



Promote. Preserve. Protect

DIRECTORY OF HOWARD COUNTY BEHAVIORAL HEALTH SERVICES

August 2025

Visit hchealth.org or call 410.313.6240 for more information

HOWARD COUNTY HEALTH DEPARTMENT MISSION STATEMENT

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) 313-6240 or kjenkins@howardcountymd.gov

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When to Seek Help

People seek professional behavioral health treatment for many reasons. Among the signs and symptoms that may signal the need to consult a behavioral health professional are:

- Threats or persistent thoughts about suicide
- Persistent feelings of hopelessness and despair
- Frequent feelings of anxiety or nervousness
- Sleeplessness, frequent waking, or excessive sleeping
- Persistent, noticeable difficulty concentrating
- Increased use of drinking or smoking to cope with moods
- Unusual lack of appetite or excessive eating
- Unusual difficulty making decisions or handling routine tasks
- Unpredictable or frequently changing moods
- Withdrawal from others or from responsibilities
- Hypersensitivity to words or actions of other people
- Excessive crying or emotional outbursts
- Feelings of panic about specific things or activities
- Behaviors or ideas that are perceived as noticeably odd by others
- Hearing voices that no one else seems to hear

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CRISIS SERVICES

Mobile Response Team (MRT)	
Address and phone number	988
Services Provided	MRT is a partnership between the Police Department, Humanim, and Grassroots Crisis Intervention. During hours of operation, MRT staff is able to respond to a psychiatric crisis identified by the police. Two mental health professionals go the location of the individual and explore 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 Howard County General Hospital Emergency Department for a thorough psychiatric evaluation. MRT will refer the individual and family members to available community resources and follow-up to assure linkage.

Grassroots Crisis Intervention Center	
Address and phone number	8990 Old Annapolis Road, Suite A Columbia, MD 21045 410.531.6677; 24-Hour Crisis Line 988
Web Address	www.grassrootscrisis.org
Age Group	All ages
Services Provided	Provides telephone counseling, free walk-in counseling, emergency shelter for the homeless, a 24-hour suicide hotline, Mobile Response Team, and a Runaway Teen Program that provides crisis intervention for runaway youth and their families. All services are free. Marylanders with mental health or substance use issues are encouraged to “Call 988” to reach Maryland Crisis Connect, a crisis response service staffed 24/7, or the hotline, which is available to ALL Maryland residents 24/7, 365 days a year.
Language spoken other than English	Language Line for telephone interpretation.

Crisis Text Line	
Address and phone number	Text HOME to 741741 24/7 Free Service
Web Address	www.crisistextline.org
Age Group	Adolescents/Teens

Services Provided	Text to 741741 and a trained crisis counselor will text you back. The crisis counselor assesses the situations and will initiate an active rescue by calling 911 in a case where someone is in danger. This includes suicides.
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Hopeworks of Howard County	
Address and phone number	9770 Patuxent Woods Drive, Suite 300 Columbia, MD 21046 24-hour Helpline: (410) 997-2272 (410) 997-0304 (410) 997-1397 - Fax
Email	info@hopeworksofhc.org
Web Address	www.hopeworksofhc.org
Services Provided	Safe shelter and transitional housing are 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 spoken other than English	Spanish, French

Crisis Residential Program: Offered by Sheppard Pratt Healthcare Systems	
Address and phone number	9770 Patuxent Woods Drive, Suite 300 Columbia, MD 21046
Email	info@hopeworksofhc.org
Web Address	www.hopeworksofhc.org

Services Provided	<p>A short-term crisis residential service to help stabilize someone experiencing a mental health crisis. Provides intensive, round-the-clock personalized support by our highly trained staff, with:</p> <ul style="list-style-type: none"> - Consultation and clinical oversight from psychiatrists or psychiatric nurse practitioners - Licensed social workers and professional counselors to provide treatment coordination. <p>Kayla Haught Division Director of Residential Crisis Sheppard Pratt Phone: 410-453-9553 x1936</p> <p>Melinda Holloway Intake coordinator: Phone: 410-938-5030</p> <p>Howard County (Joey's House) Ellicott City Director: Jade over Intake number is 410-418-4048. You can also call 240-566-1966.</p>
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Sexual Assault Hotline	
Address and phone number	1-800-799-7233

National Suicide Prevention Lifeline	
Address and phone number	988
Web Address	www.988lifeline.org/talk-to-someone-now
Services Provided	Free 24/7 confidential crisis support.

INPATIENT SERVICES

Sheppard Pratt Baltimore/Washington Campus - Inpatient Adolescent Unit	
Address and phone number	7220 Discovery Dr Elkridge, MD 21075 (240)-915-5700 Visiting Hours: Monday-Friday 7-8pm; Weekends: 2-4pm
Web Address	www.sheppardpratt.org/care-finder/adolescent-unit-ellicott-city
Age Group	12-17
Insurances Accepted	Medicaid, Medicare, Private Insurances, Self-Pay
Services Provided	<p>The Adolescent Unit at the Sheppard Pratt - Baltimore/Washington Campus is a safe and secure 17-bed inpatient unit specially designed for adolescent ages 12 through 17. Our focus is on safety and crisis stabilization; adolescents generally come here when they are struggling or experiencing a crisis at home, in the community, or at school, and are dangerous to themselves or others. Treating adolescents with a variety of behavioral challenges and diagnoses on our unit; many have attention deficit hyperactivity disorder (ADHD), depression, anxiety, bipolar disorder, personality disorders, and/or psychosis.</p> <p>Treat adolescents with a variety of behavioral challenges and diagnoses on our unit; many have attention deficit hyperactivity disorder (ADHD), depression, anxiety, bipolar disorder, personality disorders, and/or psychosis. During each adolescent's stay, we focus on crisis stabilization so that the adolescent can move back into their home community as quickly as is safely possible. The average length of stay on the Adolescent Unit is 10 days.</p>

Howard House - Tuerk House Inc	
Address and phone number	9876 Clarksville Pike Columbia, MD 21044 (410) 801-8250
Web Address	https://www.tuerkhhouse.org/
Age Group	Adult Men
Insurances Accepted	Sliding Fee Scale, Medicaid/Health Choice, Medicare, Aetna, BlueCross BlueShield (HMO+PPO), Carefirst (HMO+PPO), Cigna, Kaiser, Johns Hopkins Employer Health Programs

Services Provided	<p>Tuerk House is a nonprofit drug and alcohol treatment organization that has served the community for over 50 years with a compassionate, collaborative approach that emphasizes dignity and respect for people in recovery.</p> <p><u>Offering:</u></p> <p>Crisis Stabilization Inpatient Detoxification Residential Treatment Outpatient Treatment Partial Hospitalization Medication Assisted Treatment Peer Support Integrated Behavioral Health Services & Urgent Care DUI Classes Pharmacy</p>
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Highland House - Tuerk House Inc	
Address and phone number	12752 Scaggsville road Highland, MD 20777 (667) 686-8002
Web Address	https://www.tuerkhouse.org/
Age Group	Adult Women
Insurances Accepted	Sliding Fee Scale, Medicaid/Health Choice, Medicare, Aetna, BlueCross BlueShield (HMO+PPO), Carefirst (HMO+PPO), Cigna, Kaiser, Johns Hopkins Employer Health Programs
Services Provided	<p>Tuerk House is a nonprofit drug and alcohol treatment organization that has served the community for over 50 years with a compassionate, collaborative approach that emphasizes dignity and respect for people in recovery.</p> <p><u>Offering:</u></p> <p>Crisis Stabilization Inpatient Detoxification Residential Treatment Outpatient Treatment Partial Hospitalization Medication Assisted Treatment Peer Support Integrated Behavioral Health Services & Urgent Care DUI Classes Pharmacy</p>

Hilda's Foundation (Previously Hilda's Place)
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Address and phone number	2480 Roxbury Mls Rd Suite #10, Glenwood, MD 21738 (410) 489-3737
Web Address	https://www.hildasplace.com/
Age Group	Adult Women
Insurances Accepted	Provider's Policy: Our admissions team will work with you to explore the right payment options based on your needs, ensuring you get the best possible treatment.
Services Provided	<p>Hilda's Foundation is a Joint Commission accredited nonprofit organization established in 2018 that provides comprehensive, evidence-based addiction and behavioral health treatment services designed to transform the lives of individuals and families impacted by substance abuse and mental health disorders.</p> <p><u>Offering:</u></p> <ul style="list-style-type: none"> Assessment and Referral Services DUI/DWI Services Early Intervention Youth Services Inpatient + Outpatient Mental Health Treatment Medication Assisted Treatment Family Supportive Services Health Home Services Psychiatric Rehabilitation Program Substance Abuse Evaluation and Prevention LGBTQIA+ Community Support Education & Employment Training Gambling Recovery Group Intensive Outpatient Groups Meditation and Acupuncture Certified Accredited Residential Services

OUTPATIENT SERVICES

Alternative Counseling and Wellness Center	
Address and phone number	6851 Oak Hall Lane, Suite 302 Columbia, MD 21045 (410) 828-0101
Web Address	www.alternativecounseling.net
Age Group	All Ages
Insurances Accepted	Call to information regarding insurance
Services Provided	Private practice serving children, adolescents, adults, seniors, couples, and families with a holistic viewpoint utilizing the latest methodologies.

Congruent & Integrative Counseling Services	
Address and phone number	10630 Little Patuxent Parkway, Suite 209 Columbia, MD 21044 (410) 740-8066 (410) 740-8067
Web Address	www.congruentcounseling.com/locations/columbia/
Age Group	Adolescents, Teens and Adults
Insurances Accepted	Carefirst, Cigna, JHS, United Healthcare, Tricare. Substance abuse: Carefirst, Cigna, JHS, United Healthcare, Tricare, Aetna & Medicaid.
Services Provided	<p>Individual, family, marital, and group counseling. Psychiatrists are on staff to provide psychiatric units and medication management. Provides an Intensive Outpatient Program for the treatment of addictions and/or mental health issues. We are State of Maryland Certified and have been providing outpatient counseling services for over 10 years. Therapists on staff who specialize in working with children, teens, and adults. Issues addressed include depression, anxiety, attention deficit, acting out behaviors, substance use and addictions, marital difficulties. Dialectic Behavioral Treatment (DBT) for ages 8-21 as well as for preteens ages 10-13 and their parents. This program thrives on slow pace using play, art, and experience. They also offer parent groups to address concerns with children.</p> <p>Services Include: Mental Health Services Substance Health Services Dialectical Behavior Therapy (DBT) DUI/DWI Counseling, Treatment, and Education Suboxone and Buprenorphine Therapy for Opiate Dependence Outpatient Addiction Recovery Center Teletherapy Behavioral Health Concierge Services (IC) Psychiatrists/Prescribers – Med Management</p>
Language spoken other than English	Spanish

A Healing Place	
Address and phone number	7050 Oakland Mills Road, Suite 140 Columbia, MD 21046 (410) 309-0909
Email	admin@achealingplaceincolumbia.com
Web Address	www.achealingplaceincolumbia.com
Age Group	Children, Adolescents, Adults
Insurances Accepted	Sliding Scale Fee, Out of Network, Self-Pay
Services Provided	Individual, group, couples and family therapy. All ages from children, adolescents, adulthood & families. Pre-marital counseling to new parents, relationships with adult children, LGBTQ+, Transgender youth & adults, Couples counseling, Specialization in: Attachment disturbance, trauma survivors (safe & sound protocol), parent/infant attachment, TBRI therapy (trust based relational intervention) parenting as well as EMDR therapy
Language spoken other than English	Dutch

Anxiety Treatment Center of Maryland	
Address and phone number	7130 Minstrel Way, Suite 125 Columbia, MD 21045 (410) 800-07591
Email	info@anxiety-treatment-center.com
Web Address	www.anxietymaryland.com
Age Group	All Ages
Insurances Accepted	Out of Network, Self-Pay
Services Provided	This is a fee-for-service specialty behavioral health clinic offering cognitive and behavioral treatments for anxiety and related disorders. Treats children, adolescents, and adults experiencing problems with: selective mutism, social anxiety, separation anxiety, generalized anxiety, specific phobias, panic, agoraphobia, obsessive compulsive disorder, chronic tics or Tourette syndrome, hair-pulling or skin-picking conditions, depression, disruptive behavior, elimination disorders (toilet training difficulties), sleep problems, and co-occurring medical problems such as GI/urological problems, headaches, chronic pain, kidney disease, and diabetes.

All Day Medical Care Medical & Behavioral Health Clinic	
Address and phone number	5525 Twin Knolls Rd., Suite 323, Columbia, MD 21045 (301) 330-0006 Hours: Monday-Friday 9am-5pm
Email	customerservice@alldaymedicalcare.com
Web Address	www.alldaymedicalcare.com
Age Group	All Ages

Insurances Accepted	Aetna, Wellpoint, Optum, Blue Cross Blue Shield, CareFirst, Cigna, Humana, Magellan, MD Physicians care, Medicaid, Medicare, Multiplan, Priority partners, University of MD Health partners.
Services Provided	Mental Health services serving children, adolescents & adults. Include Anger management, Family counseling, Treatment for addiction, Career Counseling, Grief/Stress & Conflict resolution. ADHD/ADD, Anxiety, Mood disorders, Depression, OCD, PTSD/Stress, Eating disorders & Phobias.
Language spoken other than English	Spanish

Blake Psychotherapy & Associates	
Address and phone number	10630 Little Patuxent Parkway, Suite 313 Columbia, MD 21044 410-988-4002
Email	sblake@blaketherapy.com
Web Address	www.blaketherapy.com
Age Group	Ages 15+ and Adults
Insurances Accepted	Out-of-Network, Self-Pay
Services Provided	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.
Language spoken other than English	Spanish

Anchor Counseling Centers	
Address and phone number	8840 Stanford Boulevard, Suite 1700 Columbia, MD 21045 410-768-5988
Email	info@annearundelcounseling.com
Web Address	www.anchorcounselingcenters.com
Age Group	Ages 6-10, Preteen/Teenager, Adults
Insurances Accepted	Commercial Insurance, Self-Pay
Telehealth Services	Yes

Services Provided	<p>At Anne Arundel Counseling, the health and well-being of our clients, staff, and communities is our top priority. We understand the concern and uncertainty you may be experiencing surrounding the coronavirus (COVID-19) and are committed to being responsive to the needs of our clients and staff as the situation evolves.</p> <p>Services offered: Family & group counseling State of MD certified DWI/DUI Education & Substance abuse treatment Seminars & Training Mental Health Therapy Psychiatric Evaluations/Medication Management (Bariatric/Gastric bypass, Educational, Military, Psychological)</p>
Language spoken other than English	Spanish

Block Counseling & Personal Wellness – Telehealth Only	
Address and phone number	(240) 490-6057
Email	blockcpws@gmail.com
Web Address	www.blockcounselingpws.com
Age Group	Teenagers, Adults, and Elderly
Insurances Accepted	CareFirst, Cigna, United Healthcare, Aetna & commercial plans are accepted
Services Provided	<p>Client focus: Black, Indigenous, and people of color (BIPOC) Primarily served those overcoming unexpected life changes, addictions, depression, anxiety, and relationship issues. We help people find their voice through skill building and reflective exploration making way for a new pattern to be created. At BCPWS we seek to serve those looking to grow beyond their current limiting beliefs. We aid in helping people change these narratives so that they can expand and foster new possibilities.</p> <p>Offers individual, couples & family therapy, personal consultation. Anxiety, Depression, Life transitions, stress, and avoidance and aggression ensue. Experience in having a passion for helping clients struggling with life transitions, core identity concerns, and mother-daughter relationships.</p>

Brighter Hope Wellness Center	
Address and phone number	6100 Daylong Lane, Suite 103 Clarksville, MD 21029 (410) 531-8100
Email	contact@brighterhopewellness.com
Web Address	www.brighterhopewellness.com
Age Group	Children, Adolescents, and Adults

Insurances Accepted	Carefirst (Blue Cross Blue Shield), Cigna, Johns Hopkins Employer Health Programs (EHP) & Uniform Services Family Health Plan (USFHP), Tricare, Out-of-Network
Services Provided	<p>Brighter Hope Wellness Center provides evidence-based and multidisciplinary treatment for children, teens, adults, and families. Whether you are seeking care for a loved one who has special needs or for yourself, Brighter Hope Wellness Center brings a full range of services to you under one roof. Addressing concerns such as Depression, Anxiety, Mood disorders, ADHD, Autism Spectrum disorders, Feeding disorders, Grief/Loss, Life Transitions, Parenting Support, Sensory Processing disorders, Intellectual/ Developmental disabilities, and Speech delays.</p> <p>Services Provided: Adult Psychotherapy Child and Adolescent Psychotherapy Applied Behavior Analysis Autism Spectrum Disorder Testing Evaluations Group Support Family and Couples Therapy</p>

Backpack Healthcare – Telehealth Only	
Address and phone number	866-968-6342
Email	intake@hellobackpack.com
Web Address	www.hellobackpack.com
Insurances Accepted	<p>Aetna, Anthem, Cigna/Evernorth, Medicaid, Jai Medical, Medstar Family choice, Wellpoint, Tricare, CareFirst, Priority partners, MD physicians care, United Healthcare, Blue Cross Blue Shield.</p> <p>Website also breaks down their self-pay rates based on age and offers a three-month commitment rate plan.</p>
Age Group	6-10, Preteen/Teenagers, Parents & Family

Services Provided	<p>A licensed youth and family behavioral and mental health organization. Including cognitive talk therapy and medication management/ psychiatry. All members of our clinical staff have a Master's or Doctorate Degree and are certified by the state of Maryland's professional board. Addressing concerns of ADHD, Anxiety, Behavioral issues, Depression, Family conflict, Psychiatric medication, Relationship issues, Trauma & PTSD.</p> <p>Services Provided: Diagnosing mental health disorders Cognitive talk therapy Psychiatry & medication Family therapy Parent coaching</p> <p>Multiethnic staff, majority of health team are women with one African American male provider. Staff licensure includes Psychiatrist, Nurse Practitioner, Psychologists, Social Workers, Marriage & Family therapist. Also, their organization also offers a Self-Care app. A unique resource for children, young adults, parents, and caregivers and everyone involved in nurturing our children's well-being.</p>
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Center Mental Health Inc.	
Address and phone number	5570 Sterrett Place, Suite 100 & 101 Columbia, MD 21044 (410) 730-0552
Web Address	www.centurymentalhealth.com
Age Group	Children, Adolescents and Adults
Insurances Accepted	Out-of-Network, Self-Pay
Services Provided	Individual therapy for adults, children and adolescents, couples, families. Telehealth, Depression, Anxiety, Mood Disorders, Eating Disorders, Addictions, Trauma/PTSD, ADHD, Autism Spectrum disorders, Body/Weight, Domestic abuse, Grief & Loss, OCD, Panic attacks, Phobias, School issues, Separation issues, Divorce.

Clinical Service Connections, Inc.	
Address and phone number	8930 Route 108, Suite A Columbia, MD 21045 (443) 276-3125
Email	info@clinicalserviceconnect.com
Web Address	www.clinicalserviceconnect.com
Age Group	Children, Adolescents, and Adults
Insurances Accepted	Medicaid

Services Provided	<p>PRP services for adults and minors include a full range of rehabilitation activities and support. Services organized to facilitate an individual's wellness self-management and recovery which includes the ability to self-direct and manage activities of daily living, including self-care skills; community living/social skills and essential independent living skills. Services for minors will facilitate growth and development of semi-independent living skills; interactive skills with peers, family, adults; Symptoms management (i.e., anger management); self-care skills; productive use of community/family resources to enhance development in school, at work, etc. A counselor will work closely with the person-served to develop a plan that will identify self-defined goals/objectives for achieving and maintaining personal mental health and wellness.</p> <p>Will serve individuals with co-occurring diagnosis of intellectual disability.</p>
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Center for Behavioral Health & Wellness	
Address and phone number	9005 Chevrolet Drive, Suite D Ellicott City, MD 21042 (202) 288-2834
Email	admin@cbhwpsych.com
Web Address	www.cbhwpsych.com
Age Group	Children, Adolescents, and Adults
Insurances Accepted	Medicare, United Healthcare, Cigna, play, JHS, Amerigroup, Jai Medical, Kasier Permante, Evernorth, Medstar family choice, MD
Services Provided	Outpatient psychiatric services for adolescents, families, couples, adults, and seniors. Provides individual psychotherapy, couples counseling, family therapy, group therapy and psychotropic med management. Expert areas of treatment include mood disorders, co-occurring disorders, personality disorders, disorders of thought/thinking, disorders of old age such as dementia (including Alzheimer's disorder, vascular dementia, etc.) cognitive evaluations, guardianship evaluations, disability evaluations, etc.
Language spoken other than English	English, Hindi, Bengali, Urdu

Collaborative Counseling	
Address and phone number	5560 Sterrett Place, Suite 201 Columbia, MD 21044 (443) 546-1100
Email	info@collaborativecounselingtms.com
Web Address	www.collaborativecounselingtms.com
Age Group	Children, Adolescents, and Adults
Insurances Accepted	TMS (through insurances) other mental health services and therapy is Self-pay.

Services Provided	Individual, group and family counseling, art therapy and cognitive behavioral therapy. Psychiatric services include Diagnostic Evaluation and medication management. offering Neurostar TMS Therapy; this non-invasive treatment provides a promising future for those who are not satisfied with the results of standard drug therapy due to lack of efficacy or intolerable side effects. CCC TMS helps clients find emotional wellness through an experience that will Map Your Journey, Activate Your Brain and Restore Your Hope. By using a collaborative approach in a nurturing environment, we aim to provide a personalized experience through your Transcranial Magnetic Stimulation (TMS) Therapy journey. Led by our Medical Director, Dr. Brett Greenberger, a Board-Certified Child, Adolescent and Adult Psychiatrist.
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Columbia Treatment Center	
Address and phone number	5560 Sterrett Place, Suite 205 Columbia, MD 21044 (410) 730-1333
Email	ctc@columbia-treatment.com
Web Address	www.columbia-treatment.com
Age Group	All ages
Insurances Accepted	Self-pay
Services Provided	Columbia Treatment Center (CTC) provides outpatient care for our
Language spoken other than English	American Sign Language

Community Behavioral Health	
Address and phone number	10774 Hickory Ridge Road Columbia, MD 21044 (844) 224-5264 ext. 17 (ext. 104 for new patients)
Email	ctc@columbia-treatment.com
Web Address	https://www.communitybehavioralhealth.net/
Age Group	Adolescents and Adults
Insurances Accepted	Self-pay, Medicaid, Priority partners
Services Provided	Early Intervention, Intensive Outpatient, Partial Hospitalization. Buprenorphine, Vivitrol. Adult and adolescent services.

