Fort

To Increase Program Availability and Ensure Care Continuity

Fort Health will always assign **more than one** Behavioral Health Care Manager (BHCM) to your practice. Your assigned BHCMs will remain with your practice throughout their employment with Fort Health and are supervised by our clinical lead and the consulting psychiatrist.

Mary Claytor, LMSW
Your Behavioral Health Care Manager

Mary Claytor is a licensed psychotherapist dedicated to evidence-based, trauma-informed care for children, adolescents, and adults facing challenges with emotional regulation, identity development, life transitions, and interpersonal relationships.

Combining clinical expertise with compassionate presence, Mary blends clinical expertise with a compassionate, person-centered approach, using mindfulness, somatic awareness, and values-based tools to nurture emotional flexibility, self-awareness, and authentic connection. She fosters a safe, empowering space where healing and lasting change can begin.

Mary earned her Master of Social Work from Syracuse University, where she led as President of Social Workers United for two years and was honored as the 2025 Graduate Marshal. She holds a Bachelor of Arts in psychology and music from Lipscomb University in Nashville, Tennessee. Her research has explored the intricate interplay between environmental and psychosocial factors shaping child and adolescent development.

Her clinical foundation was shaped at McLean Hospital's Gunderson Residence in Boston, Massachusetts, a Harvard Medical School–affiliated program specializing in personality disorders and complex comorbid conditions. She is trained in dialectical behavior therapy (DBT), mentalization-based therapy (MBT), acceptance and commitment therapy (ACT), radically open DBT (RO-DBT), and cognitive behavioral therapy (CBT).