THE HEALTH DEPARTMENT AND YOU

HOWARD COUNTY HEALTH DEPARTMENT

Promote. Preserve. Protect.

# DIRECTORY OF BEHAVIORAL HEALTH SERVICES IN HOWARD COUNTY

**March 2019**

Updated 3/29/19

Visit **hchealth.org** or call 410.313.6300 for more information

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## MISSION STATEMENT OF THE HOWARD COUNTY HEALTH DEPARTMENT

To Promote, Preserve and Protect the Health of All in Howard County.

### Complaints

The Howard County Health Department/Bureau of Behavioral Health/Local Behavioral Health Authority is interested in hearing any concerns you may have regarding services you receive from the public behavioral health system. Please call 410-313-6202 to initiate a complaint. If you are receiving services from someone who is reimbursed by your private health insurance coverage, you should contact your Human Resource Department at your place of employment to request information regarding how to file a complaint or request a review/appeal when you are denied services directly from your insurance provider. You can also contact the Maryland Insurance Administration at 1-800-492-6116, if you cannot resolve your issue directly with your employer or insurance provider.

## Network of Care

**Network of Care websites: HOWARD.MD.networkofcare.org.**
**www.mdveterans.networkofcare.org**

Network of Care for Behavioral Health is an online information site for individuals, families and agencies concerned with behavioral and emotional wellness. This online community provides critical information, communication and advocacy tools with a single point of entry for the following:

- Service Directory – provides information about local community-based organizations
- Library – offers unbiased, evidence-based information on more than 4000 health topics
- Legislate – offers bill tracking section to follow state and federal legislation, email alerts when anything changes and allows you to directly email legislators
- Links – offers connection to government programs and non-profit organizations that specialize in behavioral health issues
- Insurance – learn about health coverage available in your community
- Support and Advocacy – identifies organizations that provide support and advocacy for individuals and family members living with mental illness

INFORMATION REGARDING BEHAVIORAL HEALTH SERVICES LISTED IN THIS DIRECTORY DOES NOT REFLECT ANY RECOMMENDATION OR ENDORSEMENT FOR THE PROVIDERS/PROFESSIONALS LISTED. THE HOWARD COUNTY HEALTH DEPARTMENT ASSUMES NO LIABILITY FOR ANY ACT OR OMISSION OF ANY PROVIDER LISTED IN THIS DIRECTORY.

PLEASE REPORT ANY ERRORS TO (410) 313-6202 or cschaffer@howardcountymd.gov

# CRISIS SERVICES

## Mobile Crisis Team:

**410-531-6677**

The Howard County Mobile Crisis Team (MCT) is available free of charge to any individual present in Howard County at the time of a mental health crisis. MCT is a partnership with the Howard County Health Department, Howard County Police Department, Humanim, and Grassroots. During hours of operation, MCT staff are able to respond to psychiatric crisis identified by the Police. Two mental health professionals go to where the individual is located and explore suitable support to de-escalate the crisis and help the person in trouble. If there is an issue of safety, the team is able to gain police assistance to have the person transported to the emergency room at Howard County General Hospital for a thorough psychiatric evaluation. The Mobile Crisis Team is available by calling 410-531-6677 or by calling the police at 911 and requesting the Mobile Crisis Team. MCT will refer the individual and family members to available community resources and follow-up to assure linkage.

**MCT Hours of Operation**

9 a.m. to 11 p.m. seven days a week

## Grassroots Crisis Intervention Center 24 Hour Hotline: 410-531-6677

**6700 Freetown Road**
**Columbia, MD 21044**
**410-531-6677 or 410-531-6006**

Provides telephone counseling, free walk-in counseling, emergency shelter for homeless, 24-hour suicide hotline, Mobile Crisis Team 7 days/week, and a Runaway Teen Program that provides crisis intervention for runaway youth and their families. Immediate access is available to Language Line for telephone translation into most languages.

### Crisis Textline

**Text HOME to 741741**
**www.crisistextline.org**
24/7 free service

### There is Hope App

Grassroots Suicide Prevention App
Download the free app in both Apple and Google Play stores.
www.grassroots.hocomojo.org/services/there-is-hope-app

### Help 4 MD Youth

www.help4mdyouth.org/chat
Monday - Friday, 4:00-9:00 PM

### National Suicide Prevention Lifeline

www.suicidepreventionlifeline.org/gethelp/lifelinechat
1-800-273-8255. Free 24/7 confidential crisis support.

### Hopeworks (Formerly the Domestic Violence Center)

**9770 Patuxent Woods Drive, Suite 300**
**Columbia, MD 21046**
**410-997-0304 / Fax 410-997-1397**
**410-997-2272 – 24 hour Helpline**
**www.wearehopeworks.org**
**ndechirico@wearehopeworks.org**

Safe shelter and transitional housing for victims of domestic violence, their children, counseling for survivors of domestic violence and sexual assault, (women, men and children), legal assistance, Abuser Intervention Program, pet-safe program, prevention, education and awareness programs.
Language – Spanish, French

### Sheppard Pratt Health System

**6501 N. Charles Street**
**Towson, MD 21204**
**410-938-5302**

Crisis Walk-in Clinic will evaluate individuals of all ages in need of crisis assessment and triage. This service is designed for individuals who require direct admissions to inpatient and day hospital levels of care and who might otherwise be referred to an Emergency Department or who require current psychiatric evaluation.

## Crisis Beds

Crisis beds provide 24/7 intensive mental health treatment and support services that are designed to provide clinical support to an individual in a psychiatric crisis. Crisis beds can be used as an alternative to in-patient hospitalization, when appropriate, or as a step-down from an in-patient psychiatric unit when the individual needs continued clinical support post-discharge. An individual is eligible for a Crisis Bed if he or she:

a) is over 18 years of age,
b) diagnosed with a serious mental illness,
c) due to acute symptomatology related to the individual's psychiatric condition, has impaired ability to function within the individual's community living situation and is in need of a crisis bed to avoid inpatient psychiatric admission or to shorten the length of inpatient stay,
d) for clinical reasons, if it is felt that the individual needs a temporary separation from the current living situation,
e) has agreed to be referred to a crisis bed,
f) expects, with staff support, to be able to comply with treatment recommendations, and
g) is able, with staff support, to care for physical needs and basic personal hygiene.

To access Crisis Beds, please call (410) 418-4048, fax # (410) 418-4019.

## Psychiatric Evaluation

Family members or other concerned adults such as a therapist or the police may initiate an Emergency Evaluation process that will allow the police to transport an individual to the local hospital emergency room for a psychiatric evaluation. This emergency evaluation process is usually referred to as an "emergency petition" (EP). Also, any of the following mental health professionals can complete an Emergency Evaluation form that will allow the police to transport an individual to the local emergency room for a psychiatric evaluation: physician (MD), psychologist (Ph.D.), licensed clinical social worker (LCSW-C) or licensed clinical professional counselor (LCPC). If a family member or concerned adult is initiating the emergency evaluation process they would go to the Clerk's Office at the District Courthouse (410-480-7700) located at 3451 Court House Drive in Ellicott City Maryland to file an emergency evaluation/petition between the hours of 8:30 a.m. to 4:30 p.m. Monday through Friday. After 4:30 p.m. you would go to the Court Commissioner's Office to file an emergency evaluation petition. Information must be provided to a Judge or Commissioner regarding why this individual is a danger to themselves or others and therefore needs to be evaluated for a psychiatric hospitalization. If the Judge/Commissioner agrees that the individual being "petitioned" needs a psychiatric evaluation, the police will be ordered to transport the individual to the nearest hospital emergency room for a psychiatric evaluation. **The Mobile Crisis Team (MCT) is available daily and can pursue an emergency evaluation if needed. Call 410-531-6677.**

A psychiatric evaluation determines whether hospitalization is needed or whether a less restrictive level of care may be more appropriate. Admissions to psychiatric facilities (private or community hospitals) can be either voluntary or

involuntary. If an evaluation is completed and inpatient treatment is recommended, the patient will be asked to sign a voluntary admission agreement. In the case of a minor, a parent/legal guardian signs the voluntary admissions agreement. In Maryland, a person 16 years old or older may sign himself into a psychiatric hospital. However, the parent of a minor child can authorize in-patient treatment even over the objections of the adolescent who is 16-18 years old.

If the patient refuses to be hospitalized voluntarily, he or she may be admitted involuntarily on certificates signed by two physicians, or one physician and one licensed psychologist. The certificates attest to the need for hospitalization based on the following:

- the individual is suffering from a mental disorder
- the individual is in need of inpatient care
- the individual is in danger to self or others

Howard County General Hospital has an Emergency Room for psychiatric emergencies that is separate from the regular Emergency Room. This behavioral health Emergency Room is for individuals 18 and older. Individuals under 18 would use the Pediatric Emergency Room.

When a patient is admitted involuntarily to a hospital, a hearing must occur before an administrative law judge within 10 days to determine if the individual can continue to be involuntarily confined to an in-patient psychiatric facility against his wishes.

## OUTPATIENT MENTAL HEALTH CLINICS (OMHC)

### Community Behavioral Health

**10774 Hickory Ridge Road**
**Columbia, MD 21044**
**844-224-5264 / Fax 888-509-0010**
**www.communitybehavioralhealth.net**
Comprehensive services to children, adolescents, and adults, individual and family therapy; substance abuse, mental health; and medication management.
Insurance: Medical Assistance

### MPB Group, Inc.

**6440-D Dobbin Road**
**Columbia, MD 21045**
**410-730-2385**
**www.mpbhealth.com**
**program_director@mpbgroupinc.com**
Individual, family and group therapy, PRP (mentoring for youth), psychological and psychiatric evaluations, medication management to children, adolescents, and adults. This agency offers IOP services as a step down from hospitalization, substance abuse IOP, suboxone, and other substance abuse medication management services. Provide support and intensive therapy for adolescents with high risk behaviors: suicidal ideation, cutting or other self-injurious behaviors. Home Based Therapy. Clinical issues: sexual abuse/physical abuse/neglect, attachment/bonding issues, trauma (PTSD), grief/loss & bereavement, substance abuse, anxiety/panic disorders, regulatory difficulties (ADHD, OCD) mood disorders (depression, anxiety), behavioral issues (oppositional defiant), play/therapy and parenting.

### MSA-The Child and Adolescent Center

**10005 Old Columbia Road, Suite L260**
**Columbia, MD 21046**
**866-853-4397 (toll free) or 443-259-0400**
MSA is a comprehensive community-based outpatient treatment center servicing patient age 3 thru 21. The center is licensed by the State of Maryland as is accredited by the Joint Commission. Services include Psychiatric Intensive Outpatient Program for adolescents and the only children's Intensive Outpatient Program in Maryland. In addition, MSA provides traditional outpatient mental health care including psychiatric evaluations and medication management by board certified child/adolescent psychiatrists along with individual, family and group therapy by licensed therapist.
Insurance: Medicaid, Medicare and most major health insurance plans.

### Sheppard Pratt @ Howard County

**Way Station, Inc. (WSI)**
**9030 Route 108, Suite A**
**Columbia, MD 21045**
**410-740-1901 / Fax 410-740-2503**
**www.waystationinc.org**
Outpatient mental health services include: Psychiatric evaluations, medication evaluation and management, individual, group and family therapy, psychological testing.
Language: Some providers are bi-lingual
Insurance: Medicaid, Medicare, Tri-Care, Blue Cross/Blue Shield.

## GROUP PRACTICES

### Alternative Counseling & Wellness Center

**5136 Dorsey Hall Rd**
**Ellicott City, MD 21042**
**410-828-0101**
**www.alternativecounseling.net**
**info@alternativecounseling.net**
Private practice serving children, adolescents, adults, seniors, couples and families with a holistic viewpoint utilizing the latest methodologies.
Insurance: Most insurance, Medicare, Medical Assistance.

### American Psychiatric Care

**8895 Center Park Drive, Suite E**
**Columbia, MD 21045**
**www.americanpsychcare.com**
Evaluation of mental illness, addiction medicine, medication management, Vivitrol injection for opioid/alcohol dependence, psychiatric clearance for bariatric surgery, telemedicine appointments.
Insurance: Aetna, BC/BS, Carefirst BlueChoice, Cigna, Cigna Healthspring Megellan, Medicare, Priority Partners, Tri-Care, Value Options

### Anxiety Treatment Center of Maryland

**8865 Stanford Boulevard, Suite 202-A**
**Columbia, MD 21045**
**410-800-7591**
**www.anxietymaryland.com**
**info@anxiety-treatment-center.com**
Cognitive and behavioral treatments for anxiety and related disorders. Treats children, adolescents, and adults experiencing problems with: selected mutism, social anxiety, separation anxiety, generalized anxiety, specific phobias, panic, obsessive compulsive disorder, chronic tics or Tourette syndrome, hair-pulling or skin-picking conditions, or depression.

### Anne Arundel Counseling

**8840 Stanford Boulevard, Suite 1700**
**Columbia, MD 21044**
**410-768-5988 / Fax 410-768-5989**
**www.annearundelcounseling.com**
**info@annearundelcounseling.com**
Social skill development, behavior modification, anger management, loss/grief, addictions, eating disorders, trauma/abuse, family counseling, group counseling, assessments/evaluations.
Insurance: Most major insurance plans
Language: Spanish

### Arundel Psychological Associates

**8940 Route 108, Suite E**
**Columbia, MD 21045**
**410-299-5766 / Fax 410-987-4710**
**www.apacares.com**
Psychotherapy, psychological assessments, neuropsychological assessments, substance abuse counseling and psychiatric services.

### Blake Psychotherapy & Associates

**10632 Little Patuxent Parkway, Suite 340**
**Columbia, MD 21044**
**443-393-6996 / Fax 410-988-2024**
**www.blaketherapy.com**
**sblake@blaketherapy.com**
Outpatient therapy & nutrition center specializing in Eating Disorders, Addictions, Asperger's, Mood disorders and Trauma. We utilize therapies such as Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), Psychodynamic Therapy, Person Centered Therapy, Mindfulness and Short-Term Solution Based Counseling. Our nutritionists can work with all of the mental health issues, as well as working with individuals with medical issues. Serves children, adolescents and adults ages 10 and above.

### The Body Image Therapy Center

**9192 Red Branch Road, Suite 270**
**Columbia, MD 21045**
**877-674-2843**
**www.thebodyimagecenter.com**
**info@thebodyimagecenter.com**
Comprehensive and compassionate care for those with eating disorders, and co-occurring disorders like substance abuse, self-harm behaviors or other destructive habits. Intensive Outpatient Programs (IOP) and Partial Hospitalization Programs (PHP) Specializes in the treatment of binge eating disorder, bulimia and related concerns. Adults 18 and over.
Insurance – all commercial insurances. In-network with most of the large companies.

### Collaborative Counseling Center

**5560 Sterrett Place, Suite 201**
**Columbia, MD 21044**
**443-546-1100**
**www.collaborativecounselingcenter.com**
**info@collaborativecounselingcenter.com**
Dr. Brett Greenberger,
Child and Adolescent Psychiatrist
Emily Greenberger, LCSW-C,
Clinical Director, Therapist
Child, adolescent and family mental health services. Individual, group and family counseling, art therapy and cognitive behavioral therapy. Psychiatric services include Diagnostic Evaluation and medication management.
Insurance: Carefirst, Aetna, Optum, Medicare

### Columbia Addictions Center

**5570 Sterrett Place, Suite 205**
**Columbia, MD 21044**
**410-730-1333**
**www.ColumbiaAddictions.com**
**cactar@verizon.net**
Substance abuse and mental health counseling to adolescents and adults. Psychiatrist proficient in American Sign Language. Suboxone treatment.

### Columbia Counseling Center

**5525 Twin Knolls Road, Suite 327**
**Columbia, MD 21045**
**410-992-9149**
**www.counselingmaryland.com**
Outpatient psychological and psychiatric services for children, adolescents, adults, couples and families; diagnostic and treatment for ADD/ADHD; medication evaluation and management.

### Congruent Counseling Services

**10630 Little Patuxent Pkwy, Suite 209**
**Columbia, MD 21044**
**410-740-8066 / Fax 410-740-8068**
Congruent Counseling offers individual, family, marital, and group counseling. A psychiatrist is on staff to provide psychiatric evaluations and medication management. Therapists are on staff who specialize in working with children, teens, and adults. A broad range of issues are addressed including depression, anxiety, attention deficit, acting out behaviors, substance use and addictions, marital difficulties, and more. DBT: Dialectic Behavioral Treatment for ages 8-21.
Insurance: Most insurance plans accepted.
Language: Spanish

### Cornerstone Psychological Services

**10808 Hickory Ridge Rd**
**Columbia, MD 21044**
**240-593-7561 / Fax 410-997-0396**
**www.cornerstonepsychology.com**
Individual psychotherapy, marital and couples counseling, group psychotherapy, psychological assessment, parent training.

### Crossroads Psychological Associates

**10784 Hickory Ridge Rd.**
**Columbia, MD 21044**
**410-964-0425**
Individual adolescent, child and adult therapy, adolescent group therapy, adult group therapy, middle school group therapy, social skills group, family/couples therapy, medication management, psychological testing.
Language: German, Hebrew and Yiddish

### Family and Children's Services of Central Maryland

**10451 Twin Rivers Road, Suite 100**
**Columbia, MD 21044**
**410-997-3557 / Fax 410-964-1791**
**www.fcsmd.org**
**cladota@fcsmd.org**
Family and Children's Services at the Family Life Center is dedicated to providing high quality mental health, child abuse and elder abuse treatment services to the Howard County community.

### The Family Center & Associates

**4785 Dorsey Hall Drive, Suite 109**
**Ellicott City, MD 21042**
**410-531-5087**
**www.thefamilycenter.tv.**
**Thefamilycenter2@msn.com**
Conditions-ADD/ADHD, counseling-adolescent, child/pediatric, couples, family, individual therapy. Also includes pain management/biofeedback training, psychological/psycho-educational assessments, sports counseling and medication management. Child bereavement groups.
Language: Farsi, French, Arabic

### Focused Solutions, LLC

**5550 Sterrett Place, Suite 200**
**Columbia, MD 21044**
**410-884-6031 / Fax 410-884-6134**
**www.focusedsolution.net**
Outpatient counseling services to children, adolescents, and adults.
Insurance – Carefirst, BC/BS, Cigna, United Healthcare, APS, Magellan, InforMed/Conifer, Tricare, Value Options, Medicare, Johns Hopkins Healthcare, Aetna, MHN, Medical Assistance, Multiplan/PHCS.

### Gladstone Psychiatry and Wellness

**Lakeview Office Terrace**
**9841 Broken Land Parkway, Suite 211**
**Columbia, MD 21046**
**443-708-5856**
**www.gladstonepsych.com**
Specializes in Addictions, Adult Psychiatry, Adolescent Psychiatry, Anxiety, ADD/ADHD, Bipolar Disorder, Depression, OCD, Panic Disorder
Insurance: Blue Cross/Blue Shield, CareFirst, Aetna, and Cigna
Language: Sign Language

### The Howard Group, LLC

**10760 Hickory Ridge Road, Suite 211**
**Columbia, MD 21044**
**410-740-7397 / Fax 410-740-7398**
**thehowardgroupllc.com**
The Howard Group offers individual, family and group counseling to adolescents and adults from diverse backgrounds. Counseling approaches have been effective, particularly to the unique challenges faced by African-American males.

### Innovative Psychiatry

**9256 Bendix Road, Suite 200-B**
**Columbia, MD 21045**
**443-542-0773**
**www.columbiapsychmd.com**

Innovative Psychiatry provide comprehensive mental health care to children, adolescents, and adults. Individual needs are met through assessment, medication evaluation, and psychotherapy. The goal of the patient-centered approach is to ensure the treatment plan is designed to meet the patient's need.

### Innovative Therapeutic Services

**14440 Cherry Lane, Suite 208**
**Laurel, MD 20707**
**301-604-1458 / Fax 301-604-1459**
**www.innovativetherapy.org**
**mpaul@innovativetherapy.org**

ITS is comprised of a diverse group of clinicians who believe in using an eclectic theoretical approach to assist clients. Our clinicians are trained in working with survivors of traumatic experiences, anxiety disorders, attention deficit hyperactivity disorder, mood disorders, conduct disorders, co-occurring disorders, personality disorders, and a host of other diagnoses. Furthermore, ITS offers community and home visits as well as on-site services for psychiatric evaluations and medication management. Individual, family and group therapy to children and adults. Psychiatry services to children and adults, PRP services to children and adults.
Insurance: MA, private insurance, EAP
Languages: English, Spanish, Chinese.

### Integrative Counseling, LLC

**10630 Little Patuxent Pkwy, Suite 209**
**Columbia, MD 21044**
**410-740-8067 / Fax 410-740-8068**

Treatment Groups for Substance Use, Abuse, and Dependence; Single Weekend DUI/DWI education program (State of MD Certified); DWI/DUI Education (State of MD Certified); Spanish Language DUI/DWI and Citation Services; Intensive Outpatient Program for Addiction and Dual Diagnosis for Teens and Adults; Parent Support; Relapse Prevention; Anger Management; Marriage/Couples Group; Educational and Psychological Testing; Psychiatrists and a Nurse Practitioner licensed to prescribe medication on Staff; Individual Licensed Therapists

### Joshi & Merchant M.D. P.A.

**5500 Knoll North Drive, Suite #290**
**Columbia, MD 21045**
**301-317-6575**
**www.docjoshi.com**

Provides diagnostic evaluations, on-going medication management, individual, family and couples therapy.
Insurance: Most insurance accepted, Medicare and Medicaid

### Kennedy Krieger Institute

**9810 Patuxent Woods Drive, Suite C**
**Columbia, MD 21046**
**443-923-7508**
**www.kennedykrieger.org**

Provides assessment and treatment of children ages 2-18 with behavior problems, including sleep difficulties, tantrums, toileting issues and noncompliance in very young children, aggression, parent-child interaction issues, poor social skills and conduct-related problems in school-age youth. Specializes in serving both typically-developing children, and those with developmental delays and disabilities, such as autism spectrum disorders and intellectual disability.

### LifePath Counseling Services

**5122 Aver Court**
**Columbia, MD 21044**
**410-227-9074**
**www.Barbarapolonsky.com**
Individual, child, adolescent, & family counseling. Therapy for personal growth and life changes; relationships/marital issues; parent-child relationships and discipline; anxiety/ depression; cognitive-behavior modification and behavioral management; divorce/separation. Children's Life Skills Groups; ADHD; Asperger's; Grief/Loss; Organizational/Study skills; Divorce/Separation; Anxiety.

### Life Potential Services

**10805 Hickory Ridge Road, Suite 103**
**Columbia, MD 21044**
**410-387-2763 / Fax 410-387-2764**
**www.liferenewalservices.net**
Early Intervention, Outpatient, Intensive Outpatient, individual and group counseling for adults and minors
Insurance: Self-Pay, Medicaid

### Life Renewal Services

**10805 Hickory Ridge Road, Suite 103**
**Columbia, MD 21044**
**410-387-2763 / Fax 410-387-2764**
**www.liferenewalservices.net**
Outpatient mental health center for children, adolescents, and adults. Individual, family, couples, and group therapy. On-site medication management. Psychiatric Rehabilitation Program (children to adults).
Insurance: Self-Pay, Medicaid, and PPO with out of network benefits.

### The Maryland Centers for Psychiatry

**3454 Ellicott Center Drive, Suite 106**
**Ellicott City, MD 21043**
**410-461-3760 / Fax 410-461-0526**
Specialized and general mental health services for children, adolescents, and adults. Multidisciplinary teams evaluate a wide range of behavioral, learning and emotional problems and then design a program of care. The Centers also offer Neuropsychological Testing.

### North Laurel – Savage Multi-Service Center

**Patuxent Square**
**9900 Washington Blvd.**
**Laurel, MD 20723**
**410-880-5917**

### National Family Resiliency Center

**10632 Little Patuxent Parkway, Suite 121**
**Columbia, MD 21044**
**410-740-9553**
**nfrchelp.org**
NFRC provides educational and therapeutic services for children and parents; individual, family and group therapy, KidsConnex, & TeenConnex, parent education seminars, co-parent consultation, child-focused access planning, online FamilyConnex parenting program, volunteer peer counseling, community education, publications and professional CEU training and certification.

### The Pro Bono Counseling Project

**110 West Road, Suite 202**
**Baltimore, MD 21204**
**410-825-1001 / 877-323-5800**
**Fax 410-825-1388**
**probonocounseling.org**
The Pro Bono Counseling Project is a non-profit organization that provides free mental health care to individuals, families and couples who cannot receive care from any other source. Approximately 800 licensed therapists whose offices are located throughout Maryland participate in the Pro Bono Counseling project.

### Psychosocial Counseling Associates, Inc.

**9650 Santiago Road**
**Columbia, MD 21045**
**443-980-7622 or 202-374-8322**
**juanamoreland@yahoo.com**
Provides bi-lingual counseling services to individuals, couples and families who prefer to receive services in Spanish.

### Stanton Psychotherapy

**8850 Columbia 100 Parkway, Suite 203**
**Columbia, MD 21045**
**443-546-4476**
**stantonpsychotherapy.com**
An eclectic group of therapists committed to helping clients heal and improve their lives. Individual, couples and family therapy. Therapists have a variety of specialties including, children/adolescent issues, ADHD, substance abuse, domestic violence, trauma, marital issues.
Insurance – Many insurances accepted.