Crossroads Psychological Associates	
Address and phone number	10784 Hickory Ridge Road Columbia, MD 21044 (410) 964-0425
Web Address	www.crossroadspsy.net
Age Group	Children, Adolescents and Adults

Insurances Accepted	Out-of-network, Self-pay
Services Provided	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 spoken other than English	German, Hebrew, Yiddish

Discovery Mood & Anxiety Program	
Address and phone number	10480 Little Patuxent Pkwy #220, Columbia, MD 21044 (866) 306-4898
Web Address	www.discoverymood.com
Age Group	Adolescents and Adults
Insurances Accepted	Beacon, Carefirst, Cigna, First Choice health, Kaiser Permanente, Tricare, (East/Military/Healthnet), Well Point, Halcyon.
Telehealth Services	Yes
Services Provided	Discovery Mood & Anxiety Program Columbia is a day treatment program that provides care for those in need of an intensive outpatient program (IOP). Treatment is customized and employs a variety of evidence-based modalities, including cognitive behavioral therapy (CBT), dialectical behavior therapy (DBT) , acceptance and commitment therapy (ACT) and more. Here, patients benefit from one-on-one therapeutic support as well as group sessions in an encouraging environment of peers where they can safely practice new skills that are transferable to home.

The Family Center & Associates	
Address and phone number	4785 Dorsey Hall Drive, Suite 109 Ellicott City, MD 21042 (410) 531-5087
Web Address	www.thefamilycenter.tv
Age Group	Children, Adolescents and Adults
Insurances Accepted	Self-Pay
Telehealth Services	Yes
Services Provided	ADD, ADHD, counseling: adolescent, child pediatric, couples, family, individual therapy. Pain management/biofeedback training, psychological/psycho-educational assessments, sports counseling, and medication management. Child bereavement groups.
Language spoken other than English	Farsi, French, Arabic

Gladstone Psychiatry and Wellness
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Address and phone number	9841 Broken Land Parkway, Suite #211 Columbia, MD 21046 (443) 708-5356
Web Address	www.gladstonepsych.com
Age Group	Adolescents and Adults
Insurances Accepted	Blue Cross Blue Shield, CareFirst, Aetna, and Cigna
Telehealth Services	Yes
Services Provided	Specializes in Addictions, Adult Psychiatry, Adolescent Psychiatry, Anxiety, ADD/ADHD, Bipolar Disorder, Depression, OCD, Panic Disorder
Language spoken other than English	American Sign Language

HC Drug Free	
Address and phone number	5305 Village Center Drive, Suite 206 Columbia, MD 21044 (443) 325-0040
Email	info@hcdrugfree.org
Web Address	www.hcdrugfree.org
Age Group	Children, Adolescents and Adults
Services Provided	Provides resources and education on prevention, treatment, recovery, and health and wellness to help Howard County residents develop knowledge and skills to understand and address behavioral health (substance use and mental health) disorders.

The Howard Group, LLC	
Address and phone number	10750 Hickory Ridge Rd., Suite 113 Columbia, MD 21044 (443) 542-9455
Email	info@thehowardgroupllc.com
Web Address	www.thehowardgroupllc.com
Age Group	Adolescents and Adult Males
Insurances Accepted	BlueCross BlueShield, Cigan/Evernorth & Self-pay.

Services Provided	<p>Focus: African American Males & Adolescents</p> <p>All African American Male Staff</p> <p>Their mission at the Howard Group is to create a thriving and healthy African American community by promoting the importance of mental wellness and providing quality mental wellness services available for adolescents, adults, and their families.</p> <p><u>Services offered:</u></p> <p>Individual counseling</p> <p>Group Therapy Peer Empowerment groups</p> <p>Community support</p> <p>Mental Health concerns such as</p> <p>Improving Self-Esteem/Awareness</p> <p>Dealing with Anxiety</p> <p>Managing Stress</p> <p>Coping with Depression</p> <p>Anger Management</p> <p>Addressing Family Trauma</p> <p>Life Transitions (such as divorce, loss of loved ones)</p>
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Live Free Therapy LLC – Telehealth Only	
Address and phone number	10632 Little Patuxent Pkwy, Suite 309 Columbia, MD 21044 (410) 313-6350
Email	info@livefreetherapy.org
Web Address	www.livefreetherapy.org
Age Group	Teens and Adults
Insurances Accepted	Blue Cross Blue Shield, CareFirst, Aetna, and Cigna
Telehealth Services	Yes
Services Provided	Experience working with families, couples, teens, and adults. Offering services in coaching, consulting, counseling (addiction recovery, individual, family & couples therapy), and supervision (Individual & group).

Transformation Healthcare, Inc.	
Address and phone number	7060 Oakland Mills Rd, Unit M Columbia, MD 21045 (410) 878-1085
Email	contact@transformationhealthcare.com ; anthony@transformationhealthcare.com ; roger@transformationhealthcare.com
Web Address	www.transformationhealthcare.com
Age Group	Children, Adolescents and Adults
Insurances Accepted	Medicaid, Medicare, BCBS, Carefirst, Aetna, United Healthcare, Cigna, Optum, Johns Hopkins, Bravo, Amerigroup, Jai Medical, Kaiser Permanente, Medstar family choice, Priority Partners.

Services Provided	Services in Outpatient (Therapy, Medication management, Transportation assistance) PRP Adult/Minors, Substance abuse treatment OP, IOP, PHP, Residential Support Program (Supportive Housing, 3.1- Low intensity Residential Treatment, 3.3 High intensity Residential Treatment, Supportive Housing (income assistance, Job Resources, support in building daily living skills), Peer Support, ACT Team, Health Home Programs
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Hope Counseling Center	
Address and phone number	3881 Ten Oaks Road, 2A Glenelg, MD 21737 410-489-4550 (Dawn Duignan, LCSW-C) 443-520-1005 (Jim Piffath, LCPC) 443-812-5976 (Marsha Andre, LCSW-C) 410-983-3536 (Dr. Shobit Negi, Psychiatrist)
Web Address	www.hopecounselingctr.com
Age Group	Children, Youth, Adults
Insurances Accepted	Aetna, Cigna, United Healthcare, Blue Cross Blue Shield, MHN, Medicaid, Johns Hopkins
Telehealth Services	Yes
Services Provided	Services provided are Individual, Group Family Counseling, Child/ Adolescent Counseling, Behavior Consultation, Mental Health Training Community Training, School Training, Psychiatric Assessment & Telehealth Appointments

Release & Govern Therapeutic Services, LLC	
Address and phone number	6755 Business Parkway, Suite 309 Elkridge, MD 21075 (410) 308-3618
Email	info@releaseandgovern.com
Web Address	www.releaseandgovern.com
Age Group	Adolescents and Adults
Insurances Accepted	All major insurance accepted and private pay
Services Provided	Services offered are treatment orientations utilized are Cognitive Behavioral Therapy, Bible Focused Therapy, Person Centered, REBT, etc. Focusing on Individual/Couples/ Pre-marital counseling. Family Counseling such as sibling rivalry, co-parenting, tackling resentment and blended/non- traditional.

Innovative Psychiatry, LLC	
Address and phone number	9256 Bendix Road, Suite 200B Columbia, MD 21045 (443) 648-9095
Web Address	www.columbiapsychmd.com
Age Group	Adolescents and Adults
Insurances Accepted	Works with a few insurance companies, including Cigna and Johns Hopkins Health Care (USFHP and EHP).

Services Provided	Innovative Psychiatry provides 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.
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Live Balanced Life, LLC	
Address and phone number	8805 Columbia 100 Parkway, Suite 105 & 106 Columbia, MD 21045 (443) 904-1817 – Main Office Number (410) 639-5245 – Intake (410) 639-5238
Email	livebalancedlifellc@gmail.com
Web Address	www.livebalancedlifellc.com/team
Age Group	6-10; Preteen/Teens, Adults
Insurances Accepted	Beacon Health Options, BCBS, CareFirst, Cigna / Evernorth, Johns Hopkins, Medicaid, Optum, Out-of-Network.
Telehealth Services	Yes
Services Provided	Client Focus: African Americans/Black & Hispanic/Latino Therapy approach: ACT, CBT, ERP, MBCT, trauma focused etc. Specialties in DBT counseling, mindfulness-based counseling, trauma, marriage/family counseling, depression, grief, phobias, EMDR, EFT tapping etc.
Language spoken other than English	Patios/Spanish

Family Health Connections	
Address and phone number	9055 Chevrolet Drive, Ste 205 Ellicott City, MD 21042 (410) 465-5451
Email	info@familyhealthconnections.org
Web Address	www.familyhealthconnections.org
Age Group	Children, Adolescents, and Adults
Insurances Accepted	Medicare, Medicaid, Humana, Tricare, Beacon, MD Physicians care, Aetna, Cigna, United Healthcare, Blue Cross Blue Shield, Priority Partners, Optum, Carefirst.
Telehealth Services	Yes
Services Provided	Provides outpatient mental health treatment to children, adults, and families. Mental health and substance use services include Medication Assisted Treatment (MAT). Individual counseling, group counseling, educational classes, and dual-diagnosis treatment. Primary care services are also available.
Language spoken other than English	Spanish, French, Asian languages, American Sign Language.

Johns Hopkins Outpatient Psychiatry Clinic - The Medical Pavilion at Howard County

Address and phone number	10710 Charter Drive, Suite G050 Columbia, MD 21044 (410) 720-8530
Web Address	www.hopkinsmedicine.org/johns-hopkins-howard-
Age Group	18 and Older
Insurances Accepted	Private insurance and Medicaid
Services Provided	<p>At the Johns Hopkins Outpatient Psychiatry Clinic in Columbia, we believe strongly in providing each patient with an individualized treatment plan to improve quality of life for patients.</p> <p>Our team of Johns Hopkins psychiatrists specialize in: Depression (including intra-and post-partum and depression during menopause) Eating disorders such as anorexia nervosa and bulimia Anxiety Bipolar disorder Relationship issues</p>
Language spoken other than English	French, Spanish, Portuguese, Italian

Martin Counseling & Associates	
Address and phone number	5126 Dorsey Hall Drive, Second floor Ellicott City, MD 21042 (443) 610-2404
Email	ericamartinllc@gmail.com
Age Group	Adolescents, Young Adults, Adults and Families
Insurances Accepted	Please call to inquiry
Services Provided	<p>Services Provided:</p> <ul style="list-style-type: none"> • Disorders, Mood Disorders • PTSD (Post-Traumatic Stress Disorder) and Complex PTSD and Dissociative Disorders • Mood Disorders • ADHD (attention deficit disorder) • OCD (Obsessive Compulsive Disorder) • Conduct Disorders, Attachment Disorders • and related Substance Abuse Disorders.
Language spoken other than English	Please contact provider for languages spoken by staff.

MPB Group, Inc	
Address and phone number	6440-D Dobbin Road Columbia, MD 21045 (410) 461-3760
Web Address	www.mpbhealth.com
Age Group	Adolescents and Adults
Telehealth Services	Yes

Insurances Accepted	MD Medicaid, Blue Cross Blue Shield, Self-Pay
Services Provided	<p>Outpatient Individual, family, and group therapy, PRP (mentoring for youth), psychological and psychiatric evaluations, medication management to children, adolescents, and adults. Outpatient services integrated with (substance abuse) treatment services. Home Based Therapy available.</p> <p>Groups include anxiety, parenting, adolescents, LGBTQ+, mindfulness, and homework skills. 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.</p> <p>Transportation: Free LifeStar transportation to and from clinic for MD Medicaid clients in Howard County.</p>

The Maryland Centers for Psychiatry	
Address and phone number	3290 N. Ridge Road, Suite 320 Columbia, MD 21043 (410) 461-3760
Web Address	www.marylandpsychcenters.com
Age Group	Children, Adolescents, and Adults
Insurances Accepted	Self-Pay
Services Provided	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.

My Covenant Place	
Address and phone number	10630 Little Patuxent Pkwy, Suite 113 Columbia, MD 21044 (410) 200-9290
Web Address	www.mycovenantplace.org
Age Group	Children and Adults
Insurances Accepted	Aetna, Cigna, Blue Cross Blue Shield, Medicaid, Carefirst, Optum, Coventry
Services Provided	Nonprofit organization serving victims of crime and strengthening families. Counseling sessions focusing on trauma-informed therapy; individual, group, and family counseling, educational & training programs. Crisis Intervention, Advocacy, Crime Prevention, & wrap around services.

National Family Resiliency Center
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Address and phone number	10630 Little Patuxent Pkwy, Suite 325 Columbia, MD 21044 (410) 740-9553
Web Address	www.nfrchelp.org
Age Group	Children and Adults
Insurances Accepted	Self-Pay
Services Provided	Educational and therapeutic services for children and parents, individual, family and group therapy, Kids Connex, & Teen Connex, parent education seminars, co-parent consultation, child-focused access planning, online Family Connex parenting program, volunteer peer counseling, community education, publications and professional CEU training and certification.

New Vision Counseling, LLC	
Address and phone number	7360 Grace Drive Columbia, MD 21044 (410) 200-9825
Email	patd.newvision@gmail.com
Web Address	www.newvision-counseling.net
Age Group	Adolescents and Adults (16 – 62 years old)
Insurances Accepted	Medicaid, United Health Care, Blue Cross Blue Shield, Carefirst, Aetna, Cigna, John Hopkins, Tricare, Self-Pay & Sliding Scale fee available.
Telehealth Services	Yes
Services Provided	Client focus: African American, Latino/Hispanic, Multicultural & LGBTQ Private practice provides therapeutic services to adolescents, adults, and couples. Specializes in treating addiction, ADD/ADHD, anxiety, bipolar disorder, codependency, depression, substance abuse, women's issues, men's issues. ADA Access: Wheelchair accessible

Psychiatry Specialties Clinics	
Address and phone number	3525 Ellicott Mills Drive Suite G Ellicott City, MD 21043 (410) 988-8092
Email	psc@psychmaryland.com
Web Address	www.psychmaryland.com
Age Group	16 – 18; 65-75 years old
Insurances Accepted	MediBlue Cross Blue Shield, Aetna, Medicare, Medicaid, United Healthcare, Cigna, UMR, Optum VA, John Hopkins Advantage.
Telehealth Services	Yes
Services Provided	Substance/Alcohol addiction, Co-Occurring health conditions, Medication management, Individual, Couple & Family therapies. Focus on CBT, Interpersonal & Supportive techniques.

Bloom Health Centers	
Address and phone number	9891 Broken Land Pkwy, Suite 210 Columbia, MD 21046 (410) 988-8092
Email	info@bloomhealthcenters.com
Web Address	www.bloomhealthcenters.com
Age Group	Age 4, Adolescents, Adults and Geriatric population
Insurances Accepted	Medicare, Medicaid, Self-pay, EAP, Blue Cross Blue Shield, Carefirst
Telehealth Services	Yes
Services Provided	Provides caring, individualized mental health treatments to support you on your journey to wellness. Services include psychotherapy, medication management, telehealth, TMS therapy, neuropsychological testing, evaluations, psychological testing, and applied behavior analysis (ABA).

Solid Ground Wellness	
Address and phone number	9175 Guilford Road, Suite 307 Columbia, MD 21046 (443) 860-2549
Email	solidground@sgwellness.net
Web Address	www.solidgroundwellness.org
Age Group	Adolescents over 14 years of age and Adults
Insurances Accepted	Sliding scale, Medicaid, Aetna, Blue Cross Blue Shield, Optimum, Cigna
Services Provided	Client Focus: African American boys, girls, women and men Advocacy for children with cognitive, ADHD, autism problems. On staff Registered Behavior Technician (RBT), BCBA with a small group setting. Autism program serving children ages 5-21 years of age. Services in Therapeutic integration, ISS, Family consulting supporting family and caregivers as well respite services.

Springboard Community Services	
Address and phone number	10451 Twin Rivers Road, Suite 100 Columbia, MD 21044 (410) 997-3557
Email	GetHelp@SpringboardMD.org
Web Address	www.springboardmd.org
Age Group	Children, Adolescents, and Adults
Insurances Accepted	Medicaid, Medicare, Most Commercial/Private Insurances, & a Sliding Fee Scale

Services Provided	At Springboard Community Services, we believe every person should be treated with dignity, respect, and empathy. We are specialized in serving victims of trauma, community violence, and domestic violence, as well as transitional aged youth. Our experienced staff are licensed clinicians, psychiatrists, psychologists, and case managers, who will help you focus on your strengths and support you in your growth. Springboard can provide you and your family with crisis intervention, case management services, individual and family counseling, medication management, regardless of one's ability to pay.
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Stanton Psychotherapy	
Address and phone number	8850 Columbia 100 Parkway, Suite 203 Columbia, MD 21045 (443) 546-4476
Email	andrew@stantonpsychotherapy.com
Web Address	www.StantonPsychotherapy.com
Age Group	Children, Adolescents, and Adults
Insurances Accepted	Most insurances are accepted
Services Provided	An eclectic group of therapists committed to helping clients heal and improve their lives. Individual, couples and family therapy. Therapists with a variety of specialties including, children/adolescent issues, ADHD, substance abuse, domestic violence, trauma, marital issues and more.

J & A Positive Image, LLC	
Address and phone number	9650 Santiago Road, Suite 11 Columbia, MD 21045 (410) 796-2039
Email	andrew@stantonpsychotherapy.com
Web Address	www.japositiveimage.com
Age Group	Children, Adolescents, and Adults (5-65 years old)
Insurances Accepted	Please call to inquiry
Services Provided	Provides in-person, virtual, and/or hybrid therapeutic and rehabilitative services to individuals ages 5-65, with qualifying diagnoses. The PRP program assists primarily low-income clients with re-integration into their community & gaining access to resources. Serves Howard County & other surrounding areas and is committed to individuals of all races, ethnicities, gender, etc. The program has accommodations presently for Medicaid insurance, only. Services include: Housing assistance, Transportation, Illness management, Wellness & recovery, Vocational skills, Substance abuse, Education, Self-care, Social skills, Community Support & Legal Assistance.

Focused Solutions, LLC	
Address and phone number	5550 Sterrett Place, Suite 200 Columbia, MD 21044 (443) 247-0441
Web Address	www.focused-solutions.com
Age Group	Children (6-10), Preteen/Teens, Adults, Elders (65+)
Insurances Accepted	Aetna, Anthem, Blue Cross Blue Shield, Carefirst, Cigna/Evernorth, John Hopkins, Medicare, Tricare, UnitedHealthcare.
Telehealth Services	Yes
Services Provided	<p>Therapy Approaches: CBT, MBCT, SFBT, EMDR, Culturally Sensitive, Coaching</p> <p>Their seasoned clinicians and consultants are licensed and experienced in dealing with a variety of emotional wellness issues, including depression, anxiety, substance misuse, trauma, abuse, and learning disabilities. Further expertise in areas such as Anger management, Domestic violence, Family conflict, Grief, Life transitions, Men's issues, Self Esteem, Self-harming, Transgender, Trauma/PTSD.</p>

Urban Institute of Mental Health	
Address and phone number	8865 Stanford Blvd Ste 202 Columbia, MD 21045 (410)204-1649
Email	information@urbanmh.com
Web Address	www.urbanmh.com
Age Group	Adults 18 and older, Families, and Couples
Insurances Accepted	Carefirst, BCBS, John Hopkins EHP, Cigna, MD Medicaid, Sliding Scale Fees and Self- Pay
Telehealth Services	Yes

Services Provided	<p>Client focus: BIPOC, LGBTQIA+ and other marginalized populations</p> <p>Our vision is to provide a safe and protected space for BIPOC and LGBTQIA+ communities to heal and thrive. Most importantly, we are committed to relentlessly fight to dismantle all systems of marginalization and oppression using decolonization and connection practices. Therapy services</p> <ul style="list-style-type: none"> -Diagnostic Evaluation -Individual/Couples/Family Therapy -Treatment planning <p>Treatment Specialists</p> <ul style="list-style-type: none"> -Cognitive Behavioral Therapy (CBT) -Dialectical Behavior Therapy (DBT) -Family Systems, Exposure, Insight oriented -Racial Trauma, Behavioral Activation -Neuroeducation/Psychoeducation <p>Specializations</p> <ul style="list-style-type: none"> -Anxiety, depression -Addictions/substance use -ADHD/Neurodiversity -Body liberation/Body love -Narcissistic abuse recovery -Men's issues, Life transitions -Women's reproductive issues -Inner child healing -Chronic health conditions etc
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THRIVE Emerge - Telehealth Only	
Address and phone number	6925 Oakland Mills Road, Suite 357 Columbia, MD 21045 (410) 740-3240
Web Address	www.thriveemerge.com
Age Group	Children, Adolescents, Young Adults, and Adults
Insurances Accepted	Self_pay and Out of Network
Services Provided	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.

Lighthouse Center for Therapy and Play (Telehealth Only)	
Address and phone number	6925 Oakland Mills Road, Suite 206 Columbia, MD 21045 (443) 864-5647
Email	smayo@lighthouseplaytherapy.com
Web Address	www.lighthouseplaytherapy.com

Age Group	Children, Adolescents, Young Adults, and Adults
Insurances Accepted	Medicaid, Medicare, Aetna, Cigna, CareFirst, Blue Cross Blue Shield, Magellan, Beacon Health/Value Options
Services Provided	A private group practice that works specifically with adults, children, and families (ages 0-64). We have a Registered Play Therapist-Supervisor on staff, trauma professionals and are a trauma-informed practice. We accept most insurance plans and will work with those clients that are unable to access services.

