

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)  
Owner/Therapist  
(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 supports all aspects of the program and also works as a primary therapist with young adults.



**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 standards across all areas of the program.



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

With over a decade of experience supporting students and staff at True North, Nate is responsible for ongoing program development and daily administration of all aspects of the program..

### 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.

For Clinical, Program, and  
Administrative staff, see back side »



## CLINICAL



**EVAN OPPENHEIMER, LMHC** (he/him/his)  
Course Leader  
(516) 359-0292  
[evan@truenorthevolution.com](mailto:evan@truenorthevolution.com)

Evan is a Certified Clinical Trauma Professional, who employs a strength-based, person-centered and experiential approach.



**BILL COX, LMFT** (he/him/his)  
Parent Program Facilitator  
(860) 227-3485  
[bill@truenorthevolution.com](mailto:bill@truenorthevolution.com)

Bill has extensive experience with family conflict and parenting concerns, and draws on a systemic orientation that explores how family members interact with each other and affect the whole.



**WILL TWOMBLY, LMFT** (he/him/his)  
Parent Program Facilitator  
(603) 283-8942  
[will@truenorthevolution.com](mailto:will@truenorthevolution.com)

Will has been in practice for over 25 years and specializes in addressing family systems, with emphasis on supporting parents in their process.



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



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

## ADMINISTRATION



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



**RACHEL FISHER** (she/her/hers)  
Medication and Facilities Coordinator  
(802) 583-1144  
[rachel@truenorthevolution.com](mailto:rachel@truenorthevolution.com)

Rachel is your best contact for questions about medications and prescription refills.

