



Promote. Preserve. Protect.

DIRECTORY OF BEHAVIORAL HEALTH SERVICES IN HOWARD COUNTY

October 2021

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Visit hchealth.org or call 410.313.6202 for more information



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MISSION STATEMENT OF THE HOWARD COUNTY HEALTH DEPARTMENT

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

Complaints

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

Network of Care

Network of Care websites:

HOWARD.MD.networkofcare.org
www.mdveterans.networkofcare.org

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

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

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

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

CRISIS SERVICES

Mobile Crisis Team:

410-531-6677

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

MCT Hours of Operation

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

Grassroots Crisis Intervention Center

24 Hour Hotline: 410-531-6677

6700 Freetown Road

Columbia, MD 21044

410-531-6677 or 410-531-6006

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

Crisis Text Line

Text HOME to 741741

www.crisistextline.org

24/7 free service

There is Hope App

Grassroots Suicide Prevention App

Download the free app in both Apple and Google Play stores.

www.grassroots.hocomojo.org/services/the-re-is-hope-app

Help 4 MD Youth

www.help4mdyouth.org/chat

Monday - Friday, 4:00-9:00 PM

National Suicide Prevention Lifeline

www.suicidepreventionlifeline.org/gethelp/lifelinechat

1-800-273-8255. Free 24/7 confidential crisis support.

Hopeworks

(Formerly the Domestic Violence Center)

9770 Patuxent Woods Drive, Suite 300

Columbia, MD 21046

410-997-0304 / Fax 410-997-1397

410-997-2272 – 24-hour Helpline

www.wearehopeworks.org

ndechirico@wearehopeworks.org

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

Language – Spanish, French

Safe Journey House

6910 Annapolis Road

Hyattsville, MD 20784

301-925-9120 / Fax 301-851-5199

www.safejourneyhouse1.com

info@safejourneyhouse1.com

Provides short-term therapeutic residential treatment to address immediate crisis and prevent future crises from occurring. Inpatient admission prevention and inpatient admission alternative programs available.

Sheppard Pratt Health System

6501 N. Charles Street

Towson, MD 21204

410-938-5302

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

Crisis Beds

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

- a) is over 18 years of age,
- b) diagnosed with a serious mental illness,
- c) due to acute symptomatology related to the individual's psychiatric condition, has impaired ability to function within the individual's community living situation and is in need of a crisis bed to avoid inpatient psychiatric admission or to shorten the length of inpatient stay,

- d) for clinical reasons, if it is felt that the individual needs a temporary separation from the current living situation,
- e) has agreed to be referred to a crisis bed,
- f) expects, with staff support, to be able to comply with treatment recommendations, and
- g) is able, with staff support, to care for physical needs and basic personal hygiene.

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

Psychiatric Evaluation

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

psychiatric evaluation, the police will be ordered to transport the individual to the nearest hospital emergency room for a psychiatric evaluation.

The Mobile Crisis Team (MCT) is available daily and can pursue an emergency evaluation if needed. Call 410-531-6677.

A psychiatric evaluation determines whether hospitalization is needed or whether a less restrictive level of care may be more appropriate. Admissions to psychiatric facilities (private or community hospitals) can be either voluntary or involuntary. If an evaluation is completed and inpatient treatment is recommended, the patient will be asked to sign a voluntary admission agreement. In the case of a minor, a parent/legal guardian signs the voluntary admissions agreement. In Maryland, a person 16 years old or older may sign himself into a psychiatric hospital. However, the parent of a minor child can authorize in-patient treatment even over the objections of the adolescent who is 16-18 years old.

If the patient refuses to be hospitalized voluntarily, he or she may be admitted

involuntarily on certificates signed by two physicians, or one physician and one licensed psychologist. The certificates attest to the need for hospitalization based on the following:

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

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

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

OUTPATIENT MENTAL HEALTH CLINICS (OMHC)

Ascending Counseling Solutions Family Services

413 Main Street, Suite 5
Laurel, MD 20707
240-294-7750

www.acsmaryland.com

Outpatient treatment center that provides psychiatric rehabilitation services, therapeutic behavioral services, outpatient counseling, suicide prevention, academic tutoring, mentoring and adult services. Programs and services extended to children, adolescents and adults.

Community Behavioral Health

10774 Hickory Ridge Road
Columbia, MD 21044
844-224-5264 / Fax 888-509-0010

www.communitybehavioralhealth.net

Comprehensive services to children, adolescents, and adults, individual and family therapy; substance abuse, mental health; and medication management. Insurance: Medical Assistance

Families First Counseling & Psychiatry

17904 Georgia Avenue, Suite 200
Olney, MD 20832
240-204-8377 (Olney)
240-304-FFCP (Main)

www.ffcpmaryland.com

Outpatient mental health clinic with over 40 years of experience working with children, adolescents, adults and families. Services include treatment of mental illness, behavioral health problems and emotional concerns for individuals and families. Multi-disciplinary team of mental health professionals including psychiatrists, psychiatric nurses and therapists. Language: English, Spanish

Family Health Connections

9055 Chevrolet Drive, Ste 205
Ellicott City, MD 21042
410-465-5451 / Fax 240-713-3512

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.

Discovery Mood & Anxiety Program

10480 Little Patuxent Pkwy #220,
Columbia, MD 21044
877-515-3560

discoverymood.com/locations/columbia/

A day treatment program offering intensive outpatient and partial hospitalization levels of care for trauma, anxiety, self-harm, depression, bipolar disorder, and reactive attachment disorder. Insurance: most major insurance plans

MPB Group, Inc.

6440-D Dobbin Road
Columbia, MD 21045
410-730-2385

www.mpbhealth.com

program_director@mpbgroupinc.com

Individual, family and group therapy, PRP (mentoring for youth), psychological and psychiatric evaluations, medication management to children, adolescents, and adults. Offers outpatient services as well as integrated (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.

Insurance: Medicaid, BCBS, self-pay

Language: Spanish

MSA-The Child and Adolescent Center

10005 Old Columbia Road, Suite L260

Columbia, MD 21046

866-853-4397 or 443-259-0400

MSA is a comprehensive community-based outpatient treatment center servicing patients age 3-21. Services include Psychiatric Intensive Outpatient Program for adolescents and the only children's Intensive Outpatient Program in Maryland. In addition, MSA provides traditional outpatient mental health care including psychiatric evaluations and medication management by board certified child/adolescent psychiatrists along with individual, family and group therapy by licensed therapist.

Insurance: Medicaid, Medicare and most major health insurance plans.

My Covenant Place

10630 Little Patuxent Parkway, Ste 314-D1

Columbia, MD 21044

410-200-9290

<https://mycovenantplace.org/>

Trauma-informed therapy; individual, group, and family counseling.

Insurance: Aetna, Cigna, BCBS, Medicaid, Coventry

Sheppard Pratt @ Howard County

Way Station, Inc. (WSI)

9030 Route 108, Suite A

Columbia, MD 21045

410-740-1901 / Fax 410-740-2503

www.sheppardpratt.org/way-station/

Outpatient mental health services include: Psychiatric evaluations, medication evaluation and management, individual, group and family therapy, psychological testing.

Language: Some providers are bi-lingual

Insurance: Medicaid, Medicare, Tri-Care, BCBS

GROUP PRACTICES

Alternative Counseling & Wellness Center

5136 Dorsey Hall Rd, 2nd floor
Ellicott City, MD 21042
410-828-0101 / Fax 410-828-6262
www.alternativecounseling.net
info@alternativecounseling.net

Private practice serving children, adolescents, adults, seniors, couples and families with a holistic viewpoint utilizing the latest methodologies.

Insurance: Medicare, Medical Assistance, Aetna, Cigna, Blue Cross Blue Shield, Tricare, Magellan, Johns Hopkins

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

Anne Arundel Counseling

8840 Stanford Boulevard, Suite 1700
Columbia, MD 21044
410-768-5988 / Fax 410-768-5989
www.annearundelcounseling.com
info@annearundelcounseling.com

Social skill development, behavior modification, anger management, loss/grief, addictions, eating disorders, trauma/abuse, family counseling, group counseling, assessments/evaluations.

Insurance: Most major insurance plans
Language: Spanish

Arundel Psychological Associates

8940 Route 108, Suite E
Columbia, MD 21045
410-299-5766 / Fax 410-987-4710
www.apacares.com

Psychotherapy, psychological assessments, neuropsychological assessments, substance abuse counseling and psychiatric services.

Baltimore Psychiatry

10709 Birmingham Way
Woodstock, MD 21163
www.BaltimorePsychiatry.com

Specializing in mood, anxiety, and substance use disorders in those 18 years of age and older. Offering holistic outpatient psychiatric evaluations, medication management, and collaborative psychotherapy services. Office based opioid treatment with Suboxone (buprenorphine) available.

Insurance: Self-Pay

Blake Psychotherapy & Associates

**10632 Little Patuxent Parkway, Suite 340
Columbia, MD 21044
443-393-6996 / Fax 410-988-2024**

www.blaketherapy.com

sblake@blaketherapy.com

Outpatient therapy & nutrition center specializing in Eating Disorders, Addictions, Asperger's, Mood disorders and Trauma. We utilize therapies such as Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), Psychodynamic Therapy, Person Centered Therapy, Mindfulness and Short-Term Solution Based Counseling. Our nutritionists can work with all of the mental health issues, as well as working with individuals with medical issues. Serves children, adolescents and adults ages 10 and above.

Bluegrass Psychiatry and Mental Health

**5840 Banneker Road, Suite 200
Columbia, MD 21044**

410-457-3196

www.bluegrassmentalhealth.com

admin@bluegrassmentalhealth.com

Provides comprehensive therapy, counseling, and psychiatric services. Buprenorphine opiate dependence treatment available (Suboxone/Subutex). Insurance: commercial insurance

The Body Image Therapy Center

**9192 Red Branch Road, Suite 270
Columbia, MD 21045
877-674-2843**

www.thebodyimagecenter.com

info@thebodyimagecenter.com

Provides services to adults 18. Specializes in eating disorders, and co-occurring disorders like substance abuse, self-harm behaviors or other destructive habits. Intensive Outpatient Programs (IOP) and Partial Hospitalization Programs (PHP) Specializes in the treatment of binge eating disorder, bulimia and related concerns.

Insurance: commercial insurance

The Body Mind Center

**5026 Dorsey Hall Drive, Suite 205
Ellicott City, MD 21042
410-530-9538**

www.thebodymindcenterofmd.com

info@thebodymindcenterofmd.com

In person and Online outpatient therapy services to treat adults and adolescents with childhood trauma histories, "single event" traumas, anxiety disorders and/or those living with chronic pain conditions. Therapists at The Body Mind Center have in depth trauma informed training as well as 20+ years of extensive experience in providing evidenced based therapies, including Certification in EMDR and Somatic Psychotherapy. Depending on the Therapist with whom clients work, pet therapy may also be available via a 35 lb. Beagle, who has completed both the Canine Good Citizens and Pet Therapy training programs. Insurance: Self-Pay, Out-of-Network

Brighter Hope Wellness Center

**6100 Daylong Lane, Suite 103
Clarksville, MD 21029**

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, Brighter Hope Wellness Center brings a full range of services to you under one roof.

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

Cedar Counseling & Wellness

**1997 Annapolis Exchange, Ste 180
Annapolis, MD 21401
443-924-6344**

<http://cedarcounselingandwellness.com/>
info@cedarcounselingandwellness.com

Therapists at Cedar Counseling & Wellness offer individual and family therapy. Our Registered Dietitian provides nutrition counseling, group meditation, and yoga classes at our Annapolis Counseling Center and using tele-therapy for clients throughout Maryland, D.C., and Virginia. We are committed to creating a safe environment where you feel seen, heard, and understood. We believe in the transformative power of blending professional expertise with therapeutic connection.

Insurance: Out-of-network benefits only
Language: French

Center for Children - Howard County

**5103B Dorsey Hall Drive,
Ellicott City, MD 21042
240-320-2023**

www.center-for-children.org/
info@center-for-children.org

The Center for Children offers a wide variety of mental and behavioral health services. We offer more than 19 programs geared toward children and families. Our team of professional clinicians provide comprehensive mental health services including individual and family therapy, play and group therapy, psychological testing and evaluations, and mental health evaluations.

Collaborative Counseling Center

**5560 Sterrett Place, Suite 201
Columbia, MD 21044
443-546-1100**

collaborativecounselingcenter.com
info@collaborativecounselingcenter.com

Dr. Brett Greenberger,
Child and Adolescent Psychiatrist
Emily Greenberger, LCSW-C,
Clinical Director, Therapist
Child, adolescent and family mental health services. Individual, group and family counseling, art therapy and cognitive behavioral therapy (CBT). Psychiatric services include Diagnostic Evaluation and medication management.
Insurance: Out of network

Columbia Treatment Center

**5570 Sterrett Place, Suite 205
Columbia, MD 21044
410-730-1333**

[https://www.columbia-treatment.com/](https://www.columbia-treatment.com/cac@columbiaaddictions.com)
cac@columbiaaddictions.com

Substance abuse and mental health counseling to adolescents and adults. Psychiatrist proficient in American Sign Language. Suboxone treatment.

Columbia Counseling Center

**5525 Twin Knolls Road, Suite 327
Columbia, MD 21045
410-992-9149**

www.counselingmaryland.com

Outpatient psychological and psychiatric services for children, adolescents, adults, couples and families; diagnostic and treatment for ADD/ADHD; medication evaluation and management.

Congruent Counseling Services

**10630 Little Patuxent Pkwy, Suite 209
Columbia, MD 21044**

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

**<https://congruentcounseling.com/>
frontdesk@ccs-ic.com**

Congruent Counseling offers individual, family, marital, and group counseling. Psychiatric evaluations and medication management available. Therapists specialize in working with children, teens, and adults. A broad range of issues are addressed including depression, anxiety, attention deficit, acting out behaviors, substance use and addictions, marital difficulties, and more. DBT: Dialectic Behavioral Treatment for ages 8-21. Insurance: Most insurance plans accepted.

Cornerstone Psychological Services

10808 Hickory Ridge Rd

Columbia, MD 21044

240-593-7561 / Fax 410-997-0396

www.cornerstonepsychology.com

Individual psychotherapy, marital and couples counseling, group psychotherapy, psychological assessment, parent training.

Crossroads Psychological Associates

10784 Hickory Ridge Rd.

Columbia, MD 21044

410-964-0425

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

Insurance: Out of network

Language: German, Hebrew and Yiddish

Discover Yourself Wellness Center

10715 Charter Drive, Suite 130

Columbia, MD 21044

443-653-1363

**www.discoveryyourselfwellness.com/
discoveryyourselfwellness@gmail.com**

Discover Yourself Wellness Center offers individual, couples, family, and group counseling. Other services include spiritual support, ketamine, and EMDR. Insurance: most major insurance plans.

Elkridge Family Psychiatry

7257 Parkway Drive, Suite 250

Hanover, MD 21076

443-492-9885 / 443-820-3754 Fax

**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

4785 Dorsey Hall Drive, Suite 109

Ellicott City, MD 21042

410-531-5087

**www.thefamilycenter.tv
Thefamilycenter2@msn.com**

Provides counseling for adolescents, child/pediatric, couples, family, and individuals. Also includes pain management/biofeedback training, psychological/psycho-educational assessments, sports counseling and medication management. Child bereavement groups.

Language: Farsi, French, Arabic

Focused Solutions, LLC

5550 Sterrett Place, Suite 200
Columbia, MD 21044
410-884-6031 / Fax 410-884-6134
www.focusedsolution.net

Outpatient counseling services to children, adolescents, and adults.
Insurance – Carefirst, BC/BS, Cigna, United Healthcare, APS, Magellan, InforMed/Conifer, Tricare, Value Options, Medicare, Johns Hopkins Healthcare, Aetna, MHN, Medical Assistance, Multiplan/PHCS.

Firm Foundation

7274 Cradlerock Way, 2nd floor
Columbia, MD 21045
443-545-5042
<https://firmfoundation2thrive.com/cbrown@firmfoundation2thrive.com>

Individual and family counseling for children and adolescents ages 5-17, and adults ages 18-65. Community and virtual care options available.

Insurance: Maryland Medicaid

Gemini Health

6816 Deerpath Road, Suite 107 & 201
Elkridge, MD 21075
301-363-1063/443-545-7835
www.geminihealthmd.com
info@geminihealthmd.com

Outpatient and Intensive Outpatient services for adults with substance use and mental health conditions. Individual and group counseling available. We provide integrative medicine with our affiliations with pain management and primary care services. We utilize Cognitive Behavioral Therapy (CBT) and Dialectic Behavioral Therapy (DBT).

Insurance: Most major insurances including Medicare and Medicaid

Gladstone Psychiatry and Wellness

Lakeview Office Terrace
9841 Broken Land Parkway, Suite 211
Columbia, MD 21046
443-708-5856

www.gladstonepsych.com
Specializes in Addictions, Adult Psychiatry, Adolescent Psychiatry, Anxiety, ADD/ADHD, Bipolar Disorder, Depression, OCD, Panic Disorder
Insurance: Blue Cross/Blue Shield, CareFirst, Aetna, and Cigna
Language: Sign Language

Greenbrook TMS NeuroHealth Center

8850 Stanford Boulevard, Suite 3300
Columbia, MD 21045
855-940-4867 / Fax 855-721-4867
www.greenbrooktms.com
columbia@greenbrooktms.com

Provides Transcranial Magnetic Stimulation Therapy (TMS Therapy) to patients with Major Depressive Disorder who have not experienced satisfactory improvement from antidepressant medication. TMS Therapy can be used in conjunction with medication or as a standalone treatment and works by stimulating specific areas of the brain involved in mood regulation. It is FDA-cleared, proven, non-sedating and there are no drug related side effects.
Payment Source: Medicare, United Healthcare, BCBS, Cigna, Aetna, Kaiser and many others

Hope Counseling Center

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)
www.hopecounselingctr.com
dawnduignan@verizon.net

Provides mental healthcare to our community and improving the lives of individuals and their families. We provide individual and group counseling to children, youth, families, adults and couples.

Insurance: most insurances accepted

The Howard Group, LLC

**10760 Hickory Ridge Road, Suite 211
Columbia, MD 21044**

410-740-7397 / Fax 410-740-7398

thehowardgroupllc.com

Offers individual, family and group counseling to adolescents and adults from diverse backgrounds. Counseling approaches have been effective, particularly to the unique challenges faced by African-American males.

Insurance: Medicaid

Innovative Psychiatry

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

443-542-0773

www.columbiapsychmd.com

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

Innovative Therapeutic Services

**14440 Cherry Lane, Suite 208
Laurel, MD 20707**

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

www.innovativetherapy.org

mpaul@innovativetherapy.org

Provides treatment for traumatic experiences, anxiety disorders, attention deficit hyperactivity disorder, mood disorders, conduct disorders, co-occurring disorders, personality disorders, and a host of other diagnoses. Furthermore, ITS offers community and home visits as well as on-site services for psychiatric evaluations and medication management. Individual, family and group therapy to children and adults. Psychiatry services to children and adults, PRP services to children and adults.

Insurance: MA, private insurance, EAP

Languages: English, Spanish, Chinese.

Integrative Counseling, LLC

**10630 Little Patuxent Pkwy, Suite 209
Columbia, MD 21044**

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

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

Joshi & Merchant M.D. P.A.

**5500 Knoll North Drive, Suite #290
Columbia, MD 21045**

301-317-6575

www.docjoshi.com

Provides diagnostic evaluations, on-going medication management, individual, family and couples therapy.

Insurance: Most insurances accepted, Medicare and Medicaid

Kennedy Krieger Institute

**9810 Patuxent Woods Drive, Suite C
Columbia, MD 21046**

443-923-7508

www.kennedykrieger.org

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

as autism spectrum disorders and intellectual disability.

LifePath Counseling Services

**5122 Aver Court
Columbia, MD 21044
410-227-9074**

www.Barbarapolonsky.com

Individual, child, adolescent, & family counseling. Therapy for personal growth and life changes; relationships/marital issues; parent-child relationships and discipline; anxiety/ depression; cognitive-behavior modification and behavioral management; divorce/separation. Children's Life Skills Groups; ADHD; Asperger's; Grief/Loss; Organizational/Study skills; Divorce/Separation; Anxiety.