Milestones Counseling & Consulting Services	
Address and phone number	10630 Little Patuxent Parkway, Suite 475 Columbia, MD 21044 (443) 574-4295
Email	admin@milestonesccs.com
Web Address	www.milestonesccs.com
Age Group	Children (3+), Adolescents, Young Adults, Couples and Families
Insurances Accepted	Blue Cross Blue Shield, Beacon, Cigna, Johns Hopkins, Medicaid, Medicare, Out of Network & Self-Pay
Telehealth Services	Yes
Services Provided	<p>Milestones Counseling and Consulting Services helps children, adolescents, young adults, couples and families develop skills for everyday life. Throughout our lives we experience milestone moments. Whether it be "first" experience such as the first day of (elementary, middle. or high school), riding a bike without training wheels, passing a driving test, or experiencing a significant loss, these milestones, as they occur, uniquely for individuals, can bring with them times of achievement, but can also present them with challenges and opportunities for growth.</p> <p>Services include: ADHD Anger Management Anxiety Behavioral Issues Bipolar Disorder Coping Skills Depression School/Learning Issues Mood Disorders Parent-Child conflict and Family Systems</p> <p>Treatment modalities include but are not limited to: Cognitive Behavioral Therapy (CBT), Family Systems, Solution Focused Brief Therapy (SFBT), Trauma Focused, Play Therapy, ACT and Motivational Interviewing.</p>

Spring Health LLC

Address and phone number	10632 Little Patuxent Pkwy #249 Floor 1: Century Plaza Office Center Columbia, MD 21044 (410) 910-0032
Web Address	www.springshealth.com
Age Group	Adolescents and Adults
Insurances Accepted	Carefirst, Blue Cross Blue Shield, Cigna, Aetna, United Health, MD Medicaid, Medicare
Services Provided	<p>Springs Health LLC offers a range of psychiatric services in Columbia and the surrounding area. We offer compassion, respect, and privacy to those struggling with emotional, mental, or behavioral health. If you or someone you love is struggling with a mental illness or disorder, our team of caring professionals is here to help guide you back to a state of good mental health. We bring years of experience to helping people just like you overcome all types of mental illness.</p> <p>Psychiatric professionals are skilled in diagnosing and treating a range of mental, emotional, and behavioral disorders. We work with people to overcome all levels of depression and anxiety, schizophrenia and other psychotic disorder, bipolar and related disorders, PTSD, and substance abuse disorders.</p>

Northeast Family Services	
Address and phone number	9520 Berger Rd, Ste 302 Columbia MD 21046 (301) 310-7005
Email	sbrown@ne-family.com
Web Address	www.northeastfamilyservices.com/maryland
Age Group	Children (6-10), Adolescents, Adults, Couples and Families
Insurances Accepted	Aetna, Blue Cross Blue Shield, MD Medicaid, Priority Partner's/Johns Hopkins, Cigna, or Beacon, and Self-Pay
Telehealth Services	Yes
Services Provided	Provides a range of diagnostic and treatment services on an outpatient basis focusing on treatment for Trauma, Anxiety, Depression, Behavior management, Medication management, CBT, DBT therapies.

Firm Foundation to Thrive	
Address and phone number	7274 Cradlerock Way, 2nd floor, Columbia, MD 21045 (443) 545-5042
Email	cbrown@firmfoundation2thrive.com;
Web Address	www.firmfoundation2thrive.com
Age Group	Children (5-17) and Adults (18-65)
Insurances Accepted	Maryland Medicaid
Telehealth Services	Yes

Services Provided	A family-owned behavioral health company that offers community-based rehabilitation treatment programs for individuals and families with chronic or short-term mental illness. With over 11 years' experience in the behavior health field and has a proven track record of success. They go the extra mile; our holistic approach goes above and beyond to work with our client's environment and social structures.
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PsychCare Psychological Services, LLC	
Address and phone number	6325 Woodside Court Drive Suite #350 Columbia, MD 21046 (410) 910-9660
Email	cbrown@firmfoundation2thrive.com;
Web Address	www.psychcaremd.com
Age Group	Children (6-10), Adolescents, Teenagers, and Adults
Insurances Accepted	Aetna, Blue Cross Blue Shield, Cigna, Johns Hopkins EHP and USFHP, Tricare, & Medicare.
Services Provided	<p>At PsychCare, our staff has successfully helped many individuals, couples, and families resolve a wide variety of personal concerns through individual therapy, marriage counseling, family therapy, as well as psychological and educational evaluations. Our clinicians in Columbia brings decades of experience in specialized areas of treatment and assessment, such as couples counseling, anxiety and depression treatment, and psychological evaluations.</p> <p>Specialities include:</p> <ul style="list-style-type: none"> •Adjustment disorders •Anxiety •ADHD Behavioral problems •Depression & Mood disorders •Developmental disorders •Eating Disorders •Emotional regulation difficulties •Panic attacks, PTSD •Temper regulation disorders •Couples counseling such as (Pre-martial, EFT, Imago & Gottman couples therapy) •Psychological Evaluations (Adult ADHD evaluations) •Bariatric pre-surgical •Diagnostic assessment •Educational and Learning disabilities •Personality disability

Led Life Concierge Psychiatry

Address and phone number	3505 Ellicott Mills Drive, Suite A2 Ellicott City, MD 21043 (507) 533-5433
Web Address	www.ledlifelle.com
Age Group	Adults (18+)
Insurances Accepted	Please call to inquire
Telehealth Services	Yes
Services Provided	<p>Practice specializes in providing compassionate, experienced, confidential, and highly customized mental health and wellness services in DC, Maryland, California, Minnesota, and Michigan. Dr. Bergina also offers coaching and consultations throughout the United States and internationally.</p> <p>Specialities include:</p> <ul style="list-style-type: none"> •Life Coaching •Psychiatric evaluations (Forensic & Military) •Individual counseling •Wellness Strategy coaching •Ketamine Treatment •Depression •Autism •Trauma/PTSD •Complex Trauma (C-PTSD) •Bipolar Disorder •ADHD •Difficulties with Self-esteem/Self-Confidence •Panic disorder •Chronic Insomnia •OCD •Social Phobia •Life transitions/Mid-life Crises •Emotional Abuse/Verbal Abuse •PMS/Premenstrual Dysphoric Disorder (PMDD) •Postpartum Depression •Impulse Control Disorders

Arise Health Clinic	
Address and phone number	10705 Charter Drive Suite 430 Columbia, MD 21044 (301) 259-3574
Web Address	www.arisehealthclinic.com
Age Group	Children (6-10), Preteen, Teenagers, Adults, and Elders (65+).
Insurances Accepted	Aetna/Aetna Coventry, Medicaid/Medicare, Optum, United Healthcare UNC/UBH
Telehealth Services	Yes
Services Provided	Provides Christian Counseling, Coaching, compassion focused. Mental health evaluation/treatment plans, medication management & psychotherapy. Medical supervised weight loss. Specialties in depression, anxiety, mood disorders, anger management, child, emotional disturbance, OCD, testing & evaluation etc.

Columbia Counseling Center	
Address and phone number	5525 Twin Knolls Road, Suite 327 Columbia, MD 21045 (410) 992-9149
Web Address	www.counselingmaryland.com
Age Group	Children (up to 14) and Adults
Insurances Accepted	Medicare, CareFirst, Blue Choice, United, Johns Hopkins EHP, GEHA.
Services Provided	Provides psychiatry and counseling and they have psychologists on staff who could do a psychological evaluation in place of a psychiatric services.

Innovative Mindset Mental Health Services LLC, Psychiatric Nurse Practitioner, MSN,	
Address and phone number	Ellicott City, MD 21043 (410) 343-4852
Age Group	Children (6-10), Preteen, Teenagers, Adults, and Elderly (65+)
Insurances Accepted	Aetna, Amerigroup, Blue Cross Blue Shield, CareFirst Cigna/ Evernorth, Johns Hopkins, Medicaid, Medicare, MultiPlan, Optum, RR Medicare Conventry, Uni. of MD Health Partner, MedStar Advantage, MedStar Family choice, Maryland Physicians Care, Priority Partners, Out of Network.
Services Provided	Serving Communities: LGBTQ+ Specialties in depression, anxiety and bipolar disorder, adhd, medication management, stress, substance abuse, suicidal ideation, trauma/PTSD.

Janae Winder, LCPC MOOD Therapeutic Services TELEHEALTH ONLY	
Website	https://www.mymoodtherapy.com/
Age Group	15 years adolescent and adult women
Insurances Accepted	Medicaid, Carefirst BCBS, United Health, Cigna/Evernorth, Aetna
Services Provided	support for maternal mental wellness, low self-esteem, breaking generational patterns, ADHD, adjusting to adulthood, adjusting to pregnancy/motherhood as an adolescent/teen/young adult mom. Therapy approaches: Maternal mental health, abortion/miscarriage loss, postpartum depression.

Specialty Pain Management Services	
Email	lydia@spms-maryland.com
Web Address	https://spmsmaryland.com
Age Group	16 and older
Insurances Accepted	Private, Commercial Insurance and Medicaid and Medicare

Services Provided	<p>A physical and occupational therapy practice that is designed to support individuals in learning more about their chronic pain and what factors contribute to their pain experience. All assessments and treatment session are performed in the home. Their therapists undergo specialized training to provide pain informed care.</p> <p>Offering services in</p> <ul style="list-style-type: none"> •Physical & Occupational therapy •Pain Management coaching •Home equipment needs •Sleep hygiene assessment and interventions •Anti-inflammatory meal prep education, training & assistance •Medication management skills •Social support network
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You Turn Behavioral Health	
Address and phone number	<p>10264 Baltimore National Pike, Suite B Ellicott City, MD. 21042 443-288-0366 contact@youturnbhs.com</p>
Web Address	https://youturnbhs.com
Age Group	5 years and up
Insurances Accepted	MD Medicaid and Self-Pay
Services Provided	<p>Appointment only. Services offered:</p> <ul style="list-style-type: none"> •Medication management (on staff Nurse Practitioner) •Mental Health Therapy (CBT, Motivational interviewing, anxiety, depression and oppositional defiant disorder ODD) •Health Homes program (concerns about medical and pharmacy needs) •Outpatient mental health clinic •Psychiatric Rehabilitation (PRP) services: Children aged five and older. Focusing on bettering their communication skills, living/life skills, coping mechanisms. Adults, it's focused on building a support system, connecting to resources, life skills and coordinating care. We meet them at home and the community.
Language spoken other than English	Interpretation services available via insurance

Annie Scheffer MS, LCPC	
Address and phone number	<p>3525 Ellicott Mills Dr. Ste B Ellicott City, MD. 21043 443-971-1793</p>
Email	annie@mindfulhealingmd.com
Age Group	Adults, Couples and families
Insurances Accepted	BCBS/Carefirst, Cigna/Evernorth, United Health Care, Sliding Scale Fee, Johns Hopkins EHP

Services Provided	<p>Top specialties in:</p> <p>Adults, couples and families</p> <p>Relationship Issues, Marital & Premarital, Parenting</p> <p>Treatment approaches:</p> <p>Acceptance and Commitment Therapy (ACT)</p> <p>Cognitive Behavioral (CBT), Family / Marital</p> <p>Mindfulness-Based (MBCT)</p>
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Jacqueline McClure, LCPC, NBCC	
Address and phone number	8705 Celita Court Jessup, MD 20794
Email	Jacquelinemcclure.lcpc@yahoo.com
Age Group	Adults, Couples, Adolescents, Families
Insurances Accepted	Aetna, Cigna, Tricare, BCBS, Magellan
Services Provided	Specializes in couples and family counseling, adults who are adjusting to difficult life situations, and military members.

Tides of Change Wellness	
Address and phone number	7330 Grace Drive, Suite B Columbia, MD. 21044
Email	info@tidesofchangewellness.com
Web Address	www.tidesofchangewellness.com
Age Group	6 years and up
Services Provided	Comprehensive Dialectic Behavioral Therapy and Radically Open Dialectic Behavioral Therapy Programs featuring 24/7 on-call phone support, animal assisted therapy, skills groups, individual therapy, and flexible scheduling times.
Language spoken other than English	Contact provider for languages spoken by staff

Tarrah Bonaparte, LCSW-C	
Address and phone number	5550 Sterrett Place, Suite 200 Columbia, MD 21044 (410) 884-6031
Email	info@focused-solutions.com
Web Address	www.focused-solutions.com
Age Group	Adolescents and adults (15 and above)
Insurances Accepted	Self-pay
Services Provided	Provides therapeutic services to adults and adolescents seeking relief from and answers to life's challenges with a focus on relationship stress and adjustment problems.
Language spoken other than English	contact provider for languages spoken by staff

Molly King Safren, LCSW-C

Address and phone number	9575 Angelina Circle Columbia, MD 21045 (301) 596-2858
Email	msafren@verizon.net
Age Group	Adults, couples and some adolescents
Insurances Accepted	Self-pay
Services Provided	Provides psychotherapy for adults, couples, and 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.

Valeka E. Moore, Clinical Social Work/Therapist, EdD, LCSW-C, Empowerment Thru Expression, LLC	
Address and phone number	North Laurel, MD 20723 (240) 329-0110 Annapolis Junction, MD 20701 Services offered in office and telehealth.
Email	
Web Address	https://www.psychologytoday.com/us/therapists/valeka-e-moore-annapo
Age Group	Adults & Elders 65+
Insurances Accepted	Insurance- BCBS, Carefirst, Medicaid
Services Provided	Dr. Valeka Moore, affectionately known as Dr. V. & the Mental Detox Therapist. She supports amazing individuals like you, get to the root of your concern and gain clarity and direction for navigating and resolving your issue. Her staff and her offer services to include: talk therapy, meditation, neuro-feedback, massage & herbal medicine interventions. Top Specialties Stress Depression ADHD Expertise in Anxiety, Thinking Disorders Career Counseling Coping Skills Life Coaching, Life Transitions Mood Disorders, Self Esteem Spirituality, Women's Issues Client focus- Adults & Elders 65+ Types of therapy Mindfulness-Based (MBCT) Cognitive Behavioral (CBT) Solution Focused Brief (SFBT) Trauma Focused Christian Counseling Herbal Medicine Interventions
Language spoken other than English	none

Frederick Behavioral Health Services, LLC	
Address and phone number	Conveniently located near Route 32 and Route 29 Broken Land Parkway Columbia, MD 21046 (240) 301-1923
Email	admin@frederickbehavioralhealth.com
Web Address	https://www.frederickbehavioralhealth.com/
Age Group	Preteen, Teen, Adults, Elders (65+)
Insurances Accepted	Aetna, BCBS, Carefirst, Cigna/Evernorth
Services Provided	Top Specialties Anxiety Depression Mood Disorders Through a holistic approach to therapy, I use mindfulness, communication, and collaboration to focus on physical, emotional, social, and overall well-being. I offer individualized care to children, adolescents, and adults struggling with symptoms of anxiety, depression, ADHD, mood disorders, trauma, and other mental health, social or emotional difficulties. Types of therapy Cognitive Behavioral (CBT), Dialectical Behavior (DBT), Solution Focused Brief (SFBT), Internal Family Systems (IFS), Mindfulness-Based (MBCT)
Language spoken other than English	

Brenda Fischel, Counselor, LCPC (she, her), LifeStance Health	
Address and phone number	5850 Waterloo Rd, Ste 230 Columbia, MD 21045 (833)218-5748 Offering in office & telehealth
Web Address & Email	https://lifestance.com/location/columbia-md-5850-waterloo-rd/?utm_source=gmb&utm_medium=organic&utm_campaign=location_s
Age Group	Ages Served: 15-65+ Populations served First Responders, Men, Women,
Services Provided	Therapy approaches: Cognitive Behavioral Therapy (CBT), Couples/Marital Counseling, Parenting Skills. Expertise: Alcohol and Drug Use Issues, Anxiety, Bipolar Disorder, Couple's Issues, Depression, Life Transitions, Men's Issues, Midlife Transitions, Postpartum Depression/Anxiety, Psychosis /Schizophrenia Women's Issues
Insurance accepted	Aetna, CareFirst BlueCross BlueShield, Evernorth (Cigna), Johns Hopkins Healthcare (JHHC), Optum (UnitedHealthcare), Tricare East (Humana Military).

Language spoken other than English	None listed
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Marissa Josiah, NCC, LCPC, ACS, CTT, CCISM (she, her)	
Address and phone number	7130 Minstrel Way Suite 125, Columbia, MD 21045 Offering in person & telehealth appointments (301)638-8129, (443)927-7797
Web Address &	https://rrctherapy.com/about-marissa-josiah/
Age Group	Age group: 18 years of age to Elders 65+
Services Provided	<u>Specialties with:</u> - Marital & Premarital, Relationship issues - Conflict Resolution, Intimacy, Communication - Sexless relationship, Affair & Infidelity Recovery - Family Dynamics, Trauma Recovery, Occupational Psychology - Life Changes <u>Therapy approaches:</u> - Attachment-based, Clinical Supervision and Licensed - Culturally Sensitive, Dialectical Behavior (DBT) - Emotionally Focused/ Family Systems, Gestalt - Gottman Method, Imago, Internal Family Systems (IFS) - Mindfulness-Based (MBCT), Narrative - Rational Emotive Behavior (REBT), Strength-Based - Trauma Focused
Insurance accepted	Insurance: BCBS, Cigna/Evernorth, Aetna & out of network
Language spoken other than English	None listed

Erica M Xion, LCPC, LCADC & Indrani Mookerjee, DSW, LCSW-C, IME Behavioral Health	
Address and phone number	8840 Stanford Blvd., Suite 1600 Columbia, MD 21045 T: (240)512-0141 F: 240-512-0151
Web Address & Email	https://imebehavioralhealth.com/services/
Age Group	Age group- Children 6-10 & Adolescents, Adults & Elders 65+
Telehealth Services	In person and telehealth
Services Provided	Mission- Believe in acceptance, inclusion, and equality. Discrimination against people based on identify status (e.g., race, ethnicity, gender identity, sex, sexual orientation, ability status, country of origin, religion) is harmful and not tolerated. <u>Specializing in:</u> Trauma, Depression, Anxiety Substance abuse, Emotional pain OCD, Mood disorders, Personality disorders, Relationship problems, eating disorders and weight management

	<p>Cross cultural issues, Aging</p> <p><u>Therapy approaches:</u> Cognitive behavioral therapy (CBT), Dialectical behavior therapy (DBT), Acceptance and commitment therapy ACT, brief therapy and more.</p>
Insurance accepted	Blue Cross Blue Shield, Johns Hopkins EHP and USFHP Tricare Select, Medicare, Johns Hopkins Medicare Advantage United Healthcare, Cigna
Language spoken other than English	None listed

Lionrock Behavioral Health, Inc.	
Address and phone number	(800)495-2282
Web Address & Email Contact	https://help.lionrockrecovery.com/
Age Group	Age group: 18 years of age and up
Services Provided	<p><u>Specialties with:</u></p> <ul style="list-style-type: none"> - Individual, Group, Family Sessions - Confidential Video Conferencing - Accredited outpatiend treatment - Online substance abuse counseling
Insurance accepted	Aetna, Anthem BCBS, BCBS, Magellen Health, Cigna, most major carriers
Language spoken other than English	None listed

YOUTH SERVICES

Chase Brexton Behavioral Health Care	
Address and phone number	5500 Knoll N Dr. Columbia, MD 21045 (410) 837-2050
Web Address	www.chasebrexton.org/services/pediatric-primary-care
Age Group	Adolescents
Insurances Accepted	Medical Assistance, most commercial insurances, sliding fee scale. Accepts clients that are uninsured or under-insured.
Services Provided	<p>Our Pediatric Primary Care program focuses on all the needs of a growing child - from birth through adolescence and beyond.</p> <p>Mental Health Services as well as behavioral health treatment, outreach services; Primary care; pediatric care; HIV, Hep C, & Infectious Disease care, including free, walk-in HIV testing; transgender medical care (pediatric & adult); dental care; full-service pharmacy and on-site lab services.</p> <p>For therapy services, they offer a sliding-scale availability for people under 18 who are un-insured. The scale is based on the client's income. There is currently a 2.5 month waiting list but this organization caters to undocumented, uninsured population within Howard County.</p>
Language spoken other than English	Spanish (ext. 4301 en Español)

Alpha Achievers	
Email	Anthone Bond@hcpss.org; BBarrett1906@yahoo.com
Web Address	www.alphaachievers.org
Age Group	Preteens and Teens
Insurances Accepted	Medical Assistance, most commercial insurances, sliding fee scale. Accepts clients that are uninsured or under-insured.

Services Provided	Targeting African-American males in grades 9 - 12, the Alpha Achievers is an education program of the Howard County, Maryland Chapter of the Alpha Phi Alpha Fraternity, Inc. The program fosters a positive learning environment to facilitate students' pursuit of excellence, helping them attain, maintain, and exceed a 3.0 grade point average. It also promotes character growth, develops leadership skills, and critical thinking, and encourages its members to become full citizens of the school and the community. Current membership spans Howard County's twelve high schools, and there are 250-400 members each academic year.
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The Barn – Columbia Association	
Address and phone number	5853 Robert Oliver Place (Located inside The Oakland Mills Village Center) 410-992-3726
Email	CATeens@ColumbiaAssociation.org
Web Address	www.columbiaassociation.org/community-program/youth-teen/youth-teen-
Age Group	9 to 18 years old
Insurances Accepted	Medical Assistance, most commercial insurances, sliding fee scale. Accepts clients that are uninsured or under-insured.
Services Provided	<p>Provide preteens and teens (ages 9 to 18) with a fun, supportive place to call their own. Young people will enjoy making new friends, recreational activities, and our mentorship programs. Parents will appreciate our safe, positive environment for kids to connect with one another and the community. The Youth and Teen Center at The Barn is a multi-purpose, two-story facility where teens can access a computer lab, watch movies, play Wii or XBOX on a large flat screen TV, or enjoy billiard tables, air hockey, ping pong and various board games in the recreation room. Our upstairs area features a mini-gym for basketball, volleyball and other games and activities, as well as a snack bar run by the entrepreneurial program.</p> <p>Our programs and activities are available throughout the year after school, during the summertime, and occasionally on weekends.</p>

Girls on the Run of Central Maryland	
Address and phone number	9150 Rumsey Rd., Suite A7 Columbia, MD 21045 (443) 583-7740
Web Address	www.gotrcentralmd.org

Age Group	Girls 3rd-8th Grade; 16-18 year olds
Insurances Accepted	Medical Assistance, most commercial insurances, sliding fee scale. Accepts clients that are uninsured or under-insured.
Services Provided	Evidence-based programs that inspire all girls to build their confidence, kindness & decision-making skills. Meeting in small teams, trained volunteer coaches inspire girls of all abilities to strengthen confidence and other important life skills through dynamic, interactive lessons and physical activity.

Howard County Police Department: Youth Division and Community Outreach	
Address and phone number	3525 G Ellicott Mills Drive – Youth Division Ellicott City, MD 21043 (410) 313-2207
Email	hcpdoutreach@howardcountymd.gov
Web Address	www.howardcountymd.gov/police/youth-programs
Insurances Accepted	Medical Assistance, most commercial insurances, sliding fee scale.
Services Provided	<p>Youth Division: The Howard County Police Department, 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.</p> <p>Community Outreach: The Community Outreach Division offers crime prevention and education programs to citizens and businesses and works with individual communities to solve issues as they arise. The division provides focused efforts and assistance to senior, youth, multicultural and Asian populations as well as general community groups.</p>

National Alliance on Mental Illness (NAMI) Teen & Young Adult Resource Directory	
Address and phone number	1-800-950-NAMI (6264) Text “FRIEND” to 62640
Email	helpline@nami.org
Web Address	www.nami.org/help for webchat
Age Group	Teens and Young Adults
Services Provided	NAMI Helpline volunteers and staff have compiled this directory of outstanding resources to help you identify possible. NAMI Teen and Young Adult Resource Directory

Ohana of Howard County (OhanaHC)	
Email	info@ohanahc.org
Web Address	www.ohanahc.org
Age Group	Teens
Services Provided	Starting in the 9th grade, OhanaHC provides mentorship and commits to working with mentees for ten years into young adulthood. Each mentee is surrounded by three mentors known as an Ohana. Mentors work together to connect with the mentee and support them as the mentee as they work toward their self-defined goals.