### Together Couples Counseling

**Risa Ganel & Associates, LLC**
**8894 Stanford Blvd, Suite 103**
**Columbia, MD 21045**
**410-440-1413**
**www.togethercouplescounseling.com**
Empowering couples, individuals, and families to thrive, even with difficult challenges and circumstances. Couples counseling, pre-marital, discernment, individual and family counseling, infertility, pregnancy and postpartum, adolescent counseling.

### THRIVE Center for ADHD & Comprehensive Mental Health Care

**6310 Stevens Forest Road, Suite #100**
**Columbia, MD 21046**
**410-740-3240 / Fax 443-276-6640**
**www.myTHRIVE.net**
Therapists, Psychiatrists and Executive Function Coaches provide services for Children, Adolescents, Couples, Parents and Adults. Specialty programs in ADHD, Young Adults Struggling to Launch, Work Life mental health, Social Skills groups and Executive Function coaching.

### TMS NeuroHealth Center

**8865 Stanford Boulevard, Suite 121**
**Columbia, MD 21045**
**855-755-4867**
**info@tmsneuro.com**
TMS NeuroHealth Centers provide Transcranial Magnetic Stimulation Therapy (TMS Therapy) to patients diagnosed with Major Depressive Disorder who have not experienced satisfactory improvement from antidepressant medication. TMS Therapy can be used in conjunction with medication or as a stand alone treatment, and works by stimulating specific areas of the brain involved in mood regulation. It is FDA-cleared, proven, non-sedating and there are no drug related side effects.
Insurance: Medicare, most insurance plans.

## PSYCHIATRISTS

### Margaret (Peggy) Adams, MD
**8388 Court Avenue**
**Ellicott City, MD 21043**
**410-313-8119**
Psychotherapy and psychiatry services for parents-to-be, infants, toddlers, children, adolescents and adults. Medication can be provided as needed. Areas of treatment include: anxiety, mood disorders including depression, school problems, ADHD, OCD, PTSD, adoption, attachment dysfunction, developmental delays, autistic spectrum, family issues and life transition.

### Richard Bacharach, MD
**5450 Knoll North Drive, Suite 100**
**Columbia, MD 21045**
**410-715-1180**
Insurance: Aetna, BC/BS, Carefirst, Cigna, Healthnet, Humana, One Net, United Health Care

### David M. Band, MD
**Crossroads Psychological Associates, LLC**
**10784 Hickory Ridge Road**
**Columbia, MD 21044**
**410-992-7288 x22**
**office@crossroadspysch.net**
Comprehensive psychiatric services to children, adolescents and adults, including assessment, evaluation and treatment – psychopharmacology and psychotherapy. Areas of expertise include ADHD, mood and anxiety disorders, angry-depressed teenagers with behavioral and school problems, bipolar disorder, major depression, behavioral aspects of individuals with autistic spectrum disorders, PANDAS, and psychiatric aspects of Lyme Disease.

### Enoch Barrios, MD
**Behavioral Health Associates**
**10632 Little Patuxent Parkway, Suite 343**
**Columbia, MD 21044**
**410-997-7373**
Insurance: BC/BS, Carefirst
Language: Spanish

### Helen Bellete, MD
**Crossroads Psychological Associates, LLC**
**10774 Hickory Ridge Road**
**Columbia, MD 21044**
**410-992-7288**
Comprehensive psychiatric evaluations, medication management and psychotherapy using cognitive behavioral therapy. Areas of specialty include OCD, trichotillomania; working with survivors of traumatic experiences including those who have developed post-traumatic stress disorder; treatment resistant mood disorders (e.g. Major Depression, Bipolar disorder); and treatment resistant anxiety disorders (e.g. OCD, panic disorder, generalized anxiety disorder.

### Stephanie Durruthy, MD
**5074 Dorsey Hall Drive, Suite 105**
**Ellicott City, MD 21042**
**410-992-0272**
Language: Spanish
Insurance: Most insurance accepted.

### Dr. N. Joseph Gagliardi, M.D.
**Integrative Counseling**
**10630 Little Patuxent Pkwy, Suite 209**
**Columbia, MD 21044**
**410-740-8067 / Fax 410-740-8068**
**www.Integrative-Counseling.com**
Dr. Gagliardi is an Addiction Medicine Specialist with experience offering ambulatory (outpatient) Detoxification for alcohol and opiates.

**Brett Greenberger, MD**
Child and Adolescent Psychiatrist
Collaborative Counseling Center
**5560 Sterrett Place, Suite 201**
**Columbia, MD 21044**
**443-546-1100**
**www.collaborativecounselingcenter.com**

**Kevin Harrison, MD**
**Maryland Centers for Psychiatry**
**3454 Ellicott Center Drive, Suite 106**
**Ellicott City, MD 21043**
**410-461-3760 / Fax 410-461-0526**
**www.marylandpsychcenters.com**
**mcpec@verizon.net**
Child and adolescent psychiatry evaluations, consultation, and medication management.

**Douglas W. Heinrichs, MD**
**5034 Dorsey Hall Drive, Suite 103**
**Ellicott City, MD 21042**
**410-964-6486 /Fax 410-964-6486**
Psychiatric evaluation and treatment adults, adolescents and school age children. Treatment approaches include both pharmacological and psychotherapy interventions, with a special expertise in medication management for individuals with a history of poor response or tolerability to medications or with complex overlapping biological and psychological issues. Areas of special interest include depression, bipolar disorders, anxiety and panic conditions, OCD, ADHD, and psychotic disorders.

**George C. James, MD**
**3905 National Drive, Suite 250**
**Burtonsville, MD 20866**
**301-421-4233 / Fax 301-421-9551**
Psychiatric evaluation and pharmacological management of depression, anxiety, ADHD, bipolar.
Insurance: BC/BS, MDIPA, Aetna, United Health Care

**Sushma N. Jani, MD**
**10774 Hickory Ridge Road**
**Columbia, MD 21044**
**844-224-5264 ext. 17 / Fax 888-509-0010**
**www.communitybehavioralhealth.net**
Child and Adolescent psychiatry
Insurance: MA and private insurance

**Mertine Jermany, MD**
**10320 Little Patuxent Pkwy, Suite 200**
**Columbia, MD 21044**
**443-272-1541**
Opioid dependent patients.
Insurance: Medical Assistance, BC/BS

**Kim Jones-Fearing, MD**
**3905 National Drive, Suite 250**
**Burtonsville, MD 20866**
**301-421-9112 / Fax 301-421-9551**
Medication management with psychotherapy.
Insurance: Tricare, APS, MDIPA-Optimum Choice, Choice Care, Value Options, MA, Medicare

**Ahmad N. Khan, MD**
**10715 Charter Drive, Suite 270**
**Columbia, MD 21044**
**443-542-0870 / Fax 443-542-0870**

**Chul S. Kwon, MD**
**2908 Chainita Court**
**Ellicott City, MD 21042**
**410-235-2880 / Fax 410-313-9641**
Psychiatry, neuropsychiatry, geriatric psychiatry
Language: Korean
Insurance: Private insurance, Medicare, MA

**Karen Meckler, MD**
**Stevens Forest Professional Center**
**9650 Santiago Road, Suite 3**
**Columbia, MD 21045**
**410-964-2206**
Specializes in eating disorders.
Insurance: Medicare, Johns Hopkins Health Insurance. Sliding fee scale.

**Terrye Mowatt, MD**
**5550 Sterrett Place, Suite 314**
**Columbia, MD 21044**
**410-381-0060 / Fax 410-381-0900**

**Alok Rawat, MD**
**3355 St. John's Lane**
**Ellicott City, MD 21042**
**410-305-9083 / Fax 410-727-4006**
**www.daybreakpsych.com**
**drrawat@daybreakpsych.com**
Outpatient treatment of depression and anxiety for adults via medication management or cognitive behavioral therapy. Can see clients within a week.
Language: Some Hindi

**Laura C. Renbaum, M.D.**
**Crossroads Psychological Associates, LLC**
**10784 Hickory Ridge Road**
**Columbia, MD 21044**
**410-964-0425/Fax 410-964-0515**
**laura.renbaum@gmail.com**
Outpatient psychiatric evaluation, medication management, and counseling for adolescents and adults. (Suboxone certified)

**Stanislav Spivak, MD**
**Integrative Counseling**
**10630 Little Patuxent Pkwy, Suite 209**
**Columbia, MD 21044**
**410-740-8067/ Fax 410-740-8068**
**www.Integrative-Counseling.com**
Mental health evaluation and medication management. Dr. Spivak also sees patients in need of suboxone.

**Joshua Rosenthal, MD**
**Integrative Counseling**
**10630 Little Patuxent Pkwy, Suite 209**
**Columbia, MD 21044**
**410-740-8067/ Fax 410-740-8068**
**www.Integrative-Counseling.com**
Depression, seasonal affective disorder (SAD), anxiety, bipolar disorder, ADHD, OCD, substance abuse, autism, Asperger's. Extensive experience in clinical trials of new medications for mood and anxiety disorders. Certified to prescribe Suboxone.

**Irfan Saeed, MD**
**American Psychiatric Group**
**10632 Little Patuxent Pkwy, Suite 104**
**Columbia, MD 21044**
**410-599-9977**

## PSYCHOLOGISTS

**Maryland Psychological Association**
**10025 Governor Warfield Pkwy, Suite102**
**Columbia, MD 21044**
**410-992-4258**
**www.marylandpsychology.org**
This is the professional organization for licensed psychologists. This organization can provide information regarding individuals who are on their referral service.

**Lenora Roat Arrington, Psy.D.**
**1 Park Avenue, Suite D**
**Mt. Airy, MD 21771**
**301-693-9275**
**www.re-directionscounseling.com**
**LenoraArrington@re-directionscounseling.com**
Outpatient counseling and psychotherapy for adults and adolescents. Treatment for depression, anxiety, identity, spiritual issues, relationships.
Insurance: Medicare, sliding scale may be available.

**Michael Baum, Ph.D.**
**6438 Tauler Court**
**Columbia, MD 21045**
**410-381-7832**
Developmental disabilities, especially mental retardation; family, individual, psychological testing; organizational consultant, management training.

**Elspeth Bell, Ph.D.**
**5850 Waterloo Road, Suite 140**
**Columbia, MD 21045**
**410-480-8052**
**www.elspethbellphd.com**
**ebell@elspethbellphd.com**
Hoarding disorder, clutter-related issues, OCD, Anxiety, specific phobias, depression, perfectionism, procrastination, Body Focused Repetitive Behaviors (BFRBs).

**Samuel Berkowitz, Ph.D.**
**5018 Dorsey Hall Drive, Suite 205**
**Ellicott City, MD 21042**
**410-730-5138**
Outpatient psychotherapy services. Adults only, couples, marital, families. Treatment for anxiety, depression, self-esteem, communication, relationships, inner peace. Approaches: mindfulness, cognitive behavioral, communication skills, self discovery.
Insurance: all accepted. Sliding scale available.

**Joyce Hamilton Berry, Ph.D.**
**6357 Windharp Way**
**Columbia, MD 21045**
**301-596-2438**
Conditions-anxiety, mood disorders, counseling-family, group and individual therapy.
Insurance: Most insurance accepted.

**Jeanne Bolton, Ph.D.**
**7270 Cradlerock Way**
**Columbia, MD 21045**
**410-290-6618**
Cognitive behavioral, anxiety disorders/depression, and women's issues. Families, individuals, children.
Insurance: Will accept most insurance, providing does not need to be paneled provider with a managed care organization.

**Robert A. Brown, Ph.D.**
**7120 Minstrel Way, Suite 203**
**Columbia, MD 21045**
**410-992-4271 or 410-707-5562**
**RBrown1@umd.edu**
Adult individual and couples.
Insurance: sliding scale if requested.

**Talibah E. Buchanan, Ph.D.**
**8720 Georgia Avenue**
**Silver Spring, MD 20910**
**301-495-6393**
**Drtalibahbuchanan.webs.com**
Outpatient therapy and psychological testing. Services for children, adolescents, and adults.
Language – American Sign Language

**Susan Rockwell Campbell, Ph.D.**
**7296 Kindler Road**
**Columbia, MD 21046**
**410-290-5901**
**www.drsusancampbell.com**
Psychotherapy and counseling for adults and adolescents. Individual, couples and family therapy. Specializing in couples and relationship issues, sexual issues and disorders, women's issues.
Insurance: sliding scale upon request.

**Deborah S. Cole, Psy.D.**
**8840 Stanford Boulevard, Suite 4000**
**Columbia, MD 21045**
**410-381-7551 / Fax 410 715-0055**
**www.drdeborahcole.com**
**PsychologyNart@gmail.com**
Focus on depression, anxiety, panic, sexual addiction, obsessive compulsive disorder (OCD), trichotillomania (hair pulling), hoarding, skin-picking, tics and Tourettes, trauma and dissociation. Treats children, adolescents, adults, and couples. Comprehensive evaluations for learning disabilities and emotional problems. Eye Movement Desensitization and Reprocessing (EMDR) for evidence-based trauma treatment (Certified in EMDR). Intensive Short-Term Dynamic Psychotherapy (Certified in ISTDP) for working through long-term personality issues which can lead to self-sabotage, depression, isolation, and anxiety. Home visits possible for Hoarding and OCD, when appropriate. Certified in Hypnosis.

**Barbara Medine Deluty, Ph.D.**
**4783 Ilkley Moor Lane**
**Ellicott City, MD 21043**
**410-750-7610 / Cell 443-520-2818**
Provide individual and family psychotherapy to a wide variety of clients with psychiatric disorders including complex cases of addiction and trauma.

**Anita Dworkin, Ph.D.**
**Edward Dworkin, PhD, MPH**
**10326 Sixpence Circle**
**Columbia, MD 21044**
**410-997-3961**
**www.marylandpsychologicalservices.com**
Outpatient services to adults.
Insurance: Most insurance accepted.

**Elinor Eden, Ph.D.**
**10715 Charter Drive, Suite 270**
**Columbia, MD 21044**
**301-596-5535**
Individual, couples and family therapy for presenting problems including anxiety, depression, ADHD, relationship and adjustment issues.
Insurance: Medicare, Tricare, BCBS PPO, Cigna, Kaiser Permanente, Humana, MultiPlan, APS Healthcare, Value Options.

**Evelyn Fielding, Ph.D.**
**Fielding Psychological Associates**
**9051 Baltimore National Pike, Suite 4B**
**Ellicott City, MD 21042**
**410-868-4142**
**DrEvie@fieldingpsychology.com**
Psychotherapy for adults and adolescents. Areas of treatment: life transitions, anxiety, depression, psychosocial oncology, bariatric surgery evaluations, perinatal mental health.
Insurance: BCBS, Cigna

**Eric Fielding, Ph.D.**
**Fielding Psychological Associates**
**9051 Baltimore National Pike, Suite 4B**
**Ellicott City, MD 21042**
**410-868-4143**
**DrEric@Fieldingpsychology.com**
Outpatient psychoanalysis and psychotherapy for children, adolescents, and adults. Trained in trauma treatment. General practice.
Insurance – BCBS, Cigna, Medicare

**Steve Gaeng, Ph.D.**
**Crossroads Psychological Associates, LLC**
**10784 Hickory Ridge Road**
**Columbia, MD 21044**
**410-964-0425 x12/Fax 410-964-0515**
**www.crossroadspsych.net**
**dr.stevegaeng@gmail.com**
Individual, group and family therapy with school-aged children and their families. Individual, group and marital therapy with adults.

**Julie Galton, Psy.D.**
**9650 Santiago Road, Suite 3**
**Columbia, MD 21045**
**703-732-1234**
**juliegalton@gmail.com**
Outpatient psychotherapy for adolescents, adults, couples and families. Areas of expertise: eating disorders, anxiety, depression, young adult issues, relationships, life transitions.
Insurance: BCBS, CareFirst, FEP, Anthem.

**Ana Garcia-Fernandez, Psy.D.**
**Crossroads Psychological Associates, LLC**
**10784 Hickory Ridge Road**
**Columbia, MD 21044**
**410-964-0425**
**Ana.garcia@crossroadspsych.net**
Counseling to children, adolescents, adults & families. Extensive experience in psychological testing and assessments, such as neuropsychological, adoption and forensic evaluations, academic and vocational testing.
Language: Spanish

**Glassman Psychological Services**
**Stephanie K. Glassman, Psy.D.**
**9881 Broken Land Parkway, Suite 105**
**Columbia, MD 21046**
**410-695-4703**
**www.glassmanpsyd.com**
Outpatient psychotherapy to adolescents, adults, families. Special training in stress, trauma, eating disorders.
Insurance: Medicare, Medicaid, APS, ComPsych, TriCare Standard PPO.

**David A. Gold, Ph.D.**
**Crossroads Psychological Associates, LLC**
**10784 Hickory Ridge Road**
**Columbia, MD 21044**
**410-964-0425 x16/Fax 410-964-0515**
**www.crossroadspsych.net**
**David.gold@crossroadspsych.net**
Marital counseling and family and individual therapy for patients of all ages. Also provide psychiatric services with medication management and psychotherapy. Specialized in treating all anxiety and mood disorders and interpersonal problems. Provide sex therapy by AASECT certified sex therapist, hypnotherapy.
Languages – German, Hebrew, Yiddish

**Judy Johnson Grados Psy.D. & Associates**
**10709 Birmingham Way**
**Woodstock, MD 21163**
**443-803-0288**
Child psychotherapy; social skills groups for children; treatment of anxiety, ADHD and behavior management ages 2-college. Psychological testing for learning disabilities.

**Sung Han, Ph.D.**
**St. John's Professional Center**
**8394 Governor's Run**
**Ellicott City, MD 21043-3448**
**410-750-1119**
Provides counseling to individuals and families.
Language: Korean

**Keith Hannan, Ph.D.**
**5116 Dorsey Hall Drive**
**Ellicott City, MD 21042**
**410-707-0100**
**www.tzkseminars.com**
**kwhannan@comcast.net**
Adults and adolescents with depression, anxiety, personality disorders, relationship issues and disruptive behavior disorders. Trained in Transference Focused Psychotherapy and DBT.

**Don Hudson, Ph.D.**
**8640 Guilford Road, Suite 251**
**Columbia, MD 21046**
**410-381-2244**
Counseling: couples and individual therapy, marital. Mood disorders and career direction.

**Tina Jenkins, Psy.D.**
**Advanced Psychological Services**
**9881 Brokenland Parkway, Suite 105**
**Columbia, MD 21046**
**410-381-2874**
**www.advancedpsychologicalservices.com**
**tinajenkinspsyd@hotmail.com**
Children, teens and adults. Groups: Trauma Victims, DBT for Teens with Eating Disorders, OCD Skills Training, Assertiveness Training. Specializes in trauma disorders, eating disorders, anxiety disorders, mood disorders, personality disorders, substance abuse and addictions, some thought disorders.
Insurance: Medicare, Medicaid, BCBS, Aetna

**Cynthia Kalodner, Ph.D.**
**10015 Old Columbia Road, Suite B215**
**Columbia, MD 21046**
**443-542-5855**
**crkalodner@gmail.com**
Specializes in anxiety and mood issues, using cognitive behavioral approaches with mindfulness and positive psychology. Individuals and couples, ages 16 and up.

**Barbara Kaufman**
**8156 Main Street**
**Ellicott City, MD 21043**
**301-309-9362**
**www.drbkaufman.com**
**barbkauf8@gmail.com**
Specializes in couples therapy.
Insurance: Medicare, Value Options, Cigna.

**Stephanie Weiland Knarr Ph.D, LCMFT**
**9660 Iron Leaf Trail**
**Laurel, MD 20723**
**301-490-1011 / Fax 301-490-1484**
**www.drstephanieonline.com**
**stephanie@drstephanieonline.com**
Marriage and family therapy practice for adults, children and teens. Specializing in treatment of PTSD, depression, anxiety and eating disorders.
Insurance: BCBS, Tricare, Aetna, CareFirst

**Melvin E. Klein, Ph.D.**
**11804 Bright Passage**
**Columbia, MD 21044**
**410-730-4564**
**Melklein2@verizon.net**
Behavioral consultation in developmental disabilities. In-home services to children, adolescents and developmentally disabled adults.

**Saul N. Lieberman, Ph.D.**
**8640 Guilford Road, Suite 220**
**Columbia, MD 21046**
**410-730-2633**
**snliebermanphd@yahoo.com**
Individual and family therapy along with parent and school consultation for preschool and school-aged children and adolescents. Specialties include assessment and treatment of ADHD, social-emotional problems and developmental disabilities.
Insurance: BCBS, Johns Hopkins, United Health Care.

**Eileen Locklear, Ph.D.**
**1645 Liberty Road, Suite 104**
**Eldersburg, MD 21784**
**410-795-4764**
**eileenlocklear@verizon.net**
Outpatient psychotherapy with adolescents and adults. Expertise in trauma, anxiety, aging issues, family conflicts and stress management.
Insurance: most insurances accepted.

**Laura Margolis, Ph.D.**
**3454 Ellicott Center Drive, Suite 106**
**Ellicott City, MD 21043**
**410-461-3760**
**www.marylandpsychcenters.com**
Outpatient individual, group and family therapy services to children, adolescents, and adults. Expertise in developmental disorders, mood and anxiety disorders, and adjustment to chronic illness.

**Samantha Marks, Psy.D.**
**Stellar Marks, LLC**
**10440 Shaker Drive, #105**
**Columbia, MD 21046**
**443-878-3544**
**www.samanthamarks.com**
**dr.sam.marks@gmail.com**
Specialty is ADHD, Autism Spectrum Disorder. Works with teenagers and young adults with all issues, including "Failure to Launch". Performance psychology with athletes, musicians, and other performers.
Language: Spanish

**Dayli N. Marrero, Ph.D.**
**10632 Little Patuxent Parkway, Suite 343**
**Columbia, MD 21044**
**410-997-7373 or 410-997-7878**
Psychotherapy for children, adolescents and adults.
Insurance: Aetna, United Behavioral Health, Kaiser, Tri-Care, Carefirst
Language: Spanish

**Gwen L. Martinsen, Ph.D.**
**9424 Bullring Lane**
**Columbia, MD 21045**
**410-963-9670**
Outpatient counseling for parents with infants and toddlers. Individual counseling for children, adolescents, and young adults. Areas of expertise: infants and toddlers with temperament and behavior issues, e.g. irritability, sleep, eating, toileting, sibling and socialization skills. Highly sensitive children and adolescents with anxiety, oppositional or acting out behaviors. Young adults who are making college, career and relationship transitions.
Insurance: All Carefirst plans except HMO's, Value Options, Tricare.

**Julie A. Morrison, Psy.D.**
**10440 Shaker Drive, Suite 209**
**Columbia, MD 21046**
**410-952-9574 A**
**Drjuliemorrison.com**
Psychological evaluation of children, teens, and adults to identify giftedness, learning disabilities, ADHD, and emotional disorders. Useful for obtaining special education services or accommodations.

**Kim Moss, Psy.D.**
**3355 St. John's Lane, Suite F**
**Ellicott City, MD 21042**
**410-655-1834**
Psychotherapeutic services to adolescents and adults.
Insurance: BCBS, UHC, Kaiser, Medicare, Value Options. Sliding scale.

**Robin J. Mullican, Psy.D.**
**6851 Oak Hall Lane, Suite 118**
**Columbia, MD 21045**
**443-847-0100**
**robin.mullican@rmullicanllc.hush.com**
Outpatient psychological services for adults aged 18-65+ with behavioral health problems, including cognitive behavioral therapy for mood and anxiety disorders. Expertise includes mind-body approaches, help adjusting to and managing medical issues and chronic illness (such as Diabetes, HIV, pain issues, weight issues, sleep issues, and help improving healthy behaviors. Specialties in multicultural and LGBTQ issues.
Insurance: Carefirst BCBS PPO

**Vicki Murphy, Ph.D.**
**5074 Dorsey Hall Drive, Suite 105**
**Ellicott City, MD 21042**
**410-418-8837**
Individual psychotherapy for adults.
Insurance: most insurance accepted.

**Peter H. Musser, Ph.D.**
**3355 St. John's Lane**
**Ellicott City, MD 21042**
**drpetermusser@gmail.com**
Outpatient counseling services. Adult and young adult psychotherapy services. Expert areas of treatment include; addictions (substance abuse, sex, gambling, shopping, etc.) trauma, men's issues, life transition.

**Reginald Nettles, Ph.D., CGP**
**6217 Ironwood Way**
**Columbia, MD 21045**
**410-290-7999 / Cell 443-838-5548**
**Fax 443-583-2353**
**r.nettlesphd@gmail.com**
Individual, group and couple therapy for adults (age 18 and over) provided. Anxiety, depression, trauma related, interpersonal issues, gender and gender orientation related issues treated.

**Marianne O'Leary, Ph.D.**
**3355 St. John's Lane, Suite F**
**Ellicott City, MD 21042**
**410-465-5520**
**Marianneolearyphd.com**
Outpatient psychotherapy services to adults, young adults and older adults. Areas of expertise include anxiety, mood disorders, and recovery from trauma. Insurance: Medicare.