Life Potential Services

**10805 Hickory Ridge Road, Suite 103
Columbia, MD 21044
410-387-2763 / Fax 410-387-2764**

www.liferenewalservices.net

Early Intervention, Outpatient, Intensive Outpatient, individual and group counseling for adults and minors
Insurance: Self-Pay, Medicaid

Life Renewal Services

**10805 Hickory Ridge Road, Suite 103
Columbia, MD 21044
410-387-2763 / Fax 410-387-2764**

www.liferenewalservices.net

Outpatient mental health center for children, adolescents, and adults. Individual, family, couples, and group therapy. On-site medication management. Psychiatric Rehabilitation Program (children to adults).
Insurance: Self-Pay, Medicaid, and PPO with out of network benefits.

The Maryland Centers for Psychiatry

**3454 Ellicott Center Drive, Suite 106
Ellicott City, MD 21043
410-461-3760 / Fax 410-461-0526**

Specialized and general mental health services for children, adolescents, and adults. Multidisciplinary teams evaluate a wide range of behavioral, learning and emotional problems and then design a program of care. The Centers also offer Neuropsychological Testing.

National Family Resiliency Center

**10632 Little Patuxent Parkway, Suite 121
Columbia, MD 21044
410-740-9553**

nfrchelp.org

NFRC provides educational and therapeutic services for children and parents; individual, family and group therapy, KidsConnex, & TeenConnex, parent education seminars, co-parent consultation, child-focused access planning, online FamilyConnex parenting program, volunteer peer counseling, community education, publications and professional CEU training and certification.

Northeast Family Services

**9520 Berger Rd, Ste 302
Columbia MD 21046
301-310-7005 / Fax 1-410-630-5155**

www.northeastfamilyservices.com

Outpatient mental health services including individual, group, couples, and family therapy, and medication management. Insurance: Medicaid, out of network, most major insurances

Potomac Programs

**7945 Macarthur Boulevard, Suite 210
Cabin John, MD 20818**

potomacprograms.com/washington-dc
john.pelletier@potomacprograms.com

Potomac Programs a leading provider of intensive (PHP, IOP, home + community-based) behavioral health services for teens & young adults ages 14-24. In light of COVID-19, we have pivoted to offer a

Virtual IOP for 6 days/week or 4 days/week, depending on individual level of care needs. Virtual individual, family, and psychiatry services round out our offerings. Insurance: Private health insurance as out of network provider

The Pro Bono Counseling Project

110 West Road, Suite 202

Baltimore, MD 21204

410-825-1001 / 877-323-5800

Fax 410-825-1388

probonocounseling.org

The Pro Bono Counseling Project is a non-profit organization that provides free mental health care to individuals, families and couples who cannot receive care from any other source. Approximately 800 licensed therapists whose offices are located throughout Maryland participate in the Pro Bono Counseling project.

Psych Associates of Maryland

9520 Berger Rd, Suite 203

Columbia, MD 21046

410-290-6940 / Fax 410-290-9763

www.pamllc.us

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

New Vision Counseling, LLC

7360 Grace Drive

Columbia, MD 21044

410-200-9825

newvision-counseling.net

patd.newvision@gmail.com

Private practice providing therapeutic services to adolescents, adults, couples, and families. Specializes in treating addiction, ADHD, anxiety, bipolar disorder, chronic pain, codependency, depression, substance abuse, women's issues, men's issues,

multicultural populations, and issues related to LGBTQ+. Services provided for ages 18-62

Insurance: Self-Pay, sliding scale, Medicaid, United Health Care, BC/BS, Carefirst, Aetna, Cigna, Johns Hopkins.

Psychiatry Specialties Clinics, LLC

3570 St. Johns Lane, Suite 207

Ellicott City, MD 21042

410-988-8092

www.psychmaryland.com

psc@psychmaryland.com

Provides treatment for all mental health and substance use concerns for youth ages 14+, adults, and older adults.

Psychotherapy and medication management services available.

Insurance: Medicare, all major insurances.

Psychosocial Counseling Associates, Inc.

9650 Santiago Road

Columbia, MD 21045

443-980-7622 or 202-374-8322

juanamoreland@yahoo.com

Provides bi-lingual counseling services to individuals, couples and families who prefer to receive services in Spanish.

Sol Counseling and Consulting

8101 Sandy Spring Road

Laurel, MD 20707

240-470-7157

www.solcounselingandconsulting.com

info@solcounselingandconsulting.com

connectwithsol@gmail.com

Provides individual and family therapy to children, adolescents, and adults who are experiencing anxiety, depression, trauma or need help coping with life transitions.

Insurance: CareFirst, BCBS, EAPs, Self-Pay, Out of Network

Solid Ground Wellness

**9175 Guilford Road
Columbia, MD 21046
443-860-2549**

[www.solidgroundwellness.org/
solidground@sgwellness.net](http://www.solidgroundwellness.org/solidground@sgwellness.net)

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

Insurance: Sliding scale, Medicaid, Aetna, Blue Cross/Blue Shield, 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@scsmd.org](https://www.springboardmd.org/tjordan@scsmd.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**

stantonpsychotherapy.com

An eclectic group of therapists committed to helping clients heal and improve their lives. Individual, couples and family therapy. Therapists have a variety of specialties including, children/adolescent

issues, ADHD, substance abuse, domestic violence, trauma, marital issues.

Insurance – Many insurances accepted.

Tides of Change Wellness, LLC

**7330 Grace Drive, Suite B
Columbia, MD 21044
443-494-9550**

info@tidesofchangewellness.com
www.tidesofchangewellness.com

Comprehensive Dialectic Behavioral Therapy Program featuring 24/7 on-call phone support, animal assisted therapy, skills groups, individual therapy and flexible schedule times. Age 6 and above.

Together Couples Counseling

**Risa Ganel & Associates, LLC
8894 Stanford Blvd, Suite 103
Columbia, MD 21045
410-440-1413**

www.togethercouplescounseling.com

Empowering couples, individuals, and families to thrive, even with difficult challenges and circumstances. Couples counseling, pre-marital, discernment, individual and family counseling, infertility, pregnancy and postpartum, adolescent counseling.

THRIVE Center for ADHD & Comprehensive Mental Health Care

**6310 Stevens Forest Road, Suite #100
Columbia, MD 21046
410-740-3240 / Fax 443-276-6640**

www.myTHRIVE.net

Therapists, Psychiatrists and Executive Function Coaches provide services for Children, Adolescents, Couples, Parents and Adults. Specialty programs in ADHD, Young Adults Struggling to Launch, Work Life mental health, Social Skills groups and Executive Function coaching.

Village Counseling

8181 Main Street, 2nd floor

Ellicott City, MD 21043

410-505-0062

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

Individual, couples, and families counseling for youth, adolescents, and adults. Online and same-day therapy available.

Insurance: most major insurances

You Me Healthcare

866-968-6342

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

Therapy and psychiatry services for youth, adolescents, and young adults.

Insurance: Medicaid

PSYCHIATRISTS

Margaret (Peggy) Adams, MD

**8388 Court Avenue
Ellicott City, MD 21043
410-313-8119**

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

Richard Bacharach, MD

**5005 Signal Belt Ln., Suite 206
Clarksville, MD. 21029
410-715-1180**

rbacharach@comcast.net

Insurance: Aetna, BC/BS, Carefirst, Cigna, Healthnet, Humana, One Net, United Health Care

David M. Band, MD

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

office@crossroadspych.net

www.crossroadpsych.net

Comprehensive psychiatric services to children, adolescents and adults, including assessment, evaluation and treatment – psychopharmacology and psychotherapy. Expertise includes ADHD, mood and anxiety disorders, angry-depressed teenagers with behavioral and school problems, bipolar

Enoch Barrios, MD

**Behavioral Health Associates
10632 Little Patuxent Parkway, Suite 343
Columbia, MD 21044
410-997-7373**

Insurance: BC/BS, Carefirst

Helen Bellete, MD

**Crossroads Psychological Associates, LLC
10774 Hickory Ridge Road
Columbia, MD 21044
410-992-7288**

Comprehensive psychiatric evaluations, medication management and psychotherapy using cognitive behavioral therapy. Areas of specialty include OCD, trichotillomania; working with survivors of traumatic experiences including those who have developed post-traumatic stress disorder; treatment resistant mood disorders (e.g. Major Depression, Bipolar disorder); and treatment resistant anxiety disorders (e.g. OCD, panic disorder, generalized anxiety disorder).

Stephanie Durruthy, MD

**5074 Dorsey Hall Drive, Suite 105
Ellicott City, MD 21042
410-992-0272**

Language: Spanish

Insurance: Most insurance accepted.

Dr. N. Joseph Gagliardi, M.D.

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

www.Integrative-Counseling.com

Dr. Gagliardi is an Addiction Medicine Specialist with experience offering ambulatory (outpatient) Detoxification for alcohol and opiates.

Brett Greenberger, MD

**5560 Sterrett Place, Suite 201
Columbia, MD 21044
443-546-1100**

www.collaborativecounselingcenter.com

Child and Adolescent Psychiatrist
Collaborative Counseling Center

Kevin Harrison, MD

**Maryland Centers for Psychiatry
3454 Ellicott Center Drive, Suite 106
Ellicott City, MD 21043**

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

www.marylandpsychcenters.com

mcpec@verizon.net

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

Douglas W. Heinrichs, MD

**5034 Dorsey Hall Drive, Suite 103
Ellicott City, MD 21042**

410-964-6486 / Fax 410-964-6486

Psychiatric evaluation and treatment adults, adolescents and school age children.

Treatment approaches include both pharmacological and psychotherapy interventions, with a special expertise in medication management for individuals with a history of poor response or tolerability to medications or with complex overlapping biological and psychological issues. Areas of special interest include depression, bipolar disorders, anxiety and panic conditions, OCD, ADHD, and psychotic disorders.

Sushma N. Jani, MD

**10774 Hickory Ridge Road
Columbia, MD 21044**

844-224-5264 ext. 17 / Fax 888-509-0010

www.communitybehavioralhealth.net

Child and Adolescent psychiatry

Insurance: MA and private insurance

Mertine Jermany, MD

**10320 Little Patuxent Pkwy, Suite 200
Columbia, MD 21044**

443-272-1541

Opioid dependent patients.

Insurance: Medical Assistance, BC/BS

Kim Jones-Fearing, MD

**3905 National Drive, Suite 250
Burtonsville, MD 20866**

301-421-9112 / Fax 301-421-9551

Medication management with psychotherapy.

Insurance: Tricare, APS, MDIPA-Optimum Choice, Choice Care, Value Options, MA, Medicare

Ahmad N. Khan, MD

**10715 Charter Drive, Suite 270
Columbia, MD 21044**

443-542-0870 / Fax 443-542-0870

Chul S. Kwon, MD

**2908 Chainita Court
Ellicott City, MD 21042**

410-235-2880 / Fax 410-313-9641

Psychiatry, neuropsychiatry, geriatric psychiatry

Language: Korean

Insurance: Private insurance, Medicare, MA

Karen Meckler, MD

**Stevens Forest Professional Center
9650 Santiago Road, Suite 3
Columbia, MD 21045**

410-964-2206

Specializes in eating disorders.

Insurance: Medicare, Johns Hopkins Health

Insurance. Sliding fee scale

Terrye Mowatt, MD

**5550 Sterrett Place, Suite 314
Columbia, MD 21044**

410-381-0060 / Fax 410-381-0900

Psychiatric evaluations, medication management, individual therapy.

Specializes in treatment for mental health issues: depression, mood disorders, anxiety, panic attacks, adjustment disorder/stress and women's psychological issues.

Alok Rawat, MD

3355 St. John's Lane
Ellicott City, MD 21042
410-305-9083 / Fax 410-727-4006

www.daybreakpsych.com
drrawat@daybreakpsych.com

Outpatient treatment of depression and anxiety for adults via medication management or cognitive behavioral therapy. Can see clients within a week. Language: Some Hindi

Laura C. Renbaum, M.D.

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

laura.renbaum@gmail.com

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

Jeanne Serafin, MD

3355 St. John's Lane, Suite J
Ellicott City, MD 21042
410-461-9003 / Fax 410-480-0110

jsera99@gmail.com

Adult psychiatrist that works with adults to treat anxiety, depression, and self-esteem issues. Also specializes in parenting, relationship issues, spirituality, stress management, life coaching, grief. Provides medication management. Insurance: CareFirst, Out of Network

Stanislav Spivak, MD

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

www.Integrative-Counseling.com

Mental health evaluation and medication management. Dr. Spivak also sees patients in need of suboxone.

Joshua Rosenthal, MD

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

www.Integrative-Counseling.com

Depression, seasonal affective disorder (SAD), anxiety, bipolar disorder, ADHD, OCD, substance abuse, autism, Asperger's. Extensive experience in clinical trials of new medications for mood and anxiety disorders. Certified to prescribe Suboxone.

Irfan Saeed, MD

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

A clinician-run practice that offers holistic care tailored for each individual. Program offers interventions and therapeutic goals to optimize wellness, functionality and actualization. Services: mental health, substance abuse program, psychiatric rehabilitation and laboratory services.

PSYCHOLOGISTS

Maryland Psychological Association

10025 Governor Warfield Pkwy, Suite 102
Columbia, MD 21044
410-992-4258

www.marylandpsychology.org

This is the professional organization for licensed psychologists. This organization can provide information regarding individuals who are on their referral service.

Lenora Roat Arrington, Psy.D.

1 Park Avenue, Suite D
Mt. Airy, MD 21771
301-693-9275

www.re-directionscounseling.com

LenoraArrington@re-directionscounseling.com

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.

Michael Baum, Ph.D.

6438 Tauler Court
Columbia, MD 21045
410-381-7832

Developmental disabilities, especially mental retardation; family, individual, psychological testing; organizational consultant, management training.

Elsbeth Bell, Ph.D.

5850 Waterloo Road, Suite 140
Columbia, MD 21045
410-480-8052

www.elsbethbellphd.com

ebell@elsbethbellphd.com

Hoarding disorder, clutter-related issues, OCD, Anxiety, specific phobias, depression, perfectionism, procrastination, Body Focused Repetitive Behaviors (BFRBs).

Samuel Berkowitz, Ph.D.

5018 Dorsey Hall Drive, Suite 205
Ellicott City, MD 21042
410-730-5138

Outpatient psychotherapy services. Adults only, couples, marital, families. Treatment for anxiety, depression, self-esteem, communication, relationships, inner peace. Approaches: mindfulness, cognitive behavioral, communication skills, self-discovery.

Insurance: all accepted. Sliding scale available.

Joyce Hamilton Berry, Ph.D.

6357 Windharp Way
Columbia, MD 21045
301-596-2438

Conditions-anxiety, mood disorders, counseling-family, group and individual therapy.

Insurance: Most insurance accepted.

Jeanne Bolton, Ph.D.

7270 Cradlerock Way
Columbia, MD 21045
410-290-6618

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

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

Talibah E. Buchanan, Ph.D.

8720 Georgia Avenue
Silver Spring, MD 20910
301-495-6393

Drtalibahbuchanan.webs.com

Outpatient therapy and psychological testing. Services for children, adolescents, and adults.

Language – American Sign Language

Susan Rockwell Campbell, Ph.D.

7296 Kindler Road
Columbia, MD 21046
410-290-5901

www.drsusancampbell.com

Psychotherapy and counseling for adults and adolescents. Individual, couples and family therapy. Specializing in couples and relationship issues, sexual issues and disorders, women's issues.

Insurance: sliding scale upon request.

Deborah S. Cole, Psy.D.

8840 Stanford Boulevard, Suite 4000
Columbia, MD 21045
410-381-7551 / Fax 410 715-0055

www.drdeborahcole.com

PsychologyNart@gmail.com

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 Tourette's, 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

Barbara Medine Deluty, Ph.D.

4783 Ilkley Moor Lane
Ellicott City, MD 21043
410-750-7610 / Cell 443-520-2818

Provide individual and family psychotherapy to a wide variety of clients with psychiatric disorders including complex cases of addiction and trauma.

John Donahue, PsyD

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

www.congruentcounseling.com

Specializes in anxiety, mood disorders, trauma-related disorders, and emotion regulation difficulties.

Insurance: Most insurance plans accepted.

Anita Dworkin, Ph.D.

Edward Dworkin, Ph.D., MPH

10326 Sixpence Circle
Columbia, MD 21044
410-997-3961

www.marylandpsychologicalservices.com

Outpatient services to adults.

Insurance: Most insurance accepted.

Elinor Eden, Ph.D.

10715 Charter Drive, Suite 270
Columbia, MD 21044
301-596-5535

Individual, couples and family therapy for presenting problems including anxiety, depression, ADHD, relationship and adjustment issues.

Insurance: Medicare, Tricare, BCBS PPO, Cigna, Kaiser Permanente, Humana, MultiPlan, APS Healthcare, Value Options.

Evelyn Fielding, Ph.D.

Fielding Psychological Associates
9051 Baltimore National Pike, Suite 4B
Ellicott City, MD 21042
410-868-4142

DrEvie@fieldingpsychology.com

Psychotherapy for adults and adolescents. Areas of treatment: life transitions, anxiety, depression, psychosocial oncology, bariatric surgery evaluations, perinatal mental health.

Insurance: BCBS, Cigna

Eric Fielding, Ph.D.

Fielding Psychological Associates
9051 Baltimore National Pike, Suite 4B
Ellicott City, MD 21042
410-868-4143

DrEric@Fieldingpsychology.com

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

Insurance – BCBS, Cigna, Medicare

Steve Gaeng, Ph.D.

Crossroads Psychological Associates, LLC
10784 Hickory Ridge Road
Columbia, MD 21044
410-964-0425 x12/Fax 410-964-0515

www.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.

Ana Garcia-Fernandez, Psy.D.

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

Ana.garcia@crossroadspych.net

Counseling to children, adolescents, adults & families. Experience in psychological testing and assessments: adoption and forensic evaluations, neuropsychological, academic and vocational testing.

Language: Spanish

Glassman Psychological Services

Stephanie K. Glassman, Psy.D.
9881 Broken Land Parkway, Suite 105
Columbia, MD 21046
410-695-4703

www.glassmanpsyd.com

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

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

David A. Gold, Ph.D.

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

www.crossroadspych.net

David.gold@crossroadspych.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

Judy Johnson Grados Psy.D. & Associates

10709 Birmingham Way
Woodstock, MD 21163
443-803-0288

Child psychotherapy; social skills groups for children; treatment of anxiety, ADHD and behavior management ages 2-college. Psychological testing for learning disabilities.

Sung Han, Ph.D.

St. John's Professional Center
8394 Governor's Run
Ellicott City, MD 21043-3448
410-750-1119

Provides counseling to individuals and families.

Language: Korean

Keith Hannan, Ph.D.

5116 Dorsey Hall Drive
Ellicott City, MD 21042
410-707-0100

www.tzkseminars.com

kwhannan@comcast.net

Adults and adolescents with depression, anxiety, personality disorders, relationship issues and disruptive behavior disorders.

Trained in Transference Focused Psychotherapy and DBT.

Don Hudson, Ph.D.

**8640 Guilford Road, Suite 251
Columbia, MD 21046
410-381-2244**

Counseling: couples and individual therapy, marital. Mood disorders and career direction.

Cynthia Kalodner, Ph.D.

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

crkalodner@gmail.com

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

Barbara Kaufman

**8156 Main Street
Ellicott City, MD 21043
301-309-9362**

www.drbkaufman.com

barbkauf8@gmail.com

Specializes in couples therapy.
Insurance: Medicare, Value Options, Cigna.

Stephanie Weiland Knarr Ph.D., LCMFT

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

www.drstephanieonline.com

stephanie@drstephanieonline.com

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

Insurance: BCBS, Tricare, Aetna, CareFirst

Dr. Lucy Leibowitz, Ph.D.

**8821 Columbia Parkway 100, Suite 5
Columbia, MD 21045
571-375-8293**

<http://www.drLucyleibowitz.com/#home>

drLucyleibowitz@gmail.com

Private psychology practice, providing psychological assessments and outpatient therapy services to children, adolescents,

and their families. Specialties include working with children and adolescents with anxiety, mood symptoms, concerns related to coping with COVID-19 pandemic, behavioral and attentional concerns, and sleep problems.

Insurance: Fee for service (out-of-network provider)

Saul N. Lieberman, Ph.D.

