

P.O. Box 857
Waitsfield, Vermont 05673



OFFICE (802) 583-1144
ADMISSIONS (802) 560-8063

True North Team

We began our careers as field guides

for a well-known therapeutic wilderness program over 20 years ago, and our passion for working with struggling teens in the outdoors was born. Establishing this program is our way of coming home and finding our True North. We are thrilled to be able to introduce our students and their families to the incredible beauty and unique culture of life in the Green Mountains of Vermont. It is our goal to provide an inspiring experience that will be a cornerstone for positive change.

Our time in the outdoors has helped to define us as individuals as well as shape our work. We have handpicked every member of our exceptional staff so that we can serve our families at the very highest level in our field. True North wilderness program offers a journey of discovery for the whole family, and it is our privilege to be there every step along the way.

We look forward to meeting you,

Ty Maves and Mod Barefoot

DIRECTORS & LEADERSHIP



TY MAVES, LCSW (he/him/his)
Co-Executive Director
(802) 498-3212
ty@truenorthevolution.com

Ty is a licensed clinician with over 20 years in the field. As a founder and co-owner of True North, he co-directs all aspects of the program.



COURTNEY MERRILL, LMFT (she/her/hers)
Co-Executive Director
(202) 494-0667
courtney@truenorthevolution.com

With over 15 years of experience as an educational consultant and in wilderness/residential settings, Courtney is a key director at True North.



MOD BAREFOOT, LCSW (she/her/hers)
Founder/Owner
(802) 498-3211
mod@truenorthevolution.com

Mod is a founder and co-owner of True North, and she works closely with the administrative team to maintain very high program standards.



PETER GIRZ, LCSW (he/him/his)
Clinical Director
(734) 353-9002
peter@truenorthevolution.com

As a skilled and personable therapist, Peter is an expert at supporting complex family systems. Peter has experience working with adoption, trauma, and effects of substance abuse.

*For Admissions, Administrative, Medical,
and Program staff, see back side »*



ADMISSIONS & OUTREACH



KELLY WEBSTER, BA (she/her/hers)
Director of Admissions
(203) 435-2253
kelly@truenorthevolution.com

Kelly brings over 20 years of experience of working with adolescents, young adults and families and serves as the first point of contact at True North.

ADMINISTRATION



ALLY BARLOW, MBA (she/her/hers)
Office Manager
(321) 525-5724
ally@truenorthevolution.com

Ally works directly with families and handles all billing and insurance inquiries. She also coordinates licensure and compliance with state and federal regulations, supports clients and referral sources, and manages human resources.



ALISON MCHUGH, BA (she/her/hers)
Director of Clinical Administration
(802) 498-3661
alison@truenorthevolution.com

Alison provides administrative support to the admissions department and clinical team. She also manages students' medication supply, coordinates alumni programming, and looks after the research efforts at True North.

MEDICAL



MELISSA DUBROFF, MD (she/her/hers)
Medical Director
(802) 583-1144
drdubroff@truenorthevolution.com

Educated at Harvard and Columbia, Dr. Dubroff is board certified in psychiatry and neurology and has treated adolescents and adults since 2005.

PROGRAM



NATE HOFF, BS (he/him/his)
Program Director
(802) 498-3939
nate@truenorthevolution.com

Nate directs daily and ongoing programming, including close collaboration with the program managers to support the students through their schedule, activities, and supervision of the guides.



BEN LOVELESS, MS, EMT (he/him/his)
Director of Operations
(802) 279-9106
ben@truenorthevolution.com

Ben directs daily and ongoing logistics, including coordination of food, gear, facilities, vehicles, and planning. He also oversees community relations and is integral to the leadership team.



LANCE PARKER, BA (he/him/his)
Program Manager
(802) 272-8672
lance@truenorthevolution.com

Lance is the lead Program Manager, responsible for hiring and training of guides. He provides direct supervision and support to guides and students and coordinates activities and scheduling for students in collaboration with the other members of the treatment team.



ALEX SZUBA, BS (he/him/his)
Program Manager
(585) 953-2517
szuba@truenorthevolution.com

Szuba provides direct supervision and support to guides and students and coordinates activities and scheduling for students in collaboration with the other members of the treatment team.

