

Directory

Mental Health Services in Howard County

This Directory is Sponsored
By the Howard County
Mental Health Authority
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Columbia, MD 21045
(410) 313-7350
www.hcmha.org

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

Preface

MISSION STATEMENT

The mission of the Howard County Mental Health Authority is to insure the availability of quality mental health services and provide leadership in the county on mental health issues through education, prevention, community and interagency partnerships to better serve the broader community.

The Howard County Mental Health Authority (HCMHA) is a quasi-public agency that is responsible for planning, developing, and managing publicly funded mental health services in Howard County. HCMHA is pleased to sponsor this updated edition of the “Directory of Mental Health Services in Howard County”. HCMHA hopes this directory will assist the citizens of Howard County in locating needed services in a timely manner. Attempts have been made to include all providers in the public mental health system, as well as private practitioners who provide mental health services but who may or may not be providers in the public mental health system. However, this directory may not include every service or mental health provider in the county. If you are a provider who is not listed in this directory, but who would like to be included in future revisions, please use the [mail-in form](#) located in the back of this directory.

Complaints

The Howard County Mental Health Authority (HCMHA) is interested in hearing any concerns you may have regarding services you receive from the public mental health system. Please contact the HCMHA office at 410-313-7350 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 can not resolve your issue directly with your employer or insurance provider (see page 11).

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 mental 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
- My Folder – provides a private, secure place to keep important information about your health care community support services and WRAP (Wellness Recovery Action Plan).

INTRODUCTION

How to Use This Directory

This Directory is not intended to be an exhaustive, authoritative guide to services. However, we have attempted to include all known resources in the community. We have concentrated on treatment and rehabilitation resources and other major support services that serve individuals whose insurance coverage is from a public entitlement such as Medicare (MC), Medicaid (MA). However, we have included a major section on groups and individuals who serve Howard County, some of which are reimbursable through private health insurance and some offer sliding fee scales. Be aware that changes occur frequently in agencies and organizations, so information included here may be inaccurate or outdated at the time you read this directory. It is best to call and discuss the form of payment needed in advance of your appointment.

This directory can be used to continue a search for assistance through the Community Resources section. The telephone directory, classified pages, your primary care physician, friends, family and/or clergy are potential sources of recommendations for providers.

When to Seek Help

There are many types of mental health care available, ranging from outpatient treatment to inpatient hospitalization. If you do not feel comfortable with the professional you have chosen or to whom you have been referred, it is important to remember that you should discuss concerns with that professional. You always have the right to seek a different helper or a different level of care and should be considered as an equal partner in your treatment.

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

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

INFORMATION ABOUT ENTITLEMENTS

Financial and Income Benefits

Federal Benefits

1. SUPPLEMENTAL SECURITY INCOME (SSI-Title XVI)

This federal government income support is for those who meet the Social Security Administration's requirement for financial need. To be eligible for SSI, a person must be age 65 or older or disabled or blind and have limited resources and income. The age of a person who is blind or disabled makes no difference. A person age 18 or older is considered disabled if a physical or mental impairment or combination of impairments prevents him or her from working and is expected to last at least 12 months or to result in death. A minor child could be eligible for SSI based on a disability. In the state of Maryland, SSI recipients also receive Medicaid (Medical Assistance), which can pay for health care expenses and prescriptions.

2. SOCIAL SECURITY DISABILITY INSURANCE (SSDI-Title II)

This federal government income support is for those who have met eligibility requirements for disability based on their prior work history. Cash benefits are paid to individuals who are unable to work for a year or more because of a disability. Benefits continue until a person is able to work again on a regular basis, and a number of work incentives are available to ease the transition back to work. Disability under the Social Security Administration is based on your inability to work. This means that the individual cannot do work he/she did before the disability occurred and Social Security Administration decides that the individual cannot adjust to other work because of the individual's medical condition(s). An individual can receive SSDI until age 65. Once approved for SSDI, an individual will become eligible for Medicare benefits after two years of receiving SSDI. Historically, Medicare did not cover prescriptions. However, a new federal program has been implemented that provides prescription benefits for individuals on Medicare (see page #10 under Medicare Prescription Drug Plan).

For both federal income programs, there is an application process and the individual must meet several eligibility requirements. You can also access Social Security's web site at www.ssa.gov. The application process begins by contacting the local Social Security office:

Contact Information: Social Security Administration
8865 Stanford Blvd.
Suite 110
Columbia, MD 21045
Business hours are 9:00 a.m. – 4:00 p.m. Monday-Friday
1-800-772-1213

The Social Security Administration will be able to provide information, forms and answer any questions you may have about the application process.

Each federal income program will require the following information in order to process your application quickly:

- a. Original Social Security card and proof of age documents such as a **certified** copy of your birth certificate (no copies accepted).

- b. Medical information including names, addresses and phone numbers of all providers (physicians, hospitals, clinics) that provided treatment to you (medications, laboratory and test results).
- c. List of employers and type of work done during the past 15 years (SSDI).
- d. Copies of previous W-2 forms from any employment (SSDI).
- e. Dates of marriages if your spouse is applying.
- f. Financial assets (bank accounts, stocks, bonds, trust funds, burial contracts, etc.).

It is recommended that the completed application(s) and all accompanying and subsequent documentation be **HAND DELIVERED** to the Social Security office rather than mailed. You will receive a receipt or some documentation from SSA for your records.

The process of determining your disability is the same for SSI and SSDI. The process takes about 120 days and will include consideration of your ability to work in jobs other than the kind you may have done before the disability. For medical determination of the disability, Social Security uses the Disability Determination Services agency in Towson Maryland. If your disability claim is denied or you disagree with any part of the decision, you can appeal the decision. There are four appeal steps:

- Reconsideration
- Hearing
- Appeals Council Review
- Federal Court Action

The Social Security office will help with the paperwork. You have 60 days from the time you receive the SSA denial letter to file an appeal.

Both federal income support programs have a variety of work incentives to encourage individuals with disabilities to re-enter the work force while maintaining their benefits:

- a. The Ticket to Work and Work Incentives Improvement Act of 1999 expands opportunities for people with disabilities who want to work.
- b. Deductions for Work Expenses.
- c. Plans for Achieving Self-Support (PASS), also called "PASS PLANS".
- d. Payments to people in approved vocational rehabilitation programs.

State Benefits

WWW.MARYLANDSAIL.ORG

Services Access and Information Line (SAIL) is a web-based screening/application system that was created to help citizens of Maryland learn about social service programs that are available. Individuals can screen for potential eligibility for programs funded by the Department of Social Services (DSS) as well as complete an application, report changes, complete a redetermination and access community information such as food pantry and shelter locations. The following programs are available on the SAIL website (www.MarylandSAIL.org):

- Food Stamps (FS)
- Temporary Cash Assistance (TCA)
- Temporary Disability Assistance Program (TDAP)
- Medical Assistance (MA)

Maryland Children's Health Program (MCHP)
Medical Assistance Long-Term Care (LTC)
Maryland Energy Assistance Program (MEAP)
Electric Universal Service Program (EUSP)
Child Care Subsidy Program (CCSP)

TDAP – TEMPORARY DISABILITY ASSISTANCE PROGRAM

This program is administered by the state through the Department of Social Services. The Temporary Disability Assistance Program (TDAP), formerly called TEMHA, is available to help low-income, disabled Marylanders with no other resources, to obtain cash, medical, and housing assistance. The program is funded through the State of Maryland to provide help to individuals without dependent children. Eligibility requirements include verifying the disability – a licensed medical practitioner must complete a medical report. TDAP applicants who are disabled for 12 months or more must file an application for Supplemental Security Income (SSI).

TCA – TEMPORARY CASH ASSISTANCE TO FAMILIES WITH DEPENDENT CHILDREN

This program is administered by the state through the Department of Social Services. This time-limited program provides temporary cash assistance to someone with a child six months or older and requires the adult to actively participate in seeking employment and/or participating in job training programs.

SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM (“FOOD STAMPS”)

SNAP is provided to low-income individuals who lack the income needed to purchase food. SNAP is a supplement to a person's current food budget. They are not intended to cover your entire food budget. There are eligibility requirements that must be met in order to apply for SNAP. To apply for TDAP, TCA, MA, or SNAP, an individual must go to the following agency:

Howard County Department of Social Services
7121 Columbia Gateway Drive
Columbia, MD 21046
Phone #: (410) 872 - 8700
www.dhr.state.md.us

Applications are accepted Monday, Tuesday, Thursday and Friday (no Wednesdays)
Hours: 8:00 a.m. – 11:00 a.m. You must sign-in with a representative upon arrival.

ENERGY ASSISTANCE PROGRAMS

The Maryland Energy Assistance Program (MEAP) is a low-income home energy assistance program providing financial assistance in meeting home energy needs during the winter months for income-eligible households. Other services include the Utility Service Protection Program (USPP), the Weatherization Assistance Program (WAP) and the Electric Universal Service Program (EUSP). To apply for any energy assistance programs, go to the following agency:

Community Action Council of Howard County
6751 Columbia Gateway Drive, 2nd Floor
Columbia, MD 21046
410-313-6440

Other services provided: housing (eviction prevention, first month's rent), crisis intervention (information and referral services, emergency assistance for families with children, burial assistance), early-childhood services (Head Start Program, speech and language therapy), Howard County Food Bank.