**Edward V. Pecukonis, MSW, Ph.D.**
**3244 Danmark Drive**
**Glenwood, MD 21738**
**410-493-1530**
**www.lechevalstable.org**
**marya@lechevalstable.org**
Individuals, families, children in foster care, child welfare system with history of trauma. Family therapy, Cognitive Behavioral Therapy, Applied Behavioral Analysis, Motivational Interviewing, Equine Assisted Psychotherapy ad counseling services. Substance abuse/abuse assessment, depression and anxiety disorders. Language – interpreters available on request including sign language.

**Amy Rabinove, Ph.D.**
**8640 Guilford Road, Suite 224**
**Columbia, MD 21046**
**443-472-1198**
**Rabinovepsych.org**
Outpatient services to older adolescents (16+) and adults. Areas of expertise include OCD, generalized anxiety disorder, panic disorder, phobias, social anxiety, trichotillomania (compulsive hair pulling), compulsive skin picking, hoarding, eating disorders and depression.

**Harvey M. Rapp, Ph.D.**
**5401 Twin Knolls Road, Suite 7**
**Columbia, MD 21045**
**410-730-4442**
**hmrapp62@hotmail.com**
Outpatient psychotherapy and psychological testing for children, adolescents, adults and seniors. Expert areas of treatment include ADD, learning disability, job stress, anxiety, depression. Insurance: most insurances accepted.

**Sheela Reddy, ED.D**
**7021 Garden Walk**
**Columbia, MD 21044**
**443-546-4810**
**www.spiritherapy.com**
**drsheelareddy1@gmail.com**
Outpatient counseling services to children, adolescents and adults. Expert areas of treatment include anxiety, ADHD, depression, domestic violence, multicultural family counseling and divorce transitions.

**Giovanni Scott, Psy.D**
**Integrative Counseling**
**10630 Little Patuxent Parkway, Suite 209**
**Columbia, MD 21044**
**410-740-8067**
**www.congruentcounseling.com**
Educational and psychological testing for children, adolescents and adults.

**Paul Short, Ph.D**
**9881 Broken Land Parkway #105**
**Columbia, MD 21046**
**443-917-3102**
Specializing in Parkinson's Disease (patient and care partners), dementia evaluations, treatment of depression, anxiety and substance abuse among the elderly. Insurance: Medicare, BlueCross BlueShield. Payment plans and sliding scale available

**Brenda Alpert Sigall, Ph.D., CEDS**
**5060 Castle Moor Drive**
**Columbia, MD 21044**
**410-730-6151**
**bas@umd.edu**
Outpatient psychotherapy services to individuals, couples, families, adolescents and adults. Eating disorders; anorexia nervosa, bulimia, binge eating disorder, mood disorders, anxiety, grief and loss, marriage and divorce, relationship issues, self-esteem, career development.

**Bohne Silber, MS, Ph.D.**
**10025 Governor Warfield Pkwy., Suite 409**
**Columbia, MD 21044**
**410-929-7500**
**silber@columbia-psychology.com**
Couples therapist certified in Imago Relationship Therapy and trained in Emotion-Focused Therapy (EFT) and Gottman Couples Therapy Levels 1 and 2. Expert areas of treatment: communication, conflict management in intimate relationships, relationship building, infidelity, sexual connection.
Insurance: BCBS/Carefirst, Johns Hopkins EHP

**Erin Stoll, Psy.D.**
**The Family Center**
**4785 Dorsey Hall Drive, Suite 109**
**Ellicott City, MD 21042**
**410-531-5087**
**www.thefamilycenter.tv**
**doctorstoll@gmail.com**
Outpatient counseling services to adolescents and adults. Expert areas of treatment include depression, anxiety, hair pulling/skin picking, adolescents and technology issues (cyberbullying, sexting, etc.), adolescent and adult grief. Psychoeducational and social emotional assessments.

**Thomas K. Swisher, J.D., Ph.D.**
**Swisher Mediation**
**3545 Ellicott Mills Drive**
**Ellicott City, MD 21043**
**410-750-2655**
**www.swishermediation.com**
**swishtom@gmail.com**
Family and individual counseling. Support groups (grief, divorce, caregivers). Unique services in coping with divorce and divorce mediation. Family focused therapy.

**Michael Tebeleff, Ph.D.**
**8640 Guilford Road, Suite 252**
**Columbia, MD 21046**
**410-312-7250**
**www.marylandcounselingpsychologist.com**
Outpatient counseling services for children, adolescents, adults and couples. Parent coordination services.
Insurance: United Healthcare, Johns Hopkins/EHP, Value Options.

**Kimberly Van-Putten-Gardner, Ph.D., LCPC, CFLE**
**10632 Little Patuxent Parkway, Suite 343**
**Columbia, MD 21044**
**888-737-3330**
Individual, group & family counseling for eating, anxiety, and depressive disorders, multicultural, grief, career, social adjustment, body image, couples counseling; family life education for parenting, separated/divorced families, sandwich/boomerang generation issues, biracial couples, and trans-cultural adoptive/foster care families.

**Gail K. Walter, Ph.D.**
**The Family Center**
**4785 Dorsey Hall Drive, Suite 109**
**Ellicott City, MD 21042**
**410-531-5087**
Provides therapy for children, adolescents and families. Specializes in the treatment of anxiety and mood disorders, grief and loss issues and parenting challenges.

**Scott T. Wolfe, Ph.D.**
**Associated Center for Therapy, LLC**
**7120 Minstrel Way, Suite 203**
**Columbia, MD 21045**
**410-381-4411 / Fax 410-381-4711**
**www.weekendcouplesworkshop.com**
**swolfephd.com**
**scott@swolfephd.com**
Certified Gottman Method Couples therapist, Bringing Baby Home Certified Gottman Educator. Counseling couples, adults, adolescents and children. Insurance: Most insurances accepted.

**Harold Ziesat, Ph.D.**
**Anxiety Treatment Program of Columbia**
**8640 Guilford Road, Suite 223**
**Columbia, MD 21046**
**410-997-1183**
**Dr.ziesat@gmail.com**
Specializing in the cognitive-behavioral treatment of adults with anxiety conditions, including panic disorder, phobias, and generalized anxiety disorder. Individualized treatment and/or group therapy.

**Anne Marie Zwycewicz, Ph.D.**
**6510 Belleview Drive**
**Columbia, MD 21046**
**410-997-0026**
Outpatient counseling services to young adults, adults, couples. Therapeutic approach is an integration of cognitive, behavioral, and experiential orientations.

## SOCIAL WORKERS/LICENSED PROFESSIONAL COUNSELORS

### Alisa Adamo, MSc, MSW
**14440 Cherry Lane Court, Suite 203**
**Laurel, MD 20707**
**301-776-8080**
General practice, all ages seen, all functioning levels with special emphasis on children.
Insurance: most insurances, Medicaid and Medicare.

### Sarah Agboli, MS, LCMFT
**Congruent Counseling**
**10630 Little Patuxent Parkway, Suite 209**
**Columbia, MD 21044**
**410-740-8066**
**www.congruentcounseling.com**
Family, couple and individual therapy; depression, anxiety, low self-esteem, ADHD, family relational issues, behavioral problems, anger management, abuse, and grief.
Insurance: Most insurance plans accepted.

### Dionne Aldridge, LCSW-C
**Inspiring Minds Mental Health Services**
**1777 Reisterstown Road, Suite 390**
**Pikesville, MD 21208**
**443-416-5833**
**www.inspiringmindsllc.com**
**Dionne.aldridge@gmail.com**
Mental health services for adolescents, adults, families, and couples. Depression, anxiety, difficulty co-parenting, partner relationship concerns, recovering from a divorce or break up, stress.
Insurance: Medicaid and sliding fee scale

### Berni J. Antelman, MSW, LCSW-C
**10630 Little Patuxent Parkway, Suite 307**
**Columbia, MD 21044-3204**
**410-740-0409**
**bernilcsw@aol.com**
Children 2½ and up. Adolescents and adults. Individual, couples and family. Mental health – anxiety and depression, relationships. substance abuse difficulties, gay/lesbian, transgender issues, Autism Spectrum disorder, ADD/ADHD related problems, school problems, occupational/vocational problems.
Insurance: UBH, Aetna, Cigna, BCBS

### Anne Arena, MA, CAS
**The Family Center**
**4785 Dorsey Hall Drive, Suite 109**
**Ellicott City, MD 21042**
**410-531-5087**
Psychological testing for attentional, learning, and behavioral issues. Academic and executive functioning coaching for adults, adolescents and children. Individual and family therapy.

### Libby Barritt, LCPC
**Crossroads Psychological Associates, LLC**
**10784 Hickory Ridge Road**
**Columbia, MD 21044**
**410-964-0425 x24/Fax 410-964-0515**
**Libby.barritt@crossroadspsych.net**
Provides counseling to young adults with anxiety, depression, and substance abuse. Trained in Eye Movement Desensitization Reprocessing (EMDR) therapy.

**Anshu Basnyat, LCPC**
**The Empowered Parent**
**3355 St. John's Lane, Suite F**
**Ellicott City, MD 21042**
**443-574-3430**
**www.theempoweredparent.net**
Outpatient counseling services to children, adolescents, and adults. Marriage and couples counseling. Areas of expertise include: anxiety, depression, refugee mental health, cross-cultural issues, parenting, ADHD, and relationship issues.
Insurances: Medicaid, BCBS, Cigna, JHH-EHP, Aetna
Languages: Nepali, some Hindu

**A. LaToya Bates, MSSA, LCSW-C**
**Congruent Counseling**
**10630 Little Patuxent Parkway, Suite 209**
**Columbia, MD 21044**
**410-740-8066**
**www.congruentcounseling.com**
Mental health services to children, adolescents, adults, and couples with experience working with families and children facing traumatic events in their lives. Individual/Play Therapy (children and teens), Family Therapy, Marital/Couples Therapy, Effective Communication, Depression & Anxiety, Grief & Loss, Foster Care & Adoption, Parenting Issues, Trauma, Sex abuse, Anger Management, ADHD.
Insurance: Most insurance plans accepted.

**Jane Marie Bisco, LCSW-C**
**5140 Celestial Way**
**Columbia, MD 21044**
**410-428-6801 / Fax 410-740-4105**
**www.columbiatherapy.webs.com**
Adults, adolescents, children over age 6. Specializing in ADHD, anxiety disorders, relationship issues, trauma.

**Tarrah Bonaparte, LCSW-C**
**Focused Solutions, LLC**
**5550 Sterrett Place, Suite 200**
**Columbia, MD 21044**
**410-884-6031 / Fax 410-884-6134**
**tbonaparte@focusedsolution.net**
Therapeutic services to adults and adolescents seeking relief from and answers to life's challenges. Focus on relationship stress and adjustment problems.

**Aaron Brager, BA, ADT**
**Congruent Counseling**
**10630 Little Patuxent Parkway, Suite 209**
**Columbia, MD 21044**
**410-740-8066**
**www.congruentcounseling.com**
Facilitates adult education and treatment groups, the Young Adult IOP, and the Anger Management Program.
Insurance: Most insurance plans accepted.

**Colette Brunell, LCSW-C, BCD**
**5550 Sterrett Place, Suite 314**
**Columbia, MD 21044**
**410-730-6119**
**www.colettebrunell.com**
**Colettebrunell2@verizon.net**
Family mediation and co-mediation, Collaborative Divorce Coach, Parenting Coordinator and psychotherapist treating anxiety, depression, issues of loss and grief, women's issues, men's issues and couples therapy.
Insurance: some insurances – call to check.

**The Rev. Robert Burdette, D.Min, LCMFT**
**Papillio Pastoral Counseling**
**10505 Patuxent Ridge Way**
**Laurel, MD 20723**
**301-466-0480**
**www.papilliocounseling.weebly.com**
**beargarden2@verizon.net**
Family and marriage relationships, human sexuality issues, spiritual formation/growth, pastoral care.
Insurance: sliding fee scale.

**Robert J. Carbo, LCSW-C**
**6213 Ashton Park Court**
**Columbia, MD 21044**
**410-964-1770**
Outpatient counseling services to adolescents and adults, individual and couples counseling
Insurance: most major insurances accepted.

**Mary Carroll, LCPC, NCC**
**Congruent Counseling**
**10630 Little Patuxent Parkway, Suite 209**
**Columbia, MD 21044**
**410-740-8066**
**www.congruentcounseling.com**
Individual, group, family and couples counseling with persons aged 4-60 with primary issues of grief and trauma, bipolar and related mood disorders, and child and adolescent disorders including autistic spectrum disorders.
Insurance: Most insurance plans accepted.

**Jane Charnas, LCSW-C**
**6131Triangle Drive**
**Columbia, MD 21044-4712**
**410-997-3730**
**jcharnas@comcast.net**
Outpatient counseling to individuals and couples, mostly adults. Marital, depression, anxiety, crisis, grief.
Insurance: Aetna, United Healthcare, United Behavioral Health.

**Lauren Chapman, LCPC**
**7226 Lee Deforest Drive, Suite 202**
**Columbia, MD 21046**
**301-909-8723**
Outpatient counseling services to children, adolescents, and adults. Treatment areas of expertise include anxiety disorders, mood disorders, psychotic disorders, ADHD, and pervasive developmental disabilities.
Insurance: Aetna, APS Healthcare, Cigna, United Healthcare. Sliding scale upon request.

**Cindy Cisneros, LCPC, LPC, ACS**
**5560 Sterrett Place, Suite 103**
**Columbia, MD 21044**
**443-741-2294**
**www.creativelyllc.com**
**Cindy@creativelyllc.com**
Outpatient services for adolescents and adults, using cognitive behavioral, mindfulness, person centered and creative approaches. Diagnoses treated include anxiety, mood disorders, psychotic disorders, addictions, adjustment disorders and more. Specializing in the treatment of creative adolescents and adults. Weekend and evening appointments available. Group therapy sessions held throughout the year.
Insurance: BCBS, FEP, CareFirst, Magellan.
Language: Some Spanish

**Michael Clancy, LCPC, LCADC**
**Congruent Counseling**
**10630 Little Patuxent Parkway, Suite 209**
**Columbia, MD 21044**
**410-740-8066**
**www.congruentcounseling.com**
Pastoral and marital counseling, addictions treatment and psychotherapy. Issues related to military deployments for service members and families.
Insurance: most insurance plans accepted.

**Jodi Cobb, Ph.D., LCMFT**
**Ellicott City, MD 21043**
**443-574-5322**
**www.peerbridges.com**
**jcobb@peerbridges.com**
Psychotherapy for parents, children, teens, and families. Specialties include families impacted by autism spectrum disorders, attachment issues, adoption, foster care, sexual abuse, trauma, and LGBTQ issues.

**Victoria Cofield-Aber, LCSW-C**
**5074 Dorsey Hall Drive, Suite 104**
**Ellicott City, MD 21042**
**443-745-8375 / Fax 410-730-1312**
Individual, group, and family therapy to children age 3+ and families. School related issues, depression, anxiety and PTSD. Specialized training in working with children in foster and adoptive families. Special intervention skills with immigrants, individuals experiencing homelessness, and individuals with special needs.
Insurance: major insurances, Medicaid
Language: Spanish and Hindi interpreter

**Richard Conover, LCPC, NCC**
**Congruent Counseling**
**10630 Little Patuxent Parkway, Suite 209**
**Columbia, MD 21044**
**410-740-8066**
**www.congruentcounseling.com**
Individual, couples and group therapy specializing in stress reduction, grief and loss, chronic pain, and substance abuse.
Insurance: most insurance plans accepted.

**Linda Corr, LCSW-C**
**Acorn Counseling**
**3850 Shady Lane**
**Glenwood, MD 21738**
**301-335-3091**
Adults 18 and over. Substance abuse recovery for addicts and/or family loved ones; anxiety depression, women's issues, young adult transition issues.
Insurance: Blue Cross of MD. Fee for service with sliding scale.

**Jennifer Crawford McCormick, LCSW-C**
**Focused Solutions, LLC**
**5550 Sterrett Place, Suite 200**
**Columbia, MD 21044**
**410-884-6031/410-884-6134**
**jcrawford@focusedsolution.net**
Outpatient services to adults and adolescents. Areas of focus are depression, anxiety, post-trauma intervention and workplace issues, grief and mediation.

**Bob Denmark, LCPC**
**7350 Grace Drive**
**Columbia, MD 21044**
**443-857-9822**
**rjdenmark@msn.com**
Grief therapy and couples counseling.
Insurance: Medicaid, private insurance

**Eileen Dewey, LCSW-C**
**5570 Sterrett Place, Suite 205**
**Columbia, MD 21044**
**410-730-1333**
Individual, family and group therapy. Specializes in teenage girls, women's issues, parenting, addictions and dual diagnosis.

**Laura DiCamillo, LCSW-C**
**Congruent Counseling**
**10630 Little Patuxent Parkway, Suite 209**
**Columbia, MD 21044**
**410-740-8066**
**www.congruentcounseling.com**
Works with at-risk students in middle and high schools on social, emotional, academic and behavioral issues.
Insurance: most insurance plans accepted.

**Mark Donovan, MA, LCPC, LCADC**
**10630 Little Patuxent Pkwy, Suite 209**
**Columbia, MD 21044**
**410-740-8066 ext. 68**
**www.congruentcounseling.com**
Teens and adults with mental health issues including depression, anxiety, attention deficit problems, stress management, family difficulties, substance abuse and addiction.
Insurance: most insurance plans accepted.

**Barbara E. Dougherty, LCSW-C**
**10451 Twin Rivers Road**
**Columbia, MD21044**
**410-997-3557**
**www.fcsmd.org**
Outpatient counseling services to children, adolescents, and adults. Expert areas of treatment include trauma work.
Insurance: some insurance accepted.

**Katie Downes, LCPC**
**Congruent Counseling**
**10630 Little Patuxent Pkwy, Suite 209**
**Columbia, MD 21044**
**410-740-8066 ext. 68**
**www.congruentcounseling.com**
Director of Adult Substance Treatment Services which include mental health, family, legal, and work/school issues.
Insurance: most insurance plans accepted.

**Elaine K. Drewyer, LCSW-C**
**National Family Resiliency Center**
**10632 Little Patuxent Parkway, Suite 121**
**Columbia, MD 21044**
**410-740-9553 ext. 302**
**www.nfrchelp.org**
Outpatient services for children, adolescents and adults, focus on families in transition and mental health/wellbeing due to change or loss; marriage counseling; individual, group, family therapy. Sliding fee scale available.

**Cheryl Duffy-Williams, LCSW-C**
**3525 H Ellicott Mills Drive, Suite A**
**Ellicott City, MD 21043**
**443-224-8634**
**Cheryl_Duffy@verizon.net**
Works with children experiencing anxiety, depression, ADHD, oppositional defiant disorder, and general behavior difficulties. Counsels adults with depression, anxiety, ADHD, and relationships issues.
Insurance: BC/BS, Magellan, USFHP, Medicare, and Medicaid. Sliding fee scale.

**Shelia D. Duncan, LCSW-C**
**14201 Laurel Park Drive, Suite 221**
**Laurel, MD 20707**
**301-776-4617 / Fax 888-972-6562**
**www.sheliaduncan.com**
**sheliadduncan@sheliaduncan.com**
Individual, couple and family therapy for children, adults and families. Services for depression, bipolar, anxiety, ADHD, PTSD, and Life Transitions
Insurance: BCBS, Medicare

**Dawn Duignan, LCSW-C**
**3881 Ten Oaks Road, Suite 2A**
**Glenelg, MD 21737**
**410-489-4550 / Fax 410-489-4475**
Individual therapy for children, adolescents, families, adults and couples. Extensive experience working with children and families.
Insurance: some insurance plans.

**Kate Emerson, LCSW-C**
**Strength In Me Counseling, LLC**
**7226 Lee Deforest Drive, Suite 202**
**Columbia, MD 21045**
**410-645-0738**
**strengthinmecounseling.com**
Works with children, adolescents, adults, couples, and families using a multitude of therapeutic techniques in the area of trauma. Works as a team to help find your inner strength, peace and well-being.

**Shanna J. Evering**
**11419 Ellington Street**
**Fulton, MD 20759**
**832-573-1473**
**Shanna.evering@gmail.com**
Adolescents, adults, and couples. General counseling services for anxiety, depression, grief, life-transition, life-coaching, trauma, eating disorders, personality disorders, and multicultural issues. Mobile services available through phone therapy, email, skype and community-based locations (home, office)

**Kay E. Fandetti, LCSW-C**
**201Columbia Medical Center**
**11055 Little Patuxent Parkway**
**Columbia, MD 21044**
**410-992-4042**
**Kfandetti@aol.com**
Outpatient counseling services to individuals suffering from depression, anxiety, marital discord. Also sees individuals dealing with major health issues.

**Mario Faraone, LCSW-C**
**301-854-2331**
**justthisjustnowpsychotherapy@gmail.com**
Outpatient services to adolescents (16 and up) and adults. Cognitive and behavioral exploration with a Buddhist bend, using Buddhist principles and strategies to explore and resolved social, emotional and behavioral difficulties.
Language: German

**Stefanie Feldman, LCSW-C**
**10090 East Darlington Road**
**Columbia, MD 21044**
**410-740-3193**
Domestic abuse, counseling-couples, individual and group therapy, women's issues.

**Christina Foerster Puglisi, LCSW-C**
**5643 Chelwynd Road**
**Baltimore, MD 21227**
**410-733-4702**
**christinapug@yahoo.com**
Previously has worked with children and adolescents and their families in a foster care setting, diagnostic setting and currently in a school setting. In home services are available. Specializing in behavior problems, anxiety, depression, ADHD, and those who have experienced trauma. Compassionate about working with the LGBT community.

**Barry B Frieman, Ed.D, LCSW-C**
**410-262-9006**
**frieman@towson.edu**
Expert areas: families going through changes, parenting issues-dealing with children from early childhood to adolescence, men dealing with separation, divorces and parenting issues.

**Linda Friskey, MSW, LCSW-C**
**9650 Santiago Road, Suite 3**
**Columbia, MD 21045**
**410-799-2982**
**lindafriskey@comcast.net**
Outpatient psychotherapy for most ages. Individuals, couples, families. Specializing in eating disorders, the intersection of physical and psychological problems, LGBTQ, 12-steps, gambling and other behavioral addictions such as compulsive shopping. Biopsychosocial and spiritual model.
Insurance: Aetna, Medicare (traditional), Medical Assistance (if secondary to Medicare), Sliding Scale, Tricare (non-par provider).

**Harriet Gailey, LCSW-C**
**8640 Guilford Road, Suite 252**
**Columbia, MD 21046**
**410-312-7250 ext. 205**
Outpatient counseling to adults. Areas of expertise; mood disorders (depression and bipolar), anxiety, separation/divorce, family issues, parenting.
Insurance: most major insurance accepted.

**John Geremia, LCSW-C**
**8331 Lincoln Drive**
**Jessup, MD 20794-9454**
**410-799-5092**
**www.johngeremiatherapist.com**
Mood and social issues; depression, anxiety, grief, sexuality, adult ADHD, bipolar, marital, anger, and stress management.
Insurance: Aetna, APS, BC/BS, Carefirst, Cigna, GEHA, Healthnet, Tricare, Johns Hopkins, Magellan, MHN, Medicare, NCAS, United Healthcare, Value Options.

**Rachel Glickman, MS, LCPC**
**Congruent Counseling**
**10630 Little Patuxent Parkway, Suite 209**
**Columbia, MD 21044**
**410-740-8066**
**www.congruentcounseling.com**
Specializes in children/adolescents. ADHD/ADD, anxiety, adjustment disorders, crisis counseling, depression, family issues, school problems, PTSD/trauma, parenting issues, self-esteem, grief/loss.

**Bonnie L. Goldschmidt, LCSW-C, LCADC**
**9017 Red Branch Road, Suite 204**
**Columbia, MD 21045**
**410-730-400**
Outpatient counseling services to adolescents and adults, specializing in substance abuse and mental health. Sliding scale upon request.

**Lev Grotel, LCSW-C**
**Focused Solutions, LLC**
**5550 Sterrett Place, Suite 200**
**Columbia, MD 21044**
**410-884-6031 / Fax 410-884-6134**
**lgrotel@focusedsolution.net**
Specializes in relationship and sexual issues, anxiety, stress, panic attacks, depression, low self-esteem, abuse/trauma, sexual identity concerns, life transitions, interpersonal issues and family struggles.

**Penny Harrigan, LCPC**
**The Education and Therapy Center**
**8940 Route 108, Suite F**
**Columbia, MD 21045**
**410-599-3834**
**pharrigan@comcast.net**
Outpatient counseling services to children, adolescents and families.
Insurance: sliding scale.

**Liza Hicks**
**419 Oella Avenue**
**Catonsville, MD 21228**
**443-848-1366**
**LizaHicks.com**
**lh@lizahicks.com**
Outpatient counseling services to adults and adolescents. Expert areas of treatment include trauma and grief.
Insurance: Carefirst, BC/BS

**Melinda Hoffman, LCPC**
**9881 Broken Land Parkway, Suite 105**
**Columbia, MD 21046**
**410-997-0996**
**www.melindahoffmanlcpc.com**
**Melinda.h@verizon.net**
Outpatient counseling services to children age 8+, adolescents and adults. Depression, anxiety, trauma, abuse, domestic violence victims, PTSD, parenting support. Some training in TF-CBT; CBT.
Insurance: BC/BS, Johns Hopkins, Magellan, Medicaid. Sliding Scale upon request.

