



Promote. Preserve. Protect.

Directory of Behavioral Health Services for Youth in Howard County

August 2024

Visit hchealth.org or call 410.313.6240 for more information



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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

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

PLEASE REPORT ANY ERRORS TO (410) 313-6202

CRISIS SERVICES

Mobile Crisis Team

988

MCT is a partnership between the Police Department, Humanim, and Grassroots Crisis Intervention. During hours of operation, MCT staff is able to respond to a psychiatric crisis identified by the police. MCT is available by calling **988**, or by calling 911 and requesting the Mobile Crisis Team. 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. MCT will refer the individual and family members to available community resources and follow-up to assure linkage.

Grassroots Crisis Intervention Center

**8990 Old Annapolis Road, Suite A
Columbia, MD 21045**

- **24 Hour Hotline: 988**
- Fax Number: 410-531-1724
- E-mail:
- info@grassrootscrisis.org
- Website: grassrootscrisis.org

Provides telephone counseling, free walk-in counseling, emergency shelter for the homeless, a 24-hour suicide hotline, Mobile Crisis Team, and a Runaway Teen Program that provides crisis intervention for runaway youth and their families. All services are free.

Kidsline

410-461-1833

United Way sponsored telephone counseling for youngsters during after-school hours.

National Youth Crisis Hotline

1-800-442-HOPE (4673)

To save lives and reduce suicidal behaviors by providing innovative, practical and proven suicide prevention training. We believe that quality education empowers all people, regardless of their background, to make a positive difference in the life of someone they know.

Runaway Hotline

1-800-621-4000

A national service based in Chicago. Provides assistance to runaway children, including transportation, crisis intervention, advice to parents and a message center.

How to Get Affordable State Sponsored Therapy in Maryland

Community Mental Health Agencies and Outpatient Clinics:

- Alternative Counseling and Wellness Center (Ellicott City): (410) 828-0101
- Chase-Brexton Behavioral Health Care (Columbia): (410) 837-2050
- Columbia Counseling Center (Columbia): (410) 992-9149
- Community Behavioral Health: Columbia Clinic: (844) 224-5264 x17
- Congruent Counseling Services (Columbia): (410) 740-8066
- Family and Children's Services (Columbia): (410) 997-3557
- Focused Solutions (Columbia): (410) 884-6031

National Domestic Abuse Hotline:

1-800-799-7233

Sexual Assault Hotline:

1-800-313-9900

<https://columbiaassociation.org/community-program/youth-teen/youth-teen-center/>

Black Girls Smile Inc.

Non-profit organization that empowers the mental well-being of young black girls

Email: contact@blackgirlssmile.org

T: 347-669-4229

Registered Charity: 45-5352968

Apps w/alert feature: Instagram, FB & Twitter

Program: Charlyne McFarland Therapy Assistance Program- connect Black women and girls with culturally, racially, and gender competent & sensitive providers to meet therapeutic needs. Provides financial support for approximately 2-6 of therapy sessions with a licensed mental health professional. Recipients have the option to work with a current licensed mental health provider, our vetted provider list, or through one of our provider partners networks such as Open Path Collective, BetterHelp, and TalkSpace.

<https://www.blackgirlssmile.org/therapy-scholarship>

Alpha Achievers

Located in Howard County

Contact: [Anthone Bond@hcpss.org](mailto:Anthone_Bond@hcpss.org)

BBarrett1906@yahoo.com

Website: <https://www.alphaachievers.org/>

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.

Columbia Association

5853 Robert Oliver place

Located inside The Oakland

Mills Village Center called "The Barn"

T: 410-922-3726

Email: cateens@columbiaassociation.org

Youth & Teen Center providing preteens and teens (ages 9 to 18) with a fun, supportive place to call their own. Goals to making new friends, recreational activities, and our mentorship programs. 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.

Programs and activities are available throughout the year after school, during the summertime, and occasionally on weekends.

Girls on the Run of Central Maryland 9150 Rumsey Rd Suite #A7, Columbia, MD 21045 Phone: (443) 583-7740

<https://www.gotrcentralmd.org/>

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. Working with girls in grades 3rd-8th. As well as girls 16-18 years old.

Howard County Police: Youth Division

3525 G Ellicott Mills Drive

Ellicott City, MD 21043

T: 410-313-2620

hcpdoutreach@howardcountymd.gov

Twitter [@HCPDNews](#)

Instagram [@HoCoPolice](#)

Facebook: [Howard County Police Department](#)

Next Door: [Howard County Police Department](#)

HCPD, Youth Division provides prevention, intervention, suppression, and enforcement on matters pertaining to youth. Services include:

First Offender Diversion Program, Runaway Investigation, Explorer Post 1952, Harpers Choice After School Program, PLEDGE Leadership Camps, and various initiatives designed to enhance public safety and community outreach.

National Alliance on Mental Illness (NAMI)

Teen & Young Adult Resource Directory

T: 1-800-950-NAMI (6264)

Text “FRIEND” to 62640

Email: helpline@nami.org

Visit nami.org/help for webchat

<https://www.nami.org/NAMI/media/NAMI-Media/Images/FactSheets/NAMI-Teen-and-Young-Adult-HelpLine-Resource-Directory.pdf>

PFLAG (Parents, Families & Friends of Lesbians & Gays) Supports LGBTQ people, their families and friends locally and nationally by providing PFLAG chapter helplines, support group meetings and resources. PFLAG also educates families and communities on sexual orientation, gender identity and LGBTQ issues.

- Local Chapter in Howard County-

<http://www.pflaghoco.org/lgbtq-resources/>

<https://www.pflaghoco.org/support-groups/>

OhanaHC

Provides mentorship and commits to working with mentees for ten years. Each mentee is surrounded by three mentors, known as an Ohana. Mentors work together to connect with the mentee and be the best support they can be for them to grow.

<https://ohanahc.org/how-it-works/>

<https://ohanahc.org/contact-us/>

Program Locations in several High Schools in Howard County

Howard County YMCA

4331 Montgomery Rd

Ellicott City, MD 21043

Phone: (410) 465-4334

<https://ymaryland.org/volunteer/mentoring>

Mentoring programs offered such as Big Brother Big sisters, Reach & Rise and further break down of other programs.

The Howard County Police Department - HCPD Youth Division

Community Outreach

10741 Little Patuxent Parkway

Columbia, MD 21044

Our youth programs, coordinated largely by our School Resource Officers, help to instill values in members of the youth community to help them grow and develop. Programs range from summer camps and mentorship opportunities to programs developed to teach young adults advanced driver safety skills.

<https://www.howardcountymd.gov/police/youth-programs>

Girls on Fire

6100 Foreland Garth

Columbia, Maryland 21045

Mainline: 667-256-6093 or 410-312-0738

Email: girlsonfiremd.com

<https://girlsonfiremd.com/about-us>

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 thru 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.

- To suggest topics for future workshops or to learn more, please email children@howardcountymd.gov or call 410-313-1940 (voice/relay).

<https://www.howardcountymd.gov/children-families/family-institute>

Just Living Advocacy – Already there

9770 Patuxent Woods Drive

Ste. 319, Columbia, MD

T: 410-972-8377 (by appointment only)

Email: info@justlivingadvocacy.org

<https://www.justlivingadvocacy.org/workher>

Location also in Laurel, MD as well

Mission: to improve the quality of life for impoverished single mothers with sustainable resources, that are needed to become economically self-sufficient and to improve their health and educational outcomes for themselves and their children.

Providing resource connections to

- Job Employment
- Transportation
- Affordable childcare
- Heart Disease awareness & prevention

The Family Institute

Find important information on childcare, early childhood education, and school readiness. Also provides updates for parents, caregivers and agencies working with families.

- We offer classes, workshops, and informational sessions for parents on many topics, including child development, parent coaching, positive discipline, school readiness, and finding resources.

INPATIENT SERVICES

Sheppard Pratt Baltimore/Washington Campus

In patient Adolescent Unit

7220 Discovery Dr

Elkridge, MD 21075

Visiting Hours:

Monday - Friday: 7 - 8 p.m.; Weekends: 2 - 4 p.m.

Phone: (240) 915-5700

<https://www.sheppardpratt.org/care-finder/adolescent-unit-ellicott-city/>

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.

Insurance: Medicare, Medicaid, Private Insurance & Self Pay.

OUTPATIENT TREATMENT

A Healing Place

7050 Oakland Mills Road, Suite 140

Columbia, MD 20146

T: 410-309-0909

<https://www.ahealingplaceincolumbia.com/>

email: admin@ahealingplaceincolumbia.com

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. Insurance: Sliding scale fee, Out of network, self pay.

Languages: Dutch

Anxiety Treatment Center of Maryland

7130 Minstrel Way, Suite 125

Columbia, MD 21045

410-800-7591 / Fax 443-917-2068

www.anxietymaryland.com

info@anxiety-treatment-center.com

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. Provides services for all ages.

Insurance: out of network

All Day Medical Care

Medical & Behavioral Health Clinic

Locations in Gaithersburg 20877, Silver Spring 20906, Urbana 21704, Columbia 21045 &

Bethesda 20814

T: 301-330-0006

Hours: 8am-5pm Mon-Friday

<https://www.alldaymedicalcare.com/>

<https://www.alldaymedicalcare.com/services/mental-health>

- Primary/Family Medical care
- Family Medicine
- Women's/Men's Health
- Pediatric Services
- Occupational health services (Drug/Alcohol tests, return to work Exam, Fit-For-Duty exams, DOT exams)

- 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.

Insurances: Aetna, Wellpoint, Beacon, BCBS, Carfirst, Cigna, Humana, Megllan, MD Physicians care, Medicaid, Medicare, Multiplan, Priority partners, University of MD Health partners.
Language: Spanish

Blake Psychotherapy & Associates

10630 Little Patuxent Parkway, Suite 313

Columbia, MD 21044

T: 410-988-4002 F: 410-988-2024

www.blaketherapy.com

sblake@blaketherapy.com

Serves Teenagers 15+ and adults.

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.

Payment: Self-Pay/Out of Network.

Anchor Counseling Centers

**Several Locations in Howard, Carroll, Frederick, Allegany Counties in MD
Columbia Location: 10440 Shaker Dr, #207, Columbia, MD**

<https://www.anchorcounselingcenters.com/>

Serving Aged 12 & older, adolescents, and adults, we have many therapists with all different backgrounds. We offer a range of theories and techniques from Behavior Modification, Play Therapy, Art Therapy, and Family Systems to CBT DBT, Sand Tray, EMDR, Motivational Interviewing, and Reality Therapy. Each person is individually assessed for needs and an attainable treatment plan is developed to reach goals. Autism Testing is available as well.

Insurances: Cigna, BlueCross Blue Shield, United Healthcare, Johns Hopkins EHP (Employer Health Program), Johns Hopkins US Family Health Plan, Tricare, and most Employee Assistance Programs.

Anne Arundel Counseling (Offers telehealth)

**8840 Stanford Boulevard
Suite 1700**

Columbia, MD 21045

T: 410-768-5988

www.annearundelcounseling.com

Email: info@annearundelcounseling.com

Other locations in Glen Burnie, Bowie, Annapolis etc.

Age population: Children 6-10, PreTeen/Teenager, Adults, Family & group counseling.

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.

Provider such as Rebecca Mitch-Mckee are more than willing to assist you with your needs.

Services offered:

- 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)
 - Seminars & Training
- Insurance: Self-Pay, Commercial Insurance

Blake Psychotherapy & Associates

10630 Little Patuxent Parkway, Suite 313

Columbia, MD 21044

T: 410-988-4002 F: 410-988-2024

www.blaketherapy.com

sblake@blaketherapy.com

Serves Teenagers 15+ and adults.

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.

Payment: Self-Pay/Out of Network.

Block Counseling & Personal Wellness (Telehealth only)

Chamika Block, LCPC

8101 Sandy Spring Road Suite 250

Laurel, Maryland

blockcpws@gmail.com

<https://www.blockcounselingpws.com/>

T: (240) 490-6057

Client focus: BIPOC

Teenagers, Adults & Elderly, 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.

Insurance: Carefirst, Cigna, United Healthcare, Aetna & commercial plans are accepted.

Brighter Hope Wellness Center

6100 Daylong Lane, Suite 103

Clarksville, MD 21029

T: 410-531-8100

<https://www.brighterhopewellness.com>

contact@brighterhopewellness.com

Providing 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.

Services offered are Child/Adolescent/ Adult psychotherapy, Autism spectrum testing, Evaluations, Family/ Couples therapy and Group support.

- 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, Speech delays etc.

Insurance: Carefirst (BCBS), Cigna, Johns Hopkins EHP & USFHP, Tricare, out-of-network

Backpack Healthcare

Telehealth only

<https://hellobackpack.com/>

Is 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.

- Age populations served: Children 6-10, Preteen/Teenagers, Parents & Family
- 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.

- 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.

Services in

Diagnosing mental health disorders, cognitive talk therapy, psychiatry & medication, family therapy, parent coaching.

FAQ's and Insurances:

<https://hellobackpack.com/faqs/>

- Insurance: Aetna, Anthem, Cigna/Evernorth, Medicaid, Jai Medical, Medstar Family choice, Wellpoint, Tricare, Carefirst, Priority partners, MD physicians care, United Healthcare, BCBS.
- Website also breaks down their self-pay rates based on age and also offer a three-month commitment rate plan as well.

Camp Attaway

Contact: Sue-Ann Shafley

9770 Patuxent Woods Drive, Suite 303

Columbia, MD 21046

<https://campattaway.org/>

Email: shafley.campattaway@gmail.com

T: 443-518-7671

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 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 (Outpatient Medical & Therapy Clinics)

9730 Patuxent Woods Drive, Suite 100

Columbia, MD 21046

T: 443-923-9200

www.kennedykrieger.org

<https://www.kennedykrieger.org/locations/outpatient-medical-and-therapy-clinics-columbia>

Kennedy Krieger's patient care programs offer an interdisciplinary treatment approach tailored to the individual needs of each child, throughout all stages of care. Highly trained professionals from various disciplines and departments collaborate to design treatment plans specific to each patient's needs.

Services provided at this location are:

- Center for Child and Family Traumatic Stress
- Center for Development and Learning
- Neurorehabilitation
- Concussion Clinic
- Occupational Therapy Clinic
- Physical Therapy Clinic
- Speech Language Clinic

Insurance: Medical Assistance, Tri-Care and most private insurance plans

Center Mental Health Inc.

**5570 Sterrett Place, Suite 101 & 100
Columbia, MD 21044**

T: 410-730-0552 Fax: 410-175-4720

<https://www.centurymentalhealth.com/services>

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.

Payment: Self-pay/Out of network

Chase Brexton Health Care: Columbia Center

5500 Knoll Drive, Suite 370

Columbia, MD 21045

410-837-2050 x2050 (x4301 en Español)

www.chasebrexton.org

- 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.

- 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.

Language: English, Spanish

Insurance: Medical Assistance, most commercial insurances, sliding fee scale. Accepts clients that are uninsured or under-insured.

Clinical Service Connections, Inc.

8930 Route 108, Suite A

Columbia, MD 21045

443-276-3125 / Fax 443-661-1175

info@clinicalserviceconnect.com

PRP services for adults and minors include a full range of rehabilitation activities and supports. Services 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.

Target Group: minors aged 10-17; adults age 18-64; open to all eligible regardless of age. Will serve individuals with co-occurring diagnosis of intellectual disability.

Insurance: Medicaid

Center Mental Health Inc.

5570 Sterrett Place, Suite 101 & 100

Columbia, MD 21044

T: 410-730-0552 Fax: 410-175-4720

<https://www.centurymentalhealth.com/services>

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.

Payment: Self-pay/Out of network

Center for Behavioral Health & Wellness

9005 Chevrolet Drive, Suite D

Ellicott City, MD 21042

202-288-2834

<https://www.cbhwpsych.com/>
centerforbehavioralhealthandwellness@hotmail.com

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.

Insurance: Medicare, United Healthcare, Cigna, play, JHS, Amerigroup, Jai Medical, Kasier Permante, Evernorth, Medstar family choice, MD Physician care.

Languages: English, Hindi, Bengali, Urdu

Carroll Counseling Center LLC

Locations in Mt. Airy, Eldersburg

Mount Airy- T: 301-829-2242

Eldersburg- T: 410-549-5181

<https://www.carrollcounseling.com/>
newpatient@carrollcounseling.com

Serving Children 6-10, Preteen/Teen, Adults & Elders 65+

Offering Parent Training Classes and Psychiatric Medication Management services. Transcranial Magnetic Stimulation TMS Services

- Disorders such as ADHD, Asperger's, Pervasive Developmental, Non-Verbal learning, Learning disabilities, Neurological.
- Testing & Assessments: Forensic, Medical, Court Ordered, Psycho-educational, Neuro-psychological

Treatment concerns include:

Eating Disorders

Depression / Anxiety

Behavioral Disorders

Mood Disorders

Stress Management

Borderline Disorders

Grief and Loss

Self Esteem

Trauma

Insurances: Aetna, Anthem | Elevance, BlueCross and BlueShield, CareFirst

GEHA, MultiPlan, Optum, UnitedHealthcare UHC | UBH

Collaborative Counseling

5560 Sterrett Place, Suite 201

Columbia, MD 21044

443-546-1100

www.collaborativecounselingtms.com

info@collaborativecounselingtms.com

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

Insurance: TMS (through insurances) other mental health services and therapy is Self-pay.

