

Independent Contractor List

If Dr. Futrell is not available to assist you, please consider working with one of the providers below. These are independent contractors, not employees. What that means is Dr. Futrell manages all the billing for these providers; however, all your care and scheduling is managed through them and not supervised by Dr. Futrell.

Alisa Winchester, Licensed Masters Social Work (LMSW) (DE)

Setting: Offers Telehealth Only

Payment Type: BCBS / Cigna / Aetna / Medicaid / DE First Health



Alisa earned her master's degree in social work from the University of Michigan in 2024. She enjoys working collaboratively with clients ages 14 through older adulthood, creating a supportive and nonjudgmental space for growth and healing. Alisa utilizes evidence-based approaches, including cognitive behavioral therapy (CBT), person-centered therapy, and narrative therapy, to support individuals navigating stress, anxiety, depression, trauma, self-esteem concerns, life transitions, suicidal ideation, and career-related challenges.

Caitlin Pepper, Licensed Professional Counselor of Mental Health (LPCMH) (DE)

Setting: Offers Telehealth Only

Payment Type: BCBS / OPTUM / UBH



Caitlin earned her master's degree in Clinical Mental Health Counseling from Wilmington University in 2014, and has been fully licensed in Delaware since 2016. Caitlin focuses on providing therapy to adults while utilizing techniques from several modalities, including cognitive behavioral therapy, motivational interviewing, solution focused brief therapy, and acceptance and commitment therapy. Caitlin specializes in helping those who seek assistance with stress, anxiety, grief, depression, trauma, major life adjustments, suicidal ideation, and career growth.

Breanna Pelleschi, Licensed Clinical Social worker (LCSW) (DE & PA)

Setting: Offers Telehealth Only

Payment Type: Accepts Self-Pay, Optum/United Health & BCBS



Ms. Pelleschi received her master's degree in social work from Temple University in 2014. Ms. Pelleschi collaborates with clients ranging from age 12 to older adults, utilizing individual, family, and couples therapy modalities. Her areas of expertise include treating military/first responders, traumatic brain injury, depression, anxiety, attention deficit hyperactivity disorder, behavior modification, life transitions, career development, post-traumatic stress disorder, mood disorders, self-injurious behaviors, suicidal tendencies/intervention, self-esteem, social issues, relationship issues and stress management.

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