Transgender Care Directory
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In order to provide more care options for our patients, providers may be included in this directory who are not employed by Carle. Those providers have volunteered to be a resource for our community and are not controlled, screened or reviewed by Carle. Providers may request to be added to this directory by contacting Carle.Experience@carle.com.
Primary Care, Preventive Health and Special Health Concerns

Primary Care:

General Primary Care, Preventive Health Screenings, PrEP (Pre-Exposure Prophylaxis for HIV), Basic Dermatology and Acne Care

Carle Health offers you access to primary care providers throughout central Illinois. We hold them to a high standard for caring for you in a gender-inclusive, respectful way. Please visit carle.org/find-a-doctor to find a primary care provider near you.

The primary care providers listed below offer some gender-affirming services in addition to general primary care.

Carle Champaign on Curtis Adult Medicine
Pete Yunyongying, MD*
1701 W. Curtis Rd., Champaign, IL, 61822
(217) 365-6207

Carle Urbana Family Medicine Residency Clinic
Christopher Veal, MD*
601 W. University Ave., Urbana, IL, 61801
(217) 383-3170

Carle Olney Family Medicine and OB-GYN
Paige Clayton, MD*
363 N. West St., Olney, IL, 62450
(618) 392-9400

Carle Mobile Health Clinic
Family Medicine Walk-In Care
Serving Communities in Champaign*, McLean and Vermilion Counties
View upcoming times and locations at carle.org/MobileHealthClinic.
(217) 365-7928

Other Providers in the Community:

HSHS Mattoon Family Medicine
Bernie Ranchero, MD*
101 Coles Centre Dr. 100, Mattoon, IL, 61938
(217) 234-5110

Bloomington Primary Care
Adam Houghton, MD*
Katelynne Sitton, APRN*
9 Heartland Dr., Bloomington, IL, 61704
(309) 663-7642

Grounded Serpent Family Practice
Katie Brown, MD
Virtual and Home Visits in the Champaign-Urbana Area
Website: gsdpc.com

Integrated Wellness
Kiryn Evans, FNP-C*
8305 N. Allen Rd., Suite 7, Peoria, IL, 61615
(217) 491-0355

Positive Health Solutions
Lynessa Alonso, MD*
Ashley Fischer, MD*
Amy Gregory, APN*
Ron Lombard, DPN, APN*
222 NE Monroe St., Suite 904, Peoria, IL, 61602
(309) 671-8457

*Provider sees patients under 18. Medical services require parental consent.
Urology:
Urinary Concerns, Prostate Screening

Carle Urbana South Clinic Urology
Michelle Dellorso, APRN*
601 W. University Ave., Urbana, IL, 61801
(217) 383-3160

OB-GYN:
Menstrual Concerns/Menstrual Suppression; Preventive Health Screenings for Cervix, Uterus, Ovaries

Carle Urbana South Clinic OB-GYN
Jeremy Johnson, MD, FACOG*
Catherine Keller, MD*
I. Olusayo Oshogwemoh, DO, FACOG*
601 W. University Ave., Urbana, IL, 61801
(217) 383-3140

Carle Nurse Midwives
Stephanie Gordon, CNM*
Vanessa Grafton, CNM*
Hannah Lake-Rayburn, CNM*
Carissa Swiatek, CNM*
611 W. Park St., Lower Level, Urbana, IL, 61801
(217) 383-6434

Carle OB-GYN Residency Clinic*
611 W. Park St., Lower Level, Urbana, IL, 61801
(217) 383-3140, Option #4

Carle Champaign on Curtis Gynecology
Beverly London, MD*
1701 W. Curtis Rd., Champaign, IL, 61822
(217) 365-6208

Carle Mattoon on Hurst OB-GYN
Jeremy Johnson, MD, FACOG*
Stephanie Gordon, CNM*
Vanessa Grafton, CNM*
2512 Hurst Dr., Mattoon, IL, 61938
(217) 258-5900

Carle Rantoul
Vanessa Grafton, CNM*
1540 E. Grove St., Rantoul, IL, 61866
(217) 893-7700

Carle Olney Family Medicine and OB-GYN
Paige Clayton, MD*
363 N. West St., Olney, IL, 62450
(618) 392-9400