Howard County: Office of Children & Families

9830 Patuxent Woods Drive

Columbia, MD 21046

T: 410-313-1940

<https://www.howardcountymd.gov/children-families>

<https://www.howardcountymd.gov/children-families/infant-and-early-childhood-mental-health-consultation>

Offers resources, supporting families; training/mentoring/coaching Early Child Care professionals; providing expert consultation on Early Child Care issues; Daycare extreme behavior, temper tantrums.

Healthy Transitions by Humanim

Two locations in Columbia and Baltimore City Woodside & Gerwig office: 410-381-7171

Email: info@humanim.com

<https://humanim.org/what-we-do/youth-services/>

- Serving students, Preteen/Teens, Young Adults focusing on ages 16 years old to 25 years old. Must be a Howard County resident & must be experiencing signs and symptoms of a mental health condition.
- Humanim's Healthy Transitions offers a youth-driven, strengths-based, and no stigmatizing program that empowers young people who are struggling with mental illness to manage their mental health symptoms effectively and successfully transition into adulthood.

This program provides:

- Supported Employment
- Supported Education
- Family Psychoeducation

Support around areas of need, include:

- Independent Living Skills
- Crisis Management and Support
- Case Management
- Financial Literacy and Management
- Entitlements Counseling
- Housing and Residential Services
- Health Homes Care Coordination
- Community and Peer Engagement

•Physical, Emotional and Social Wellness Education

Columbia Treatment Center

5570 Sterrett Place, Suite 205

Columbia, MD 21044

410-730-1333

<https://www.columbia-treatment.com/cactar@verizon.net>

Substance abuse and mental health counseling for adolescents and adults. Suboxone treatment. Language: American Sign Language Insurance: Self-pay

Community Behavioral Health

10774, 10770 & 10810 Hickory Ridge Road

Columbia, MD 21044

844-224-5264 x16 / Fax 888-509-0010

www.communitybehavioralhealth.net/contact

Early Intervention, Intensive Outpatient, Partial Hospitalization. Buprenorphine, Vivitrol. Adult and adolescent services.

Insurance: Self-pay, Medicaid, Priority partners

Congruent Counseling Services

10630 Little Patuxent Pkwy, Suite 209

Columbia, MD 21044

410-740-8066 / Fax 410-740-8068

<https://integrative-counseling.com/dbt/frontdesk@ccs-ic.com>

Individual, family, marital, and group counseling. Psychiatrist on staff provides 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.

Counseling Insurance: Carefirst, Cigna, JHS, United Healthcare, Tricare.

Substance abuse: Carefirst, Cigna, JHS, United Healthcare, Tricare, Aetna & Medicaid.
Languages: Spanish

Counseling Resources, Inc.

**8388 Court Avenue
Ellicott City, MD 21043
T: 410-873-7787**

<https://www.rehab.com/counseling-resources-ellcott-city>

This organization is a private outpatient rehab located in Ellicott City, Maryland. Counseling Resources specializes in the treatment of alcoholism, drug addiction, dual diagnosis, opioid addiction, and substance abuse. Adult and adolescent services.

Treatment areas:

Alcoholism

Drug Addiction

Dual Diagnosis

Opioid Addiction

Substance Abuse

Programs centered around

Adolescence, Adults, HIV/AIDS, LGBTQ,

Military, Postpartum, Women & Men.

Insurance: Private Insurance, Self-pay and Sliding scale payment assistance

Crossroads Psychological Associates Offers Telehealth services

**10784 Hickory Ridge Road
Columbia, MD 21044
410-964-0425 / Fax 410-964-0515**

www.crossroadspsych.net

frontdesk@crossroadspsych.net

Individual adolescent, child and adult therapy, adolescent group therapy, adult group therapy, middle school group therapy, social skills group, family/couples' therapy, medication management, psychological testing.

Language: German, Hebrew, Yiddish

Insurance: Out of network, Self-pay

Discovery Mood & Anxiety Program

**10480 Little Patuxent Pkwy #220,
Columbia, MD 21044
T: 844-691-0087 & 877-217-4031**

<https://discoverymood.com/>

Client Focus: Adolescents & Adults

A day treatment program offering (IOP) intensive outpatient & partial hospitalization levels of care for trauma, anxiety, self-harm, depression, bipolar disorder, and reactive attachment disorder. Mental health evaluations, DBT,

Insurance: Beacon, Carefirst, Cigna, First Choice health, Kaiser Permanente, Tricare (East/Military/Healthnet), Well Point, Halcyon.

Elkridge Family Psychiatry

**7257 Parkway Drive, Suite 250
Hanover, MD 21076
443-492-9885 / Fax 443-820-3754**

www.elkridgepsychiatry.com

doctorshin@elkridgepsychiatry.com

Outpatient treatment to the whole family, including children, teenagers, adults, and elders. Patients of all ages with concerns regarding mental illness, emotional disturbance, and abnormal behavior are welcome. Psychotherapy, Dialectic Behavioral Treatment (DBT) for ages 13+, and medication management services available.

Insurance: out-of-network

The Family Center & Associates (Telehealth, Waiting list no given time range)

**4785 Dorsey Hall Drive, Suite 109
Ellicott City, MD 21042
410-31-5087**

www.thefamilycenter.tv

thefamilycenter2@msn.com

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.

Insurance: Self-pay

Language: Farsi, French, Arabic

Gladstone Psychiatry and Wellness (Telehealth offered)

**Lakeview Office Terrace
981 Broken Land Parkway, Suite 211
Columbia, MD 21046
443-708-5856**

Gladstonepsych.com9

Specializes in Addictions, Adult Psychiatry, Adolescent Psychiatry, Anxiety, ADD/ADHD, Bipolar Disorder, Depression, OCD, Panic Disorder

Language: American Sign Language

Insurance: BC/BS, CareFirst, Aetna, and Cigna

HC Drug Free

5305 Village Center Drive, Suite 206

Columbia, MD 21044

443-325-0040

www.hcdrugfree.org

info@hcdrugfree.org

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.

Mr. Ludley Howard

The Howard Group, LLC

10750 Hickory Ridge Road, Suite 113

Columbia, MD 21044

443-542-9455

Focus: African American Males & Adolescents

www.thehowardgroupllc.com

lhoward@thehowardgroupllc.com

Individual, family and group counseling for adolescents and adults from diverse backgrounds. Services in Individual counseling, Peer Empowerment groups, Parent empowerments groups & consulting services.

Insurance: coverage is not on the website, suggestion to call.

Holistic Child Psychiatry

Phyllis Heffner, MD

1081 Hickory Ridge Road, Suite 215

Colmbia, MD 21046

410-260-0344 / Fax 410-260-0344

ww.holisticchildpsychiatry.com

holisicchildpsychaitrist@gmail.com

Holistic and Integrative Child and Adolescent Psychiatry with primary focus on assessing and treating symptoms of Autism, Attention Deficit Hyperactivity Disorder, Depression and Anxiety and more in people from age 2 - 65 using biomedical, nutritional, lifestyle, stress

management, EEG Neurofeedback, Heart Rate Variability Training, and other techniques to lessen or avoid the use of medication if possible.
Insurance – Private pay & self pay

Howard County Drugfree

5305 Village Center Drive, Suite 206

Columbia, MD 21044

Phone: (443) 325-0040

<http://www.hcdrugfree.org>

Email: admin@hcdrugfree.org

Eligibility: Open to the public

HC Drugfree is not a treatment provider. They provide educational services and resources about 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.

Language: Please contact provider for languages spoken by staff.

HoCo Peds

Now offers Behavioral Health management

Anna Kaufman Psy.D

Direct Line: 410-9339

9501 Old Annapolis Road, Suite 101

Ellicott City, MD 21042

<https://hocopedes.com/getmedia/c251b0c3-8f84-47d3-802f-1f6a66e7cbca/Consults-with-Dr-Kaufman.aspx>

Open to all patients in their practice, consults last from 30-50 minutes, Documentation is noted in your child's electronic medical record that is shared with you child's Pediatrician at HoCo. She addresses concerns of tantrums (defiant behavior), ADHD, Stress, Sleep, Toileting, Feeding, Fear/Anxiety, Low mood/Irritability. Peer/Family Relationships, Grief/Bereavement, Habit Reversals, Pain management, Healthy Lifestyle self-empowerment.

She participates with the same insurance plans that their pediatricians accept. Any specific questions can be geared to their billing department at 410-992-9339 X 8006.

Live Free Therapy LLC
(Telehealth only currently)
African American Provider

10632 Little Patuxent Parkway, Suite 309
Columbia, MD 21044
Office: (443) 313-6350/ Fax: (443) 283-4136
www.livefreetherapy.org

Experience working with families, couples, teens, and adults. Offering services in coaching, consulting, counseling (addiction recovery, individual, family & couples therapy) and supervision (Individual & group).

Insurances: Carefirst/BCBS, Carefirst Blue Choice, Cigna/Evernorth, Aetna, Commercial Optum/ United Healthcare, Maryland Medicaid (Optum)

Dr. Lillian M. Sylvester, Ph.D., LCPC
Teal Fire Counseling and Consulting, LLC
10630 Little Patuxent Parkway, Suite 401
Columbia, MD 21044
240-708-4947 / Fax 240-708-4962

www.TealFireCounseling.com
info@TealFireCounseling.com

Provides outpatient mental health services for individuals ages 8+. Individual, family, and group therapy services provided; LGBTQ+ competent and affirming. GCS consultation and surgery preparedness letters.

Insurance: BCBS, CIGNA, Johns Hopkins Healthcare, Medicaid, self-pay

Transformation Healthcare, Inc.
9139 Red Branch Road, Ste F
Columbia, MD 21045

T: (410) 878-1085
info@transformationhealthcare.com
<https://www.transformationhealthcare.com/>

Services to children, adolescents and adults. Services in Outpatient (Therapy, Medication management, Transportation assistance) PRP Adult/Minors, Substance abuse treatment, Transitional Housing (income assistance, job resources, support in building daily living skills), Peer Support, ACT team (Medication administration, monitoring, support for family) & Home Health Program.

Insurances: Medicaid, Medicare, BCBS, Carefirst, Aetna, United Healthcare, Cigna, Optum, Johns

Hopkins, Bravo, Amerigroup, Jai Medical, Kaiser Permanente, Medstar family choice, Priority Partners.

Hope Counseling Center (Telehealth Offered)

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)
www.hopcounselingctr.com
dawnduignan@verizon.net

children, youth, families, adults and couples. Services provided are Individual, Group Family Counseling, Child/ Adolescent Counseling, Behavior Consultation, Mental Health Training
Community Training, School Training, Psychiatric Assessment & Telehealth Appointments
Insurance: most insurances accepted

HPS Counseling (In person & Telehealth)

632 Frederick Road, 200
Catonsville, MD 21228
T: 443-323-2503
<https://www.hpscounseling.com/>

All African American Women/Men staff
Client Focus: African American/Black other ethnic backgrounds.

• Servings ages Toddler, Children (6 to 10), Preteen/Teen, Adults, Elders (65+)
A client-oriented counseling (traditional, modern, holistic, and spiritual), coaching, and medication management practice.

• The practice specializes in Child, Mood Disorders, Anxiety, Medication Management, Anger management, Depression, Dual diagnosis, Divorce, Emotional disturbance, Grief, Life Coaching, Life transitions, Parenting, Pregnancy, Prenatal, Postpartum, School issues, Family conflict, LGBTQ+, Men's issues, Substance abuse, Transgender, Women's issues.

• Insurance: Aetna, Amerigroup, BlueCross and BlueShield, CareFirst, Cigna and Evernorth, Johns Hopkins, Magellan, Medicaid, Optum, UnitedHealthcare UHC | UBH

•Languages: French

Humanim

**6355 Woodside Court
Columbia, MD 21046
410-381-7171**

www.humanim.com

Humanim provides youth services to support success at school, in the community, and at work. Some of these services include student enrichment and education programs, vocational training and opportunities, and mentoring and outreach.

Insurance: Medical Assistance, some private pay

Local Children Board

**9830 Patuxent Woods Drive
Columbia, MD 21046
Phone: (410) 313-6400**

Availability: Mon-Fri 8:30am-5pm

• <http://www.howardcountymd.gov/dcrs>

• communityresources@howardcountymd.gov

Email: lcb@howardcountymd.gov

Website:

<https://www.facebook.com/HoCoCommunity>

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.

Release & Govern Therapeutic Services, LLC (Offers Telehealth Services)

**6755 Business Parkway, Suite 309
Elkridge, MD 21075**

www.releaseandgovern.com

lbrown@releaseandgovern.com

RGTS work is trauma centered and trauma focused, so it is never rushed, but client led. Some 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.

Insurances: All major insurance accepted and private pay.

Hope Health Systems Inc.

**Locations in Baltimore 21207, 21215 &
Eldersburg 21784**

<https://hopehealthsystems.com/>

Email: info@hopehealthsystems.com

Main Office at: 410.944.HOPE or 410.265.8737.

**Referral staff members are available from
10:00 A.M. to 4:00 P.M.**

- Age population: 5-21years old
- Adults. Diagnostic / Psychiatric Evaluations, Family, Group & Individual Therapies, Psychiatric Rehabilitation Program, Medication Management Services,
- Crisis or Emergency Interventions, Discharge Planning/After care services, PR programs, Case management.

Insurances: Medicaid, Medicare, Aetna, Amerigroup, CareFirst, BCBS, Jai Medical, Kaiser Permanente, Maryland Physicians Care, United HealthCare, Priority Partners, Cigna, Aetna, Tricare.

Innovative Psychiatry

**9256 Bendix Road, Suite 200-B
Columbia, MD 21045
443-542-0773**

www.columbiapsychmd.com

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.

Insurances: BCBS, Tricare, Care 1st, Cigna, Johns Hopkins EHP, Johns Hopkins USFHP.

Live Balanced Life LLC

(Offers in person & telehealth services)

**8805 Columbia 100 Parkway
Columbia, MD 21045**

<https://livebalancedlifellc.com/team>

Mainline: 443-904-1817 & Intake: 410-639-5245

Client Focus: Black/AA, Hispanic/Latino

Serving Children 6-10, Preteen/Teen, Adults, Couples. On staff Male & Female providers. 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. Insurance: Beacon Health Options, BCBS, CareFirst, Cigna / Evernorth, Johns Hopkins, Medicaid, Optum, Out of Network Languages: Patios/Spanish

Optimum Therapy & Consults

Servicing the state of Maryland (MD) and District of Columbia (DC)

Phone: 443-542-3025

Email: info@optimumtherapyandconsults.com

<https://optimumtherapyandconsults.com/>

Serving Children 6, Preteen/Teen, Adults.

Therapeutic treatment and recovery for various mental challenges that meet individual needs. Such as Diagnosis and treatment of ADHD from ages 6, CBT groups for anxiety and depression management, EMDR for the management of complicated grief, performance anxiety, stress reduction, trauma and sexual and or physical abuse, TeleHealth services, Psychiatric Evaluation Medication Management, Individual therapy, Group therapy, Moderate Substance Abuse Treatment.

Insurances accepted Medicaid, Medicare, Aetna, Cigna, Carefirst, UnitedHealthcare, Amerigroup, MD Physicians care, Humana.

Howard County Department of Corrections Family Support Group

7301 Waterloo Rd, Jessup, MD 20794

Hours: Open 24 hours

Phone: (410) 313-5271

<https://www.howardcountymd.gov/services>

The session will be facilitated here at the detention center lobby where various topics that are helpful for families will be discussed. Come learn how to be support your loved one.

Topics:

- How to cope with incarceration
- Resources for children
- Supporting your loved one
- Quality of Living

Community Resource Info:

- Department of Social Services
- MultiService Center
- Substance Abuse
- Counseling & Mediation

Every 2nd Wednesday 6-7pm these dates and time are for the year 2023.

April 12th, May 10th

June 12th, July 12th

August 9th, September 1th

October 1th, November 18th, December 13th

Hope Counseling Center

3881 Ten Oaks Road, Suite 2A

Glenelg, MD 21737

410-489-4550 / Fax 410-489-4475

<http://www.hopcounselingctr.com/>

Individual/ Family/ Group counseling, Child/Adolescent counseling, Psychiatric Assessment, Behavior Consultation, Mental Health Training & Telehealth services. Extensive experience working with children and families. Insurances: Aetna, Cigna, United Healthcare, BCBS, MHN, Medicaid, Johns Hopkins.

Mediation and Conflict Resolution Center

9770 Patuxent Woods Drive, Suite 306

Columbia, MD 21046

Mainline: 443-518-7693

www.mcrchoward.org

Email: info@mcrchoward.org

Local nonprofit organization providing affordable, accessible conflict resolution services and education to assist individuals and organizations in Howard County with a variety of types of conflict. Services include: community mediation, family mediation, prisoner re-entry mediation, youth restorative practices, conflict management workshops, and group facilitation.

Target Group: MCRC services are available to all who live or work in Howard County.

Fees: To individuals are priced so that they are accessible to all. **Many services are at no cost to participants.** Please inquire about our sliding scale fee structure for services with an associated charge.