**Lydia Holloway, LCSW-C**
**10220 S. Dolfield Road, Suite 106**
**Owings Mills, MD 21117**
**443-630-9600 / Fax 410-772-3797**
**transformationatherapy@gmail.com**
Individual, family and couples therapy. Anxiety, depression, grief, trauma, relationship issues, etc.
Insurance: Most insurances accepted
Fluent in Spanish

**Janet Hosford-Lamb, LCSW-C**
**Focused Solutions LLC**
**5550 Sterrett Place, Suite 200**
**Columbia, MD 21044**
**410-884-6031 / Fax 410-884-6134**
**jlamb@focusedsolution.net**
Offers workplace consultations to workplaces focusing on employee behavioral concerns, potential workplace violence concerns, workgroup behavior concerns impacting productivity. Clinical brief interventions with employees and family members. Outpatient mental health and substance abuse counseling.

**Carmen Howlette, LCSW-C**
**3355 St. John's Lane, Suite F**
**Ellicott City, MD 21042**
**301-503-5696**
**www.CarmenHowlette.com**
**crhowlette@verizon.net**
Individual, couples and family therapy, EMDR therapy. Specializes in treatment of trauma & PTSD.
Insurance: Cigna, CareFirst BCBS, APS Healthcare, Maryland Medicaid, Magellan, Value Options, Ceridian EAP, LifeWork Strategies EAP.

**Roberto Huie Jr., LCSW-C**
**5300 Dorsey Hall Drive, Suite 203**
**Ellicott City, MD 21042**
**410-292-9809**
**RobertoHuieJr@aol.com**
Outpatient services for adolescents, adults, couples and family. Expertise in treating mood and anxiety disorders, addiction, dual diagnosis, co-dependency, separation, divorce. Also works with personality issues, abuse, trauma, grief and loss.
Fluent in Spanish

**Barbara Hunter, PhD, LCPC**
**5211 New Prospect Court**
**Ellicott City, MD 21043**
**443-794-3001**
**www.drhuntercounseling.com**
Outpatient services including depression, anxiety, life transitions for adults. Pastoral counseling.

**Karen K. Johnson, LCSW-C**
**10632 Little Patuxent Parkway, Suite 313**
**Columbia, MD 21044**
**443-803-6791**
**Karen63012@comcast.net**
Outpatient counseling services to children, adolescents, and families, young adults, women's issues, autism spectrum disorder, usually teens and young adults high-functioning, mental health, ADHD, depression, bipolar disorders.

**Paul Kelner, LCSW-C, CSAT, CAMS-II**
**Action Recovery**
**5114 Dorsey Hall Drive**
**Ellicott City, MD 21042**
**301-388-0178**
**www.sexaddiction-recovery.com**
**paul@action-recovery.com**
Specializes in working with those who are recovering from out-of-control sexual behaviors: chronic porn use, serial infidelities, anonymous hook-ups, etc. Anger management counseling for court-referred adults or others who wish to address anger issues. Certified Sexual Addictions Therapist and Certified Anger Management Specialist. Confidential individual and group treatment.

**Karen Kirkpatrick, LCSW-C**
**10630 Little Patuxent Parkway, Suite 307**
**Columbia, MD 21044**
**443-326-2785**
**kakirkpatrick@verizon.net**
Individuals, couples, teens and children. Specializes in EAP, crisis work.
Insurance: Aetna, Blue Cross, Magellan

**Kathaleen Klotz, LCSW-C**
**3355 St. John's Lane, Ste F, St. John's Station**
**Ellicott City, MD 21042**
**443-310-4980**
**Kathaleen_n@msn.com**
Specializes in trauma, domestic violence, relationship issues including individual and couples, PTSD, anger management, women's issues.
Insurance: Blue Cross Blue Shield, Medicare and Medical Assistance.

**Janeta Koelsch, LCSW-C**
**In Home Therapy, LLC**
**6520 Wingflash Lane**
**Columbia, MD 21045**
**410-245-5316**
**jmkoelsch@outlook.com**
Providing therapy to adults, adolescents and families in their home for treatment of a wide variety of issues including but not limited to depression, anxiety, trauma, behavior problems, and anger management.
Insurance: Medicaid, self-pay

**Julie Kotler, LCPC, LCPAT, ATR-BC**
**7350 Grace Drive**
**Columbia, MD 21044**
**301-793-1520**
**www.palettepartners.com**
**palettepartners@gmail.com**
Outpatient counseling and art therapy specializing in treating depression and anxiety with a focus in women's health and wellness working in developing better approaches to life transitions, grief, and changing relationships.

**Sean Lare, LCSW**
**6851 Oak Hall Lane, Suite 118**
**Columbia, MD 21045**
**410-689-9074**
**www.seanlare.com**
**counseling@seanlare.com**
Counseling to LGBTQ children, youth, adults, and their family members. Helps individuals develop new identities, navigate their transition and coming out process, attend to their relationships, and care for their mental health needs. Also provides consultation and training services focused on increasing the sensitivity to LGBTQ issues in the workplace.

**Cynthia Lengrand, LCSW-C**
**8165 Cyprus Cedar Lane, Suite 201**
**Ellicott City, MD 21043**
**410-715-1606**
**CynthiaLengrand@gmail.com**
Individual and family therapy for children, adolescents and adults. Anxiety, depression, life stressors, grief, ADHD, PTSD, family issues. Specialize in trauma – trained in EMDR.
Insurance: APS, Aetna, UBH, MA, Medicare.

**Suzanne Lescht, LCSW-C**
**10632 Little Patuxent Parkway, Suite 245**
**Columbia, MD 21044**
**410-997-1919**
Outpatient counseling to adults and couples.
Insurance: all insurance

**Rona Levi, LCSW-C**
**10632 Little Patuxent Parkway, Suite 325**
**Columbia, MD 21044**
**410-730-5081**
Outpatient counseling with Individual, couples and family.
Insurance: most insurance accepted

**Linda Linton, LCSW-C**
**A Healing Place**
**7050 Oakland Mills Road, Suite 140**
**Columbia, MD 21046**
**410-309-0909**
**Ahealingplaceincolumbia.com**
Outpatient counseling services to adults. Areas of interest include trauma, both childhood trauma and recent single incident experiences. Trained in EMDR, EFT (Emotion Free Technique) and TAT (Tapas Acupressure Technique).

**Ruth C. Lobe, LCSW-C**
**3355 St. Johns Lane, Suite F**
**Ellicott City, MD 21042**
**410-465-6297**
Adult individual and couples therapy for interpersonal relationship issues, stress management, depression, anxiety, parenting concerns, grief, loss, adjustment to life's changes.
Insurance: most private insurances. Sliding scale.

**Marcie Lovell, LCSW-C**
**Focused Solutions, LLC**
**5550 Sterrett Place, Suite 200**
**Columbia, MD 21044**
**410-884-6031 / Fax 410 -884-6134**
**mlovell@focusedsolution.net**
Outpatient counseling services to children, adolescents and adults. Some expert areas of treatment include early childhood trauma, attachment, bereavement, and adoption.
Insurance: most insurances accepted.

**Dolores DeLuise Madiou, LCSW-C**
**7360 Grace Drive**
**Columbia, MD 21044**
**410-914-7205**
**Dolores.madiou@gmail.com**
Outpatient therapy for adults, couples and adolescents. Specializing in trauma informed practices, trauma abuse history, couples and relationship issues, adjustment and mood disorders, grief and loss, family problems, and other life stressors.
Insurance: Aetna, United Healthcare, Care First, BCBS, Coventry Health Care.

**Jennifer Manning Plassnig, MSW, LCSW-C, ACHt, BCD**
**10709 Birmingham Way**
**Woodstock, MD 21163**
**410-203-2411**
**www.JenniferManningPlassnig.com**
**jenniferplassnig@gmail.com**
Children, adolescents, adults, families and groups. Cognitive Behavioral Therapy, Hypnosis, EMDR (Eye Movement Desensitization and Reprocessing), EFT (Emotional Freedom Technique), Process Acupressure, Play Therapy, Relaxation and Visual Imagery Techniques, Meditation and Breathing Techniques.

**Joy Patricia Martin, Ph.D, LCSW-C**
**5344 Racegate Run**
**Columbia, MD 21045**
**443-745-0767**
Adults and couples. Works with difficult emotions (anger, anxiety, depression) using a variety of modalities, including mindfulness or body-centered awareness, inner child work and gestalt techniques.
Insurance: most major insurance, Medicare and MA.

**Brenda L. May, LCSW-C**
**Crossroads Psychological Associates, LLC**
**10784 Hickory Ridge Road**
**Columbia, MD 21044**
**410-964-0425 x21/Fax 410-964-0515**
**brenda.may@crossroadspsych.net**
Outpatient counseling services to children, adolescents and adults. Individual, couples and family therapy. Specialty in anxiety disorders and mood disorders.

**Jacqueline McClure, LCPC, NBCC**
**8705 Celita Court**
**Jessup, MD 20794**
**301-498-7218**
**Jacquelinemcclure.lcpc@yahoo.com**
Adults, couples, adolescents, families. Specializes in couples and family counseling, adults who are adjusting to difficult life situations, and military members.
Insurance: Aetna, Cigna, Tricare, BCBS, Magellan.

**Kathi McGaha, LCSW-C**
**Congruent Counseling**
**10630 Little Patuxent Parkway, Suite 209**
**Columbia, MD 21044**
**410-740-8066**
**www.congruentcounseling.com**
Depression, anxiety, self-esteem issues, adjustment disorders, dual diagnosis, grief/loss, PTSD & trauma, addiction or substance abuse, infertility issues.
Insurance: most insurance plans accepted.

**Valerie R. McManus, LCSW-C**
**Healing Therapies Counseling**
**3525 Ellicott Mills Drive, Suite N**
**Ellicott City, MD 21043**
**410-465-8687**
**www.HealingTherapiesOnline.com**
**HealingTherapiesOnline@yahoo.com**
Intuitive psychotherapist specializing in depression, anxiety and other mood symptoms, relationship issues, work life, personal transformation & growth, parenting challenges, grief & loss, attention & distractibility and adjustments to change. Qualified postpartum disorders specialist.

**Amy L. Miller, MSW, LCSW-C, ADT**
**Congruent Counseling**
**10630 Little Patuxent Parkway, Suite 209**
**Columbia, MD 21044**
**410-740-8066**
**www.congruentcounseling.com**
Substance abuse, trauma, behavior modification techniques, personality disorders, sexual abuse survivor, self-injury, suicidal ideation, anxiety, divorce adjustment, eating disorders, parenting, couple and adolescent issues, ADD/ADHD.
Insurance: most insurance plans accepted.

**Danny Miller, LCPC**
**10440 Shaker Drive, Suite 103**
**Columbia, MD 21046**
**240-583-0351**
**www.healingsongstherapy.com**
**song2give@gmail.com**
Cognitive behavioral theapy for adults, couples, and young people. Specialties include anxiety disorders, child/adolescent issues, couples issues, chronic and acute trauma, psychosis, and unhelpful patterns of behavior leading to pain and relational difficulties.
Insurance: APS Healthcare, BC/BS, MHN, Employee Health Providers, Medicaid, Aetna, ComPsych, Federal and National Capital, Magellan BH, Tricare.

**Jadranka Milovanovic, LCPC**
**10632 Little Patuxent Parkway, Suite 343**
**Columbia, MD 21044**
**443-955-4592 / Fax 410-997-7878**
Children, adolescents, families: adjustment disorders, depression, anxiety, ADD/ADHD, anger management and behavioral problems. Couples, addiction, grief counseling. Sensitive to and competent in working with people of various cultural and religious backgrounds.
Insurance: Carefirst, Aetna, BC/BS, MHN/ Managed Health Network, Magellan BH.
Languages: Italian, Serbian, Croatian, Bosnian

**Jennifer Molinari, LCPC, NCC**
**10715 Charter Drive, Suite 270**
**Columbia, MD 21044**
**410-709-3974**
**www.jennifermolinari.com**
Outpatient counseling services for adults, couples, and families. Holistic approach. Anxiety, depression, self-esteem, parenting issues, communication skill enhancement, conflict resolution, relaxation skill training, marriage/couple counseling.
Insurance: Aetna, BCBS, Tricare, Magellan.

**Peggy Montgomery, LCSW-C**
**10750 Hickory Ridge Road, Suite 113**
**Columbia, MD 21044**
**443-621-0583**
**www.pmontgomery.com**
Psychotherapy practice specializing in trauma and addiction for couples, families and adolescents. CBT, dialectical behavioral therapy, mindfulness and emotional freedom technique to provide individualized care to clients. Cultural sensitive serving clients of various ethnicities and the LGBTQ community.

**Indrani Mookerjee, DSW, LCSW-C**
**IME Behavioral Health, LLC**
**8840 Stanford Boulevard, Suite 1600**
**Columbia, MD 21045**
**240-512-0141/Fax 240-512-0151**
**www.imebehavioralhealth.com**
Specializes in trauma, addiction, relationship issues, mood disorders, behavioral problems, psychosis, and ADD treatment for adults, adolescents, children and families. Medication management and psychotherapy services.
Insurance: Blue Cross, Johns Hopkins EHP and USFHP, Medicare.

**Juana Sancho Davila Moreland, LCSW**
**INCA Energy Institute**
**8774 Endless Ocean Way**
**Columbia, MD 21045**
**www.energytherapyceuworkshops.com**
202-374-8322
Provides bi-lingual counseling services to individuals, couples and families who prefer to receive services in Spanish.

**Ashton Morgan, LCMFT**
**Family Therapy Group**
**5570 Sterrett Place, Suite 305**
**Columbia, MD 21044**
**443-485-5473**
**www.familytherapygroupllc.com**
**ashton@familytherapygroupllc.com**

**Sabrina N'Diaye, Ph.D, LCSW-C**
**4 West Rolling Crossroads #3**
**Catonsville, MD 21244**
**410-455-5464**
Specializes in Women's Health, Relationship Issues, Addictions, Spirituality,
Interventions: Integrative Psychotherapy, Guided Imagery, Hypnosis, Movement, Imago Relationship Therapy, Sufi Healing
Identified as a Muslim therapist.

**Kathleen A. Norton, M.B.A., Life Coach**
**9829 Diversified Lane**
**Ellicott City, MD 21042**
**410-206-7329 / Fax 410-203-0804**
**kanorton1@verizon.net**
Life coaching for teens and young adults. Practical solutions and support for social pressures, academic stress, future plans, time and self-management.

**Matt Otto, LCPC**
**Crossroads Psychological Associates, LLC**
**10784 Hickory Ridge Road**
**Columbia, MD 21044**
**410-964-0425/Fax 410-964-0515**
**matt.otto@crossroadspsych.net**
**www.matt-otto.com**
**www.crossroadspsych.net**
Individual and group therapy specializing in adolescents, young adults and pastoral counseling.

**Carlos Pastor, LCSW-C**
**10632 Little Patuxent Parkway, Suite 245**
**Columbia, MD 21044**
**410-419-1708**
Outpatient mental health counseling treating adolescents, family, couple and individuals.
Insurance: most commercial insurance accepted. Sliding scale upon request.

**Hetal Patel, LCSW-C**
**3355 St. Johns Lane**
**Ellicott City, MD 21042**
**443-451-0159**
**Hetal9722@yahoo.com**
Individual and family therapy, play therapy. Child and adolescents, adults. Depression, anxiety, ADHD, ODD, OCD, infertility, parent-management training).
Insurance: BCBS, Medicaid. Sliding scale.
Language – Gujarati, Hindi

**Anne Peurasaari, LCSW-C, RN**
**5018 Dorsey Hall Drive, Suite 205**
**Ellicott City, MD 21042**
**410-992-4940**
Adults, older teenagers. Same gender couples, spiritual aspects in counseling, alternative aspects compared to medication.
Insurance: Most insurances accepted, sliding scale.
Language: German

**Elizabeth Pilson, LCSW-C**
**7120 Minstrel Way, Suite 203**
**Columbia, MD 21045**
**410-868-7431**
**www.elizabethpilson.com**
Individual adult and couples therapy. Specializing in improving emotional and physical intimacy issues with self and others by exploring and transforming attachment relationships. Coping with anxiety, grief and loss. Gay, lesbian and bisexual population.
Insurance: Most insurances accepted.

**Barbara M. Polonsky, LCSW-C**
**5122 Aver Court**
**Columbia, MD 21044**
**410-227-9074**
**bpolonskylcsw@verizon.net**
Outpatient counseling for individuals (adults), children, adolescents. Areas of expertise include Anxiety and Depression, Interpersonal relationship conflicts, Codependency Issues, Parenting struggles, Stage of Life Transitions, and women's issues.
Insurance: Some insurances accepted. Sliding scale.

**Mary Prendergast, LCPC**
**Crossan Counseling Services**
**3901 Putty Hill Avenue**
**Nottingham, MD 21236**
**443-326-6217**
**maryfprendergast@gmail.com**
Outpatient services to children, adolescents and adults, experiencing anger management problems, anxiety, depression, chronic pain, stress related issues, relationship issues, LGBT/transgender issues. Individual and group therapy. Coaching for ADHD and Executive Functioning related problems.
Insurance: Maryland MA, Carefirst, Magellan, Magellan EAP and others.

**Bill Ray, LCSW-C**
**Crossroads Psychological Associates, LLC**
**10784 Hickory Ridge Road**
**Columbia, MD 21044**
**410-964-0425 x19**
**bill.ray@crossroadspsych.net**
Outpatient counseling services for adolescents and adults. Areas of expertise include substance abuse and dependence, anxiety, depression, marital and relationship issues.

**Jeanne Reedy, LCSW-C**
**Congruent Counseling**
**10630 Little Patuxent Parkway, Suite 209**
**Columbia, MD 21044**
**410-740-8066**
**www.congruentcounseling.com**
Adults, college age students and teens. Areas of expertise include eating disorders, ADHD, relationship issues, effective communication, adult children of alcoholics, dual diagnosis, anxiety, bipolar, Borderline Personality Disorder, PTSD, depression, dissociative disorder, domestic violence, adjustment disorders, parenting issues, gay/lesbian issues, grief, psychological aspects of illness, women's issues, sexual abuse/assault.
Insurance: Most insurance plans accepted.

**Stacey Rempert, LCSW-C**
**10632 Little Patuxent Parkway, Suite 100**
**Columbia, MD 21044**
**410-206-8573**
**www.columbiatherapist.guru**
Outpatient counseling for adolescents ages13+ and adults. Expert areas of treatment include addictions, trauma, self-harming behaviors, and anxiety.
Insurance: some sliding scale.

**Kathryn Reynolds, LCPC, NCC, DAPA**
**5114 Dorsey Hall Drive**
**Ellicott City, MD 21042**
**410-689-5181**
**www.kreytherapy.com**
Specializing in anxiety, depression, grief, helping people overcome trauma and child abuse.

**Robert D. Robinson, LCPC**
**The Family Center**
**4785 Dorsey Hall Drive, Suite 109**
**Ellicott City, MD 21042**
**410-531-5087 / 410-997-1556**
**thefamilycenter@TV.com**
Child, adolescent and family counseling specializing in child & adolescent. Anxiety, depression, self-esteem, peer relationship issues, school-related problems and abuse issues. Also counsels individual, adult and couples, as well as teen and adult group therapy.

**Ann J. Rochford, LCSW-C**
**5513 Twin Knolls Road, Suite 220**
**Columbia, MD 21045**
**410-707-0657**
**annjrochford@yahoo.com**
Outpatient psychotherapy for adolescents and adults. Expert areas include anxiety, depression and transitions to new stages of life. Psychotherapeutic approaches include Behavior Modification, Interpersonal Psychotherapy and Role Playing.
Insurance: all medical insurance, Medicare, Tricare.

**Anne Roth, LCSW-C**
**2000-Century Plaza**
**10632 Little Patuxent Parkway, Suite 325**
**Columbia, MD 21044-3205**
**410-992-5670**
Counseling-adolescent, adult, couples, family, & individual therapy.
Insurance: Most insurances accepted.

**Mimi Ryans, LICSW, LCSW-C, RPT**
**Lighthouse Center for Therapy and Play**
**10632 Little Patuxent Parkway, Suite 327**
**Columbia, MD 21044**
**443-864-5647**
**www.lighthouseplaytherapy.com**
Private practice that works specifically with adults, children and families. Registered Play Therapist on staff.
Insurance: Medicaid, Medicare, Aetna, Cigna, BC/BS, Magellan, Beacon Health

**Molly King Safren, LCSW-C**
**9575 Angelina Circle**
**Columbia, MD 21045**
**301-596-2858**
**msafren@verizon.net**
Psychotherapy for adults, couples, some adolescents. Specialties include work with grief, anxiety and depression, adult children of alcoholics, gay and lesbian issues, substance abuse and recovery, and marital infidelity and other couples issues.

**Christian Sanders, MS, LCPC**
**Congruent Counseling**
**10630 Little Patuxent Parkway, Suite 209**
**Columbia, MD 21044**
**410-740-8066**
**www.congruentcounseling.com**
Counseling for learning and academic issues, adjustment, mood and anxiety disorders, opposition, defiance, conduct disorder, executive functioning, substance abuse, and dual diagnosis.
Insurance: most insurance plans accepted

**Grace Santo, LCSW-CM**
**Congruent Counseling**
**10630 Little Patuxent Parkway, Suite 209**
**Columbia, MD 21044**
**410-740-8066**
**www.congruentcounseling.com**
Trained in dialectical behavior therapy, trauma symptom management, child-parent filial play therapy, domestic violence (offender and victim), trauma focused cognitive behavioral therapy and treatment of sexual addictive behaviors.
Insurance: most insurance plans accepted

**Melissa Schnaar, LCSW-C**
**Collaborative Counseling Center**
**5560 Sterrett Place, Suite 201**
**Columbia, MD 21044**
**410-546-1100**
**Collaborativecounselingcenter.com**
**melissa@collaborativecounselingcenter.com**
Outpatient mental health services to children, adolescents and their families, including psychiatric services, individual, group and family counseling.

**Myra G. Schneider, PhD, LCSW-C**
**5052 Dorsey Hall Drive, Suite 202A**
**Ellicott City, MD 21042**
**410-652-1610**
**mschneidrphd@gmail.com**
Outpatient counseling services to families, individuals, and couples. Specialties include couple/family relationships, parenting, divorce adjustment, women's issues, life transitions, depression, anxiety, health related issues, loss/grief, EAP assessments and work systems issues.
Insurance: BCBS, United, Cigna, Aetna, Hopkins. Sliding scale available.

**Jennifer Schoo, LCSW-C**
**8165 Cyprus Cedar Lane, Suite 201**
**Ellicott City, MD 21043**
**410-220-7697**
**www.therapysquare.com**
**Jennifer.schoo@yahoo.com**
Individual, family and group therapy for children and adults with ADHD, behavioral problems at home and school, depression, anxiety, interpersonal relationships, family contact, physical /sexual /emotional abuse and substance abuse. Groups for adults, children and adolescents to include self-esteem, interpersonal relationships, behavior modification, ADHD, anxiety, depression, substance abuse, parenting and anger management.
Insurance: Aetna, APS, Tricare, UBH and MA

**Jacke L. Schroeder, MSW, LCSW-C**
**2731 Westminster Road**
**Ellicott City, MD 21043**
**410-365-4157**
**Jacke.schroeder.appointment@gmail.com**
Outpatient counseling services to adults, individuals & couples. Depression, anxiety, grief and loss, divorce, pre-marital, life transitions, spirituality, trauma.

**Ruth Shor-Jannati, LCSW-C**
**9520 Berger Road, Suite 203**
**Columbia, MD 21046**
**443-668-6861, 410-290-6940 ext. 21**
Outpatient counseling services for adults. Mood disorders, grief and loss, addiction, life transitions, couples issues.
Insurance: some insurance accepted.

**Lori Simmons, LCMFT**
**Congruent Counseling**
**10630 Little Patuxent Parkway, Suite 209**
**Columbia, MD 21044**
**410-740-8066**
**www.congruentcounseling.com**
Specialties include ADHD/ADD, adjustment disorders, crisis counseling, depression, family issues, school problems, PTSD/ trauma, parenting issues, self-esteem, grief/loss, anger management, marital/ couples counseling, communication skills.
Insurance: most insurance plans accepted.

**Julia Southern, MEd, LCPC, NCC**
**Congruent Counseling**
**10630 Little Patuxent Parkway, Suite 209**
**Columbia, MD 21044**
**410-740-8066**
**www.congruentcounseling.com**
Counseling for children age 7+, adolescents and adults. Specialties include adjustment to life changes, anxiety, depression, school problems, trauma/crisis, family counseling/education.
Insurance: most insurance plans accepted.

**Tammy J. Spengler, MSW, LCSW-C**
**Focused Solutions, LLC**
**5550 Sterrett Place, Suite 200**
**Columbia, MD 21044**
**410-884-6031**
**TSpengler@focusedsolution.net**
Outpatient counseling services to adolescents and adults. Expert areas of treatment include PTSD, domestic violence, adoption, and childhood maltreatment. Holistic approach.
Insurance: most insurances accepted.

**Andrew Stanton, LCSW-C**
**8850 Columbia 100 Parkway, Ste. 203**
**Columbia, MD 21045**
**443-546-4476**
**www.StantonPsychotherapy.com**
Individual, couples and family therapy. Specialties include children/adolescents, substance abuse, trauma, hypnotherapy, sports and other performance improvements, ADHD, anxiety, depression and managing life changes.