Outreach: North Laurel – Savage Multi Service Center

Mon-Thurs 11am – 7 pm; Fri 8:30am – 4:30 pm

Patuxent Square

9900 Washington Blvd.

Laurel, MD 20723

410-880-5917

www.cac-hc.org

WIC PROGRAM (WOMEN INFANTS AND CHILDREN)

The WIC program provides services to pregnant women, infants and children under the age of five. The person's nutritional needs are assessed and income is reviewed. This program provides milk, formula, juice, eggs, cheese, cereal, beans and peanut butter to eligible recipients. In order to apply for the program, **an appointment must be scheduled** by calling the following agency:

Howard County Health Department

Ascend One Building

8930 Stanford Boulevard

Columbia, MD 21045

410-313-7510

Health Insurance

MEDICAID (MEDICAL ASSISTANCE)

Medicaid (MA) is a Federal health insurance program for low-income and disabled persons. Medicaid eligibility is determined by the state of Maryland. This program covers hospital, physician, nursing home, prescription drugs and other health and long-term care services. If an individual receives Medical Assistance as the primary insurance, he/she would be able to access the full array of services in the public mental health system as long as the individual meets the established medical necessity criteria for that service. Since July 1997, physical/somatic health care under Medicaid has been administered through a program called HealthChoice. If you receive Medicaid, you will need to select a primary care physician (PCP) who will address your medical needs and who is affiliated with a Managed Care Organization (MCO). The change does not apply to those in nursing homes or who receive both Medicare and Medicaid. The important features of the Medicaid system are:

1. All recipients will have to choose one of the HealthChoice approved Managed Care Organizations (MCO) serving their jurisdiction.
2. Everyone must have a primary care physician (PCP); treatment by a specialist requires a written referral from the primary care physician and the specialist must be with the MCO network.
3. Mental health services are separate from the MCO and do not require the authorization of the MCO. All public mental health services are authorized by an administrative services organization, which is Value Options. If you have any questions regarding publicly funded mental health services, please call the Howard County Mental Health Authority at 410-313-7350.

MEDICAL ASSISTANCE FOR FAMILIES

Beginning July 1, 2008, Medical Assistance benefits will be expanded to include comprehensive health care coverage for many more parents and other family members caring for children. Eligibility depends on family size and income. Parents and other family members caring for children can apply to receive free comprehensive health care coverage. Coverage includes:

- Low cost or free prescriptions
- Doctor visits
- Emergency room visits
- Hospital stays
- X-ray and lab services
- And many other services

Families will be able to apply:

- By mail or fax, by printing an application at <http://www.dhmf.state.md.us/ma4families/html/application.htm>,
- Call 1-800-456-8900 to have an application sent to you,
- Online at www.marylandSAIL.org, or
- Contact your Local Health Department or Local Department of Social Services and fill out an application.

For questions or more information call The Medical Assistance Hotline at 1-800-456-8900

Administrative Care Coordination Unit
Pat Nolan, R.N.
Community Health Nurse/Ombudsman
410-313-7323
www.hchealth.org

MEDICARE

Medicare is a federal health insurance program for persons 65 years of age and older, individuals under 65 who receive Social Security Disability Income (SSDI) for 24 months and individuals with End-Stage Renal Disease (permanent kidney failure requiring dialysis or a transplant). There are two health care coverages. Part A is the hospital insurance. Part A provides care in hospitals as an inpatient, critical access hospitals, skilled nursing home facilities, hospice care, and some home health care. Part B is the medical insurance. Part B covers physician services, outpatient hospital care, physical and occupational therapists and some home health care. Part B helps pay for these covered services and supplies when they are medically necessary.

MARYLAND HEALTH CONNECTION

Maryland Health Connection is the state's new health insurance marketplace that will make it easier for Marylanders to shop, compare and enroll in quality health coverage. You can go to Maryland Health Connection to:

- Shop, compare and enroll in a plan that best meets you and your family's needs
- See if you are eligible for federal tax credits and subsidies to help cover insurance costs
- Check eligibility for public health programs, such as Medicaid and Maryland Children's Health Program (MCHP), for yourself or a family member
- Link to the call center for assistance

If you or your children are currently enrolled in Medicaid, you do not need to do anything. You will be contacted when it is time to renew. In 2014, you can renew your Medicaid coverage through Maryland Health Connection.

By law, under the Affordable Care Act, most people over age 18 must have health insurance beginning in 2014 or pay a fine. If you have Medicaid or Medicare coverage, you meet the requirement.

At Maryland Health Connection, you can see your coverage options, all in one place, with one application. You can compare a wide variety of private health plans and make apples-to-apples comparisons of their costs and coverage, to help decide which one is right for you.

The core benefits that all health plans must offer include:

- Doctor visits
- Hospitalization
- Emergency care
- Maternity care
- Pediatric care

Plans must cover preventive care at no extra cost to you, including flu and pneumonia shots, birth control, routine vaccinations, and cancer screenings such as mammograms and colonoscopies.

Health coverage gives you protection and peace of mind. If you get sick or have an accident, you'll have access to medical care. And starting in 2014, no one can be denied health coverage because of a pre-existing condition.

Go to **MarylandHealthConnection.gov** for more information and sign up for updates.

Consumer Support Center: 1-855-642-8572

Services for the deaf or hard of hearing: 1-855-642-8573

MARYLAND INSURANCE ADMINISTRATION

200 St. Paul Street, Suite 2700

Baltimore, MD 21202

(410) 468-2000

(800) 492-6116

www.mdinsurance.state.md.us

The Maryland Insurance Administration (MIA) is the state agency that regulates the business of insurance in the State of Maryland. If you have a question about insurance or experience a problem, contact the MIA. The MIA provides assistance to consumers, businesses, health care providers (including doctors and hospitals), and producers (agents or brokers) in all areas of insurance, including life, health, disability, automobile, homeowners, and property. The MIA produces consumer guides, rate comparisons and frequently asked questions related to various types of insurance. The MIA can educate you about your rights and investigate written allegations that your insurance carrier, insurance provider (agent or broker), or another entity (engaged in the business of insurance) has violated state law. Violations may include:

- Denying authorization for medically necessary services
- Improperly denying or delaying payment of all or portions of a claim
- Improperly terminating your insurance policy
- Raising your insurance premiums without proper notice or in excess of what the law allows

- Making false statements to you in connection with the sale of insurance or the processing of insurance claims
- Overcharging you for services, including premium finance charges

The MIA can:

- Provide information about different types of insurance plans
- Suggest to you actions or procedures that you may take which may help resolve your insurance problem
- Forward a copy of your complaint to the insurance company, if appropriate
- Obtain information or explanations on your behalf from the insurance company or its representatives. This may involve written and verbal contact with such companies or persons
- Investigate a company's action(s) to determine compliance with state law, regulation and policy contracts
- Take corrective action against a company if it violated a state law, regulation or policy which the MIA enforces.

Prescription Plans

SHIP – SENIOR HEALTH INSURANCE ASSISTANCE PROGRAM

The Howard County Office on Aging 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

MEDICARE PRESCRIPTION DRUG COVERAGE

Beginning in 2006, the Medicare Prescription Drug Coverage program has been provided through Prescription Drug Plans (PDPs). Enrollment is voluntary, but failure to enroll under certain conditions will result in penalties if you enroll at a later date. There are premiums, deductibles and co-pays, as well as a “donut-hole” in coverage. The actual costs depend on the PDP you choose. The list of covered medications known as the formulary also varies depending on the PDP.

The “donut hole” is a coverage gap, where you pay the full cost of drugs during a designated period determined by out of pocket expenses after which Medicare will resume coverage at the 95% level for the remainder of the calendar year. To learn current figures for these costs, and the effects of the Affordable Health Care Act, contact the Office on Aging, SHIP (Senior Health Insurance Program) at 410-313-7391.

Annual Notice of Change letters should be sent by the PDP to all beneficiaries each year, including summary of benefits and formulary for the following calendar year. If you were in a PDP and wished to change, you were required to do so between October 15 and December 7. **IF AT ANY TIME YOU CHANGE PLANS – DO NOT DISENROLL – SIMPLY ENROLL IN YOUR CHOSEN PLAN** and you will automatically be disenrolled from the former plan. **If you disenroll first, you will not be able to enroll in Medicare D again.**

If you currently receive both Medicare/Medicaid benefits you are automatically enrolled, assigned to a Prescription Drug Plan (PDP), and may choose to change to another Prescription Drug Plan (PDP).

Medicare can provide financial assistance through the EXTRA HELP program to help with the cost of premiums, deductibles and co-pays for individuals with income and asset limits. Medicare recipients must apply for this assistance. You will automatically receive EXTRA HELP if you have Medical Assistance, QMB, SLMB, or SSI; no need to apply.

Anyone can contact the Howard County Office on Aging SHIP program at 410-313-7392 or the Social Security Administration at 1-800-772-1213 or www.medicare.gov for information/assistance.