**8640 Guilford Road, Suite 220
Columbia, MD 21046
410-730-2633**

snliebermanphd@yahoo.com

Individual and family therapy along with parent and school consultation for preschool and school-aged children and adolescents. Specialties include assessment and treatment of ADHD, social-emotional problems and developmental disabilities. Insurance: BCBS, Johns Hopkins, United Health Care.

Eileen Locklear, Ph.D.

**1645 Liberty Road, Suite 104
Eldersburg, MD 21784
410-795-4764**

eileenlocklear@verizon.net

Outpatient psychotherapy with adolescents and adults. Expertise in trauma, anxiety, aging issues, family conflicts and stress management.

Insurance: most insurances accepted.

Laura Margolis, PhD.

**3454 Ellicott Center Drive, Suite 106
Ellicott City, MD 21043
410-461-3760**

www.marylandpsychcenters.com

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

Samantha Marks, Psy.D.

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

www.samanthamarks.com
dr.sam.marks@gmail.com

Specializes in ADHD, Autism Spectrum Disorder. Works with teenagers and young adults with all issues, including "Failure to Launch". Performance psychology with athletes, musicians, and other performers. Insurance: Out of Network Provider
Language: Spanish

Dayli N. Marrero, Ph.D.

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

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

Gwen L. Martinsen, Ph.D.

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

Outpatient counseling for parents with infants and toddlers. Individual counseling for children, adolescents, and young adults. Areas of expertise: infants and toddlers with temperament and behavior issues, e.g. irritability, sleep, eating, toileting, sibling and socialization skills. Highly sensitive children and adolescents with anxiety, oppositional or acting out behaviors. Young adults who are making college, career and relationship transitions. Insurance: All Carefirst plans except HMO's, Value Options, Tricare.

Julie A. Morrison, Psy.D.

10440 Shaker Drive, Suite 209
Columbia, MD 21046
410-952-9574

Drjuliemorrison.com

Psychological evaluation of children, teens, and adults to identify giftedness, learning disabilities, ADHD, and emotional disorders. Useful for obtaining special education services or accommodations.

Kim Moss, Psy.D.

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

Psychotherapeutic services to adolescents and adults.
Insurance: BCBS, UHC, Kaiser, Medicare, Value Options. Sliding scale.

Robin J. Mullican, Psy.D.

6851 Oak Hall Lane, Suite 118
Columbia, MD 21045
443-847-0100

robin.mullican@rmullicanllc.hush.com
Outpatient psychological services for adults aged 18-65+ with behavioral health problems, including cognitive behavioral therapy for mood and anxiety disorders. Expertise includes mind-body approaches, help adjusting to and managing medical issues and chronic illness (such as Diabetes, HIV, pain issues, weight issues, sleep issues, and help improving healthy behaviors. Specialties in multicultural and LGBTQ issues.
Insurance: Carefirst BCBS PPO

Vicki Murphy, Ph.D.

5074 Dorsey Hall Drive, Suite 105
Ellicott City, MD 21042
410-418-8837

Individual psychotherapy for adults.
Insurance: most insurance accepted.

Peter H. Musser, Ph.D.

**3355 St. John's Lane
Ellicott City, MD 21042**

drpetermusser@gmail.com

Outpatient counseling services. Adult and young adult psychotherapy services. Expert areas of treatment include; addictions (substance abuse, sex, gambling, shopping, etc.) trauma, men's issues, life transition.

Reginald Nettles, Ph.D., CGP

**6217 Ironwood Way
Columbia, MD 21045
410-290-7999 / Cell 443-838-5548
Fax 443-583-2353**

r.nettlesphd@gmail.com

Individual, group and couple therapy for adults (age 18 and over) provided. Anxiety, depression, trauma related, interpersonal issues, gender and gender orientation related issues treated.

Marianne O'Leary, Ph.D.

**3355 St. John's Lane, Suite F
Ellicott City, MD 21042
410-465-5520**

Marianneolearyphd.com

Outpatient psychotherapy services to adults, young adults and older adults. Areas of expertise include anxiety, mood disorders, and recovery from trauma. Insurance: Medicare.

Edward V. Pecukonis, MSW, Ph.D.

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

www.lechevalstable.org
marya@lechevalstable.org

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

Language – interpreters available on request including sign language.

Amy Rabinove, Ph.D.

**8640 Guilford Road, Suite 224
Columbia, MD 21046
443-472-1198**

Rabinovepsych.org

Outpatient services to older adolescents (16+) and adults. Areas of expertise include OCD, generalized anxiety disorder, panic disorder, phobias, social anxiety, trichotillomania (compulsive hair pulling), compulsive skin picking, hoarding, eating disorders and depression.

Harvey M. Rapp, Ph.D.

**5401 Twin Knolls Road, Suite 7
Columbia, MD 21045
410-730-4442**

hmrapp62@hotmail.com

Outpatient psychotherapy and psychological testing for children, adolescents, adults and seniors. Expert areas of treatment include ADD, learning disability, job stress, anxiety, depression. Insurance: most insurances accepted.

Sheela Reddy, ED.D

**7021 Garden Walk
Columbia, MD 21044
443-546-4810**

www.spiritherapy.com
drsheelareddy1@gmail.com

Outpatient counseling services to children, adolescents and adults. Expert areas of treatment include anxiety, ADHD, depression, domestic violence, multicultural family counseling and divorce transitions.

Giovanni Scott, Psy.D

**Integrative Counseling
10630 Little Patuxent Parkway, Suite 209
Columbia, MD 21044
410-740-8067**

www.congruentcounseling.com

Educational and psychological testing for children, adolescents and adults.

Paul Short, Ph.D.

**9881 Broken Land Parkway #105
Columbia, MD 21046
443-917-3102**

Specializing in Parkinson's Disease (patient and care partners), dementia evaluations, treatment of depression, anxiety and substance abuse among the elderly. Insurance: Medicare, BlueCross BlueShield. Payment plans and sliding scale available

Brenda Alpert Sigall, Ph.D., CEDS

**5060 Castle Moor Drive
Columbia, MD 21044
410-730-6151
bas@umd.edu**

Outpatient psychotherapy services to individuals, couples, families, adolescents and adults. Eating disorders; anorexia nervosa, bulimia, binge eating disorder, mood disorders, anxiety, grief and loss, marriage and divorce, relationship issues, self-esteem, career development.

Bohne Silber, MS, Ph.D.

**10025 Governor Warfield Pkwy., Suite 409
Columbia, MD 21044
410-929-7500
silber@columbia-psychology.com**

Couples therapist certified in Imago Relationship Therapy and trained in Emotion-Focused Therapy (EFT) and Gottman Couples Therapy Levels 1 and 2. Expert areas of treatment: communication, conflict management in intimate relationships, relationship building, infidelity, sexual connection. Insurance: BCBS/Carefirst, Johns Hopkins EHP

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

**Swisher Mediation
3545 Ellicott Mills Drive
Ellicott City, MD 21043
410-750-2655**

**www.swishermediation.com
swishtom@gmail.com**

Family and individual counseling. Support groups (grief, divorce, caregivers). Unique services in coping with divorce and divorce mediation. Family focused therapy.

Kimberly Van-Putten-Gardner, Ph.D., LCPC, CFLE

**10632 Little Patuxent Parkway, Suite 343
Columbia, MD 21044
888-737-3330**

Individual, group & family counseling for eating, anxiety, and depressive disorders, multicultural, grief, career, social adjustment, body image, couples counseling; family life education for parenting, separated/divorced families, sandwich/boomerang generation issues, biracial couples, and trans-cultural adoptive/foster care families.

Gail K. Walter, Ph.D.

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

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

Harold Ziesat, Ph.D.

**Anxiety Treatment Program of Columbia
8640 Guilford Road, Suite 223
Columbia, MD 21046
410-997-1183**

Dr.ziesat@gmail.com

Specializing in the cognitive-behavioral treatment of adults with anxiety conditions, including panic disorder, phobias, and generalized anxiety disorder. Individualized treatment and/or group therapy.

Anne Marie Zwycewicz, Ph.D.
6510 Belleview Drive
Columbia, MD 21046
410-997-0026

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

SOCIAL WORKERS/LICENSED PROFESSIONAL COUNSELORS

Alisa Adamo, MSc, MSW

**14440 Cherry Lane Court, Suite 203
Laurel, MD 20707
301-776-8080**

General practice, all ages seen, all functioning levels with special emphasis on children.

Insurance: most insurances, Medicaid and Medicare.

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

Sarah Agboli, MS, LCMFT

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

www.congruentcounseling.com

Family, couple and individual therapy; depression, anxiety, low self-esteem, ADHD, family relational issues, behavioral problems, anger management, abuse, and grief.

Insurance: Most insurance plans accepted.

Dionne Aldridge, LCSW-C

**Inspiring Minds Mental Health Services
1777 Reisterstown Road, Suite 390
Pikesville, MD 21208
443-416-5833**

www.inspiringmindslc.com

Dionne.aldridge@gmail.com

Mental health services for adolescents, adults, families, and couples. Depression, anxiety, difficulty co-parenting, partner relationship concerns, recovering from a divorce or break up, stress.

Insurance: Medicaid and sliding fee scale

Amanda Allison-Pacheco, LCPC

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

www.congruentcounseling.com

Works with a variety of populations and topics such as anxiety, depression, eating disorders, substance use, and more. Experience with Cognitive Behavioral Therapy (CBT), Dialectical Behavioral Therapy (DBT), and trauma-informed care.

Insurance: Most insurance plans accepted.

Berni J. Antelman, MSW, LCSW-C

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

bernilcsw@aol.com

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

Insurance: UBH, Aetna, Cigna, BCBS

Anne Arena, MA, CAS

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

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

Libby Barritt, LCPC

**Crossroads Psychological Associates, LLC
10784 Hickory Ridge Road
Columbia, MD 21044
410-964-0425 x24/Fax 410-964-0515
libby.barritt@crossroadspsych.net**

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

Anshu Basnyat, LCPC

**The Empowered Parent
3355 St. John's Lane, Suite F
Ellicott City, MD 21042
443-574-3430**

www.theempoweredparent.net

Outpatient counseling services to children, adolescents, and adults. Marriage and couples counseling. Areas of expertise include: anxiety, depression, refugee mental health, cross-cultural issues, parenting, ADHD, and relationship issues. Insurances: Medicaid, BCBS, Cigna, JHH-EHP, Aetna
Languages: Nepali, some Hindu

Katie Bingner, MS, LCPC

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

Works with adults (18+) and couples. Combines classical talk-therapy with Cognitive Behavioral Therapy (CBT) and Dialectical Behavior Therapy (DBT)

techniques.

Insurance: Aetna, Blue Cross Blue Shield, Cigna, Johns Hopkins, Magellan Behavioral Health, Medicaid, United Healthcare.

Jane Marie Bisco, LCSW-C

**5140 Celestial Way
Columbia, MD 21044
410-428-6801 / Fax 410-740-4105
www.columbiatherapy.webs.com**

Adults, adolescents, children over age 6. Specializing in ADHD, anxiety disorders, relationship issues, trauma.

Tarrah Bonaparte, LCSW-C

**Focused Solutions, LLC
5550 Sterrett Place, Suite 200
Columbia, MD 21044
410-884-6031 / Fax 410-884-6134
tbonaparte@focusedsolution.net**

Provides therapeutic services to adolescents and adults seeking relief from and answers to life's challenges with a focus on relationship stress and adjustment problems.

Insurance: BCBS, Aetna, UBH

Barbara Borsi, LCPC

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

Works in both the inpatient and outpatient settings with various psychological disorders including Bipolar Disorder, Schizophrenia, Major Depressive Disorder, and Body Focused Repetitive Behaviors (i.e. trichotillomania, skin picking, etc.).

Insurance: Most insurance plans accepted.

Aaron Brager, BA, ADT
Congruent Counseling
10630 Little Patuxent Parkway, Suite 209
Columbia, MD 21044
410-740-8066

www.congruentcounseling.com

Facilitates adult education and treatment groups, the Young Adult IOP, and the Anger Management Program.

Insurance: Most insurance plans accepted.

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.

Marilyn Brooks, LCSW-C
Congruent Counseling
10630 Little Patuxent Parkway, Suite 209
Columbia, MD 21044
410-740-8066 / Fax 410-740-8068

www.congruentcounseling.com

Psychotherapist and substance abuse counselor for age 18 to senior adults.

Insurance: Most insurance plans accepted.

Colette Brunell, LCSW-C, LLC
5550 Sterrett Place, Suite 314
Columbia, MD 21044
410-730-6119

www.colettebrunell.com

Colettebrunell2@verizon.net

Provides family mediation and co-mediation. Is a Collaborative Divorce Coach, Parenting Coordinator and psychotherapist treating anxiety, depression, issues of loss

and grief, women's issues, men's issues and couples therapy.

Insurance: some insurances – call to check.

The Rev. Robert Burdette, D.Min, LCMFT
Papillio Pastoral Counseling
10505 Patuxent Ridge Way
Laurel, MD 20723
301-466-0480

www.papilliocounseling.weebly.com

beargarden2@verizon.net

Family and marriage relationships, human sexuality issues, spiritual formation/growth, pastoral care.

Insurance: sliding fee scale.

Robert J. Carbo, LCSW-C
6213 Ashton Park Court
Columbia, MD 21044
410-964-1770

Outpatient counseling services to adolescents and adults, individual and couples counseling

Insurance: most major insurances accepted.

Mary Carroll, LCPC, NCC
Congruent Counseling
10630 Little Patuxent Parkway, Suite 209
Columbia, MD 21044
410-740-8066 / Fax 410-740-8068

www.congruentcounseling.com

Individual, group, family and couples counseling with persons aged 4-60 with primary issues of grief and trauma, bipolar and related mood disorders, and child and adolescent disorders including autistic spectrum disorders.

Insurance: Most insurance plans accepted.

Lauren Cash, LCPC
Congruent Counseling
10630 Little Patuxent Parkway, Suite 209
Columbia, MD 21044
410-740-8066 / Fax 410-740-8068

www.congruentcounseling.com

Outpatient mental health and individual counseling.

Insurance: Most insurance plans accepted.

Brittany Cephas, M.Ed, LCPC, NCC

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

Jane Charnas, LCSW-C

6131 Triangle Drive

Columbia, MD 21044-4712

410-997-3730

jcharnas@comcast.net

Outpatient counseling to individuals and couples, mostly adults. Marital, depression, anxiety, crisis, grief.

Insurance: Aetna, United Healthcare, United Behavioral Health.

Lauren Chapman, LCPC

7226 Lee Deforest Drive, Suite 202

Columbia, MD 21046

301-909-8723

Outpatient counseling services to children, adolescents, and adults. Treatment areas of expertise include anxiety disorders, mood disorders, psychotic disorders, ADHD, and pervasive developmental disabilities.

Insurance: Aetna, APS Healthcare, Cigna, United Healthcare. Sliding scale upon request.

Cindy Cisneros, LCPC-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

Jodi Cobb, Ph.D., LCMFT

Ellicott City, MD 21043

443-574-5322

www.peerbridges.com

jcobb@peerbridges.com

Psychotherapy for parents, children, teens, and families. Specialties include families impacted by autism spectrum disorders, attachment issues, adoption, foster care, sexual abuse, trauma, and LGBTQ issues.

Victoria Cofield-Aber, LCSW-C

5074 Dorsey Hall Drive, Suite 104

Ellicott City, MD 21042

443-745-8375 / Fax 410-730-1312

Individual, group, and family therapy to children age 3+ and families. School related issues, depression, anxiety and PTSD.

Specialized training in working with children in foster and adoptive families. Special intervention skills with immigrants, individuals experiencing homelessness, and individuals with special needs.

Insurance: major insurances, Medicaid

Language: Spanish and Hindi interpreter

Lisa Cohen, LCPC, CAC-AD

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

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

Kathy Corbett, LGPC, NCC

8101 Sandy Spring Road
Laurel, MD 20707
240-470-7157

www.solcounselingandconsulting.com

kathywithsolcounseling@gmail.com

info@solcounseling@gmail.com

Specializes in behavioral interventions for children and teens with ADHD diagnosis and trauma. SOL Counseling provides individual and family therapy to children, adolescents and adults who are experiencing anxiety, depression, trauma or need help coping with life transitions.

Insurance: CareFirst, BCBS, EAPs, Self-Pay, Out-of-Network

Linda Corr, LCSW-C – Acorn Counseling

3850 Shady Lane
Glenwood, MD 21738
301-335-3091

Adults 18 and over. Substance abuse recovery for addicts and/or family loved ones; anxiety depression, women's issues, young adult transition issues.

Insurance: Blue Cross of MD. Fee for service with sliding scale.

Jennifer Crawford McCormick, LCSW-C

Focused Solutions, LLC
5550 Sterrett Place, Suite 200
Columbia, MD 21044
410-884-6031 / 410-884-6134

jcrawford@focusedsolution.net

Outpatient services to adults and adolescents. Areas of focus are depression,

anxiety, post-trauma intervention and workplace issues, grief and mediation.

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

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

Bob Denmark, LCPC

7350 Grace Drive
Columbia, MD 21044
443-857-9822

rjdenmark@msn.com

Grief therapy and couples counseling.

Insurance: Medicaid, private insurance

Michael Derry, LCSW-C

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

www.congruentcounseling.com

Utilizes client-centered, strengths-based approaches with Cognitive Behavioral Therapy and motivational interviewing. Works with children, adolescents, and adults. Areas of interest include: Mood Disorders (Depression, Bipolar Disorder, Suicidality), Anxiety Disorders Substance Abuse (including Co-occurring Disorders), Play Therapy Parenting, Parent-Child Relationship problems, School and IEP Coordination, 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

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

www.congruentcounseling.com

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

Barbara E. Dougherty, LCSW-C

10451 Twin Rivers Road
Columbia, MD21044
410-997-3557

www.fcsmd.org

Outpatient counseling services to children, adolescents, and adults. Expert areas of treatment include trauma work.
Insurance: some insurance accepted.

Katie Downes, LCPC

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

www.congruentcounseling.com

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

Elaine K. Drewyer, LCSW-C

National Family Resiliency Center
10632 Little Patuxent Parkway, Suite 121
Columbia, MD 21044
410-740-9553 ext. 302

www.nfrchelp.org

Outpatient services for children, adolescents and adults, focus on families in transition and mental health/wellbeing due to change or loss; marriage counseling; individual, group, family therapy. Sliding fee scale available.

Cheryl Duffy-Williams, LCSW-C

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

Cheryl_Duffy@verizon.net

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

Shelia D. Duncan, LCSW-C

14201 Laurel Park Drive, Suite 221
Laurel, MD 20707
1-888-504-6681 / Fax 1-888-972-6562

www.sheliaduncan.com

sheliadduncan@sheliaduncan.com

Provides individual counseling for women ages 18-80. Provides therapy for depression, bipolar disorder, anxiety, and ADD.

Insurance: CareFirst BCBS, Medicare

Dawn Duignan, LCSW-C

3881 Ten Oaks Road, Suite 2A

Glenelg, MD 21737

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

Individual therapy for children, adolescents, families, adults and couples. Extensive experience working with children and families.

Insurance: some insurance plans.

Maryam Elbalghiti-Williams, LCSW-C

Congruent Counseling

10630 Little Patuxent Parkway, Suite 209

Columbia, MD 21044

410-740-8066

www.congruentcounseling.com

Works with multicultural backgrounds and specializes in trauma and mood disorders.

Insurance: Most insurance plans accepted.

Kate Emerson, LCSW-C

Strength In Me Counseling, LLC

7226 Lee Deforest Drive, Suite 202

Columbia, MD 21045

410-645-0738

strengthinmecounseling.com

Works with children, adolescents, adults, couples, and families using a multitude of therapeutic techniques in the area of trauma. Works as a team to help find your inner strength, peace and well-being.

Shanna J. Evering

Discover Yourself Wellness Center

10715 Charter Drive, Suite 130

Columbia, MD 21044

443-653-1363

www.discoveryyourselfwellness.com/
discoveryyourselfwellness@gmail.com

Adolescents, adults, and couples.

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.

Kay E. Fandetti, LCSW-C

201 Columbia Medical Center

11055 Little Patuxent Parkway

Columbia, MD 21044

410-992-4042

Kfandetti@aol.com

Outpatient counseling services to individuals suffering from depression, anxiety, marital discord. Also sees individuals dealing with major health issues.

