for evaluation
<b>Primary Care Providers</b>										
						Initiate & Manage Pubertal Suppressants/Hormone therapy				
Heather Barr	FNP		Mosaic Medical	Bend						
Erika Beard-Irvine	MD		325 NW Vermont Place Suite 105	Bend	541.241.6371	Yes/Yes			Pediatrics	
Adalie Beckley	PA-C		St. Charles	Madras	541.475.4800				All	
Carrie Day	MD		High Lakes Health Care	Bend	541.389.7741				Pediatrics	Internal Medicine
Logan Clausen	MD		CDPA	Bend	541.389.6313			Spanish	Pediatrics - Birth to 19	
Mckenzie Dean	DO	She/Her/Hers	St. Charles	Bend	541.706.5935	Yes/Yes			All	Family Medicine
Erin Garza	MD		CDPA	Bend/Redmond	541.389.6313				Pediatrics - Birth to 19	
Kerry Gillette	PA-C	She/Her/Hers	Mosaic Medical	Bend	541.383.3005	No/Yes			16+	Family Medicine
William "Beau" Gilmore	MD		Mosaic Medical	Bend	541.383.3005				Pediatrics	
Jami Heyting	ND	She/Her/Hers	818 SW Forest Avenue	Redmond	541.316.0468	Yes/Yes			All	Naturopathic Medicine
Megan Karnopp	MD		CDPA	Bend	541.389.6313				Pediatrics - Birth to 19	
Mara Kevan	DAOM	She/Her/Hers	Inspired Health Integrative & Functional Medicine Center	Bend	541.312.9838				All	Acupuncturist/Herbalist
Lisa Kuettle	FNP	She/Her/Hers	Mosaic Medical/Mobile	Bend/Mobile	541.383.3005	No/Yes			All	
Jennifer Lachman	MD		CDPA	Bend	541.389.6313				Pediatrics - Birth to 19	
Jessica LeBlanc	MD		Mosaic Medical	Bend	541.383.3005	No/Yes			All	Family Medicine
Brenna Lewis	MD, FAAP		Mosaic Medical	Bend	541.383.3005	Yes/Yes			Pediatrics - Birth to 21	
Jasmine Lowe			Mosaic Medical	Bend	541.383.3005	No/Continue Only			All	
Leslie McCalister	MD	She/Her/Hers	St. Charles	Madras	541.475.4800	Yes/Yes			All	Family Medicine
Elie Millan	FNP		Mosaic Medical	Bend	541.383.3005	Yes/Yes			Pediatrics - Birth to 19	
Jessica Morgan	MD		High Lakes Health Care	Bend	541.389.7741				All	Family Medicine
Matt Mullane	MD		Mosaic Medical	Redmond	541.383.3005	No/Yes			All	Family Medicine
Patricia Newman	NP		6298 O B Riley Road Suite 16	Bend	541.318.0178					Family Medicine
Melissa Olin			Mosaic Medical	Bend	541.383.3005	No/Continue Only				
John Peoples	MD		CDPA	Bend/Redmond	541.389.6313			Spanish	Pediatrics - Birth to 19	
Dana Perryman	MD		CDPA	Bend/Redmond	541.389.6313	Yes/Yes		Spanish	Pediatrics	
Mark Press	FNP		Mosaic Medical	Bend	541.383.3005				All	Family Medicine
Kerie Raymond	ND	She/Her/Hers	Hawthorne Healing Arts Center	Bend	541.300.0334	Yes/Yes			All	Naturopathic Medicine
Debbie Rief Adams	FNP	She/Her/Hers	St. Charles	Bend	541.382.4321	Yes/Yes			All	
Sarah Serrano	MD		St. Charles	Bend	541.706.5935				Adolescents & Adults	Internal Medicine
Jillian Schroeder	MD		Mosaic Medical	Bend	541.383.3005	No/Continue Only			Adults	
Brian Sullivan	MD		Mosaic Medical	Redmond	541.383.3005	No/Continue Only				
Kari Tye	MD	She/Her/Hers	Mosaic Medical	Bend	541.383.3005	No/Yes		German	All	Family Medicine
Elizabeth Winters			Mosaic Medical	Bend	541.383.3005	No/Yes				
Colette Whelan	RN	She/Her/Hers	St. Charles	Bend	541.475.4800	Yes/Yes			All	Family Medicine
Angelina Zamboni	FNP	She/Her/Hers	St. Charles	Slivers	541.475.4800			Spanish	Birth to 14	
<b>Specialty Care Providers</b>										
						Initiate & Manage Pubertal Suppressants/Hormone therapy				
Melissa Adams	WHCNP		East Cascades Women's Group	Bend	541.389.3300					Obstetrics/Gynecology Reproductive Health
Mary Carroll	MD		Bend Memorial Clinic	Bend	541.382.2811					Endocrinology
Natalie Hoshaw	MD		St. Charles Center for Women's Health	Redmond	541.526.6635					Obstetrics/Gynecology Reproductive Health
Andrew Higgins			2450 NE Mary Rose Place Suite 205	Bend	541.749.7000					Breast and General Surgery
Carrie McGuigan	NP	She/Her/Hers	Planned Parenthood	Bend	888.875.7820	No/Yes				Willing to write letter of support
Elizabeth Murrill	MD	She/Her/Hers	St. Charles Center for Women's Health	Redmond	541.526.6635	Yes/Yes				Obstetrics/Gynecology Reproductive Health - Hysterectomy
<b>Other Service Providers - Cosmetic, Case Management, and/or School-based</b>										
Tana Anderson					541.233.6619					Electrolysis
Traci Benjamin					541.318.3436					Electrolysis
Michele Gembury	BSN, Med	She/Her/Hers		Bend	541.322.7601					Case Management - Co-Cox RN
Alicia Covell	Eds	She/Her/Hers			541.390.5436					School Psychologist - Bend/La Pine Schools
Alli Strickland					847.254.7336			Spanish	5 to 14	Hair & Makeup Artist
<b>Community Mental Health Clinics</b>										
Deschutes County Behavioral Health			2577 NE Courtney Drive	Bend/La Pine/Redmond	541.322.7500				All	
Lutheran Community Services			2330 NE Division Street Suite 98	Bend/Prineville	541.323.5332				All	
OSU Cascades Counseling Clinic			650 SW Columbia Suite 7100	Bend	541.322.2047				All	
St. Charles Behavioral Health			2542 NE Courtney Drive	Bend/Redmond	541.706.2768				All	
<b>Community Support Groups</b>										
Queer Youth Space			1340 NW Wall Street	Bend	<a href="http://www.facebook.com/Transgenderinbendcentral">www.facebook.com/Transgenderinbendcentral</a>	SPM to 7PM every 3rd Tuesday of each month			13 to 20	For all LGBTQ+ identified youth & allies - Human Dignity Coalition