MEDICARE SAVINGS PROGRAMS - ASSISTANCE WITH MEDICARE COSTS

Qualified Medicare Beneficiaries (QMBs)
Specified Low-Income Medicare Beneficiaries (SLMBs)

Individuals receiving Medicare coverage with low income and assets may qualify for assistance through the State Medical Assistance program as follows:

Qualified Medicare Beneficiaries (QMBs) are those people entitled to Medicare A and/or B and have limited income and assets and are not normally eligible for Medicaid. Medicaid will pay the Medicare Part A and/or B premium, deductibles and co-insurance for Medicare covered services.

Specified Low-Income Medicare Beneficiaries (SLMBs): If individuals who are entitled to Medicare Part A meet income/asset requirements, Medicaid will pay their Medicare Part B premium.

Income and asset limits are subject to change. Income limits may include a \$20 disregard of income in determining eligibility.

For specific financial criteria and applications, contact the Howard County Department of Social Services at 410-872-8700, the Howard County Office on Aging at 410-313-7394 or 410-313-5980, www.medicare.gov or www.dhr.state.md.us.

STATE OF MD SENIOR PRESCRIPTION DRUG ASSISTANCE PROGRAM (SPDAP)

The Senior Prescription Drug Assistance Program (SPDAP) is a subsidy program established by the Maryland General Assembly in 2005 to provide financial assistance to moderate-income Maryland residents who are eligible for Medicare and are enrolled in a prescription drug plan.

SPDAP is overseen by the Maryland Health Insurance Plan, which is an independent agency of the State of Maryland and governed by a Board of Directors. Pool Administrators, Inc. administers this program for the Maryland Health Insurance Plan.

Eligibility Requirements

To participate in the Senior Prescription Drug Assistance Program, individuals must meet the following eligibility requirements:

- Show residency in Maryland for at least six months

- Be a Medicare recipient
- Have an income at or below 300% of the Federal Poverty Level

SPDAP will pay up to \$40.00 per month for a member's Medicare Rx prescription drug plan premium, as long as the individual is enrolled in an approved Medicare prescription drug plan or a Medicare Advantage prescription drug plan. There are 56 different prescription benefit plans and Medicare Advantage drug plan options from which to choose.

If the plan you have elected to enroll in is one of the plans that is administering the SPDAP Coverage Gap subsidy your prescription costs during the coverage gap or "doughnut hole" will be 5% co-insurance on the total prescription cost plus the non-formulary drug cost. The remaining cost of your prescription will be covered by, any supplemental coverage offered by your plan, any applicable Federal Drug Discount, with the remainder being paid by SPDAP.

Contact Information Maryland - SPDAP c/o Pool Administrators
 628 Hebron Avenue, Suite 212
 Glastonbury, CT 06033
 1-800-551-5995 – Customer Service
 TTY/TDD 1-800-877-5156 / Fax: 1-800-847-8217
www.marylandspdap.com

MARYLAND MEDBANK PROGRAM

MEDBANK is a non-profit organization dedicated to accessing free prescription drugs for low-income, chronically ill individuals from the world's largest pharmaceutical manufacturers. Many major pharmaceutical companies operate a Patient Assistance Program or PAP, which allows them to provide their drugs free of charge to anyone who meets certain income eligibility requirements. MEDBANK serves as the vital link between the individual and the PAP. To be eligible, you must be low-income and must not be enrolled in any other prescription drug plan. Your physician or other health care professional must make all referrals to the program

Contact Information: MedBank of Maryland, Inc.
 2524 Kirk Avenue
 Baltimore, MD 21218
 410-821-9262 / 1-877-435-7755
www.medbankmd.org

MARYLAND AIDS DRUG ASSISTANCE PROGRAM (MADAP)

This program helps low to moderate income Maryland residents pay for some drugs prescribed to treat HIV/AIDS. There is no co-pay at the pharmacy when using MADAP; however, there may be a monthly participation fee, depending upon the person's income. MADAP eligibility is based on income and household size. MADAP evaluates the income of the applicant, their legal spouse and considers the number of dependent children (under age 18) living with the applicant.

Contact Information: MD Dept. of Health and Mental Hygiene
 AIDS Administration
 500 N. Calvert Street, 5th Floor
 Baltimore, MD 21202
 1-800-205-6308 or 410-767-6535
www.dhmmh.state.md.us/AIDS/treatment/MadapApplication.pdf

DEPARTMENT OF VETERANS AFFAIRS UNIFORM BENEFITS PACKAGE

This package provides health care to veterans, especially prescription drug coverage. The standard enhanced health benefits plan is available to all enrolled veterans. You do not have to have a service-related disability to qualify for benefits.

Contact Information: Department of Veterans Affairs
877-222-8387
www.va.gov/elig

THE FREE MEDICINE PROGRAM

Free Medicine Program assists with finding the appropriate patient assistance program, as well as assists with the necessary paperwork to get started. Once qualified, you will receive medications free of charge. Usually a 90 day supply will be sent to the patient's home and/or most shipments go to the physician's address that is listed on the application. There is a one-time processing fee of \$5.00 charged by Free Medicine Program which is refunded if the medication is not free from the applicable drug manufacturers.

Most drug manufacturers help people in financial need, regardless of their age. However, in order to qualify you need to meet the following three basic requirements:

1. You do not currently have insurance coverage for outpatient prescription medicines
2. Your income is at a level that causes hardship when prescription medicines are purchased at retail price
3. You do not qualify for a government or third party program that provides for prescription medicine coverage.

Contact Information: Free Medicine Program
P.O. Box 630217
Miami, FL 33163-0217
(800) 921-0072
www.freemedicineprogram.com

HCMHA'S INDIGENT PHARMACY PROGRAM

HCMHA has a grant funded program to provide psychiatric medications and required lab work for individuals who receive outpatient treatment services from the public mental health system and who meet the following criteria:

- a) Individual needs to be receiving services within the Public Mental Health System (PMHS)
- b) Individual has no insurance coverage at this time
- c) Physician does not provide samples to the individual for the prescribed medications and/or are not covered by existing retail pharmacy generic low cost programs i.e. Wal-Mart, Target, Giant, etc.
- d) Provider has provided applications for the individuals to apply for insurance programs.
- e) Individual's Medical Assistance number is INACTIVE per Eligibility Verification System (EVS)
- f) Individual's income, if applicable, does not exceed \$20,000/year

- g) Individual is homeless and receiving services from the Route 1 Day Resource Center or the Grassroots Shelter.

A form needs to be completed by the individual's prescribing physician and faxed to the HCMHA offices for approval. HCMHA will then review the form and if it meets criteria for coverage in the indigent pharmacy program will forward the approved form to a participating pharmacy. Individuals need to apply for all programs for which they may be eligible. However this grant funded program provides psychiatric medications for emergency situations to assure that individuals have access to medications while pursuing other alternatives. Individuals with incomes up to \$20,000 are covered by this program.

Contact Information: Howard County Mental Health Authority
9151 Rumsey Road, Suite 150
Columbia, MD 21045
410-313-7350 / 410-313-7374 Fax

PARTNERSHIP FOR PRESCRIPTION ASSISTANCE

1-888-4PPA-NOW / www.pparx.org

The Partnership for Prescription Assistance helps qualifying patients without prescription drug coverage get the medicines they need through the program that is right for them. Many will get their medications free or nearly free.

The Partnership for Prescription Assistance will help you find the program that's right for you, **free of charge**. Remember, **you will never be asked for money** by a PPA Call Center representative, or on the PPA website.

DRUG DISCOUNT CARDS

Free prescription drug discount cards, available through a program sponsored by the National Association of Counties, are now available to Howard County residents at various locations, including senior centers, library branches, health department clinics and at various county government office buildings.

The cards are effective immediately upon receipt. They may be used by all residents regardless of age, income or existing health coverage and offer significant savings for the uninsured and underinsured. In addition, even individuals who currently have prescription coverage through their health care insurance may be able to save money on drugs that are not normally covered under their plans.

Howard County residents may call 877-321-2652 or visit www.naco.org/programs/residents/pages/pdcp.aspx for assistance with the program, which is administered by Caremark. For additional information residents can call 410-313-6400 or visit Howard County's website: www.howardcountymd.gov and click on Prescription Drug Discount Card link from the home page.

DONATED DENTAL SERVICES PROGRAM

Dentists throughout the state have volunteered to provide comprehensive dental care at no charge to people of all ages, who, because of a serious disability of impaired mental and/or physical health, lack adequate income to pay for needed dental care. All patients admitted into the program must have transportation to the dental office and must keep all appointments. The Donated Dental Services Program is unable to provide sedation services for simple procedures, such as x-rays and cleanings. Dental services are provided free of charge to eligible individuals. Call Maryland Foundation of Dentistry for the Handicapped (410) 964-1944 for an application or visit the website at www.mfdh-dds.org.

DOOR TO HEALTHCARE

“Door to Healthcare” streamlines the application process for public health care programs. Individuals complete a single web-based application that will determine eligibility for various state and federally funded programs. Applicants are enrolled in the program for which they are eligible. Interested individuals must go to the Howard County Health Department located at 8930 Stanford Boulevard weekdays between the hours of 8:30 a.m. to 4:30 p.m. to access this program. Individuals must bring a photo identification and either four (4) pay stubs or a recent income tax form as proof of income.