Mario Faraone, LCSW-C

301-854-2331

justthisjustnowpsychotherapy@gmail.com

Outpatient services to adolescents (16 and up) and adults. Cognitive and behavioral exploration with a Buddhist bend, using Buddhist principles and strategies to explore and resolved social, emotional and behavioral difficulties.

Language: German

Stefanie Feldman, LCSW-C

10090 East Darlington Road

Columbia, MD 21044

410-740-3193

Domestic abuse, counseling-couples, individual and group therapy, women's issues.

Erin Fitzgerald, LCPC

Congruent Counseling

10630 Little Patuxent Parkway, Suite 209

Columbia, MD 21044

410-740-8066

www.congruentcounseling.com

Provides services to children, adolescents, and adults. Cognitive-Behavioral Therapy. Insurance: Most insurance plans accepted.

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.

Christina Foerster Puglisi, LCSW-C
5643 Chelwynd Road
Baltimore, MD 21227
410-733-4702
christinapug@yahoo.com

Previously has worked with children and adolescents and their families in a foster care setting, diagnostic setting and currently in a school setting. In home services are available. Specializing in behavior problems, anxiety, depression, ADHD, and those who have experienced trauma. Compassionate about working with the LGBT community.

Barry B. Frieman, Ed.D, LCSW-C
410-262-9006
frieman@towson.edu

Expert areas: families going through changes, parenting issues-dealing with children from early childhood to adolescence, men dealing with separation, divorces and parenting issues.

Linda Friskey, MSW, LCSW-C
9650 Santiago Road, Suite 3
Columbia, MD 21045
410-799-2982
lindafriskey@comcast.net

Outpatient psychotherapy for most ages. Individuals, couples, families. Specializing in eating disorders, the intersection of physical and psychological problems, LGBTQ, 12-steps, gambling and other behavioral addictions such as compulsive

shopping. Biopsychosocial and spiritual model.
Insurance: Aetna, Medicare, Medical Assistance, Sliding Scale, Tricare (non-par provider).

Harriet Gailey, LCSW-C
8640 Guilford Road, Suite 252
Columbia, MD 21046
410-312-7250 ext. 205

Outpatient counseling to adults. Areas of expertise; mood disorders (depression and bipolar), anxiety, separation/divorce, family issues, parenting.
Insurance: most major insurance accepted.

John Geremia, LCSW-C
8331 Lincoln Drive
Jessup, MD 20794-9454
410-799-5092

www.johngeremiatherapist.com
Mood and social issues; depression, anxiety, grief, sexuality, adult ADHD, bipolar, marital, anger, and stress management.
Insurance: Aetna, APS, BC/BS, Carefirst, Cigna, GEHA, Healthnet, Tricare, Johns Hopkins, Magellan, MHN, Medicare, NCAS, United Healthcare, Value Options.

Bonnie L. Goldschmidt, LCSW-C, LCADC
9017 Red Branch Road, Suite 204
Columbia, MD 21045
410-730-400

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

Lev Grotel, LCSW-C
Focused Solutions, LLC
5550 Sterrett Place, Suite 200
Columbia, MD 21044
410-884-6031 / Fax 410-884-6134
lgrotel@focusedsolution.net

Specializes in relationship and sexual issues, anxiety, stress, panic attacks, depression, low self-esteem, abuse/trauma, sexual

identity concerns, life transitions,
interpersonal issues and family struggles.

Penny Harrigan, LCPC

**The Education and Therapy Center
8940 Route 108, Suite F
Columbia, MD 21045
410-599-3834**

pharrigan@comcast.net

Provides outpatient counseling services to children, adolescents and families.
Insurance: sliding scale upon request.

Liza Hicks

**419 Oella Avenue
Catonsville, MD 21228
443-848-1366**

LizaHicks.com

lh@lizahicks.com

Outpatient counseling services to adults and adolescents. Expert areas of treatment include trauma and grief.
Insurance: Carefirst, BC/BS

Melinda Hoffman, LCPC

**9881 Broken Land Parkway, Suite 105
Columbia, MD 21046
410-997-0996**

www.melindahoffmanlcpc.com

Melinda.h@verizon.net

Outpatient counseling services to children age 8+, adolescents and adults. Depression, anxiety, trauma, abuse, domestic violence victims, PTSD, parenting support. Some training in TF-CBT; CBT.
Insurance: BC/BS, Johns Hopkins, Magellan, Medicaid. Sliding Scale upon request.

Lydia Holloway, LCSW-C

**10220 S. Dolfield Road, Suite 106
Owings Mills, MD 21117
443-630-9600 / Fax 410-772-3797**

transformationtherapy@gmail.com

Individual, family and couples therapy.
Anxiety, depression, grief, trauma, relationship issues, etc.
Insurance: Most insurances accepted
Fluent in Spanish

Janet Hosford-Lamb, LCSW-C

**Focused Solutions LLC
5550 Sterrett Place, Suite 200
Columbia, MD 21044
410-884-6031 / Fax 410-884-6134**

jlamb@focusedsolution.net

Offers workplace consultations to workplaces focusing on employee behavioral concerns, potential workplace violence concerns, workgroup behavior concerns impacting productivity. Clinical brief interventions with employees and family members. Outpatient mental health and substance abuse counseling.

Carmen Howlette, LCSW-C

**3355 St. John's Lane, Suite F
Ellicott City, MD 21042
301-503-5696**

www.CarmenHowlette.com

crhowlette@verizon.net

Individual, couples and family therapy, EMDR therapy. Specializes in treatment of trauma & PTSD.
Insurance: Cigna, CareFirst BCBS, APS Healthcare, Maryland Medicaid, Magellan, Value Options, Ceridian EAP, LifeWork Strategies EAP.

Roberto Huie Jr., LCSW-C

**5300 Dorsey Hall Drive, Suite 203
Ellicott City, MD 21042
410-292-9809**

RobertoHuieJr@aol.com

Outpatient services for adolescents, adults, couples and family. Expertise in treating mood and anxiety disorders, addiction, dual diagnosis, co-dependency, separation, divorce. Also works with personality issues, abuse, trauma, grief and loss.
Fluent in Spanish

Barbara Hunter, PhD, LCPC

5211 New Prospect Court
Ellicott City, MD 21043
443-794-3001

www.drhuntercounseling.com

Outpatient services including depression, anxiety, life transitions for adults. Pastoral counseling.

Karen K. Johnson, LCSW-C

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

Karen63012@comcast.net

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

Paul Kelner, LCSW-C, CSAT, CAMS-II

Action Recovery
5114 Dorsey Hall Drive
Ellicott City, MD 21042
301-388-0178

www.sexaddiction-recovery.com

paul@action-recovery.com

Specializes in working with those who are recovering from out-of-control sexual behaviors: chronic porn use, serial infidelities, anonymous hook-ups, etc. Anger management counseling for court-referred adults or others who wish to address anger issues. Certified Sexual Addictions Therapist and Certified Anger Management Specialist. Confidential individual and group treatment.

Karen Kirkpatrick, LCSW-C

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

kakirkpatrick@verizon.net

Individuals, couples, teens and children. Specializes in EAP, crisis work. Insurance: Aetna, Blue Cross, Magellan

Kathaleen Klotz, LCSW-C

3355 St. John's Lane, Ste F, St. John's Station
Ellicott City, MD 21042
443-310-4980

Kathaleen_n@msn.com

Specializes in trauma, domestic violence, relationship issues including individual and couples, PTSD, anger management, women's issues.

Insurance: Blue Cross Blue Shield, Medicare and Medical Assistance.

Janeta Koelsch, LCSW-C

In Home Therapy, LLC
6520 Wingflash Lane
Columbia, MD 21045
410-245-5316

jmkoelsch@outlook.com

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

Insurance: Medicaid, self-pay

Julie Kotler, LCPC, LCPAT, ATR-BC

7350 Grace Drive
Columbia, MD 21044
301-793-1520

www.palettopartners.com

palettopartners@gmail.com

Outpatient counseling and art therapy specializing in treating depression and anxiety with a focus in women's health and wellness working in developing better approaches to life transitions, grief, and changing relationships.

Sean Lare, LCSW

6851 Oak Hall Lane, Suite 118
Columbia, MD 21045
410-689-9074

www.seanlare.com

counseling@seanlare.com

Counseling to LGBTQ children, youth, adults, and their family members. Helps

individuals develop new identities, navigate their transition and coming out process, attend to their relationships, and care for their mental health needs. Also provides consultation and training services focused on increasing the sensitivity to LGBTQ issues in the workplace.

Cynthia Lengrand, LCSW-C

**8165 Cyprus Cedar Lane, Suite 201
Ellicott City, MD 21043
410-715-1606**

CynthiaLengrand@gmail.com

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

Insurance: APS, Aetna, UBH, MA, Medicare.

Suzanne Lescht, LCSW-C

**10632 Little Patuxent Parkway, Suite 245
Columbia, MD 21044
410-997-1919**

Outpatient counseling to adults and couples.

Insurance: all insurance

Rona Levi, LCSW-C

**10632 Little Patuxent Parkway, Suite 325
Columbia, MD 21044
410-730-5081**

Outpatient counseling with Individual, couples and family.

Insurance: most insurance accepted

Linda Linton, LCSW-C

**A Healing Place
7050 Oakland Mills Road, Suite 140
Columbia, MD 21046
410-309-0909**

Ahealingplaceincolumbia.com

Outpatient counseling services to adults. Areas of interest include trauma, both childhood trauma and recent single incident experiences. Trained in EMDR, EFT (Emotion Free Technique) and TAT (Tapas Acupressure Technique).

Ruth C. Lobe, LCSW-C

**3355 St. Johns Lane, Suite F
Ellicott City, MD 21042
410-465-6297**

Adult individual and couples therapy for interpersonal relationship issues, stress management, depression, anxiety, parenting concerns, grief, loss, adjustment to life's changes.

Insurance: most private insurances. Sliding scale.

Marcie Lovell, LCSW-C

**Focused Solutions, LLC
5550 Sterrett Place, Suite 200
Columbia, MD 21044
410-884-6031 / Fax 410-884-6134**

mlovell@focusedsolution.net

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

Insurance: most insurances accepted.

Dolores DeLuise Madiou, LCSW-C

**7360 Grace Drive
Columbia, MD 21044
410-914-7205**

Dolores.madiou@gmail.com

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

Insurance: Aetna, United Healthcare, Care First, BCBS, Coventry Health Care.

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.

Jennifer Manning Plassnig, LCSW-C

10709 Birmingham Way

Woodstock, MD 21163

410-203-2411

www.JenniferManningPlassnig.com

jenniferplassnig@gmail.com

Serves Children, adolescents, adults, families, and groups. Cognitive Behavioral Therapy, Hypnosis, EMDR (Eye Movement Desensitization and Reprocessing), EFT (Emotional Freedom Technique), Process Acupressure, Play Therapy, Relaxation and Visual Imagery Techniques, Meditation and Breathing Techniques.

Joy Patricia Martin, Ph.D., LCSW-C

5344 Racegate Run

Columbia, MD 21045

443-745-0767

Adults and couples. Works with difficult emotions (anger, anxiety, depression) using a variety of modalities, including mindfulness or body-centered awareness, inner child work and gestalt techniques. Insurance: most major insurance, Medicare and MA.

Brenda L. May, LCSW-C

Crossroads Psychological Associates, LLC

10784 Hickory Ridge Road

Columbia, MD 21044

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

brenda.may@crossroadspsych.net

Outpatient counseling services to children, adolescents and adults. Individual, couples and family therapy. Specialty in anxiety disorders and mood disorders.

Erin McClintock Smith, LCSW-C

5126 Dorsey Hall Drive, 2nd Floor

Ellicott City, MD 21042

410-564-8288

erinsmithlcswc@gmail.com

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 adjusting to difficult life situations, and military members. Insurance: Aetna, Cigna, Tricare, BCBS, Magellan.

Kathi McGaha, LCSW-C

Congruent Counseling

10630 Little Patuxent Parkway, Suite 209

Columbia, MD 21044

410-740-8066

www.congruentcounseling.com

Depression, anxiety, self-esteem issues, adjustment disorders, dual diagnosis, grief/loss, PTSD & trauma, addiction or substance abuse, infertility issues. Insurance: most insurance plans accepted.

Valerie R. McManus, LCSW-C
Healing Therapies Counseling
3525 Ellicott Mills Drive, Suite N
Ellicott City, MD 21043
410-465-8687

www.HealingTherapiesOnline.com
HealingTherapiesOnline@yahoo.com

Intuitive psychotherapist specializing in depression, anxiety and other mood symptoms, relationship issues, work life, personal transformation & growth, parenting challenges, grief & loss, attention & distractibility and adjustments to change. Qualified postpartum disorders specialist.

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

Jadranka Milovanovic, LCPC
10632 Little Patuxent Parkway, Suite 343
Columbia, MD 21044
443-955-4592 / Fax 410-997-7878

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

Insurance: Carefirst, Aetna, BC/BS, MHN/Managed Health Network, Magellan BH.
Languages: Italian, Serbian, Croatian, Bosnian

Jennifer Molinari, LCPC, NCC
10715 Charter Drive, Suite 270
Columbia, MD 21044
410-709-3974

www.jennifermolinari.com

Outpatient counseling services for adults, couples, and families. Holistic approach. Anxiety, depression, self-esteem, parenting issues, communication skill enhancement, conflict resolution, relaxation skill training, marriage/couple counseling.
Insurance: Aetna, BCBS, Tricare, Magellan.

Peggy Montgomery, LCSW-C
10750 Hickory Ridge Road, Suite 113
Columbia, MD 21044
443-621-0583

www.pmontgomery.com

Psychotherapy practice specializing in trauma and addiction for couples, families and adolescents. CBT, dialectical behavioral therapy, mindfulness and emotional freedom technique to provide individualized care to clients. Culturally sensitive serving clients of various ethnicities and the LGBTQ community.

Indrani Mookerjee, DSW, LCSW-C
IME Behavioral Health, LLC
8840 Stanford Boulevard, Suite 1600
Columbia, MD 21045
240-512-0141/Fax 240-512-0151

www.imebehavioralhealth.com

Specializes in trauma, addiction, relationship issues, mood disorders, behavioral problems, psychosis, and ADD treatment for adults, adolescents, children and families. Medication management and psychotherapy services.

Insurance: Blue Cross, Johns Hopkins EHP and USFHP, Medicare.

Juana Sancho Davila Moreland, LCSW

INCA Energy Institute

8774 Endless Ocean Way

Columbia, MD 21045

www.energytherapyceuworkshops.com

202-374-8322

Provides bi-lingual counseling services to individuals, couples and families who prefer to receive services in Spanish.

Ashton Morgan, LCMFT

Family Therapy Group

5570 Sterrett Place, Suite 305

Columbia, MD 21044

443-485-5473

www.familytherapygrouppllc.com

ashton@familytherapygrouppllc.com

Sabrina N'Diaye, Ph.D., LCSW-C

4 West Rolling Crossroads #3

Catonsville, MD 21244

410-455-5464

Specializes in Women's Health, Relationship Issues, Addictions, Spirituality, Interventions: Integrative Psychotherapy, Guided Imagery, Hypnosis, Movement, Imago Relationship Therapy, Sufi Healing Identified as a Muslim therapist.

Kathleen A. Norton, M.B.A., Life Coach

9829 Diversified Lane

Ellicott City, MD 21042

410-206-7329 / Fax 410-203-0804

kanorton1@verizon.net

Life coaching for teens and young adults. Practical solutions and support for social pressures, academic stress, future plans, time and self-management.

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 mental health disorders

such as 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, Magellan Behavioral Health, United Healthcare
Language: English, Mandarin

Matt Otto, LCPC

Crossroads Psychological Associates, LLC

10784 Hickory Ridge Road

Columbia, MD 21044

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

matt.otto@crossroadspsych.net

www.matt-otto.com

www.crossroadspsych.net

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

Carlos Pastor, LCSW-C

10632 Little Patuxent Parkway, Suite 245

Columbia, MD 21044

410-419-1708

Provides counseling for adolescents, family, couples, and individuals.

Insurance: most commercial insurance accepted. Sliding scale upon request.

Hetal Patel, LCSW-C

3355 St. Johns Lane

Ellicott City, MD 21042

443-451-0159

Hetal9722@yahoo.com

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

Insurance: BCBS, Medicaid. Sliding scale.

Language: Gujarati, Hindi

Anne Peurasaari, LCSW-C, RN
5018 Dorsey Hall Drive, Suite 205
Ellicott City, MD 21042
410-992-4940

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

Insurance: Most insurances accepted, sliding scale.

Language: German

Elizabeth Pilson, LCSW-C
5126 Dorsey Hall Drive, Suite 202
Ellicott City, MD 21042
410-868-7431

www.elizabethpilson.com
elizabethpilson@comcase.net

Provides individual adult psychotherapy to adults ages 20+. Areas of expertise include anxiety, relationship conflicts, life transitions, grief and loss, codependency, and stress management. Treatment includes an eclectic approach that combines Cognitive-Behavioral, Psychodynamic and Internal Family Systems theories. Provides education to individuals about vital communication skills based on training in Gottman and Emotionally Focused Couples Therapy.

Insurance: CareFirst, BCBS, Hopkins EHP, Medicare

Barbara M. Polonsky, LCSW-C
5122 Aver Court
Columbia, MD 21044
410-227-9074

bpolonskylcsw@verizon.net

Outpatient counseling for individuals (adults), children, adolescents. Areas of expertise include Anxiety and Depression, Interpersonal relationship conflicts, Codependency Issues, Parenting struggles, Stage of Life Transitions, and women's issues.

Insurance: Some insurances accepted. Sliding scale.

Mary Prendergast, LCPC
Crossan Counseling Services
3901 Putty Hill Avenue
Nottingham, MD 21236
443-326-6217

maryprendergast@gmail.com

Outpatient services to children, adolescents and adults, experiencing anger management problems, anxiety, depression, chronic pain, stress related issues, relationship issues, LGBT/transgender issues. Individual and group therapy. Coaching for ADHD and Executive Functioning related problems. Insurance: Maryland MA, Carefirst, Magellan, Magellan EAP and others.

Bill Ray, LCSW-C
Crossroads Psychological Associates, LLC
10784 Hickory Ridge Road
Columbia, MD 21044
410-964-0425 x19

bill.ray@crossroadspsych.net

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

Stacey Rempert, LCSW-C
10632 Little Patuxent Parkway, Suite 100
Columbia, MD 21044
410-206-8573

www.columbiatherapist.guru

Outpatient counseling for adolescents ages 13+ and adults. Expert areas of treatment include addictions, trauma, self-harming behaviors, and anxiety. Insurance: some sliding scale.

Kathryn Reynolds, LCPC, NCC, DAPA
5114 Dorsey Hall Drive
Ellicott City, MD 21042
410-689-5181

www.kreytherapy.com

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

Robert D. Robinson, LCPC

The Family Center

4785 Dorsey Hall Drive, Suite 109

Ellicott City, MD 21042

410-531-5087 / 410-997-1556

thefamilycenter@TV.com

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

Meghan Roche, MT-BC

Wholistic Music Therapy

3520 Sugarloaf Parkway, Ste F-03 #91

Frederick, MD 21704

240-397-9544

www.wholisticmusictherapy.com

mroche@wholisticmusictherapy.com

Wholistic Music Therapy takes a holistic approach to mental, social, and physical well-being. Board-certified music therapist, Meghan Roche, specializes with mental health, older adults, and hospice care. Meghan also works with children and adults with intellectual and developmental disabilities, chronic illness, and traumatic brain injuries. Music therapy has been shown to benefit individuals with mental health conditions through improved relaxation, symptom management, self-expression, and relationships. Wholistic Music Therapy is currently accepting new clients, and offers individual, group, and virtual sessions.

Ann J. Rochford, LCSW-C

5513 Twin Knolls Road, Suite 220

Columbia, MD 21045

410-707-0657

annjrochford@yahoo.com

Outpatient psychotherapy for adolescents and adults. Expert areas include anxiety, depression and transitions to new stages of life. Psychotherapeutic approaches include

Behavior Modification, Interpersonal

Psychotherapy and Role Playing.

Insurance: all medical insurance, Medicare, Tricare.

Yvonne Rogers, MS, LCPC

Congruent Counseling

10630 Little Patuxent Parkway, 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: Aetna, 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, & individual therapy.