PFLAG (Parents, Families & Friends of Lesbians & Gays)	
Address and phone number	P.O. Box 1479 Ellicott City, MD 21044 (443) 953-8631
Email	info@pflaghoco.org
Web Address	www.pflaghoco.org
Age Group	12-18
Services Provided	To promote the health and well-being of gay, lesbian, bisexual and transgender people, their families, and friends through: SUPPORT – to cope with an adverse society. EDUCATION – to enlighten an ill-informed public. ADVOCACY – to end discrimination and to secure equal civil rights.

Howard County YMCA	
Address and phone number	4331 Montgomery Rd., Ellicott City, MD 21043 (410) 465-4334
Email	info@pflaghoco.org
Web Address	www.ymaryland.org/volunteer/mentoring
Age Group	14-17
Services Provided	Mentoring programs offered such as Big Brother Big sisters, Reach & Rise and further break down of other programs.

Girls on Fire	
Address and phone number	6100 Foreland Garth Columbia, Maryland 21045 (667) 256-6093 or (410) 312-0738
Email	info@pflaghoco.org

Web Address	www.girlsonfiremd.com
Age Group	8-17
Services Provided	Girls on Fire Mentoring, Enrichment and Leadership Programs (GOF) is a project of the Center for Creative Life and Learning, Inc. The Center is a nonprofit organization located in Howard County. Programs serve girls aged 8-17. Our program and support services are designed to help our students achieve academic success, grow strong self-esteem and confidence, prepare them to become young leaders in their community and schools and leaders in the world.

The Transition Age Youth (TAY) Program of Way Station (Sheppard Pratt Health System)	
Address and phone number	9030 Route 108, Suite A, Columbia, MD 21044 (410) 740-1901
Web Address	www.sheppardpratt.org/care-finder/psychiatric-rehabilitation-day-programs
Age Group	18-25
Insurances Accepted	Medicaid, Medicare, Private Insurances
Services Provided	<p>Our transition to adulthood day program helps young adults living with a mental illness transition to adult life. We invite young adults ages 18 to 25 who have a psychiatric diagnosis and live with severe emotional and behavioral disabilities to take part in TAY.</p> <p>Like our day programs for adults, TAY provides daily, structured activities in group settings. TAY has the same goals and uses the same evidence-based interventions, in an age and developmentally appropriate framework.</p>

The Family Institute	
Address and phone number	(410)-313-1940 (voice/relay)
Email	children@howardcountymd.gov
Age Group	All ages

Services Provided	The Howard County Family Institute is an education, information and community outreach program of the Office of Children and Families, Department of Community Resources and Services. Our Mission is to assist parents in their parenting role by providing education that enhances caregiver skills, knowledge, and behavior with a vision that all children will start life with a strong foundation. We offer classes, workshops, and informational sessions for parents on many topics, including child development, positive discipline, school readiness, and finding resources.
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Camp Attaway	
Address and phone number	9770 Patuxent Woods Drive, Suite 303 Columbia, MD 21046 (443) 518-7671
Email	attawayprograms@gmail.com
Web Address	www.campattaway.org
Age Group	7-13
Services Provided	Therapeutic recreation program for children ages 7-13 with complex emotional and behavioral disorders. Providing Parent/Caregiver general support sessions and education workshop sessions. These classes are free to the community. Children learn how to break out of their negative cycle and learn new skills while enjoying sports, nature, art, rock climbing, swimming, and adventures of all kinds. Attaway also has a Counselor-In-Training Program for former campers 13-15 years old that focuses on leadership and job skills.

Kennedy Krieger Institute	
Address and phone number	Behavioral Psychology 9810 Patuxent Woods Drive, Columbia, MD 21046 (443) 923-9400 www.kennedykrieger.org/locations/behavioral-psychology-columbia
Web Address	www.kennedykrieger.org
Age Group	Children, Adolescents (2-18 years old)
Insurances Accepted	Please call to inquiry

Services Provided	<p>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 BCBS spectrum disorders and intellectual disability.</p> <p>The Center for Autism Services, Science and Innovation (CASSI™) at Kennedy Krieger Institute is a multifaceted, interdisciplinary program serving children, families and professionals in the autism community. The center combines clinical services, research, and training programs to unlock the potential autistic children and teens, enrich their life experiences, empower parents and promote the well-being of families through evidence-based practices. One of our major endeavors is developing effective new models of care for families and providers locally, nationally and internationally.</p>
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Howard County: Office of Children & Families/Infant and Early Childhood Mental Health Consultation	
Address and phone number	9830 Patuxent Woods Drive Columbia, MD 21046 (410) 313-1940 – Office of Children & Families (410) 313-CARE - Infant and Early Childhood Mental Health Consultation
Email	children@howardcountymd.gov
Web Address	www.howardcountymd.gov/children-families
Age Group	Children and Adolescents
Services Provided	Offers resources, supporting families; training/mentoring/coaching Early Child Care professionals; providing expert consultation on Early Child Care issues; Daycare extreme behavior, temper tantrums.

Humanim: Youth Services	
Address and phone number	Corporate Headquarters: 6355 Woodside Court Columbia, MD 21046 (410) 381-7171
Email	contact@humanim.org
Web Address	www.humanim.org/what-we-do/youth-services
Age Group	Preteen/Teen; 16-25

Services Provided	Humanim is committed to supporting and empowering individuals who face social or economic challenges, by building pathways to economic equity, opportunity, and independence. Our Youth Services division serves individuals with special needs and is committed to helping young people transition successfully into adulthood, while empowering them to achieve both personal and economic independence.
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Howard County – Office of the Local Children’s Board	
Address and phone number	9830 Patuxent Woods Drive Columbia, MD 21046 410-313-6400
Email	lwilliams@howardcountymd.gov
Web Address	www.howardcountymd.gov/office-local-childrens-board
Age Group	Children, Adolescents
Services Provided	The Local Children's Board is comprised of public and private members working collaboratively to ensure a strong continuum of services for families and children in our community. The Office works in partnership with the Governor's Office for Children to ensure children grow up healthy, secure, and successful. The Office also manages the Multiservice Center, which offers ready access to human services and supports for becoming self-sufficient.

Little Leaves Behavioral Services - ABA Therapy Center	
Address and phone number	7150 Columbia Gateway Drive, Suite A Columbia, MD 21046 (202) 420-8359
Web Address	www.littleleaves.org/columbia/
Age Group	Children Up To Age 6
Insurances Accepted	Aetna, Anthem Blue Cross Blue Shield, CareFirst, Cigna, HSCSN, John Hopkins Employer Health Programs (EHP), Kaiser Permanente, United Behavioral Health/Optum
Services Provided	The ABA Therapy Center program is for young children with an Autism Spectrum Disorder and is run in a preschool-like setting. It is designed for children up to age 6 who have been recommended for intensive ABA services. Each client works one-on-one with a trained behavior technician on individualized goals with a focus on social communication, social interactions, and school readiness skills. During the day, children have the opportunity to participate in individual therapy time, small group activities with peers etc.

LifePath Counseling Services	
Address and phone number	5122 Aver Court Columbia, MD 21044 (410) 227-9074
Email	bpolonskylcsw@gmail.com
Web Address	www.barbarapolonsky.com
Age Group	Children and Adolescent
Insurances Accepted	Self-Pay
Services Provided	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.

Lotus Healing Services - Barbie Johnson-Lewis (Telehealth Only)	
Address and phone number	7360 Grace Drive Columbia, MD 21044 (443) 957-4383
Age Group	Preteens and Teenagers
Insurances Accepted	Aetna, Tricare, Beacon Health, US family health, Johns Hopkins, Medicaid
Services Provided	Client Focus: Black, African American, ethnic background. Serving Preteens'/Teenagers & Adults. Specialties in Depression, PTSD/Trauma, Women's issues, anxiety, Mood disorders, domestic / sexual abuse, suicidal ideation, self-esteem, life coaching, life transitions, divorce.

Life Renewal Services	
Address and phone number	10805 Hickory Ridge Road, Suite 103 Columbia, MD 21044 (410) 387-2763
Web Address	www.liferenewalservices.net
Age Group	Minors
Insurances Accepted	Self-pay, Medicaid, and PPO with out of network benefit.
Services Provided	Psychiatric evaluations, psychiatric medication management, co-occurring treatment, Psychiatric Rehabilitation for adults and minors, outpatient mental health clinic for adults and minors.

Klebanow & Associates Behavioral Health Consultation Service

Address and phone number	8821 Columbia 100 Pkwy Columbia, MD 21045 (410) 794-4924
Web Address	www.klebanowandassociates.com/Services/Behavioral-Health
Age Group	Infants, Toddlers, Preteens, Teenagers, and Young Adults up to 20
Insurances Accepted	<ul style="list-style-type: none"> • Aetna (PPO, EPO, MC & HMO) • CareFirst BlueCross BlueShield (Federal, out-of-state, CareFirst BlueChoice) **Does not participate with CareFirst provided by the Maryland Medicaid Plan • CareFirst Administrator • Cigna Health Care of Mid-Atlantic, HMO, PPO, SelectSource, Open Access • EHP – Employee Health Plans (Johns Hopkins) • First Health • Great-West Healthcare • Maryland Medical Assistance (MCO: Priority Partners) ** Our office must be listed as the Primary Care Provider on the plan. • Multi-Plan, Inc. • PHCS (Private Healthcare Systems) • Tricare (Health Net “East Region”, Select and Prime, our office must be listed as the Primary Care Manager (PCM) for Prime) *We do NOT participate with the US Family Health Plan product. • United HealthCare (Choice, EPO, PPO, HMO (to include MDIPA, Optimum Choice Inc. and Navigate, our office must be listed as the primary care provider on any HMO policy) **We do NOT participate with United Health Care provided by the Maryland Medicaid Plan. • Self-Pay
Telehealth Services	Yes
Services Provided	Specialty area of focus: CBT, Exposure (for anxiety), ACT, behavior therapy, parent management training. Addressing concerns of ADHD, Body image, Feeding, Toileting, Sleep, Stress, Sleep, Body symptoms, Low mood/irritability, Adjustment to change, Coping with medical condition, Grief/Bereavement etc.
Language spoken other than English	Offering translation services for most languages. We use a platform that allows us to connect virtually to healthcare translators

Soaring Starts: Therapy & Learning Center	
Address and phone number	6430 Dobbin Rd, Suite B Columbia, MD 21045 (301) 968-0597
Email	info@soaringstarstlc.org
Web Address	www.soaringstarstlc.com

Age Group	5-21 years old
Insurances Accepted	Private pay arrangements and autism waiver participants
Telehealth Services	Yes
Services Provided	Advocacy for children with cognitive, ADHD, autism problems. On staff Registered Behavior Technician (RBT), BCBA with a small group setting. Autism program serving children ages 5-21 years of age. Services in Therapeutic integration, ISS, Family consulting supporting family and caregivers as well respite services.

Therapeutic Connections, LLC	
Address and phone number	2850 North Ridge Road, Suite 210 Ellicott City, MD 21043 (410) 288-4676
Email	info@therapeuticconnectionsllc.com
Web Address	www.therapeutic-connections.net
Age Group	Children, Adolescents and Young Adults (5-24 years old)
Insurances Accepted	Medicaid & Blue Cross Blue Shield, and Self-pay.
Telehealth Services	Yes
Services Provided	Outpatient services, psychiatric evaluations, medication management, individual, family therapy and psychiatric rehabilitation services to children, teens and adults throughout the state of Maryland. Therapeutic Connections utilizes a holistic, strength- based and person-centered treatment model that focuses on the whole person. Our purpose is to enhance the lives of the populations served by assisting them reach their fullest potential. Certified Minority Business Enterprise (MBE).

MSA	
Address and phone number	The Child & Adolescent Center 10005 Old Columbia Road, Suite L-260 Columbia, MD 21046 (443) 259-0400 (443) 936-8566 - Admissions
Email	info@msachild.com
Web Address	www.msachild.com
Age Group	Children and Adolescents
Insurances Accepted	Medicaid & Major commercial insurance plans.
Services Provided	Psychiatry and counseling services to youth and adolescents. They also offer after school intensive outpatient programs to children and adolescents.

Howard County Public School - School-Based Mental Health Services	
Web Address	www.hcpss.org/supports/school-based-mental-health-services
Services Provided	This section breaks down the school based mental health and their efforts to incorporate them into each school in the County.

AUTISM/ADD/ADHD/ RESOURCES

Howard County: Pathfinders for Autism Resource Center Link	
Phone number	Helpline: 410-769-9500 Toll Free: 866-806-8400
Web Address	www.pathfindersforautism.org/docs/Howard-Resource-flier.pdf https://pathfindersforautism.org/articles/maryland-services/sign-up-for-the-autism-waiver-registry/

Howard County Autism Resource For Support Groups, Community Based	
Web Address	hocoautismresources.weebly.com/support-groups.html

Center For Autism & Related Disorders	
Address and phone number	10015 Old Columbia Rd, Suite F100 Columbia, MD 21046 (443) 741-8788
Web Address	www.centerforautism.com
Insurances Accepted	Aetna, Beacon, Blue Cross Blue Shield, Cigna, Optum, UnitedHealthcare, for others please call.
Age Group	Children, Teenagers, and Adults
Services Provided	Services provided are ABA & Autism testing, program evaluation of home & center-based treatment for autism spectrum disorder.

Howard County Autism Society	
Address and phone number	9770 Patuxent Woods Dr Suite 308, Columbia, MD 21046 (410) 290-3466 Helpline: (443) 330-5341
Email	info@howard-autism.org
Services Provided	This nonprofit organization mission is to provide support, promote awareness and advocate for change on behalf of individuals with autism, their families and community.

Verbal Beginnings	
Address and phone number	7090 Samuel Morse Dr, Suite 100- 300 Columbia, MD 21046 (855) 910-6147
Email	begin@verbalbeginnings.com

Web Address	www.verbalbeginnings.com
Insurances Accepted	Anthem, Aetna, Carefirst, Blue Cross Blue Shield, Cigna, Kaiser Permanente, Magellan, Optum, UnitedHealthcare
Services Provided	<p>Promotes independence and improves the quality of life for children with developmental disabilities through a custom treatment approach based on the principles of Applied Behavior Analysis. Through a team-based approach, Verbal Beginnings creates a supportive and resourceful environment, providing ongoing opportunities for professional growth and advancement. In person centers, In home therapy, early intervention and diagnostic services. Services such as:</p> <ul style="list-style-type: none"> •Early Intervention •In Home (ABA) therapy •Social skills groups •Feeding services •Diagnostic services •Behavior Management •Self-Help skills

LinWood Center	
Address and phone number	3421 Martha Bush Drive Ellicott City, Maryland 21043 (410) 465-1352
Email	admin@linwoodcenter.org
Age Group	Ages 5 through Adulthood
Insurances Accepted	Call to inquire about insurance
Services Provided	Providing related developmental disabilities by providing education, vocational training, residential support, and employment opportunities. Part of our MSDE approval to operate a nonpublic special educational program.

Solid Ground Wellness	
Address and phone number	9175 Guilford Road, Suite 307 Columbia, MD 21046 (443) 860-2549
Email	solidground@sgwellness.net
Web Address	www.solidgroundwellness.org
Age Group	Adolescents over 14 years of age and Adults
Insurances Accepted	Sliding scale, Medicaid, Aetna, Blue Cross Blue Shield, Optimum, Cigna

Services Provided	Client Focus: African American boys, girls, women and men Advocacy for children with cognitive, ADHD, autism problems. On staff Registered Behavior Technician (RBT), BCBA with a small group setting. Autism program serving children ages 5-21 years of age. Services in Therapeutic integration, ISS, Family consulting supporting family and caregivers as well respite services.
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Kennedy Krieger Institute	
Address and phone number	Center of Autism Services, Science and Innovation 9800 Patuxent Woods Drive, Suite G Columbia, MD 21046 (443) 923-7630
Web Address	www.kennedykrieger.org
Age Group	Children, Adolescents (2-18 years old)
Insurances Accepted	Please call to inquiry
Services Provided	The Center for Autism Services, Science and Innovation (CASSI™) at Kennedy Krieger Institute is a multifaceted, interdisciplinary program serving children, families and professionals in the autism community. The center combines clinical services, research, and training programs to unlock the potential autistic children and teens, enrich their life experiences, empower parents and promote the well-being of families through evidence-based practices. One of our major endeavors is developing effective new models of care for families and providers - locally, nationally and internationally.

Soaring Starts: Therapy & Learning center	
Address and phone number	6430 Dobbin Rd, Suite B Columbia, MD 21045 (301) 968-0597
Email	info@soaringstarstlc.org
Web Address	www.soaringstarstlc.com
Age Group	Children (5-21 years old)
Insurances Accepted	Medicaid
Services Provided	Advocacy for children with cognitive, ADHD, autism problems. On staff Registered Behavior Technician (RBT), BCBA with a small group setting. Services in Therapeutic integration, ISS, Family consulting supporting family and caregivers as well respite services.

BlueGems ABA Therapy Services	
Address and phone number	10440 Little Patuxent Pkwy, Columbia, MD 21044 (443) 656-9050
Email	info@bluegemsaba.com
Web Address	bluegemsaba.com/aba-therapy-in-maryland
Insurances Accepted	Medstar family choice. Priority partners, Kaiser Permanente, Johns Hopkins, Amerigroup/Wellpoint, Jai medical, University of MD health partners, Carefirst, Cigna, Aetna, United Healthcare.
Services Provided	<p>The sessions are uniquely designed to target every area on the treatment plan helping our clients achieve their long-term goals in Applied Behavior Analysis Therapy process. The sessions are uniquely designed to target every area on the treatment plan helping our clients achieve their long-term goals. Agency will take care of the entire process; including insurance & benefit checks, treatment authorization, assessments, implementation of the care plan, and family and caregiver training.</p> <p>Services include:</p> <ul style="list-style-type: none"> •Benefit checks •Consultations •Family support •Home based ABA therapy •Initial assessments •Social based support

Acron Health LLC	
Address and phone number	9140 Guilford Rd Suite O, Columbia, MD 21046 (410) 888-0216
Web Address	acornhealth.com
Age Group	Starting at 18 months of age
Insurances Accepted	Call to inquire about insurance
Services Provided	Acorn Health combines scientifically validated Applied Behavior Analytics (ABA) best practices with pioneering next practices. Website does not mention insurance accepted; suggestion is to call to ask.

Divine Steps ABA Therapy	
Address and phone number	10440 Little Patuxent Pkwy Columbia MD 21044 (888) 291-3669

Web Address	divinestepstherapy.com
Insurances Accepted	Work with most major insurance providers, including Medicaid, and confirm coverage and benefits on your behalf.
Services Provided	<p>Divine Steps ABA Therapy is a leading service provider for children with Autism Spectrum Disorder (ASD).</p> <p>Our behavior specialists utilize Applied Behavior Analysis (ABA) Therapy to assist our clients navigate their environment. We provide 1:1 care for children in the comfort of their home, in order to provide a family centered approach. We work closely with our parents, highlighting their child's strengths and empowering their success in the social, educational, and home settings.</p> <p>Services include:</p> <ul style="list-style-type: none"> •Initial Assessment •Parent training •School support •Intervention

Brighter Hope Wellness Center	
Address and phone number	6100 Daylong Lane, Suite 103, Clarksville, MD 21029 (410) 531-8100
Email	contact@brighterhopewellness.com
Age Group	Children, Teenagers, Adults, and Families
Insurances Accepted	Cigna, Blue Cross Blue Shield, JH EHP, MD Medicaid, Optum, Tricare, USFHP, Out of network & Self-Pay.
Services Provided	Provides evidence-based and multidisciplinary treatment for children, teens, adults, and families. Whether you are seeking care for a loved one who has special needs or for yourself, Brighter Hope Wellness Center brings a full range of services to you under one roof. Addressing concerns on anxiety, depression, mood disorders, ADHD, autism spectrum disorders, feeding disorders, life transitions, parenting support, sensory processing disorders, speech delays etc. Services in Child/Adolescent & Adult Psychotherapy, ABA, Autism spectrum disorder testing, Evaluations, Family & Couples therapy.

Holistic Child Psychiatry LLC	
Address and phone number	10801 Hickory Ridge Rd, Suite 215, Columbia, MD 21044 (410) 260-0344
Web Address	www.holisticchildpsychiatry.com
Insurances Accepted	Self-Pay, Out-of-Network

Services Provided	Services in Biomedical treatment for Autism, ADHD, Nutrition & Lifestyle treatments, Depression, Anxiety, Integrative medicine and functional laboratory testing.
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Orchid Center for ADHD and Executive Functioning	
Address and phone number	5052 Dorsey Hall Rd, Suite 102 Ellicott City, MD 21042 (410) 834-1714
Email	info@orchidadhd.com
Web Address	www.orchidadhd.com/contact-us
Age Group	Children, Adults, and Families
Insurances Accepted	Out of network with all insurance and are fee for service providers. Provide patients with superbills for out of network reimbursement; be sure to check with your health insurance provider about your specific plan.
Services Provided	<p>Orchid is a multi-disciplinary approach to diagnosis and intervention for people with a variety of mental health and executive function challenges. We serve children, adults, and families with ADHD, Anxiety Disorders, Mood Disorders, parenting difficulties, life transitions, couples with ADHD, and workplace challenges.</p> <p>Services in:</p> <ul style="list-style-type: none"> •Mental Health (Evaluations for ADHD and other psychiatric diagnoses, Individual, Family and couples therapy for children, teens, and adults) •Coaching (Individual Coaching, Parent Coaching for children with ADHD) •Career/Work (Workplace support and Coaching, Career Exploration and Assessment) •Consultation (Support in navigating public and private school accommodations process, Support in the college, graduate school, standardized test, and workplace accommodations processes)

PSYCHIATRISTS

Andy A Mattai, MD	
Address and phone number	Innovative Psychiatry 9256 Bendix Road, Suite 200B Columbia, MD 21045 (443) 225-4505
Email	admin@ecpsychiatry.com
Web Address	www.columbiapsychmd.com
Age Group	Adolescents, Preteens (11-13), and Teenagers
Insurances Accepted	Self-Pay

Deborah S. Cole, Psy.D (Telehealth Only)	
Address and phone number	5305 Village Center Drive, Suite 347 Columbia, MD 21044 (410) 381-7551
Email	PsychologyNart@gmail.com
Web Address	www.drdeborahcole.com
Age Group	Children (4-12), Preteen, Teenagers (13-18), Adults (18-65), and Seniors (65+)
Insurances Accepted	Self-pay, possible reimbursement depends on your contract with
Telehealth Services	Yes
Services Provided	<p>Specializing in:</p> <ul style="list-style-type: none"> •Depression •Anxiety •Panic •Sexual Addiction •Obsessive Compulsive Disorder (OCD) •Trichotillomania (hair pulling) •Hoarding •Skin-Picking •Tics and Tourette's •Trauma and Dissociation •Eye Movement Desensitization & Reprocessing (EMDR) for evidence-based trauma treatment (Certified in EMDR). •Intensive Short-Term Dynamic Psychotherapy (Certified in ISTDP). <p>Home visits possible for Hoarding and OCD, when appropriate. Certified in Hypnosis. ONLINE TELETHERAPY except when necessary for OCD or Hoarding, and then there are transportation time charges.</p>

Brett Greenberger, MD	
Address and phone number	Child and Adolescent Psychiatrist Collaborative Counseling Center 5560 Sterrett Place, Suite 201 Columbia, MD 21044 (443) 546-4000
Web Address	www.collaborativecounselingcenter.com
Age Group	Toddlers (4-12), Preteen, Teenagers, Adults, and Seniors (65+)
Insurances Accepted	Self-Pay

Dr. Kimberly Waibogha BSW, MSW, DSW	
Address and phone number	Wellbrook Therapy Services (443) 830-3260
Email	drkimberly@hushmail.com
Web Address	www.wellbrooktherapyservices.com
Age Group	Teenagers and Adults
Insurances Accepted	MD Medicaid, Carefirst and Private Pay
Services Provided	Provides services in clinical evaluation, individual and group therapy.