COMMUNITY RESOURCES

Crisis Services

Mobile Crisis Team: 410-531-6677

The Howard County Mobile Crisis Team (MCT) is available free of charge to any Howard County resident or individual present in Howard County at the time of a mental health crisis. MCT is a partnership with the Howard County Police Department 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.

Hours of Operation

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

Grassroots Crisis Intervention Center

24 Hour Hotline

410-531-6677

Grassroots, a Crisis Intervention Center, operates a hotline 24 hours a day, 7 days a week. Trained staff are available to provide telephone counseling and free walk-in counseling 24/7. In addition, Grassroots operates the Mobile Crisis Team (MCT) during its hours of operation.

Grassroots Crisis Intervention Center

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.

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.

Hopeworks (Formerly the Domestic Violence Center)

5457 Twin Knolls Road, Suite 310
Columbia, MD 21045
410-997-0304 / 410-997-1397 Fax
410-997-2272 – 24 hour Helpline
www.wearehopeworks.org

Provides comprehensive services to survivors of sexual and domestic violence and their families. Services include: emergency shelter, transitional housing, crisis, short and long term counseling, legal assistance with civil orders of protection and an abuser intervention program. Community education, awareness and prevention programming is also 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 at a local hospital or who require current psychiatric evaluation in order to conduct an admission preauthorization with third party payors.

OUTPATIENT TREATMENT

Mental Health Services and Providers

Outpatient Mental Health Clinics (OMHCs)

Outpatient Mental Health Clinics (OMHCs) are licensed by the state under COMAR 10.21.20. All licensed OMHCs listed below serve individuals in the public mental health system. Most OMHCs also serve individuals who are covered by private health insurance through their employers. Attempts have been made to list those private insurances covered by OMHCs in Howard County. Individuals with private health insurance must call their insurance company and access the mental health benefits and providers affiliated with the insurance company. Individuals ages 65 and older that have Medicare must access providers who accept Medicare as payment for their mental health services. Individuals younger than 65 who have Medical Assistance must receive services from public mental health system providers.

Jewish Community Services of Howard County

10630 Little Patuxent Parkway, Suite 401
Columbia, MD 21044
410-730-4976 / 410-730-9393 Fax
www.jewishhowardcounty.org
Liz Schoen, Director, 410-466-9200
lschoen@jcsbaltimore.org

Individual and couples counseling for adults and older adults to help deal with stress, anxiety, depression, relationships and life transitions. Brief consultations are available for eldercare and life transition planning. Bereavement groups are offered in the spring and fall.

Insurance: Most private insurance plans, Medicare, Medicaid

MPB Group, Inc

The Banneker Building

5840 Banneker Road, Suite 270

Columbia, MD 21044

1-866-371-5933 (toll free) or 443-542-0811

Provides individual, family and group therapy, individual tutoring, therapeutic mentoring, psychological and psychiatric evaluations, medication management to children, adolescents and adults. Services for children and adolescents focus on 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), behavioral issues (oppositional defiant), developmental disabilities (PDD, autism), infant/preschool child therapy, play/therapy and parenting.

Juvenile Sexual Offender Treatment Program:

In an effort to reduce recidivism with this specialized population, MPB Group has developed a multisystemic model of treatment to include assessment, treatment and psychiatric care. The program is individually tailored through assessments of the youth, family and environment. In addition, the program is designed to be cooperative with schools and juvenile facilities. MPB seeks to reduce and prevent maladaptive behavior while successfully re-integrating youth into their communities. Services offered: supportive parenting groups, individual, family and group therapies youth/adolescents.

MSA-The Child and Adolescent Center

10005 Old Columbia Road, Suite L260

Columbia, MD 21046

866-853-4397 (toll free) or 443-259-0400

443-259-0044 Fax

The program specializes in treating children and adolescents that are experiencing crisis. Serves children ages 6 to 8, 9 to 12 and 13 to 18. The program also provides partial hospital and intensive outpatient services. The services include psychiatric evaluations, medication management, crisis intervention, individual, group and family therapy and expressive art therapy. The program serves patients with behavioral health along with chemical dependency problems. Transportation is available.

Insurance - Medicaid, Medicare and most insurance plans.

Sheppard Pratt @ Howard County

Way Station, Inc. (WSI)

9030 Route 108, Suite A

Columbia, MD 21045

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

www.waystationinc.org

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

Language - Some providers are bi-lingual

Insurance – Accepts Medicaid, Medicare, Tri-Care, Blue Cross/Blue Shield.

Sheppard Pratt @ Howard County provides In-Home Therapy for families with children in Howard County. A licensed clinician meets with families for approximately two hours a week in the privacy of the family's home. Clinicians work with children and families to address a variety of areas of concern including (but not limited to): oppositional behaviors, trauma, family conflict, clinically diagnosed issues, behavioral problems, anger, depression, anxiety, ADHD, truancy and loss. This service is billable through Medical Assistance if the individual is eligible, or through direct pay by clients. Contact: Liza Armstrong, Director, Child & Adolescent Services 410-740-1901 x.7726

Group Practices

Group practices are composed of a group of mental health professionals who are licensed to provide outpatient counseling services by their respective professional state licensing Boards. Some group practices listed have individuals who are providers in the public mental health system and therefore accept referrals from the Administrative Services Organization for the state Mental Hygiene Administration (MHA). Please use the contact numbers provided for each group practice to investigate what insurances are accepted and whether they have individuals who are providers for the public mental health system.

Access Counseling Services of Columbia, LLC

5560 Sterrett Place, Suite 201

Columbia, MD 21044

410-995-5555 / 410-995-5556 Fax

Counseling services for children, adults, couples and families for relief from emotional pain and stress caused by depression and anxiety, behavioral problems in children, children struggling in school, problems in communicating with adolescents, out of control adolescent behaviors, problems in a couples relationship, separation and divorce, post-partum difficulties, parent/infant bonding problems, chronic illness, issues related to aging, substance abuse.

Insurance: Major insurances accepted

Arundel Psychological Associates

8940 Route 108, Suite E

Columbia, MD 21045

410-299-5766 / 410-987-4710 Fax

www.apacares.com

Arundel Psychological Associates of Columbia is a comprehensive mental health outpatient practice. Psychotherapy, psychological assessments, neuropsychological assessments, substance abuse counseling and psychiatric services are all available to help clients achieve a sense of happiness and satisfaction. Through years of experience providing quality care, Arundel Psychological has established itself as a leader in quality care.

Boundless Innovations for Holistic Living, LLC

14201 Laurel Park Drive, Suite 22

Laurel, MD 20707

1-877-698-8595

www.bihltoday.com

bihl09@gmail.com

The mental health group practice strives to offer clients traditional and holistic modalities in treating their mental health needs. Services offered are individual/family and group therapy for children, adolescents and adults, Employee Assistance Program Services (EAP), assessment and referrals, crisis intervention, and marriage/couples counseling.

Collaborative Counseling Center

5560 Sterrett Place, Suite 201

Columbia, MD 21044

443-546-4000

www.collaborativecounselingcenter.com

info@collaborativecounselingcenter.com

Dr. Brett Greenberger, Psychiatrist

Emily Greenberger, LCSW-C, Child and Adolescent Therapist

Candace Blasé, LCPAT, Child and Adolescent Family Art Therapist

Emily Love, LCSW-C, Child and Adolescent Therapist

Heather Griner, LCPC, Educational Counselor

Child, adolescent and family mental health services. Individual, group and family counseling, art therapy and cognitive behavioral therapy. Psychiatric services include Diagnostic Evaluation and medication management.

Columbia Counseling Center

5525 T Twin Knolls Road, Suite 327

Columbia, MD 21045

410-992-9149

Counseling-adolescent, adult, child/pediatric, couples, family, geriatrics, individual and group therapy, marital.

Insurance - Most insurance networks accepted.

Columbia Mental Health Resources, Inc

10632 Little Patuxent Parkway, Suite 311-312

Columbia, MD 21044

410-730-6950 or 301-621-4403

410-730-1411 Fax

Treatment for children who have suffered abuse and neglect. Also serves adolescents and adults. Specializes in post-traumatic stress disorder recovery, recreational and play therapy, psychological testing.

Language - French and Japanese

Congruent Counseling Services

10630 Little Patuxent Pkwy, Suite 209

Columbia, MD 21044

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

Congruent Counseling offers individual, family, marital, and group counseling. A psychiatrist is on staff to provide psychiatric evaluations and medication management. Therapists are on staff who specialize in working with children, teens, and adults. A broad range of issues are addressed including depression, anxiety, attention deficit, acting out behaviors, substance use and addictions, marital difficulties, and more.

Insurance: Most insurance plans accepted.

Language: Spanish

Cornerstone Psychological Services

10796 Hickory Ridge Rd

Columbia, MD 21044

410-730-8877 / 410-997-0396 Fax

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

Crossroads Psychological Associates

10784 Hickory Ridge Rd.
Columbia, MD 21044
410-964-0425

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

Language - German, Hebrew and Yiddish

Family and Children's Services of Central Maryland

10451 Twin Rivers Road, Suite 100
Columbia, MD 21044
410-997-3557 / 410-964-1791 Fax
www.fcsmd.org

cladota@fcsmd.org

Family and Children's Services at the Family Life Center is dedicated to providing high quality mental health, child abuse and elder abuse treatment services to the Howard County community.