Other Providers in the Community:

Affinity Women’s Health Care
Susan Catt, MD*
5401 N. Knoxville Ave., Suite 304, Peoria, IL, 61614
(309) 966-3862

Christie Clinic OB-GYN
Lindsay Bustle, CNM*
Laura Harriger, APRN*
Tamara Helfer, MD*
Cathy Hinton, CNM*
Laura Muehling, CNM*
Sarah Shoemaker, CNM, DNP*
Annelise Smith, CNM*
101 W. University Ave., Champaign, IL, 61820
(217) 366-1255

HSHS Mattoon Family Medicine
Bernie Ranchero, MD*
101 Coles Centre Dr. 100, Mattoon, IL, 61938
(217) 234-5110

Bloomington Primary Care
Adam Houghton, MD*
Katelynne Sitton, APRN*
9 Heartland Dr., Bloomington, IL, 61704
(309) 663-7642

Dermatology:

Christie Clinic Dermatology
Caitlyn Foote, MD*
Eleni Moraites, MD*
101 W. University Ave., Champaign, IL, 61820
(217) 366-1248

*Provider sees patients under 18. Medical services require parental consent.
Hormone Therapy – Informed Consent Model

Gender-Affirming Hormone Therapy:

Carle Champaign on Curtis Adult Medicine
Pete Yunyongying, MD*
1701 W. Curtis Rd., Champaign, IL, 61822
(217) 365-6207

Carle Champaign on Curtis Gynecology
Beverly London, MD
1701 W. Curtis Rd., Champaign, IL, 61822
(217) 365-6208

Carle Urbana Family Medicine Residency Clinic
Christopher Veal, MD*
601 W. University Ave., Urbana, IL, 61801
(217) 383-3170

Carle Olney Family Medicine and OB-GYN
Paige Clayton, MD*
363 N. West St., Olney, IL, 62450
(618) 392-9400

Carle Urbana South Clinic OB-GYN
Catherine Keller, MD*
601 W. University Ave., Urbana, IL, 61801
(217) 383-3140

Other Providers in the Community:

Grounded Serpent Family Practice
Katie Brown, MD
Virtual and Home Visits in the Champaign-Urbana Area
Website: gsdpc.com

Pubertal Suppression Therapy:

Other Providers in the Community:

Positive Health Solutions
Lynessa Alonso, MD*
Ashley Fischer, MD*
222 NE Monroe St., Suite 904, Peoria, IL, 61602
(309) 671-8484

Integrated Wellness
Kiryn Evans, FNP-C*
8305 N. Allen Rd., Suite 7, Peoria, IL, 61615
(217) 491-0355

Positive Health Solutions
Lynessa Alonso, MD*
Ashley Fischer, MD*
Amy Gregory, APN*
Ron Lombard, DPN, APN*
222 NE Monroe St., Suite 904, Peoria, IL, 61602
(309) 671-8484

Planned Parenthood of Illinois
Bloomington, Champaign, Decatur, Peoria, Springfield
(877) 200-7745
PlannedParenthood.org/Planned-Parenthood-Illinois

Christie Clinic Endocrinology
Surina Kumar, MD
1801 W. Windsor Rd., Champaign, IL, 61822
(217) 366-4407

HSHS Mattoon Family Medicine
Bernie Ranchero, MD
101 Coles Centre Dr. 100, Mattoon, IL, 61938
(217) 234-5110

Elliott Counseling Group
Taysha Ryan, APRN
105 8th St., Mattoon, IL, 61938
309 W. Clark St., Champaign, IL, 61820
(217) 398-9066

Bloomington Primary Care
Adam Houghton, MD*
Katelynne Sitton, APRN*
9 Heartland Dr., Bloomington, IL, 61704
(309) 663-7642

Lurie Children’s Hospital Gender Development Program
Chicago, IL
LurieChildrens.org/en/Specialties-Conditions/
Gender-Identity-Children
(800) 543-7362

Washington University Transgender Center
St. Louis, MO
StLouisChildrens.org/Conditions-Treatments/Transgender-Center
(800) 678-5437