Availability: Interpreter upon request

Language: Spanish, French, Asian languages, the deaf community

Family Health Connections

9055 Chevrolet Drive, Ste 205

Ellicott City, MD 21042

410-465-5451 / Fax 410-360-6459

www.familyhealthconnections.com/

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.

Insurances: Medicare, Medicaid, Humana, Tricare, Beacon, MD Physicians care, Aetna, Cigna, United Healthcare, BCBS, Priority Partners, Optum, Carefirst,

Little Leaves Behavioral Services

Locations in Columbia, Silver Spring, Germantown, Millersville.

Columbia T: 202-420-8359

Mon-Friday 8:30am – 5:00PM

<https://littleleaves.org/programs/center-based-programs/>

7150 Columbia Gateway Drive, Suite A
Columbia MD 21046

center-based ABA 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.

Insurances: Aetna, Anthem BCBS, Carefirst BCBS, Cigna, HSCSN, Johns Hopkins, Kaiser Permanente, United Behavioral Health/Optum.

Innovative Therapeutic Services

14440 Cherry Lane, Suite 208

Laurel, MD 20707

301-604-1458 / Fax 301-604-1459

www.innovativetherapy.org

mpaul@innovativetherapy.org

Mental health support, community and home visits. On-site services for psychiatric evaluations and medication management. Individual, family and group therapy to children and adults. Psychiatric Rehabilitation Program (PRP) services to children and adults.

Language: Spanish, Chinese

Insurance: MA, private insurance, EAP

Integrative Counseling, LLC –

(Company Telehealth Only)

10630 Little Patuxent Pkwy, Suite 209

Columbia, MD 21044

410-740-8067 / Fax 410-964-8068

www.integrative-counseling.com

Treatment Groups for Substance Use, Abuse, and Dependence. Single Weekend DUI/DWI education program (State of MD Certified), DUI/DWI and Citation Services, Intensive Outpatient Program for Addiction and Dual Diagnosis for Teens and Adults, Parent Support, Relapse Prevention, Anger Management, Marriage/Couples Groups. Educational and Psychological Testing.

Language: Spanish

Insurance: Self-pay and out of network private insurance medicare, Aetna, commercial insurances,

Johns Hopkins Department of Psychiatry & Behavioral Health

(Formally known as Howard County General)

10710 Charter Dr Suite G050

Columbia, MD 21044

Appointments: 410-720-8530

www.hopkinsmedicine.org

offers medical psychiatric services for patients provided by board-certified psychiatrists, psychologists, social workers, counselors and nurses who are specially trained in behavioral health.

- Emergency psychiatric services for adults are provided in a specialized area of the Hospital's Emergency Department specifically designed and constructed to provide a supportive care environment.

Private insurance and Medicaid

Kennedy Krieger Institute –
9810 Patuxent Woods Drive, Suite C
Columbia, MD 21046
443-923-7508

www.kennedykrieger.org

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

LifePath Counseling Services
5122 Aver Court
Columbia, MD 21044
410-227-9074

www.barbarapolonsky.com

Individual, child, adolescent, & family counseling. Therapy for personal growth and life changes, relationships/marital issues, parent-child relationships and discipline, anxiety/depression, cognitive-behavior modification and behavioral management, divorce/separation. Children's Life Skills Groups; ADHD, Asperger's, grief/loss, organizational/study skills, divorce/separation, anxiety.

Insurance: Self-pay

Lotus Healing Services (offers telehealth)
Barbie Johnson-Lewis, LSCW-C
7360 Grace Drive
Columbia, MD 21044
T: (443) 957-4383

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.

Insurance: Aetna, Tricare, Beacon Health, US family health, Johns Hopkins, Medicaid.

Life Renewal Services (1ST initial in person, then can Telehealth offered)

10805 Hickory Ridge Road, Suite 103
Columbia, MD 21044

410-387-2763 / Fax 410-387-2764

www.liferenewalservices.net

Psychiatric evaluations, psychiatric medication management, co-occurring treatment, Psychiatric Rehabilitation for adults and minors, outpatient mental health clinic for adults and minors

Insurance: Self-pay, Medicaid, and PPO with out of network benefit.

Klebanow & Associates Behavioral Health
Consultation Service

(In office & Telehealth offered)

Providers: Julia Zeroth, Ph.D.
& Jessica Winkles, Ph.D.

Address: 8821 Columbia 100 Pkwy
Columbia, MD 21045

Phone: 410-794-4924

Fax: 410-715-0829

<https://www.klebanowandassociates.com/Services/Behavioral-Health>

- Age Population: Infants, Toddlers, Preteens, Teenagers, and Young adults up to age 20 years old.
- 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: Offering translation services for most languages. We use a platform that

allows us to connect virtually to healthcare translators

- **Services not offered:** Court Ordered services, Special evaluations (autism, neuropsychological, support animals, or custody) nor Long term therapy.
- Insurances:
<https://www.klebanowandassociates.com/About-Us/Insurance>

Martin Counseling & Associates

5126 Dorsey Hall Drive, Second floor

Ellicott City, MD 21042

Hours: Daily 11am-9pm

Phone: (443) 610-2404

Email: ericamartinllc@gmail.com

Specific Populations Served: Adolescents, Adults, Couples

MCA provides comprehensive mental health and substance abuse assessment, evaluation and therapeutic services for adolescents, young adults, adults and families. MCA is a dual diagnosis program with a focus on trauma related disorders. We offer EMDR, as well as trauma coaching and therapy.

- MCA is a collaborative team of independent business owners who work together to address a wide variety of mental health issues, to include Anxiety 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.
- MCA has a holistic bend and promotes mind, body, and spirit into its programming. In addition to traditional psychotherapy, MCA also offers a host of alternative treatment modalities to include, acupuncture, Reiki, reflexology, holistic nursing, and holistic medicine.

Language: Please contact provider for languages spoken by staff.

Insurances: please call to inquiry

The Maryland Centers for Psychiatry

In person & Telehealth Services

3290 N. Ridge road, Suite 320

Ellicott City, MD 21043

410-461-3760 / Fax 410-461-0526

<https://www.marylandpsychcenters.com/>

Specialized and general mental health services for children, adolescents, and adults.

Multidisciplinary teams evaluate a wide range of behavioral, learning and emotional problems and then design a program of care. The Centers also offer Neuropsychological Testing.

This organization does not participate with any kind of insurance, accepts self-pay & HAS payments.

MPB Group, Inc

(Telehealth Offered & Psychiatry services offered)

6440-D Dobbin Road

Columbia, MD 21045

Other Locations in Bowie & Laurel

410-673-4313 / Fax 866-371-5933

Hours: 9am-8pm Mon-Thurs

9am-6pm Friday, 9am-4pm Saturday

www.mpbhealth.com

Doctor_brewer@mpbgroupinc.com

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.

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. Transportation: Free LifeStar transportation to and from clinic for MD Medicaid clients in Howard County

Insurance: MD Medicaid, BCBS, Self-pay (prices located on website).

Call to speak to staff who are fluent in Spanish.

My Covenant Place

**10630 Little Patuxent Parkway, Ste 314-D1
Columbia, MD 21044
410-200-9290**

<https://mycovenantplace.org/>

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. Insurance: Aetna, Cigna, BCBS, Medicaid, Carefirst, Optum, Coventry.

Camp Attaway

**Camp Director: Saul Lieberman, Ph.D.
9770 Patuxent Woods Dr,
Columbia, MD 21046
T: 443-518-7671**

www.campattaway.org
snliebermanphd@yahoo.com

Summer therapeutic recreation day camp for children, ages 7-13 with emotional and behavioral disorders. Activities include art and crafts, swimming, sports, games, rock climbing and nature. Staff to child ratio of 1:2. Parent education and support group. Generous scholarship program.

National Family Resiliency Center

Locations:

**10630 Little Patuxent Parkway Suite 325
Columbia, Maryland 21044
Mainline: 410.740.9553**

nfrchelp.org

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.

Insurance: Self-pay, would have to check with insurance company directly.

New Vision Counseling, LLC Offers Telehealth Services

**7360 Grace Drive
Columbia, MD 21044**

Phone: (410) 200-9825/ Fax: (410) 200-9825

<http://www.newvision-counseling.net>

Email: patd.newvision@gmail.com

- Specific ages served: Adolescents 16 years old to 62 years old.
- 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.

Insurance: Medicaid, United Health Care, BC/BS, Carefirst, Aetna, Cigna, John Hopkins, Tricare, Self-Pay & Sliding Scale fee available (Fees: \$100-\$180)

Language: Please contact provider for languages spoken by staff.

ADA Access: Wheelchair accessible

Psychiatry Specialties Clinics

**3525 Ellicott Mills Drive Suite G
Ellicott City, MD 21043**

T: 410-988-8092

[https://psychmaryland.com/](https://psychmaryland.com)
pssc@psychmaryland.com

Age Population: 16-18 yrs old, Older Adults, Elder 65yrs-75 yrs old. Services in Substance/Alcohol addiction, Co-Occurring health conditions, Medication management, Individual, Couple & Family therapies. Focus on CBT, Interpersonal & Supportive techniques. Insurance: BCBS, Aetna, Medicare, Medicaid, United Healthcare, Cigna, Optum VA, JH Advantage.

Teen Talk

"Teen Talk" is a new therapy group for teens ages 13-18

Wednesday Evenings from 4:30-5:30 p.m.

Location: 1215 Annapolis Road Suite 204, Odenton, MD 21113

T: (410-975-0067)

[https://img1.wsimg.com/blobby/go/475d3e18-f96e-4039-86b9-](https://img1.wsimg.com/blobby/go/475d3e18-f96e-4039-86b9-23123d0dc46c/downloads/Teen%20Support%20Group%20Flver.pdf?ver=1656124953715)

[23123d0dc46c/downloads/Teen%20Support%20Group%20Flver.pdf?ver=1656124953715](https://img1.wsimg.com/blobby/go/475d3e18-f96e-4039-86b9-23123d0dc46c/downloads/Teen%20Support%20Group%20Flver.pdf?ver=1656124953715)

Bloom Health Centers (Telehealth)

9520 Berger Rd, Suite 203

Columbia, MD 21046

T:410-290-6940 / Fax 410-290-9763

www.pamllc.us

Provides comprehensive behavioral health services for Age 4 , adolescents, adults, and the geriatric population. Services include psychotherapy, medication management, telehealth, TMS therapy, neuropsychological testing, evaluations, psychological testing, and applied behavior analysis (ABA).

Insurance: Medicare, Medicaid, Self-pay, EAP, BCBS, Carefirst.

Howard County: Child Care Resource Center

T: 410-313-1940

children@howardcountymd.gov

<https://www.howardcountymd.gov/children-families>

The Early Childhood Mental Health program can help childcare providers and early childhood educators with children ages 0-5 years of age that have difficult and disruptive behavior.

CARE Center behavior specialists work on site and provide observations and consultations with families and educators to provide intervention and support to decrease challenging behaviors such as:

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

Behavior specialists work on these issues with the goal of keeping children in care, giving them a better chance to enter school ready to learn. The CARE Center can answer questions about school readiness and success in school, positive youth development, community services, concerns about your child's emotional or mental health, difficult or inappropriate behaviors, child care programs and preschools, developmental delays, including speech, physical disabilities or hearing, local recreation and sports programs, classes for parents on child development, positive discipline

and parenting skills, financial assistance, support groups for parents and children, intensive needs services and respite care, drug or alcohol use or abuse.

Soaring Starts: Therapy & Learning center

6430 Dobbin Rd, Suite B

Columbia, MD 21045

T: 301-968-0597

Email: info@soaringstarstlc.org

<https://www.soaringstarstlc.com/>

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.

Insurance: private pay arrangements and autism wavier participants. Insurance: Medicaid

Solid Ground Wellness

9175 Guilford Road

Columbia, MD 21046

T: 443-860-2549

www.solidgroundwellness.org/

solidground@sgwellness.net

Client Focus: AA boys/girls women & men

Provides individual, family, and couples therapy to adolescents over 14 years old and adults.

Insurance: Sliding scale, Medicaid, Aetna, BCBS, Optimum, Cigna

Springboard Community Services

10451 Twin Rivers Road, Suite 100

Columbia, MD 21044

410-997-3557 / Fax 410-964-1791

<https://www.springboardmd.org/>

tjordan@scsmmd.org

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. Insurance: Medicaid, Medicare, Most Commercial/Private Insurances, & a Sliding Fee Scale

Stanton Psychotherapy

**8850 Columbia 100 Parkway, Suite 203
Columbia, MD 21045**

443-546-4476 / Fax 443-546-4473

www.StantonPsychotherapy.com

andrew@stantonpsychotherapy.com

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.

Insurance: Most insurance accepted

Therapeutic Connections, LLC (Telehealth offered)

**2850 North Ridge Road, Suite 210
Ellicott City, Maryland 21043**

T: 410-203-1649

Hours: Mon -Friday 9am-5pm

<http://www.therapeutic-connections.net/>

info@therapeuticconnectionsllc.com

Provides Ages 5-24 years old children to adolescents & young adults. 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). Insurance: Medicaid & BCBS, Self-pay.

Thrive Behavioral Health

**Locations in Catonsville, Millersville, Rosedale,
Silver Spring**

T: 410-780-5203/ Fax 410-780-5205

<https://thrivebh.com/>

Serving Children ages 3 years old to Older Adulthood.

Thrive Behavioral Health offers person-centered, trauma-informed care. Focuses on using the strengths individuals and their families already have while helping to incorporate new ways to be healthy. Offering off-site therapy sessions for individuals, families. Registered play therapist on staff for school aged children. Counseling staff also offers school based mental health in Howard County Public School System. Specialties in Dual Diagnosis, Depression, Anxiety, EMDR, Grief/Loss, Group support, working with Local PRP, assistance with Case management referrals, Medication Management (transportation upon request).

Languages: Spanish & Interpretation services

Insurance: Medicaid

J & A Positive Image, LLC

(In office & Telehealth)

9650 Santiago Road, Suite 11

Columbia, MD 21045

T: 410-796-2039 (24 hours emergency services)

Fax: 410-796-1410

award@japositiveimage.com

Email: info@japositiveimage.com

Target group children, adolescents and adults.

Providing in-person, virtual, and/or hybrid therapeutic and rehabilitative services to individuals ages 5-65, with qualifying diagnoses.

- 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.

Inspiring Healing Minds, Inc

1st: 6700 Alexander Bell Drive, Ste #200

Columbia, MD 21046

2nd: 1800 N. Charles St, Ste #802

Baltimore, MD 21201

www.inspiringhealingminds.com

T: 410-646-8874 & 443-955-4770

Services in psychiatric mental health, medication management, schedule a telehealth video appointment, Psychotherapy in CBT therapy, talk therapy, motivational interviewing, self-efficacy etc. Serving Baltimore City/County Howard County, Anne Arundel County.

Insurances: Call for further details, not listed on website.

LifePath Counseling Services

5122 Aver Court

Columbia, MD 21044

410-227-9074

www.barbarapolonsky.com

Individual, child, adolescent, & family counseling. Therapy for personal growth and life changes, relationships/marital issues, parent-child relationships and discipline, anxiety/depression, cognitive-behavior modification and behavioral management, divorce/separation. Children's Life Skills Groups; ADHD, Asperger's, grief/loss, organizational/study skills, divorce/separation, anxiety.

Insurance: Self-pay

Focused Solutions, LLC (In-person & Telehealth)

5550 Sterrett Place, Suite 200

Columbia, MD 21044

T: (443) 247-0441

<https://focused-solutions.com/>

- Serving ages Children (6 to 10), Preteen/Teen, Adults, Elders (65+).
- Therapy Approaches: CBT, MBCT, SFBT, EMDR, Culturally Sensitive, Coaching

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.

Insurance: Aetna, Anthem, BCBS, Carefirst, Cigna/Evernorth, John Hopkins, Medicare, Tricare, UnitedHealthcare.

The Family Center

4785 Dorsey Hall Dr, Suite 109

Ellicott City, MD 21042

T: 410-531-5087

<https://www.thefamilycenter.tv/>

Email: familycenter4785@gmail.com

Children 4-10, adolescents, teens, adults, and families. From sibling rivalry to divorces, school-related problems, sports counseling and LGBTQ+ support.

- On staff psychologists, therapist, psychiatrists, and counselors. Services in Assessments, ADHD, Autism, Depression, Anxiety, Social skills, Behavioral problems (aggression, temper), learning disabilities (verbal & nonverbal), Couples concerns, trauma, grief / lost challenges, work related relationships (transitions, coworkers etc.).

Insurances: Fee for services practice each client with a Super Bill containing all needed information to obtain direct reimbursement to the holder of the insurance.

Urban Institute of Mental Health

10632 Little Patuxent Pkwy, Suite 245

Columbia, Maryland 21044

Phone: (443) 868-2335

Fax: 443) 472-4175

Email: information@urbanmh.com

<http://urbanmh.com/>

Client focus: African American community Testing & evaluation, treatment planning, CBT, DBT, play therapy, trauma therapy & behavior modification.

Insurance: BCBS, John Hopkins EHP (JHHP), (Optum), Cigna, Lyra EAP & Self-pay.