**Jennifer M. Steier, LCSW-C**
**Congruent Counseling**
**10630 Little Patuxent Parkway, Suite 209**
**Columbia, MD 21044**
**410-740-8066 / 443-538-8294**
**Jennifer.m.steier@gmail.com**
Outpatient counseling services to children, adolescents, and adults.
Insurance: most insurance plans accepted.

**Norma Stevens, MS, NCC, LCPC**
**IHS Psychotherapy and Counseling, LLC**
**6011 University Blvd., Suite 100**
**Ellicott City, MD 21043**
**410-919-8275**
**www.normastevenslcpc.com**
**norma@normastevenslcpc.com**
Outpatient services for young adults, adults, seniors, individuals and couples. Specialized experience working with couples recovering from infidelity, building/increasing emotional connection, effectively handling conflict. Depression, anxiety, PTSD, anger, recovery from abuse and trauma, life transitions, grief and loss, self-esteem, codependency, spirituality, and interpersonal relationships.
Insurance: sliding scale is available upon request.

**Dr. Lillian M. Sylvester, Ph.D., LCPC**
**Teal Fire Counseling and Consulting, LLC**
**10632 Little Patuxent Parkway, Suite 343**
**Columbia, MD 21044**
**410-707-8527 / Fax 410-997-7878**
**www.jituzu.com/site/teal-fire**
Outpatient mental health services for individuals ages 7 and up. Individual, family and group therapy service provided; LGBTQ+ competent and affirming.
Insurance: Aetna, CareFirst BCBS, CIGNA, Johns Hopkins Healthcare, Medicaid

**Chun-Shin Taylor, Ph.D., LCPC**
**3355 St. Johns Lane, Suite J**
**Ellicott City, MD 21042**
**479-445-2634**
**www.livingharmonycounseling.com**
**ctaylorlcpc@gmail.com**
Individual, couples and family counseling. Specializes in mental illness, cross-cultural couples and families and the integration of religion/spirituality into psychology.
Insurance: Medicaid and major insurances.
Language: Korean

**Iris Thomas, LCSW-C, LLC**
**7120 Minstrel Way, Suite 203**
**Columbia, MD 21045**
**410-730-2240 / Fax 410-779-9109**
Children, adolescents and young adults (21 and under) with mental health concerns including Generalized Anxiety, Panic, Separation Anxiety, Phobia, OCD, Trichotillomania, Selective Mutism, Depression, ADHD, Oppositional Defiant, Grief and Loss, PTSD.
Insurance: most major insurance plans accepted.
Language: Spanish

**Rachael Thomas, LCPC**
**5022 Dorsey Hall Drive, Suite 201**
**Ellicott City, MD 21042**
**240-621-2272**
Outpatient therapy and nutrition services to children, adolescents, young adults, and families. Individual, family and nutrition therapy in the home and office. Works with individuals with eating disorders, anxiety, depression, ADHD, ADD, weight management, school refusal, food refusal and general behavioral issues.

**Virginia Voight, LCSW-C**
**St. John's Professional Center**
**3355 St. John's Lane, Suite F**
**Ellicott City, MD 21042**
**410-808-3422**
**vvoigt@verizon.net**
Outpatient therapy for clients ages 11 and up. Individual, group, couple and family therapy services. Self-psychological and relational orientation. Expertise in mood disorders, anxiety disorders, addictions, relationship, parenting and family issues. Free phone consultation.

**Brenda von Rautenkranz, LGPC**
**vR Equine Growth and Learning Center**
**13425 Forsythe Road**
**Sykesville, MD 21784**
**301-641-0031**
**www.vrtherapycenter.com**
Equine Assisted Psychotherapy provides a hands-on approach that challenges individuals to look at themselves and the world around them in a new way. Equine therapy is an alternative to traditional counseling that involves using horses as part of the therapy process. It has been effective with clients with depression, ADD conducts disorders, dissociative disorders, anxiety, PTSD, autism and other disorders and disabilities. Children, adolescents, families, marriage, individual and group.

**Anne. M. Waller, LCSW-C**
**5300 Dorsey Hall Drive, Suite 203**
**Ellicott City, MD 21042**
**410-718-2229**
**postpartumfamilyservices.com**
**aamcw@aol.com**
Outpatient counseling for individuals and couples. Expertise in treating mood and anxiety disorders during pregnancy and postpartum.

**Joyce Warner-Burke, LCSW-C**
**6274 Gay Topaz**
**Columbia, MD 21045**
**410-290-8028**
Adolescent & adult therapy. ADD/ADHD, anxiety, mood disorders.
Insurance: Most insurances accepted.

**M. Carol Wayda, LCSW-C**
**5905 Tall Branches Pass**
**Clarksville, MD 21029**
**410-531-5769**
**mcwayda@aol.com**
Family counseling, military and their families, and older adults (55+).
Insurance: Most insurances accepted.

**Christine Wirsing, LGPC, NCC, ADT**
**Congruent Counseling**
**10630 Little Patuxent Parkway, Suite 209**
**Columbia, MD 21044**
**410-740-8066**
**www.congruentcounseling.com**
Adolescents, young adults & adults with substance abuse and dependence and co-occurring disorders.
Insurance: most insurance plans accepted.

**Flori Willard, MS, LCMFT**
**3355 St. John's Lane, Suite J**
**Ellicott City, MD 21042**
**410-733-8804**
**selectcounseling.com**
**flori@selectcounseling.com**
Marriage and family therapist offers couples, individual & family therapy.

**Women's Psychotherapy Institute, Ltd.**
**5022 Dorsey Hall Drive**
**Ellicott City, MD 21042**
**443-629-8876**
**www.wpiltd.com**
Outpatient services to adults, families and couples. Areas of expertise include stress, anxiety, mood disorders, trauma, relationships, work conflicts.

**Rod Wright, BS, ADT**
**Congruent Counseling**
**10630 Little Patuxent Parkway, Suite 209**
**Columbia, MD 21044**
**410-740-8066**
**www.congruentcounseling.com**
Adolescents, young adults and anger management teams and GLBT population.
Insurance: most insurance plans accepted.

**Halcyon Clinical Services, LLC**
**Orlando Wright, Ph.D., LCSW-C**
**6304 Woodside Court, Suite 110G**
**Columbia, MD 21046**
**443-718-9085 / Fax 425-795-1406**
**www.HalcyonClinical.com**
**admin@halcyonclinical.com**
Halcyon Clinical Services provides outpatient mental health services to children, adults, and families. We are trained experts in Dialectical Behavior Therapy (DBT), Cognitive Behavioral Therapy (CBT), and Motivational Interviewing (MI). Additionally, we coordinate with primary care physicians regarding behavioral health needs.

**Roslyn Zinner, LCSW-C, ACSW**
**8228 Telegraph Road, Suite A**
**Odenton, MD 21113**
**410-672-2237**
Specialties include geriatrics, marital therapy, depression and anxiety. Divorce mediation, custody and parenting plans, property division.
Insurance: Aetna, BC/BS, Medicare, UHC, Carefirst, Medicaid.

## ANGER MANAGEMENT

### A Better Way Counseling Services
**9017 Red Branch Road, Suite 204**
**Columbia, MD 21045**
**410-730-4500 / Fax 410-730-5119**
Provides outpatient substance abuse and mental health program for adults & adolescents. Individual, group and family therapy, state certified program, drunk driving, DWI offenders, anger management.
Sliding scale fee
Insurance: Most Private Insurance.

### Congruent Counseling Services
**10630 Little Patuxent Pkwy, Suite 209**
**Columbia, MD 21044**
**410-740-8066 / Fax 410-740-8068**
Individual, family, marital, and group counseling. Psychiatrist provides psychiatric evaluations and medication management. Therapists who specialize in working with children, teens, and adults. Depression, anxiety, attention deficit, acting out behaviors, anger management, substance use and addictions, marital difficulties, and more.
Insurance: Most insurance plans accepted.
Language: Spanish

### Crossan Counseling Services
**Mary Prendergast, LCPC**
**3901 Putty Hill Avenue**
**Nottingham, MD 21236**
**443-326-6217**
**maryfprendergast@gmail.com**
Outpatient services to children, adolescents and adults, experiencing anger management problems, anxiety, depression, chronic pain, stress related issues, relationship issues, LGBT/transgender issues. Individual and group therapy. Coaching for ADHD and Executive Functioning related problems.
Insurance – Maryland MA, Carefirst, Magellan, Magellan EAP and others.

### Shelia D. Duncan, LCSW-C
**14201 Laurel Park Drive, Suite 221**
**Laurel, MD 20707**
**301-776-4617 / Fax 888-972-6562**
**www.sheliaduncan.com**
**sheliadduncan@sheliaduncan.com**
Provides individual, couple and family therapy for children, adults and families from age 6 to 80 years, providing therapy services for depression, bipolar, anxiety, ADHD, PTSD, anger management, stress management, grief counseling, parenting support and couples counseling.

### HopeWorks (formally known as the Domestic Violence Center
**New Behaviors Program (Abuse Intervention)**
**9770 Patuxent Woods Drive, Suite 300**
**Columbia, MD 21046**
**410-997-0304**
**www.wearehopeworks.org**
**gportnoy@dvcenter.org**
Contact: Galina Portnoy
Fees: Sliding scale

### Integrative Counseling, LLC
### Men's Awareness and Recovery System
**10630 Little Patuxent Parkway, Suite 209**
**Columbia, MD 21044**
**410-740-8067**
MA&RS is a treatment program for men charged with interpersonal violence, domestic violence, assault on a loved one or civil protective orders that keep them away from their family. The goal is to help men change so they can live happier, productive, and more meaningful lives with their families. Options Include:

- Anger Management – 12 weeks
- Men's Parenting Classes – 18 weeks
- Interpersonal Violence Program (treatment for men who have been charged or convicted or domestic

violence or interpersonal violence) – 24 weeks
- Substance Abuse or Addiction Education and Treatment
- Individual, Couples or Family Counseling
- Psychiatric medication management

**Paul Kelner, LCSW-C, CSAT, CAMS-II**
**Action Recovery**
**5114 Dorsey Hall Drive**
**Ellicott City, MD 21042**
**301-388-0178**
**www.sexaddiction-recovery.com**
**paul@action-recovery.com**
Specializes in working with men and women who are recovering from out-of-control sexual behaviors, such as chronic porn use, serial infidelities, anonymous hook-ups, etc. Anger management counseling for court-referred adults or others who wish to address anger issues. Certified Sexual Addictions Therapist and Certified Anger Management Specialist. Confidential individual and group treatment.

**Kathaleen Klotz, LCSW-C**
**3355 St. John's Lane**
**Suite F, St. John's Station**
**Ellicott City, MD 21042**
**443-310-4980**
Specializes in trauma, domestic violence, PTSD, anger management, women's issues.

**Jadranka Milovanovic, LCPC**
**10632 Little Patuxent Parkway, Suite 343**
**Columbia, MD 21044**
**443-955-4592 / Fax 410-997-7878**
Children, adolescents, families: adjustment disorders, depression, anxiety, ADD/ADHD, anger management and behavioral problems. Couples, addiction, grief counseling. Sensitive to and competent in working with people of various cultural and religious backgrounds.
Insurance: Carefirst, Aetna, BC/BS, MHN/Managed Health Network, Magellan Behavior Health.
Languages: Italian, Serbian, Croatian, Bosnian

**Jennifer Schoo, LCSW-C**
**8940 Route 108, Suite E**
**Columbia, MD 21045**
**410-220-7697**
**www.therapysquare.com**
**Jennifer.schoo@yahoo.com**
Individual, family and group therapy for children and adults. Works with individuals with ADHD, behavioral problems at home and school, depression, anxiety, interpersonal relationships, family contact, physical/sexual/emotional abuse and substance abuse. Groups for adults, children and adolescents to include self-esteem, interpersonal relationships, behavior modification, ADHD, anxiety, depression, substance abuse, parenting and anger management.
Insurance: Aetna, APS, Tricare, UBH and MA

## EATING DISORDERS

### The Center for Eating Disorders at Sheppard Pratt

**Sheppard & Enoch Pratt Hospital**
**6501 N. Charles Street, Units B1, 2 and 3**
**Baltimore, Maryland 21204**
**410-938-5252 / Fax 410-938-5250**

The Center for Eating Disorders at Sheppard Pratt offers a comprehensive continuum of treatment services for the patient with complex eating disorders. This includes inpatient, day hospital and intensive outpatient services, as well as ongoing outpatient treatment provided by The Center for Eating Disorders, P.A. The program is designed to respond to both the psychiatric and medical aspects of eating disorders, with a comprehensive array of mental health and consultative medical resources.

### Johns Hopkins Department of Psychiatry & Behavioral Sciences at Howard County

**10710 Charter Dr**
**Columbia, MD 21044**
**410-720-8530**

The outpatient Eating disorders clinic provides comprehensive consultation and evaluation services as well as on-going outpatient treatment that combines nutritional counselling, therapy and medication management for patients with variety of eating disorders, including anorexia nervosa, bulimia nervosa, binge eating disorder, avoidant/restrictive food intake disorder, and compulsive overeating. Insurance: Most private insurance and Medicaid

### The Johns Hopkins Eating Disorders Program

**Meyer 101, Johns Hopkins Hospital**
**600 North Wolfe Street**
**Baltimore, MD 21287**
**410-955-3863**

The Johns Hopkins Eating Disorders Program offers three levels of care for patients with eating disorders – inpatient, day hospital, and outpatient clinic – all of which incorporate findings of the latest research.

### National Institute of Mental Health

**6001 Executive Boulevard**
**Bethesda, MD 20892**
**1-866-615-6464**
**www.nimh.nih.gov**

### National Association of Anorexia Nervosa and Associated Disorders

**P.O. Box 7**
**Highland Park, IL 60035**
**Hotline: 1-847-831-3438**
**www.anad.org**

### National Eating Disorders Association

**Informational and Referral Program**
**603 Stewart Street, Suite 803**
**Seattle, WA 98101**
**1-800-931-2237**
**www.nationaleatingdisorders.org**

## FAITH BASED COUNSELING

### Associated Catholic Charities
**320 Cathedral Street**
**Baltimore, MD 21201**
**410-547-5508**
Family and individual counseling, support groups for children, adults and for substance abuse. Sliding fee scale.

### Baptist Family and Children's Services, Inc.
**7175 Columbia Gateway Drive, Suite F**
**Columbia, MD 21046**
**410-872-1050**
Counseling, adolescent, child/pediatric and family therapy, geriatrics, marital, pastoral. Provides case management and treatment for adolescent addictions. Foster care available.

### Christian Counseling Associates, Inc.
**9650 Santiago Road, Suite 101**
**Columbia, MD 21045**
**410-995-5587**
Outpatient mental health therapy, fall and spring painting classes, couple communication classes.

### Metro Maryland Counseling Center (Christian)
**3300 North Ridge Road, Suite 110**
**Ellicott City, MD 21043**
**410-750-3330**
Abuse-child, domestic/violence, sexual/assault/rape, conditions-anxiety, depression, eating disorders, counseling-adult, child/pediatric, family, group, individual and pastoral therapy.
Insurance: Most insurances accepted.

### Resources for Family Growth (RFG)
**Columbia Baptist Fellowship**
**5885 Robert Oliver Place**
**Columbia, MD 21045**
**410-730-2026**
Marriage counseling for couples. Other areas of practice include depression, anxiety, stress and parenting.

### Safe Harbor Christian Counseling
**8200 Old Columbia Road**
**Fulton, MD 20759**
**410-992-4075 / Fax 410-569-0094**
**www.safeharbor1.com**
**erik@safeharbor1.com**
Provides Christian-based, clinically sound counseling so that people experience the recovery of their hearts. Our unique approach to marriage, family, and individual counseling includes offering an inviting atmosphere whereby a healing relationship is experienced in the counseling room.

### Sheep Gate Christian Counseling
**3450 Fort Meade Road, Suite 105**
**Laurel, MD 20724**
**301-490-3825 / Fax 301-490-3827**
**www.sheep-gate.com**
**info@sheep-gate.com**
Mood Disorders (Depression/Bipolar), Anxiety Disorders, (Phobias, Panic, PTSD, OCD), Substance Abuse Co-occurring Disorders, Premarital, Couples and Marital Counseling, Anger and Stress Management, Domestic Violence, Parenting Issues, Grief & Loss, Addiction Issues (Sexual, Gambling, Overeating, etc.), Co-Dependency/Self-Esteem Issues, Child & Adolescent Issues (ADHD, Conduct, Oppositional Defiant Disorders), Counseling Individuals, Couples, Families, Children & Adolescents.
Insurance: Medicaid, CareFirst Blue Choice, BC/BS (Local, National, Federal, Blue), APS Healthcare, EHP, US Healthcare, Tricare, Aetna.

## GENDER IDENTITY/LGBTQ+

### PFLAG
**P.O. Box 1479**
**Columbia, MD 21044**
**443-718-0474**
**www.pflagmd.org**
**pflagmd@gmail.com**
PFLAG (Parents, Families and Friends of Lesbians and Gays) promotes the health and well-being of gay, lesbian, bisexual, & transgendered persons, their families and friends through: support of each other, education of the broader community, and advocacy for equality.

### Transgender Support Group
**3rd Wednesday of the month, 7:30 p.m.**
**Owen Brown Interfaith Center**
**7246 Cradlerock Way**
**Columbia, MD 21045**
**410-381-2000**

### The Trevor Project
**www.thetrevorproject.org**
National organization which provides crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, and questioning (LGBTQ) youth population aged 13-24.

### Berni J. Antelman, MSW, LCSW-C
**10630 Little Patuxent Parkway, Suite 307**
**Columbia, MD 21044-3204**
**410-740-0409**
**bernilcsw@aol.com**
Outpatient services for children, adolescents and adults. Individual, couples and family. Specialties include: anxiety and depression, relationships, substance abuse difficulties, gay/lesbian, transgender issues, Autism Spectrum disorder, ADD/ADHD related problems, school problems, occupational/vocational problems.
Insurance: UBH, Aetna, Cigna, BCBS

### Sean Lare, LCSW
**6851 Oak Hall Lane, Suite 118**
**Columbia, MD 21045**
**410-689-9074**
**www.seanlare.com**
**counseling@seanlare.com**
Counseling to LGBTQ children, youth, adults, and their family members. Helps individuals develop new identities, navigate their transition and coming out process, attend to their relationships, and care for their mental health needs. Also provides consultation and training services focused on increasing the sensitivity to LGBTQ issues in the workplace.

### Elizabeth Pilson, LCSW-C
**7120 Minstrel Way, Suite 203**
**Columbia, MD 21045**
**410-868-7431**
Individual adult and couples therapy. Specialties: improving emotional and physical intimacy issues by exploring and transforming attachment relationships. Coping with anxiety, grief and loss. Gay, lesbian and bisexual population.
Insurance: Most insurances accepted.

### Jeanne Reedy, LCSW-C
**Congruent Counseling**
**10630 Little Patuxent Parkway, Suite 209**
**Columbia, MD 21044**
**410-740-8066**
**www.congruentcounseling.com**
Adults, college age students & teens. Areas of expertise include eating disorders, ADHD, relationship issues, adult children of alcoholics, effective communication, dual diagnosis, anxiety, bipolar, BPD, PTSD, depression, dissociative disorder, domestic violence, adjustment disorders, parenting issues, gay/lesbian issues, grief, psychological aspects of illness, women's issues, sexual abuse/assault.
Insurance: Most insurance plans accepted.

**Molly King Safren, LCSW-C**
**9575 Angelina Circle**
**Columbia, MD 21045**
**301-596-2858**
**msafren@verizon.net**
Psychotherapy for adults, couples, some adolescents. Specialties include work with grief, anxiety and depression, adult children of alcoholics, gay and lesbian issues, substance abuse and recovery, and marital infidelity and other couples issues.

**Dr. Lillian M. Sylvester, Ph.D., LCPC**
**Teal Fire Counseling and Consulting, LLC**
**10632 Little Patuxent Parkway, Suite 343**
**Columbia, MD 21044**
**410-707-8527 / Fax 410-997-7878**
**www.jituzu.com/site/teal-fire**
Outpatient mental health services for individuals ages 7 and up. Individual, family and group therapy service provided; LGBTQ+ competent and affirming.
Insurance: Aetna, CareFirst BCBS, CIGNA, Johns Hopkins Healthcare, Medicaid

## MEDIATION

### Colette Brunell, LCSW-C, BCD
**5550 Sterrett Place, Suite 314**
**Columbia, MD 21044**
**410-730-6119**
**www.colettebrunell.com**
**Colettebrunell2@verizon.net**
Family mediation and co-mediation, Collaborative Divorce Coach, Parenting Coordinator and psychotherapist treating anxiety, depression, issues of loss and grief, women's issues, men's issues and couples therapy.
Insurance: some insurances – call to check.

### Family First Mediation, LLC
**Sally Jones, LCSW-C**
**204 Center Street**
**Mount Airy, MD 21771**
**301-748-1104**
**Familyfirstmediation.com**
Family mediation services working with couples in the process of separation or divorce in a collaborative, cooperative, and family focused effort.

### Columbia Mediation
**10974 Trotting Ridge Way**
**Columbia, MD 21044**
**410-997-9755**

### Maryland Mediation Service
**10326 Sixpense Circle**
**Columbia, MD 21044**
**410-997-3961**
Mediation for separation and divorce

### The Mediation Center
**3355 St. John's Lane**
**Ellicott City, MD 21042**
**410-480-1700**

### Mediation and Conflict Resolution Center
**9770 Patuxent Woods Drive, Bldg. 100**
**Columbia, MD 21046**
**443-518-7693**
**www.mcrchoward.org**
**info@mcrchoward.org**
Affordable, accessible community mediation services to assist in finding resolution to a variety of types of conflict. Restorative justice practices for juvenile offenders promoting accountability for wrongdoing.

### Swisher Mediation
**2875 Bethany Road**
**Ellicott City, MD 21042**
**410-750-2655**
**www.swishermediation.com**
**swishermediation@gmail.com**
Mediation service to help resolve divorce issues. Dispute resolution firm comprises of several judges as an alternative to litigation.

## PSYCHIATRIC REHABILITATION PROGRAMS (PRPS)

Psychiatric Rehabilitation Programs (PRPs) are licensed under COMAR 10.63. Individuals are eligible for PRP services, both at the day program site (on-site) and in their living arrangement or other community setting (off-site) if: 1) they receive Medical Assistance (MA), 2) are diagnosed with a serious mental illness that meets the state's priority population, and 3) meet the medical necessity criteria established for this service.

### ACIDD Maryland

**5999 Harpers Farm Road, Ste. E-250**
**Columbia, MD 21044**
**443-319-5010 / Fax 443-319-5265**
**www.aciddmaryland.com**
**info@aciddmaryland.com**

ACIDD Maryland provides on and off-site services through a wraparound Psychiatric Rehabilitation Program (PRP) and a Mental Health Vocational Program to adults with a serious and persistent mental illness throughout the Howard County area. Programs are also offered to individuals who have the other dual diagnosis of Intellectual Disability (ID) and Mental Disorders.
Insurance: Medicaid, self-pay

### Clinical Service Connections, Inc.

**8930 Route 108, Suite A**
**Columbia, MD 21045**
**443-276-3125 / Fax 443-661-1175**
**info@clinicalserviceconnect.com**

PRP services for adults and minors include a full range of rehabilitation activities and supports. Services for adults are organized to facilitate an individual's recovery which includes the ability to make decisions about life and create opportunities for choice regarding home, school or work and community. Services for minors will facilitate an individual's development of independent living and social skills including making decisions and creating opportunities for choice to the degree that is age and developmentally appropriate regarding home, school or work and community. CSC will develop individualized service plans in collaboration with the consumer and, as appropriate, the parent or legal guardian and other collaborating service providers as authorized.
Target Group: minors age 13-18; adults age 19-35; open to all eligible regardless of age. Will serve individuals with co-occurring diagnosis of intellectual disability.
Insurance: Medicaid

### Humanim

**6355 Woodside Court**
**Columbia, MD 21046**
**410-381-7171**
**www.humanim.com**

Psychosocial Rehabilitation Program (PRP) Services at Humanim provide a safe and therapeutic environment for individuals with mental illness. The primary aim of services is to empower individuals to manage their illnesses, develop their own goals for recovery and make informed decisions about their treatment by teaching them the necessary knowledge and skills to live healthy, successful lives in the community. Services are primarily divided into three domains including education, vocation, and illness management. Services are delivered through community integration and psychosocial group programming derived from the Substance Abuse and Mental Health Administration's (SAMHA) Illness Management and Recovery (IMR) Evidenced Based Practice. Services are specifically designed and implemented to: Support the recovery, health and/or well-being of the persons served, enhance the quality of life of the persons served,

reduce symptoms or needs and build resilience, restore and/or improve quality of life, support the integration of persons served into the community, promote self-advocacy, increase access to non-disability related social resources, increase Community Integration, offer cultural, spiritual and self-help opportunities, and increase independence on and access to public transportation.