Integrative Counseling, LLC

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

- 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)
- Intensive Outpatient Program for Addiction and Dual Diagnosis for Teens and Adults
- Anger Management
- Psychiatrists on Staff
- Individual Licensed Therapists

Joshi & Merchant M.D. P.A.

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

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

Insurance: Most insurance accepted as well as Medicare and Medicaid

Martin Counseling and Associates, LLC

5026 Dorsey Hall Drive, Suite 205
Ellicott City, MD 21042
443-610-2404
www.martincounseling.vpweb.com

Comprehensive mental health assessment and evaluation, specializing in the treatment of dual diagnosed clients. A wide variety of mental health issues are addressed to include: anxiety disorders, mood disorders, PTSD, Bipolar disorder, major depressive disorder, ADHD, OCD, conduct disorders, attachment disorders and mood related substance abuse disorders. Though specializing in adolescent and young adult treatment, therapeutic services are available to young children, adults, couples and families.

North Laurel – Savage Multi-Service Center

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

Kennedy Krieger Institute

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

Outpatient clinic provides assessment and treatment of children ages 2-18 with a variety of behavior problems. This includes sleep difficulties, tantrums, toileting issues and noncompliance in very young children, and aggression, parent-child interaction issues, poor social skills and conduct-related problems in school-age youth. The clinic specializes in serving both typically-developing children, as well as those with developmental delays and disabilities, such as autism spectrum disorders and intellectual disability.

Lansdowne Community Mental Health Center

3902 Annapolis Road
Baltimore, MD 21227
410-354-9106

Counseling-family, group and individual therapy, women's issues.
Insurance - Most insurance accepted.

LifePath Counseling Services

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

Offering individual, child, adolescent, and family counseling to patients of all ages. Provide therapy in the areas of personal growth and life changes; relationships/marital issues; parent-child relationships and discipline; anxiety/depression; cognitive-behavior modification and behavioral management; divorce/separation. Specializing in Children's Life Skills Groups in the areas of Social Skills and Peer relationships; ADHD; Aspergers; Grief/Loss; Organizational/Study skills; Divorce/Separation; Anxiety.

National Family Resiliency Center

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

Psychosocial Counseling Associates, Inc.

Stevens Forest Professional Center

9650 Santiago Road

Columbia, MD 21045

443-980-7622 or 202-374-8322

Email: juanamoreland@yahoo.com

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

The Body Image Therapy Center

8940 Old Annapolis Road, Suite E

Columbia, MD 21045

443-602-6515

info@thebodyimagecenter.com

Provides individual, family and group therapy for individuals with eating disorders and body image issues. Provides pre-surgery psychiatric evaluations for bariatric surgery patients as well as post-surgery follow up counseling. Practice serves both adolescents and adults.

The Family Center & Associates

4785 Dorsey Hall Drive, Suite 109

Ellicott City, MD 21042

410-531-5087

Conditions-ADD/ADHD, counseling-adolescent, child/pediatric, couples, family, individual therapy. Also includes pain management/biofeedback training, psychological/psycho-educational assessments, sports counseling and medication management.

The Howard Group, LLC

10760 Hickory Ridge Road, Suite 211

Columbia, MD 21044

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

www.thehowardgroup.info

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

The Maryland Centers for Psychiatry

3454 Ellicott Center Drive, Suite 106

Ellicott City, MD 21043

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

Offers specialized and general mental health services for children, adolescents, and adults with offices in Ellicott City and Annapolis. The Centers consist of multidisciplinary teams who evaluate a wide range of behavioral, learning and emotional problems and then design a program of care emphasizing an integrated approach focusing on the uniqueness of each individual and family. The Centers also offer Neuropsychological Testing.

The Pride Counseling Center

Douglas Chay, LCSW-C, Director

9192 Red Branch Road, Suite 270

Columbia, MD 21045

410-744-4867

info@pridecounseling.net

www.pridecounseling.net

Couples and individual counseling to lesbian, gay, bisexual, transgendered, and questioning (LGBTQ) adults. Common issues include communication problems, frequent arguments, coming out issues, infidelity, depression, anxiety, questioning one's sexual or gender identity and being in a mixed orientation marriage (same-sex attracted, but married to a heterosexual spouse). Weekend and weekday appointments are available.

The Pro Bono Counseling Project

110 West Road, Suite 202

Baltimore, MD 21204

410-825-1001/ 877-323-5800 / 410-825-1388 Fax

www.probonocounseling.org

The Pro Bono Counseling Project is a non-profit organization that was formed in 1991 to provide free mental health care to individuals, families and couples who can not receive care from any other source. The Pro Bono Counseling Project will do its best to accommodate your work schedule, transportation and language needs. Approximately 800 licensed therapists whose offices are located throughout Maryland participate in the Pro Bono Counseling project.

THRIVE Center for ADHD & Comprehensive Mental Health Care

6310 Stevens Forest Road, Suite #100

Columbia, MD 21046

410-740-3240 / 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.

Private Practitioners

The following are practitioners who see individuals in their private practice. Some may also be providers in the public mental health system, which will be indicated if they accept Medical Assistance.

Psychiatrists

Richard Bacharach, M.D.

4801 Dorsey Hall Drive, Suite 200

Ellicott City, MD 21042

410-715-1180

Enoch Barrios, M.D.

Behavioral Health Associates

10632 Little Patuxent Parkway, Suite 343

Columbia, MD 21044

410-997-7373

Language – Spanish

Manjula Borge, M.D.

8201 Corporate Drive, Suite 500

Landover, MD 20785

301-880-7007

Stephanie Durruthy, MD

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

Language - Spanish

Insurance - Most insurance accepted.

Barbara Eller, MD

10632 Little Patuxent Pkwy, Suite 406
Columbia, MD 21044
410-740-8066 / 410-740-8068 Fax

Psychiatric Evaluation and Medication management with adults 18+

Insurance: most insurance plans

Robert Frieman, MD

10440 Little Patuxent Parkway, Suite 900
Columbia, MD 21044
410-730-0600

Counseling-adult, adolescent and child/pediatric therapy, general psychiatry.

Insurance - No insurance accepted; fee for service.

Kevin Harrison, MD

Maryland Centers for Psychiatry
3454 Ellicott Center Drive
Ellicott City, MD 21043
410-461-3760 / 410-461-0526 Fax
www.marylandpsychcenters.com
kevscohar@verizon.net

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

George C. James, MD

3905 National Drive, Suite 250
Burtonsville, MD 20866
301-421-4233 / 301-421-9551 Fax

Psychiatric evaluation and pharmacological management of depression, anxiety, ADHD, bipolar disorder.

Insurance – Blue Cross/Blue Shield, MDIPA, Aetna, United Health Care

Kim Jones-Fearing, MD

3905 National Drive, Suite 250
Burtonsville, MD 20866
301-421-9112 / 301-421-9551 Fax

Medication management, medication management with psychotherapy.

Insurance – Tricare, APS, MDIPA-Optimum Choice, Choice Care, Value Options, Medical Assistance, Medicare

Chul S. Kwon, MD

2908 Chainita Court

Ellicott City, MD 21042

410-225-8779 / 410-313-9641 Fax

Psychiatry, neuropsychiatry, geriatric psychiatry

Languages - Korean

Insurance - Private insurance, Medicare, Medical Assistance

Other Locations: 827 Linden Avenue, #442

Baltimore MD 21201

410-225-8779

Gordon Livingston, MD

4785 Dorsey Hall Drive, Suite 109

Ellicott City, MD 21042

410-531-5087

Adult and adolescent psychiatry.

Mitchell Mathis, Jr., MD

Columbia Counseling Center

5525 Twin Knolls Road, Suite 327

Columbia, MD 21045

410-992-9149

Insurance – Medicare & Medicaid

Karen Meckler, MD

Stevens Forest Professional Center

9650 Santiago Road, Suite 103

Columbia, MD 21045

410-964-2206

Specializes in eating disorders. Sliding fee scale.

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

Psychologists

Maryland Psychological Association

10025 Governor Warfield Parkway, 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.

Tamara Almote, PsyD

692-B Ritchie Highway, Suite 204

Severna Park, MD 21146

410-315-8015

Conditions-anxiety, depression, counseling-grief, job loss, other specialties include treating relationship/self-esteem issues stemming from history of abuse and mind/body/spirit connection.

Insurance - Alliance, American Psych. Systems, Blue Cross/Blue Shield MD, MAMSI, MDIPA, Medicare, Optimum Choice

K. E. Bailey III, PhD

One Mall North #212

10025 Governor Warfield Parkway

Columbia, MD 21044

410-992-3725

Counseling-couples and adult therapy, pastoral.

Michael Baum, PhD

6438 Tauler Court

Columbia, MD 21045

410-381-7832

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

Samuel Berkowitz, PhD

5036 Dorsey Hall Drive, Suite 104

Ellicott City, MD 21042-7711

410-730-5138

Marital, couples, depression, anxiety, behavior management/modification, cognitive-behavioral, adults only.

Language - Yiddish

Joyce Hamilton Berry, PhD

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, PhD

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

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

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

Robert A. Brown, PhD

10069-4 Windstream Drive
Columbia, MD 21044
410-992-4271

Individual and couples psychotherapy, marital and sexual issues.