Insurance: Most insurances accepted.

Mimi Ryans, LICSW, LCSW-C, RPT

Lighthouse Center for Therapy and Play

10632 Little Patuxent Parkway, Suite 327

Columbia, MD 21044

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

www.lighthouseplaytherapy.com

mryans@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 – Medicare, Aetna, Cigna, CareFirst BC/BS, Magellan, Beacon Health/ValueOptions

Molly King Safren, LCSW-C

**9575 Angelina Circle
Columbia, MD 21045
301-596-2858**

msafren@verizon.net

Psychotherapy for adults, couples, some adolescents. Specialties include work with grief, anxiety and depression, adult children of alcoholics, gay and lesbian issues, substance abuse and recovery, and marital infidelity and other couples issues.

Christian Sanders, MS, LCPC

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

www.congruentcounseling.com

Counseling for learning and academic issues, adjustment, mood and anxiety disorders, opposition, defiance, conduct disorder, executive functioning, substance abuse, and dual diagnosis.

Insurance: most insurance plans accepted

Melissa Schnaar, LCSW-C

**Collaborative Counseling Center
5560 Sterrett Place, Suite 201
Columbia, MD 21044
410-546-1100**

Collaborativecounselingcenter.com
melissa@collaborativecounselingcenter.com

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

Myra G. Schneider, PhD, LCSW-C

**5052 Dorsey Hall Drive, Suite 202A
Ellicott City, MD 21042
410-652-1610**

mschneidrphd@gmail.com

Outpatient counseling services to families, individuals, and couples. Specialties include couple/family relationships, parenting, divorce adjustment, women's issues, life transitions, depression, anxiety, health

related issues, loss/grief, EAP assessments and work systems issues.

Insurance: BCBS, United, Cigna, Aetna, Hopkins. Sliding scale available.

Jennifer Schoo, LCSW-C

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

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 abuse and substance abuse. Groups for adults, children and adolescents to include self-esteem, interpersonal relationships, behavior modification, ADHD, anxiety, depression, substance abuse, parenting and anger management.

Insurance: Aetna, APS, Tricare, UBH and MA

Jacke L. Schroeder, MSW, LCSW-C

**2731 Westminster Road
Ellicott City, MD 21043
410-365-4157**

Jacke.schroeder.appointment@gmail.com

Outpatient counseling services to adults, individuals & couples. Depression, anxiety, grief and loss, divorce, pre-marital, life transitions, spirituality, trauma.

Ruth Shor-Jannati, LCSW-C

**9520 Berger Road, Suite 203
Columbia, MD 21046
443-668-6861, 410-290-6940 ext. 21**

Outpatient counseling services for adults. Mood disorders, grief and loss, addiction, life transitions, couples issues.

Insurance: some insurance accepted.

KristiLee Sheffler, LCSW-C

**Restorative Counseling and Wellness Ctr.
5052 Dorsey Hall, 2nd Floor
Ellicott City, MD 21042
443-429-1471**

www.counselingrcwc.com

kristilee@counselingrcwc.com

Areas of practice include personality, mood, and adjustment disorders; depression, anxiety, and grief issues; trauma; and relationship conflicts.

Insurance: Aetna, Blue Care, BC/BS, CareFirst, Cigna, Cofinity, EHP First Health Johns Hopkins.

Lori Simmons, LCMFT

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

www.congruentcounseling.com

Specialties include ADHD/ADD, adjustment disorders, crisis counseling, depression, family issues, school problems, PTSD/trauma, parenting issues, self-esteem, grief/loss, anger management, marital/couples counseling, communication skills.

Bayard Solomon, LGPC

**Congruent Counseling
10630 Little Patuxent Parkway, Suite 209
Columbia, MD 21044
410-740-8066 / Fax 410-740-8068**

www.congruentcounseling.com

Provides behavioral health services to all ages.

Insurance: Blue Cross Blue Shield

Tammy J. Spengler, MSW, LCSW-C

**Focused Solutions, LLC
5550 Sterrett Place, Suite 200
Columbia, MD 21044
410-884-6031**

TSpengler@focusedsolution.net

Outpatient counseling services to adolescents and adults. Expert areas of treatment include PTSD, domestic violence,

adoption, and childhood maltreatment. Holistic approach.

Insurance: most insurances accepted.

Andrew Stanton, LCSW-C

**8850 Columbia 100 Parkway, Ste. 203
Columbia, MD 21045
443-546-4476**

www.StantonPsychotherapy.com

Individual, couples and family therapy. Specialties include children/adolescents, substance abuse, trauma, hypnotherapy, sports and other performance improvements, ADHD, anxiety, depression and managing life changes.

Jennifer M. Steier, LCSW-C

**Congruent Counseling
10630 Little Patuxent Parkway, Suite 209
Columbia, MD 21044
410-740-8066 / 443-538-8294**

Jennifer.m.steier@gmail.com

Outpatient counseling services to children, adolescents, and adults.

Insurance: most insurance plans accepted.

Norma Stevens, MS, NCC, LCPC

**6011 University Blvd., Suite 100
Ellicott City, MD 21043
410-919-8275**

www.normastevenslcpc.com

norma@normastevenslcpc.com

Provides outpatient counseling services for young adults, adults, and seniors/older adults. Specializes in depression, anxiety, PTSD, anger, recovery from abuse and trauma, life transitions, grief and loss, self-esteem, codependency, spirituality, and interpersonal relationships.

Insurance: sliding scale is available upon request.

Dr. Lillian M. Sylvester, Ph.D., LCPC

**Teal Fire Counseling and Consulting, LLC
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: CareFirst BCBS, CIGNA, Johns Hopkins Healthcare, Medicaid, self-pay

Chun-Shin Taylor, Ph.D., LCPC

**3355 St. Johns Lane, Suite J
Ellicott City, MD 21042
479-445-2634**

www.livingharmonycounseling.com

ctaylorlcpc@gmail.com

Individual, couples and family counseling. Specializes in mental illness, cross-cultural couples and families and the integration of religion/spirituality into psychology.

Insurance: Medicaid and major insurances.

Language: Korean

Iris Thomas, LCSW-C, LLC

**7120 Minstrel Way, Suite 203
Columbia, MD 21045
410-730-2240 / Fax 410-779-9109**

yourkidscanchange.com

iris@yourkidscanchange.com

Treats children, adolescents and young adults (21 and under) with mental health concerns including generalized anxiety, panic, separation anxiety, phobia, OCD, trichotillomania, selective mutism, depression, ADHD, oppositional defiant, grief and loss, and PTSD.

Insurance: most major insurance plans accepted.

Language: Spanish

Rachael Thomas, LCPC

**5022 Dorsey Hall Drive, Suite 201
Ellicott City, MD 21042
240-621-2272**

Outpatient therapy and nutrition services to children, adolescents, young adults, and families. Individual, family and nutrition therapy in the home and office. Works with individuals with eating disorders, anxiety, depression, ADHD, ADD, weight management, school refusal, food refusal and general behavioral issues.

Virginia Voight, LCSW-C

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

vvoigt@verizon.net

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

Brenda von Rautenkranz, LGPC

**vR Equine Growth and Learning Center
13425 Forsythe Road
Sykesville, MD 21784
301-641-0031**

www.vrtherapycenter.com

Equine Assisted Psychotherapy provides a hands-on approach that challenges individuals to look at themselves and the world around them in a new way. Equine therapy is an alternative to traditional counseling that involves using horses as part of the therapy process. It has been effective with clients with depression, ADD conducts disorders, dissociative disorders, anxiety, PTSD, autism and other disorders and disabilities. Children, adolescents, families, marriage, individual and group.

Anne. M. Waller, LCSW-C

5300 Dorsey Hall Drive, Suite 203

Ellicott City, MD 21042

410-718-2229

postpartumfamilyservices.com

aamcw@aol.com

Provides outpatient counseling for individuals and couples. Special expertise in treating mood and anxiety disorders during pregnancy and postpartum.

Insurance: Out of network

Joyce Warner-Burke, LCSW-C

6274 Gay Topaz

Columbia, MD 21045

410-290-8028

Adolescent & adult therapy. ADD/ADHD, anxiety, mood disorders.

Insurance: Most insurances accepted.

M. Carol Wayda, LCSW-C

5905 Tall Branches Pass

Clarksville, MD 21029

410-531-5769

mcwayda@aol.com

Family counseling, military and their families, and older adults (55+).

Insurance: Most insurances accepted.

Flori Willard, MS, LCMFT

3355 St. John's Lane, Suite J

Ellicott City, MD 21042

410-733-8804

selectcounseling.com

flori@selectcounseling.com

Marriage and family therapist offers couples, individual & family therapy.

Women's Psychotherapy Institute, Ltd.

5022 Dorsey Hall Drive

Ellicott City, MD 21042

443-629-8876

www.wpilt.com

Outpatient services to adults, families and couples. Areas of expertise include stress, anxiety, mood disorders, trauma, relationships, work conflicts.

Rod Wright, BS, ADT

Congruent Counseling

10630 Little Patuxent Parkway, Suite 209

Columbia, MD 21044

410-740-8066

www.congruentcounseling.com

Adolescents, young adults and anger management teams and GLBT population.

Insurance: most insurance plans accepted.

Orlando Wright, Ph.D., LCSW-C

Halcyon Clinical Services, LLC

6304 Woodside Court, Suite 110G

Columbia, MD 21046

443-855-4631 / Fax 425-795-1406

www.HalcyonClinical.com

admin@halcyonclinical.com

Halcyon Clinical Services provides outpatient mental health services to children, adults, and families. We are trained experts in Dialectical Behavior Therapy (DBT), Cognitive Behavioral Therapy (CBT), and Motivational Interviewing (MI). Additionally, we coordinate with primary care physicians regarding behavioral health needs.

Roslyn Zinner, LCSW-C, ACSW

8228 Telegraph Road, Suite A

Odenton, MD 21113

410-672-2237

Specialties include geriatrics, marital therapy, depression and anxiety. Divorce mediation, custody and parenting plans, property division.

Insurance: Aetna, BC/BS, Medicare, UHC, Carefirst, Medicaid.

ANGER MANAGEMENT

A Better Way Counseling Services

5084 Dorsey Hall Drive, Suite 105

Ellicott City, MD 21042

410-730-4500 / Fax 410-730-5119

Provides outpatient substance abuse and mental health program for adults & adolescents. Individual, group and family therapy, state certified program, drunk driving, DWI offenders, anger management. Sliding scale fee

Insurance: Most Private Insurance.

Congruent Counseling Services

10630 Little Patuxent Pkwy, Suite 209

Columbia, MD 21044

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

Individual, family, marital, and group counseling. Psychiatrist provides psychiatric evaluations and medication management. Therapists who specialize in working with children, teens, and adults. Depression, anxiety, attention deficit, acting out behaviors, anger management, substance use and addictions, marital difficulties, and more.

Insurance: Most insurance plans accepted.

Crossan Counseling Services

Mary Prendergast, LCPC

3901 Putty Hill Avenue

Nottingham, MD 21236

443-326-6217

maryfprendergast@gmail.com

Outpatient services to children, adolescents and adults, experiencing anger management problems, anxiety, depression, chronic pain, stress related issues, relationship issues, LGBT/transgender issues. Individual and group therapy. Coaching for ADHD and Executive Functioning related problems. Insurance – Maryland MA, Carefirst, Magellan, Magellan EAP and others.

Shelia D. Duncan, LCSW-C

14201 Laurel Park Drive, Suite 221

Laurel, MD 20707

1-888-504-6681 / Fax 1-888-972-6562

www.sheliaduncan.com

sheliaduncan@sheliaduncan.com

Provides individual, couple, and family therapy for children, adults, and families from age 6 to 80 years. Therapeutic services for depression, bipolar, anxiety, ADHD, PTSD, anger management, stress management, grief counseling, parenting support and couples counseling.

Insurance: CareFirst BCBS, Medicare

HopeWorks (formally known as the Domestic Violence Center

New Behaviors Program (Abuse Intervention)

9770 Patuxent Woods Drive, Suite 300

Columbia, MD 21046

410-997-0304

www.wearehopeworks.org

gportnoy@dvcenter.org

Contact: Galina Portnoy

Fees: Sliding scale

Paul Kelner, LCSW-C, CSAT, CAMS-II

Action Recovery

5114 Dorsey Hall Drive

Ellicott City, MD 21042

301-388-0178

www.sexaddiction-recovery.com

paul@action-recovery.com

Specializes in working with men and women who are recovering from out-of-control sexual behaviors, such as chronic porn use, serial infidelities, anonymous hook-ups, etc. Anger management counseling for court-referred adults or others who wish to address anger issues. Certified Sexual Addictions Therapist and Certified Anger Management Specialist. Confidential individual and group treatment.

Kathaleen Klotz, LCSW-C

**3355 St. John's Lane
Suite F, St. John's Station
Ellicott City, MD 21042
443-310-4980**

Specializes in trauma, domestic violence, PTSD, anger management, women's issues.

Jadranka Milovanovic, LCPC

**10632 Little Patuxent Parkway, Suite 343
Columbia, MD 21044
443-955-4592 / Fax 410-997-7878**

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

Insurance: Carefirst, Aetna, BC/BS, MHN/Managed Health Network, Magellan Behavior Health.

Languages: Italian, Serbian, Croatian, Bosnian

Jennifer Schoo, LCSW-C

**8940 Route 108, Suite E
Columbia, MD 21045
410-220-7697**

www.therapysquare.com

Jennifer.schoo@yahoo.com

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

Insurance: Aetna, APS, Tricare, UBH and MA

EATING DISORDERS

The Center for Eating Disorders at Sheppard Pratt

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

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

Johns Hopkins Department of Psychiatry & Behavioral Sciences at Howard County

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

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

Insurance: Most private insurance and Medicaid

The Johns Hopkins Eating Disorders Program

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

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

National Institute of Mental Health

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

National Association of Anorexia Nervosa and Associated Disorders

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

National Eating Disorders Association Informational and Referral Program

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

FAITH BASED COUNSELING

Associated Catholic Charities

**320 Cathedral Street
Baltimore, MD 21201
410-547-5508**

Family and individual counseling, support groups for children, adults and for substance abuse. Sliding fee scale.

Baptist Family and Children's Services, Inc.

**7175 Columbia Gateway Drive, Suite F
Columbia, MD 21046
410-872-1050**

Counseling, adolescent, child/pediatric and family therapy, geriatrics, marital, pastoral. Provides case management and treatment for adolescent addictions. Foster care available.

Christian Counseling Associates, Inc.

**9650 Santiago Road, Suite 101
Columbia, MD 21045
410-995-5587**

Outpatient mental health therapy, fall and spring painting classes, couple communication classes.

Metro Maryland Counseling Center (Christian)

**3300 North Ridge Road, Suite 110
Ellicott City, MD 21043
410-750-3330**

Abuse-child, domestic/violence, sexual/assault/rape, conditions-anxiety, depression, eating disorders, counseling-adult, child/pediatric, family, group, individual and pastoral therapy. Insurance: Most insurances accepted.

Safe Harbor Christian Counseling

**8200 Old Columbia Road
Fulton, MD 20759
410-992-4075 / Fax 410-569-0094**

www.safeharbor1.com
erik@safeharbor1.com

Provides Christian-based, clinically sound counseling so that people experience the recovery of their hearts. Our unique approach to marriage, family, and individual counseling includes offering an inviting atmosphere whereby a healing relationship is experienced in the counseling room.

Sheep Gate Christian Counseling

**3450 Fort Meade Road, Suite 105
Laurel, MD 20724
301-490-3825 / Fax 301-490-3827**

www.sheep-gate.com
info@sheep-gate.com

Mood Disorders (Depression/Bipolar), Anxiety Disorders, (Phobias, Panic, PTSD, OCD), Substance Abuse Co-occurring Disorders, Premarital, Couples and Marital Counseling, Anger and Stress Management, Domestic Violence, Parenting Issues, Grief & Loss, Addiction Issues (Sexual, Gambling, Overeating, etc.), Co-Dependency/Self-Esteem Issues, Child & Adolescent Issues (ADHD, Conduct, Oppositional Defiant Disorders), Counseling Individuals, Couples, Families, Children & Adolescents. Insurance: Medicaid, CareFirst Blue Choice, BC/BS (Local, National, Federal, Blue), APS Healthcare, EHP, US Healthcare, Tricare, Aetna.

GENDER IDENTITY/LGBTQ+

PFLAG

P.O. Box 1479
Columbia, MD 21044
443-718-0474

www.pflagmd.org
pflagmd@gmail.com

PFLAG (Parents, Families and Friends of Lesbians and Gays) promotes the health and well-being of gay, lesbian, bisexual, & transgendered persons, their families and friends through: support of each other, education of the broader community, and advocacy for equality.

Transgender Support Group

3rd Wednesday of the month, 7:30 p.m.

Owen Brown Interfaith Center
7246 Cradlerock Way
Columbia, MD 21045
410-381-2000

The Trevor Project

www.thetrevorproject.org

National organization which provides crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, and questioning (LGBTQ) youth population aged 13-24.

Berni J. Antelman, MSW, LCSW-C

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

bernilcsw@aol.com

Outpatient services for children, adolescents and adults. Individual, couples and family. Specialties include: anxiety and depression, relationships, substance abuse difficulties, gay/lesbian, transgender issues, Autism Spectrum disorder, ADD/ADHD related problems, school problems, occupational/vocational problems. Insurance: UBH, Aetna, Cigna, BCBS

Sean Lare, LCSW

6851 Oak Hall Lane, Suite 118
Columbia, MD 21045
410-689-9074

www.seanlare.com
counseling@seanlare.com

Counseling to LGBTQ children, youth, adults, and their family members. Helps individuals develop new identities, navigate the transition and coming out process, attend to their relationships, and care for their mental health needs. Also provides consultation and training services focused on increasing the sensitivity to LGBTQ issues in the workplace.

Erin McClintock Smith, LCSW-C

5126 Dorsey Hall Drive, 2nd Floor
Ellicott City, MD 21042
410-564-8288

erinsmithlcswc@gmail.com

Provides counseling to adolescents and adults. Specializing in depression, anxiety, ADHD, and life transitions. LGBTQ-informed and allied. Certified in trauma treatment.

Elizabeth Pilson, LCSW-C

5126 Dorsey Hall Drive, Suite 202
Ellicott City, MD 21042
410-868-7431

www.elizabethpilson.com
elizabethpilson@comcase.net

Provides individual adult psychotherapy to adults ages 20+. Areas of expertise include anxiety, relationship conflicts, life transitions, grief and loss, codependency, and stress management. Treatment includes an eclectic approach that combines Cognitive-Behavioral, Psychodynamic and Internal Family Systems theories. Provides education to individuals about vital communication skills based on training in Gottman and Emotionally Focused Couples Therapy.

Insurance: CareFirst, BCBS, Hopkins EHP, Medicare

Molly King Safren, LCSW-C

9575 Angelina Circle

Columbia, MD 21045

301-596-2858

msafren@verizon.net

Psychotherapy for adults, couples, some adolescents. Specialties include work with grief, anxiety and depression, adult children of alcoholics, gay and lesbian issues, substance abuse and recovery, and marital infidelity and other couples issues.

Dr. Lillian M. Sylvester, Ph.D., LCPC

Teal Fire Counseling and Consulting, LLC

10630 Little Patuxent Parkway, Suite 401

Columbia, MD 21044

240-708-4947 / Fax 240-708-4962

www.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: CareFirst BCBS, CIGNA, Johns Hopkins Healthcare, Medicaid, self-pay

MEDIATION

Colette Brunell, LCSW-C, LLC

5550 Sterrett Place, Suite 314

Columbia, MD 21044

410-730-6119

www.colettebrunell.com

Colettebrunell2@verizon.net

Provides family mediation and co-mediation. Is a Collaborative Divorce Coach, Parenting Coordinator and psychotherapist treating anxiety, depression, issues of loss and grief, women's issues, men's issues and couples therapy.

Insurance: some insurances – call to check.

Columbia Mediation

10974 Trotting Ridge Way

Columbia, MD 21044

410-997-9755

Family First Mediation, LLC

Sally Jones, LCSW-C

204 Center Street

Mount Airy, MD 21771

301-748-1104

Familyfirstmediation.com

Family mediation services working with couples in the process of separation or divorce in a collaborative, cooperative, and family focused effort.