THRIVE Emerge –
Main line 410-740-3240
Fax 443-276-6640

<https://www.thriveemerge.com/>

Comprehensive, wrap-around programming to help struggling to launch neurodiverse young adults and their families transition to independence. They serve-

- Neurodivergent Teens and Young Adults Who are Struggling to Launch
- Adults with ADHD/Executive Dysfunction, Autism Spectrum Disorder, and Mood and Anxiety Disorders.
- Teens and Young Adults with Substance and Screen Overuse Challenges.

Organization does accept insurance only self-payment options.

Lighthouse Center for Therapy and Play
10632 Little Patuxent Parkway, Suite 327
Columbia, MD 21044

T: 443-864-5647 / Fax 443-276-0905

www.lighthouseplaytherapy.com

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. Insurance – Medicaid, Medicare, Aetna, Cigna, CareFirst BC/BS, Magellan, Beacon Health/ValueOptions

Autism Society of Maryland
9770 Patuxent Woods Drive, Suite 308
Columbia, MD 21046

T: 410-290-3466

Fax: 410-290-5455

Email: info@autismsocietymd.org

There is a place for every person with autism in our world—a place of value and a place of worth. Much of the work undertaken by our organization is directed toward raising awareness and educating

the general public about the complexities of autism. Resources provided such as

- Newly diagnosed
- Family Navigator
- Special education resources,
- Sensory Friendly activities, events & businesses.

Milestones Counseling & Consulting Services
10630 Little Patuxent Parkway, Suite 475
Columbia, MD 21044

Phone: (443) 574-4295/ Fax: (443) 574-6515

Website: <https://milestonesccs.com/>

Email: admin@milestonesccs.com

Serving ages: Children (ages 3+), adolescents, young adults, couples and families

A group practice located in Columbia, Maryland providing in-person and virtual therapy. We provide therapy to children as young as 4 and up including adults. Our team of clinicians meets clients where they are on their journey to mental wellness. We provide individual therapy, family therapy, group therapy, as well as couples counseling.

- Areas of expertise include ADHD, anger management, anxiety, autism, behavioral issues, bipolar disorder, coping skills, depression, school/learning issues, mood disorders, parent-child conflict, and family systems. 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.
- Insurances: BCBS, Beacon, Cigna, Johns Hopkins, Medicaid, Medicare, Out of Network & Self-Pay (average cost per session: \$110 - \$135)

Spring Health LLC

10632 Little Patuxent Pkwy #249

Floor 1: Century Plaza Office Center

Columbia, MD 21044

T: 410-910-0032

- <https://www.springshealth.com/>
- **ages starting from age 5 years old to older adults.**

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.

Services such as Individual/Family therapy, Learning Disability (Adult and autism) treatment, Addiction (Private drug detox, Relapse prevention, suboxone, substance abuse counseling) treatment and Mental illness. Concerns such as anxiety, bipolar, depression, insomnia, ketamine, autism, mood disorders, OCD, psychiatric evaluation, psychiatrist and Trans magnetic stimulation (TMS).

Insurance: Carefirst, BCBS, Cigna, Aetna, United Health, MD Medicaid, Medicare

Northeast Family Services (Offers Telehealth)

**9520 Berger Rd, Ste 302
Columbia MD 21046**

T: 301-310-7005

Fax 1-410-630-5155

Clinicians have some afternoon/evening availability.

<https://www.northeastfamilyservices.com/maryland>

Email: sbrown@ne-family.com

Provides a range of diagnostic and treatment services on an outpatient basis.

Serving Children 6-10, Adolescents, Adults, Couples & Families. Experience focus with Trauma, Anxiety, Depression, Behavior management, Medication management, CBT, DBT therapies.

Insurance: Aetna, BCBS, MD Medicaid, Priority Partner's/Johns Hopkins, Cigna, or Beacon. Self-pay as well

Firm Foundation to Thrive

**7274 Cradlerock Way, 2nd floor
Columbia, MD 21045**

T: 443-545-5042

**Locations in Baltimore City/County,
Montgomery County**

<https://firmfoundation2thrive.com/cbrown@firmfoundation2thrive.com>

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.

- Specializing with Children 5-17 years old and Adults 18-65 years old.
- Requesting that the client already have a current mental health diagnosis.
- Enrollment in some type of routine counseling

Insurance: Maryland Medicaid

Bloom Health Centers (Telehealth)

**9520 Berger Rd, Suite 203 –
Columbia, MD 21046**

T:410-290-6940 / Fax 410-290-9763

<https://www.bloomhealthcenters.com/columbia-md/>

Provides comprehensive behavioral health services for Age 4 , adolescents, adults, and the geriatric population. Services include psychotherapy, medication management, telehealth, TMS therapy, neuropsychological testing, evaluations, psychological testing, and applied behavior analysis (ABA).

Insurance: Medicare, Medicaid, Self-pay, EAP, BCBS, Carefirst.

Soaring Starts: Therapy & Learning center

6430 Dobbin Rd, Suite B

Columbia, MD 21045

T: 301-968-0597

Email: info@soaringstarstlc.org

<https://www.soaringstarstlc.com/>

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. Insurance: private pay arrangements and autism waiver participants. Insurance: Medicaid

PsychCare Psychological Services, LLC

6325 Woodside Court Drive

Suite #350

Columbia, MD 21046

Phone: (410) 910-9660

<https://www.psychcaremd.com/>

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 Baltimore, Columbia, and Silver Spring MD, brings decades of experience in specialized areas of treatment and assessment, such as couples counseling, anxiety and depression treatment, and psychological evaluations.
- Children 6-10, Adolescents, Teenagers & Adults.

Specialties such as

- 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-marital, EFT, Imago & Gottman couples therapy)
- Psychological Evaluations (Adult ADHD evaluations, Bariatric pre-surgical, Diagnostic assessment, Educational, Learning disability & Personality disability)
- Insurances accepted: Therapy Services (and some limited assessment services) may be covered in full or in part by your health insurance or employee benefit plan. Currently accepting, Aetna, BCBS, Cigna, Johns Hopkins EHP and USFHP, Tricare, & Medicare.

Led Life Concierge Psychiatry (Telehealth & In office provided)

Bergina Isbell, MD

3355 St Johns Ln

Ellicott City, MD 21042

<http://www.ledlifellc.com/>

Voice: 507-533-5433

Fax: 844-511-6928

Further locations in Lanham and Largo MD.

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. Treating ages Adults 18y years old and older.

Services provided:

- 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/Pre-menstrual Dysphoric Disorder

(PMDD), Postpartum Depression, Impulse
Control Disorders

PSYCHIATRISTS

Andy A Mattai, MD

Innovative Psychiatry

9256 Bendix Road, Suite 200B

Columbia, MD 21045

443-225-4505

admin@ecpsychiatry.com

www.columbiapsychmd.com

Preteens/Tweens (11-13), Adolescents/Teenagers

Insurance: Self-pay

Arise Health Clinic (In person)

Nurse Practitioner, DNP, FNP-BC, PMHNP

10705 Charter Drive Suite 430

Columbia, MD 21044

T: 301-259-3574

<https://www.arisehealthclinic.com/>

Children (6-10), Pre-teen/Teens, Adults & Elders (65+). Types of therapy: 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.

Insurance: Aetna/Aetna Coventry,

Medicaid/Medicare, Optum, United Healthcare UNC/UBH

Deborah S. Cole, Psy.D (Only Telehealth)

5305 Village Center Drive, Suite 347

Columbia, MD 21044

T: 410- 381-7551

<http://www.drdeborahcole.com>

PsychologyNart@gmail.com

Hours: Mon-Thu afternoons and evenings, by appointment

Serving children 4-12, Preteen/Teenagers 13-18 adolescents, adults 18-65 & Seniors 65+. Private practice. Specializes in 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). Home visits

possible for Hoarding and OCD, when appropriate. Certified in Hypnosis. ONLINE TELETHERAPY during Covid except when necessary for OCD or Hoarding, and then there are transportation time charges.

Payment: Self-pay, possible reimbursement depends on your contract with your insurance

Brett Greenberger, MD

Child and Adolescent Psychiatrist

Collaborative Counseling Center

5560 Sterrett Place, Suite 201

Columbia, MD 21044

443-546-4000

www.collaborativecounselingcenter.com

Child/Adolescent mental health services and follow-up. Child and Adolescent Psychiatrist Collaborative Counseling Center. Age populations Toddler 6-10 years old, Preteen/Teenagers, Adults, Elders 65+. Self-pay Only

Columbia Counseling Center

5525 Twin Knolls Road, Suite 327

Columbia, MD 21045

410-992-9149

www.counselingmaryland.com

Provides psychiatry and counseling to youth, adolescents, and adults. I believe their cutoff for child psychiatry may be 13/14 years old, but they have psychologists on staff who could do a psychological evaluation in place of a psychiatric Insurance: Commercial insurance- Medicare, CareFirst, Blue Choice, United, Johns Hopkins EHP, GEHA.

Wellbrook Therapy Services

Dr. Kimberly Waibogha BSW, MSW, DSW

E-mail: drkimberly@hushmail.com

Tel: 410-935-5177

drkimberly@hushmail.com

<https://www.wellbrooktherapyservices.com/>

<https://www.wellbrooktherapyservices.com/contact>

Serving Teenagers & Adults. Provides services in clinical evaluation, individual and group therapy. Specialties in trauma, sand tray therapy and play

therapy, ADHD, PTSD, depression and anxiety.
Insurances: MD Medicaid, Carefirst & Private Pay

Nadimire Jules-Dole, M.D.
Child, Adolescent, and Adult Psychiatrist
Paragon Integrative Health
3355 St. John's Lane, Suite F
Ellicott City, MD 21042
T: 410-921-9616
www.paragonintegrativehealth.com

Serving children 4-10, Preteen/Teen, Adults up to 60 years of age. Specialties in ADHD, Depression, Bipolar Disorder, and Anxiety. 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. Payment: Self-pay, Out of Network

David M. Band, MD
Crossroads Psychological Associates, LLC
10784 Hickory Ridge Road
Columbia, MD 21044
410-964-0425 / Fax 410-964-0515
www.crossroadspsych.net
frontdesk@crossroadspsych.net

Comprehensive psychiatric services to children, adolescents, and adults, including assessment, evaluation and treatment, psychopharmacology, and psychotherapy. Areas of expertise include ADHD, mood and anxiety disorders, angry-depressed teenagers with behavioral and school problems, bipolar disorder, major depression, behavioral aspects of individuals with autistic spectrum disorders, PANDAS, and psychiatric aspects of Lyme Disease.
Insurance: Self-pay

Dina M Stein, MD, MPH
Gladstone Psychiatry
9841 Broken Land Parkway, Suite 211
Columbia, MD 21046
T: 443-339-9507
www.gladstonepsych.com

Young children through young adults needing medications to treat psychiatric conditions, including developmental disorders, depression,

bipolar disorder, anxiety, ADD/ADHD, OCD, PTSD and other mood and anxiety-related conditions.

Insurance: Aetna, BC/BS, Cigna, Self-pay

Janine Fuertes-Ramirez, MD
8940 State Route 108, Suite E
Columbia, Maryland 21045
410-941-3111
www.cpeclinic.com

Diagnosing, consulting, and treating children, adolescents, and adults with a wide range of psychiatric disorders and mental health challenges
Insurance: Self-pay, sliding fee scale

Margaret (Peggy) Adams, MD
8388 Court Avenue
Ellicott City, MD 21043
410-313-8119
www.margaretadamsmd.com

Psychotherapy and psychiatry services for parents-to-be, infants, toddlers, children, adolescents and adults. Medication can be provided as needed. Areas of treatment include: anxiety, mood disorders including depression, school problems, ADHD, OCD, PTSD, adoption, attachment dysfunction, developmental delays, autistic spectrum, family issues and life transition.
Insurance: Self-pay

Douglas W. Heinrichs, MD
5034 Dorsey Hall Drive, Suite 103
Ellicott City, MD 21042
410-964-6486 / Fax 410-964-6486

Psychiatric evaluation and treatment adults, adolescents and school age children. Expertise in medication management for individuals with a history of poor response or tolerability to medications, or with complex overlapping biological and psychological issues. Areas of special interest include: depression, bipolar disorders, anxiety and panic conditions, OCD, ADHD, and psychotic disorders.
Insurance: Self-pay

MSA

The Child & Adolescent Center
10005 Old Columbia Road, Suite L-260
Columbia, MD 21046
Office: 443-259-0400
Admissions: 443-936-8566
Fax: 443-259-0044
Email: info@msachild.com
<https://www.msachild.com/>

Psychiatry and counseling services to youth and adolescents. They also offer after school intensive outpatient programs to children and adolescents. Insurance: Medicaid & Major commercial insurance plans.

Vida Robb, PMHNP (Offers Telehealth)

Elkridge, MD 21075

(410) 941-3405

Client Focus: Black and African American and Hispanic and Latino

Serving Children 6-10, Preteen/Teens & Adults. Specialties: Child and Adolescent Tele-psychiatry, having more than 3 years of diverse experience, holistic approach in her practice. Others include Anxiety, Depression, Bipolar disorder, dual diagnosis, Coping skills, Dual diagnosis, School/Relationship issues, Stress, Suicidal ideation. LGBTQ Affirming.

Insurance: Aetna, Amerigroup, Anthem, Carefirst, Cigna/Evernorth, Jai medical, Kaiser (Out of network), MD Physicians care, Medicaid, Medstar family choice, Optum, Priority Partners, UnitedHealthcare.

Kevin Harrison, MD

Maryland Centers for Psychiatry

3454 Ellicott Center Drive, Suite 106

Ellicott City, MD 21043

410-461-3760 / Fax 410-461-0526

www.marylandpsychcenters.com

mcpec@verizon.net

Child and adolescent psychiatry evaluations, consultation, and medication management.

Insurance: Self-pay

Dr. Bergina Isbell, Ph.D

3505 Ellicott Mills Drive, Suite A2

Ellicott City, MD 21043

Phone: (507) 533-5433

Fax: (844) 511-6928

Mon-Sat by appointment

<http://www.SpravatoWithLedLife.com>

Email: support@ledlifellc.com

Apply Process: <https://bit.ly/mvhealthform>

- Serving Children 4-10, Preteen/Teen, Adults & Elderly.

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. Dr. Bergina, a Board-Certified Psychiatrist and Trauma specialist also offers coaching and consultations. Services offered Spravato, Psychedelic, Ketamine, Trauma Informed, Independent Medical Evaluation, Forensic Exam. Insurances: CareFirstBlue Cross Blue Shield, Private Pay \$500/hour. Language: Mandarin

James Park, Psychiatric Nurse Practitioner, CRNP, PMHNP

Alliance Psychiatry

8840 Stanford Boulevard, Suite 400

Columbia, MD 21045

443-417-1815

www.alliance-psychiatry.com

Medication management for adults, adolescents, and children ages 6-19.

Insurance: Self-pay

Nadimire Jules-Dole, M.D

(In person & virtual offered)

Child, Adolescent, and Adult Psychiatrist

Paragon Integrative Health

3355 St. John's lane, Suite F

Ellicott City, MD 21042

Phone: 410-921-9616/ Fax: 410-480-0110

www.paragonintegrativehealth.com

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. Payment: Self-pay & Superbills/invoices for insurance reimbursement if needed.

CHUN-SHIN TAYLOR, PhD, LCPC, CST
(Offers telehealth)

5570 Sterrett Place, Suite 308

Columbia, MD 21044

Phone: 443-574-5255

Wed to Friday (Virtual) Weekend (In-person) MD & VA residents

<http://www.mendingheartacademy.org>

Email- cst@mendingheartacademy.org

Specific Populations Served: Adults, couples, families. Provides individual, couples, and family counseling. Specializes in mental illness, sex therapy, betrayed partners of sex addict, cross-cultural couples and families, and the integration of religion/spirituality into psychology.

Insurances: Optum & UMR in-network. Out of network, Sliding scale available.

Languages: Korean (Hangul)

Laura C. Renbaum, M.D.

Crossroads Psychological Associates, LLC

10784 Hickory Ridge Road

Columbia, MD 21044

410-964-0425 / Fax 410-964-0515

www.crossroadspsych.net

laura.renbaum@gmail.com

Outpatient psychiatric evaluation, medication management, and counseling for adolescents and adults. (Suboxone certified)

Insurance: Self-pay

Sushma N. Jani, M.D.

10774 Hickory Ridge Road

Columbia, MD 21044

844-224-5264 x17 / Fax 888-509-0010

www.communitybehavioralhealth.net

Various ages (children and adults)

Insurance: Medical Assistance and private

Neda Kaveh, MD, MS

5052 Dorsey Hall Drive, Suite 102

Ellicott City, MD 21042

410-881-6090

Toddler to teenager mental health support and follow-up.

Insurance: Self-pay

Dr. Jon Thomas, Counselor EdD, LCPC

1st: 7274 Cradlerock Way

Columbia, MD 21045

T: (301) 710-9984

2: 110 Painters Mill Road, Suite 108

Owings Mills, MD 21117

T: (301) 710-9984

Age population: Children 6-10, Preteen, Adolescent, Adults. 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). Insurance Aetna, AvMed, Cigna & Evernorth, EAP, Medicare, Optum, UnitedHealthcare UHC | UBH, out of network.