**J & A Positive Image, LLC**
**6755 Business Parkway, Suite 409**
**Elkridge, MD 21075**
**410-796-2039 / Fax 410-796-1410**
**www.japositiveimage.com**
**award@japositiveimage.com**
Psychiatric rehabilitation program providing wraparound services to both youth and adults. Services include, mobility and transportation support, linkage to community resources, entitlements, housing stability, linkage to therapy providers, personal hygiene & grooming, medication monitoring, nutrition and food preparation, symptom management, employment support, time management, activities to support individual's culture and interests, money management skills and job search, anger management, conflict resolution, stress management and coping skills, IEP support, substance abuse and safe sex education, Behavior modification techniques, medical and dental support. Insurance: Medicaid, disability Medicare, Tricare

**MPB Group, Inc.**
**6440-D Dobbin Road**
**Columbia, MD 21045**
**410-730-2385 / Fax 866-371-5933**
**www.mpbhealth.com**
This PRP for youth offers supportive services to children and families in Howard, Montgomery, Baltimore, and Prince George's counties. Services offered: support of cultural interests, mobility and transportation skills, accessing entitlements/resources, social skills (natural supports and linkages, participation in community activities), self-care skills (hygiene, grooming, nutrition, dietary planning, self-administration of meds), money management (obtaining and retaining employment, banking), therapeutic programming which includes behavioral self-management, impulse and mood regulation, anger management, and behavior modification components, and accessibility to on-site psychiatric and therapeutic treatment in our mental health clinic. Client must be a Medicaid recipient between the ages of 3-17, be in active treatment, and referral must come from treating provider (clinician or psychiatrist). We do accept referrals for PRP services of youth receiving therapy from another agency as long as there is agreed upon collaboration of care between agencies. Contact Program Director Marvin Reese at 410-730-2385 to make a referral

### Partnership Development Group

**1110 Benfield Blvd. Suite B**
**Millersville, MD 21108**
**410-863-7213 / Fax 410-987-3154**
**www.pdgrehab.com**

Partnership Development Group (PDG) provides quality Psychiatric Rehabilitation Services to adults with severe mental illnesses throughout the Baltimore-Washington corridor. PDG's services are out-patient and community-based. PDG's Psychiatric Rehabilitation Program accepts Medicaid and rarely has a waitlist.

### Therapeutic Connections

**2850 North Ridge Rd, Suite 210**
**Ellicott City, MD 21043**
**410-961-8423 / Fax 443-288-4646**
**www.therapeutic-connections.net**
**allconnectionstherapeutic@gmail.com**

Therapeutic Connections is a Psychiatric Rehabilitation Program (PRP) that provides independent, social and life skills to youth, minors, and adults with a mental health diagnosis.
Languages: Spanish and Greek

### Way Station at Howard County

**9030 Route 108, Suite A**
**Columbia, MD 21045**
**410-740-8262**
**www.waystationinc.org**

Clinical and vocational rehabilitation services to individuals with psychiatric disabilities. Provides vocational services that includes job placement, job coaching and on-going support.

## RESIDENTIAL REHABILITATION PROGRAMS (RRPS)

Residential Rehabilitation Programs (RRPs) are licensed under COMAR 10.21.22. Residential beds are targeted to those individuals served by the public behavioral health system who are diagnosed with a serious mental illness and need assistance /support services to live in the community. Priority for placement in RRP is given to individuals returning to the community from State in-patient hospitalizations and individuals who are diagnosed with a mental illness and are homeless. All referrals for residential placement are screened by the Howard County Health Department/Bureau of Behavioral Health/LBHA to assure that the referral meets the criteria for placement. **Individual RRP providers can not authorize residential placements.** Please contact 410-313-6202 for a referral packet.

The Howard County Health Department has a Transition-Age Youth (TAY) Initiative that serves young adults between the ages of 18-25 who need residential services. This program is to assist young adults in becoming self-sufficient through educational/vocational services as well as other mental health support services. Priority for placement into the Transition-Age Youth (TAY) program is given to individuals age 18 who are aging out of in-patient settings such as Residential Treatment Centers (RTCs) and individuals who have utilized multiple treatment services in the public behavioral health system prior to age 18.

### Humanim, Inc.

**6355 Woodside Court**
**Columbia, MD 21046**
**410-381-1500**

The Community Housing Program assists individuals in achieving independence within the community by providing a stable place to live. It provides support services that promote a person's ability to engage and participate in community activities, and in a supportive environment, improve and restore independent living and social skills necessary to support an individual's recovery, ability to make informed decisions and choices, and participate in community life. A person-centered Individual Rehabilitation Plan (IRP) will be developed, identifying goals and objectives that reflect needed areas of development and preferences. Services are individualized with the objective of moving the person to a more independent living situation; either within the program or moving them into their own residence. **Services Available:** Affordable subsidized housing, Strength identification; Person-centered and strengths based goal development; Coaching and accountability towards goal achievement; Rehabilitative counseling; Education about mental health conditions and treatment; Assistance developing coping skills; Supportive counseling and problem solving; Life skills training community life; Medication Management; Case Management; Primary care integration through enrollment in our Health Homes Program; 24 Hour Crisis Response and Intervention Services; Benefits Counseling and Entitlements Management; Vocational and employment services through enrollment in our Evidenced Based Supported Employment Program; Community integration activities.

### Way Station, Inc. at Howard County

**9030 Route 108, Suite A**
**Columbia, MD 21045**
**410-740-8262**

Provides residential rehabilitation services to individuals with psychiatric disability. Housing, entitlement assistance and case management are provided.

## SUPPORTED LIVING PROGRAM

### Humanim, Inc.

**6355 Woodside Court**
**Columbia, MD 21046**
**410-381-1500**
**www.humanim.com**

The Supported Living Program at Humanim assists individuals with mental illness in maintaining independent living within the community. The program provides a continuum of services to meet the unique needs of the individual. Services and activities are designed to assist individuals in improving self-sufficiency, increasing choice, gaining control of their lives and increasing participation in the community. The optimal use of natural supports; whereby each person builds their own network of supports are integral components of the Supported Living Program. Individuals will identify their community support network (family, friends, church members, self-help group members). Case Coordinators will collaborate with the person's network of supports in planning and goal setting. Supported Living services are provided in the individual's home and at various locations throughout the community based upon the needs of the individual served.

### Way Station at Howard County

**9030 Route 108, Suite A**
**Columbia, MD 21045**
**410-740-1901 ext. 7741**
**www.waystationinc.org**

Clinical and vocational rehabilitation services to individuals with psychiatric disabilities.

## SUPPORTED EMPLOYMENT PROGRAMS

### Humanim

**6355 Woodside Court**
**Columbia, MD 21046**
**410-381-7171 ext. 2210**
**www.humanim.com**

Humanim's Evidence Based Supported Employment (EBSE) Program works with individuals with chronic and severe mental illness. The model is implemented in conjunction with the Behavioral Health Administration and the University of Maryland School of Medicine, Department of Psychiatry. Our Employment Consultants are involved in every aspect of the vocational process, focus on individualized career planning, and are an active part of the individual's clinical team. All employment services focus on individualized person-centered planning; services include career assessment, career exploration, skill development, benefits counseling, job placement, on-going job support, including on and off site job coaching. Our goal is to work with individuals and his/her treatment team to create an integrated plan of care that increases the individual's independence, self-efficacy, and recovery.

### Way Station at Howard County

**9030 Route 108, Suite A**
**Columbia, MD 21045**
**410-740-1901 ext. 7741**
**www.waystationinc.org**

Clinical and vocational rehabilitation services to individuals with psychiatric disabilities. Provides vocational services that includes job placement, job coaching and on-going support.

## HOSPITALS

The following are hospitals that provide in-patient psychiatric treatment services and are used by residents of Howard County.

### Howard County General Hospital
**5755 Cedar Lane**
**Columbia, MD 21044**
**410-740-7890**
**www.hcgh.org**
General hospital that offers emergency room assessments and acute inpatient psychiatric care. Psychiatric in-patient unit has several beds dedicated to adolescents.
Insurance: All insurances accepted.

### Carroll Hospital Center
**200 Memorial Avenue**
**Westminster, MD 21157**
**410-848-3000**
General hospital that offers emergency room assessments and acute inpatient psychiatric care. In-patient unit accepts individuals who are certified for a non-voluntary admission.
Insurance: All insurances accepted.

### Laurel Regional Hospital Center
**7300 Van Dusen Road**
**Laurel, MD 20707**
**301-497-7980**
**www.umms.org**
General hospital that offers inpatient psychiatry and dual diagnosis services, an acute inpatient adolescent program, outpatient addictions program & emergency room assessments.
Insurance: All insurances accepted.

### Laurel Regional Hospital
### Outpatient Behavioral Health Services
### Partial Hospitalization Services
**7300 Van Dusen Road**
**Laurel, MD 20707**
**301-362-2086**
**www.umcapitalregion.org**
The Partial Hospitalization Program offer the structure of a psychiatric program while allowing patients to go home in the evening and remain connected to family, friends and other support systems. The PHP provides assessment and evaluation, psycho-education, individual, group and family therapy.
Insurance: Most commercial insurance plans, Medicare and Medical Assistance.

### Sheppard Pratt at Ellicott City
**4100 College Avenue**
**Ellicott City, MD 21041**
**1-800-883-3322 or 410-465-3322**
**Admissions 410-938-3800**
**www.sheppardpratt.org**
Private psychiatric facility providing voluntary and involuntary inpatient services.

### Springfield Hospital Center
**6655 Sykesville Road**
**Sykesville, MD 21784**
**410-970-7000**
State operated facility for long-term psychiatric services, including inpatient day unit and outpatient services for the deaf/hearing impaired.

## HOUSING

The Department of Housing and Community Development provides affordable housing opportunities for low and moderate income residents of Howard County. The Housing Commission is a separate legal entity which serves as the Public Housing Authority for the purpose of developing and managing housing resources for low and moderate income residents of Howard County.

**The Housing Choice Voucher Program (formerly known as "Section 8"),** provides assistance for very low-income households (single or family), the elderly, and the disabled to afford decent, safe, and sanitary housing in the private market. Participants who receive vouchers search for their own housing, which may include single-family homes, townhouses, and apartments, or even the family's present residence. The housing subsidy is paid to the participating landlord directly by the Howard County Housing on behalf of the resident. This payment is paid with the caveat that the housing unit meets the requirements of the program.

**The Public Housing Program** is funded and regulated by the United States Department of Housing and Urban Development (HUD), created to assist lower income families live in affordable, decent and safe housing. The housing agency owns the units rented to approved families. The participating families are required to pay 30% of their adjusted gross income toward rent and utilities.

**Rental Assistance Program** is funded and regulated by the Maryland Department of Housing and Community Development, providing grants to local governments to assist low income families who either are homeless or have an emergency housing need with flat rent subsidies. The ultimate goal is to help families transition from homelessness or temporary emergency housing to permanent housing. Participating families find their own housing for rent, boarding house rooms, other single room occupancy arrangements, apartments, group homes, transitional housing (provided it is not temporary emergency housing), single family houses, and mobile homes.

**Affordable Housing**: The Rental Housing Program leases affordable, decent and safe units, of varying size and type, to low-to-moderate income County residents. The family's monthly rent payment varies and is based on factors such as gross income, unit size and the affordable rent structure associated with the unit.

An application is maintained until it reaches the top of the waiting list. At such time, an eligibility determination will begin and an interview will be scheduled to complete the eligibility determination. The amount of time that an applicant remains on the waiting list varies and is dependent on several factors. While on the waiting list, Howard County Housing (HCH) may send letters from time to time requesting information to update existing application files or asking if applicants are still interested in housing assistance. Applicants that do not respond will be removed from the waiting list.

**For more information contact the Howard County Housing (HCH):**

**Howard County Department of Housing**
**9970 Patuxent Woods Drive, Suite 100**
**Columbia, MD 21046**
**443-518-7800**
**www.househoward.org**

### Local Homeless Shelter

**Grassroots Crisis Intervention Center**
**6700 Freetown Road**
**Columbia, MD 21044**
**410-531-6677 (24 hours), 410-531-6006**
Provides shelter services to homeless individuals. Operates a Cold Weather Shelter from November thru March at various locations throughout the community. Staffs the Route 1 Resource Center for homeless individuals three days a week (call for specific hours). The Resource Center addresses the basic needs of the homeless population such as provide a place for showers, a hot meal and referral to community services.

## CARE GIVER RESOURCES

### Alzheimer's Association, Maryland Chapter

**1850 York Road, Suite D**
**Timonium, MD 21093**
**410-561-9099**

### National Family Caregiver Support Program

**6751 Columbia Gateway Drive**
**Columbia, MD 21046**
**410-313-1234**
The NFCSP offers a range of services to support family caregivers. Five primary services are offered including information to caregivers about available services, assistance to caregivers in gaining access to the services, individual counseling, organization of support groups, and caregiver training, respite care, and supplemental services, on a limited basis.

### Caregiver Resource Coalition of Howard County

**6751 Columbia Gateway Drive**
**Columbia, MD 21046**
**410-313-6560**

### National Family Caregivers Association

**10400 Connecticut Avenue, Suite 500**
**Kensington, MD 20895**
**1-800-896-3650**

**Senior Care Services** (offered through the Howard County Office on Aging and Independence MD Access Point)
**410-313-1234**

## RESOURCES FOR OLDER ADULTS

The Howard County Health Department Bureau of Behavioral Health has a Psychogeriatric Coordinator providing free consultation for providers and agencies serving older adults with behavioral health needs and the community at large. This position also provides training for caregivers concerning behavioral management, referral and linkage to behavioral health and aging services and agencies, liaison and after care coordination for older adults transitioning into the community from state psychiatric hospitals and community outreach in partnership with local services. For more information call the Bureau of Behavioral Health at 410-313-6202.

The Howard County Office on Aging and Independence offers many programs and services that are accessed through Maryland Access Point (MAP) at 410-313-1234 or www.howardcountymd.gov and click on "seniors". A directory of senior resources can be obtained at any Senior Center and the Howard County Department of Community Resources and Services/Office on Aging and Independence by calling MD Access Point (410-313-1234).

Case management or care management for older adults who may need a wide array of community support services is available through various financial arrangements. Fees will be no cost or will be determined by the practitioner, including some sliding scale fees. Contact Maryland Access Point (MAP) at 410-313-1234 or www.howardcountymd.gov and click on "seniors".

### Office on Aging and Independence

**9830 Patuxent Woods Drive**
**Columbia, MD 21046**
**410-313-1234**
**www.howardcountymd.gov**

### Maryland Access Point

**Howard County Office on Aging and Independence**
**9830 Patuxent Woods Drive**
**Columbia, MD 21046**
**410-313-1234 / 1-844-MAP-LINK**
**Fax 410-313-5970**
**www.howardcountyaging.org**
**map@howardcountymd.gov**

Maryland Access Point (MAP) is a trusted source of information and assistance for Howard County residents who need or want to plan for their immediate and future needs. MAP serves adults 50 years and older, adults 18 years and older with a disability, family members and other caregivers, and health or business professionals. MAP resource specialists help individuals balance needs, wants, and resources to develop options to stay in the community; refer individuals to local, state, and federal programs and benefits and help individuals plan for their future needs. Services are free, confidential, unbiased. Language: Korean

**Guardianship/Public Program**

Under the public guardianship program, case management services are provided to individuals ages 65 and older who are declared incompetent by the court and who have no relatives or family to serve as guardian. Call **410-313-1234** for more information regarding this program.

### Adult Evaluation & Review Services (AERS)

**8930 Stanford Boulevard**
**Columbia, MD 21045**
**410-313-1234**

This a program sponsored by the Health Department that provides screening, consultation, free multidisciplinary assessment and access to public services for persons needing support to live in the community. This is a critical step in determining need for in-home, assisted living and nursing home care.

Housing Assistance

Older adults with mental health needs have several housing options:

1. **Office on Aging and Independence– contact MD Access Point – 410-313-1234.** This may include an array of housing resources, home modification and home repair.
2. Apartment communities for senior citizens: **contact Howard County Office on Aging and Independence's Housing Program at 410-313-1234**. Check the Shoppers Guide to Community and Apartment Living for an up to date listing.
3. Section 8 Certificate & Housing Vouchers: "Tenant based" subsidies, which allow elderly/disabled individuals to rent apartments or homes. Vouchers are transferable between counties and states**. Contact the Office of Community Housing and Development at 410-313-6318.**
4. Residential Rehabilitation Programs: Limited housing available to financially eligible individuals with serious mental health disabilities. **Contact the Howard County Health Department/Bureau of Behavioral Health/Local Behavioral Health Authority for more information at 410-313-6202.**
5. Assisted Living Facilities: Provides personal care to people who need help with the activities of daily living and other services as a result of physical or cognitive impairment. **Contact the Office on Aging and Independence Program at 410-313-1234.**
6. Nursing Homes: These facilities provide a higher level of care than assisted living facilities, addressing physical and medical needs. A list of nursing homes can be found in the Senior Resources Guide or by **calling Howard County Office on Aging and Independence Program at 410-313-1234**.

### Maryland Home and Community Based Services for Older Adults

Home and Community Based Services are offered to older adults and individuals with disabilities as part of the Medicaid Waiver Program. The Medicaid Waiver enables older adults to remain in the community setting even though the individual meets medical eligibility criteria for placement in a nursing home facility. The Medicaid Waiver allows those services usually covered by Medicaid only in a nursing home setting, to be provided to eligible individuals in their own home or in assisted living facilities in the community. Assisted living and in-home services for individuals are available for those who meet Medicaid Waiver eligibility. There may be an extensive waiting period. You should contact the Howard County Office on Aging and Independence. For this and for more information on the Medicaid Home and Community Based Waiver Program**, contact the MAP (Maryland Access Point) office at 410-313-1234.**

### SHIP – Senior Health Insurance Assistance Program

The Howard County Office on Aging and Independence provides information and health insurance counseling services to people age 50+ and Medicare beneficiaries of any age. Office visits and home visits for homebound are available**. Call 410-313-7392**

## SUBSTANCE USE DISORDER SERVICES

The health department plans, manages, and monitors the publicly funded substance use disorder services in Howard County.

### Howard County Health Department: Bureau of Behavioral Health/ Local Behavioral Health Authority

**Roe Rodgers Bonaccorsy, Bureau Director**
**8930 Stanford Boulevard**
**Columbia, MD 21045**
**410-313-6202 / Fax 410-313-6212**
**www.hchealth.org/gethelp**
Services: Linkage to care, outpatient treatment at the Detention Center, care coordination, peer recovery support, drug court/DUI court case management, private insurance behavioral health advocacy, behavioral health community liaison, screen and referrals at the Department of Social Services, overdose response program, and opioid misuse prevention program.

### A Better Way Counseling Services

**9017 Red Branch Road, Suite 204**
**Columbia, MD 21045**
**410-730-4500 / Fax 410-730-5119**
Provides outpatient substance abuse and mental health program for adults & adolescents. Individual, group and family therapy, state certified program, drunk driving, DWI offenders, anger management.
Sliding scale fee
Insurance: Most Private Insurance.

### ACT II Counseling Services

**413 Main Street, #1**
**Laurel, MD 20707**
**301-498-5766/Fax 301-490-7861**
Behavioral Health Counseling, Intensive Outpatient, Outpatient, Early Intervention, Mental Health Services
Insurance: Medicaid, private, fee scaling

### American Psychiatric Care

**8895 Center Park Drive, Suite E**
**Columbia, MD 21045**
**www.americanpsychcare.com**
Evaluation of mental illness, addiction medicine, medication management, Vivitrol injection for opioid/alcohol dependence, psychiatric clearance for bariatric surgery, telemedicine appointments.
Insurance: Aetna, BC/BS, Carefirst BlueChoice, Cigna, Cigna Healthspring Megellan, Medicare, Priority Partners, Tri-Care, Value Options

### American Psychiatric Group

**10632 Little Patuxent Parkway, Suite 104**
**Columbia, MD 21044**
**410-599-9977**
**Americanpsychiatricgroup.com**
Early intervention, DUI/DWI, outpatient, intensive outpatient, and partial hospitalization services. Medically assisted substance treatment. Individual, group and family therapy. Court-ordered clients.
Insurance: Private insurance, Medical Assistance/Medicaid and Medicare

### Anne Arundel Counseling

**8840 Stanford Boulevard, Suite 1700**
**Columbia, MD 21045**
**410-768-5988 / Fax 410-768-5989**
**www.annearundelcounseling.com**
**info@annearundelcounseling.com**
DUI Education, Early Intervention and Outpatient
Adult and adolescent services
Insurance: Self-Pay, Commercial Insurance

**Robert Cadogan, M.D.**
**8940 Old Annapolis Road, Suite E**
**State Route 108**
**Columbia, MD 21045**
**410-300-4545**
Patients with opioid addiction and alcohol dependence.
Insurance: Medicaid

**Columbia Addictions Center**
**5570 Sterrett Place, Suite 205**
**Columbia, MD 21044**
**410-730-1333 / Fax 410-730-1559**
**www.columbiaaddictions.com**
Substance-Related Disorder Assessment and Referral (SAR), Substance-Related counseling, DUI Education Program Early Intervention .05 Program; Anger Management Evaluations and Psycho-educational Groups; SAP Services for DOT Violations Co-Occurring and Mental health assessments and treatment. Spanish services available.
Adult and adolescent services.
Insurance: Self-Pay

**Community Behavioral Health**
**10774 Hickory Ridge Road**
**Columbia, MD 21044**
**844-224-5264 x16**
**www.communitybehavioralhealth.net**
Early Intervention, Outpatient, Intensive Outpatient, Partial Hospitalization, Buprenorphine, Vivitrol
Adult and adolescent services
Insurance: Self pay, Medicaid

**Congruent Counseling Services, LLC**
**10630 Little Patuxent Pkwy, Suite 209**
**Columbia, MD 21044**
**410-740-8066 / Fax 410-740-8068**
Intensive Outpatient Programs for adolescents, young adults, and adults. Both mental health and substance use related issues addressed, utilizing group therapy, psychoeducation, individual therapy, family group sessions, and family counseling. Intended for individuals with serious family, social, legal, or school problems; who might not have succeeded in treatment previously; or have a serious addiction.
Insurance**:** Program covered by most major insurances. Adolescent IOP covered by Medical Assistance.

**Counseling Resources, Inc.**
**8388 Court Avenue**
**Ellicott City, MD 21043**
**410-461-8662 / Fax 410-480-4744**
Co-occurring mental health and substance use disorders, outpatient, adolescent and adult, DWI Education. Adult and adolescent services
Insurance: Self-Pay with a sliding fee

**Erica Dixon, LCPC, LCADC**
**IME Behavioral Health, LLC**
**8840 Stanford Boulevard, Suite 1600**
**Columbia, MD 21045**
**240-512-0141/Fax 240-512-0151**
**www.imebehavioralhealth.com**
DUI assessments, DUI education

**Gladstone Psychiatry and Wellness**
**9841 Brokenland Parkway, Suite 211**
**Columbia, MD 21046**
**443-708-5856/667-212-5095 Fax**
**www.gladstonepsych.com**
Buprenorphine, Vivitrol, Psychiatric/Medication Monitoring. Child, Adolescent and Adult services.
Insurance: Self-Pay, Aetna, BC/BS, Carefirst, Cigna, United Healthcare

### Hilda's Place
**2480 Roxbury Mills Road, #10**
**Cooksville, MD 21723**
**410-489-3737**
Intensive Outpatient, Outpatient, detox, DUI/DWI education, acupuncture and meditation, grief counseling, anger management, youth services, family support services, NA and AA.
Transportation Available
Language: Spanish and Burmese Interpreters

### Howard House
**9876 Clarksville Pike**
**Ellicott City, MD 21042**
**410-772-3915 / Fax 410-772-3916**
**www.tuerkhouse.org**
Residential substance abuse facility funded by the Health Department and operated by Vanguard Services for males over the age of 18.

### Integrative Counseling
**10630 Little Patuxent Pkwy, Suite 209**
**Columbia, MD 21044**
**410-740-8067 / Fax 410-964-8068**
Outpatient group and individual counseling for substance abuse and addiction issues, as well as outpatient buprenorphine maintenance with separate programs for adults and adolescents. Also offers DWI assessment and treatment/education options and work closely with lawyers, Judges and local DDMP offices. Affiliated with Congruent Counseling and can easily provide mental health counseling and psychiatric evaluation and medication management.

### JAEL Health Services
**10176 Baltimore National Pike, #115**
**Ellicott City, MD 21042**
**410-203-2120/410-203-2123 Fax**
**www.jaelhealth.com**
Opioid dependent adults

### JEM Comprehensive
**6700 Alexander Bell Drive, Suite 200**
**Columbia, MD 21046**
**410-324-7624**
**www.Jemcomprehensive.com**
Drug/Alcohol Early Intervention and DUI Education Programs.

### Johns Hopkins Department of Psychiatry & Behavioral Sciences at Howard County
**10710 Charter Drive, Suite G**
**Columbia, MD 21044**
**410-720-8530 / Fax 410-720-7263**
Outpatient, General psychiatry for Adults, Adolescents and Adults for Eating disorders
Insurance: Commercial insurance, Medicaid

### Kolmac Outpatient Recovery Centers
**10632 Little Patuxent Pkwy, #410**
**Columbia, MD 21044**
**443-276-0556 / Fax 410-313-1449**
**Admissions 301-589-0255**
**www.kolmac.com**
Adult males & females, young adults. Day and evening hours, and telephonic and walk-in intake appointment.
Insurance: All major commercial insurance including Tricare.