Nadimire Jules-Dole, M.D.	
Address and phone number	Child, Adolescent, and Adult Psychiatrist Paragon Integrative Health 3355 St. John's Lane, Suite F Ellicott City, MD 21042 (410) 921-9616
Web Address	www.paragonintegrativehealth.com
Age Group	Children (4-10), Preteen, Teenagers and Adults (18-60)
Insurances Accepted	Self-pay, Out of Network
Services Provided	She treats the whole person combining holistic techniques including nutritional supplements, herbal/plant-based medicine, laboratory testing, mind-body medicine with traditional psychiatric modalities like psychotropic medication and psychotherapy. Specializes in: •ADHD •Bipolar Disorder •Anxiety

David M. Band, MD	
Address and phone number	Crossroads Psychological Associates, LLC 10784 Hickory Ridge Road Columbia, MD 21044 (410) 964-0425

Email	frontdesk@crossroadspych.net
Web Address	www.crossroadspych.net
Age Group	Children, Adolescents and Adults
Insurances Accepted	Self-Pay
Services Provided	Comprehensive psychiatric services including assessment, evaluation and treatment, psychopharmacology, and psychotherapy.

Dina M Stein, MD, MPH	
Address and phone number	Gladstone Psychiatry 9841 Broken Land Parkway, Suite 211 Columbia, MD 21046 (443) 339-9507
Email	frontdesk@crossroadspych.net
Web Address	www.gladstonepsych.com
Age Group	Children and Young Adults
Insurances Accepted	Aetna, Blue Cross Blue Shield, Cigna, Self-Pay
Services Provided	Treats psychiatric conditions including: <ul style="list-style-type: none"> •PTSD •OCD •ADHD/ADHD •Developmental Disorders •Depression •Bipolar Disorder •Mood/Anxiety-related conditions

Janine Fuertes-Ramirez, MD	
Address and phone number	8940 State Route 108, Suite E Columbia, Maryland 21045 (410) 941-3111
Web Address	www.cpeclinic.com
Age Group	Children and Young Adults
Insurances Accepted	Self-Pay and Sliding Fee Scale
Services Provided	Diagnosing, consulting, and treating children, adolescents, and adults with a wide range of psychiatric disorders and mental health challenges

Margaret (Peggy) Adams, MD

Address and phone number	8388 Court Avenue Ellicott City, MD 21043 (410) 313-8119
Web Address	www.margaretadamsmd.com
Age Group	Children and Young Adults
Insurances Accepted	Self-Pay
Services Provided	<p>Psychotherapy and psychiatry services for parents-to-be, infants, toddlers, children, adolescents and adults. Medication can be provided as needed.</p> <p>Specialities include:</p> <ul style="list-style-type: none"> •PTSD •OCD •ADHD •Adoption •Anxiety •Mood Disorders including Depression •School Problems •Attachment Dysfunction •Developmental Delays •Autistic Spectrum •Family Issues and Life Transitions

Douglas W. Heinrichs, MD	
Address and phone number	5034 Dorsey Hall Drive, Suite 103 Ellicott City, MD 21042 (410) 964-6486
Age Group	Children and Young Adults
Insurances Accepted	Self-Pay
Services Provided	<p>Psychiatric evaluation and treatment adults, adolescents and school age children. Expertise in medication management for individuals with a history of poor response or tolerability to medications, or with complex overlapping biological and psychological issues.</p> <p>Specialities include:</p> <ul style="list-style-type: none"> •Psychotic Disorders •OCD •ADHD •Bipolar Disorders •Anxiety and Panic Conditions •Depression

Vida Robb, PMHNP	
Address and phone number	Elkridge, MD 21075 (410) 941-3405
Age Group	Children (6-10), Preteens, Teenagers and Adults
Insurances Accepted	Aetna, Amerigroup, Anthem, Carefirst, Cigna/Evernorth, Jai medical, Kaiser (Out of network), MD Physicians care, Medicaid, Medstar family choice, Optum, Priority Partners, UnitedHealthcare.
Telehealth Services	Yes
Services Provided	<p>Client Focus: Black and African American and Hispanic and Latino</p> <p>Has more than 3 years of diverse experience, holistic approach in her practice.</p> <p>Specialties in:</p> <ul style="list-style-type: none"> •Anxiety •Major Depression •Bipolar Disorder •Dual Diagnosis •School/Relationship issues •Stress •Suicidal ideation •LGBTQ Affirming

Kevin Harrison, MD	
Address and phone number	Maryland Centers for Psychiatry 3454 Ellicott Center Drive, Suite 106 Ellicott City, MD 21043 (410) 461-3760
Email	mcpec@verizon.net
Web Address	www.marylandpsychcenters.com
Age Group	Children and Adolescents
Insurances Accepted	Self-Pay
Telehealth Services	Yes
Services Provided	Child and adolescent psychiatry evaluations, consultation, and medication management.

Dr. Bergina Isbell, Ph.D	
Address and phone number	3505 Ellicott Mills Drive, Suite A2 Ellicott City, MD 21043 (507) 533-5433

Web Address	www.SpravatoWithLedLife.com
Age Group	Children (4-10), Preteen, Teenagers, Adults, and Elderly
Insurances Accepted	CareFirst Blue Cross Blue Shield, Private Pay \$500/hour
Telehealth Services	Yes
Services Provided	<p>Led Life is a Concierge Psychiatry practice specializes in providing compassionate, experienced, confidential, and highly customized mental health and wellness services in DC, Maryland, California, Minnesota, and Michigan.</p> <p>Dr. Bergina, a Board-Certified Psychiatrist and Trauma specialist also offers coaching and consultations.</p> <p>Services offered:</p> <ul style="list-style-type: none"> •Spravato •Psychedelic •Ketamine •Trauma Informed •Independent Medical Evaluation •Forensic Exam.
Language spoken other than English	Mandarin

James Park, Psychiatric Nurse Practitioner, CRNP, PMHNP	
Address and phone number	Alliance Psychiatry 8840 Stanford Boulevard, Suite 400 Columbia, MD 21045 (410) 417-1815
Age Group	Children, Adolescents and Adults
Insurances Accepted	Self-Pay
Telehealth Services	Yes
Services Provided	Medication management for adults, adolescents, and children.

Nadimire Jules-Dole, M.D	
Address and phone number	Child, Adolescent, and Adult Psychiatrist Paragon Integrative Health 3355 St. John's lane, Suite F Ellicott City, MD 21042 (410) 921-9616
Web Address	www.paragonintegrativehealth.com
Age Group	Children, Adolescents and Adults
Insurances Accepted	Self-Pay & Superbills/invoices for insurance reimbursement if needed.
Telehealth Services	Yes

Services Provided	Focus on integrative/holistic psychiatry for children, adolescents and adults with anxiety, mood disorders, and ADHD. Services offered in medication management with or without psychotherapy and psychotherapy only.
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CHUN-SHIN TAYLOR, PhD, LCPC, CST	
Address and phone number	5570 Sterrett Place, Suite 308 Columbia, MD 21044 (443) 574-5255
Email	cst@mendingheartsacademy.org
Web Address	www.mendingheartsacademy.org
Age Group	Adults, Couples, and Families
Insurances Accepted	Optum & UMR In-Network. Out of Network, Sliding scale
Telehealth Services	Yes
Services Provided	Specializes in mental illness, sex therapy, betrayed partners of sex addict, cross-cultural couples and families, and the integration of religion/spirituality into psychology.
Language spoken other than English	Korean (Hangul)

Laura C. Renbaum, M.D.	
Address and phone number	Crossroads Psychological Associates, LLC 10784 Hickory Ridge Road Columbia, MD 21044 (410) 964-0425
Email	laura.renbaum@gmail.com
Web Address	www.crossroadspsy.net
Age Group	Adolescents and Adults
Insurances Accepted	Self-Pay
Services Provided	Outpatient psychiatric evaluation, medication management, and counseling for adolescents and adults. (Suboxone certified)

Sushma N. Jani, M.D.	
Address and phone number	10774 Hickory Ridge Road Columbia, MD 21044 (844) 224-5264 Ext. 17
Web Address	www.communitybehavioralhealth.net
Age Group	Children and Adults
Insurances Accepted	Medical Assistance and Private

Neda Kaveh, MD, MS

Address and phone number	5052 Dorsey Hall Drive, Suite 102 Ellicott City, MD 21042 (410) 881-6090
Age Group	Toddler and Teenagers
Insurances Accepted	Self-Pay
Services Provided	Toddler to teenager mental health support and follow-up.

Dr. Jon Thomas, Counselor EdD, LCPC	
Address and phone number	7274 Cradlerock Way Columbia, MD 21045 (301) 710-9984
Age Group	Children (6-10), Preteen, Adolescents, and Adults
Insurances Accepted	Aetna, AvMed, Cigna & Evernorth, EAP, Medicare, Optum, UnitedHealthcare UHC UBH, Out of Network
Services Provided	Therapies CBT, Coaching, Martial Arts & Coping, Pastoral Counseling. Specialties Marital/ Premarital, Anger Management, Family Conflict, impulse control/mood disorders. Focus ADHD, Anxiety, Bipolar, Coping Skills, Depression, Life Coaching, Self Esteem, Stress, Traumatic Brain Injury (TMS).

Tanveer A Padder, MD	
Address and phone number	Padder Health Services 8850 Columbia 100 Pkwy Columbia, MD 21045 (410) 921-9183
Web Address	www.mypsychconsult.com
Age Group	Children (6-19)
Insurances Accepted	Self-Pay
Services Provided	Specializes in: •Bipolar •Major Depression •Anxiety •PTSD •Addiction •ADHD •Panic attacks •Schizophrenia

Steven M. Gordon, Psychiatric Nurse, PMHNP, CNS-BC

Address and phone number	Columbia Business Suites 5850 Waterloo Rd, Suite 140 Columbia, Maryland 21045 (410) 988-2503
Email	gordonnp@smg-practic.com
Web Address	www.synergystrive.com
Age Group	Children (6-19)
Insurances Accepted	Self-Pay, Blue Cross Blue Shield
Services Provided	Specializes in a wide range of clinical issues and needs for clients who range in all ages, providing services from therapy to prescribing medication for mood, anxiety, ADHD, Asperger's Disorder, obsessive-compulsive disorder, parenting support, stress management and life coaching

Sandra Akinsete, Ph.D	
Address and phone number	5840 Banneker Road, Suite 200 Columbia, MD 21044 (410) 989-4623
Age Group	Children
Insurances Accepted	Some insurance accepted and Self-Pay
Services Provided	Treat, prescribe, and monitor children with ADHD and mood disorders.

Lenora Roat Arrington, Psy.D.	
Address and phone number	1 Park Avenue, Suite D Mt. Airy, MD 21771 (301) 693-9275
Email	LenoraArrington@re-directionscounseling.com
Web Address	www.re-directionscounseling.com
Age Group	Adolescents, Adults, and Seniors
Insurances Accepted	Medicare, Sliding Scale may be available.
Services Provided	Provides outpatient counseling and psychotherapy treatment for depression, anxiety, trauma, identity, spiritual issues, relationships.

Jeanne Bolton, Ph.D.	
Address and phone number	7270 Cradlerock Way Columbia, MD 21045 (410) 290-6618
Age Group	Children, Adults, and Families
Insurances Accepted	Accepted of most insurance.

Services Provided	Cognitive behavioral, anxiety disorders/depression, and women's issues.
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Susan Rockwell Campbell, Ph.D.	
Address and phone number	7296 Kindler Road Columbia, MD 21046 (410) 290-5901
Web Address	www.drsusancampbell.com
Age Group	Adolescents, Adults, Couples and Seniors
Insurances Accepted	Sliding Scale upon request
Services Provided	Psychotherapy and counseling for adults and adolescents. Individual, couples, and family therapy.

Deborah S. Cole, Psy.D.	
Address and phone number	8840 Stanford Boulevard, Suite 4000 Columbia, MD 21045 (410) 381-7551
Email	PsychologyNart@gmail.com
Web Address	www.drdeborahcole.com
Age Group	Adolescents, Adults, and Seniors (4-65+)
Insurances Accepted	Out of Network and Self-Pay
Services Provided	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. 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, chronic pain, isolation, and anxiety. Home visits possible for Hoarding and OCD, when appropriate. Certified in Hypnosis.

Eric Fielding, Ph.D.	
Address and phone number	Fielding Psychological Associates 9051 Baltimore National Pike, Suite 4B Ellicott City, MD 21042 (410) 868-4143
Email	DrEric@Fieldingpsychology.com
Age Group	Children, Adolescents, and Adults
Insurances Accepted	Blue Cross Blue Shield

Services Provided	Outpatient psychotherapy for children, adolescents, and adults. Trained in trauma treatment. General practice.
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Steve Gaeng, Ph.D.	
Address and phone number	Crossroads Psychological Associates, LLC 10784 Hickory Ridge Road Columbia, MD 21044 (410) 964-0425
Email	dr.stevegaeng@gmail.com
Web Address	www.crossroadpsych.net
Age Group	Children, Adults, and Families
Insurances Accepted	Self-Pay
Services Provided	Individual, group and family therapy with school-aged children and their families. Individual, group, and marital therapy with adults.

Ana Garcia-Fernandez, Psy.D.	
Address and phone number	Crossroads Psychological Associates, LLC 10784 Hickory Ridge Road Columbia, MD 21044 (410) 964-0425
Email	Ana.garcia@crossroadpsych.net
Web Address	www.crossroadpsych.net
Age Group	Children, Adolescents, Adults, and Families
Insurances Accepted	Self-Pay
Services Provided	Counseling to children, adolescents, adults, and families. Psychological testing and assessments: neuropsychological, adoption and forensic evaluations, academic and vocational testing.
Language spoken other than English	Spanish

Stephanie K. Glassman, Psy.D.	
Address and phone number	Glassman Psychological Services 9881 Broken Land Parkway, Suite 105 Columbia, MD 21046 (410) 695-4703 - Office (443) 286-0417 - Cell
Email	Ana.garcia@crossroadpsych.net
Web Address	www.crossroadpsych.net
Age Group	Adolescents, Adults, and Families
Insurances Accepted	Medicare, Medicaid, APS, ComPsych, TriCare Standard PPO

Services Provided	Outpatient psychotherapy to adolescents, adults, families. Special training in stress, trauma, eating disorders.
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David A. Gold, Ph.D.	
Address and phone number	Crossroads Psychological Associates, LLC 10784 Hickory Ridge Road Columbia, MD 21044 (410) 964-0425
Email	David.gold@crossroadspsyched.net
Web Address	www.crossroadspsyched.net
Age Group	Adolescents, Adults, and Families
Insurances Accepted	Call to inquire about insurance.
Services Provided	Provides therapy for adolescents, adults, and families. Specializes in working with adolescents and complex family systems. Also provides therapeutic residential placements in therapeutic wilderness programs, therapeutic boarding schools, and residential treatment centers.
Language spoken other than English	German, Hebrew, Yiddish

Cynthia Kalodner, Ph.D.	
Address and phone number	10015 Old Columbia Road, Suite B215 Columbia, MD 21046 (443) 542-5855
Email	crkalodner@gmail.com
Age Group	Teenagers (16+), Adults, and Couples
Insurances Accepted	Call to inquire about insurance
Services Provided	Specializes in anxiety and mood issues, using cognitive behavioral approaches with mindfulness and positive psychology

Stephanie Weiland Knarr PhD, LCMFT	
Address and phone number	9660 Iron Leaf Trail Laurel, MD 20723 (301) 490-1011
Website	www.drstephanieonline.com
Age Group	Children, Adults, and Families
Insurances Accepted	Blue Cross Blue Shield, Care First, Tricare, Aetna, Self-Pay
Services Provided	Marriage and family therapy practice. Specializing in treatment of PTSD and anxiety disorders for adults and children.

Saul N. Lieberman, Ph.D.	
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Address and phone number	8640 Guilford Road, Suite 254 Columbia, MD 21046 (410) 908-7720
Email	snliebermanphd@yahoo.com
Age Group	Children, Adolescents, Adults, and Families
Insurances Accepted	Blue Cross Blue Shield, Johns Hopkins
Services Provided	Serving Children, Adolescents, Adults 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.

Thomas K. Swisher, J.D., Ph.D.	
Address and phone number	Swisher Counseling & Mediation 2875 Bethany Lane Ellicott City, MD 21042 (443) 996-6659
Email	swishtom@gmail.com
Web Address	www.tswisher.com
Insurances Accepted	Self-Pay
Age Group	Children, Adolescents, Adults, and Families
Services Provided	Serving children, adolescents, families, individual & couples counseling. Family focused therapy, support groups (grief, divorce, caregivers). Unique services in coping with divorce and divorce mediation. Also addressing Anxiety, Grief/Loss, Depression, Marital Therapy ADD/ADHD, Anger Management, Stress, Trauma Counseling, Blended Families, Parenting.

Laura Margolis, Ph.D.	
Address and phone number	3454 Ellicott Center Drive, Suite 106 Ellicott City, MD 21043 (410) 461-3760
Web Address	www.marylandpsychcenters.com
Insurances Accepted	Self-Pay
Age Group	Children, Adolescents, and Adults
Services Provided	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.	
Address and phone number	Stellar Marks, LLC 10440 Shaker Drive, #105 Columbia, MD 21046 (443) 878-3544
Email	dr.sam.marks@gmail.com
Web Address	www.samanthamarks.com
Insurances Accepted	Out-of-Network Provider
Age Group	Teenagers and Young Adults
Services Provided	Specialty is Autism Spectrum Disorder. Provides counseling, executive function coaching, evaluations, and psychiatric services. Works with teenagers and young adults with all issues, including “Failure to Launch.” Performance psychology with athletes, musicians, and others.
Language spoken other than English	Spanish

Dayli N. Marrero, Ph.D	
Address and phone number	10632 Little Patuxent Parkway, Suite 343 Columbia, MD 21044 (410) 997-7373
Insurances Accepted	Aetna, United Behavioral Health, Kaiser, Tri-Care, CareFirst
Age Group	Children, Adolescents, and Adults
Services Provided	Psychotherapy for children, adolescents and adults.
Language spoken other than English	Spanish

Gwen L. Martinsen, Ph.D.	
Address and phone number	9424 Bullring Lane Columbia, MD 21045 (410) 963-9670
Insurances Accepted	All CareFirst plans except HMOs, Medicaid, Tricare
Age Group	Infants, Toddlers, Children, Adolescents, and Young Adults
Services Provided	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.

Kim Moss, Psy.D.	
Address and phone number	3355 St. John's Lane, Suite F Ellicott City, MD 21042 (410) 655-1834
Insurances Accepted	Blue Cross Blue Shield, UHC, Kaiser, Medicare, Medicaid, Sliding
Age Group	Adolescents and Young Adults
Services Provided	Psychotherapeutic services to adolescents and adults.

Peter H. Musser, Ph.D.	
Address and phone number	3355 St. John's Lane Ellicott City, MD 21042
Email	drpetermusser@gmail.com
Insurances Accepted	Self-Pay
Age Group	Young Adults and Adults
Services Provided	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.

Edward V. Pecukonis, MSW, Ph.D.	
Address and phone number	3244 Danmark Drive Glenwood, MD 21738 (410) 493-1530
Email	marya@lechevalstable.org
Web Address	www.lechevalstable.org
Insurances Accepted	Blue Cross Blue Shield, Self-Pay, Meridian, Tricare
Age Group	Children and Adults
Services Provided	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, and counseling services. Substance abuse/abuse assessment, depression, and anxiety disorders.
Language spoken other than English	Interpreters available on request, including American Sign Language

Bikash Sharma: Psychiatrist, MD

Address and phone number	3525 Ellicott Mills Drive, Suite D, Ellicott City, MD 21043 (410) 220-6478
Age Group	Teenagers and Adults
Insurances Accepted	Aetna, Anthem, BCBS, CareFirst, Cigna/ Evernorth, Johns Hopkins, Medicaid, Medicare, Optum, TriWest, UMR, UnitedHealthcare UHC UBH, VA Community Care Network (CCN), Out of Network.
Telehealth Services	Yes
Services Provided	Dr. Sharma is licensed in MD and VA. We are providing Telepsychiatry during this Pandemic situation to ensure safety of our patients- We also offer Initial Psychiatric Evaluation through Telepsychiatry within a week of your intake- Additional services we provide include: Esketamine (Spravato) assisted psychotherapy for hard to treat (treatment resistant) depression. We also offer Opioids and Alcohol addiction treatment (Vivitrol, Suboxone, Sublocade). Serving Teenagers & Adults.Specialties in Substance abuse, Alcohol use, ADHD, Anxiety, Dual diagnosis, Emotional Disturbance, Grief, Medication management, Personality disorders, Stress, Trauma/PTSD.
Language spoken other than English	Nepali, Bengali

Harvey M. Rapp, Ph.D.	
Address and phone number	5401 Twin Knolls Road, Suite 7 Columbia, MD 21045 (410) 730-4442
Email	hmrapp62@hotmail.com
Age Group	Children, Adolescents, Adults, and Seniors
Insurances Accepted	Most insurance accepted
Services Provided	Outpatient psychotherapy and psychological testing for children, adolescents, adults, and seniors. Specialize in ADD, learning disability, job stress, anxiety, depression

Brenda Alpert Sigall, Ph.D., CEDS	
Address and phone number	5060 Castle Moor Drive Columbia, MD 21044 (410) 730-6151
Email	bas@umd.edu
Age Group	Adolescents and Adults

Insurances Accepted	Self-Pay
Services Provided	Outpatient services to adolescents and adults. Specializes in depression, anxiety, hair pulling/skin picking, adolescents and technology issues (cyber bullying, sexting, etc.), adolescent and adult grief. Psycho-educational and social emotional assessments.