Maryland Mediation Service

10326 Sixpense Circle

Columbia, MD 21044

410-997-3961

Mediation for separation and divorce

The Mediation Center

3355 St. John's Lane

Ellicott City, MD 21042

410-480-1700

Mediation and Conflict Resolution Center

9770 Patuxent Woods Drive, Suite 306

Columbia, MD 21046

443-518-7693

www.mcrchoward.org

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: Our services 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.

Swisher Mediation

2875 Bethany Road

Ellicott City, MD 21042

410-750-2655

www.swishermediation.com

swishermediation@gmail.com

Mediation service to help resolve divorce issues. Dispute resolution firm comprises of several judges as an alternative to litigation.

PSYCHIATRIC REHABILITATION PROGRAMS (PRPS)

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

ACIDD Maryland

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

www.aciddmaryland.com
info@aciddmaryland.com

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

Insurance: Medicaid, self-pay

Clinical Service Connections, Inc.

**8930 Route 108, Suite A
Columbia, MD 21045
443-276-3125 / Fax 443-661-1175**

info@clinicalserviceconnect.com

PRP services for adults and minors include a full range of rehabilitation activities and supports. Services for adults are organized to facilitate an individual's 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 age 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

Firm Foundation

**7274 Cradlerock Way, 2nd floor
Columbia, MD 21045
443-545-5042**

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

Psychiatric Rehabilitation Programs for youth and adults.

Insurance: Maryland Medicaid

Humanim

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

www.humanim.com

Psychosocial Rehabilitation Program (PRP) Services at Humanim provide a safe and therapeutic environment for individuals with mental illness. The primary aim of services is to empower individuals to manage their illnesses, develop their own goals for recovery and make informed decisions about their treatment by teaching them the necessary knowledge and skills to live healthy, successful lives in the community. Services are primarily divided into three domains including education, vocation, and illness management. Services are delivered through community integration and psychosocial group

programming derived from the Substance Abuse and Mental Health Administration's (SAMHA) Illness Management and Recovery (IMR) Evidenced Based Practice. Services are specifically designed and implemented to: Support the recovery, health and/or well-being of the persons served, enhance the quality of life of the persons served, reduce symptoms or needs and build resilience, restore and/or improve quality of life, support the integration of persons served into the community, promote self-advocacy, increase access to non-disability related social resources, increase Community Integration, offer cultural, spiritual and self-help opportunities, and increase independence on and access to public transportation.

J & A Positive Image, LLC

6755 Business Parkway, Suite 409

Elkridge, MD 21075

410-796-2039 / Fax 410-796-1410

www.japositiveimage.com

award@japositiveimage.com

Psychiatric rehabilitation program providing wraparound services to both youth and adults. Services include, mobility and transportation support, linkage to community resources, entitlements, housing stability, linkage to therapy providers, personal hygiene & grooming, medication monitoring, nutrition and food preparation, symptom management,

employment support, time management, activities to support individual's culture and interests, money management skills and job search, anger management, conflict resolution, stress management and coping skills, IEP support, substance abuse and safe sex education, Behavior modification techniques, medical and dental support. Insurance: Medicaid, disability Medicare, Tricare

Sheppard Pratt at Way Station, Inc.

9030 Route 108, Suite A

Columbia, MD 21045

410-740-8262

www.sheppardpratt.org/way-station/

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

Therapeutic Connections

2850 North Ridge Rd, Suite 210

Ellicott City, MD 21043

410-203-1649 / Fax 443-288-4646

www.therapeutic-connections.net

allconnectionstherapeutic@gmail.com

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

Languages: Spanish and Greek

RESIDENTIAL REHABILITATION PROGRAMS (RRPS)

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

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

Childhelp

The Alice C. Tyler Village of Childhelp

21364 Dragoon Road

Lignum, VA 22726

540-399-1926 / Fax 540-399-1052

www.childhelpvirginia.org

khackley@childhelp.org

The Village is a private, nonprofit, psychiatric unlocked residential treatment facility for males and females ages 5-14 located in Culpeper County Virginia. The Village provides a clinically sophisticated therapeutic program utilizing an interdisciplinary approach specializing in the treatment of children and adolescents with mild to severe trauma or neglect, psychiatric disorders, and neurodevelopmental disorders. The Village brings the light of love and healing into the lives of countless abused and neglected children, and those suffering from psychiatric and behavioral disorders. Our unique location on a 270-acre horse farm provides a nurturing treatment setting with a variety of therapy resources. Children live in separate home-like cottages based on age and gender. Each child has daily opportunities to pursue a variety of recreational activities: horseback riding, community outings, hiking and biking trails, rope courses, team sports, Go-Kart track, swimming, and a children's choir.

Insurance: Medicaid (VA, WV, MD, NJ, PA), accepts most insurances including Medicaid MCO's, Private insurance

Humanim, Inc.

6355 Woodside Court

Columbia, MD 21046

410-381-1500

The Community Housing Program assists individuals in achieving independence within the community by providing a stable place to live. It provides support services that promote a person's ability to engage and participate in community activities, and in a supportive environment, improve and restore independent living and social skills necessary to support an individual's recovery, ability to make informed decisions and choices, and participate in community life. A person-centered Individual Rehabilitation Plan (IRP) will be developed, identifying goals and objectives that reflect needed areas of development and preferences. Services are individualized with the objective of moving the person to a more independent living situation; either

within the program or moving them into their own residence. **Services Available:** Affordable subsidized housing, Strength identification; Person-centered and strengths based goal development; Coaching and accountability towards goal achievement; Rehabilitative counseling; Education about mental health conditions and treatment; Assistance developing coping skills; Supportive counseling and problem solving; Life skills training community life; Medication Management; Case Management; Primary care integration through enrollment in our Health Homes Program; 24 Hour Crisis Response and Intervention Services; Benefits Counseling

and Entitlements Management; Vocational and employment services through enrollment in our Evidenced Based Supported Employment Program; Community integration activities.

Sheppard Pratt at Way Station, Inc.

9030 Route 108, Suite A

Columbia, MD 21045

410-740-8262

www.sheppardpratt.org/way-station/

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

SUPPORTED LIVING PROGRAM

Humanim, Inc.

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

www.humanim.com

The Supported Living Program at Humanim assists individuals with mental illness in maintaining independent living within the community. The program provides a continuum of services to meet the unique needs of the individual. Services and activities are designed to assist individuals in improving self-sufficiency, increasing choice, gaining control of their lives and increasing participation in the community. The optimal use of natural supports; whereby each person builds their own network of supports are integral components of the Supported Living

Program. Individuals will identify their community support network (family, friends, church members, self-help group members). Case Coordinators will collaborate with the person's network of supports in planning and goal setting. Supported Living services are provided in the individual's home and at various locations throughout the community based upon the needs of the individual served.

Sheppard Pratt at Way Station, Inc.

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

www.sheppardpratt.org/way-station/

Clinical and vocational rehabilitation services to individuals with psychiatric disabilities.

SUPPORTED EMPLOYMENT PROGRAMS

Humanim

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

www.humanim.com

Humanim's Evidence Based Supported Employment (EBSE) Program works with individuals with chronic and severe mental illness. The model is implemented in conjunction with the Behavioral Health Administration and the University of Maryland School of Medicine, Department of Psychiatry. Our Employment Consultants are involved in every aspect of the vocational process, focus on individualized career planning, and are an active part of the individual's clinical team. All employment services focus on individualized person-centered planning; services include career assessment, career

exploration, skill development, benefits counseling, job placement, on-going job support, including on and off-site job coaching. Our goal is to work with individuals and his/her treatment team to create an integrated plan of care that increases the individual's independence, self-efficacy, and recovery.

Sheppard Pratt at Way Station, Inc.

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

www.sheppardpratt.org/way-station/

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

HOSPITALS

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

Howard County General Hospital

**5755 Cedar Lane
Columbia, MD 21044
410-740-7890
www.hcgh.org**

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

Carroll Hospital Center

**200 Memorial Avenue
Westminster, MD 21157
410-848-3000**

General hospital that offers emergency room assessments and acute inpatient psychiatric care. In-patient unit accepts individuals who are certified for a non-voluntary admission. Insurance: All insurances accepted.

Laurel Regional Hospital Center

**7300 Van Dusen Road
Laurel, MD 20707
301-497-7980
www.umms.org**

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

Laurel Regional Hospital Outpatient Behavioral Health Services Partial Hospitalization Services

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

www.umcapitalregion.org

The Partial Hospitalization Program offer the structure of a psychiatric program while allowing patients to go home in the evening and remain connected to family, friends and other support systems. The PHP provides assessment and evaluation, psycho-education, individual, group and family therapy.

Insurance: Most commercial insurance plans, Medicare and Medical Assistance.

Sheppard Pratt at Ellicott City

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

www.sheppardpratt.org

Private psychiatric facility providing voluntary and involuntary inpatient services.

Springfield Hospital Center

**6655 Sykesville Road
Sykesville, MD 21784
410-970-7000**

State operated facility for long-term psychiatric services, including inpatient day unit and outpatient services for the deaf/hearing impaired.

HOUSING

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

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

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

Rental Assistance Program is funded and regulated by the Maryland Department of Housing and Community Development, providing grants to local governments to assist low income families who either are homeless or have an emergency housing need with flat rent subsidies. The ultimate goal is to help families transition from homelessness or temporary emergency housing to permanent housing. Participating families find their own housing for rent, boarding house rooms, other single room occupancy

arrangements, apartments, group homes, transitional housing (provided it is not temporary emergency housing), single family houses, and mobile homes.

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

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

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

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

Local Homeless Shelter

Grassroots Crisis Intervention Center
6700 Freetown Road
Columbia, MD 21044
410-531-6677 (24 hours), 410-531-6006

Provides shelter services to homeless individuals. Operates a Cold Weather Shelter from November thru March at various locations throughout the

community. Staffs the Route 1 Resource Center for homeless individuals three days a week (call for specific hours). The Resource Center addresses the basic needs of the homeless population such as provide a place for showers, a hot meal and referral to community services.

CAREGIVER RESOURCES

Alzheimer's Association, Maryland Chapter
1850 York Road, Suite D
Timonium, MD 21093
410-561-9099

National Family Caregiver Support Program
6751 Columbia Gateway Drive
Columbia, MD 21046
410-313-1234

The NFCSP offers a range of services to support family caregivers. Five primary services are offered including information to caregivers about available services, assistance to caregivers in gaining access to the services, individual counseling, organization of support groups, and

caregiver training, respite care, and supplemental services, on a limited basis.

Caregiver Resource Coalition of Howard County
6751 Columbia Gateway Drive
Columbia, MD 21046
410-313-6560

National Family Caregivers Association
10400 Connecticut Avenue, Suite 500
Kensington, MD 20895
1-800-896-3650

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

RESOURCES FOR OLDER ADULTS

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

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

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

Office on Aging and Independence

**9830 Patuxent Woods Drive
Columbia, MD 21046
410-313-1234**

www.howardcountymd.gov

Maryland Access Point

Howard County Office on Aging and Independence

**9830 Patuxent Woods Drive
Columbia, MD 21046**

410-313-1234 / 1-844-MAP-LINK

Fax 410-313-5970

www.howardcountyaging.org

map@howardcountymd.gov

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

Guardianship/Public Program

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

Adult Evaluation & Review Services (AERS)

8930 Stanford Boulevard

Columbia, MD 21045

410-313-1234

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

Housing Assistance

Older adults with mental health needs have several housing options:

1. **Office on Aging and Independence:** **contact MD Access Point – 410-313-1234.** This may include an array of housing resources, home modification and home repair.
2. **Apartment communities for senior citizens:** **contact Howard County Office on Aging and Independence’s Housing Program at 410-313-1234.** Check the Shoppers Guide to Community and Apartment Living for an up to date listing.
3. **Section 8 Certificate & Housing Vouchers:** “Tenant based” subsidies, which allow elderly/disabled individuals to rent apartments or homes. Vouchers are transferable between counties and states. **Contact the Office of Community Housing and Development at 410-313-6318.**
4. **Residential Rehabilitation Programs:** Limited housing available to financially eligible individuals with serious mental health disabilities. **Contact the Howard County Health Department/Bureau of Behavioral Health/Local Behavioral Health Authority for more information at 410-313-6202.**
5. **Assisted Living Facilities:** Provides personal care to people who need help with the activities of daily living and other services as a result of physical or

cognitive impairment. **Contact the Office on Aging and Independence Program at 410-313-1234.**

6. **Nursing Homes:** These facilities provide a higher level of care than assisted living facilities, addressing physical and medical needs. A list of nursing homes can be found in the Senior Resources Guide or by **calling Howard County Office on Aging and Independence Program at 410-313-1234.**

Maryland Home and Community Based Services for Older Adults

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

SHIP – Senior Health Insurance Assistance Program

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

SUBSTANCE USE DISORDER SERVICES

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

Howard County Health Department:

Bureau of Behavioral Health/

Local Behavioral Health Authority

Roe Rodgers Bonaccorsy, Bureau Director

8930 Stanford Boulevard

Columbia, MD 21045

410-313-6202 / Fax 410-313-6212

www.hchealth.org/gethelp

rrbonaccorsy@howardcountymd.gov

Services include linkage to care, outpatient treatment at the Detention Center, care coordination, peer recovery support, drug court/DUI court case management, private insurance behavioral health advocacy, behavioral health community liaison, screen and referrals at the Department of Social Services, overdose response program, and opioid misuse prevention program.

A Better Way Counseling Services

5084 Dorsey Hall Drive, Suite 105

Ellicott City, MD 21042

410-730-4500 / Fax 410-730-5119

Provides outpatient substance abuse and mental health program for adults & adolescents. Individual, group and family therapy, state certified program, drunk driving, DWI offenders, anger management. Sliding scale fee

Insurance: Most Private Insurance.

ACT II Counseling Services

413 Main Street, #1

Laurel, MD 20707

301-498-5766/Fax 301-490-7861

Behavioral Health Counseling, Intensive Outpatient, Outpatient, Early Intervention, Mental Health Services

Insurance: Medicaid, private, fee scaling

American Psychiatric Group

10632 Little Patuxent Parkway, Suite 104

Columbia, MD 21044

410-599-9977

Americanpsychiatricgroup.com

Early intervention, DUI/DWI, outpatient, intensive outpatient, and partial hospitalization services. Medically assisted substance treatment. Individual, group and family therapy. Court-ordered clients. Insurance: Private insurance, Medical Assistance/Medicaid and Medicare

Anne Arundel Counseling

8840 Stanford Boulevard, Suite 1700

Columbia, MD 21045

410-768-5988 / Fax 410-768-5989

www.annearundelcounseling.com

info@annearundelcounseling.com

DUI Education, Early Intervention and Outpatient

Adult and adolescent services

Insurance: Self-Pay, Commercial Insurance

Robert Cadogan, M.D.

8940 Old Annapolis Road, Suite E

State Route 108

Columbia, MD 21045

410-300-4545

Patients with opioid addiction and alcohol dependence.

Insurance: Medicaid

Arundel Green Healthcare

8860 Columbia 100 Pkwy, Ste 201

Columbia, MD 21045

<https://arundelgreenhealthcare.com/>

Primary care clinic offering medication assisted treatment for opioid and alcohol use disorders.

Choice Recovery Center

**9123 Old Annapolis Rd, Ste 203/204
Columbia, MD 21045
410-505-8605**

<https://choicerecoverycenter.com/>

Intensive Outpatient program (IOP) addressing substance abuse and mental health for adults & Families (3-5 day participation required), DUI/DWI course, Individual & Group sessions available, as well as Assessment & Diagnostic Exam. Insurance: Medicaid, Medicare, Cigna, United Healthcare, Aetna

Columbia Treatment Center

**5570 Sterrett Place, Suite 205
Columbia, MD 21044
410-730-1333 / Fax 410-730-1559**

<https://www.columbia-treatment.com/>

Substance-Related Disorder Assessment and Referral (SAR), Substance-Related counseling, DUI Education Program Early Intervention .05 Program; Anger Management Evaluations and Psycho-educational Groups; SAP Services for DOT Violations Co-Occurring and Mental health assessments and treatment. Spanish services available. Adult and adolescent services. Insurance: Self-Pay

Community Behavioral Health

**10774 Hickory Ridge Road
Columbia, MD 21044
844-224-5264 x16**

www.communitybehavioralhealth.net

Early Intervention, Outpatient, Intensive Outpatient, Partial Hospitalization, Buprenorphine, Vivitrol Adult and adolescent services Insurance: Self pay, Medicaid, Most major insurance plans

Congruent Counseling Services, LLC

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

<https://congruentcounseling.com/>

Intensive Outpatient Programs for adolescents, young adults, and adults. Both mental health and substance use related issues addressed, utilizing group therapy, psychoeducation, individual therapy, family group sessions, and family counseling. Intended for individuals with serious family, social, legal, or school problems; who might not have succeeded in treatment previously; or have a serious addiction. Insurance: Program covered by most major insurances. Adolescent IOP covered by Medical Assistance.

Counseling Resources, Inc.

**8388 Court Avenue
Ellicott City, MD 21043
410-461-8662 / Fax 410-480-4744**

Co-occurring mental health and substance use disorders, outpatient, adolescent and adult, DWI Education. Adult and adolescent services Insurance: Self-Pay with a sliding fee

Delphi Behavioral Health Group

**9523 Hickory Falls Way
Nottingham, MD 21236
443-966-5591 (Local Line)
844-216-2500 (24/7 Immediate Assistance)**

www.delphihealthgroup.com
mmyers@delphihealthgroup.com

Delphi Behavioral Health Group is a leading nationwide network of substance abuse treatment facilities that aim to raise the standard of addiction treatment in the U.S. Delphi is dedicated to providing the full continuum of care across the nation. Affiliated with Maryland House Detox. Insurance: BCBS, United Healthcare, Cigna, Aetna

Erica Dixon, LCPC, LCADC

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

Gladstone Psychiatry and Wellness

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

Hilda's Place

2480 Roxbury Mills Road, #10
Glenwood, MD 21738
410-489-3737
<https://www.hildasplace.com/>
Intensive Outpatient, Outpatient, detox,
DUI/DWI education, acupuncture and
meditation, grief counseling, anger
management, youth services, family
support services, NA and AA.
Transportation Available
Language: Spanish and Burmese
Interpreters
Insurance: Medicaid

Howard House

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

Integrative Counseling

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

JAEL Health Services

10176 Baltimore National Pike, #115
Ellicott City, MD 21042
410-203-2120/410-203-2123 Fax
www.jaelhealth.com
Methadone maintenance and Suboxone
treatment for opioid-dependent adults.
Insurance: Medicaid, self-pay

Kolmac Outpatient Recovery Centers

10632 Little Patuxent Pkwy, #410
Columbia, MD 21044
443-276-0556 / Fax 410-313-1449
Admissions 301-589-0255
www.kolmac.com
Adult males & females, young adults. Day
and evening hours, and telephonic and
walk-in intake appointment.
Buprenorphine services available 9:30 AM –
12:30 PM for private insurance.
Insurance: All major commercial insurance
including Tricare.

Life Renewal Services

10805 Hickory Ridge Road, Suite 103
Columbia, MD 21044
410-387-2763 / Fax 410-387-2764
www.liferenewalservices.net
Outpatient mental health center for
children, adolescents, and adults.
Individual, family, couples, and group

therapy. On-site medication management. Psychiatric Rehabilitation Program (children to adults).

Insurance: Self-Pay, Medicaid, and PPO with out of network benefits.

Life's Potential Services

**10805 Hickory Ridge Road, Suite 103
Columbia, MD 21044
410-387-2763 / Fax 410-387-2764**

www.liferenewalservices.net

Early Intervention, Outpatient, Intensive Outpatient, Individual and Group Counseling, Adult and minor services.

Insurance: Self-Pay and Medicaid

Lionrock Recovery

**10320 Little Patuxent Parkway, Suite 200
Columbia, MD 21044
800-258-6550**

www.lionrockrecovery.com

info@lionrockrecovery.com

Lionrock Recovery provides substance abuse treatment services designed to meet the unique needs of our clients through intensive outpatient and outpatient treatment programming. Our services include assessment, treatment planning, group and individual therapy, case management, and transition/aftercare. Lionrock recovery also hosts a number of online recovery-oriented support groups through a Telehealth platform, which are open, free of cost, and available to anyone who is in recovery. Adults 18 years and older. Specialized services include treatment for first responders and gender specific treatment.