### Life Renewal Services
**10805 Hickory Ridge Road, Suite 103**
**Columbia, MD 21044**
**410-387-2763 / Fax 410-387-2764**
**www.liferenewalservices.net**
Outpatient mental health center for children, adolescents, and adults. Individual, family, couples, and group therapy. On-site medication management. Psychiatric Rehabilitation Program (children to adults).
Insurance: Self-Pay, Medicaid, and PPO with out of network benefits.

### Life's Potential Services

**10805 Hickory Ridge Road, Suite 103**
**Columbia, MD 21044**
**410-387-2763 / Fax 410-387-2764**
**www.liferenewalservices.net**
Early Intervention, Outpatient, Intensive Outpatient, Individual and Group Counseling, Adult and minor services.
Insurance: Self-Pay and Medicaid

### Martin Counseling & Associates, LLC

**5126 Dorsey Hall Drive, Suite 205**
**Ellicott City, MD 21042**
**443-610-2404**
Individual therapy for adolescents, young adults, adults, and couples. Dual diagnosis, EMDR, as well as trauma counseling and therapy. Holistic nurse, acupuncturist, and two Reiki practitioners are on staff. Offers alternative medicine and herbs, as well as traditional psychiatry. Therapeutic groups are custom-tailored for population served.

### Maryland Driving School, LLC

**6851 Oak Hall Lane, Suite 201**
**Columbia, MD 21045**
**410-381-0770 / Fax 410-312-9273**
**Espanol 301-585-2232**
DWI Education
Insurance: Self-Pay

### MPB Group

**6440 Dobbin Road, Suite D**
**Columbia, MD 21045**
**410-730-2385**
**www.mphhealth.com**
**Program_director@mpbgroupinc.com**
Provides individual, family and group therapy, psychiatric evaluations, medication management to children and adolescents, and adults. Offers outpatient services and substance abuse treatment services. Provides support and intensive therapy for adolescents with high risk behaviors (suicidal ideation, cutting or other such self-injurious behavior). Also offers Home Based Therapy. Clinical issues: sexual abuse / physical abuse/neglect, attachment / bonding issues, trauma (PTSD), grief/loss & bereavement, substance abuse, anxiety /panic disorders, regulatory difficulties (ADHD, OCD), mood disorders (depression, anxiety), behavioral issues (oppositional defiant), play/therapy and parenting.
Insurance: self-pay, commercial, Medicaid

### Silverman Treatment Solutions

**8930 Stanford Boulevard, #M100**
**Columbia, MD 21045**
**443-285-0807**
**www.silvermantreatment.com**
Opioid Maintenance Therapy, Early Intervention, Outpatient, Intensive Outpatient, Ambulatory Detox, Methadone and Buprenorphine. Adult males and females & pregnant females, other language services.
Insurance: Self-Pay, Commercial Insurance, Medicaid.

### Therapeutic Connections

**2850 North Ridge Road, Suite 210**
**Ellicott City, MD 21043**
**410-961-8423**
**www.therapeutic-connections.net**
DUI Education, Early Intervention, Substance-Related Disorder Assessment and Referral.

### Way Station

**9030 MD-108**
**Columbia, MD 21045**
**410-740-1901**
Mental health outpatient, co-occurring mental health and substance use disorder outpatient and IOP, psychiatric evaluation, medication monitoring
Insurance: self-pay, commercial, Medicaid

## SUBSTANCE USE DISORDER TREATMENT ON-LINE RESOURCES

**All Treatment: Local Teen Rehab Center Locator**
www.alltreatment.com/teen-addiction-treatment

**Breaking Heroin's Grip: Road to Recovery – Maryland Public Television**
www.mpt.org/breakingheroin / 800-422-0009

**Bureau of Behavioral Health – Howard County Health Department**
www.hchealth.org/gethelp / 410-313-6202

**CDC's Guidelines for Prescribing Opioids**
www.cdc.gov/drugoverdose/prescribing/guideline.html / 800-232-4635

**Local Teen Drug and Alcohol Rehab Center Locator-Gov't Data**
www.alltreatment.com/teen-addiction-treatment

**Maryland Crisis Hotline**
www.suicide.org/hotlines/maryland-suicide-hotlines.html/ 800-422-0009

**Maryland State Department of Education, Preventing Opioid Use and Abuse**
www.marylandpublicschools.org/pages/heroinprevention/index.aspx / 410-767-0100

**SAMHSA's Behavioral Health Treatment Services Locator**
www.findtreatment.samhsa.gov / 1-800-662-4357

## CHILD & ADOLESCENT SERVICES

### Advanced Behavioral Health

**Intake Coordinator: 301-345-1022**
**Fax Referrals: 301-560-5558**
Off-Site Counseling Services (OCS) – In-home therapy provided by licensed therapists to children, adolescents and their families who have Medicaid/MA as their health insurance. Minimum 2 visits per week in the home, school or other client-determined location. Goals:

- Reduce risk of out-of-home placement (hospitalization, foster care, detention)
- Reduce risk of higher intensity school placement
- Improve mental health/well-being of children, adolescents and their caregivers
- Reduce family conflict
- Improve family functioning
- Increase pro-social behaviors in home, school and community
- Empower individuals and families to explore, define and make better behavioral choices

### Applied Behavioral Mental Health Counseling

**1997 Annapolis Exchange Pkwy, Suite 300**
**Annapolis, MD 21401**
**410-231-7613 / Fax 718-874-0052**
**www.appliedabc.com**
Applied Behavioral Mental Health Counseling provides home based behavioral therapy (ABA) for children and young adults ages 0-21. We strive to provide the best possible clinical techniques for children with ASD (Autistic Spectrum Disorder) and other pervasive developmental disorders. Insurance: Autism services are covered by many insurance policies.

### Camp Attaway

**Camp Director: Saul Lieberman, Ph.D.**
**8640 Guilford Road, Suite 220**
**Columbia, MD 21046**
**410-730-2633**
**www.campattaway.org**
**snliebermanphd@yahoo.com**
Summer therapeutic recreation day camp for children, ages 7-13 with emotional and behavioral disorders. Activities include art and crafts, swimming, sports, games, rock climbing and nature. Staff to child ratio of 1:2. Parent education and support group. Generous scholarship program.

### The Care Center – Early Childhood Mental Health Project

**410-313-CARE**
**children@howardcountymd.gov**
**www.howardcountymd.gov/carecenter**
The Early Childhood Mental Health program can help child care providers and early childhood educators with children ages 0-5 years of age that have difficult and disruptive behavior. CARE Center behavior specialists work on site and provide observations and consultations with families and educators to provide intervention and support to decrease challenging behaviors such as:

- Anxiety
- Aggression/biting
- Trouble following directions
- Hard to soothe
- Difficulty forming relationships/developing friendships

Behavior specialists work on these issues with the goal of keeping children in care, giving them a better chance to enter school ready to learn. The CARE Center can answer questions about school readiness and success in school, positive youth development, community services, concerns about your child's emotional or

mental health, difficult or inappropriate behaviors, child care programs and preschools, developmental delays, including speech, physical disabilities or hearing, local recreation and sports programs, classes for parents on child development, positive discipline and parenting skills, financial assistance, support groups for parents and children, intensive needs services and respite care, drug or alcohol use or abuse.

### Center for Child and Family Traumatic Stress at Kennedy Krieger Institute

**9730 Patuxent Woods Drive**
**Columbia, MD 21046**
**443-923-5980 / Fax 443-923-5905**
**www.KennedyKrieger.org/TraumaticStressCenter**
**intaketraumaticstresscenter@kennedykrieger.org**

Center for Child and Family Traumatic Stress at Kennedy Krieger Institute provides evidenced-based mental health treatment to children, adolescents and families who have experienced trauma such as physical or sexual abuse, neglect, domestic violence and community violence. The education and training and offered to parents, professionals and community organizations promote greater understanding of the developmental, emotional and behavioral consequences of trauma and communicates the most effective ways to provide care. The Center for Child and Family Traumatic Stress is an affiliate member of the National Child Traumatic Stress Network, which is a national resource focused on childhood trauma.
Insurance: Medical Assistance, Tri-Care and most private insurance plans
Language: Spanish

### Collaborative Counseling Center

**5560 Sterrett Place, Suite 201**
**Columbia, MD 21044**
**443-546-1100**
**www.collaborativecounselingcenter.com**
**info@collaborativecounselingcenter.com**

Dr. Brett Greenberger, Owner, Child and Adolescent Psychiatrist
Emily Greenberger, LCSW-C,
Child, adolescent and family mental health services. Individual, group and family counseling, art therapy and cognitive behavioral therapy. Psychiatric services include Diagnostic Evaluation and medication management.
Insurance: Carefirst, Aetna, Optum, Medicare

### Congruent Counseling Services, LLC

**10630 Little Patuxent Pkwy, Suite 209**
**Columbia, MD 21044**
**410-740-8066 / Fax 410-740-8068**
**www.congruentcounseling.com**

Congruent Counseling has 40 therapists and counselors on staff, most of whom see children, teens, and families. Treatment is provided at Sykesville, Columbia, Olney, Glen Burnie and Towson. Visit the website for full list of staff and their specialties. Intensive Outpatient Treatment (IOP) for teens with substance use and mental health issues also provided.
Insurance: Most major insurances

### Grassroots Crisis Intervention Services Crisis Hotline

**1-800-422-0009**

Provides a 24-hour suicide hotline telephone counseling and a Runaway Teen Program. Grassroots also provides a service for runaways in Howard County (410-531-6677). All services are free.

### Holistic Child Psychiatry

**Phyllis Heffner, MD**
**10801 Hickory Ridge Road, Suite 215**
**Columbia, MD 21046**
**410-260-0344 / Fax 410-260-0344**
**www.holisticchildpsychiatry.com**
**holisticchildpsychaitrist@gmail.com**
Primary focus on assessing and treating symptoms of Autism, ADHD, Depression and Anxiety using biomedical, nutritional, lifestyle, stress management, EEG Neurofeedback, Heart Rate Variability Training, and other techniques to lessen or avoid the use of medication if possible.

### Howard County Office of Children and Families Services

**3300 North Ridge Road, Suite 380**
**Ellicott City, MD 21043**
**410-313-1940 / Fax 410 313-1430**
**www.howardcountymd.gov/children**
Provides free information and referral services to parents and community members who are looking for resources for children ages 0-18 years old. Locate: Child Care is a specialized service that provides contact information for preschool and child care programs in Howard County. The CARE Center (Child and Adolescent Resources) also provides behavior intervention services for children in a child care or preschool program. This is a free service for children ages 0-5 years old. It is funded by the Maryland State Department of Education. The Office also offers educational programs for parents and caregivers. A quarterly workshop calendar is distributed throughout the community. The office will also conduct workshops off site at a parenting, community group or child care center.

### In-Home Intervention Services

**Way Station, Inc.,**
**Child & Adolescent Division**
**9030 Route 108, Suite A**
**Columbia, MD 21045**
**410-740-1901 ext. 7726**
Provides outreach and engagement to children/adolescents who are at risk of being removed from their home or who are re-integrating into the home and community from an out of home placement. Time limited (3-6 months) with focus on integrating child and family into existing community treatment and support services.

### Integrative Counseling

**10630 Little Patuxent Pkwy, Suite 209**
**Columbia, MD 21044**
**410-740-8067 / Fax 410-740-8068**
**www.Integrative-Counseling.com**
Provides Psychological Testing, Outpatient Substance Use treatment and education, DBT Informed Treatment, Girls and Boys Skills/Social Skills Groups, and Psychiatrist/medication management for children and teens.

### Kidsline

**410-461-1833**
United Way sponsored telephone counseling for youngsters during after-school hours.

### Kennedy Krieger Institute

**9810 Patuxent Woods Drive, Suite C**
**Columbia, MD 21046**
**443-923-7508**

Provides assessment and treatment to children between the ages of 2 to 18 years with a variety of behavior problems including sleep difficulties, tantrums, toileting issues, poor social skills and conduct related problems. This clinic specializes in serving children with developmental delays and disabilities, such as autism spectrum disorders and intellectual disabilities as well as children without the above issues.

### Lighthouse Center for Therapy and Play

**10632 Little Patuxent Parkway, Suite 107**
**Columbia, MD 21044**
**240-389-2685**
**www.lighthouseplaytherapy.com**

Private practice that works specifically with adults, children and families. Registered Play Therapist on staff. Will work with clients that are unable to access services. Insurance – Medicaid, Medicare, Aetna, Cigna, BC/BS, Magellan, Beacon Health

### Maryland Coalition of Families for Children's Mental Health (MCF)

**10632 Little Patuxent Parkway, Suite 234**
**Columbia, MD 21044**
**410-730-8267 or 1-888-607-3637**
**Fax 410-730-8331**
**www.mdcoalition.org**
**info@mdcoalition.org**

The Maryland Coalition of Families for Children's Mental Health is a grassroots coalition of family and advocacy organizations dedicated to improving services for children with mental health needs and their families and building a network of information and support for families across Maryland. Visit our website to learn about Coalition initiatives and browse our online directory of resources.

**The Family Navigators Program:** Family Navigators are not lawyers or therapists and do not provide legal representation or counseling. Navigators do not advise families on decisions pertaining to their children, but provide support and information to discuss options with families so they can make the best choices for their children. A Family Navigator can provide:

- Information, referral and linkage to appropriate services for your child
- One-to-one support and advocacy for your family
- Guidance in completing forms and applications for services
- Support at meetings related to your child, when possible
- Education on laws, policies and procedures to access services to your child
- Workshops to inform you and other families on services and ways to effectively advocate for your child.

Family Navigators also work in partnership with local agencies and participate on planning and advisory boards to provide a family perspective on policies and programs for children with special needs. Navigators make every effort to involve many families in leadership roles in their community.

### Milestones Counseling and Consulting Services

**10632 Little Patuxent Parkway, Suite 245**
**Columbia, MD 21044**
**443-574-4295/443-574-6515 Fax**
**www.milestonesccs.com**

Provides individual, family, and group therapy, with an emphasis on children, adolescents, and young adults. Works with those with anxiety, ADHD, autism, mood disorders, behavioral difficulties, grief and loss, diversity of cultures.
Insurance: CareFirst, Magellan, Cigna, Beacon, Medicaid and Medicare.

### MPB Group, Inc

**6440-D Dobbin Road**
**Columbia, MD 21045**
**410-730-2385**
**2nd Location:**
**603 7th Street, #202**
**Laurel, MD 20707**
**301-317-1400**
**www.mpbhealth.com**
**Psychiatric Rehabilitation Program (PRP) for Youth in Howard County**
Through this program, more comprehensive supportive services are offered to the children and families in Howard and neighboring counties. Services offered: support of cultural interests, mobility and transportation skills, accessing available entitlements /resources, social skills (natural supports and linkages, participation in community activities), self-care skills (hygiene, grooming, nutrition, dietary planning, self-administration of meds), money management (obtaining and retaining employment, banking), therapeutic programming which includes behavioral self-management, impulse and mood regulation, anger management, and behavior modification components, and accessibility to on-site psychiatric and therapeutic treatment in our mental health clinic. Client must be a Medicaid recipient between the ages of 3-17, be in active treatment, and referral must come from treating provider (clinician or psychiatrist). We do accept referrals for PRP services of youth receiving therapy from another agency as long as there is agreed upon collaboration of care between agencies. Contact Program Director Marvin Reese at 410-730-2385 to make a referral.

### MSA-The Child and Adolescent Center

**10005 Old Columbia Road, Suite L260**
**Columbia, MD 21046**
**443-259-0400 / Toll Free 866-853-4397**
**Fax 443-259-0044**
MSA is a comprehensive community-based outpatient treatment center servicing patients age 3 thru 21. Services include Psychiatric Intensive Outpatient Program for adolescents and the only children's Intensive Outpatient Program in Maryland. MSA provides traditional outpatient mental health care including psychiatric evaluations and medication management by board certified child/adolescent psychiatrists along with individual, family and group therapy by licensed therapist.
Insurance: Medicaid, Medicare and most major health insurance plans.

### National Family Resiliency Center, Inc.

**10632 Little Patuxent Parkway, Suite 121**
**Columbia, MD 21044**
**410-740-9553**
Educational and therapeutic services for children and parents; individual, family and group counseling, educational programs, mediation, child-focused access planning, online Family Connections parenting plan program; volunteer peer counseling, community education, publications, advocacy and professional training and certification.

### Runaway Switchboard

**1-800-621-4000**
A national service based in Chicago. Provides assistance, including transportation, to runaway children. Crisis intervention, advice to parents, message center.

## Stand-Up HoCo: A Campaign to Prevent Bullying

Stand Up HoCo is a safe way to report:

- Bullying, harassment or intimidation
- Cyberbullying (e.g. Facebook, Twitter, Text Message, Instant Message)
- Fights, drugs, alcohol or weapons
- Friends who talk about hurting themselves

There are two ways to STAND UP:

1. Connect on Facebook to join the conversation: facebook.com/StandUpHoCo
2. Report incidents of bullying on hoco.sprigeo.com

## TRANSITION AGE YOUTH (TAY)

### Healthy Transition-(HT) Services

This program is an effort to educate, support and assist emerging youth and young adults 16-25 years of age with behavioral health challenges regain and maintain independence in the community, while assisting with the unique challenges of transitioning into adulthood. These services are an individualized, strengths and evidence based supports for youth and young adults which include Life Skills Coaching and Teaching, Peer Mentoring, Case Management, Evidence Based Supportive Employment, Vocational Services, and in some cases housing. Individuals who are willing to participate with HT-Services must meet the priority population diagnosis for adults. Exceptions to the diagnosis requirement can be made on a case by case basis. The HT provider for Howard County is Humanim. Contact the Howard County Health Department/Bureau of Behavioral Health/Local Behavioral Health Authority at 410-313-6202 or Humanim at 410-381-7171 for more information or a referral packet.

### Maryland Early Intervention Program (EIP)

The Early Intervention Program is being established at the University of Maryland, School of Medicine (UMSOM) to provide early identification, evaluation, and comprehensive psychiatric treatment to adolescents and young adults with psychotic disorders. Recent advances in mental illness science support a paradigm shift from the treatment of individuals with an already established illness to early detection and intervention of people who are at high risk for the development of a psychotic illness or are in the initial stages of such an illness. The goal of this new approach is to alter the course of illness, reduce disability, and maximize the likelihood of recovery. More information about EIP can be found at marylandeip.com.

## CASE MANAGEMENT/CARE COORDINATION

The goal of case management/care coordination is to help youth and families remain together with substantial community-based services to meet their on-going needs. Mental Health Case Management services assist individuals by linking them to rehabilitation and treatment services, entitlements/benefits for which they may be eligible, housing, social supports, vocational and educational services. Medicare and private insurances do not pay for case management services. Individuals who are eligible for case management services cannot be receiving case management services from another agency and must be willing to voluntarily agree to participate in case management services. The child and adolescent care coordination/case management provider is Center for Children, Inc. Call 240-320-2023 or the Howard County Health Department/Bureau of Behavioral Health/LBHA at 410-313-6202. The adult care coordination/case management provider is: Humanim, Inc.
6355 Woodside Court
Columbia, MD 21046
410-381-1500
www.humanim.com

## ADVOCACY/SUPPORT GROUPS

### DBSA (Depression & Bipolar Support Alliance)

**Medical Pavilion at Howard County**
**10710 Charter Drive, Suite 100**
**Columbia, MD 21044**
**443-583-3290 / 1-800-826-3632**
**www.dbsalliance.org**
**dbsacolumbia@gmail.com**

### HC Drug Free

**10451 Twin Rivers Road, Suite 206**
**Columbia, MD 21044**
**443-325-0040**
**www.hcdrugfree.org**
**info@hcdrugfree.org**

### Loyola Clinical Centers TBI Survivors and Family Support Group

**Loyola University's Columbia Graduate Ctr**
**8890 McGaw Road,**
**Columbia, MD 21045**
**410-617-1200**

Graduate students in pastoral counseling and speech-language pathology will direct this group with direct supervision from licensed and certified professionals. The group is for TBI survivors and their family and will focus on peer support, adjustment issues, and cognitive skills training. Individual and family therapy is also offered at the center.

### Maryland Coalition of Families for Children's Mental Health (MCF)

**10632 Little Patuxent Parkway, Suite 234**
**Columbia, MD 21044**
**410-730-8267 or 1-888-607-3637**
**www.mdcoalition.org**
**info@mdcoalition.org**

The Maryland Coalition of Families for Children's Mental Health is a grassroots coalition of family and advocacy organizations dedicated to improving services for children with mental health needs and their families and building a network of information and support for families across Maryland. Visit our website to learn about Coalition initiatives and browse our online directory of resources.

**The Family Navigators Program:** Family Navigators are not lawyers or therapists and do not provide legal representation or counseling. Navigators do not advise families on decisions pertaining to their children, but provide support and information to discuss options with families so they can make the best choices for their children. A Family Navigator can provide:

- Information, referral and linkage to appropriate services for your child
- One-to-one support and advocacy for your family
- Guidance in completing forms and applications for services
- Support at meetings related to your child, when possible
- Education on laws, policies and procedures to access services to your child
- Workshops to inform you and other families on services and ways to effectively advocate for your child.

Family Navigators also work in partnership with local agencies and participate on planning and advisory boards to provide a family perspective on policies and programs for children with special needs. Navigators make every effort to involve many families in leadership roles in their community.

### Mental Health Association of Maryland

**1301 York Road, Suite 505**
**Lutherville, MD 21093**
**443-901-1550 / Fax 443-901-0038**
**www.mhamd.org**

The Mental Health Association of Maryland is a voluntary, nonprofit citizens' organization that brings together consumers, families, professionals, advocates and concerned citizens for unified action in all aspects of mental health and mental illness. Dedicated to promoting mental health, preventing mental disorders and achieving victory over mental illness through advocacy, education, research and service.

### NAMI Howard County MD

**9650 Santiago Road, Suite 1**
**Columbia, MD 21045**
**410-772-9300 / Fax 410-772-9307**
**www.namihowardcounty.org**
**info.namihc@gmail.com**

NAMI – Howard County is a grassroots, self-help, non-profit organization dedicated to improving the lives of individuals and families living with mental illness, by providing education, support, advocacy, and outreach programs. **Support Groups:** Call NAMI for information about support groups and education programs for family members and individuals who have a chronic mental illness.

### On Our Own of Howard County, Inc.

**6440 Dobbin Road, Suite B**
**Columbia, MD 21045**
**410-772-7905 / Fax 410-772-7906**

**Wellness & Recovery Center:** a Wellness & Recovery Center is open at various times on weekdays and weekends and on holidays for county residents who have a behavioral health issue (i.e. mental health or substance abuse disorders.) This is a peer-operated service that provides socialization, advocacy, educational and natural support opportunities for individuals with mental illness. Many of the recipients of mental health services who come to the Wellness & Recovery Center say it is a place to relax and feel comfortable. Members share similar experiences and discuss ways of coping with their illness. Transportation is provided for those individuals who would have a problem getting to the center without it. Contact the Program Director at **410-772-7905** for further information.

### Parkinson's Support Group & Parkinson's Partner Support Group

**Parkinson's Disease & Movement Disorders Center of Maryland**
**8180 Lark Brown Drive, Suite 101**
**Elkridge, MD 21075**
**443-831-6350**

Parkinson's Support Group meets the third Monday of every month at 7:00 pm. Parkinson's Partner Support Group meeting the first Wednesday of every month at 7:00 p.m.

### Serenity Center

**9650 Basket Ring Road**
**Columbia, MD 21045-3421**
**410-884-6088 / Fax 410-884-6099**
**www.theserenitycentercolumbia.org**
**info@theserenitycentercolumbia.org**

Meeting house for 12-step meetings: Al-Anon, Alcoholics Anonymous, Co-Dependents Anonymous, Debtors Anonymous, Narcotics Anonymous, Nicotine Anonymous, Overeaters Anonymous, Sexaholics Anonymous, Sex and Love Addicts Anonymous. All meetings are open to the public unless otherwise indicated

## BEREAVEMENT SUPPORT RESOURCES

### The Family Center
**4785 Dorsey Hall Drive**
**Ellicott City**
**410-531-5087**
Individual counseling and bereavement groups.

### Howard County General Hospital
**Chaplaincy Services Department**
**5755 Cedar Lane**
**Columbia, MD 21044**
**410-740-7898**
Individual/group counseling support for families of patients who have died in the hospital. Counseling is provided by graduate student interns from Loyola University's pastoral counseling program.

### GRASP (Grief Recovery After a Substance Passing)
**Howard County Group Chapter**
**Arielle Sokoll-Ward**
**www.grasphelp.org**
**asokol3@umaryland.edu**
**443-535-5415**

### GriefShare
**www.griefshare.org**

### Gilchrist Hospice of Howard County
**5537 Twin Knolls Road**
**Columbia, MD 21045**
**410-730-5072**
Cancer/other illnesses; grief support for all.

### Compassionate Friends
**Greater Baltimore Chapter**
**P.O. Box 2103**
**Ellicott City, MD 21043**
**410-560-3358**
**www.baltimoretcf.com**
Grief support for coping with loss of child.

### Bereavement Group for Seniors
Bain Center in Columbia
Ellicott City Senior Center
Glenwood Senior Center
Howard County Office on Aging and Independence
**410-313-7466 Karen Hull**
**410-313-7283 Elaine**
Bereavement Group for seniors (50 and older).