Tanveer A Padder, MD

Padder Health Services

8850 Columbia 100 Pkwy

Columbia, MD 21045

410-921-9183

www.mypsychconsult.com

Bipolar, Major depression, Anxiety, PTSD, Addiction, ADHD, Panic attacks, schizophrenia.

Ages 6-19

Insurance: Self-pay

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

5850 Waterloo Rd, Columbia Business Suites Suite 140

Columbia, Maryland 21045

410-988-2503

gordonnp@smg-practic.com

www.synergystrive.com

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.

Insurance: Self-pay, BC/BS

Sandra Akinsete, Ph.D

5840 Banneker Road, Suite 200

Columbia, MD 21044

410-989-4623

Treat, prescribe, and monitor children with ADHD and mood disorders.

Insurance: Some insurance accepted, self-pay

Lenora Roat Arrington, Psy.D.

1 Park Avenue, Suite D

Mt. Airy, MD 21771

301-693-9275

www.re-directionscounseling.com

LenoraArrington@re-directionscounseling.com

Provides outpatient counseling and psychotherapy for adolescents, adults, and seniors. Treatment for depression, anxiety, trauma, identity, spiritual issues, relationships.

Insurance: Medicare, sliding scale may be available.

Jeanne Bolton, Ph.D.

7270 Cradlerock Way

Columbia, MD 21045

410-290-6618

Cognitive behavioral, anxiety disorders/depression, and women's issues. Families, individuals, children.

Insurance: Most insurance, providing does not need to be paneled provider with a managed care organization.

Insurance: Accepted of most insurance does not list specific ones.

Susan Rockwell Campbell, Ph.D.

7296 Kindler Road

Columbia, MD 21046

410-290-5901

www.drsusancampbell.com

Psychotherapy and counseling for adults and adolescents. Individual, couples, and family therapy.

Insurance: Sliding scale upon request.

Deborah S. Cole, Psy.D.

8840 Stanford Boulevard, Suite 4000

Columbia, MD 21045

410-381-7551 / Fax 410 715-0055

www.drdeborahcole.com

PsychologyNart@gmail.com

Provides services for ages 4-65+. 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. Insurance: Out of Network, Self-pay

Eric Fielding, Ph.D.

Fielding Psychological Associates

9051 Baltimore National Pike, Suite 4B

Ellicott City, MD 21042

410-868-4143

DrEric@Fieldingpsychology.com

Outpatient psychotherapy for children, adolescents, and adults. Trained in trauma treatment. General practice.

Insurance: BCBS

Steve Gaeng, Ph.D.

Crossroads Psychological Associates, LLC

10784 Hickory Ridge Road

Columbia, MD 21044

410-964-0425 / Fax 410-964-0515

www.crossroadspych.net

dr.stevegaeng@gmail.com

Individual, group and family therapy with school-aged children and their families. Individual, group, and marital therapy with adults.

Insurance: Self-pay

Ana Garcia-Fernandez, Psy.D.

Crossroads Psychological Associates, LLC

10784 Hickory Ridge Road

Columbia, MD 21044

410-964-0425 / Fax 410-964-0515

www.crossroadspych.net

Ana.garcia@crossroadspych.net

Counseling to children, adolescents, adults, and families. Psychological testing and assessments: neuropsychological, adoption and forensic evaluations, academic and vocational testing.

Language: Spanish

Glassman Psychological Services

Stephanie K. Glassman, Psy.D.
9881 Broken Land Parkway, Suite 105
Columbia, MD 21046
www.glassmanpsyd.com

O: 410-695-4703

C: 443-286-0417

Outpatient psychotherapy to adolescents, adults, families. Special training in stress, trauma, eating disorders.

Insurance: Medicare, Medicaid, APS, ComPsych, TriCare Standard PPO

David A. Gold, Ph.D.

Crossroads Psychological Associates, LLC
10784 Hickory Ridge Road
Columbia, MD 21044
410-964-0425 x16 / Fax 410-964-0515

www.crossroadspsych.net

David.gold@crossroadspsych.net

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.

Languages – German, Hebrew, Yiddish

Cynthia Kalodner, Ph.D.

10015 Old Columbia Road, Suite B215
Columbia, MD 21046
443-542-5855

crkalodner@gmail.com

Specializes in anxiety and mood issues, using cognitive behavioral approaches with mindfulness and positive psychology. Individuals and couples, ages 16+.

Stephanie Weiland Knarr PhD, LCMFT

9660 Iron Leaf Trail
Laurel, MD 20723
301-490-1011 / Fax 301-490-1484

www.drstephanieonline.com

Marriage and family therapy practice. Specializing in treatment of PTSD and anxiety disorders for adults and children.

Insurance: BCBS, Care First, Tricare, Aetna, Self-pay

Saul N. Lieberman, Ph.D.

8640 Guilford Road, Suite 254
Columbia, MD 21046

T: 410-908-7720

snliebermanphd@yahoo.com

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.

Insurance: BCBS, Johns Hopkins

Swisher Counseling & Mediation

Thomas K. Swisher, J.D., Ph.D.

2875 Bethany Lane
Ellicott City, MD 21042

T: 443-996-6659

Email: swishtom@gmail.com

<http://www.tswisher.com>

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.

Payment: Self Pay

Laura Margolis, Ph.D.

3454 Ellicott Center Drive, Suite 106
Ellicott City, MD 21043

410-461-3760

www.marylandpsychcenters.com

Outpatient individual, group and family therapy services to children, adolescents, and adults. Expertise in developmental disorders, mood and anxiety disorders, and adjustment to chronic illness. Insurance: Self-pay

Samantha Marks, Psy.D.

Stellar Marks, LLC
10440 Shaker Drive, #105
Columbia, MD 21046
443-878-3544

www.samanthamarks.com

dr.sam.marks@gmail.com

Provides counseling, executive function coaching, evaluations, and psychiatric services. Specialty is Autism Spectrum Disorder. Works with teenagers and young adults with all issues, including “Failure to Launch.” Performance psychology with athletes, musicians, and others.
Language: Spanish Insurance: Out-of-Network Provider

Abena Brown-Elhillali
Psychologist, PhD

African American women provider
Safe Space for Family Healing
Columbia, MD 21044
T: 301-841-5352

<https://www.safespacemd.org/>

- Serving Toddlers, Children 6-10, Preteen, Teen, Adults & Elders 65+
- 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.

Insurances: BCBS, Carefirst, Cigna/Evernorth, UnitedHealthcare & Out of network.

Dayli N. Marrero, Ph.D

10632 Little Patuxent Parkway, Suite 343
Columbia, MD 21044
410-997-7373 / 410-997-7878

Psychotherapy for children, adolescents and adults. Language: Spanish
Insurance: Aetna, United Behavioral Health, Kaiser, Tri-Care, CareFirst

Gwen L. Martinsen, Ph.D.

9424 Bullring Lane
Columbia, MD 21045
410-963-9670

Outpatient counseling for parents with infants and toddlers. Individual counseling for children, adolescents, and young adults. Areas of expertise: infants and toddlers with temperament and

behavior issues, e.g., irritability, sleep, eating, toileting, sibling, and socialization skills. Highly sensitive children and adolescents with anxiety, oppositional or acting out behaviors. Young adults who are making college, career, and relationship transitions.

Insurance: All CareFirst plans except HMOs, Medicaid, Tricare

Kim Moss, Psy.D.

3355 St. John’s Lane, Suite F
Ellicott City, MD 21042
410-655-1834

Psychotherapeutic services to adolescents and adults. Insurance: BCBS, UHC, Kaiser, Medicare, Medicaid, sliding scale

Peter H. Musser, Ph.D.

3355 St. John’s Lane
Ellicott City, MD 21042
drpetermusser@gmail.com

Outpatient counseling services. Adult and young adult psychotherapy services. Expert areas of treatment include addictions (substance abuse, sex, gambling, shopping, etc.) trauma, men’s issues, life transition. Insurance: Self-pay

Edward V. Pecukonis, MSW, Ph.D.

3244 Danmark Drive
Glenwood, MD 21738
410-493-1530

www.lechevalstable.org

marva@lechevalstable.org

Individuals, families, children in foster care, child welfare system with history of trauma. Family therapy, Cognitive Behavioral Therapy, Applied Behavioral Analysis, Motivational Interviewing, Equine Assisted Psychotherapy, and counseling services. Substance abuse/abuse assessment, depression, and anxiety disorders.

Language: Interpreters available on request, including American Sign Language.

Insurance: BC/BS, Meridian, Tricare, Self-pay

**Innovative Mindset Mental Health Services
LLC**

**Psychiatric Nurse Practitioner, MSN, CRNP,
APNP**

Ellicott City, MD 21043

(410) 343-4852

Serving Children 6-10, Preteen/Teen, Adults &
Elderly 65+

Serving Communities: LGBTQ+

Specialties in depression, anxiety and bipolar
disorder, adhd, medication management, stress,
substance abuse, suicidal ideation, trauma/ptsd.

Insurance: Aetna, Amerigroup, BCBS, 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.

Bikash Sharma: Psychiatrist, MD

**3525 Ellicott Mills Drive, Suite D, Ellicott City,
MD 21043**

T: 410-220-6478

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.

Insurances: Aetna, Anthem, BCBS, CareFirst
Cigna/ Evernorth, Johns Hopkins, Medicaid,
Medicare, Optum, TriWest, UMR
UnitedHealthcare UHC | UBH, VA Community
Care Network (CCN), Out of Network.
Languages: Nepali, Bengali

Harvey M. Rapp, Ph.D.

**5401 Twin Knolls Road, Suite 7
Columbia, MD 21045**

410-730-4442

hmrapp62@hotmail.com

Outpatient psychotherapy and psychological
testing for children, adolescents, adults, and
seniors. Specialize in ADD, learning disability,
job stress, anxiety, depression.

Insurance: Most insurance accepted

Brenda Alpert Sigall, Ph.D., CEDS

5060 Castle Moor Drive

Columbia, MD 21044

410-730-6151

bas@umd.edu

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.

Insurance: Self-pay

Tywanna Hamilton

**Psychiatric Nurse Practitioner, CRNP,
PMHNP, APRN**

9091 Snowden River Parkway

Columbia, MD 21046

(443) 218-9974

Serving Preteen/Teens, Adults & Elders 65+
Specialties in Depression, ADHD, Anxiety,
Bipolar Disorder, Elderly Persons Disorders
Medication Management, Mood Disorders,
Trauma and PTSD.

Insurances: BlueCross and BlueShield, CareFirst
GEHA, Medicaid, Medicare, Optum
UnitedHealthcare UHC | UBH.

Gail K. Walter, Ph.D.

The Family Center

4785 Dorsey Hall Drive, Suite 109

Ellicott City, MD 21042

410-531-5087

Thefamilycenter2@msn.com

Provides therapy for children, adolescents, and
families. Specializes in the treatment of anxiety
and mood disorders, grief and loss issues and
parenting challenges.

Insurance: Self-pay

Renew your Mind Wellness Services LLC
Dr. Katia Coley, DNP, MSN, FNP-C, PMHNP-BC,

Columbia, MD 21046

T: 443-690-2272

[https://renew-your-mind-wellness-](https://renew-your-mind-wellness-services.ueniweb.com/)

[services.ueniweb.com/](https://renew-your-mind-wellness-services.ueniweb.com/)

renewyourmindservices@gmail.com

Provides initial assessments, diagnosis, psychotherapy and medication management.

Serving Children 6-10, Preteen/Teen, Adults & Elderly 65+.

Focusing on mood and anxiety disorders, ADD/ADHD, panic disorders, PTSD, and military-related mental health issues, Dr. Coley caters to clients aged 10 and up, offering initial assessments, diagnosis, and medication management.

Payment: Self Pay and Sliding scale fee upon request.

Anne Marie Zwycewicz, Ph.D.

6510 Belleview Drive

Columbia, MD 21046

410-997-0026

Outpatient counseling services to young adults, adults, couples. Therapeutic approach is an integration of cognitive, behavioral, and experiential orientations.

PSYCHOLOGISTS

Gifty Addai-Pickett

**Psychiatric Nurse Practitioner, CRNP,
PMHNP**

10630 Little Patuxent Parkway

Columbia, MD 21044

Email: customercare@omiahbhwc.com

Phone: (443) 917-4211 or (240) 209-9825

Fax: 443-390-2815

2nd Location:

12 South Summit Avenue

Gaithersburg, MD 20877

<https://www.omiahbhwc.com/>

Children, adolescents, adults & elderly. Holistic approach with specialties in mood disturbances, depression, anxiety, adjustment disorders, bipolar disorders, schizophrenia, OCD, PTSD and ADHD.

Insurance: Aetna | Aetna Coventry, Anthem, BCBS, 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

Rosalind Ceasar, LCPC, NCC

(Offers Telehealth)

Ahomka Counseling LLC

Elkridge, MD 21075

(410) 936-4037

Serving Children 6-10, Pre-Teen/Teenagers & Adults.

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.

Insurances: BCBS, CareFirst, Cigna/ Evernorth, Optum, UnitedHealthcare UHC | UBH.

Languages: Ga, Twi, Fanti

Diane Brumfield, Med, NCC, LCPC

Telehealth only

T: 410-925-3202

admin@crystalwaterscounseling.com

<https://crystalwaterscounseling.com/>

Serving Toddlers, Children 6-10, Pre-teen/Teenager, Adults, Elders 65+

- Specialize in assisting clients in coping with anxiety and depression, mental health disorders, learning disabilities or any other specific needs.
- She also provides parental support and coaching to encourage, counseling for life transitions.
- Specializations in CBT, MBCT, EMDR therapy, SFBT, Play and reality therapy.

Insurances: Cigna/Evernorth, Carefirst, BCBS & Out of network.

Kelly Streit, Counselor (LCPC)

(In office & Telehealth)

Locations in Columbia and Catonsville MD.

EMDRIA Trained EMDR Therapist

Phone-443-920-4315

email:

kstreit@traumapsychotherapyservices.com

<https://www.psychologytoday.com/us/therapists/kelly-streit-columbia-md/1045407>

Age population centered on adults 18 years and older with top specialties on Trauma/PTSD, Self-Esteem and Sexual abuse. She also has experiencing in anxiety, coping skills, parenting, peer relationships, grief, men's issues, phobias, sleep/insomnia and women's issues

Therapy approaches CBT, EMDR, Gestalt, Integrative, Person centered, REBT, Trauma focused, Brain spotting and Exposure therapy
Insurance: BCBS, Carefirst, Cigna/Evernorth & Out of network

Alis Africano, LCPC

(In office & Telehealth)

LifeStance Health

5850 Waterloo Rd, Suite 230

Columbia, MD 21045

T: 6667-646-2743

Serving ages Children 6-10, PreTeen, Adolescents, Young Adults & Elderly.

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).

- Insurances: Aetna, Cigna (Evernorth), MediNcrease Health Plans, Optum (United Healthcare), Humana, MutliPlan & Tricare East (Humana)

Languages: Spanish

Jennifer H Bozenski, LPC (Telehealth only)

Practice in two locations

5570 Sterrett Place Suite 310

Columbia, MD 21044

T: 443-693-5297

Clients focus with adolescents and adults. Experience with self-esteem, grief, depression, mood disorders, anxiety, relationship issues, life transitions, LGBTQ+. Insurance: Cigna, Evernorth, out of network, cash, or check.

Ben Sarcia, MA, BCBA

7090 Samuel Morse Drive, Suite 100

Columbia, MD 21046

T: (667) 200-0498

<https://www.verbalbeginnings.com/>

Age population: Toddler, Children (6 to 10), Preteen & Teen. Focus on Applied Behavioral Analysis (ABA) therapy. Experience in Autism, Avoidant Restrictive Food Intake Disorder, Eating Disorders, Feeding Disorders, Intellectual Disabilities. Insurances: Aetna, Anthem, BCBS, CareFirst, Cigna / Evernorth, ComPsych, Humana, Magellan, Optum, Self-pay, UnitedHealthcare UHC | UBH

Erika Stewart, PMHNP-BC, PMH-C

(Telehealth Only)

www.brighterdaypsychiatry.com

Email: info@brighterdaypsychiatry.com

Phone: 443-420-7028

Currently accepting new clients for medication management.

- Serving Teenagers 16 years and up.
- She 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.

Insurances: Maryland Residents: Cigna, United Health Care, Aetna, John Hopkins EHP, Carefirst, and Medicaid.

DC Residents: Carefirst, Cigna, Aetna, United Health Care.

DE Residents: Cigna, Aetna, United Health Care.

Darrius Humphrey, LCPC

(Telehealth offered)

10320 Little Patuxent Pkwy #200

Columbia, Maryland 21044

T: 786-244-7477

https://provider.growththerapy.com/book-appointment?id=7638&ref=tfbm&utm_source=pt&utm_medium=booking-link&utm_campaign=1-standard-profile

- Adolescents and Teenagers (14 to 19) & Adults, Individuals & Couples
- 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.