Tywanna Hamilton, Psychiatric Nurse Practitioner, CRNP, PMHNP, APRN	
Address and phone number	9091 Snowden River Parkway Columbia, MD 21046 (443) 218-9974
Age Group	Preteens, Teenagers, Adults, and Seniors (65+)
Insurances Accepted	BlueCross and BlueShield, CareFirst, GEHA, Medicaid, Medicare,
Services Provided	Specialties in Depression, ADHD, Anxiety, Bipolar Disorder, Elderly Persons Disorders Medication Management, Mood Disorders, Trauma and PTSD.

Gail K. Walter, Ph.D.	
Address and phone number	The Family Center 4785 Dorsey Hall Drive, Suite 109 Ellicott City, MD 21042 (410) 531-5087
Email	Thefamilycenter2@msn.com
Age Group	Children, Adolescents, and Families
Insurances Accepted	Self-Pay
Services Provided	Provides therapy for children, adolescents, and families. Specializes in the treatment of anxiety and mood disorders, grief and loss issues and parenting challenges

Anne Marie Zwycewicz, Ph.D.	
Address and phone number	6510 Belleview Drive Columbia, MD 21046 (410) 997-0026
Age Group	Young Adults, Adults, and Families
Insurances Accepted	Call to inquire about insurance
Services Provided	Outpatient counseling services to young adults, adults, couples. Therapeutic approach is an integration of cognitive, behavioral, and experiential orientations.

PSYCHOLOGISTS

Abena Brown-Elhillali, Psychologist, PhD	
Address and phone number	Safe Space for Family Healing Columbia, MD 21044 (301) 841-5352
Email	connect@safespacemd.com
Web Address	www.safespacemd.org
Insurances Accepted	Blue Cross Blue Shield, Carefirst, Cigna/Evernorth, United Healthcare and Out of Network
Age Group	Toddlers, Children 6-10, Preteen, Teenagers, Adults and
Services Provided	Therapy approaches TF-CBT, PCIT & CPC-CBT, Culturally Sensitive , Trauma focused. Specialties in Trauma/PTSD, Anxiety, Yoga based therapy & Children. As well as Behavioral Issues, Coping Skills, Depression, Divorce, Family Conflict, Mood Disorders, Parenting, Relationship Issues, School Issues, Self Esteem, Stress.

Gifty Addai-Pickett, Psychiatric Nurse Practitioner, CRNP, PMHNP	
Address and phone number	10630 Little Patuxent Parkway Columbia, MD 21044 (443) 917-4211 or (240) 209-9825
Email	customercare@omiahbhw.com
Web Address	www.omiahbhwllc.com
Insurances Accepted	Aetna Aetna Coventry, Anthem, Blue Cross Blue Shield, CareFirst, Cigna, Maryland Medicaid (Amerigroup, Aetna Medicaid, Maryland Physician, Kaiser Permanente, Medstar Family Choice, Priority Partners, United Healthcare, University Maryland Health Partners), Medicare, United Healthcare UHC UBH
Age Group	Children, Adolescents and Seniors
Services Provided	Holistic approach with specialties in mood disturbances, depression, anxiety, adjustment disorders, bipolar disorders, schizophrenia, OCD, PTSD and ADHD.

Diane Brumfield, Med, NCC, LCPC (Telehealth Only)	
Address and phone number	(410) 925-3202
Email	dianebrumfield@crystalwaterscounseling.com
Web Address	crystalwaterscounseling.com

Insurances Accepted	Cigna/Evernorth, Carefirst, Blue Cross Blue Shield and Out of Network
Age Group	Toddlers, Children (6-10), Preteen, Teenagers, Adults, and Seniors (65+)
Services Provided	Specialize in assisting clients in coping with anxiety and depression, mental health disorders, learning disabilities or any other specific needs. I also provide parental support and coaching to encourage, teach and collaborate as needed. Specializations in CBT, MBCT, SFBT, play and reality therapy

Rosalind Ceasar, LCPC, NCC (Telehealth Only)	
Address and phone number	Ahomka Counseling LLC Elkridge, MD 21075 (410) 936-4037
Insurances Accepted	Blue Cross Blue Shield, CareFirst, Cigna/ Evernorth, Optum, UnitedHealthcare UHC UBH
Age Group	All Ages
Services Provided	Client Focus: African American, African & Other Ethnic backgrounds Specialties in Behavioral issues, family conflict and parenting, life transitions, school issues, self-esteem, coping skills, grief, stress.

Kelly Streit, LCPC	
Address and phone number	Columbia, MD, 21045 516 North Rolling Road Suite 305 (443) 920-4315
Email	kstreit@traumapsychotherapyservices.com
Web Address	https://www.advancedemdrtherapy.com/#services
Age Group	Age group; Adults & Elders 65+
Insurances Accepted	Insurance: Cigna/Evernorth, Optum, United Healthcare, Johns Hopkins (JHS), Out of network.
Telehealth Services	Yes

Services Provided	<p>She specializes in anxiety and trauma-related issues, including issues pertaining to childhood trauma, deployment, sexual abuse, CPTSD and PTSD. I also help with issues related to sleep and phobias such as, fear of driving or flying, phobias related to foods, among other phobias. I'm here to walk alongside you on your journey to the you that wears less pain and helps you get back to doing things that you once enjoyed.</p> <p><u>Approaches:</u></p> <ul style="list-style-type: none"> •Trauma Counseling, Behavioral Therapy, Cognitive Behavioral Therapy (CBT) •Eye Movement Desensitization & Reprocessing Therapy (EMDR) •Attachment-Based, Gestalt Therapy, Imaginal Nurturing •Ego States, and Attachment-April Steele •Brainspotting, Adlerian, Ego State Therapy
Language spoken	None listed

Alis Africano, LCPC	
Address and phone number	<p>LifeStance Health 5850 Waterloo Rd, Suite 230 Columbia, MD 21045 (667) 646-2743</p>
Age Group	Children (6-10), Preteen, Asolesents, Young Adults, and Seniors
Insurances Accepted	Aetna, Cigna (Evernorth), MediNcrease Health Plans, Optum (United Healthcare), Humana, MutliPlan & Tricare East (Humana)
Telehealth Services	Yes
Services Provided	<p>Vast experience working with families and individuals across their lifespan as well as working with Depression, Anxiety, ADHD, Traumatic experiences, Domestic violence, Grief/Loss, Blended families, reunification, Acculturation process, Midlife Transitions, PTSD/Trauma, Sleep disorders/Insomnia, Women's issues, School Avoidance, Postpartum depression, and anxiety. Therapy approaches: Family therapy, Parenting skills, CBT, DBT, Parent child interaction therapy (PCIT), Acceptance & Commitment therapy (ACT).</p>
Language spoken other than English	Spanish

Jennifer H Bozenski, LPC (Telehealth only)

Address and phone number	5570 Sterrett Place Suite 310 Columbia, MD 21044 (443) 693-5297
Age Group	Asolescents and Adults
Insurances Accepted	Cigna, Evernorth, Out of Network, Cash, or Check
Services Provided	Experience with Self-Esteem, Grief, Depression, Mood Disorders, Anxiety, Relationship Issues, Life Transitions, LGBTQ+

Ben Sarcia, MA, BCBA	
Address and phone number	7090 Samuel Morse Drive, Suite 100 Columbia, MD 21046 (667) 200-0498
Web Address	www.verbalbeginnings.com
Age Group	Toddler, Children (6-10), Preteen, and Teenagers
Insurances Accepted	Aetna, Anthem, Blue Cross Blue Shield, CareFirst, Cigna / Evernorth, ComPsych, Humana, Magellan, Optum, Self-Pay, United Healthcare UHC UBH
Services Provided	Focus on Applied Behavioral Analysis (ABA) therapy. Experience in Autism, Avoidant Restrictive Food Intake Disorder, Eating Disorders, Feeding Disorders, Intellectual Disabilities.

Erika Stewart, PMHNP-BC, PMH-C (Telehealth Only)	
Email	info@brighterdaypsychiatry.com
Web Address	www.brighterdaypsychiatry.com
Age Group	Teenagers 16+
Insurances Accepted	Maryland Residents: Cigna, United Health Care, Aetna, John Hopkins EHP, Carefirst, and Medicaid
Services Provided	Has been in health care field for over 18 years. Her nursing background allows her to provide a holistic and compassionate approach to mental health. Provides psychiatric evaluations and medication for various mental health condition, certified in perinatal mental health, specialize in prescribing medication for those who are trying to conceive, pregnant or postpartum, mood disorders, binge eating disorder, anxiety, depression, PTSD, ADHD, and OCD.

Darrius Humphrey, LCPC

Address and phone number	10320 Little Patuxent Pkwy #200 Columbia, Maryland 21044 (786) 244-7477
Web Address	https://provider.growtherapy.com/book-appointment?id=7638&ref=tfbm&utm_source=pt&utm_medium=booking-link&utm_campaign=l-standard-profile
Age Group	Adolescents, Teenagers (14-19), Adults, and Couples
Insurances Accepted	Aetna, CareFirst, Cigna, Humana, Optum, United Healthcare, EAP: Cigna, EAP: United/Optum, Evernorth, Golden Rule
Telehealth Services	Yes
Services Provided	<ul style="list-style-type: none"> •Couples Counseling, Mood disorders & Dissociative disorders •Addressing concerns of Anger Management, Anxiety, Bipolar Disorder, Coping Skills •Depression, Family Conflict, Men's Issues, Parenting, Peer Relationships, Self Esteem, Self-Harming, Spirituality, Trauma and PTSD. •Therapy treatments: CBT & Trauma focused.

Aniekan Vincent, Psychiatric Nurse Practitioner, NP	
Address and phone number	10320 Little Patuxent Pkwy #200 Columbia, Maryland 21044 (786) 244-7477
Age Group	Children (6-10), Preteens and Tweens (11-13), Adolescents and Teenagers (14-19), Adults, and Seniors (65+)
Insurances Accepted	CareFirst, Cigna, Optum, United Healthcare, Evernorth, Golden Rule
Telehealth Services	Yes
Services Provided	Specialities include: <ul style="list-style-type: none"> •Mood Disorders •Personality Disorders •Treatment Approaches: Cognitive Behavioral (CBT) •Addressing concerns of Anxiety, Bipolar disorder, Depression, Obsessive-Compulsive (OCD), Trauma & PTSD.

Junko Araki, LCPC, LPC, BC-DMT (Telehealth Only)	
Web Address	www.somaticdancetherapy.com
Age Group	Adolescents and Adults
Insurances Accepted	Blue Cross Blue Shield, Private-Pay, Out of Network

Services Provided	Specializes in mindfulness-based, dance movement, expressive arts, trauma focused. creative activities. Services: PTSD/ trauma, self-esteem, relationship issues, depression, anxiety.
Language spoken other than English	English and Japanese

Toyin Fasosin, MA, LGPC (Telehealth Only)	
Address and phone number	8894 Stanford Boulevard Columbia, MD 21045 (443) 315-2874 or (443) 574-5957
Email	evolvewithtoyin@gmail.com
Web Address	www.evolvecounselinggroup.com
Age Group	Teenager and Adults
Insurances Accepted	Blue Cross Blue Shield, Carefirst, Cigna/Evernorth, JHS, United Healthcare
Services Provided	Specialities includes: Therapeutic approach is integrative, encompassing person-centered therapy (PCT), cognitive behavioral therapy (CBT), and other evidence-based therapies. Specialties Anxiety, Depression, Adjustment disorder, Women's issues, Mood disorders, and thinking disorders.

Danny Miller, LCPC - Healing Songs Therapy	
Address and phone number	3565 Ellicott Mills Drive, Suite 208 Ellicott City, MD 21043 US (240) 583-0351
Email	danny@healingsongstherapy.com
Web Address	www.healingsongstherapy.com
Age Group	Asolescents and Young Adults
Insurances Accepted	Private-Pay and Out of Network
Services Provided	Trained to administer cognitive behavioral therapy, schema therapy, prolonged exposure therapy, exposure/ response prevention & dialectical behavior therapy for adults, couples, teenagers. Specialties include acute stress caused traumatic events, chronic distress caused by long-term abuse or neglect, complex grief, anxiety disorders, adolescent/young adult issues, and patterns of unhelpful behavior leading to profound distress and relational difficulties.

Carmen Rickman, LCSW-C - Introspective Solutions

Address and phone number	Columbia, MD 21045 (410) 632-6896
Email	carmen@introspectivesolutions.com; info@introspectivesolutions.com
Web Address	www.introspectivesolutions.com/counseling
Age Group	Preteen, Teenagers, Adults, and Families
Insurances Accepted	Carefirst, BCBS & United Health Care and Self-Pay□
Services Provided	Specialties in Abuse/Neglect, Adoption/Foster Care, Anxiety, Attachment, Life Transitions/Adjustments and Other Stressors, PTSD, Self-Esteem/Self-Confidence, Self-Exploration, Trauma. Therapies in AFFT, BSP, CBT, EMDR, IFS, Sand/Tray, Solution focused, trauma focused.

A Victoria Maranto, MS, LCP, NCC, CTP	
Address and phone number	Village Counseling 8181 Main Street, 2nd Floor Ellicott City, MD 21043
Age Group	Preteen, Teenagers, and Adults
Insurances Accepted	Anthem, Blue Cross Blue Shield, Carefirst, Cigna/Evernorth, Johns Hopkins, United Healthcare, Out of Network
Telehealth Services	Yes
Services Provided	Focus Areas: LGBTQ+ Specialities include: Trauma/PTSD, Anxiety, Stress, depression, ADHD, coping skills, suicidal ideation, self-harming. In addition to talk therapy, EMDR Therapy, guided visualization, meditation, mindfulness, nature-informed practices, therapeutic art, and soothing breath-work.

Kaitlin Carlson - Licensed Clinical Social Worker - Certified (LCSW-Certified)	
Address and phone number	5410 Lynx Lane, Suite 285 Columbia, MD 21044
Web Address	thriveworks.com/therapist/md/kaitlin-carlson
Age Group	Children (6-10), Adolescents, Adults, and Families
Insurances Accepted	Blue Cross Blue Shield Anthem (Blue Card) CareFirst BlueCross BlueShield Maryland BCBS HMO
Telehealth Services	Yes

Services Provided	Focuses on treating those who are experiencing negative effects as a result of anger issues, anxiety, stress, depression, ADHD, children's issues, self-harm behaviors, and more. Therapy approaches CBT, SFBT, Family systems, Structural family therapy.
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Julie Kotler, LCPC, LCPAT, ATR-BC (Telehealth Only)	
Address and phone number	Columbia, MD 21044
Email	Juliekotler@palettepartners.com
Web Address	www.palettepartners.com
Age Group	Women, Men, Couples, Families, and Parents
Insurances Accepted	Private-Pay and Out of Network
Services Provided	Provides outpatient counseling to families, adults, couple focusing on depression, anxiety, life transitions, family challenges and parent coaching. Focusing on Talk therapy with Individual/Couples, Art therapy, Parent coaching, Eating Psychology.

Tori-Lyn Mills, LCPC (Telehealth Only)	
Address and phone number	5410 Lynx Lane, Suite 285 Columbia, MD 21044 Scheduling referral (667) 200-0971
Age Group	Adolescents, Adults, Couples and Seniors 65+
Insurances Accepted	Aetna, Beacon, Blue Cross Blue Shield, Carefirst, Cigna/Evernorth, Humana, TRICARE, United Healthcare.
Services Provided	Specialties cognitive behavioral therapy, family therapy, depression, family conflict, anxiety, grief, and loss, parenting issues, codependency, and self-esteem. Tori partners with clients to increase self-awareness with clients to increase self-awareness, cultivate empowerment, encourage positive change, and most importantly to work toward achieving the goals that clients set forth for themselves.

Cynthia Cho, LCMFT, RPT	
Address and phone number	New Leaf Counseling Services LLC 3290 Pine Orchard Lane, Suite A5 Ellicott City, MD 21042 (443) 214-3577
Email	ccho@newleafmd.net

Web Address	www.newleafmd.com
Age Group	Children 5-10, Preteen, Teenagers, Adults, and Seniors
Insurances Accepted	Blue Cross Blue Shield, Carefirst, Cigna/Evernoth, Johns Hopkins
Services Provided	Client focus: Asian & Hispanic/Latino Primary focuses are anxiety, attention deficit hyperactivity disorder, communication issues, depression, family therapy, grief and loss, parenting concerns, and trauma.

Markeeta M Martin, LCPC (Telehealth Only)	
Address and phone number	Elkridge, MD 21075 (410) 397-7521
Age Group	Preteen, Teenagers, and Adults
Insurances Accepted	Blue Cross Blue Shield, Amerigroup, Carefirst, Jai medical, Kaiser, Out of Network, MD Physicians care, Medicaid, Medstar family choice, Optum, Priority Partners, UnitedHealthcare.
Services Provided	Heavy experience with Anxiety, Behavioral Issues, Depression, Stress, ADHD, Oppositional Defiance (ODD), Relationship issues, Self-esteem, Social phobia & Women's issues. She has provided services at a juvenile detention center, college campus, hospitals, and within court programs. Utilizing a multi-modal approach, her styles include components of Eclectic, Person Centered / Client Centered & SFBT (Solution Focused Brief).

Mingxin Wei, LCPC	
Address and phone number	10440 Shaker Drive, #207 Columbia, MD 21046 (443) 328-4946
Email	mingxinweilgpc@gmail.com
Web Address	www.anchorcounselingcenters.com/mingxin-wei-lgpc.html
Age Group	Teenagers and Adults
Insurances Accepted	Optum, Unitedhealthcare, Carefirst, Blue Cross Blue Shield, Cigna, Tricare, Johns Hopkins
Telehealth Services	Yes
Services Provided	She incorporates Person-centered, Cognitive Behavioral, Gestalt, Existential, Mindfulness, and Feminist therapy into her practice. She works with teenagers and adults. Her primary areas of practice include depression, anxiety, self-esteem, life transitions, grief, interpersonal relationship issues, LGBTQ+, family conflict, suicidal ideation, self-harming, women's issues, and trauma.
Language spoken other than English	English and Mandarin

SOCIAL WORKERS LPC

Maria Adamos, LCPC	
Address and phone number	Congruent Counseling 10630 Little Patuxent Parkway, Suite 209 Columbia, MD 21044 (410) 740-8066
Web Address	www.congruentcounseling.com
Age Group	Call to inquire about ages
Insurances Accepted	Aetna, Blue Cross Blue Shield, Cigna, Johns Hopkins, Magellan
Services Provided	Provides outpatient and intensive outpatient services. Provides therapeutic treatment for mental health conditions including Bipolar Disorder, Schizophrenia, Major Depressive Disorder, and Body Focused Repetitive Behaviors (i.e. trichotillomania, skin picking, etc.).

Berni J. Antelman, MSW, LCSW-C	
Address and phone number	10630 Little Patuxent Parkway, Suite 307 Columbia, MD 21044-3204 (410) 740-0409
Email	bernilesw@aol.com
Age Group	Children (2 and Up), Adolescents, Adults, Couples and Families
Insurances Accepted	Blue Cross Blue Shield, UBH, Aetna, Cigna
Services Provided	Specializing in 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.

Libby Barritt, LCPC	
Address and phone number	Crossroads Psychological Associates, LLC 10784 Hickory Ridge Road Columbia, MD 21044 (410) 964-0425
Email	libby.barritt@crossroadspych.net
Web Address	www.crossroadspych.net
Age Group	Young Adults
Insurances Accepted	Self-Pay, Out of Network
Services Provided	Provides counseling to young adults with anxiety, depression, and substance abuse. Trained in Eye Movement Desensitization Reprocessing (EMDR) therapy.

Duarte Aguiar, LCPC, NCC	
Address and phone number	5410 Lynx Lane, Suite 285 Columbia, MD 21044
Web Address	www.thriveworks.com/columbia-md-counseling-therapy
Age Group	Children (6-10), Preteen/Teenagers, Adults, and Seniors 65+
Insurances Accepted	Aetna, Beacon, Carefirst, Cigna/Evernorth, ComPsych, Humana,
Telehealth Services	Yes
Services Provided	Specializes in the use of Cognitive Behavioral Therapy (CBT), Trauma-Focused CBT, Motivational Interviewing, Person-Centered Approach, and Pastoral Counseling to treat various diagnoses. Duarte's philosophy of care as a spiritually oriented therapist consists of a holistic perspective of the person(s) present in therapy. Can provide Christian counseling. Specialties Anxiety, Trauma/PTSD, Depression, Self-harming, Suicidal ideation, Substance abuse, Parenting, Men's issues, Life transitions, Dual diagnosis, Anger management.
Language spoken other than English	Portuguese and Spanish

Anshu Basnyat, LCPC	
Address and phone number	The Empowered Parent 3355 St. John's Lane, Suite F
Web Address	www.theempoweredparent.net
Age Group	Children, Adolescents, and Adults
Insurances Accepted	Blue Cross Blue Shield, Cigna, JHH-EHP, Aetna
Services Provided	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.

Anne Arena, MA, CAS	
Address and phone number	The Family Center 4785 Dorsey Hall Drive, Suite 109

Tracy Jordan, LCSW-C	
Address and phone number	5126 Dorsey Hall Drive, #202 Ellicott City, MD 21042 (410) 774-6662
Web Address	www.tracyjordanlcsw-c.vpweb.com

Age Group	Toddlers, Children (6-10), Adolescents, Adults
Insurances Accepted	Johns Hopkins Healthcare- EHP/USFHP, United Healthcare
Telehealth Services	Yes
Services Provided	Enjoy running support groups. Believes that everyone has strengths that can support and guide them through hard times. Areas of focus Depression, Post-partum issues, Anxiety, Behavior management for children, skills for parents, Young-adulthood transition issues, Separation/ Divorce issues, Separation/Divorce support groups, Support groups for children/ adolescents experiencing their parents' divorce, Exploration of being bi/multi-racial.

Kami Wagner, Coordinator of Student Support Programs (HCPSS School Social Work Services)	
Phone number	(410) 313-7178

Consuela Robinson, LCSW-C, Instructional Facilitator of Social Work Services (The Office of Social Work)	
Phone number	(410) 313-7030
Insurances Accepted	Aetna, Amerigroup, BCBS, Carefirst. Cigna/Evernorth, Medicare, JHS, Magellan, Humana, Medicaid, Medicare, Tricare, United Healthcare, VA community network, Out of Network.
Services Provided	Specializes in treating PTSD, OCD, phobias, and GAD using exposure therapy. Therapies in CBT, DBT, MBCT, SFBT.