Deborah S. Cole, PsyD

8640 Guilford Road, Suite 235
Columbia, MD 21046
301-596-5916 and 410-381-7551 / 410 715-0055 Fax
classicart@verizon.net

Specializing in depression, anxiety, children, adolescents, adults, ADHD, obsessive compulsive disorder (OCD), sexual addiction, 12 steps, trauma and dissociation and helping couples reconnect.

Barbara Medine Deluty, PhD

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

Addictions, trauma, and co-occurring disorders specialist (often dealing with chronic pain and chronic illness and grief associated with these conditions). Court advocacy for addicted individuals. Individual and couples/family therapy with adolescents and adults (including geriatric population).

Alison Dunton, Psy.D

4785 Dorsey Hall Drive, Suite 109
Ellicott City, MD 21042
410-531-5087

Provides therapy to children, adolescents, and families. Specialties include the assessment and treatment of childhood ADHD and behavior modification of pre-school children.

Conducts psychological evaluations to assess for the presence of learning disorders, attention disorders and executive functioning weaknesses and social/emotional problems.

Edward Dworkin, PhD, MPH

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

Conditions-anxiety, mood disorders, counseling-adolescent, adult, couples, divorce, family, and individual therapy, marital. Also practicing with Anita L Dworkin, PhD

Insurance - Most insurance accepted.

Elinor Eden, PhD

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

Conditions-ADD/ADHD, counseling-couples, family and individual therapy, women's issues.

Insurance - American Psych. Systems, Blue Cross/Blue Shield MD, Magellan, Medicare, PHCS, Tri-Care, Value Options

Steve Gaeng, Ph.D.

10784 Hickory Ridge Road
Columbia, MD 21044
410-964-0425

dr.stevegaeng@verizon.net

www.crossroadpsych.net

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

Individual, group and marital therapy with adults.

Glassman Psychological Services

Stephanie K. Glassman, Psy.D.

9881 Broken Land Parkway, Suite 105

Columbia, MD 21046

www.glassmanpsyd.com

410-695-4703

Individual, couples, family and group psychotherapy across the lifespan. Special training in working with trauma, stress and eating disorders.

Insurance – Medicare, Medicaid, APS ComPsyCh, Tricare Standard PPO.

Judy Grados, PsyD

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, PhD

St. John's Professional Center

8394 Governor's Run

Ellicott City, MD 21043-3448

410-750-1119

Provides counseling to individuals and families in **Korean language**.

Marvin Hoss, EdD

11419 Elfstone Way

Columbia, MD 21044

410-964-0373

Family, individual, teen to geriatrics, crisis intervention, depression, stress management.

Don Hudson, PhD

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

Conditions-anxiety, bi-polar disorder, depression, counseling-couples and individual therapy, marital. Specializes in evaluating learning disabilities.

Tina Jenkins, Psy.D.

Advanced Psychological Services
9881 Brokenland Parkway, Suite 105
Columbia, MD 21046
410-381-2874
tinajenkinspsyd@hotmail.com
www.advancedpsychologicalservices.com

Children, teens and adults. Groups: Trauma Victims, DBT for Teens with Eating Disorders, OCD Skills Training, Assertiveness Training. Specializes in trauma disorders, eating disorders, anxiety disorders, mood disorders, personality disorders, substance abuse and addictions, some thought disorders.

Insurance: Medicare, Medicaid, BCBS, Aetna

Bernard Liberman, PhD

2000 Century Plaza, Suite 302
Columbia, MD 21044
410-730-2313 or 410-685-2347

Conditions-anxiety, mood disorders, counseling-adult, couples and individual therapy.

Insurance - Most insurance accepted.

Larry Lynn II, Psy. D, LLC

Crossroads Psychological Associates
10774 Hickory Ridge Road
Columbia, MD 21044
410-992-7288 ext 23

Individual, group and family therapy with children, teens and their families. Psychological testing, including psychoeducational, learning disabilities, reading assessments and evaluations for ADHD, depression and anxiety. Parent and divorce counseling available.

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. **Fluent in Spanish.**

Insurance: Aetna, United Behavioral Health, Kaiser, Tri-Care, Carefirst

Donald Miller, PhD

10534 William Tell Lane
Columbia, MD 21044
410-409-8461

Conditions-ADD/ADHD, counseling-adolescent, adult, child/pediatric couples family, individual and group therapy, hypnotherapy.

Insurance - Alliance, Blue Cross/Blue Shield MD, Magellan, United Behavioral Care

Julie A. Morrison, PsyD

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

Comprehensive psychological evaluations for diagnostic clarification of emotional disorders, ADHD, giftedness, and learning disabilities; individual therapy; school consultation. Claim form provided for insurance reimbursement for those with out of network benefits.

Reginald Nettles, PhD

6217 Ironwood Way
Columbia, MD 21045
410-290-7999 / 443-583-2353
<http://therapists.psychologytoday.com/35214>
r.nettlesphd@gmail.com

Licensed psychologist and American Group Psychotherapy Association Certified Group Psychotherapy. 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.

Harvey M. Rapp, PhD

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

Psychotherapy; psychological testing; ADHD, LD, public school consultant, rehabilitation therapy-Laurel Regional Hospital.

Sheela Reddy, ED.D

10784 Hickory Ridge Road
Columbia, MD 21044
443-964-0425
www.spiritherapy.com / sheela.reddy@crossroadspsych.net

Counseling, Conflict-Resolution, Spiritual Exploration, Corporate Trainings. Individual, group and family counseling for children and adults. Specialized in anxiety, depression, self-esteem issues, codependency, multicultural family issues, social skills and organizational skills training, anger, trauma, domestic violence, sexual abuse, non adversarial divorce resolution, adoption related issues, and school adjustment issues. Eclectic and creative approaches to treatment including imagery, Neuro Linguistic Programming and mediation.

Paul Short, Ph.D

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

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

Harvey Shubert, PhD

10632 Little Patuxent Parkway, Suite 308A
Columbia, MD 21044
410-740-9313

Conditions-anxiety, ADD/ADHD, depression; counseling-adolescent therapy, child/pediatric therapy;
Insurance - Most insurances accepted.

Barbara Siddle, PhD

6691 Cedar Lane
Columbia, MD 21044
410-312-7250

Counseling-adolescent therapy, adult therapy, child/pediatric therapy, couples, family therapy, individual therapy, gay/lesbian/bi-sexual
Insurance - Most insurances accepted.

Melinda Stein, PhD

101 East Chesapeake Avenue, Suite 202
Towson, MD 21286
410-296-7424

Children and adolescents therapy; adult therapy; individual therapy; couples therapy; family therapy; psychological testing and evaluation; depression, anxiety, behavioral problems.

Erin Stoll

4785 Dorsey Hall Drive, Suite 109
Ellicott City, MD 21042
410-531-5087

Specializes in the treatment of anxiety, depression and impulse control disorders, such as trichotillomania. Works with children, adolescents and adults and trained in the treatment of women experiencing difficulties due to infertility.

Kimberly Van-Putten-Gardner, PhD, LGPC, CFLE

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

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

Gail K. Walter, Ph.D.

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.

Stephanie Weiland Knarr PhD, LCMFT

P.O. Box 473
Fulton, MD 20759
301-490-1011 / Fax 301-490-1484
Email: weilandsteph@yahoo.com
www.drstephanieonline.com

Practice is located near 216 and Hwy 29. Licensed marriage and family therapist specializing in the treatment of depression, anxiety, PTSD, and eating disorders in addition to expert marriage counseling and family therapy for children and teens.

Insurance – several major insurance plans.

Scott T. Wolfe, Ph.D.

Associated Center for Therapy, LLC
7120 Minstrel Way, Suite 203
Columbia, MD 21045
410-381-4411

Certified Gottman Method Couples therapist, Bringing Baby Home Certified Gottman Educator. Counseling couples, adults, adolescents and children.

Insurance – Most insurances accepted

Harold Ziesat, PhD and Judy Phibbs, PhD

2000 Century Plaza, Suite 310
Columbia, MD 21044
410-997-1183

Dr. Ziesat - Cognitive behavioral treatment of anxiety disorders, including phobias, panic disorders and obsessive compulsive disorder in adults.

Dr. Phibbs - Diagnostic assessment and psychological treatment of ADHD and anxiety disorders in children.

Insurance - Blue Shield/CareFirst, Value Options, Medicare, MAMSI, Optimum Choice

Social Workers/Licensed Professional Counselors

Arti Abramovitz, LCPC, NCC

Transitions of Hope, LLC
10440 Shaker Drive, #103
Columbia, MD 21046
240-438-5250

www.transitionsofhope.org

Chronic mental illness, substance abuse (co-occurring), trauma, family and child therapy, play therapy, couples, individuals and mediation.

Insurance – MA, Blue Cross/Blue Shield, can get reimbursed from major PPOs.

Nancy Alexander, MSW

10632 Little Patuxent Parkway, Suite 223
Columbia, MD 21044
410-730-8780

Abuse-child, domestic/violence, counseling-child/pediatric, women's issues.