Parents of Transgender Children Support Group	1340 NW Wall Street	Bend		5PM to 6:30PM every 3rd Tuesday of each month	Peer initiated/volunteer run support group - discussions on education, struggles, and ideas of their child's journey and transition
Parents, Families, & Friends of Lesbians and Gays (PFLAG) Central Oregon Chapter	60850 Brosterhouse Road	Bend	<a href="https://pflagcentraloregon.webs.com">https://pflagcentraloregon.webs.com</a>	6:30PM to 8PM every 2nd Tuesday of each month	Nativity Lutheran Church
PFLAG	49 NE 12th Street	Madras		6:30PM to 8PM Last Thursday of each month	Madras United Methodist Church
PFLAG	175 NE Meadow Lakes Drive	Prineville	541.728.3843 - pflagcentraloregon@gmail.com		Crook County Library - Juniper Room
Adult Transgender Peer Support Group			<a href="mailto:james@humandignitycoalition.org">james@humandignitycoalition.org</a>		Peer-led support group for transgender identified adults

LGSTQ Advocacy & Community Groups	Description				
Human Dignity Coalition	Human Dignity Coalition (HDC) works to advance and safeguard human rights. We promote equality for the lesbian, gay, bisexual, transgender, queer, (LGBTQ) and allied community in Central Oregon.  By meeting people where they are and collaborating with others, PFLAG realizes its vision through: support for families, allies and people who are LGBTQ; education for ourselves and others about the unique issues and challenges facing people who are LGBTQ; advocacy in our communities to change attitudes and create policies and laws that achieve full equality for people who are LGBTQ.  This meet up group was created as a way to schedule outings and gatherings for gay, lesbian, bisexual, and transgender Central Oregonians and their families. We have started this group and are hoping that others of you out there will add your own gatherings, happy hours, picnics, book clubs, concerts, and outdoor activities. We hope that newcomers to our community can find ways to connect and get to know one another. Welcome! Do you have something in mind? Schedule a Meeting! Student led clubs are leading the work to create safe and LGBTQ inclusive schools. Find out how to start a GSA, get free resources to support your GSA's work, take part in the Day of Silence, Ally Week, and No Name Calling Week, and join the national network of more than 6,500 GSAs by registering your student club today.	<a href="https://humandignitycoalition.org/">https://humandignitycoalition.org/</a>			Parents seeking support can email: <a href="mailto:parentsupport@humandignitycoalition.org">parentsupport@humandignitycoalition.org</a> . Individuals having any questions about Trans: <a href="mailto:trans@humandignitycoalition.org">trans@humandignitycoalition.org</a>
PFLAG			<a href="http://pflagcentraloregon.webs.com/">http://pflagcentraloregon.webs.com/</a>		
OUT Central Oregon: LGBTQ			Facebook or Meetup		
Gay Straight Alliance			<a href="https://www.gsaen.org/participate/student-actor-club">https://www.gsaen.org/participate/student-actor-club</a>		

Affirming & Inclusive Places of Worship					Statement of Inclusivity
Nativity Lutheran Church	60850 Brosterhouse Road	Bend	541.388.0765		It's very important to us that whoever you are, you know you are welcome now, just as you are- and we won't change our mind about you next week! Nativity welcomes and fully includes straight, lesbian, gay, bi, trans, queer, intersex and asexual folks. We welcome and include minorities and majorities, black and white, documented and undocumented, rich and poor, formally educated and informally educated. We hope to include you, even if you have a hard time believing it!
Trinity Episcopal Church	469 NW Wall Street	Bend	541.382.5542		
Unitarian Universalist Fellowship of Central Oregon	61980 Skyline Ranch Road	Bend	541.385.3908		UUF/CO is a Welcoming Congregation. All people and families are welcome here. The Welcoming Congregation Program is a program for Unitarian Universalist congregations that have taken steps to become more inclusive of gay, lesbian, bisexual, and transgender people.
Bend Church	680 NW Bond Street	Bend	541.382.1672		We are Bend Church, United Methodists of all sexual orientations and gender identities making disciples of Jesus Christ for the transformation of the world. We have open mind, open hearts, and open doors. This congregation tries hard to make a safe place for everyone to ask questions about God. None of us has it all together. We all need the grace of Jesus Christ.  Our programs and services are open to every one. We do not discriminate on the basis of race, religion, color, gender identity or gender expression, age, national origin (ancestry), disability, marital status or sexual orientation. We are committed to providing an inclusive and welcoming environment for every one. Our Christian faith inspires this ministry, but we do not impose our faith on anyone or assume faith for anyone, we practice Spacious Christianity.
First Presbyterian Bend	230 NE 9th Street	Bend	541.382.401		