Nicole Millner, LCMFT	
Address and phone number	Discover Yourself Wellness Center 10715 Charter Drive, Suite 130 Columbia, MD 21044
Web Address	www.discoveryyourselfwellness.com
Age Group	Preteen, Teenagers, and Adults
Insurances Accepted	Blue Cross Blue Shield, Self-Pay, Out of Network
Telehealth Services	Yes
Services Provided	Communities served LGBTQ. Approaches to therapy CBT, SFBT, Family therapy, structural family therapy. She utilizes a systemic approach in treatment, which considers the exploration of family of origin, psycho-social, and individual factors that impact my client's lives. Specialties in relationship issues, family conflict, life transitions, depression, grief, parenting, school issues, infidelity, self-esteem, coping skills, children, anxiety, and ADHD.

Jane Marie Bisco, LCSW-C	
Address and phone number	5140 Celestial Way Columbia, MD 21044 (410) 428-6801
Web Address	www.columbiatherapy.webs.com
Age Group	Children 6+, Adolescents, and Adults
Insurances Accepted	APS Healthcare, Aetna, Anthem, Blue Cross Blue Shield, CareFirst, Cigna, GEHA, Humana, Magellan, Optum, UnitedHealthcare, Out of Network
Telehealth Services	Yes
Services Provided	Cognitive Behavioral Therapy, Positive Psychology, Internal Family Systems, EMDR, mindfulness techniques, and other treatment modalities. Approaches to therapy CBT, Pet therapy, Grief therapy, Medical/Chronic illness.

Robert J. Carbo, LCSW-C	
Address and phone number	6213 Ashton Park Court Columbia, MD 21044 (410) 964-1770
Web Address	www.healthcare4ppl.com
Age Group	Adolescents and Adults
Insurances Accepted	Most major insurances accepted
Services Provided	Outpatient counseling services to adolescents and adults, individual and couples counseling

Focused Care Therapy Group	
Address and phone number	3355 Saint Johns Lane Ellicott City, MD 21042 (410) 824-5011
Web Address	www.focusedcaretherapy.com
Age Group	Children, Youth, and Adults
Insurances Accepted	Blue Cross Blue Shield, Cigna, Aetna, Cigna, Lyra Health, Carefirst, and Medicaid.
Services Provided	Practice focus on mood, anxiety, trauma, stress, behavioral concerns like aggression and problems in school. Children in Foster care, LGBTQ+ youth and immigrant families. Services to Adults are give similar as well as anxiety, depression, adjustment disorders, and families adjusting to adoption or foster care placement.

Brittany Cephas, M.Ed, LCPC, NCC (Telehealth Only)	
Address and phone number	Growing Young Minds Counseling 10015 Old Columbia Road Columbia, MD 21046 (301) 679-0277
Web Address	www.grow-minds.com
Insurances Accepted	Blue Cross Blue Shield, CareFirst, Cigna, and Aetna
Services Provided	Individual, group, and family counseling. Specialties include ADHD, Anxiety, Behavioral Issues, Depression, Emotional Disturbance, Family Conflict, Grief, Life Self-Harming, Sexual Abuse, Stress, Suicidal Ideation, Transgender, Trauma and PTSD. Types of approaches and therapy includes cognitive behavioral (CBT), dance/ movement, expressive arts, multicultural, trauma focused, yoga.

Sarah Aleem PhD, LICSW, LCSW-C	
Address and phone number	5840 Bannekar Road Columbia, MD 21044 (410) 469-8893
Age Group	Call to inquiry regarding ages
Insurances Accepted	Blue Cross Blue Shield, Aetna, CareFirst, Cigna & Evernorth, JHS, Magellan, Optum, and Out of Network
Services Provided	Client focus: Asian and variety of ethnic backgrounds Specialities include: Anxiety, Relationship Issues, ADHD, Anger management, Child, Coping skills, dual diagnosis, grief, immigration stress, life transitions, sleep/insomnia, suicidal ideation, teen violence, PTSD/Trauma. Therapies: CBT, CPT, culturally sensitive, EMDR, Multicultural, Play therapy, Emotionally focused.
Language spoken other than English	Urdu and Hindi

Melania O’Hatnick, MA, LCPC	
Address and phone number	Connect Counseling Services Ellicott City, MD 21042
Web Address	www.psychologytoday.com/us/therapists/melania-ohatnick-ellicott
Age Group	Toddlers, Children (6-10), Preteen, Teenagers, Adults, and Seniors

Insurances Accepted	Blue Cross Blue Shield, Self-Pay, Out of Network
Telehealth Services	Yes
Services Provided	Specialties in trauma, weight loss, anxiety, EMDR, body centered therapy, CBT, IFS, MBCT.

Tomi Schon, LCSW-C	
Address and phone number	8850 Columbia 100 Parkway, Suite 203 Columbia, MD 21045 (410) 346-9216
Age Group	Toddlers, Children (6-10), Preteen, Teenagers, Adults, and Seniors
Insurances Accepted	Blue Cross Blue Shield, Carefirst, Johns Hopkins, UnitedHealthcare.
Services Provided	Specialties in depression, anxiety, and behavioral issues. Therapy approaches in CBT, IFS, PCIT, Person centered, play therapy. Focus on ADHD, Anger management, Bipolar disorder, coping skills, grief, life coaching, parenting, peer relationship issues, school issues, trauma, and PTSD.

Jennifer Lynn Schoo, LCSW-C (Telehealth Only)	
Address and phone number	8165 Cyprus Cedar Lane Suite 201 Ellicott City, MD 21043 (410) 777-8054
Age Group	Preteen, Teenagers, and Adults
Insurances Accepted	Aetna, TRICARE, GEHA, UnitedHealth care, Out of Network
Telehealth Services	Yes
Services Provided	Specialties in depression, anxiety, interpersonal relationships, family conflict, physical/sexual/emotional abuse and substance abuse. I use cognitive behavioral, mindfulness and solution focused techniques in treatment to help identify client strengths, obstacles to recovery and short term and long-term goals for treatment.

Cindy Cisneros, LCPC-S, LPC	
Address and phone number	5560 Sterrett Place, Suite 103 Columbia, MD 21044 (443) 741-2294
Email	cindy@creativelyllc.com
Web Address	www.creativelyllc.com
Age Group	Adolescents and Adults
Insurances Accepted	Blue Cross Blue Shield, FEP, CareFirst, Magellan, and Self-Pay

Services Provided	Artist and licensed professional counselor that provides individual therapy, creative workshops, and groups. Specializing in working with artists and creative personalities. 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.
Language spoken other than English	Some Spanish

Zev Sheppard, LMSW	
Address and phone number	Congruent Counseling Services 10630 Little Patuxent Parkway, Suite 209 Columbia, MD 21044 (240) 549-6456
Web Address	www.congruentcounseling.com/team_member/zev-sheppard
Age Group	Preteen, Teenagers, Adults, and Seniors 65+
Insurances Accepted	Blue Cross Blue Shield, Carefirst, Cigna/Evernoth and Out of Network
Services Provided	Sessions will include talk-therapy, reflection, and the development of healthy coping skills using a client-centered model. Has experience working with individuals with anxiety, depression, anger management, coping skills, developmental disorders, dual diagnosis, life transitions, school issues, suicidal ideation, transgender, trauma, ADHD, chronic illnesses, and other diagnoses with both individuals and families seeking short-term and long-term treatment.

Jodi Cobb, Ph.D., LCMFT	
Address and phone number	Peer Bridges, LLC Ellicott City, MD 21043 (443) 574-5322
Email	jcobb@peerbridges.com
Web Address	www.peerbridges.com
Age Group	Children, Teens, and Parents
Insurances Accepted	Self pay, Out of Network, Superbill Reimbursement
Services Provided	Family centered therapy for children, teens and parents. Specialties include families impacted by autism spectrum disorders, attachment issues, adoption, foster care, sexual abuse, trauma, and LGBTQ issues.

Angela Alborn, LCSW

Address and phone number	New Life Therapy Center Columbia, MD 21045 (443) 565-6569
Age Group	Children (6-10), Preteen, Teenagers, and Adults
Insurances Accepted	Aetna, Cigna/Evernorth, Optum, UnitedHealthcare/UBH, VA
Telehealth Services	Yes
Services Provided	Working together utilizing narrative therapy, CBT, DBT, motivational interviewing, trauma focused therapy or mindfulness practices to unlock your full potential. My core motivation is meeting you where you are and empowering you to reach your most authentic and centered life. Specialties in Depression, Anxiety and Bipolar disorder.

Lisa Cohen, LCPC, CAC-AD	
Address and phone number	Congruent Counseling 10630 Little Patuxent Parkway, Suite 209 Columbia, MD 21044 (443) 741-2294
Web Address	www.congruentcounseling.com
Age Group	Adolescents
Insurances Accepted	Aetna, Blue Cross Blue Shield, Cigna, Johns Hopkins Health Care, Magellan
Services Provided	Adolescent Substance Treatment Services to address mental health, substance-related, family, legal, and school issues.

Jennifer Crawford McCormick, LCSW-C	
Address and phone number	Focused Solutions, LLC 5550 Sterrett Place, Suite 200 Columbia, MD 21044 (410) 884-6031
Email	jcrawford@focusedsolution.net
Age Group	Adolescents and Adults <input type="checkbox"/>
Insurances Accepted	Most insurance accepted
Services Provided	Outpatient counseling services to adults and adolescents. Areas of focus are depression, anxiety, post-trauma intervention and workplace issues, grief and mediation.

Jeffrey Crouch, LCSW-C

Address and phone number	10632 Little Patuxent Parkway, Suite 313 Columbia, MD 21044
Email	j.crouch1@verizon.net
Web Address	www.depressionhelpmd.com
Age Group	Childrens, Teenagers, Adults, and Older Adults
Insurances Accepted	Most private and public insurances, and Self-Pay
Services Provided	Provides therapeutic services to children, teens, adults, and older adults. Individual and couples therapy available. Specializes in treatment for depression, bipolar disorder, anxiety, ADHD, anger management, PTSD, and job issues. Utilizes Cognitive Behavioral Therapy (CBT), Community Rehabilitation Treatment (CRT), Mindfulness, hypnosis, Eye Movement Desensitization and Reprocessing Therapy (EMDR), and Gestalt therapy.

Linda Cliff, LCSW-C	
Address and phone number	6100 Daylong Lane, Suite 103 Clarksville, MD 21029 (443) 775-3789
Age Group	Preteen, Adolescents, Adults, and Seniors 65+
Insurances Accepted	Carefirst, Cigna/Evernorth, Johns Hopkins, Tricare (military)
Services Provided	Top specialties in depression, anxiety, family conflict, life transitions, coping skills, coping skills, autism, suicidal ideation, school issues, parenting, mood disorders etc. Religion: Christian.

Suzanne Ricklin- LCSW-C, BCD, CEDS-S	
Address and phone number	5570 Sterrett Place, Suite 101 Columbia, MD 21044 (410) 701-0947 Ext. 3
Age Group	Adolescents, Preteen, Adults, and Seniors 65+
Insurances Accepted	Out-of-Network and Self-pay
Telehealth Services	Yes
Services Provided	Top Specialties: Eating disorders, Depression, Anxiety, ADHD, Grief, Family conflict, Life tranistions, Mood disorders, Parenting, Stress, Trauma/PTSD.

Johanna Roncagliolo-Garcia LCSW-C	
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Address and phone number	10450 Shaker Drive Suite 110 Columbia, MD 21046 (667) 200-0482
Age Group	Children (6-10), Preteen, Teenagers, and Adults
Insurances Accepted	Blue Cross Blue Shield, Aetna, Cigna/Evernorth, JHS.
Services Provided	Specialties in ADHD, Anger Management, Parenting, Peer Relationships, Self-Harming, Stress, Suicidal Ideation, Trauma/PTSD, Women's Issues, Dual Diagnosis, Emotional Disturbance. Therapies in Attachment-based, Cognitive Behavioral (CBT), Psychodynamic, Culturally Sensitive. Insurances: BCBS, Aetna, Cigna/Evernorth, JHS.
Language spoken other than English	Spanish

Christina deGraft-Johnson, LCPC	
Address and phone number	IME Behavioral Health, LLC 8840 Stanford Blvd, Suite 1600 Columbia, MD 21045 (410) 929-6558
Email	christinaimebehavioral@gmail.com
Web Address	www.imebehavioralhealth.com
Age Group	Children, Adolescents, and Young Adults
Insurances Accepted	Self-pay, Blue Cross Blue Shield, Johns Hopkins
Services Provided	Outpatient counseling services for children, adolescents, and young adults.

Michael Derry, LCSW-C	
Address and phone number	Congruent Counseling 10630 Little Patuxent Parkway, Suite 209 Columbia, MD 21044 (410) 740-8066
Web Address	www.congruentcounseling.com
Age Group	Children, Adolescents, and Adults
Insurances Accepted	Cigna, Johns Hopkins Health Care, Magellan, Onenet, United Healthcare

Services Provided	Combines client-centered and strengths-based approaches with Cognitive Behavioral Therapy and motivational interviewing techniques to help clients negotiate challenges and optimize their functioning. Michael works with children, adolescents, and adults. Areas of interest include Mood Disorders (Depression, Bipolar Disorder, Suicidality) Anxiety Disorders Substance Abuse (including Co-occurring Disorders) Child Play Therapy Parenting and Parent-Child Relationship problems School and IEP Coordination Couples and Relationship Counseling Family Therapy Cognitive Behavioral Therapy Self-Esteem and Core Belief Therapy Spirituality and Pastoral Counseling.
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Mark Donovan, MA, LCPC, LCADC	
Address and phone number	Congruent Counseling 10630 Little Patuxent Parkway, Suite 209 Columbia, MD 21044 (410) 740-8066
Web Address	www.congruentcounseling.com
Age Group	Teenagers and Adults
Insurances Accepted	Most insurance plans accepted
Services Provided	Teens and adults with mental health issues including depression, anxiety, attention deficit problems, stress management, family difficulties, substance abuse and addiction.

Barbara E. Dougherty, LCSW-C	
Address and phone number	10451 Twin Rivers Road Columbia, MD 21044 (410) 997-3557
Web Address	www.fcsmd.org
Age Group	Children, Adolescents and Adults
Insurances Accepted	Some insurance accepted
Services Provided	Outpatient counseling services to children, adolescents, and adults. Expert areas of treatment include trauma work.

Katie Downes, LCPC	
Address and phone number	Congruent Counseling 10630 Little Patuxent Parkway, Suite 209 Columbia, MD 21044 (410) 740-8066
Web Address	www.congruentcounseling.com
Age Group	Adults
Insurances Accepted	Most insurance plans accepted

Services Provided	Director of Adult Substance Treatment Services, which includes mental health, family, legal, and work/school issues.
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Elaine K. Drewyer, LCSW-C	
Address and phone number	National Family Resiliency Center 10632 Little Patuxent Parkway, Suite 121 Columbia, MD 21044 (410) 740-9553 Ext. 302
Web Address	www.nfrchelp.org
Age Group	Children, Adolescents and Adults
Insurances Accepted	Self-Pay, Sliding Scale Fee
Services Provided	Outpatient counseling services for children, adolescents and adults, sliding scale fees available, focus on families in transition and mental health/well-being associated with change/loss, marriage counseling, individual, group, family therapy.

Cheryl Duffy-Williams, LCSW-C	
Address and phone number	3525 H Ellicott Mills Drive, Suite A Ellicott City, MD 21043 (443) 224-8634
Email	Cheryl_Duffy@verizon.net
Age Group	Children and Adults
Insurances Accepted	Blue Cross Blue Shield, Magellan, USFHP, Medicare, and Medicaid, sliding fee scale available
Services Provided	Works with children experiencing anxiety, depression, ADHD, oppositional defiant disorder, and general behavior difficulties. Counsels' adults with depression, anxiety, ADHD, and relationships issues.

Shelia D. Duncan, LCSW-C, LICSW, CCP,CGP	
Phone number	1-888-504-6681
Email	sheliaduncan@sheliaduncan.com
Web Address	www.sheliaduncan.com
Age Group	Women ages 18-80
Insurances Accepted	Self-Pay only

Services Provided	<p>Christian Counseling Specializes in helping Christian women to navigate through life transitions, overcome feelings of depression, anxiety, and unbelief, build up their faith and Christ confidence and to forgive themselves and others.</p> <p>Provides individual counseling for women ages 18-80. By applying Christian Counseling with valid psychotherapy intervention such as Supportive Counseling, Solution Focused Brief Therapy, Grief Counseling, Cognitive Behavior Therapy. Addressing concerns such as</p> <ul style="list-style-type: none"> •Life Adjustments/Life Transitions •Personal Growth •Low Self -Esteem •Spiritual Distress •Faith and Religion Issues •Stress
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Christopher Thomas, LCSW-C	
Address and phone number	5054 Dorsey Hall Drive, Suite 205 Ellicott City, MD 21042 (410) 777-5970
Age Group	Teenagers and Adults
Insurances Accepted	Aetna, Blue Cross Blue Shield, Carefirst, Cigna/Evernorth, Johns Hopkins, Magellan & Out of Network.
Services Provided	Specialties in depression, anxiety, relationship issues, anger management, grief, family conflict, peer relationships. Serving LGBTQ+ community. Therapies in CBT, DBT, Gottman Method couples therapy, Psychodynamic.

Darlene Waldt, LCSW-C	
Address and phone number	8940 Old Annapolis Road (Route 108), Suite E Columbia, MD 21045 (443) 856-2297
Age Group	Children (6-10), Preteen, Teenagers, Adults and Seniors 65+
Insurances Accepted	Aetna, Cigna/Evernorth, Beacon health, Blue Cross Blue Shield, Medicaid.

Services Provided	Specialties in ADHD, depression, anger management, anxiety, Mood disorders, family conflict, grief, parenting, self-esteem, Trauma and PTSD.
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Dawn Duignan, LCSW-C	
Address and phone number	3881 Ten Oaks Road, Suite 2A Glenelg, MD 21737 (410) 489-4550
Email	www.hopocounselingctr.com
Age Group	Children, Adolescents, Adults, Families, and Couples
Insurances Accepted	JHS, EHP, U.S family health plan, United Behavioral health & Out of network.
Services Provided	Provides individual therapy for children, adolescents, families, adults, and couples. Extensive experience working with children and families.

Ronni F Emden, LCSW-C	
Address and phone number	5005 Signal Bell Lane, Suite 206 Clarksville, MD 21029 (410) 397-7858
Email	remdensw@gmail.com
Web Address	www.psychologytoday.com/us/therapists/ronni-f-emden-clarksville-md/400973
Age Group	Teenagers, Adults and Elderly
Insurances Accepted	Allegiance, BlueCross and BlueShield, CareFirst, Cigna and Evernorth Johns Hopkins, Kaiser (Out of Network), Medicare, TRICARE, UnitedHealthcare UHC UBH.
Telehealth Services	Yes
Services Provided	Specializing in Mood Disorders, Stress, Self Esteem, Hoarding, Addiction, ADHD, Anxiety, Chronic illness/pain, Life transitions, Marital/Premarital, Pregnancy/Prenatal/Postpartum etc. Therapy approaches CBT & Eclectic.

Shanna J. Evering

Address and phone number	11419 Ellington Street Fulton, MD 20759 (832) 573-1473
Email	Shanna.evering@gmail.com
Age Group	Adolescents, Adults, and Couples
Insurances Accepted	CareFirst, BlueCross and BlueShield, Cigna, Johns Hopkins, Magellan, Anthem, Tricare, and Allegant, Self-Pay
Services Provided	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)

Mario Faraone, LCSW-C	
Address and phone number	Just This Just Now Meditation & Therapy Highland, MD (301) 854-2331
Email	justthisjustnowpsychotherapy@gmail.com
Age Group	Adolescents and Adults
Insurances Accepted	Self-Pay only
Telehealth Services	Yes
Services Provided	Specialties in •Adolescent & Adults •Individual Counseling •Mindfulness & Meditation groups •Stress, Trauma & Pain •Mood disorders •Spirituality •Mood disorders Therapy approaches CBT, MBCT, Compassion focused, and Strength based.
Language spoken other than English	German

Mackenzie Fleming, LGPC	
Address and phone number	Congruent Counseling 10630 Little Patuxent Parkway, Suite 209 Columbia, MD 21044 (410) 740-8066
Web Address	www.congruentcounseling.com

Age Group	Children
Insurances Accepted	Call to inquire about insurance
Services Provided	Provides therapeutic services for individual clients with various psychological disorders. Has extensive experience working with children using multiple modalities and approaches.

Linda Friskey, MSW, LCSW-C	
Address and phone number	9650 Santiago Road, Suite 3 Columbia, MD 21045 (410) 799-2982
Email	lindafriskey@comcast.net
Age Group	Children
Insurances Accepted	Aetna, Medicare, Medical Assistance, sliding scale, Tricare (non-par provider)
Services Provided	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.

Bonnie L. Goldschmidt, LCSW-C, LCADC	
Address and phone number	9017 Red Branch Road, Suite 204 Columbia, MD 21045 (410) 730-4500
Web Address	www.healthgrades.com/providers/bonnie-goldschmidt
Age Group	Adolescents and Adults
Insurances Accepted	Sliding scale upon request
Services Provided	Outpatient counseling services to adolescents and adults, specializing in substance abuse and mental health.

Penny Harrigan, LCPC	
Address and phone number	The Education and Therapy Center 8940 Route 108, Suite F Columbia, MD 21045
Email	pharrigan@comcast.net
Age Group	Children, Adolescents and Families
Insurances Accepted	Sliding scale upon request
Services Provided	Provides outpatient counseling services to children, adolescents, and families.

Karen K. Johnson, LCSW-C	
Address and phone number	10632 Little Patuxent Parkway, Suite 313 Columbia, MD 21044 (443) 803-6791
Email	Karen63012@comcast.net
Age Group	Children, Adolescents, Young Adults and Families
Insurances Accepted	APS Healthcare, Aetna, Blue Cross Blue Shield, SHIP Children's Program, Cigna, Magellan
Services Provided	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.

Karen Kirkpatrick, LCSW-C	
Address and phone number	10630 Little Patuxent Parkway, Suite 307 Columbia, MD 21044 (443) 326-2785
Email	kakirkpatrick@verizon.net
Age Group	Children, Teenagers and Couples
Insurances Accepted	Aetna, Blue Cross Blue Shield, Magellan
Services Provided	Individuals, couples, teens, and children. Specializes in EAP, crisis work.

Janeta Koelsch, LCSW-C	
Address and phone number	In Home Therapy, LLC 6520 Wingflash Lane Columbia, MD 21045 (410) 245-5316
Email	jmkoelsch@outlook.com
Age Group	Adolescents and Adults
Insurances Accepted	Medicaid, Self-Pay
Services Provided	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.