Language - Spanish

Insurance - American Psych. Systems, BC/BS of National Capital Area, Magellan, Medicare

Berni J. Antelman, MSW, LCSW-C

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

Abuse-alcohol/drugs, conditions-developmental, counseling-adolescent, child/pediatric, family, gay/lesbian/bi-sexual and parent/child therapy, parenting.

Insurance – BC/BS, Magellan, Aetna, Cigna, United Behavioral Health, Value Options

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.

Jane Marie Bisco, LCSW-C

5140 Celestial Way
Columbia, MD 21044
410-428-6801 / 410-740-4105 Fax
<http://columbiatherapy.webs.com>

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

Patricia Bohandy, LCSW-C

6106 Edmondson Avenue
Catonsville, MD 21228
410-747-4118

Individual, family and group therapy; relationships and stress management

Insurance - Most insurances accepted.

Jane Charnas, LCSW-C

6131 Triangle Drive
Columbia, MD 21044-4712
410-997-3730

Family, individual, group and couples therapy; adults, marital, sexual dysfunction, general practice.

Lauren Chapman, LCPC

7226 Lee Deforest Drive, Suite 202
Columbia, MD 21046
301-909-8723
www.fairwindcounseling.com

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.

Victoria Cofield-Aber, LCSW-C

5074 Dorsey Hall Drive, Suite 104

Ellicott City, MD 21042

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

Provides assessment and individual, group, and family therapy to children beginning at age 3 and families. School related issues, depression, anxiety and post traumatic stress disorder.

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

Insurance – major insurances, Medicaid

Language – Spanish interpreter, Hindi interpreter

Eugenie Connall, LCPC, NCC, BCETS

5401 Twin Knolls Road, Suite 9

Columbia, MD 21045

410-997-4227 / 202-261-0003 Fax

Specialties ADD/ADHD, trauma, couples therapy, children and adolescents. Provides EMDR for recovery from trauma. Adoption/infertility.

Insurance - Blue Cross/Blue Shield, Magellan Behavioral Health, Aetna, United Behavioral Health, American Psych

Eileen Dewey, LCSW-C

5570 Sterrett Place, Suite 205

Columbia, MD 21044

410-730-1333

Individual, family and group therapy. Specializes in teenage girls, women's issues, parenting, addictions and dual diagnosis.

Mark Donovan, MA, LCPC, LCADC

10630 Little Patuxent Pkwy, Suite 209

Columbia, MD 21044

410-740-8066/68

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.

Dawn Duignan, LCSW-C

3881 Ten Oaks Road, Suite C

Glenelg, MD 21737

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

This private practice provides individual therapy for children, adolescents, families, adults and couples. This therapist has extensive experience working with children and families.

Insurance: some insurance plans.

Kate Emerson, LCSW-C

Strength In Me Counseling, LLC

7226 Lee Deforest Drive, Suite 202

Columbia, MD 21045

410-645-0738

www.StrengthInMeCounseling.com

Serves children and adolescents 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.

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.

Linda Friskey, LCSW-C

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

Overeating, help coping with medical problems, family problems, women's issues, gambling and other addictive problems, LGBTQ specialty. Works with individuals, couples, families, children. General Practice. Bio-psychological and spiritual approach. Works with 12 step programs.

Erin Gilbert, LCSW-C

5570 Sterrett Place, #205
Columbia, MD 21044
410-730-1333 / 410-730-1559
erin@egtherapy.com

Provides individual, family and group therapy to persons aged 12 and older who are coping with an array of issues, including but limited to stress, anxiety, depression and addictions.

Lydia Holloway, LCSW-C

5300 Dorsey Hall Drive
Ellicott City, MD 21042
443-630-9600 / 410-772-3797 Fax

Individual, family and couples therapy, treating an array of issues to include but not limited to anxiety, depression, grief, trauma, relationship issues, etc. **Fluent in Spanish**

Insurance: Most insurances accepted

Tina Hunley, LCPC

Life Support Clinical Counseling Services
1759 Allerford Drive
Hanover, MD 21076
410-980-3163
tinahunley@gmail.com

Provides treatment for children, adolescents and adults in the following areas: Attention Deficit Hyperactivity Disorder, Oppositional Defiant or Conduct Disorder, Physical and/or Sexual Abuse, Parenting, Pre and Post Adoption Issues, Women's Issues, Depression, Anxiety, PTSD, Panic Disorders, Bipolar, Schizophrenia, Substance Abuse, Grief and Loss.

Fees: Medical Assistance

Roberto Huie Jr., LCSW-C

5074 Dorsey Hall Drive, Suite 104
Ellicott City, MD 21042
410-265-5130

Provides psychotherapy for adolescents (16+) and adults. **Fluent in Spanish**

Karen K. Johnson, LCSW-C

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

Child development, school and peer relationships, blended families, parenting, mental health, women's issues.

Marcia Kearly, MSW, LCSW-C

7399 Hopkins Way
Clarksville, MD 21029
301-483-8777

Provides individual, marriage, group and family counseling, mood d/o, panic & anxiety attacks. Adolescent to geriatric. Mediation: separation, divorce, senior mediation.

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.

Razia Kosi, LCSW-C

Counselors Helping (South) Asians/Indians, Inc. (Chai)
5570 Sterrett Place, Suite 205
Columbia, MD 21044
443-615-1355

www.chaicounselors.org **Identified as a Muslim therapist**

Peggy Langley-Wolfe, LCSW-C

Associated Center for Therapy, LLC
7120 Minstrel Way, Suite 203
Columbia, MD 21044
410-381-4411

Bringing Baby Home Certified Gottman Educator. Counseling adults, adolescents, geriatrics, and bereavement psychotherapy

Insurance – most insurance accepted

Rona Levi, LCSW-C

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

Individual, couples and family therapy

Insurance – most insurance accepted

Valerie R. McManus, LCSW-C

Healing Therapies Counseling Services
10451 Shaker Drive, Suite 110
Columbia, MD 21046
410-997-4900 x 212

www.columbiahealingarts.com

Individual therapy, psychosocial evaluation, workshops featuring wellness issues including body image development, self image, post partum depression, abuse and neglect, etc.

Insurance – Carefirst, Aetna, Fiserv

Jadranka Milovanovic, LCPC

10632 Little Patuxent Parkway, Suite 343

Columbia, MD 21044

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

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, Blue Cross/Blue Shield, MHN/Managed Health Network, Magellan Behavior Health.

Languages: Italian, Serbian, Croatian, Bosnian

Sabrina N’Diaye, LCSW-C

2 East Rolling Crossroads, Suite 157

Catonsville, MD 21228

410-277-8928

brihelps@yahoo.com **Identified as a Muslim therapist.**

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

9829 Diversified Lane

Ellicott City, MD 21042

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

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.

Anne Peurasaari, LCSW-C, RN, BCD

5018 Dorsey Hall Drive, Suite 205

Ellicott City, MD 21042

410-992-4940

Dual diagnosis, geriatrics, women's issues, adults, children, adolescent and couples.

Language - German

Insurance - Most insurances accepted.

Elizabeth Pilson, LCSW-C

7120 Minstrel Way, Suite 203

Columbia, MD 21045

410-868-7431

Individual adult and couples therapy. Specializing in improving emotional and physical intimacy issues with self and others by exploring and transforming attachment relationships. Coping with anxiety, grief and loss. Gay, lesbian and bisexual population.

Insurance: Most insurances accepted.

Barbara M. Polonsky, LCSW-C

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

Specializing in interpersonal and family relationships (including parent-child relationships and discipline issues); adolescent and child behavioral issues, anxiety and depression.

Insurance - Some insurances accepted.

Christina Puglisi, LCSW-C

5643 Chelwynd Road
Baltimore, MD 21227
410-733-4702
christinapug@yahoo.com

Works with children and adolescents and their families in a foster care setting, diagnostic setting and school setting. In home services are available. Specializing in behavior problems, anxiety, depression, ADHD, victims of trauma. Compassionate about working with the LGBT community.

Celeste Renninger, LCSW-C, ACSW

9051 Baltimore National Pike, Suite 2B
Ellicott City, MD 21042
410-599-2523

Chronic medical illness, grief/bereavement, family, individual, couples and adult therapy.

Insurance – Blue Cross, Blue Cross/Care First, Medicare, Value Options

Sarah Reynolds, LCSW-C

645 Baltimore-Annapolis Boulevard, Suite 107
Severna Park, MD 21146
410-533-1373

Individual and family therapy to children (10+), adolescents and adults. Specializes in the treatment of trauma for children and adults. Assistance in improving communication patterns, relationships, decrease anger, anxiety and depression, and improve behavioral problems at home and school.

Robert D. Robinson, LCPC

The Family Center
4785 Dorsey Hall Drive, Suite 109
Ellicott City, MD 21042
410-531-5087 / 410-997-1556

Child, adolescent and family counseling specializing in child & adolescent. Anxiety, depression, self esteem, peer relationship issues, school-related problems and abuse issues.

Also counsel individual, adult and couples, as well as teen and adult group therapy.

Dorothy Rodbell, LCSW-C

10541 Catterskill Court
Columbia, MD 21044
410-730-2211
drodbell@verizon.net

Individual and couple therapy for adults who grew up in alcoholic homes (ACOA's).