*Provider sees patients under 18. Medical services require parental consent.
Behavioral Health

Psychotherapy:
In-Person or Virtual Counseling for Mental Health Concerns Such as Gender Dysphoria, Anxiety and Depression

Carle Behavioral Health – Psychology
Maggie Johnson, LCSW
Jeanie Mickelsen, LCPC*
Beth Wagner, LCPC, ATR*
1802 S. Mattis Ave., Champaign, IL, 61821
(217) 365-2855

Carle Champaign on Curtis Family Medicine
Jacqueline Henrichs, LCSW
Short-Term Therapy in Conjunction with Primary Care Services
1701 W. Curtis Rd., Champaign, IL, 61822
(217) 365-6201

Carle BroMenn Behavioral Health
Paula Allee-Smith, PhD*
Sherry Brendalen, LCPC*
Cheri Miller, PsyD
Jody Paultney, LCSW*
J (Judy) Ronan Woodburn, PhD
3024 E. Empire St., Bloomington, IL, 61704
(309) 556-7800

Carle Mattoon on Hurst
Krista Taylor, LCPC*
2512 Hurst Dr., Mattoon, IL, 61938
(217) 258-5900

Carle Behavioral Health – Methodist
Lori Mayo, LCSW*
Michelle Valentine, LCSW*
Methodist Atrium
900 Main St., Suite 400, Peoria, IL, 61602
(309) 672-3100

Carle Health Methodist Hospital
221 NE Glen Oak Ave., 7 West, Peoria, IL, 61636
(309) 672-5609

Other Providers in the Community:
Keri Powell Therapy
Diane Alexander, PsyD
Anna Asplund, LCSW*
Logan Lehmann, LSW
Ashley Lucas, LCSW
James Wachtel, LCPC
2125 S. Neil St., Champaign, IL, 61820
41 E. University Ave., Suite 301, Champaign, IL, 61820
(217) 352-0200

Nicholas Bridgett, LCSW
209 W. University Ave., #101, Champaign, IL, 61820
(217) 417-6432

Elliott Counseling Group
Katrina Halfaker, LSW*
Tyler Koonz, LSW*
Mariza Rodriguez, LCSW* (Spanish and English Speaking)
Molly McLay, LCSW* (Virtual Only)
309 W. Clark St., Champaign, IL, 61820
(217) 398-9066

Birch Tree Counseling and Consulting, LLC
Anita Hoon-Wantland, PhD
2506 Galen Dr., Suite 103, Champaign, IL, 61821
(217) 398-0744

Jane Reid, MSW
116 N. Chestnut St., Suite 214, Champaign, IL, 61820
(217) 419-9852

Cooper Counseling
Mx Gabi Cooper, MSW, LCSW
1806 Woodfield Dr., Savoy, IL 61874
(217) 607-7364

The Center for Youth and Family Solutions
Jessica Bell, MSW*
1315A Curt Dr., Champaign, IL, 61821
(217) 352-5179

Jordan Schaefer, MSW*
502 S. Morris Ave., Bloomington, IL, 61701
(309) 820-7616

Two Roads Wellness Clinic
Tywon Gouard, LPC
3545 N. Vermilion St., Danville, IL, 61832
(217) 651-6801

Balanced LLC
Amy Braman, LCSW*
100 Hillcrest Dr., Suite C, Washington, IL, 61571
(309) 444-2800

Renae Miller Counseling, PLLC
Renae Miller, MFT, LCPC*
7501 N. University St., Suite 131, Peoria, IL, 61614
(309) 306-1173

*Provider sees patients under 18. Medical services require parental consent.
Behavioral Health

Psychiatry:

Psychiatric Medication Management

Carle Behavioral Health – Psychiatry
Lisa ‘Annette’ Ellingwood, APRN*
Mary Kiesewetter, APRN
Bradley Thompson, APRN
1802 S. Mattis Ave., Champaign, IL, 61821
(217) 365-2855

Carle BroMenn Behavioral Health
Kristin Paul, NP
3024 E. Empire St., Bloomington, IL, 61704
(309) 556-7800