Insurances: Aetna, CareFirst, Cigna, Humana, Optum, United Healthcare, EAP: Cigna, EAP: United/Optum, Evernorth, Golden Rule

Aniekan Vincent- Psychiatric Nurse Practitioner, NP

(Telehealth offered)

10320 Little Patuxent Pkwy #200

Columbia, Maryland 21044

T: 786-244-7477

https://provider.growththerapy.com/book-appointment?id=3404&ref=tfbm&utm_source=therapy-for-black-men&utm_medium=booking-link&utm_campaign=1-standard-profile

- Ages: Children (6 to 10), Preteens and Tweens (11 to 13), Adolescents and Teenagers (14 to 19)
- Adults, Elders (65+)
- Specialties in Mood disorders and Personality disorders
- Treatment Approaches: Cognitive Behavioral (CBT)
- Addressing concerns of Anxiety, Bipolar disorder, Depression, Obsessive-Compulsive (OCD), Trauma & PTSD.

Insurances: CareFirst, Cigna, Optum, United Healthcare, Evernorth, Golden Rule.

Toyin Fasosin, MA, LGPC

(Telehealth Only)

Evolve Counseling Group LLC

8894 Stanford Boulevard

Columbia, MD 21045

T: (443) 315-2874 or 443-574-5957

- evolvewithtoyin@gmail.com
- www.evolvecounselinggroup.com

Serving Teenagers & Adults. My 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, Thinking disorders. Insurance: BCBS, Carefirst, Cigna/Evernorth, JHS, UnitedHealthcare

Healing Songs Therapy- Danny Miller, LCPC

3565 Ellicott Mills Drive, Suite 208

Ellicott City, MD 21043 US

(240) 583-0351

<http://www.healingsongstherapy.com>

danny@healingsongstherapy.com

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.

Insurance: Private pay and out of network insurance.

Carmen Rickman, LCSW-C

African American Provider

Introspective Solutions

Columbia, MD 21045

T: (410) 632-6896

<https://introspectivesolutions.com/counseling/>

carmen@introspectivesolutions.com

Serving Preteen, Teen, Adults, and families. 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. Insurances: Carefirst, BCBS & United Health Care and self-pay.

A Victoria Maranto, MS, LCP, NCC, CTP

(Offers telehealth & in person)

Village Counseling

8181 Main Street, 2nd Floor

Ellicott City, MD 21043

T: (443) 218-9855

Serving Preteen, Teens and Adults. Specialties in 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. Communities of LGBTQ+.
Insurances: Anthem, BCBS, Carefirst, Cigna/Evernorth, Johns Hopkins, UnitedHealthcare, Out of Network.

Kaitlin Carlson

(AA women provider)

(In person & Telehealth)

Thriveworks Counseling

5410 Lynx Lane, Suite 285

Columbia, MD 21044

<https://thriveworks.com/columbia-md-counseling-therapy/>

She has over 7 years of experience working with children 6-10, adolescents, adults, elder 65+ and families in various treatment settings. She 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.

Insurance: Aetna, Beacon Carefirst, Cigna/ Evernorthn, Humana, JHS, Medicare, Quest & UnitedHealthcare.

Julie Kotler, LCPC, LCPAT, ATR-BC

(Telehealth Only)

Columbia, MD 21044

T: (301) 793-1520

<http://www.palettopartners.com>

Email: Juliekotler@palettopartners.com

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.

Payment: Self pay, out of network

Tori-Lyn Mills, LCPC (virtual only)

5410 Lynx Lane, Suite 285

Columbia, MD 21044

Scheduling referral (667) 200-0971

1-855-284-7483 Mon-Friday 7am-9:30pm

Serving adolescents, adults, couples & Elderly 65+. 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. Insurances: Aetna, Beacon, BCBS, Carefirst, Cigna/Evernorth, Humana, TRICARE, UnitedHealthcare.

Cynthia Cho, LCMFT, RPT

New Leaf Counseling Services LLC

3290 Pine Orchard Lane, Suite A5

Ellicott City, MD 21042

T: (443) 214-3577

<https://www.newleafmd.com/>

Client focus: Asian & Hispanic/Latino

Serving Children 6-10, Preteen/Teen & Adults.

Working with ages 5 to 80 years old. Her primary focuses are anxiety, attention deficit hyperactivity disorder, communication issues, depression, family therapy, grief and loss, parenting concerns, and trauma.

Insurances: BCBS, Carefirst, Cigna/Evernorth, Johns Hopkins

Markeeta M Martin, LCPC

(Telehealth only) AA Provider

Elkridge, MD 21075

T: (410) 397-7521

Serving Preteen/Teens and Adults.

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).

Insurances: Amerigroup, BCBS, Carefirst, Jai medical, Kaiser (Out of network), MD Physicians care, Medicaid, Medstar family choice, Optum, Priority Partners, UnitedHealthcare.

Brooke Harris

White Dove Wellness:

(TeleHealth Only)

African American provider

www.whitedovewellness.com

contact@whitedovewellness.com

T: 240-718-4880

Serving Adults 18 years of age and older.

This practice uses a trauma-informed approach with acceptance and commitment therapy, solution focused therapy, and existential therapy.

Cognitive behavioral therapy, yoga, tapping, coaching and other techniques and modalities are also used if found helpful. Your therapy will be tailored to you.

Payment: Self-pay, Out of network, Superbill can be provided.

Tarrah Bonaparte LCSW-C

Telehealth Only

5550 Sterrett Place, Suite 200

Columbia, MD 21044

Phone: (410) 884-6031

Fax: (410) 884-6134

Hours: Mon-Fri 8am-6pm

- **Serving Maryland, Washington D.C & VA**

- <http://www.focusedsolution.net>
- **Email: info@focused-solutions.com**
- <https://www.facebook.com/focusedsolution1>

Focusing on ages 15 years old to 65 years old.

Their approach to counseling is evidence-based, integrating methods such as cognitive-behavioral therapy (CBT) to ensure effective outcomes. We also offer specialized services like family therapy and group therapy, ensuring a holistic approach to mental health. Our commitment is to make therapy accessible and meaningful. Every therapist on our team in Columbia, MD, is equipped with the skills and compassion necessary to help navigate life's challenges. We also ensure a collaborative environment, enabling clients to set and pursue their wellness goals.

Insurance: BCBS; Aetna; UBH & Self-pay

Mingxin Wei, LCPC (Offers Virtual)

10440 Shaker Drive, #207

Columbia, MD 21046

T: 443-328-4946

Email: MingxinWeiLGPC@gmail.com

<https://www.anchorcounselingcenters.com/minxin-wei-lgpc.html>

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.

Insurances: Optum, Unitedhealthcare, Carefirst, BCBS, Cigna, Tricare, Johns Hopkins.

Languages: English & Mandarin

AUTISM/ADHD/ADD RESOURCES

Howard County: Pathfinders for Autism Resource Center Link

Helpline: 410-769-9500

Toll Free: 866-806-8400

<https://www.pathfindersforautism.org/docs/Howard-Resource-flier.pdf>

Howard County Autism Resource Link: Focus on Support groups, Community based recreation, Advocacy/Special education rights etc.

<https://hocoautismresources.weebly.com/support-groups.html>

Center For Autism & related Disorders

<https://www.centerforautism.com/>

1st location:

10015 Old Columbia Rd, Suite F100 Columbia, MD 21046

T: 443-741-8788

2nd location:

7613 Standish Pl Derwood, MD 20855

Services provided are ABA & Autism testing, program evaluation of home & center-based treatment for autism spectrum disorder. Focusing on Children, teens and adults. Insurance: Aetna, Beacon, BCBS, Cigna, Optum, UnitedHealthcare, for other please call.

Howard County Autism Society

9770 Patuxent Woods Dr STE 308, Columbia, MD 21046

T: 410-290-3466

Helpline: (443) 330-5341

This nonprofit organization mission is to provide support, promote awareness and advocate for change on behalf of individuals with autism, their families and community.

info@howard-autism.org

<https://pathfindersforautism.org/articles/maryland-services/sign-up-for-the-autism-waiver-registry/>

Verbal Beginnings

7090 Samuel Morse Dr, Suite 100- 300

Columbia, MD 21046

T: (855) 910-6147

- <https://www.verbalbeginnings.com/>
- begin@verbalbeginnings.com

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

- Early Intervention
- In Home (ABA) therapy
- Social skills groups
- Feeding services
- Diagnostic services
- Behavior Management
- Self-Help skills

Insurance: Anthem, Aetna, Carefirst, BCBS, Cigna, Kaiser Permanente, Magellan, Optum, UnitedHealthcare.

LinWood Center

3421 Martha Bush Drive

Ellicott City, Maryland 21043

T: (410) 465-1352

admin@linwoodcenter.org

Serving ages 5 through Adulthood lifelong services and program continuity. 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. Website does not mention insurance accepted; suggestion is to call to ask.

BlueGems ABA Therapy Services

Howard County location:

10440 Little Patuxent Pkwy, Columbia, MD 21044

Phone: (443) 656-9050

info@bluegemsaba.com

<https://bluegemsaba.com/aba-therapy-in-maryland/>

Other locations in Baltimore County/City, Anne Arundel, Prince Georges, Montgomery, Harford & Fredrick

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.

Services include:

- Benefit checks
- Consultations
- Family support
- Home based ABA therapy
- Initial assessments
- Social based support

Insurances: Medstar family choice. Priority partners, Kaiser Permanente, Johns Hopkins, Amerigroup/Wellpoint, Jai medical, University of

MD health partners, Carefirst, Cigna, Aetna, United Healthcare.

Acron Health LLC

<https://acornhealth.com/>

Acorn Health works with children as young as 18 months. We combine scientifically validated Applied Behavior Analytics (ABA) best practices with pioneering next practices. Website does not mention insurance accepted; suggestion is to call to ask.

Maryland based locations:

9140 Guilford Rd Suite O,

Columbia, MD 21046

Phone: (410) 888-0216

12164 Tech Road

Silver Spring, MD 20904

Phone: 240-913-6383

Intake Process line: (844) 709-2049

Here's the Acorn Health promise: For our early intervention program, you will have an opportunity to meet with one of our clinical team members for a free consultation within 10 days from calling admissions. It's the first big step to starting treatment.

Soaring Stars Therapy & Learning Center

6430 Dobbin Road, Suite B

Columbia, Maryland 21045

T: 301-968-0597 / F: 301-968-0598

www.soaringstarstlc.com

sharon@soaringstarstlc.com

Outpatient services for youth and adolescents up to 18 years, including respite and therapeutic integration services for youth with autism.

Insurance: Services accessible to all families, we accept payments from private pay arrangements and autism waiver participant and Medicaid.

Divine Steps ABA Therapy

Maryland Location:

10440 Little Patuxent Pkwy

Columbia MD 21044.

Other location in Manassas, VA

T: 888-291-3669

<https://divinestepstherapy.com/>

Divine Steps ABA Therapy is a leading service provider for children with Autism Spectrum Disorder (ASD).

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.

Services in

- Initial Assessment
- Parent training
- School support
- Intervention

Insurances: work with most major insurance providers, including Medicaid, and confirm coverage and benefits on your behalf.

Brighter Hope Wellness center

6100 Daylong Lane, Suite 103, Clarksville, MD 21029

T: (410) 531-8100

contact@brighterhopewellness.com

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.

Insurance: Cigna, BCBS, JH EHP, MD Medicaid, Optum, Tricare, USFHP, Out of network & Self pay.

Holistic Child Psychiatry LLC

10801 Hickory Ridge Rd, Suite 215, Columbia, MD 21044

T: (410) 260-0344

<https://www.holisticchildpsychiatry.com/>

Services in Biomedical treatment for Autism, ADHD, Nutrition & Lifestyle treatments, Depression, Anxiety, Integrative medicine and functional laboratory testing.

Does not take Insurance, out of network & Self pay.

Speech & Language Therapy:

Without Limits Speech & Language therapy

reeni@withoutlimitstherapy.com

443-764-469

Hours: Monday-Friday: 8:00 am to 4:30 pm

<https://withoutlimitstherapy.com/>

Specialize in individual private therapy for young children with autism, language and speech disorders, visual and hearing impairments as well as physical and cognitive disabilities. We also provide training in the use of augmentative and

alternative communication devices (AAC) including low-tech (picture symbols, single and dual switch devices) and high-tech devices with various communication applications for use in the home and school setting.

Blue Jellyfish Speech and Language

Woodmere Center

9891 Broken Land Pkwy Ste 215

Columbia, MD 21046

Phone: (410) 733-1405

www.bluejellyfishspeech.com

Located in Columbia, Howard County, Maryland, Blue Jellyfish LLC is a Speech Language Pathology (SLP) practice providing speech therapy to children (pediatrics) and adults. The speech language pathologists (speech therapists), works with infants through adults, using research-based strategies for the best results possible.

Services in Pediatric Speech Therapy and Adult Speech Therapy. This organization also offers workshops for parents and educators. Assisting with concerns such as Autism, Deaf/hard of hearing, Expressive language, Processing, Reading difficulty, Receptive language, Spelling, Stuttering, Tongue thrust etc.

I could not find the information on insurance online, So I suggest to call and ask.

Speech, Occupational & ABA therapy services (in person & telehealth)

8815 Columbia 100 Parkway, Columbia MD 21045

T: 1-877-776-8502

<https://spotofmd.com/>

Transdisciplinary therapy approach to treating children with special needs in a private practice setting. Providing Speech, Occupational and ABA therapy all in one place.

Services benefit children with articulation delays, phonological disorder, auditory processing disorders, language delays, and social skills difficulties. Therapists have experience working with children with a variety of disorders including down syndrome, autism spectrum disorder, attention deficit disorder, auditory processing disorder and learning disabilities.

Occupational therapy services work with children and young adults to help them improve participation in everyday activities. Occupational therapy services benefit children who have sensory dysfunction, gross and fine motor delays, handwriting deficits, executive functioning deficits and visual/perceptual deficits.

ABA services provide instruction to children and young adults who have skill deficits in a variety of areas; these areas include communication, behavior management, play skills, academics, self help skills and vocational training

ABA services: Tricare, EHP, USFH, Aetna and BCBS insurances.

Speech language & Occupational therapy: Tricare, EHP and USFH insurances.

For self-pay clients, Good Faith Estimates are available upon request.

Capitol Healthcare, LLC (Offers telehealth)

Address: 5086 Dorsey Hall Dr, Ellicott City, MD 21042

Phone: (240) 470-0743

Speech & Occupational Therapy provider and center.

Speech services such as Language (understanding and speaking), Social Skills/Communication, Articulation & Phonological Disorders, Apraxia of speech/Motor Speech Disorder, Stuttering & Cluttering, Communication difficulties associated with the Autism Spectrum, Asperger's Syndrome, PDD.

Occupational services work with young adults and children. Working with children diagnosed with autism spectrum disorder, attention deficit

disorder, and developmental delays. They have installed state of art adaptive climbing wall specifically developed for kids with disability in our new sensory gym.

Offerings Parental Guidance to assist with learning strategies to help their children with speech language delays. It helps to carry over progress from clinical session to your home and encourages progression.

Insurances: Medicare, Medicaid, Priority Partners, United Healthcare , United Healthcare Community Plan, Johns Hopkins, Medicaid Based Aetna, Amerigroup Medicaid Based, Carefirst BlueCross Blue Shield, Cigna, Jai Medical System, Medicaid Kaiser Permanente, Maryland Physicians Care, MedStar Family Choice.

Orchid Center for ADHD and Executive

5052 Dorsey Hall Rd Suite 102

Ellicott City, MD 21042

<https://orchidadhd.com/contact-us/>

Tel/Fax: 410.834.1714

Info@orchidadhd.com

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.

Services in:

-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)

Payment: 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.

SOCIAL WORKERS/LICENSED PROFESSIONAL COUNSELOR

Maria Adamos, LCPC

**Congruent Counseling
10630 Little Patuxent Parkway, Suite 209
Columbia, MD 21044
410-740-8066**

www.congruentcounseling.com

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.). Insurance: Aetna, Blue Cross Blue Shield, Cigna, Johns Hopkins, Magellan

Berni J. Antelman, MSW, LCSW-C

**10630 Little Patuxent Parkway, Suite 307
Columbia, MD 21044-3204
410-740-0409**

bernilcsw@aol.com

Children 2½ and older. Adolescents and adults, Individual, couples and family, Mental health: anxiety and depression, relationships. Substance abuse difficulties, gay/lesbian, transgender issues, Autism Spectrum disorder, ADD/ADHD related problems, school problems, occupational/vocational problems.

Insurance: UBH, Aetna, Cigna, BC/BS

Anne Arena, MA, CAS

**The Family Center
4785 Dorsey Hall Drive, Suite 109
Ellicott City, MD 21042
410-531-5087**

www.thefamilycenter.tv

Psychological evaluations, intellectual, learning, and behavioral issues. Academic and executive functioning coaching for adults, adolescents, and children. Individual and family therapy.

Insurance: Self-pay

Libby Barritt, LCPC

**Crossroads Psychological Associates, LLC
10784 Hickory Ridge Road
Columbia, MD 21044
410-964-0425 / Fax 410-964-0515**

www.crossroadspsych.net

Libby.barritt@crossroadspsych.net

Provides counseling to young adults with anxiety, depression, and substance abuse. Trained in Eye Movement Desensitization Reprocessing (EMDR) therapy.

Insurance: Self-pay

Duarte Aguiar, LCPC, NCC (Offer telehealth)

5410 Lynx Lane, Suite 285

Columbia, MD 21044

(443) 917-3511

<https://thriveworks.com/columbia-md-counseling-therapy/>

Serving Children (6 to 10), Preteen/ Teen, Adults, Elders 65+

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.