Sean Lare, LCSW

Address and phone number	10632 Little Patuxent Parkway, Suite 245 Columbia, MD 21044 (410) 689-9074
Email	counseling@seanlare.com
Web Address	www.seanlare.com
Age Group	Children, Youth, and Adults
Insurances Accepted	Some insurance accepted, and Self-Pay
Services Provided	Counseling to LGBTQ children, youth, adults, and their family members. Help individuals develop new identities, navigate transition and coming out process, attend to relationships, and care for mental health needs. Provides consultation and training services focused on increasing the sensitivity to LGBTQ issues in the workplace.

Cynthia Lengrand, LCSW-C	
Address and phone number	8165 Cyprus Cedar Lane, Suite 201 Ellicott City, MD 21043 (410) 715-1606
Email	cynthialengrand@gmail.com
Age Group	Children, Adolescents, and Adults
Insurances Accepted	APS, Aetna, UBH, MA, Medicare
Services Provided	Individual and family therapy for children, adolescents, and adults. Anxiety, depression, life stressors, grief, ADHD, PTSD, family issues. Specialize in trauma – trained in EMDR

Ashley Carter- Licensed Counselor	
Address and phone number	Elkridge, MD 21075 (410) 413-7113
Age Group	Children (6-10), Preteen, and Adults
Insurances Accepted	Amerigroup, Blue Cross Blue Shield, CareFirst, Jai Medical, Kaiser (Out-of-Network) Maryland Physicians Care, Medicaid, Medstar Family Choice, Optum, Priority Partners UnitedHealthcare UHC UBH.
Telehealth Services	Yes

Services Provided	Experience with Anxiety, Behavioral issues, Eating disorders, Depression, Grief, Self-esteem, Trauma and PTSD. She believes it is important to have a collaborative professional relationship with each client so that she can collectively meet the client's needs. Utilizing a multi-modal approach, her style includes components of CBT (Cognitive Behavioral Therapy), DBT (Dialectical Behavioral Therapy), Humanistic, ACT (Acceptance and Commitment), Narrative and SFBT (Solution Focused Brief).
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Marcie Lovell, LCSW-C	
Address and phone number	Focused Solutions, LLC 5550 Sterrett Place, Suite 200 Columbia, MD 21044 (410) 884-6031
Email	mlovell@focusedsolution.net
Age Group	Children, Adolescents, and Adults
Insurances Accepted	Most insurance accepted
Services Provided	Outpatient counseling services to children, adolescents, and adults. Some expert areas of treatment include early childhood trauma, attachment, bereavement, and adoption.

Dolores DeLuise Madiou, LCSW-C	
Address and phone number	7360 Grace Drive Columbia, MD 21044 (410) 914-7205
Email	dolores.madiou@gmail.com
Age Group	Asolescents, Adults, and Couples
Insurances Accepted	Aetna, United Healthcare, CareFirst, Blue Cross Blue Shield, Coventry Health Care and others
Services Provided	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.

Barbara Malavite, LCPC & Lisa Sowers, ESMHL	
Address and phone number	Therapeutic & Recreational Riding Center Glenwood, MD 21738 (410) 489-5100
Email	trrceap@gmail.com
Web Address	www.trrcmd.org
Age Group	Call to inquire about ages
Insurances Accepted	Call to inquire about insurance

Services Provided	Equine-assisted Therapy offers clients the opportunity to learn about themselves and about others through experiential activities with their horse partners. As part of this process, clients work through challenges with a licensed mental health professional and a PATH certified equine specialist in mental health to make progress on behavior goals. The increased self-awareness and emotional growth that often increases participant's ability to navigate through daily life in a healthier way.
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Brenda L. May, LCSW-C	
Address and phone number	Crossroads Psychological Associates, LLC 10784 Hickory Ridge Road Columbia, MD 21044 (410) 964-0425 Ext. 21
Age Group	Children, Adolescents, and Adults
Insurances Accepted	Self-Pay
Services Provided	Outpatient counseling services to children, adolescents, and adults. Individual, couples, and family therapy. Specialty in anxiety disorders and mood disorders.

Erin McClintock Smith, LCSW-C	
Address and phone number	5126 Dorsey Hall Drive, 2nd Floor Ellicott City, MD 21042 (410) 564-8288
Age Group	Children, Teenagers, and Adults
Insurances Accepted	Call to inquire about insurance
Services Provided	Outpatient services to adolescents, teens, and adults. Specializing in depression, anxiety, ADHD, and life transitions. LGBTQ-informed and allied. Certified in trauma treatment.

Jacqueline McClure, LCPC, NBCC	
Address and phone number	8705 Celita Court Jessup, MD 20794 (301) 498-7218
Email	Jacquelinemcclure.lcpc@yahoo.com
Age Group	Adolescents, Adults, and Families
Insurances Accepted	Aetna, Cigna, Tricare, Blue Cross Blue Shield, Magellan
Services Provided	Adults, couples, adolescents, families. Specializes in couples and family counseling, adults who are functioning well, but adjusting to difficult life situations, and military members.

Danny Miller, LCPC	
Address and phone number	Healing Songs Therapy 3565 Ellicott Mills Drive, Suite 208 Ellicott City, MD 21043 (240) 583-0351
Email	song2give@gmail.com
Web Address	www.healingsongstherapy.com
Age Group	Young Adults, Adults, and Couples
Insurances Accepted	Self-Pay, Out-of-Network
Services Provided	Cognitive Behavioral Therapy (CBT), schema therapy, prolonged exposure therapy, Exposure and Response Prevention (ERP), and dialectical behavior therapy for adults, couples, and young people. Specialties include acute stress caused traumatic events, chronic distress caused by long-term abuse or neglect, complex grief, anxiety disorders, adolescent/young adult issues, and patterns of unhelpful behavior leading to profound distress and relational difficulties.

Lauren Ilene Mirkin, LPCP, NCC, LDN, NBC-HWC	
Address and phone number	Bluegrass Mental Health 5840 Banneker Road, Suite 200 Columbia, MD 21044 (410) 472-5625
Web Address	www.laurenmirkin.com
Age Group	Teenagers, Adults and Seniors 65+
Insurances Accepted	Blue Cross Blue Shield, CareFirst, Cigna and Evernorth, Johns Hopkins, Magellan, Out-of-Network.
Telehealth Services	Yes
Services Provided	Specializes in treating the whole spectrum of eating disorders from anorexia, bulimia, and binge eating disorder to emotional eating, yo-yo dieting and disordered eating. Years' experience with depression and mood concerns, anxiety, relational difficulties, family dysfunction, significant stress, ADHD and chronic health challenges. Significant training in mindfulness, CBT therapy and motivational interviewing.

Erica Ardinger, LMSW	
Address and phone number	8181 Main Street, 2nd Floor Ellicott City, MD 21043 (443) 232-1760
Age Group	Preteen, Teenagers, Young Adults, and Adults

Insurances Accepted	Anthem, Blue Cross Blue Shield, CareFirst, Cigna and Evernorth, UnitedHealthcare UHC UBH, Out of Network.
Services Provided	Serving LGBTQ+ community, body positivity, racial justice allied. Experiences with issues such as depression, anxiety, ADHD, mood disorders, interpersonal/relationship/family conflict, anger management, grief and eating disorders. Support to manage your goals in a way that fits your life in a holistic approach. Offers experiences in CBT, DBT, Person centered, and Strength based.

Jadranka Milovanovic, LCPC	
Address and phone number	10632 Little Patuxent Parkway, Suite 343 Columbia, MD 21044 (443) 955-4592
Web Address	www.healthgrades.com/providers/jadranka-milovanovic
Age Group	Children, Adolescents, and Families
Insurances Accepted	Blue Cross Blue Shield, CareFirst, Aetna, MHN/Managed, Magellan.
Services Provided	Specializes in 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.
Language spoken other than English	Italian, Serbian, Croatian, and Bosnian

Evelyn Fielding	
Address and phone number	Fielding Psychological Associates 3697 Park Avenue, Suite 200 Ellicott City, MD 21043 (410) 868-4142
Email	dreric@fieldingpsychology.com
Age Group	Children (2-10), Adolescents, and Adults (up to 65)
Insurances Accepted	Blue Cross Blue Shield, Carefirst, Cigna, Medicare
Telehealth Services	Yes

Services Provided	<p>A partnership of Psychologists who offer psychotherapy to individuals across the lifespan. Dr. Evelyn "Evie" Fielding offers Telehealth therapy to adults and older adolescents. Dr. Eric Fielding offers in-person psychotherapy and psychoanalysis to children, adolescents, and adults and couples' psychotherapy.</p> <ul style="list-style-type: none"> •Mood disorders, Anxiety, Relationship issues, Anger management, Depression, Divorce, •Family conflict, Grief, Perinatal, Oncology, Bariatric Surgery, •Pregnancy, Prenatal, Postpartum, Self-harming, Spiritually, Suicidal ideation, Trauma & PTSD. •Types of Therapy using in practice are ACT, Interpersonal and Psychodynamic
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Yi-Ching (Emma) Ostendorp, LCPC	
Address and phone number	<p>Congruent Counseling 10630 Little Patuxent Parkway, Suite 209 Columbia, MD 21044 (410) 740-8066</p>
Web Address	www.congruentcounseling.com
Age Group	Children, Adolescents, and Families
Insurances Accepted	Aetna, Blue Cross Blue Shield, CareFirst, Cigna, Johns Hopkins
Services Provided	Provides therapeutic treatment for adults, adolescents, children, and families. Areas of expertise include depression, anxiety, ADHD, complicated grief, bipolar disorder, cultural and adjustment issues, couples and family relational difficulties, emotional and sexual abuse, and feelings regulations.
Language spoken other than English	Mandarin

Matt Otto, LCPC	
Address and phone number	<p>Crossroads Psychological Associates, LLC 10784 Hickory Ridge Road Columbia, MD 21044 (410) 964-0425</p>
Age Group	Adolescents, and Young Adults
Insurances Accepted	Self-Pay
Services Provided	Individual and group therapy specializing in adolescents, young adults, and pastoral counseling

Carlos Pastor, LCSW-C

Address and phone number	Carlos Pastor, LCSW-C 10632 Little Patuxent Parkway, Suite 245 Columbia, MD 21044 (410) 419-1708
Age Group	Adolescents, Families, Individuals, and Couples
Insurances Accepted	Most private insurance accepted, sliding scale upon request
Services Provided	Outpatient mental health counseling treating adolescents, family, couple, and individuals.

Hetal Patel, LCSW-C	
Address and phone number	3355 St. Johns Lane Ellicott City, MD 21042 (443) 451-0159
Email	Hetal-9722@yahoo.com
Age Group	Children, Adolescents, Adults, Individuals, and Couples
Insurances Accepted	Blue Cross Blue Shield, Medicaid, Sliding Scale
Services Provided	Individual and family therapy, play therapy. Children and adolescents, adults. Depression, anxiety, ADHD, ODD, OCD, infertility, parent-management training.

Anne Peurasaari, LCSW-C, RN	
Address and phone number	5018 Dorsey Hall Drive, Suite 205 Ellicott City, MD 21042 (410) 992-4940
Age Group	Older Teenagers, Young Adults, Adults, and Couples
Insurances Accepted	Blue Cross Blue Shield, Medicaid, Sliding Scale
Services Provided	Same gender couples, spiritual aspects in counseling, alternative aspects compared to medication.
Language spoken other than English	German

Barbara M. Polonsky, LCSW-C	
Address and phone number	5122 Aver Court Columbia, MD 21044 (410) 227-9074
Email	bpolonskylcsw@verizon.net
Age Group	Children, Adolescents, and Adults
Insurances Accepted	Some insurance accepted, Sliding Scale

Services Provided	Outpatient counseling for individuals (adults), children, adolescents. Areas of expertise include anxiety and depression, interpersonal relationship conflicts, co-dependency issues, parenting struggles, stage of life transitions, and women's issues.
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Bill Ray, LCSW-C	
Address and phone number	Crossroads Psychological Associates, LLC 10784 Hickory Ridge Road Columbia, MD 21044 (410) 964-0425
Email	bill.ray@crossroadspsyh.net
Web Address	www.crossroadspsyh.net
Age Group	Adolescents, and Adults
Insurances Accepted	Self-Pay
Services Provided	Outpatient counseling services for adolescents and adults. Areas of expertise include substance abuse and dependence, anxiety, depression, marital and relationship issues.

Kathryn Reynolds, LCPC, NCC, DAPA	
Address and phone number	5114 Dorsey Hall Drive Ellicott City, MD 21042 (410) 689-5181
Web Address	www.kreytherapy.com
Age Group	Call to inquire about ages
Insurances Accepted	Call to inquire about insurance
Services Provided	Specializing in anxiety, depression, grief, helping people overcome trauma and child abuse.

Robert D. Robinson, LCPC	
Address and phone number	The Family Center 4785 Dorsey Hall Drive, Suite 109 Ellicott City, MD 21042 (410) 531-5087
Web Address	thefamilycenter.tv.com
Age Group	Children, Adolescents and Families
Insurances Accepted	Self-Pay
Services Provided	Child, adolescent, and family counseling specializing in child & adolescent. Anxiety, depression, self-esteem, peer relationship issues, school-related problems, and abuse issues. Also, counsel's individual, adult, and couples, as well as teen and adult group therapy.

Ann J. Rochford, LCSW-C	
Address and phone number	5513 Twin Knolls Road, #220 Columbia, MD 21045 (410) 707-0657
Email	annjrochford@yahoo.com
Age Group	Adolescents and Adults
Insurances Accepted	All medical insurance, Medicare, Tricare
Services Provided	Outpatient psychotherapy for adolescents and adults. Areas include anxiety, depression, and transitions to new stages of life. Psychotherapeutic approaches: behavior modification, interpersonal psychotherapy and role playing.

Yvonne Rogers, MS, LCPC	
Address and phone number	Congruent Counseling 10630 Little Patuxent Parkway, Suite 209 Columbia, MD 21044 (410) 740-8066
Web Address	www.congruentcounseling.com
Age Group	Children, Adolescents, and Adults
Insurances Accepted	Blue Cross Blue Shield, Cigna, Johns Hopkins, Magellan, United Healthcare.
Services Provided	Cognitive-Behavioral Therapy (CBT) for depression and anxiety, anger management, suicide prevention, substance abuse and addictions counseling. Provides services for children, adolescents, and adults.

Anne Roth, LCSW-C	
Address and phone number	2000-Century Plaza 10632 Little Patuxent Parkway, Suite 325 Columbia, MD 21044-3205 (410) 992-5670
Age Group	Children, Adolescents, Preteen, Teenagers, Adults, Couples and Families
Insurances Accepted	Most insurance accepted
Services Provided	Counseling adolescent, adult, couples, family, and individual therapy.

Mimi Ryans, LICSW, LCSW-C, RPT	
Address and phone number	Lighthouse Center for Therapy and Play 10632 Little Patuxent Parkway, Suite 327 Columbia, MD 21044 (443) 864-5647
Web Address	lighthouseplaytherapy.com/practice
Age Group	Adolescents, Adults, Couples, Families and Individuals
Insurances Accepted	Medicaid, Medicare, and most insurance plans
Services Provided	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.

Molly King Safren, LCSW-C	
Address and phone number	9575 Angelina Circle Columbia, MD 21045 (301) 596-2858
Email	msafren@verizon.net
Age Group	Some Adolescents, Adults, and Couples
Insurances Accepted	Medicare
Services Provided	Psychotherapy for adults, couples, some adolescents. Specialties: work with grief, anxiety and depression, adult children of alcoholics, gay and lesbian issues, and recovery.

Melissa Schnaar, LCSW-C	
Address and phone number	Collaborative Counseling Center 5560 Sterrett Place, Suite 201 Columbia, MD 21044 (410) 546-4000
Email	melissa@collaborativecounselingcenter.com
Web Address	Collaborativecounselingcenter.com
Age Group	Children, Adults, and Families
Insurances Accepted	Self-Pay
Services Provided	Outpatient mental health services to children, adolescents, and their families. Comprehensive mental health services including psychiatric services, individual, group and family counseling.

Jennifer Schoo, LCSW-C	
Address and phone number	8165 Cyprus Cedar Lane, Suite 201 Ellicott City, MD 21043 (410) 777-8054
Email	Jennifer.schoo@yahoo.com

Age Group	Children and Adults
Insurances Accepted	Aetna, APS, Tricare, UBH and MA
Services Provided	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 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.

Tammy J. Spengler, MSW, LCSW-C	
Address and phone number	Focused Solutions, LLC 5550 Sterrett Place, Suite 200 Columbia, MD 21044 (410) 884-6031
Email	TSpengler@focusedsolution.net
Age Group	Adolescents and Adults
Insurances Accepted	Most insurance accepted
Services Provided	Outpatient counseling services to adolescents and adults. Expert areas of treatment include PTSD, domestic violence, adoption, and childhood maltreatment. Holistic approach.

Andrew Stanton, LCSW-C	
Address and phone number	8850 Columbia 100 Parkway, Ste. 203 Columbia, MD 21045 (443) 546-4476
Web Address	www.StantonPsychotherapy.com
Age Group	Adolescents and Adults
Insurances Accepted	APS Healthcare, Anthem, Blue Cross Blue Shield, Empire BlueCross, GEHA, Great-West Life, Health Net, Kaiser (Out-of-Network), MAMSI, Magellan Behavioral Health, NCPPO, Medicaid, Self-Pay
Services Provided	20 plus years of experience providing individual, couples and family therapy. Specialties include children/adolescents, trauma, hypnotherapy, sports, and other performance improvements. Extensive knowledge and experience working with ADHD, anxiety, depression and managing life changes.

Jennifer M. Steier, LCSW-C

Address and phone number	Congruent Counseling 10630 Little Patuxent Parkway, Suite 209 Columbia, MD 21044 (410) 740-8066
Email	Jennifer.m.steier@gmail.com
Age Group	Children, Adolescents, and Adults
Insurances Accepted	Most insurance plans accepted
Services Provided	Outpatient counseling services to children, adolescents, and adults.

Jordan McGill, LCSW-C	
Address and phone number	Columbia, MD 21045 (667) 326-9192
Age Group	Teenagers, Adults, and Seniors 65+
Insurances Accepted	Medicaid & Medicare & Self-Pay
Telehealth Services	Yes
Services Provided	Specialization in trauma, grief, anxiety, depression, anger management, parenting, divorce, life transitions, pregnancy/prenatal/postpartum, mood disorders, mental health testing/evaluation and substance use disorders across the lifespan. Treatment Approach: ACT, CBT, CPT, MBCT, Trauma focused and Person-Centered.

Iris Thomas, LCSW-C, LLC	
Address and phone number	5850 Waterloo Road, Suite 140 Columbia, MD 21045 (410) 730-2240
Email	iris@yourkidscanchange.com
Web Address	yourkidscanchange.com
Age Group	Children, Adolescents, and Young Adults (21 and older)
Insurances Accepted	Aetna, Anthem, Blue Cross Blue Shield, Carefirst, Cigna/Evernorth, John Hopkins, Optum, United Healthcare, GEHA
Services Provided	Treats children, adolescents, and young adults (21 and under) with mental health concerns including generalized anxiety, panic, body focused repetitive behaviors (hair pulling & skin picking) separation anxiety, phobia, OCD, separation anxiety, phobias, trichotillomania, selective mutism, depression, ADHD, oppositional defiant, grief and loss, and PTSD.
Language spoken other than English	Spanish

Rachael Thomas, LCPC

Address and phone number	5022 Dorsey Hall Drive, Suite 201 Ellicott City, MD 21042 (240) 621-2272
Age Group	Toddlers, Children (6-10), Adolescents, Preteen, Teenagers,
Insurances Accepted	Self-Pay
Services Provided	Outpatient therapy and nutrition services to children, adolescents, young adults, and families. Individual, family, and nutrition therapy, both in the home and in the office. Intensive and individualized services to accommodate busy families as much as possible. Works with individuals with eating disorders, anxiety, depression, ADHD, ADD, weight management, school refusal, food refusal and general behavioral issues.

Virginia Voight, LCSW-C	
Address and phone number	St. John's Professional Center 3355 St. John's Lane, Suite F Ellicott City, MD 21042 (410) 808-3422
Email	vvoigt@verizon.net
Age Group	Ages (11+)
Insurances Accepted	Call to inquire about insurance
Services Provided	Outpatient therapy for clients ages 11+. 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.

Norma Stevens, MS, NCC, LCPC	
Address and phone number	IHS Psychotherapy and Counseling, LLC 6011 University Blvd., Suite 100 Ellicott City, MD 21043 (410) 919-8275
Email	norma@normastevenslcpc.com
Web Address	www.normastevenslcpc.com
Age Group	Young Adults, Adults, and Seniors 65+
Insurances Accepted	Sliding scale is available upon request
Services Provided	Outpatient services for young adults, adults, seniors, individuals, and couples. Specialized experience working with couples to include recovery 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.

Brenda von Rautenkranz, LGPC	
Address and phone number	VR Growth and Learning Center 13425 Forsythe Road Sykesville, MD 21784 (301) 641-0031
Web Address	www.vrtherapycenter.com
Age Group	Children, Adolescents, Adults, and Families
Insurances Accepted	Self-Pay, Sliding Fee
Services Provided	Equine Assisted Psychotherapy 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.

Joyce Warner-Burke, LCSW-C	
Address and phone number	6274 Gay Topaz Columbia, MD 21045 (410) 290-8028
Age Group	Adolescents and Adults
Insurances Accepted	Most insurance accepted
Services Provided	Specialities include: ADD/ADHD, anxiety, mood disorders; counseling-adolescent & adult therapy.

HOSPITALS

Howard County General Hospital	
Address and phone number	5755 Cedar Lane Columbia, MD 21044
Web Address	www.hcgh.org
Insurances Accepted	All insurances accepted.
Services Provided	General hospital that offers emergency room assessments and acute inpatient psychiatric care. Psychiatric in-patient unit has several beds dedicated to adolescents.

Sheppard Pratt Day Hospitals (Mood Disorders & Child and Adolescents)	
Address and phone number	7220 Discovery Drive Elkridge, MD 21075
Web Address	www.sheppardpratt.org/locations-directions/details/mood-disorders-day-hospital-baltimore-washington/
Age Group	Children, Adolescents, Adults 18+
Insurances Accepted	Call to inquire about insurance.
Services Provided	Diagnoses treated: <ul style="list-style-type: none"> •Major depressive disorders •Anxiety disorders, including obsessive-compulsive disorder •Attention-deficit/hyperactivity disorder (ADHD) •Oppositional defiant disorder •Bipolar disorders •Personality disorders, including borderline personality disorder •Other mood-related disorders •Other mental health conditions