Carle Behavioral Health – Methodist
Keila Sierra-Cintron, MD*
Carle Health Methodist Atrium
900 Main St., Suite 400, Peoria, IL, 61602
(309) 672-3100

Carle Health Methodist Hospital
221 NE Glen Oak Ave., 7 West, Peoria, IL, 61636
(309) 672-5609

Carle BroMenn Child Psychiatry
Burgundy Johnson, DO*
Virtual Visits Only
(309) 556-7800

Other Providers in the Community:

Elliott Counseling Group
Taysha Ryan, APRN
105 8th St., Mattoon, IL, 61938
309 W. Clark St., Champaign, IL, 61820
(217) 398-9066

Aesthetics: Skin Care and Hair Removal

Other Providers in the Community:

Christie Clinic Dermatology – Cosmetic Suite
Stephanie Cwik, Licensed Esthetician*
101 W. University Ave., Champaign, IL, 61820
(217) 366-2600

*Provider sees patients under 18. Medical services require parental consent.
Gender-Affirming Therapy

Physical Therapy:

Primary and Preventive Physical Therapy; Bladder, Bowel and Sexual Dysfunction Therapy for All Genders

Carle Urbana North Annex Therapy Services
Chelsea Hartman, PT*
810 W. Anthony Dr., Urbana, IL, 61802
(217) 383-3400

Other Providers in the Community:

Christie Clinic Physical Therapy, Pelvic Health PT
Jasmine Evans, PT, DPT, WCS*
101 W. University Ave., Champaign, IL, 61820
108 Robinson St., Danville, IL, 61832
(217) 366-1323

Voice Training:

Other Providers in the Community:

University of Illinois*
Audiology and Speech-Language Pathology Clinic
Clarion Mendes, MA, CCC-SLP/L
2001 S. Oak St., Suite B, Champaign, IL, 61820
(217) 333-2205
WPATH Member

Illinois State University*
Eckelmann-Taylor Speech and Hearing Clinic
508 Dry Grove St., Normal, IL, 61761
(309) 438-8641
WPATH Member
Harmonic Speech Therapy
Courtney Pruitt, MS, CCC-SLP*
Virtual Visits Only
(512) 649-4642

*Provider sees patients under 18. Medical services require parental consent.
Surgical Services and Recovery

Before authorizing a gender-affirming surgery, insurance companies usually require letters of support from a hormone prescriber and one or two mental health providers. The large regional centers in Chicago, St. Louis and Iowa City may also ask for these letters before scheduling a surgery consultation.

Gender-Affirming Top Surgery:

Carle at The Fields Plastic and Reconstructive Surgery
Victor Stams, MD
3105 Fields South Dr., Champaign, IL, 61822
(217) 902-7527

Other Providers in the Community:
Rashid Plastic Surgery
Khurram Rashid, MD*
804 W. Trailcreek Dr., Peoria, IL, 61614
(309) 670-0700

Facial Feminization Surgery:

Carle at The Fields Plastic and Reconstructive Surgery
Victor Stams, MD
3105 Fields South Dr., Champaign, IL, 61822
(217) 902-7527

Carle at The Fields Oral and Maxillofacial Surgery
Ashley Manlove, DMD, MD
3105 Fields South Dr., Champaign, IL, 61822
(217) 902-6637

Gender-Affirming Hysterectomy:

Carle Urbana South Clinic OB-GYN
Jeremy Johnson, MD, FACOG
I. Olusayo Oshogwemoh, DO, FACOG
Catherine Keller, MD
601 W. University Ave., Urbana, IL, 61801
(217) 383-3140

Carle OB-GYN Residency Clinic
611 W. Park St., Urbana, IL, 61801
(217) 383-3140

Other Providers in the Community:
Affinity Women’s Health Care
Susan Catt, MD
5401 N. Knoxville Ave., Suite 304, Peoria, IL, 61614
(309) 966-3862

Christie Clinic OB-GYN
Tamara Helfer, MD
101 W. University Ave., Champaign, IL, 61820
(217) 366-1255

*Provider sees patients under 18. Medical services require parental consent.
Post-Surgical Rehab: Pelvic Floor Therapy:

Carle Urbana North Annex Therapy Services
Chelsea Hartman, PT
810 W. Anthony Dr., Urbana, IL, 61802
(217) 383-3400

Other Providers in the Community:
Christie Clinic Physical Therapy, Pelvic Health PT
Jasmine Evans, PT, DPT, WCS
101 W. University Ave., Champaign, IL, 61820
108 Robinson St., Danville, IL, 61832
(217) 366-1323

Post-Surgical Rehab: Lymphedema Therapy:

Carle Foundation Hospital
Patricia Fairchild, OT
611 W. Park St., Urbana, IL, 61801
(217) 383-3360

Regional Centers Offering a Full Range of Gender-Affirming Surgeries:

Affirm
Rush University Medical Center
Chicago, IL
(833) 624-5428
rush.edu/LGBTQ

Gender Pathways
Northwestern Medicine
Chicago, IL
(312) 926-5946
nm.org/GenderPathways

Lesbian, Gay, Bisexual, Transgender, Queer, and Questioning (LGBTQ) Clinic – Scott Blvd.
University of Iowa Hospitals and Clinics
Iowa City, IA
(319) 467-6789
uihc.org/LGBTQ

Spectrum Gender Affirming Surgery
University of Illinois – Chicago
Chicago, IL
(312) 355-6600
hospital.uillinois.edu/primary-and-specialty-care/surgical-services/gender-affirming-surgery

Washington University Transgender Center
St. Louis, MO
(314) 362-3500
physicians.wustl.edu/specialties/lgbtq-health/washington-university-transgender-center

*Provider sees patients under 18. Medical services require parental consent.
General Information for Patients and Families

Standards of Care for Providers Listed in this Directory
Providers listed in this directory have pledged to follow the Carle Transgender Standards of Care, which means, in part, that they recognize and respect self-identities. They also agree to take on extra training for LGBTQ+ friendly care. We’re committed to providing affirming care. Please feel comfortable reminding us of your name and pronouns if we don’t get it right. It’s our desire – and duty – to get it right.

Preventive Health Screenings for Gender-Diverse Patients
If you have a particular body part or organ, and otherwise meet criteria, the usual preventive health screenings should be done for it. For example, trans men with a cervix should receive Pap smears starting at age 21. Trans women should discuss prostate screening with their provider starting at age 55. You can trust the providers in this directory to conduct screenings with the sensitivity you deserve.

Care Outside of the Traditional Environment at Carle
The Carle Mobile Health Clinic brings affordable, non-urgent primary care services to neighborhoods in Champaign, McLean and Vermilion counties, including chronic condition management and education, treatment of acute illness, wellness care, and lab testing. Check out carle.org/MobileHealthClinic or call (217) 365-7928 for times and locations near you.

Carle and many other providers in this directory also offer virtual visits for some types of care, which allow you to see and hear your Carle provider from anywhere (for example, by computer or phone). Check with your provider to see if virtual visits may be an option for you.

Care for Gender-Diverse Youth
Some of the providers listed in this directory will prescribe gender-affirming medication therapies, such as hormone therapy (GAHT) and pubertal suppression therapy (puberty blockers), to youth. They may alternatively offer a referral to a specialist for these therapies. Youth under the age of 18 require parental consent for GAHT and puberty blockers. By Illinois law, minors age 12 and older have the right to keep their discussions with healthcare providers confidential [Statutes 410 ILCS 210, 405 ILCS 5, PA 102-0685].

Updating Gender and Name Preferences in Your Electronic Health Record
Carle patients can update their name and gender identity whenever they like through the MyCarle patient portal. Sign up for access at MyCarle.com or download the app to your phone. Once you’re in the portal, navigate to Account Settings arrow-right Personal Information.

For Family Members and Loved Ones of People Who Are Gender Diverse
For those with a loved one who’s transgender or gender diverse, this can be a confusing and challenging change to your life and to the lives of those around you. Many loved ones of people who are gender diverse experience emotions such as shock, grief or even anger. It’s normal to feel confused and conflicted at the loss of your loved one’s previous identity while adjusting to their new one.