Insurances: Aetna, Beacon, Carefirst, Cigna/Evernorth, ComPysch, Humana, JHS, Quest & UnitedHealthcare.

Languages: Portuguese & Spanish

Anshu Basnyat, LCPC

The Empowered Parent

3355 St. John's Lane, Suite F

Ellicott City, MD 21042

443-574-3430

www.theempoweredparent.net

Outpatient counseling services to children, adolescents, and adults. Marriage and couples counseling. Areas of expertise include anxiety, depression, refugee mental health, cross-cultural issues, parenting, ADHD, and relationship issues.

Language: Nepali, some Hindu

Insurance: BCBS, Cigna, JHH-EHP, Aetna

Tracy Jordan, LCSW-C

(Offers Telehealth)

5126 Dorsey Hall Drive, #202

Ellicott City, MD 21042

T: (410) 774-6662

<https://tracyjordanlcsw-c.vpweb.com/>

Serves Toddler, children 6-10, adolescents, and adults. I also enjoy running support groups. I believe 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.

Insurances: Johns Hopkins Healthcare- EHP/USFHP, UnitedHealthcare UHC/UBH, Out of Network.

This is the link directs you to the Howard County Public Schools website. This section breaks down the school based mental health and their efforts to incorporate them into each school in the County.

School Social Work Services

Kami Wagner, Coordinator of Student Support Programs, 410-313-7178
Consuela Robinson, LCSW-C, Instructional Facilitator of Social Work Services, 410-313-7030
The Office of Social Work:
HCPSS
Homewood Center
10914 Clarksville Pike
Ellicott City, MD 21042

Tarrah Bonaparte LCSW-C

5550 Sterrett Place, Suite 200
Columbia, MD 21044
Phone: (410) 884-6031/ Fax: (410) 884-6134
Hours: Mon-Fri 8am-6pm
- <http://www.focusedsolution.net>
- **Email: info@focused-solutions.com**
- <https://www.facebook.com/focusedsolution1>

Focusing on ages 15 years old to 65 years old. 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.

Insurance: BCBS; Aetna; UBH & Self-pay

Elizabeth Brandon, LGSW, DBT-C

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

Works with clients of all ages and is experienced working with bipolar disorder, borderline personality disorder, depression, anxiety, and mood disorders. Evidence-based treatment options such as Cognitive Behavioral Therapy (CBT), Mindfulness and Psychotherapy, Dialectical behavioral Therapy (DBT).

Insurance: Most insurance plans accepted.

Jeffrey Crouch, MSW, LCSW-C (offers in person & virtual)

Serving Teenagers, Adults, Elder's 65+
10632 Little Patuxent Parkway, Suite 313
Columbia, MD 21044
T: (443) 687-8093

Approach is customized to each person. Working with adults, children, and couples, I use a variety of modalities including mindfulness, cognitive, DBT & exposure therapy. In working with couples, I focus on improving their communication skills & their emotional closeness. I also specialize in treating PTSD, OCD, phobias, and GAD using exposure therapy. Therapies in CBT, DBT, MBCT, SFBT.

Insurance: Aetna, Amerigroup, BCBS, Carefirst. Cigna/Evernorth, Medicare, JHS, Magellan, Humana, Medicaid, Medicare, Tricare, United Healthcare, VA community network, Out of Network.

Nicole Millner, LCMFT (Offers Teletherapy)

Discover Yourself Wellness Center

10715 Charter Drive, Suite 130

Columbia, MD 21044

<https://www.discoveryyourselfwellness.com/>

Serving Preteen, Teenagers & Adults. 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 (Telehealth only)

5140 Celestial Way

Columbia, MD 21044

410-428-6801 / Fax 410-740-4105

www.columbiatherapy.webs.com

Adults, adolescents, children over age 6. 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. Insurances: APS Healthcare, Aetna, Anthem, BCBS, CareFirst, Cigna, GEHA, Humana, Magellan, Optum, UnitedHealthcare, Out of Network

Robert J. Carbo, LCSW-C

6213 Ashton Park Court

Columbia, MD 21044

410-964-1770

www.healthcare4ppl.com

Outpatient counseling services to adolescents and adults, individual and couples counseling
Insurance: Most major insurances accepted

Focused Care Therapy Group (In office)

3355 Saint Johns Lane

Ellicott City, MD 21042

(410) 824-5011

<https://www.focusedcaretherapy.com/>

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. Insurances: UnitedHealthcare, Cigna, Aetna, Cigna, Lyra Health, Carefirst, BCBS & Medicaid.

Brittany Cephas, M.Ed, LCPC, NCC

(Telehealth only)

Growing Young Minds Counseling

10015 Old Columbia Road

Columbia, MD 21046

301-679-0277

www.grow-minds.com

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. Insurance: CareFirst BCBS, Cigna, Aetna

Sarah Aleem PhD, LICSW, LCSW-C

**5840 Bannekar Road
Columbia, MD 21044
(410) 469-8893**

Client focus: Asian and variety of ethnic backgrounds

Specialties: 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.

Insurance: Aetna, BCBS, CareFirst, Cigna & Evernorth, JHS, Magellan, Optum, Out of Network
Languages: Urdu, Hindi

Melania O’Hatnick, MA, LCPC

**Connect Counseling Services
Ellicott City, MD 21042**

<https://www.psychologytoday.com/us/therapists/melania-ohatnick-ellicott-city-md/244942>

Servicing Toddlers, Children 6-10 yrs. old, Preteen/Teens, Adults & Elderly 65+. Specialties in trauma, weight loss, anxiety, EMDR, body centered therapy, CBT, IFS, MBCT.

Tomi Schon, LCSW-C

**8850 Columbia 100 Parkway, Suite 203
Columbia, MD 21045
(410) 346-9216**

Serving toddlers, children 6-10, preteen/teen, adults & elders 65+. 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.

Insurances: Aetna, BCBS, Carefirst, Johns Hopkins, UnitedHealthcare.

Jennifer Lynn Schoo, LCSW-C (virtual)

**8165 Cyprus Cedar Lane Suite 201
Ellicott City, MD 21043
T: (410) 777-8054**

Serving Pre-Teen/Teenagers & Adults. 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.

Insurances: Aetna, TRICARE, GEHA, UnitedHealth care, Out of network.

Cindy Cisneros, LCPC-S, LPC

**5560 Sterrett Place, Suite 103
Columbia, MD 21044
443-741-2294**

www.creativelyllc.com

Cindy@creativelyllc.com

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.

Insurance: BCBS, FEP, CareFirst, Magellan, self-pay. Language: Some Spanish

Zev Sheppard, LMSW

AA Male Provider

Congruent Counseling Services

Several Locations available

Columbia, MD 21044

T: (240) 549-6456

https://congruentcounseling.com/team_member/zev-sheppard/

-Serving the age groups of Preteen, Teen, Adults & Elders 65+

- Therapy Approaches ABA, CBT, CPT, MBCT, SFBT

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.

Insurances: BCBS, Carefirst, Cigna/Evernorth & Out of network

Jodi Cobb, Ph.D., LCMFT

Peer Bridges, LLC

Ellicott City, MD 21043

443-574-5322

www.peerbridges.com

jcobb@peerbridges.com

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.

Insurances: Self pay, Out of network, Superbill reimbursement.

Angela Alborn, LCSW (Offers Telehealth)

New Life Therapy Center

Columbia, MD 21045

(443) 565-6569

We will work 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. Serving, Children 6-10, Preteen/Teens & Adults.

Insurances: Aetna, Cigna/Evernorth, Optum, UnitedHealthcare/UBH, VA community care.

Lisa Cohen, LCPC, CAC-AD

Congruent Counseling

10630 Little Patuxent Parkway, Suite 209

Columbia, MD 21044

443-741-2294

www.congruentcounseling.com

Adolescent Substance Treatment Services to address mental health, substance-related, family, legal, and school issues.

Insurance: Aetna, Blue Cross Blue Shield, Cigna, Johns Hopkins Health Care, Magellan

Jennifer Crawford McCormick, LCSW-C

Focused Solutions, LLC

5550 Sterrett Place, Suite 200

Columbia, MD 21044

410-884-6031/410-884-6134

jcrawford@focusedsolution.net

Outpatient counseling services to adults and adolescents. Areas of focus are depression, anxiety, post-trauma intervention and workplace issues, grief and mediation.

Insurance: Most insurance accepted

Jeffrey Crouch, LCSW-C

10632 Little Patuxent Parkway, Suite 313

Columbia, MD 21044

www.depressionhelpmd.com

j.crouch1@verizon.net

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.

Insurance: most private and public insurances, self-pay.

Linda Cliff, LCSW-C

6100 Daylong Lane, Suite 103

Clarksville, MD 21029

(443) 775-3789

Serving as Preteen/Adolescents, Adults, Elders 65+

Top specialties in depression, anxiety, family conflict, life transitions, coping skills, coping skills, autism, suicidal ideation, school issues, parenting, mood disorders etc.

Religion: Christian

Insurance: Carefirst, Cigna/Evernorth, Johns Hopkins, Tricare (military)

Suzanne Ricklin- LCSW-C, BCD, CEDS-S

(Available in-person and telehealth)

5570 Sterrett Place, Suite 101

Columbia, MD 21044

410-701-0947 X3

Serving Preteen/Adolescents, Adults, Elders 65+

Top Specialties: Eating disorders, Depression, Anxiety, ADHD, Grief, Family conflict, Life transitions, Mood disorders, Parenting, Stress, Trauma/PTSD.

Insurance: Out of Network, Self-pay.

Johanna Roncagliolo-Garcia LCSW-C

10450 Shaker Drive Suite 110

Columbia, MD 21046

T: (667) 200-0482

Works with Children (6 to 10), Adults, Teen/Preteen. 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. Languages: Spanish

Christina deGraft-Johnson, LCPC

IME Behavioral Health, LLC

8840 Stanford Blvd, Suite 1600

Columbia, MD 21045

410-929-6558

ChristinaIMEbehavioral@gmail.com

www.imebehavioralhealth.com

Outpatient counseling services for children, adolescents, and young adults.
Insurance: Self-pay, Blue Cross Blue Shield, Johns Hopkins

Michael Derry, LCSW-C

Congruent Counseling

10630 Little Patuxent Parkway, Suite 209

Columbia, MD 21044

410-740-8066

www.congruentcounseling.com

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.
Insurance: Cigna, Johns Hopkins Health Care, Magellan, Onenet, United Healthcare

Mark Donovan, MA, LCPC, LCADC

10630 Little Patuxent Pkwy, Suite 209

Columbia, MD 21044

410-740-8066/68

www.congruentcounseling.com

Teens and adults with mental health issues including depression, anxiety, attention deficit problems, stress management, family difficulties, substance abuse and addiction.
Insurance: Most insurance plans accepted

Barbara E. Dougherty, LCSW-C

**10451 Twin Rivers Road
Columbia, MD 21044
410-997-3557**

www.fcsmd.org

Outpatient counseling services to children, adolescents, and adults. Expert areas of treatment include trauma work.

Insurance: Some insurance accepted

Katie Downes, LCPC

**Congruent Counseling
10630 Little Patuxent Pkwy, Suite 209
Columbia, MD 21044
410-740-8066/68**

www.congruentcounseling.com

Director of Adult Substance Treatment Services, which includes mental health, family, legal, and work/school issues. Insurance: Most insurance plans accepted

Elaine K. Drewyer, LCSW-C

**National Family Resiliency Center
10632 Little Patuxent Parkway, Suite 121
Columbia, MD 21044
410-740-9553 x302**

www.nfrchelp.org

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.

Insurance: Self-pay/sliding fee scale available

Cheryl Duffy-Williams, LCSW-C

**3525 H Ellicott Mills Drive, Suite A
Ellicott City, MD 21043
443-224-8634**

Cheryl.Duffy@verizon.net

Works with children experiencing anxiety, depression, ADHD, oppositional defiant disorder, and general behavior difficulties. Counsels' adults with depression, anxiety, ADHD, and relationships issues. Insurance: BC/BS, Magellan, USFHP, Medicare, and Medicaid, sliding fee scale available

**Shelia D. Duncan, LCSW-C, LICSW, CCP, CGP
(Telehealth Only)**

T: 1-888-504-6681

www.sheliaduncan.com

sheliadduncan@sheliaduncan.com

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.

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

- Life Adjustments/Life Transitions
- Personal Growth
- Low Self -Esteem
- Spiritual Distress
- Faith and Religion Issues
- Stress

Payment: Self-Pay only

**Christopher Thomas, LCSW-C
(AA Male Provider)**

5054 Dorsey Hall Drive, Suite 205

Ellicott City, MD 21042

T: (410) 777-5970

Age population Teenagers & Adults. 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.

Insurance: Aetna, BCBS, Carefirst, Cigna/Evernorth, Johns Hopkins, Magellan & Out of Network.

Darlene Waldt, LCSW-C

8940 Old Annapolis Road

(Route 108), Suite E

Columbia, MD 21045

T: (443) 856-2297

Serving Children 6-10 yrs., Preteen/Teen, Adults & Elderly 65+. Specialties in ADHD, depression, anger management, anxiety, Mood disorders, family conflict, grief, parenting, self-esteem, Trauma and PTSD. Insurances: Aetna, Cigna/Evernorth, Beacon health, BCBS, Medicaid.

Dawn Duignan, LCSW-C

3881 Ten Oaks Road, Suite 2A

Glenelg, MD 21737

410-489-4550 / Fax 410-489-4475

www.hopescounselingctr.com

Provides individual therapy for children, adolescents, families, adults, and couples. Extensive experience working with children and families. Insurance: Some insurance plans

Ronni F Emden, LCSW-C (Offers Telehealth & In office)

Bacharach, Volkman and Associates

5005 Signal Bell Lane, Suite 206

Clarksville, MD 21029

(410) 397-7858

Email: remdensw@gmail.com

<https://www.psychologytoday.com/us/therapists/ronni-f-emden-clarksville-md/400973>

-Age focus: Teenagers, Adults & Elderly

-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.

Insurances: Allegiance, BlueCross and BlueShield, CareFirst, Cigna and Evernorth

Shanna J. Evering

11419 Ellington Street

Fulton, MD 20759

832-573-1473

Shanna.evering@gmail.com

Adolescents, adults, and couples. General counseling services for anxiety, depression, grief, life-transition, life-coaching, trauma, eating disorders, personality disorders, and multicultural issues. Mobile services available through phone therapy, email, skype and community-based locations (home, office)

Insurance: CareFirst, BC/BS, Cigna, Johns Hopkins, Magellan, Anthem, Tricare, and Allegant, self-pay

Just This Just Now Meditation & Therapy

Mario Faraone, LCSW-C

(In office & Telehealth Offred)

Therapy with a Buddhist Bend

T: 301-854-2331

Highland, MD

justthisjustnowpsychotherapy@gmail.com

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.

Languages: German

Payment: Self-Pay only

Mackenzie Fleming, LGPC

Congruent Counseling

10630 Little Patuxent Parkway, Suite 209

Columbia, MD 21044

410-740-8066 / Fax 410-740-8068

www.congruentcounseling.com

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

**9650 Santiago Road, Suite 3
Columbia, MD 21045
410-799-2982**

lindafriskey@comcast.net

Outpatient psychotherapy for most ages. Individuals, couples, families. Specializing in eating disorders, the intersection of physical and psychological problems, LGBTQ, 12-steps, gambling, and other behavioral addictions such as compulsive shopping. Biopsychosocial and spiritual model. Insurance: Aetna, Medicare, Medical Assistance, sliding scale, Tricare (non-par provider)

Bonnie L. Goldschmidt, LCSW-C, LCADC

**9017 Red Branch Road, Suite 204
Columbia, MD 21045
410-730-4500**

www.healthgrades.com/providers/bonnie-goldschmidt

Outpatient counseling services to adolescents and adults, specializing in substance abuse and mental health. Insurance: Sliding scale upon request

Karen K. Johnson, LCSW-C

**10632 Little Patuxent Parkway, Suite 313
Columbia, MD 21044
443-803-6791**

Karen63012@comcast.net

Outpatient counseling services to children, adolescents, and families, young adults, women's issues, autism spectrum disorder, usually teens and young adults high-functioning, mental health, ADHD, depression, bipolar disorders.

Insurance: APS Healthcare, Aetna, BC/BS, SHIP Children's Program, Cigna, Magellan

Karen Kirkpatrick, LCSW-C

**10630 Little Patuxent Parkway, Suite 307
Columbia, MD 21044
443-326-2785**

kakirkpatrick@verizon.net

Individuals, couples, teens, and children. Specializes in EAP, crisis work.

Insurance: Aetna, Blue Cross, Magellan

Janeta Koelsch, LCSW-C

In Home Therapy, LLC

**6520 Wingflash Lane
Columbia, MD 21045
410-245-5316**

jmkoelsch@outlook.com

Providing therapy to adults, adolescents and families in their home for treatment of a wide variety of issues including, but not limited to depression, anxiety, trauma, behavior problems, and anger management.

Insurance: Medicaid, self-pay

Sean Lare, LCSW

**10632 Little Patuxent Parkway, Suite 245
Columbia, MD 21044**

410-689-9074

www.seanlare.com

counseling@seanlare.com

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.

