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 Health. Those providers have volunteered to be a resource for our community and are not controlled, screened or reviewed by Carle Health. 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 genderaffirming 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 Olney Family Medicine and OB-GYN

Paige Clayton, MD 363 N. West St., Olney, IL, 62450 (618) 392-9400

Carle Health 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

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 Health 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:

Other Providers in the Community:

Christie Clinic Dermatology

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

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 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

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

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

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

Behavioral Health

Psychotherapy:

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

Carle Health 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 Poultney, 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 Koontz, LSW Maritza Rodriguez, LCSW (Spanish and English Speaking) 309 W. Clark St., Champaign, IL, 61820 (217) 398-9066

Birch Tree Counseling and Consulting, LLC Anita Hund-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

Molly McLay Counseling & Consultation Services Molly M. McLay, LCSW (217) 383-0308

Behavioral Health

Psychiatry:

Psychiatric Medication Management

Carle Health 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 Health 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

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

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

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

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/surgicalservices/gender-affirming-surgery

Washington University Transgender Center

St. Louis, MO (314) 362-3500 physicians.wustl.edu/specialties/lgbtq-health/washingtonuniversity-transgender-center

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 Health 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 Health

The **Carle Health 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 Health 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 Health provider from anywhere (for example, by computer or phone). Check with your provider to see if virtual visits may be an option for you.

Updating Gender and Name Preferences in Your Electronic Health Record

Carle Health 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 Health 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 Health Behavioral Health Services, 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 Health 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 Health, please contact Carle Health 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 509F, 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)

注意: 如果您使用繁體中文, 您可以免費獲得語言援助服務。請致電 1-217-383-2545.

VIETNAMESE

CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-217-383-2546.

KOREAN

주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 1-217-383-2547 번으로 전화해 주십시오.

TAGALOG

PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa 1-217-326-0340.

RUSSIAN

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

ARABIC

ملحوظة: إذا كنت تتحدث اذكر اللغة، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل برقم 0340-1-217-1

FRENCH

ATTENTION: Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le 1-217-383-2544.

POLISH

UWAGA: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer 1-217-326-0340.

ITALIAN

ATTENZIONE: In caso la lingua parlata sia l'italiano, sono disponibili servizi di assistenza linguistica gratuiti. Chiamare il numero 1-217-326-0340.

GERMAN

ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 1-217-326-0340.

HINDI

ध्यान देंः यदि आप हिंदी बोलते हैं तो आपके लिए मुफ्त में भाषा सहायता सेवाएं उपलब्ध हैं। 1-217-326-0340. पर कॉल करें।

GUJARATI

સુચના: જો તમે ગુજરાતી બોલતા હો, તો નિ:્શુલ્ક ભાષા સહ્યય સેવાઓ તમારા માટે ઉપલબ્ધ છે. ફોન કરો 1-217-326-0340.

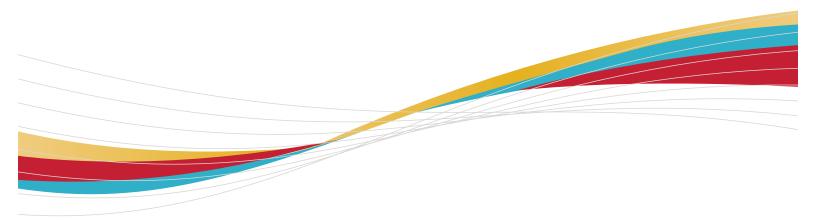
URDU

خبردار : اگر آپ اردو بولتے ہیں، تو آپ کو زبان کی مدد کی خدمات مفت میں دستیاب ہیں ۔ کال کریں 326-0340-1-21

GREEK

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

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