Carle and the therapists listed in this directory would be glad to help you work through these feelings, which can allow you to more fully accept the new identity of your loved one. You can also speak to your primary care provider about a referral to Carle Behavioral Health Service, or speak to a social worker in your primary care provider’s office to get connected to a local therapist.
Suicide/Mental Health Hotline
Call, text or chat the number 988. This three-digit number gives you (or your loved ones) 24/7 access to trained crisis counselors who can help people experiencing suicidal, substance use and/or mental health crises – or any other kind of emotional distress. People can also dial 988 if they’re worried about a loved one who may need crisis support.

988 doesn’t send a person's geolocation to police or EMS. If someone's life is in immediate danger, call 911.

Financial Information
You're encouraged to contact your insurance company to verify coverage before your scheduled visits. At any time, you can get an estimate of future services at Carle by contacting Patient Financial Services at (888) 712-2753, by visiting one of our Patient Financial Services locations or by using our online tool. Visit carle.org/patients-visitors for more information.

Certification Letters for Surgery
To authorize a gender-affirming surgery, insurance companies usually require letters of support from a hormone prescriber and one or two mental health providers. Providers listed in this directory can help with these letters. The large regional centers in Chicago, St. Louis and Iowa City may also ask for letters before scheduling a surgery consultation.

We listen.
We want to resolve any issues or pass along kudos as quickly as we can. If you have concerns or compliments about the care you receive through Carle, please contact Carle Patient Relations.

In the Bloomington-Normal, Champaign-Urbana and Olney areas, call (217) 326-8560 or (855) 665-8252 (toll free), or email Patient.Relations@carle.com.

In the Greater Peoria area, call (309) 672-5529 or email Patient.Advocates@carle.com.
DISCRIMINATION IS AGAINST THE LAW.

Carle Health complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Carle Health does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex.

Carle Health provides free aids and services to people with disabilities to communicate effectively with us, such as:

- Qualified sign language interpreters
- Written information in other formats (large print, audio, accessible electronic formats)

Carle Health provides free language services to people whose primary language is not English, such as:

- Qualified interpreters
- Information written in other languages.

If you need these services, contact Carle interpreter services at (217) 326-0340.

If you believe that Carle Health has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, you can file a grievance with: Carle Patient Relations at (217) 326-8560 or toll free (855) 665-8252, by email at patient.relations@carle.com or by mail at Carle Health, Attention: Patient Relations, 611 W. Park Street, Urbana, IL 61801. If you need help filing a grievance, Patient Relations is available to help you, M-F 8am-5pm. You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at https://ocrportal.hhs.gov/ocr/portal/lobby.jsf, or by mail or phone at: U.S. Department of Health and Human Services, 200 Independence Avenue, SW Room S09F, HHH Building, Washington, D.C. 20201, (800) 368-1019 or (800) 537-7697 (TDD). Complaint forms are available at http://www.hhs.gov/ocr/office/file/index.html.

SPANISH
ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-217-383-2543.

CHINESE (MANDARIN)

VIETNAMESE

KOREAN

TAGALOG

RUSSIAN
ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 1-217-326-0340.

ARABIC
ملحوظة: إذا كنت تتحدث اللغة، فإن خدمات المساعدة اللغوية تتوفر لك بالمجان. اتصل بقم 1-217-326-0340.

FRENCH

POLISH

ITALIAN

GERMAN

HINDI
यहाँ है: यदि आप हिंदी बोलते हैं तो आपके लिए मूल में भाषा सहायता सेवाएं उपलब्ध हैं। 1-217-326-0340. पर कॉल करें।

GUJARATI
सुधाक: यदि आप गुजराती बोलते हैं, तो आपके लिए मूल में हिंदी सहायता सेवाएं उपलब्ध हैं। 1-217-326-0340. पर कॉल करें।

URDU
خبردار: اگر آپ اردو بولتے ہیں، تو آپ کو زبان کی مدد کی خدمات ملتی میں نسبتے بین، کل کریں 1-217-326-0340.

GREEK
ΠΡΟΣΟΧΗ: Αν μιλάτε ελληνικά, στη διάθεσή σας βρίσκονται υπηρεσίες γλωσσικής υποστήριξης, οι οποίες παρέχονται δωρεάν. Καλέστε 1-217-326-0340.