Insurance: Some insurance accepted, self-pay

Cynthia Lengrand, LCSW-C

8165 Cyprus Cedar Lane, Suite 201

Ellicott City, MD 21043

410-715-1606

CynthiaLengrand@gmail.com

Individual and family therapy for children, adolescents, and adults. Anxiety, depression, life stressors, grief, ADHD, PTSD, family issues. Specialize in trauma – trained in EMDR.

Insurance: APS, Aetna, UBH, MA, Medicare

Ashley Carter- Licensed Counselor

(Offers Telehealth)

Elkridge, MD 21075

Phone: (410) 413-7113

Therapy for children 6-10, preteen, adolescents, and adults. Most of her experience has been 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).

Insurances: Amerigroup, BCBS, CareFirst

Jai Medical, Kaiser (Out-of-Network)

Maryland Physicians Care, Medicaid, Medstar Family Choice, Optum, Priority Partners

UnitedHealthcare UHC | UBH.

Marcie Lovell, LCSW-C

Focused Solutions, LLC

5550 Sterrett Place, Suite 200

Columbia, MD 21044

410-884-6031 / Fax 410-884-6134

mlovell@focusedsolution.net

Outpatient counseling services to children, adolescents, and adults. Some expert areas of treatment include early childhood trauma, attachment, bereavement, and adoption.

Insurance: Most insurance accepted

Dolores DeLuise Madiou, LCSW-C

7360 Grace Drive

Columbia, MD 21044

410-914-7205

dolores.madiou@gmail.com

Outpatient therapy for adults, couples, and adolescents. Specializing in trauma informed practices, trauma abuse history, couples and relationship issues, adjustment and mood disorders, grief and loss, family problems, and other life stressors.

Insurance: Aetna, United Healthcare, CareFirst, BCBS, Coventry Health Care and others

Barbara Malavite, LCPC

& Lisa Sowers, ESMHL

Therapeutic & Recreational Riding Center

Glenwood, MD 21738

410-489-5100/410-489-3663 (fax)

www.trrcmd.org

trrceap@gmail.com

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.

Brenda L. May, LCSW-C

Crossroads Psychological Associates, LLC

10784 Hickory Ridge Road

Columbia, MD 21044

410-964-0425 x21 / Fax 410-964-0515

Outpatient counseling services to children, adolescents, and adults. Individual, couples, and family therapy. Specialty in anxiety disorders and mood disorders. Insurance: Self-pay

Erin McClintock Smith, LCSW-C

5126 Dorsey Hall Drive, 2nd Floor

Ellicott City, MD 21042

410-564-8288

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,

8705 Celita Court

Jessup, MD 20794

301-498-7218

Jacquelinemcclure.lcpc@yahoo.com

Adults, couples, adolescents, families. Specializes in couples and family counseling, adults who are functioning well, but adjusting to difficult life situations, and military members.

Insurance: Aetna, Cigna, Tricare, BCBS, Magellan

Danny Miller, LCPC

Healing Songs Therapy

3565 Ellicott Mills Drive, Suite 208

Ellicott City, MD 21043

240-583-0351

www.healingsongstherapy.com

song2give@gmail.com

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.

Insurance: Self-Pay, Out of Network

Lauren Ilene Mirkin, LPCP, NCC

LDN, NBC-HWC

(Offers Telehealth)

Bluegrass Mental Health

5840 Banneker Road, Suite 200

Columbia, MD 21044

(410) 472-5625

<https://www.laurenmirkin.com/>

Serving Teenagers, Adults & Elder 65+

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.

Insurance: BlueCross and BlueShield, CareFirst, Cigna and Evernorth, Johns Hopkins, Magellan, Out of Network.

Erica Ardinger, LMSW

(Offers Telehealth)

8181 Main Street, 2nd Floor

Ellicott City, MD 21043

(443) 232-1760

Serving Preteen/Teenagers & Adults

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. Insurances: Anthem, BCBS, CareFirst, Cigna and Evernorth, UnitedHealthcare UHC | UBH, Out of Network.

Jadranka Milovanovic, LCPC

10632 Little Patuxent Parkway, Suite 343

Columbia, MD 21044

443-955-4592 / Fax 410-997-7878

www.healthgrades.com/providers/jadranka-milovanovic

Children, adolescents, families: adjustment disorders, depression, anxiety, ADD/ADHD, anger management and behavioral problems. Couples, addiction, grief counseling. Sensitive to and competent in working with people of various cultural and religious backgrounds.

Language: Italian, Serbian, Croatian, Bosnian

Insurance: CareFirst, Aetna, BC/BS, MHN/Managed, Magellan.

Fielding Psychological Associates

Evelyn Fielding

(Offers telehealth services)

3697 Park Avenue, Suite 200

Ellicott City, MD 21043

T: 410-868-4142

Hours: Mon-Fri by appointment

Email: DrEric@FieldingPsychology.com

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.

- Specific Populations Served: Children 2 yrs old-10 yrs, Adolescents, Adults up to ages 65 years old, Couples.

Specialties in areas such as

- 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

Insurances: Carefirst, BCBS, Cigna, Medicare

Yi-Ching (Emma) Ostendorp, LCPC

Congruent Counseling

10630 Little Patuxent Parkway, Suite 209

Columbia, MD 21044

410-740-8066 / Fax 410-740-8068

www.congruentcounseling.com

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.

Insurance: Aetna, Blue Cross Blue Shield, CareFirst, Cigna, Johns Hopkins, Psy

Language: English, Mandarin

Matt Otto, LCPC

Crossroads Psychological Associates, LLC

10784 Hickory Ridge Road

Columbia, MD 21044

410-964-0425 / Fax 410-964-0515

www.crossroadspsych.net

matt.otto@crossroadspsych.net

Individual and group therapy specializing in adolescents, young adults, and pastoral counseling.

Insurance: Self-pay

Carlos Pastor, LCSW-C

10632 Little Patuxent Parkway, Suite 245

Columbia, MD 21044

410-419-1708

Outpatient mental health counseling treating adolescents, family, couple, and individuals.

Insurance: Most private insurance accepted, sliding scale upon request

Hetal Patel, LCSW-C

3355 St. Johns Lane

Ellicott City, MD 21042

443-451-0159

Hetal-9722@yahoo.com

Individual and family therapy, play therapy. Children and adolescents, adults. Depression, anxiety, ADHD, ODD, OCD, infertility, parent-management training.

Language: Gujarati, Hindi

Insurance: BCBS, Medicaid, sliding scale

Anne Peurasaari, LCSW-C, RN

5018 Dorsey Hall Drive, Suite 205

Ellicott City, MD 21042

410-992-4940

Adults, older teenagers. Same gender couples, spiritual aspects in counseling, alternative aspects compared to medication.

Language: German

Insurance: Most insurance accepted, sliding scale

Barbara M. Polonsky, LCSW-C

5122 Aver Court

Columbia, MD 21044

410-227-9074

bpolonskylcsw@verizon.net

Outpatient counseling for individuals (adults), children, adolescents. Areas of expertise include anxiety and depression, interpersonal relationship conflicts, co-dependency issues, parenting struggles, stage of life transitions, and women's issues.

Insurance: Some insurance accepted, sliding scale

Bill Ray, LCSW-C

Crossroads Psychological Associates, LLC

10784 Hickory Ridge Road

Columbia, MD 21044

410-964-0425 / Fax 410-964-0515

www.crossroadspsych.net

bill.ray@crossroadspsych.net

Outpatient counseling services for adolescents and adults. Areas of expertise include substance abuse and dependence, anxiety, depression, marital and relationship issues.

Insurance: Self-pay

Kathryn Reynolds, LCPC, NCC, DAPA

5114 Dorsey Hall Drive

Ellicott City, MD 21042

410-689-5181

www.kreytherapy.com

Specializing in anxiety, depression, grief, helping people overcome trauma and child abuse.

Robert D. Robinson, LCPC

The Family Center

4785 Dorsey Hall Drive, Suite 109

Ellicott City, MD 21042

410-531-5087 / 410-997-1556

thefamilycenter.tv.com

Child, adolescent, and family counseling specializing in child & adolescent. Anxiety, depression, self-esteem, peer relationship issues, school-related problems, and abuse issues. Also, counsel's individual, adult, and couples, as well as teen and adult group therapy.

Insurance: Self pay

Ann J. Rochford, LCSW-C

5513 Twin Knolls Road, #220

Columbia, MD 21045

410-707-0657

annjrochford@yahoo.com

Outpatient psychotherapy for adolescents and adults. Areas include anxiety, depression, and transitions to new stages of life. Psycho-therapeutic approaches: behavior modification, interpersonal psychotherapy and role playing.

Insurance: All medical insurance, Medicare, Tricare

Yvonne Rogers, MS, LCPC

Congruent Counseling

10630 Little Patuxent Pa2kway, Suite 209

Columbia, MD 21044

410-740-8066 / Fax 410-740-8068

www.congruentcounseling.com

Cognitive-Behavioral Therapy (CBT) for depression and anxiety, anger management, suicide prevention, substance abuse and addictions counseling. Provides services for children, adolescents, and adults.

Insurance: , Blue Cross Blue Shield, Cigna, Johns Hopkins, Magellan, United Healthcare.

Anne Roth, LCSW-C

2000-Century Plaza

10632 Little Patuxent Parkway, Suite 325

Columbia, MD 21044-3205

410-992-5670

Counseling adolescent, adult, couples, family, and individual therapy.

Insurance: Most insurance accepted

Mimi Ryans, LICSW, LCSW-C, RPT

Lighthouse Center for Therapy and Play

10632 Little Patuxent Parkway, Suite 327

Columbia, MD 21044

443-864-5647

<https://lighthouseplaytherapy.com/>

Private practice that works specifically with adults, children, and families. Registered Play Therapist on staff. Will work with clients that are unable to access services.

Insurance: Medicaid, Medicare, and most insurance plans

LightHouse Center for Therapy & Play

Molly King Safren, LCSW-C

9575 Angelina Circle

Columbia, MD 21045

301-596-2858

msafren@verizon.net

Psychotherapy for adults, couples, some adolescents. Specialties: work with grief, anxiety and depression, adult children of alcoholics, gay and lesbian issues, and recovery.

Insurance: Medicare assignment

Melissa Schnaar, LCSW-C

Collaborative Counseling Center

5560 Sterrett Place, Suite 201

Columbia, MD 21044

410-546-4000

[Collaborativecounselingcenter.com](http://collaborativecounselingcenter.com)

melissa@collaborativecounselingcenter.com

Outpatient mental health services to children, adolescents, and their families. Comprehensive mental health services including psychiatric services, individual, group and family counseling.

Insurance: Self-pay

Jennifer Schoo, LCSW-C

8165 Cyprus Cedar Lane, Suite 201

Ellicott City, MD 21043

410-777-8054

Jennifer.schoo@yahoo.com

Individual, family and group therapy for children and adults with ADHD, behavioral problems at home and school, depression, anxiety, interpersonal relationships, family contact, physical/sexual/emotional and substance abuse. Groups for adults, children, and adolescents to include self-esteem, interpersonal relationships, behavior modification, ADHD, anxiety, depression, substance abuse, parenting and anger management. Insurance: Aetna, APS, Tricare, UBH and MA

Tammy J. Spengler, MSW, LCSW-C

Focused Solutions, LLC

5550 Sterrett Place, Suite 200

Columbia, MD 21044

410-884-6031

TSpengler@focusedsolution.net

Outpatient counseling services to adolescents and adults. Expert areas of treatment include PTSD, domestic violence, adoption, and childhood maltreatment. Holistic approach.

Insurance: Most insurance accepted

Andrew Stanton, LCSW-C
8850 Columbia 100 Parkway, Ste. 203
Columbia, MD 21045
443-546-4476

www.StantonPsychotherapy.com

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. Insurance: APS Healthcare, Anthem, BCBS, Empire BlueCross, GEHA, Great-West Life, Health Net, Kaiser (Out-of-Network), MAMSI, Magellan Behavioral Health, NCPPO, Medicaid, self-pay

Jennifer M. Steier, LCSW-C
Congruent Counseling
10630 Little Patuxent Parkway, Suite 209
Columbia, MD 21044
410-740-8066 / 443-538-8294

Jennifer.m.steier@gmail.com

Outpatient counseling services to children, adolescents, and adults.
Insurance: Most insurance plans accepted

Jordan McGill, LCSW-C

In Office & Telehealth

Columbia, MD 21045

(667) 326-9192

Experience in individual, group, family, couples therapy and case management. Age group focus Teen, Adults & Elder 65+.

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.

Insurance: Medicaid & Medicare & Self-Pay

Norma Stevens, MS, NCC, LCPC

IHS Psychotherapy and Counseling, LLC

6011 University Blvd., Suite 100

Ellicott City, MD 21043

410-919-8275

www.normastevenslcpc.com

norma@normastevenslcpc.com

Outpatient services for young adults, adults, seniors, individuals, and couples. Specialized experience working with couples 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.

Insurance: Sliding scale is available upon request

Iris Thomas, LCSW-C, LLC
5850 Waterloo Road, Suite 140

Columbia, MD 21045
410-730-2240 / Fax 410-779-9109
yourkidscanchange.com
iris@yourkidscanchange.com

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.

Insurance: Aetna, Anthem, BCBS, Carefirst, Cigna/Evernorth, John Hopkins, Optum, UnitedHealthcare, GEHA,
Languages spoken Spanish & English.

Rachael Thomas, LCPC
5022 Dorsey Hall Drive, Suite 201
Ellicott City, MD 21042
240-621-2272

Outpatient therapy and nutrition services to children, adolescents, young adults, and families. Individual, family, and nutrition therapy, 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. Insurance: self-pay

Virginia Voight, LCSW-C
St. John's Professional Center
3355 St. John's Lane, Suite F
Ellicott City, MD 21042
410-808-3422

vvoigt@verizon.net
Outpatient therapy for clients ages 11+.
Individual, group, couple and family therapy services. Self-psychological and relational orientation. Expertise in mood disorders, anxiety disorders, addictions, relationship, parenting and family issues. Free phone consultation.

Brenda von Rautenkranz, LGPC
VR Growth and Learning Center
13425 Forsythe Road
Sykesville, MD 21784
301-641-0031

www.vrtherapycenter.com
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.
Insurance: Sliding fee, self-pay

Insurance: Most insurance accepted

HOSPITALS

Howard County General Hospital

5755 Cedar Lane
Columbia, MD 21044
410-740-7890

www.hcgh.org

General hospital that offers emergency room assessments and acute inpatient psychiatric care. Psychiatric in-patient unit has several beds dedicated to adolescents.
Insurance: All insurances accepted.

Laurel Regional Hospital Center

7300 Van Dusen Road
Laurel, MD 20707
301-497-7980

www.umms.org

General hospital that offers inpatient psychiatry and dual diagnosis services, an acute inpatient adolescent program, outpatient addictions program & emergency room assessments.
Insurance: All insurances accepted.

Laurel Regional Hospital Outpatient Behavioral Health Services Partial Hospitalization Services

7300 Van Dusen Road
Laurel, MD 20707
301-362-2086

www.umcapitalregion.org

The Partial Hospitalization Program offer the structure of a psychiatric program while allowing patients to go home in the evening and remain connected to family, friends, and other support systems. The PHP provides assessment and evaluation, psychoeducation, individual, group and family therapy. The UM Capital Region Medical Center Inpatient Unit accepts voluntary and involuntary patients 18 and older.
Insurance: Most commercial insurance plans, Medicare, and MA.

Sheppard Pratt at Ellicott City

4100 College Avenue
Ellicott City, MD 21041
1-800-883-3322 or 410-465-3322 Admissions 410-938-3800

www.sheppardpratt.org

Private psychiatric facility providing voluntary and involuntary inpatient services.

Howard County Association of the Deaf

<https://www.marylanddcdl.org/resources/howard-county-association-of-the-deaf/>

Community Support Services of the Deaf Inc (CSSD)

Telephone: 410-597-8780

TTY: 410-597-8806

FAX: 410-597-8808

VP (Video Phone) 443-348-8256

Email: info@cssdinc.org

Website: www.cssdinc.org

Counties Served: Anne Arundel, Baltimore City/County, Howard

Ages of individuals served: Adults, 21 years and older

• Services Offered: Vocational Day Program, Day Habilitation Program, Individual Support Services (ISS), Personal Supports, Residential Services.

• Individuals Served Have the Following Types of Disabilities:

- Autism Spectrum Disorder, Behavioral Problems,
- Blindness/Several Visual Impairment, Cerebral Palsy,
- Chemical Dependency (Includes Alcoholism),
- Deafness/Severe Hearing Impairment,
- Epilepsy/Seizure Disorder,
- Mental Disorder, Intellectual Disability, Specific Learning Disability, Speech/Language Impairment

Helen Keller National Center for Deaf-Blind Youths and Adults, East Central Region Office

14440 Cherry Lane Court, Suite 3214

Columbia, MD 20707

Website: <http://www.hknc.org>

E-mail: cynthia.ingraham@hknc.org

240-786-6534 – Voice

240-786-6847 – TTY

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

Name with title:

Address:

Phone:

Fax #:

Website:

Email:

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

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

Insurances Accepted:

Languages Spoken:

An updated Directory is posted quarterly throughout the year. However, you may find a current copy on our website at <https://www.howardcountymd.gov/health/behavioral-health#community-services-directories>