Martin Counseling & Associates, LLC

**5126 Dorsey Hall Drive, Second Floor
Ellicott City, MD 21042
443-610-2404**

www.martincounselingllc.com

ericamartinllc@gmail.com

Provides comprehensive mental health and substance abuse assessment, evaluation and therapeutic services for adolescents,

adults, and families. Mental health issues, to include: Anxiety Disorders, Mood Disorders, PTSD and Complex PTSD and Dissociative Disorders, Mood Disorders, ADHD, OCD, Conduct Disorders, Attachment Disorders, and related Substance Abuse Disorders. Alternative treatment modalities include, acupuncture, Reiki, reflexology, holistic nursing and holistic medicine.

Maryland Driving School, LLC

**6851 Oak Hall Lane, Suite 201
Columbia, MD 21045
410-381-0770 / Fax 410-312-9273
Espanol 301-585-2232**

<https://mddrivingschool.com/>

DWI Education

Insurance: Self-Pay

Maryland House Detox

Delphi Behavioral Health Group Company

**817 South Camp Meade Road
Linthicum Heights, MD 21090
410-923-6700 – available 24/7
1-844-411-8183**

www.delphihealthgroup.com

www.mhdetox.com

As the only a free-standing detox facility in the state, Maryland House Detox works to provide an essential first step to addiction treatment by creating a secure environment for an effective detox and helping those towards recovery. Provides services for adults 18+.

Insurance: BCBS, United Healthcare, Cigna, Aetna

MPB Group

**6440 Dobbin Road, Suite D
Columbia, MD 21045
410-730-2385**

www.mphhealth.com

Program_director@mpbgroupinc.com

Individual, family and group therapy, PRP (mentoring for youth), psychological and psychiatric evaluations, medication management to children, adolescents, and adults. Offers outpatient services as well as

integrated (substance abuse) treatment services. Home Based Therapy available. 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. We do not offer services related sex offense specific treatment. Insurance: Medicaid, self-pay
Language: Spanish

Sibus Treatment Services

**6170 Hunt Club Road
Elkridge, MD 21075
443-820-3234 / Fax 443-820-3376
www.sibus-mat.com**

A comprehensive, medically assisted opioid treatment program that provides a person-centered culture and tailors treatment for each individual based on his/her personalized needs. Provides Methadone and Buprenorphine.
Insurance: Medicaid, Medicare, and Self-Pay

Silverman Treatment Solutions

**8930 Stanford Boulevard, #M100
Columbia, MD 21045
443-285-0807
www.silvermantreatment.com**

Opioid Maintenance Therapy, Early Intervention, Outpatient, Intensive Outpatient, Ambulatory Detox, Methadone and Buprenorphine. Adult males and females & pregnant females.
Insurance: Self-pay, commercial insurance, Medicaid

My Covenant Place

**10630 Little Patuxent Parkway, Ste 314-D1
Columbia, MD 21044
410-200-9290
<https://mycovenantplace.org/>
Early intervention and DUI/DWI services**

Sheppard Pratt at Way Station, Inc.

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

SUMAT Centers

**6170 Hunt Club Rd,
Elkridge, MD 21075
443-330-3380
<https://sumatcenters.com/>
SUMAT Centers offers individualized outpatient substance use treatment through Buprenorphine-based products, such as Suboxone, Zubsolv, Bunavail, etc, and Naltrexone-based medications. Sublocade and Vivitrol injections are also available.
Insurance: Self-pay, Medicaid, Medicare, and most commercial insurances.**

Therapeutic Connections

**2850 North Ridge Road, Suite 210
Ellicott City, MD 21043
410-203-1649
www.therapeutic-connections.net
DUI Education, Early Intervention, Substance-Related Disorder Assessment and Referral.
Insurance: Self-pay, Medicaid**

SUBSTANCE USE DISORDER TREATMENT ON-LINE RESOURCES

Addiction Resource: Find the Best Drug & Alcohol Rehab Center Near You

www.addictionresource.net / 844-640-0175

All Treatment: Local Teen Rehab Center Locator

www.alltreatment.com/teen-addiction-treatment

Breaking Heroin's Grip: Road to Recovery – Maryland Public Television

www.mpt.org/breakingheroin / 800-422-0009

Bureau of Behavioral Health – Howard County Health Department

www.hchealth.org/gethelp / 410-313-6202

CDC's Guidelines for Prescribing Opioids

www.cdc.gov/drugoverdose/prescribing/guideline.html / 800-232-4635

Local Teen Drug and Alcohol Rehab Center Locator-Gov't Data

www.alltreatment.com/teen-addiction-treatment

Maryland Crisis Hotline

www.suicide.org/hotlines/maryland-suicide-hotlines.html / 800-422-0009

Maryland State Department of Education, Preventing Opioid Use and Abuse

www.marylandpublicschools.org/pages/heroinprevention/index.aspx / 410-767-0100

SAMHSA's Behavioral Health Treatment Services Locator

www.findtreatment.samhsa.gov / 1-800-662-4357

CHILD & ADOLESCENT SERVICES

Advanced Behavioral Health

Intake Coordinator: 301-345-1022

Fax Referrals: 301-560-5558

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

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

Applied Behavioral Mental Health Counseling

**1997 Annapolis Exchange Pkwy, Suite 300
Annapolis, MD 21401**

410-231-7613 / Fax 718-874-0052

www.appliedabc.com

Applied Behavioral Mental Health Counseling provides home based behavioral therapy (ABA) for children and young adults ages 0-21. We strive to provide the best possible clinical techniques for children with ASD (Autistic Spectrum Disorder) and other pervasive developmental disorders. Insurance: Autism services are covered by many insurance policies.

Camp Attaway

Camp Director: Saul Lieberman, Ph.D.

8640 Guilford Road, Suite 220

Columbia, MD 21046

410-730-2633

www.campattaway.org

snliebermanphd@yahoo.com

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

The Care Center – Early Childhood Mental Health Project

410-313-CARE

children@howardcountymd.gov

www.howardcountymd.gov/carecenter

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

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

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

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

Center for Children - Howard County

5103B Dorsey Hall Drive,

Ellicott City MD 21042

240-320-2023

[https://www.center-for-children.org/
info@center-for-children.org](https://www.center-for-children.org/info@center-for-children.org)

The Center for Children offers a wide variety of mental and behavioral health services. We offer more than 19 programs geared toward children and families. Our team of professional clinicians provide comprehensive mental health services including individual and family therapy, play and group therapy, psychological testing and evaluations, and mental health evaluations.

Center for Child and Family Traumatic Stress at Kennedy Krieger Institute

9730 Patuxent Woods Drive

Columbia, MD 21046

443-923-5980 / Fax 443-923-5905

www.KennedyKrieger.org/TraumaticStress

[Center
intaketraumaticstresscenter@kennedykrie
ger.org](mailto:Centerintaketraumaticstresscenter@kennedykrieger.org)

Center for Child and Family Traumatic Stress at Kennedy Krieger Institute provides evidenced-based mental health treatment to children, adolescents and families who have experienced trauma such as physical or sexual abuse, neglect, domestic violence and community violence. The education and training and offered to parents, professionals and community organizations promote greater understanding of the developmental, emotional and behavioral consequences of trauma and communicates

the most effective ways to provide care.

The Center for Child and Family Traumatic Stress is an affiliate member of the National Child Traumatic Stress Network, which is a national resource focused on childhood trauma.

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

Language: Spanish

Collaborative Counseling Center, TMS

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: Carefirst, Aetna, Medicaid, Medicare

Congruent Counseling Services, LLC

10630 Little Patuxent Pkwy, Suite 209

Columbia, MD 21044

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

www.congruentcounseling.com

Congruent Counseling has 40 therapists and counselors on staff, most of whom see children, teens, and families. Treatment is provided at Sykesville, Columbia, Olney,

Glen Burnie and Towson. Visit the website for full list of staff and their specialties. Intensive Outpatient Treatment (IOP) for teens with substance use and mental health issues also provided. Insurance: Most major insurances

Grassroots Crisis Intervention Services Crisis Hotline

1-800-422-0009

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

Holistic Child Psychiatry

Phyllis Heffner, MD

10801 Hickory Ridge Road, Suite 215

Columbia, MD 21046

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

www.holisticchildpsychiatry.com

holisticchildpsychiatrist@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, out of network for all insurance

Howard County Office of Children and Families Services

9830 Patuxent Woods Drive

Columbia, MD 21046

410-313-1940 / Fax 410 313-1430

www.howardcountymd.gov/children

Engaging parents, guardians and caregivers and supporting them in the effort to be their child's best teacher and advocate through direct service, outreach and workshops.

In-Home Intervention Services

Sheppard Pratt,

Child & Adolescent Division

9030 Route 108, Suite A

Columbia, MD 21045

410-740-1901 ext. 7726

Provides outreach and engagement to children/adolescents who are at risk of being removed from their home or who are re-integrating into the home and community from an out of home placement. Time limited (3-6 months) with focus on integrating child and family into existing community treatment and support services.

Integrative Counseling

10630 Little Patuxent Pkwy, Suite 209

Columbia, MD 21044

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

www.Integrative-Counseling.com

Provides Psychological Testing, Outpatient Substance Use treatment and education, DBT Informed Treatment, Girls and Boys Skills/Social Skills Groups, and Psychiatrist/medication management for children and teens.

Kidslines

410-461-1833

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

Kennedy Krieger Institute

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

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

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

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

www.lighthouseplaytherapy.com
mryans@lighthouseplaytherapy.com
smayo@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 – Medicare, Aetna, Cigna, CareFirst BC/BS, Magellan, Beacon Health/ValueOptions

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

**10632 Little Patuxent Parkway, Suite 234
Columbia, MD 21044**

410-730-8267 or 1-888-607-3637

Fax 410-730-8331

www.mdcoalition.org
info@mdcoalition.org

The Maryland Coalition of Families for Children’s Mental Health is a grassroots coalition of family and advocacy organizations dedicated to improving services for children with mental health

needs and their families and building a network of information and support for families across Maryland. Visit our website to learn about Coalition initiatives and browse our online directory of resources.

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

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

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

Milestones Counseling and Consulting Services

**10632 Little Patuxent Parkway, Suite 330
Columbia, MD 21044
443-574-4295 / Fax 443-574-6515**

www.milestonesccs.com
gina@milestonesccs.com

Help clients develop social skills, with mood issues, with distractibility/inattention, with nervous feelings, grief and loss, trauma, and general developmental issues. Experienced clinicians in helping clients with special educational needs including developmental disabilities including those with high functioning autism, intellectual disabilities, and various other learning disabilities and that interfere with learning. Provides individual therapy, family therapy, group therapy, & consulting services. 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: Cognitive Behavioral Therapy (CBT), Family Systems, Solution Focused Brief Therapy (SFBT), Trauma Focused, Play Therapy, & Motivational Interviewing. Insurance: BlueCross BlueShield (BCBS), CareFirst, Magellan, Cigna, Medicare, Out of Network

MSA-The Child and Adolescent Center

**10005 Old Columbia Road, Suite L260
Columbia, MD 21046
443-259-0400 / Toll Free 866-853-4397
Fax 443-259-0044**

MSA is a comprehensive community-based outpatient treatment center servicing patients age 3 thru 21. Services include Psychiatric Intensive Outpatient Program for adolescents and the only children's Intensive Outpatient Program in Maryland. MSA provides traditional outpatient mental health care including psychiatric evaluations and medication management by board certified child/adolescent psychiatrists

along with individual, family and group therapy by licensed therapist.

Insurance: Medicaid, Medicare and most major health insurance plans.

National Family Resiliency Center, Inc.

**10632 Little Patuxent Parkway, Suite 121
Columbia, MD 21044
410-740-9553**

Educational and therapeutic services for children and parents; individual, family and group counseling, educational programs, mediation, child-focused access planning, online Family Connections parenting plan program; volunteer peer counseling, community education, publications, advocacy and professional training and certification.

Newport Academy

**12300 Twinbrook Parkway, #250
Rockville, MD 20852
866-265-5898**

www.newportacademy.com

Provides outpatient and residential programs for adolescents and young adults (ages 12-27) who struggle with mental health conditions and substance use. Day school programs and continuing care programs are also available. Areas of treatment include depression, trauma, anxiety, addiction, suicide, eating disorders, behavioral addictions, and other mental health conditions.

Insurance: call for details

Runaway Switchboard

1-800-621-4000

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

Sandstone Care

**11820 Parklawn Drive, Suite 430
Rockville, MD 20852
301-329-8067**

www.sandstonecare.com

Drug, alcohol, and mental health treatment for teens and young adults. Treatment for mental health concerns include anxiety, depression, trauma, and personality disorders. Continuum of care program is provided; this includes medical detox, young adult residential treatment, or teen residential treatment, young adult day treatment, young adult intensive outpatient (IOP), and therapeutic sober living.

Insurance: Cigna, BlueCross BlueShield, Aetna, Humana, MultiPlan, UnitedHealthcare, United Behavioral Health, Value Options

Soaring Stars Therapy & Learning Center

**10440 Shaker Drive Suite 106
Columbia, Maryland 21046
301-968-0597 / 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: Medicaid

Springboard Community Services – Howard County

**10451 Twin Rivers Road, Suite 100
Columbia, MD 21044**

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

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

Springboard Community Services at the Family Life Center is dedicated to providing high quality mental health, child abuse and elder abuse treatment services to the Howard County community.

Stand-Up HoCo: A Campaign to Prevent Bullying

Stand Up HoCo is a safe way to report:

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

There are two ways to STAND UP:

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

TRANSITION AGE YOUTH (TAY)

Healthy Transition-(HT) Services

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

information or a referral packet.

Maryland Early Intervention Program (EIP)

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

CASE MANAGEMENT/CARE COORDINATION

The goal of case management/care coordination is to help youth and families remain together with substantial community-based services to meet their ongoing needs. Mental Health Case Management services assist individuals by linking them to rehabilitation and treatment services, entitlements/benefits for which they may be eligible, housing, social supports, vocational and educational services. Medicare and private insurances do not pay for case management services. Individuals who are eligible for case management services cannot be receiving case management services from another agency and must be willing to voluntarily agree to participate in case management

services. The child and adolescent care coordination/case management provider is Center for Children, Inc. Call 240-320-2023 or the Howard County Health Department/Bureau of Behavioral Health/LBHA at 410-313-6202. The adult care coordination/case management provider is: Humanim, Inc. 6355 Woodside Court Columbia, MD 21046 410-381-1500 www.humanim.com

ADVOCACY/SUPPORT GROUPS

DBSA (Depression & Bipolar Support Alliance)

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

HC Drug Free

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.

Loyola Clinical Centers TBI Survivors and Family Support Group

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

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

Maryland Coalition of Families for Children's Mental Health (MCF) 10632 Little Patuxent Parkway, Suite 234 Columbia, MD 21044 410-730-8267 or 1-888-607-3637

www.mdcoalition.org
info@mdcoalition.org

The Maryland Coalition of Families for Children's Mental Health is a grassroots coalition of family and advocacy organizations dedicated to improving services for children with mental health needs and their families and building a network of information and support for families across Maryland. Visit our website to learn about Coalition initiatives and browse our online directory of resources. **The Family Navigators Program:** Family Navigators are not lawyers or therapists and do not provide legal representation or counseling. Navigators do not advise families on decisions pertaining to their children but provide support and information to discuss options with families, so they can make the best choices for their children. A Family Navigator can provide:

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

Family Navigators also work in partnership with local agencies and participate on planning and advisory boards to provide a family perspective on policies and programs

for children with special needs. Navigators make every effort to involve many families in leadership roles in their community.

Mental Health Association of Maryland

1301 York Road, Suite 505

Lutherville, MD 21093

443-901-1550 / Fax 443-901-0038

www.mhamd.org

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

NAMI Howard County MD

9650 Santiago Road, Suite 1

Columbia, MD 21045

410-772-9300 / Fax 410-772-9307

www.namihowardcounty.org

info.namihc@gmail.com

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

On Our Own of Howard County, Inc.

6440 Dobbin Road, Suite B

Columbia, MD 21045

410-772-7905 / Fax 410-772-7906

Wellness & Recovery Center: A Wellness & Recovery Center is open at various times on weekdays and weekends and on holidays for county residents who have a behavioral health issue (i.e. mental health or substance

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

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

Parkinson's Disease & Movement Disorders Center of Maryland

8180 Lark Brown Drive, Suite 101

Elkridge, MD 21075

443-831-6350

Parkinson's Support Group meets the third Monday of every month at 7:00 pm.

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

Serenity Center

9650 Basket Ring Road

Columbia, MD 21045-3421

410-884-6088 / Fax 410-884-6099

www.theserenitycentercolumbia.org

info@theserenitycentercolumbia.org

Meeting house for 12-step meetings - Al-Anon, Alcoholics Anonymous, Alcoholics Anonimos, Co-Dependents Anonymous, Narcotics Anonymous, Gamblers Anonymous, Chemically Dependent Anonymous, Nicotine Anonymous, Overeaters Anonymous, Sexaholics Anonymous, Sex and Love Addicts Anonymous, Adult Children of Alcoholics, Alateen, Nar-Anon, Emotions Anonymous. All meetings are open to the public unless otherwise indicated.

BEREAVEMENT SUPPORT RESOURCES

Bereavement Group for Seniors

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

Compassionate Friends - Patapsco Valley

St. John's Episcopal Church

9120 Frederick Road
Ellicott City, MD 21042
410-356-3375

www.tcfpatapscovalley.org
TCF-Barbabra@comcast.net

The mission of The Compassionate Friends (TCF) is to assist families toward the positive resolution of grief following the death of a child of any age, any cause and to provide information to help others be supportive. TCF is a national nonprofit, self-help support organization that offers friendship, understanding, and hope to bereaved parents, grandparents and siblings. Meetings are held on the first Thursday of every month for a support group meeting. There is no religious affiliation and there are no membership dues or fees.

GRASP (Grief Recovery After a Substance Passing)

Howard County Group Chapter
Arielle Sokoll-Ward
www.grasphelp.org
asokol3@umaryland.edu
443-535-5415

GriefShare

www.griefshare.org

Grief recovery support groups and resources.

Gilchrist Hospice of Howard County

5537 Twin Knolls Road
Columbia, MD 21045
410-730-5072

Gilchrist provides grief support in the form of one-on-one counseling, grief support services for children, support groups, workshops, and remembrance events. Grief support is now available through phone and virtual platforms.

The Family Center

4785 Dorsey Hall Drive
Ellicott City
410-531-5087

Individual counseling and bereavement groups.

Howard County General Hospital Chaplaincy Services Department

5755 Cedar Lane
Columbia, MD 21044
410-740-7898

Individual/group counseling support for families of patients who have died in the hospital. Counseling is provided by graduate student interns from Loyola University's pastoral counseling program.

Rising Hope

Howard County General Hospital
5755 Cedar Lane
Columbia, MD 21044
410-740-7845

Grief support for mothers who have experienced still birth or miscarriage.

St. Francis of Assisi Catholic Church

8300 Old Columbia Road

Fulton, MD

410-792-0470

Bereavement support group for adults.

Meets on the 4th Tuesday of every month.

Survivors of Suicide Loss Support Group

Grassroots Crisis Intervention Center

6700 Freetown Road

Columbia, MD 21044

Meets two times per month for those

who have lost a loved one to suicide.

For registration and information

contact Amanda@grassrootscrisis.org

24-HOUR HOTLINES

Grassroots Crisis Hotline

410-531-6677

Provides 24/7 counseling services

Suicide Hotline

1-800-SUICIDE (1-800-784-2433)

or 410-749-9424

Provides counseling for suicide prevention

Youth Crisis Hotline

1-800-422-0009

Crisis intervention, support and referrals

Runaway Hotline

1-800-621-4000

For All Seasons, Inc. Hotline

forallseasonsinc.org/rape-crisis-center

info@forallseasonsinc.org

410-820-5600 (English)

1-800-310-7273 (Toll Free, English)

410-829-6143 (Spanish)

Offers mental health services for children, adolescents, adults, couples, and families with issues related to grief, divorce, domestic violence, abuse, and marital/family problems and dynamics.