### Rising Hope
**Howard County General Hospital**
**5755 Cedar Lane**
**Columbia, MD 21044**
**410-740-7845**
Grief support for mothers who have experienced still birth or miscarriage.

### Survivors of Suicide Loss Support Group
**Grassroots Crisis Intervention Center**
**6700 Freetown Road**
**Columbia, MD 21044**
Meets two times per month for those who have lost a loved one to suicide.
For registration and information contact Amanda@grassrootscrisis.org

### St. Francis of Assisi Catholic Church
**8300 Old Columbia Road**
**Fulton, MD**
**410-792-0470**
Bereavement support group for adults.
Meets on 4th Tuesday of every month.

## 24-HOUR HOTLINES

**Grassroots Crisis Hotline**
**410-531-6677**
Provides 24/7 counseling services

**Suicide Hotline**
**1-800-SUICIDE (1-800-784-2433)**
**or 410-749-9424**
Provides counseling for suicide prevention

**Youth Crisis Hotline**
**1-800-422-0009**
Crisis intervention, support and referrals

**Runaway Hotline**
**1-800-621-4000**

**For All Seasons, Inc. Hotline**
**1-800-310-7273**
Counseling, advocacy, and education to victims of rape, sexual assault and abuse.

**Mid-Shore Council on Family Violence**
**1-800-927-4673**
Provides direct services for victims of family violence including a 24-hour hotline, crisis intervention, counseling, support group, emergency shelter, client advocacy, children's program, court accompaniment, information and referral.

**Life Crisis Center Hotline**
**1-800-422-0009 or 410-749-HELP**
Provides counseling for victims of domestic or sexual assault, suicide prevention, support groups, emergency shelter, shelter referral, medical care, and assistance with the process of prosecution.

**Homerun Hotline**
**1-800-HIT-HOME or 1-800-448-4663**
Information and referral; staffed by trained listeners.

**Maryland State (AIDS) Hotline**
**1-800-638-6252, 1-800-553-3140** (Hearing Impaired)
Information on testing and other referrals.

**Americans with Disabilities Act Hotline**
**1-800-USA-ABLE**
Information on the Americans with Disabilities Act

**National Association of Anorexia Nervosa & Associated Disorders**
**1-847-831-3438**

**Veterans Crisis Hotline**
**1-800-273-8255 Press 1.**
**www.veteranscrisisline.net**
Veterans and their loved ones can call, chat online, or send a text message to 838255 to receive confidential support 24/7.

## MENTAL HEALTH SERVICES IN THE DETENTION CENTER

Individuals incarcerated at the Howard County Detention Center who are suffering with a mental illness are eligible to receive mental health treatment services from a licensed Mental Health Clinician. Referrals are received through the Medical Services Department of the Detention Center, the Mental Health Authority or the Court system. Case management services are provided to the individual while in the Detention Center and post-discharge to assist with transition back to the community. Call 410-313-5267 to speak with the Mental Health Clinician who is staff for this Maryland Community Criminal Justice Treatment Project (MCCJTP). The Detention Center Medical Unit also provides a psychologist and psychiatrist to evaluate the mental health needs of incarcerated individuals.

## PROGRAMS SERVING THE DEVELOPMENTALLY DISABLED

### Developmental Disabilities Administration

**201 W. Preston Street, 4th Floor**
**Baltimore, MD 21201**
**410-767-5600 / 877-4MD-DHMH**
The Developmental Disabilities Administration (DDA) has four regional offices throughout the state. DDA is a department under the state agency Department of Health and Mental Hygiene (DHMH).

Howard County residents are part of the Central Maryland Region:
Developmental Disabilities Administration, Central Maryland Regional Office
**1401 Severn Street**
**Baltimore, MD 21230**
**410-234-8200 or 1-877-874-2494**

### eMerge, Inc.

**9180 Rumsey Road, Suite D2**
**Columbia, MD 21045**
**410-884-4420**
Provides assistance to individuals with diverse challenges. Individualized assistance may include support, residential services, transportation, supported employment, vocational programs. State and Federally funded.

### The ARC of Howard County

**11735 Homewood Road**
**Ellicott City, MD 21042**
**410-730-0638**
Residential, individual and family support, respite care, vocational and day support for those with developmental disabilities, parenting classes.

### Athelas Institute, Inc.

**9104 Red Branch Road**
**Columbia, MD 21045**
**410-964-1241 / Fax 410-964-3140**
Provides a full array of services for individuals with developmental disabilities

### Humanim, Inc.

**9380 Gerwig Lane**
**Columbia, MD 21046**
**410-381-7171/Fax 410-381-2964**
**www.Humanim.org**
**info@humanim.org**
Provides an array of individualized support services for adults with intellectual and developmental disabilities, including day, vocational, residential, and personal supports.

## PROGRAMS SERVING THE HEARING IMPAIRED

### Springfield Hospital Center

**6655 Sykesville Road**
**Sykesville, MD 21784**
**410-970-7000**
State operated facility for long-term psychiatric services, including inpatient day unit and outpatient services for the deaf/hearing impaired

### Gladstone Psychiatry and Wellness

**Lakeview Office Terrace**
**9841 Broken Land Parkway, Suite 211**
**Columbia, MD 21046**
**443-708-5856**
**www.gladstonepsych.com**
Specializes in Addictions, Adult Psychiatry, Adolescent Psychiatry, Anxiety, ADD/ADHD, Bipolar Disorder, Depression, OCD, Panic Disorder
Insurance: Blue Cross/Blue Shield, CareFirst, Aetna, and Cigna
Language: Sign Language

### Talibah E. Buchanan, Ph.D.

**8720 Georgia Avenue**
**Silver Spring, MD 20910**
**301-495-6393**
**www.Drtalibahbuchanan.webs.com**
Outpatient therapy and psychological testing. Services for children, adolescents, and adults.
Language – American Sign Language

## MARYLAND'S COMMITMENT TO VETERANS

Maryland's Commitment to Veterans helps navigate the transition to civilian life. Regional Resource Coordinators (RRCs) serve as navigators for post-deployment needs. The tasks that veterans trained for on the battlefield are worlds away from the daily hardships that now surface. RRCs are here to assist veterans and their families obtain services through the Department of Veterans Affairs (VA) and other available local resources. RRCs offer knowledge and assistance in:

- Crisis and Emergency Services
- Substance Abuse Services
- Individual, Family & Group Therapy
- Issues of Homelessness
- VA Benefits
- Unemployment Issues

The coordinators also work with service members with less than honorable discharges to explore the possibility of a discharge status change, to increase eligibility for VA benefits. Contact a Regional Office location serving every county.

Contact Information: 1-877-770-4801

### Veterans Affairs – Baltimore Community Referral and Resource Center

M-F 7:00 a.m. - 4:30 p.m. 410-637-3246
The CRRC serves as a hub to combat homelessness among Veterans. These facilities centralize federal and local partners to provide services to homeless and at-risk Veterans. The building includes a Primary Care Clinic, a complete kitchen, laundry and shower facilities as well as a host of other community services.

### Veterans Crisis Hotline

1-800-273-8255 Press 1.
www.veteranscrisisline.net
Veterans and their loved ones can call, chat on line, or send a text message to **838255** to receive confidential support 24/7.

VA Maryland Health Care System (includes VA Medical Centers, Community Based Outpatient Clinics and Vet Centers).
**1-800-865-2441**
**www.maryland.va.gov**

### US Department of Veteran Affairs Homeless Call Center:

**1-877-4AID VET**

### Platoon 22

www.platoon22.org
Mission is to reduce the number of Veteran suicides each year. Objectives include fundraising research to be able to better diagnose and treat PTSD.

## GENERAL COMMUNITY RESOURCES

### Alcoholics Anonymous
**410-433-4843**
Information about meetings and related services throughout Howard County.

### Association of Community Services of Howard County (ACS)
**9770 Patuxent Woods Drive, Suite 301**
**Columbia, MD 21046**
**410-715-9545**
Mission of ACS is to advance human services in Howard County.

### Bread of Life Food Pantry
**First Baptist Church of Savage**
**8901 Washington Street**
**Savage, MD 20763**
**301-725-3944**
Hours of Operation:
Wednesdays 5:30 p.m. - 7:30 p.m.
Saturdays 8:30 a.m. - 10:30 a.m.
Assist families with their immediate food needs.

### Brain Injury Association of Maryland
**Director, Bryan Pugh**
**2200 Kernan Drive**
**Baltimore, MD 21207**
**1-800-221-6443 or 410-448-2924**
**www.biamd.org**
**info@biamd.org**
Resource information for individuals with Brain Injury, their family members & professionals who work with them. No Direct Services.

### Chase Brexton Health Services: Columbia
**5500 Knoll Drive, Suite 370**
**Columbia, MD 21045**
**410-884-7831**
**www.chasebrexton.org**
Primary medical care and dental care for adults and children. Infectious diseases consultations and case management. Mental health services for all ages. Insurance: Public mental health consumers accepted, uninsured, under-insured, MA, sliding scale fees, and most commercial insurances.

### Child Care Resource Center
**3300 North Ridge Road, Suite 380**
**Ellicott City, MD 21043**
**410-313-1940**
**www.howardcountymd.gov**
**www.mdchildcare.org**
**childcare@howardcountymd.gov**
Free to Howard County residents. Assists parents in locating child care to meet their needs.

### Christ Church Link
**Christ Episcopal Church**
**6800 Oakland Mills Road**
**Columbia, MD 21045**
**410-381-9365**
**www.christchurchcolumbia.org**
**info@ChristChurchColumbia.org**
Information and referral for help with childcare, clothing, food, utilities, employment/job training, housing and immigration issues. Visit website for information on help with eviction, utility turnoff, food, shelter, clothing, prescriptions, job, other emergency needs.

### Community Action Council
**6751 Columbia Gateway Drive**
**Columbia, MD 21046**
**410-313-6440**
Immediate, short-term assistance to prevent hardship due to lack of food, shelter, fuel or money.

### Community Emergency Response Network
CERN's mission is to facilitate the development of a community-based disaster response plan for Howard County to ensure optimum preparedness in the advent of a natural or man-made disaster. CERN supports the County government's disaster planning through the coordination of the emergency plans and resources of various community agencies. Contact CERN's website **www.CERN.us** to learn more about emergency procedures.

### Consumer Quality Team of Maryland
**1301 York Road, Suite 505**
**Lutherville, MD 21093**
**443-901-1560 / Fax 443-901-0039**
**www.cqtmd.org**
A group of mental health consumers and family members who conduct qualitative interviews with mental health consumers using the public behavioral health system, and report their needs to program management and the funding agency, to obtain real-time solutions.

### Coordinated System of Homeless Services (CSHS)
CSHS is comprised of service providers and government agencies which offer resources to households in need, to prevent loss of stable housing or regain housing that has been lost. Financial assistance is available through multiple community partners, households needing additional resources may contact the system's Single Point of Entry for assessment ad connection to varying levels of support.
**Grassroots crisis hotline: 410-531-6677**

### Lisa Farley, L.Ac, M.Ac.
**5570 Sterrett Place, Suite 308**
**Columbia, MD 21044**
**443-538-2498**
**www.LisaFarley.com**
Acupuncture and Zero Balancing can be effective in helping to relieve stress, a frequent contributing cause to anxiety, depression and other mental health issues.

### 211 Maryland/United Way Helpline
**P.O. Box 1576**
**Baltimore, MD 21203-1576**
**Dial 211 or**
**1-800-492-0618 or 410-685-0525**
24 hour toll free health and human service resource helpline. Information on assistance with utility bills, housing, food and many others. Subscriber to Language Line, which provides interpreters for 140 languages as needed.

### Fish of Howard County, Inc.
**P.O. Box 34**
**Ellicott City, MD 21041**
**410-964-8660**
Provides emergency food, financial assistance, referral information and pharmacy assistance to those in need.

### F.I.R.N. (Foreign-Born Information and Referral Network)
**5999 Harpers Farm Road, Suite E-200**
**Columbia, MD 21044**
**410-992-1923 / Fax 410 730-0113**
**www.firnonline.org**
Services to immigrants, refugees, &other foreign-born individuals. Information and referral for help with jobs, housing, immigration law, health, mental health, crisis intervention and tutoring services. Languages: Portuguese, Urdu, Punjabi, Farsi & Swedish

### Hospice Services of Howard County
**5537 Twin Knolls Road, Suite 433**
**Columbia, MD 21045**
**410-730-5072**
Services to terminally ill Howard County residents and their families. Support services, bereavement programs for children, adolescents and adults.

### Howard Community College
**Division of Continuing Education**
**10901 Little Patuxent Parkway**
**Columbia, MD 21044**
**410-772-4986**
**www.howardcc.edu**
Credit and Continued Education Courses, ESOL for families, Child Development Center

### Howard County Autism Society
**9770 Patuxent Woods Drive**
**Columbia, MD 21046**
**410-290-3466 / Cell 443-977-0513**
**www.howard-autism.org**

### Howard County Dept. of Community Resources and Services
**9830 Patuxent Woods Drive**
**Columbia, MD 21046**
**410-313-6400**
Encompasses the Office on Aging and Independence, Office of Consumer Protection, Disabilities Services and Children and Families Services. Multiple and varied services to many populations, as well as many publications about available resources.

### Howard County Dept. of Juvenile Services
**3451 Courthouse Drive**
**Ellicott City, MD 21043**
**410-480-7878**

### Howard County Dept. of Social Services
**9830 Patuxent Woods Drive**
**Columbia, MD 21046**
**410-872-8700**
**www.dhr.state.md.us**
Emergency financial and housing assistance for persons in crisis, child protective services, food stamps, income maintenance, medical assistance, adoption and foster care.

### Howard County Division of Rehabilitation Services (DORS)
**Columbia Workforce Center**
**7161 Columbia Gateway Drive, Suite D**
**Columbia, MD 21046**
**410-290-2640 / Fax 410-290-2651**
**www.dors.state.md.us**
Assist disabled individuals to enter or return to the workplace through a comprehensive array of services.

### Howard County Food Bank/Pantry
**9385 Gerwig Lane, Suite J**
**Columbia, MD 21046**
**410-313-6185**
Tue, Wed, Thur 1-4 p.m. Wed 5-8 p.m. (by appt.) Sat 9-12 (by appt.)
Provides emergency food grants to families to ensure families have adequate nutritious food. Eligibility is based on income.

### Howard County Health Department
**8930 Stanford Boulevard**
**Columbia, MD 21045**
**410-313-6300 / Fax 410-313-6306**
**866-313-6300 Toll free**
**www.hchealth.org**
The following services are provided. For a complete list contact the Health Department:

1. HIV/Pregnancy Tests
2. Adult/Child Immunizations
3. Hearing/Vision Screenings
4. Teen Clinic
5. Blood Pressure/Cholesterol Screening
6. Rabies Clinic

7. Various Cancer Screenings – Colorectal, Skin, Oral, Prostrate, Breast

Language: Chinese, French, Hindi/Bengali/Gujarati, Spanish. Also fluent in Amharic, Czechoslovakian, Nigerian, Oromiffa, and Urdu.
Insurance: Most insurances accepted.

### Howard County Information and Referral

**3430 Courthouse Drive**
**Ellicott City, MD 21043**
**410-313-3000**
Howard County government, non-profit.

### Howard County Office on Aging and Independence

**9830 Patuxent Woods Drive**
**Columbia, MD 21046**
**410-313-6410**
The Office on Aging and Independence promotes a full and dignified life for older people in Howard County, encouraging their involvement in all aspects of life and recognizing them as a vital force in the community. Some services offered are:

- Information and Assistance
- Alzheimer's Support
- Assisted Living Facility Subsidy
- State Health Insurance Assistance Program (SHIP)/Senior Medicare Patrol (SMP)
- Seniors Together

### Howard County Police: Youth Division

**3525 G Ellicott Mills Drive**
**Ellicott City, MD 21043**
**410-313-2620**
**hcpdoutreach@howardcountymd.gov**
Twitter @HCPDNews
Instagram @HoCoPolice
Facebook: Howard County Police Department
Next Door: Howard County Police Department
HCPD, Youth Division provides prevention, intervention, suppression, and enforcement on matters pertaining to youth. Services include: First Offender Diversion Program, Runaway Investigation, Explorer Post 1952, Harpers Choice After School Program, PLEDGE Leadership Camps, and various initiatives designed to enhance public safety and community outreach.

### Howard County Public Schools

**410-313-6696**
Child find program for early intervention, extended day kindergarten, Extended Elementary Education Program (EEEP), family and outreach development programs.

### Judy Center

**Judith P. Hoyer Early Child Care and Education Center, Cradlerock School**
**6700 Cradlerock Way**
**Columbia, MD 21045**
**410-381-9024**
Promotes school readiness through collaboration among community-based agencies and organizations. Fosters a young child's social linguistic and cognitive abilities and provides resources for parents.

### Language Line

**Contact Person: Frank Masin**
**877-862-1816**
**fmasin@languageline.com**

- Interpreters are available 24/7 via telephone and speak 170 languages
- Association of Community Services (Howard Cty) can register for this service. This will permit a $1.30/min rate. All others will have to pay the regular rate.
- Charge begins when the interpreter gets on the line.

### Laurel Advocacy and Referral Services

**311 Laurel Avenue**
**Laurel, MD 20707**
**301-776-0442 / Fax 301-604-7076**

Provides emergency services, assistance vouchers for food, shelter, eviction prevention, utility assistance, prescriptions, transportation and clothing for people in crisis based on the availability of funds or resources. Also provides services to the homeless, transitional housing.

### Local Children's Board (LCB) (Also known as Local Management Board (LMB))

**410-313-1917**

The LCB is responsible for assessing the needs of the community and, in collaboration with service providers, policy makers, community leaders and others, make sure that children and families get needed services and supports. LCB's role is to assure that services are coordinated among local agencies and organizations.

### Disability Rights MD (formerly MD Disabilities Law Center)

**1500 Union Avenue, Suite 2000**
**Baltimore MD 21211**
**410-727-352 / Toll Dree 1-800-233-7201**

### Maryland Community Services Locator (MDCSL)

**www.mdcsl.org**

The MDCSL is funded by a grant from the Governor's Office of Crime Control and Prevention. This is a website where you can locate a broad array of community services throughout the state. In addition to mental health services, you can locate HIV/AIDS resources, job readiness/adult education programs, parole/probation offices, Juvenile Services offices, Victim Services and many other resources.

### PFLAG

**P.O. Box 1479**
**Columbia, MD 21044**
**443-718-0474**
**www.pflagmd.org**
**pflagmd@gmail.com**

Promotes the health and well-being of gay, lesbian, bisexual, and transgendered persons, their families and friends through: support of each other, education of the broader community, and advocacy for equality.

### Steven Daniel Jeffreys Foundation

**5430-F Lynx Lane, Suite 246**
**Columbia, MD 21044**
**410-730-3310**

Grief counseling referral service, professionally led specialized grief (Tears and Smiles) counseling groups for children and parents.

### Tough Love

**800-705-9980 or 410-442-1853**

Support groups for parents experiencing unacceptable or out-of-control behavior from their children. Nominal charge per family.

## HOARDING

To report Hoarding in Howard County email VAC@howardcountymd.gov, or call 410-313-2207

### Address Our Mess

**2132 Eskow Avenue**
**Halethorpe, MD 21227**
**866-575-7455**
**www.clutterhoardingcleanup.com**
**info@addressourmess.com**
Address Our Mess is a specialty heavy duty cleaning company that specializes in hoarding and clutter cleanup services**.**

### Comprehensive Hoarding Resource Center

launched in May 2010 by International OCD Foundation
**www.ocfoundation.org/hoarding**

### Children of Hoarders (COH) – Maryland Chapter

**www.childrenofhoarders.com**
Link to treatment and remediation resources across the state.

### Clutterers Anonymous (CLA)

12-step group with at least two Maryland chapters (Salisbury and Baltimore City).

### Clutterbusters

**15521 Grinnell Terrace**
**Rockville, MD 20855**
**1-866-CLUTTER / 301-309-1481**
**clutterbusters.com**
Hands on organizing solutions for hoarders.

### Hoarding Cleanup Help/Maryland

**hoardingcleanup.com/maryland**

### National Association of Professional Organizers

Baltimore Chapter
**www.napobaltimore.org**
**info@napobalitmore.org**

### Elspeth Bell, Ph.D.

**5850 Waterloo Road, Suite 140**
**Columbia, MD 21045**
**410-480-8052**
**www.elspethbellphd.com**
**ebell@elspethbellphd.com**
Hoarding disorder, clutter-related issues, OCD, Anxiety, specific phobias, depression, perfectionism, procrastination, Body Focused Repetitive Behaviors (BFRBs).

### Organized! By Romanic

**Susan Romanic, Professional Organizer**
**410-995-0435**
**www.OrganizedByRomanic.com**
**sueromanic@gmail.com**
Organized! By Romanic has specialized in working with people who hoard since March 2000. She also works with seniors and people with physical challenges that make it difficult to get and stay organized.

### Animal Hoarding

To report animal hoarding in Howard County contact Animal Control **on 410-313-2780 (911 for emergencies)** or email **animalcontrol@howardcountymd.gov**

### American Society for the Prevention of Cruelty to Animals (ASPCA)

**www.aspca.org/fight-animal-cruelty/animal-hoarding.html**

### Humane Society of the US

**www.humanesociety.org/issues/abuse_neglect/facts/hoarding.html**

## LEGAL SERVICES

Where to find legal help:

- Office of the Public Defender
  3451 Court House Drive
  Ellicott City, MD 21043
  (410) 480-7777
- Pro Bono Resource Center of Maryland: probonomd.org
- Disabilities Rights MD
  410-727-6352 www.mdlclaw.org
- Maryland Legal Aid: mdlab.org.
  Local office 410-480-1057
- Maryland Volunteer Lawyers Service: mvlslaw.org
- Maryland People's Law Library: peoples-law.info
- Maryland State Bar Association: msba.org
- American Bar Association: findlegalaid.org
- To search for attorneys admitted to practice in MD:
- **www.courts.state.md.us**
- Attorney disciplinary actions: **www.courts.state.md.us/attygrievance/sanctions.html**

## PROGRAMS SERVING THE HISPANIC COMMUNITY

### Mental Health Services Grant

Provides limited outpatient mental health treatment for a targeted population who are uninsured, low-income and need a Spanish-speaking therapist. Call the Howard County Health Department/Bureau of Behavioral Health/Local Behavioral Health Authority at 410-313-6202 to access services funded by this grant. If a bi-lingual staff person is needed call 410-313-7376.

### Spanish Speaking Providers listed in Directory:

Congruent Counseling Services
Psychosocial Counseling Associates, Inc.
Enoch Barrios, MD
Victoria Cofield-Aber, LCSW-C
Stephany Durruthy, MD
Dayli Marrero, PhD
Ana Garcia-Fernandez, Psy D
Samantha Marks Psy D
Iris Thomas, LCSW-C
Lydia Holloway, LCSW-C
Roberto Huie, LCSW-C
Nancy Alexander, MSA

A brochure is available in Spanish that identifies various community services and how to access them. To obtain copies, visit **www.howardcountymd.gov** or call the Howard County Health Department/Bureau of Behavioral Health/Local Behavioral Health Authority at 410-313-6202.

## PROGRAMS SERVING THE KOREAN COMMUNITY

### Korean Resource Center

**410-203-1111**
**www.ikorean.org**
**10328 Baltimore National Pike**
**Ellicott City, MD 21042**
The Korean Resource Center provides home health care along with education and training in management of chronic diseases in Korean.

### Maryland Access Point

**410-313-1234**
**www.howardcountyaging.org**
Maryland Access Point (MAP) provides two Korean resource specialists to help older adult individuals or those with a disability balance needs, wants, and resources to develop options to stay in the community; refer individuals to local, state, and federal programs and benefits and help individuals plan for their future needs.

## TRANSPORTATION

### RTA Mobility

RTA ADA Paratransit: requires 2-part medical certification; person must live within 3/4 mile of a fixed bus route.
**1-800-270-9553 for application.**
RTA General Paratransit or Curb-to-Curb: service is provided anywhere within Howard County, with trip purposes limited to medical appointments, senior centers, social service agencies, employment and colleges. Service is available Monday through Friday 8:00 AM to 5:00 PM. In addition, service to medical appointments at designated Baltimore City hospitals is available on Mondays, Wednesday, and Fridays. Limit of one round trip per day. Certification required. Advanced reservations required
**1-800-270-9553.**

### Howard County Medical Assistance Transportation Program

**Hart to Heart Transportation**
**1-866-276-9554**

### Howard County Health Department (MA Healthchoice Transportation Program)

**877-577-1050 Option #3**
Provides assistance with transportation to and from medical appointments for individuals with Medical Assistance (MA

### Neighbor Ride

**410-884-7433**
This is a service staffed by volunteers for individuals over 60. This service can be used for non-medical trips. Available daily and fares range from $6-$35; must reserve at least 3 days in advance.

If you would like to be included in the Directory, please complete this form and email to cschaffer@howardcountymd.gov.

Name with title:

Address:

Phone:

Fax #:

Website:

Email:

(Please supply your email address so you can receive updates from us regarding behavioral health in the county.) Would you like your email published in the directory: YES NO

Description of your services: (Example: Outpatient services to children, adolescent and adults. Expert areas of treatment include…..)

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Insurances Accepted:

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Languages Spoken:

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An updated Directory is printed approximately once a year. However, you may find a current copy on our website at **www.howardcountymd.gov**