Mid-Shore Council on Family Violence

1-800-927-4673

Provides direct services for victims of family violence including a 24-hour hotline, crisis intervention, counseling, support group, emergency shelter, client advocacy, children's program, court accompaniment, information and referral.

Life Crisis Center Hotline

1-800-422-0009 or 410-749-HELP

Provides counseling for victims of domestic or sexual assault, suicide prevention, support groups, emergency shelter, shelter referral, medical care, and assistance with the process of prosecution.

Homerun Hotline

1-800-HIT-HOME or 1-800-448-4663

Information and referral; staffed by trained listeners.

Maryland State (AIDS) Hotline

1-800-638-6252, 1-800-553-3140 (Hearing Impaired)

Information on testing and other referrals.

Americans with Disabilities Act Hotline

1-800-USA-ABLE

Information on the Americans with Disabilities Act

National Association of Anorexia Nervosa & Associated Disorders

1-847-831-3438

Veterans Crisis Hotline

1-800-273-8255 Press 1.

www.veteranscrisisline.net

Veterans and their loved ones can call, chat online, or send a text message to 838255 to receive confidential support 24/7.

MENTAL HEALTH SERVICES IN THE DETENTION CENTER

Individuals incarcerated at the Howard County Detention Center who are suffering with a mental illness are eligible to receive mental health treatment services from a licensed Mental Health Clinician. Referrals are received through the Medical Services Department of the Detention Center, the Mental Health Authority or the Court system. Case management services are provided to the individual while in the Detention Center and post-discharge to

assist with transition back to the community. Call 410-313-5267 to speak with the Mental Health Clinician who is staff for this Maryland Community Criminal Justice Treatment Project (MCCJTP). The Detention Center Medical Unit also provides a psychologist and psychiatrist to evaluate the mental health needs of incarcerated individuals.

PROGRAMS SERVING THE DEVELOPMENTALLY DISABLED

Developmental Disabilities Administration

**201 W. Preston Street, 4th Floor
Baltimore, MD 21201**

410-767-5600 / 877-4MD-DHMH

The Developmental Disabilities Administration (DDA) has four regional offices throughout the state. DDA is a department under the state agency Department of Health and Mental Hygiene (DHMH).

Howard County residents are part of the Central Maryland Region:
Developmental Disabilities Administration,
Central Maryland Regional Office

1401 Severn Street

Baltimore, MD 21230

410-234-8200 or 1-877-874-2494

eMerge, Inc.

9180 Rumsey Road, Suite D2

Columbia, MD 21045

410-884-4420

Provides assistance to individuals with diverse challenges. Individualized assistance may include support, residential services, transportation, supported employment, vocational programs. State and Federally funded.

The ARC of Howard County

11735 Homewood Road

Ellicott City, MD 21042

410-730-0638

Residential, individual and family support, respite care, vocational and day support for those with developmental disabilities, parenting classes.

Athelas Institute, Inc.

9104 Red Branch Road

Columbia, MD 21045

410-964-1241 / Fax 410-964-3140

Provides a full array of services for individuals with developmental disabilities

Humanim, Inc.

9380 Gerwig Lane

Columbia, MD 21046

410-381-7171/Fax 410-381-2964

www.Humanim.org

info@humanim.org

Provides an array of individualized support services for adults with intellectual and developmental disabilities, including day, vocational, residential, and personal supports.

PROGRAMS SERVING THE HEARING IMPAIRED

Springfield Hospital Center

**6655 Sykesville Road
Sykesville, MD 21784
410-970-7000**

State operated facility for long-term psychiatric services, including inpatient day unit and outpatient services for the deaf/hearing impaired

Gladstone Psychiatry and Wellness

**Lakeview Office Terrace
9841 Broken Land Parkway, Suite 211
Columbia, MD 21046
443-708-5856**

www.gladstonepsych.com

Specializes in Addictions, Adult Psychiatry, Adolescent Psychiatry, Anxiety, ADD/ADHD,

Bipolar Disorder, Depression, OCD, Panic Disorder

Insurance: Blue Cross/Blue Shield, CareFirst, Aetna, and Cigna

Language: Sign Language

Talibah E. Buchanan, Ph.D.

**8720 Georgia Avenue
Silver Spring, MD 20910
301-495-6393**

www.Drtalibahbuchanan.webs.com

Outpatient therapy and psychological testing. Services for children, adolescents, and adults.

Language – American Sign Language

MARYLAND'S COMMITMENT TO VETERANS

Maryland's Commitment to Veterans assist any Maryland resident who has served or is currently serving in the U.S. Armed Services (Active duty, Guard, or Reserve) and their families with access to mental-health and substance-use services. Their trained team is available to connect residents with services through VA Health Services, Department of Health, and other community providers. They also provide: case management, referral services, peer support, suicide prevention, training and education, and phone check-ins through MCV Operation Roll Call.

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

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

Contact Information:

**201 West Preston St
Baltimore, MD 21201
1-877-770-4801**

<https://veterans.health.maryland.gov/Pages/home.aspx>

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

Veterans Affairs – Baltimore Community Referral and Resource Center

M-F 7:00 a.m. - 4:30 p.m. 410-637-3246

The CRRC serves as a hub to combat homelessness among Veterans. These facilities centralize federal and local partners to provide services to homeless and at-risk Veterans. The building includes a Primary Care Clinic, a complete kitchen, laundry and shower facilities as well as a host of other community services.

Veterans Crisis Hotline

1-800-273-8255 Press 1.

www.veteranscrisisline.net

Veterans and their loved ones can call, chat on line, or send a text message to **838255** to receive confidential support 24/7.

VA Maryland Health Care System (includes VA Medical Centers, Community Based Outpatient Clinics and Vet Centers).

1-800-865-2441

www.maryland.va.gov

US Department of Veteran Affairs Homeless Call Center:

1-877-4AID VET

Platoon 22

www.platoon22.org

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

GENERAL COMMUNITY RESOURCES

211 Maryland/United Way Helpline

P.O. Box 1576

Baltimore, MD 21203-1576

Dial 211 or

1-800-492-0618 or 410-685-0525

24-hour toll-free health and human service resource helpline. Information on assistance with utility bills, housing, food and many others. Subscriber to Language Line, which provides interpreters for 140 languages as needed.

Alcoholics Anonymous

410-433-4843

Information about meetings and related services throughout Howard County.

Association of Community Services of Howard County (ACS)

9770 Patuxent Woods Drive, Suite 301

Columbia, MD 21046

410-715-9545

Mission of ACS is to advance human services in Howard County.

Bread of Life Food Pantry

First Baptist Church of Savage

8901 Washington Street

Savage, MD 20763

301-725-3944

Hours of Operation:

Wednesdays 5:30 p.m. - 7:30 p.m.

Saturdays 8:30 a.m. - 10:30 a.m.

Assist families with their immediate food needs.

Brain Injury Association of Maryland

Director, Bryan Pugh

2200 Kernan Drive

Baltimore, MD 21207

1-800-221-6443 or 410-448-2924

www.biamd.org

info@biamd.org

Resource information for individuals with Brain Injury, their family members &

professionals who work with them. No Direct Services.

Howard County Office of Children & Families: CARE Line

9830 Patuxent Woods Drive

Columbia, MD 21046

410-313-2273 / Fax 410-313-1430

www.howardcountymd.gov/children

children@howardcountymd.gov

A free information and referral service to help Howard County families identify needs and link them to agencies, programs and organizations.

Chase Brexton Health Care: Columbia Center

5500 Knoll Drive, Suite 370

Columbia, MD 21045

410-837-2050 x2050 (x4301 en Español)

www.chasebrexton.org

Services and programs include adult primary care; pediatric care; HIV, Hep C, & Infectious Disease care, including free, walk-in HIV testing; transgender primary care (pediatric & adult); dental care (pediatric & adult); behavioral health treatment, social work & outreach services; full-service pharmacy and on-site lab services.

Languages: English, Spanish

Insurance: Medical Assistance, most commercial insurances, sliding fee scale.

Accepts clients that are uninsured or under-insured.

Child Care Resource Center

9830 Patuxent Woods Drive

Columbia, MD 21046

410-313-1940

www.howardcountymd.gov/children

childcare@howardcountymd.gov

Offering resources, training, mentoring and support to current and prospective early care and education professionals with the goal of improving the overall quality of child

care options in the County. Our Resource Room is open to the public and includes on-site access to a laminator, die-cuts and a book-binding machine.

Christ Church Link

Christ Episcopal Church
6800 Oakland Mills Road
Columbia, MD 21045
410-381-9365

www.christchurchcolumbia.org
info@ChristChurchColumbia.org

Information and referral for help with childcare, clothing, food, utilities, employment/job training, housing and immigration issues. Visit website for information on help with eviction, utility turnoff, food, shelter, clothing, prescriptions, job, other emergency needs.

Community Action Council

6751 Columbia Gateway Drive
Columbia, MD 21046
410-313-6440

Immediate, short-term assistance to prevent hardship due to lack of food, shelter, fuel or money.

Community Emergency Response Network

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

Consumer Quality Team of Maryland

1301 York Road, Suite 505
Lutherville, MD 21093
443-901-1560 / Fax 443-901-0039
www.cqtm.org

A group of mental health consumers and family members who conduct qualitative

interviews with mental health consumers using the public behavioral health system and report their needs to program management and the funding agency, to obtain real-time solutions.

Coordinated System of Homeless Services

CSHS is comprised of service providers and government agencies which offer resources to households in need, to prevent loss of stable housing or regain housing that has been lost. Financial assistance is available through multiple community partners, households needing additional resources may contact the system's Single Point of Entry for assessment and connection to varying levels of support.

Grassroots crisis hotline: 410-531-6677

Creative Options, Inc.

9411 Philadelphia Road, Suite H
Rosedale, MD 21237

www.creativeoptionsmd.com
MMcCall@CreativeOptionsMD.com

Provides supportive care in housing, employment and leisure activities for youth and adults with intellectual and developmental disabilities. Must be eligible for service funded via the Developmental Disabilities Administration.

Disability Rights MD (formerly MD Disabilities Law Center)

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

The Family Institute

9830 Patuxent Woods Drive
Columbia, MD 21046
410-313-1440 / Fax 410-313-1430

www.howardcountymd.gov/children
children@howardcountymd.gov

A parent education and community outreach program that promotes positive parenting for all ages and stages. The Family Institute offers workshops, information sessions, outreach campaigns, the Parent

Pages newsletter and ReadyRosie access to help parent support the success of their children.

Fish of Howard County, Inc.

P.O. Box 34

Ellicott City, MD 21041

410-964-8660

Provides emergency food, financial assistance, referral information and pharmacy assistance to those in need.

Luminus Network for New Americans

5999 Harpers Farm Road, Suite E-200

Columbia, MD 21044

410-992-1923 / Fax 410 730-0113

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

Formerly called FIRN, Luminus provides services to immigrants, refugees, & other foreign-born individuals, including information and referral for help with jobs, housing, immigration law, health, mental health, crisis intervention and tutoring services.

Languages: Portuguese, Urdu, Punjabi, Farsi & Swedish

Hospice Services of Howard County

5537 Twin Knolls Road, Suite 433

Columbia, MD 21045

410-730-5072

Services to terminally ill Howard County residents and their families. Support services, bereavement programs for children, adolescents and adults.

Howard Community College

Division of Continuing Education

10901 Little Patuxent Parkway

Columbia, MD 21044

410-772-4986

www.howardcc.edu

Credit and Continued Education Courses, ESOL for families, Child Development Center

Howard County Autism Society

9770 Patuxent Woods Drive, Suite 308

Columbia, MD 21046

410-290-3466 / 240-271-7066

www.howard-autism.org

An organization created, inspired and powered by loving parents helping their own children as well as others with autism find their place in this world.

Howard County Dept. of Community Resources and Services

9830 Patuxent Woods Drive

Columbia, MD 21046

410-313-6400

Encompasses the Office on Aging and Independence, Office of Consumer Protection, Disabilities Services and Children and Families Services. Multiple and varied services to many populations, as well as many publications about available resources.

Howard County Dept. of Juvenile Services

3451 Courthouse Drive

Ellicott City, MD 21043

410-480-7878

Howard County Dept. of Social Services

9830 Patuxent Woods Drive

Columbia, MD 21046

410-872-8700

www.dhr.state.md.us

Emergency financial and housing assistance for persons in crisis, child protective services, food stamps, income maintenance, medical assistance, adoption and foster care.

Howard County Division of Rehabilitation Services (DORS)

Columbia Workforce Center

7161 Columbia Gateway Drive, Suite D

Columbia, MD 21046

410-290-2640 / Fax 410-290-2651

www.dors.state.md.us

Assist disabled individuals to enter or return to the workplace through a comprehensive array of services.

Howard County Food Bank/Pantry

9385 Gerwig Lane, Suite J

Columbia, MD 21046

410-313-6185

Tue, Wed, Thur 1-4 p.m. Wed 5-8 p.m. (by appt.) Sat 9-12 (by appt.)

Provides emergency food grants to families to ensure families have adequate nutritious food. Eligibility is based on income.

Howard County Health Department

8930 Stanford Boulevard

Columbia, MD 21045

410-313-6300 / Fax 410-313-6306

866-313-6300 Toll free

www.hchealth.org

The following services are provided. For a complete list contact the Health Department:

1. HIV/Pregnancy Tests
2. Adult/Child Immunizations
3. Hearing/Vision Screenings
4. Teen Clinic
5. Blood Pressure/Cholesterol Screening
6. Rabies Clinic
7. Various Cancer Screenings – Colorectal, Skin, Oral, Prostrate, Breast

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

Insurance: Most insurances accepted.

Howard County Information and Referral

3430 Courthouse Drive

Ellicott City, MD 21043

410-313-3000

Howard County government, non-profit.

Howard County Office on Aging and Independence

9830 Patuxent Woods Drive

Columbia, MD 21046

410-313-6410

The Office on Aging and Independence promotes a full and dignified life for older people in Howard County, encouraging their involvement in all aspects of life and recognizing them as a vital force in the community. Some services offered are:

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

Howard County Police: Youth Division

3525 G Ellicott Mills Drive

Ellicott City, MD 21043

410-313-2620

hcpdoutreach@howardcountymd.gov

Twitter @HCPDNews

Instagram @HoCoPolice

Facebook: Howard County Police Department

Next Door: Howard County Police Department

HCPD, Youth Division provides prevention, intervention, suppression, and enforcement on matters pertaining to youth. Services include: First Offender Diversion Program, Runaway Investigation, Explorer Post 1952, Harpers Choice After School Program, PLEDGE Leadership Camps, and various initiatives designed to enhance public safety and community outreach.

Howard County Public Schools

410-313-6696

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

Judy Center

Judith P. Hoyer Early Child Care and Education Center, Cradlerock School
6700 Cradlerock Way
Columbia, MD 21045
410-381-9024

Promotes school readiness through collaboration among community-based agencies and organizations. Fosters a young child's social linguistic and cognitive abilities and provides resources for parents.

Language Line

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

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

Laurel Advocacy and Referral Services

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

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

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

410-313-1917

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

to assure that services are coordinated among local agencies and organizations.

Maryland Community Services Locator (MDCSL)

www.mdcs.org

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

Multi-Service Center, North Laurel - Savage Patuxent Square

9900 Washington Blvd. Suite I
Laurel, MD 20723
410-313-0220

Offers ready access to human services and supports for becoming self-sufficient.

Parents As Teachers

9830 Patuxent Woods Drive
Columbia, MD 21046
410-313-1940/410-313-1430 Fax

www.howardcountymd.gov/children
children@howardcountymd.gov

A home visiting program available to Howard County families with children ages 0-5. Through home visits with certified parent educators and in group meetings, parents discover ways to encourage language development, intellectual growth, social development and motor skills and strengthen their relationship with their child.

Language: Spanish

PFLAG

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

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

Therapeutic Riding Center

**Dr. Helen Tuel, Founding Director
3750 Shady Lane
Glenwood, MD 21738
410-489-5100/410-489-3663 (fax)
www.trrcmd.org
info@trrcmd.org**

Therapeutic and recreational riding for children, adolescents, and adults.
Language: Translation services available

Tough Love

800-705-9980 or 410-442-1853
Support groups for parents experiencing unacceptable or out-of-control behavior from their children. Nominal charge per family.

HOARDING

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

Address Our Mess

2132 Eskow Avenue
Halethorpe, MD 21227
866-575-7455

www.clutterhoardingcleanup.com
info@addressourmess.com

Address Our Mess is a specialty heavy duty cleaning company that specializes in hoarding and clutter cleanup services.

Comprehensive Hoarding Resource Center launched in May 2010 by International OCD Foundation

www.ocfoundation.org/hoarding

Children of Hoarders (COH) – Maryland Chapter

www.childrenofhoarders.com

Link to treatment and remediation resources across the state.

Clutterers Anonymous (CLA)

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

Clutterbusters

15521 Grinnell Terrace
Rockville, MD 20855
1-866-CLUTTER / 301-309-1481

clutterbusters.com

Hands on organizing solutions for hoarders.

Hoarding Cleanup Help/Maryland
hoardingcleanup.com/Maryland

National Association of Professional Organizers

Baltimore Chapter

www.napobaltimore.org
info@napobalitimore.org

Elspeth Bell, Ph.D.

5850 Waterloo Road, Suite 140
Columbia, MD 21045
410-480-8052

www.elspethbellphd.com
ebell@elspethbellphd.com

Hoarding disorder, clutter-related issues, OCD, Anxiety, specific phobias, depression, perfectionism, procrastination, Body Focused Repetitive Behaviors (BFRBs).

Organized! By Romanic

Susan Romanic, Professional Organizer
410-995-0435

www.OrganizedByRomanic.com
sueromanic@gmail.com

Organized! By Romanic has specialized in working with people who hoard since March 2000. She also works with seniors and people with physical challenges that make it difficult to get and stay organized.

Animal Hoarding

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

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

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

Humane Society of the US

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

LEGAL SERVICES

Where to find legal help:

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

PROGRAMS SERVING THE HISPANIC COMMUNITY

Immigrant Behavioral Health Services

Assists people who are foreign-born, live in Howard County, are low-income and do not qualify for services through the behavioral health system. Funds are available to help with the cost of behavioral health evaluations, counseling, and managing medications. Services are available to foreign-born individuals regardless of country origin. Call Heidi Weiss-Beedie at the Howard County Health Department at 410-313-5711 to access services provided by this program.

Spanish Speaking Providers listed in Directory:

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

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

PROGRAMS SERVING THE KOREAN COMMUNITY

Korean Resource Center

410-203-1111

www.ikorean.org

10328 Baltimore National Pike

Ellicott City, MD 21042

The Korean Resource Center provides home health care along with education and training in management of chronic diseases in Korean.

Maryland Access Point

410-313-1234

www.howardcountyaging.org

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

TRANSPORTATION

RTA Mobility

RTA ADA Paratransit: requires 2-part medical certification; person must live within 3/4 mile of a fixed bus route.

1-800-270-9553 for application.

RTA General Paratransit or Curb-to-Curb: service is provided anywhere within Howard County, with trip purposes limited to medical appointments, senior centers, social service agencies, employment and colleges. Service is available Monday through Friday 8:00 AM to 5:00 PM. In addition, service to medical appointments at designated Baltimore City hospitals is available on Mondays, Wednesday, and Fridays. Limit of one round trip per day. Certification required. Advanced reservations required

1-800-270-9553.

Howard County Medical Assistance Transportation Program

Hart to Heart Transportation

1-866-276-9554

Howard County Health Department (MA Healthchoice Transportation Program)

877-577-1050 Option #3

Provides assistance with transportation to and from medical appointments for individuals with Medical Assistance (MA

Neighbor Ride

5570 Sterrett Place, Suite 102

Columbia, MD 21044

410-884-7433

Neighborride.org/wordpress
information@neighborride.org

Neighbor Ride enhances the health and quality of life for Howard County's seniors by providing the comfort and peace of mind of affordable, passenger-focused transportation services through a reliable, volunteer-based system. Clients must be 60 years of age, be Howard County Residents and be mobile. This service can be used for both medical and non-medical trips. Available daily and roundtrip fares range from \$8-\$36; must reserve at least 3 days in advance. Subsidies are available for income-eligible passengers.

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

Name with title:

Address:

Phone:

Fax #:

Website:

Email:

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

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

Insurances Accepted:

Languages Spoken:

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