Insurance – Medical Assistance, Medicare

Stanley Rodbell, LCSW-C

10541 Catterskill Court
Columbia, MD 21044
410-730-2211
srodbell@aol.com

Divorce Mediator – helping couples plan their divorce cooperatively for past 25 years.
Private pay, sliding fee scale can be arranged if necessary.

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.

Sara K. Rubloff, LCSW-C

5054 Dorsey Hall Drive, #105
Ellicott City, MD 21042
410-730-0122
skrubbloff@gmail.com

Adult and adolescent psychotherapy. Couples and family counseling.
Insurance - Most insurances accepted.

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 – CIGNA, APS, Tricare, and MA

Andrew Stanton, LCSW-C

Stevens Forest Professional Center
9650 Santiago Road, Suite 3
Columbia, MD 21045
410-707-1267

Individual, couples and family therapist
Insurance – HMO's & PPO's accepted

Chun-Shin Taylor, LCPC

Christian Counseling Associates
9650 Santiago Road, Suite 101
Columbia, MD 21045
410-995-5587
www.christiancounselingassociates.org

Provide individual, couples, and family counseling **in Korean** as well as children and adolescents with emotional/behavioral issues. Clients are not required to believe or practice the Christian faith, but should realize that the staff do so.

Iris Thomas, LCSW-C, LLC

5060 Dorsey Hall Drive, Suite 204
Ellicott City, MD 21042
410-730-2240 / 410-779-9109 Fax
iris@yourkidscanchange.com

Children, adolescents and young adults (21 and under) with mental health concerns including Generalized Anxiety, Panic, Separation Anxiety, Phobia, OCD, Trichotillomania, Selective Mutism, Depression, ADHD, Oppositional Defiant, Grief and Loss, PTSD. Individual, family and group therapy available after an initial assessment.

Insurance: most insurance companies accepted. **Fluent in Spanish**

Virginia Voight, LCSW-C

St. John's Professional Center
3355 St. John's Lane, Suite F
Ellicott City, MD 21042
410-480-2010

Adults, adolescents, families, couples and group therapies offered.

Insurance – Medicare, BC/BS FEP, DC-BC/BS, CFBCBS MD

Joyce Warner-Burke, LCSW-C

6274 Gay Topaz
Columbia, MD 21045
410-290-8028

Conditions-ADD/ADHD, anxiety, mood disorders; counseling-adolescent & adult therapy

Insurance - Most insurances accepted.

M. Carol Wayda, LCSW-C

5905 Tall Branches Pass
Clarksville, MD 21029
410-531-5769
mcwayda@aol.com

Child and adolescent therapy, family counseling, military and families.

Insurance - Most insurances accepted.

Kelly Whorton LCSW-C

3677 Park Avenue
Ellicott City, MD 21043
443-286-0735

Specializes in play therapy with children w/focus on ADHD, depression, divorce and separation, school problems and anxiety. Family work added as needed.

Insurance - Most insurance plans.

Anger Management

Integrative Counseling, LLC

MA&RS – Men’s Awareness and Recovery System

2911-A Sandy Spring Road

Olney, MD 20832

410-740-8067

Integrative Counseling offers a new treatment program for men charged with interpersonal violence, domestic violence, assault on a loved one or civil protective orders that keep them away from their family.

- Anger Management – 12 weeks
- Parenting Classes – 18 weeks
- Interpersonal Violence Program – 24 weeks
- Substance Abuse or Addiction Education and Treatment
- Individual, Couples or Family Counseling
- Psychiatric medication management.

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.

Optimal Life Solutions

7000 Carroll Avenue, Suite 200

Takoma Park, MD

301-539-9355

getcalm@optimallifesolutions.com

www.optimallifesolutions.com

Anger management classes, individual anger coaching, and general mental health counseling. Anger management classes are 8 hours in length and are held once a month, typically on Sundays. Visit website to register online. Classes are held in Takoma Park office, three blocks from the Takoma Metro.

Mediation

Columbia Mediation

10974 Trotting Ridge Way

Columbia, MD 21044

(410) 997-9755

The Resolution Center

3545 Ellicott Mills Drive

Ellicott City, MD 21043-4544

410-750-2655

The Mediation Center

3355 St. John’s Lane

Ellicott City, MD 21042

(410) 480-1700

Mediation & Conflict Resolution Center

Howard Community College

10901 Little Patuxent Parkway, ELB 336

Columbia, MD 21044

410-772-4620 / www.howardcc.edu.mcrc

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
Phone: 410-938-5252 / Fax: 410-938-5250

Director: Harry Brandt, M.D. / Associate Director: Steven Crawford, M.D.

The Center for Eating Disorders at Sheppard Pratt offers a comprehensive continuum of treatment services for the patient with complex eating disorders. The continuum 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.

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, partial hospitalization (day hospital), and outpatient clinic – all of which incorporate findings of the latest research. Physicians and staff offer comprehensive evaluation and management of patients from preteen to adult.

National Institute of Mental Health

6001 Executive Boulevard
Bethesda, MD 20892
1-866-615-6464
<http://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
<http://www.anad.org/site/anadweb>

National Eating Disorders Association

Informational and Referral Program
603 Stewart Street, Suite 803
Seattle, WA 98101
1-800-931-2237 / <http://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. Branches throughout the state. 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.

Celebrate Recovery

Celebrate Recovery is a Faith-based recovery program that helps people heal from all types of "HURTS, HABITS and HANGUPS" such as child abuse, anger, depression, resentment, abandonment, rape, grief, alcohol addiction, drug addiction, internet pornography co-dependency, domestic violence, trauma, financial recovery.

Maryland State Representative – Jen Campbell
Cross Rhythm Church
1024 East College Parkway
Annapolis, MD 21409
410-349-1661 / celebraterecovery@verizon.net

Howard County – Contact Robert Askew
Glen Mar United Methodist Church
8430 Glen Mar Road
Ellicott City, MD 21043
410-465-4995 / hygoals@msn.com

Celebration Church – Contact Pastor Handel Smith
6080 Forland Garth
Columbia, MD 21045
410-997-2088 / www.wininlife.com

Chaplegate Presbyterian Church
2600 Marriottsville Road
Marriottsville, MD 21104
Carolyn Bateman/410-531-5543
Mike Rallo – Director of Counseling & Mentoring Ministry/410-442-7677

Christian Counseling Associates, Inc.

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

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

Metro Maryland Counseling Center (Christian)

3300 North Ridge Road, Suite 110

Ellicott City, MD 21043

410-750-3330

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

Insurance - Most insurances accepted.

Resources for Family Growth (RFG)

Columbia Baptist Fellowship

5885 Robert Oliver Place

Columbia, MD 21045

410-730-2026

Work with couples in marriage counseling. Other areas of practice include depression, anxiety, stress and parenting.

Safe Harbor Christian Counseling

8200 Old Columbia Road

Fulton, MD 20759

410-992-4075 / 410-569-0094 Fax

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 / 301-490-3827

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

Other Location: Bethel United Methodist Church

6101 Swanson Road

Upper Marlboro, MD 20774

Mood Disorders (Depression/Bipolar), Anxiety Disorders, (Phobias, Panic, PTSD, OCD), Substance Abuse Co-occurring Disorders, Premarital, Couples and Marital Counseling, Mental Illness, Anger and Stress Management issues, Domestic Violence Issues, Parenting Issues, Grief & Loss Issues (Death, Divorce, Abortion), 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, Blue Cross/Blue Shield (Local, National, Federal, Blue), APS Healthcare, EHP, US Healthcare, Tricare, Aetna. Please contact to find out about other insurance plans accepted.

Case Management

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 must have a primary diagnosis of mental illness, cannot be receiving case management services from another agency and must be willing to voluntarily agree to participate in case management services. The mental health case management provider for Howard County is Alliance, Inc. Contact the Howard County Mental Health Authority at 410-313-7350 for more information and a referral packet.

Alliance, Inc.
10632 Little Patuxent Parkway
Building 2000 Suite 131
Columbia, MD 21044
410-992-4994 / 410-992-0180 Fax

Psychiatric Rehabilitation Programs (PRPs)

Psychiatric Rehabilitation Programs (PRPs) are licensed under COMAR 10.21.21. 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. Individuals who do not receive medical assistance, but meet the other two criteria may be authorized for this service by the Howard County Mental Health Authority (HCMHA). HCMHA has limited funds to authorize non-MA PRP services. Therefore, authorization decisions are based on the individual's needs and available funding.

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

Clinical and vocational rehabilitation services to individuals with developmental, neurological and emotional disabilities. Psychosocial day program (licensed PRP) evaluation, skills development, job placement and job support, support groups.

MPB Group, Inc.
5840 Banneker Road, Suite 270
Columbia, MD 21044
410-730-2385 / Fax 866-371-5933
www.mpbhealth.com

MPB Group Inc. a newly state licensed PRP program for youth in Howard County. Through this program, more comprehensive supportive services are offered to the children and families in Howard and neighboring counties of Montgomery, Baltimore, Prince George's counties. Service offered: support of cultural interests, mobility and transportation skills, accessing available entitlements/resources, social skills (natural supports and linkages, participation in community activities), self-care skills (hygiene, grooming, nutrition, dietary planning, self-administration of meds), money management (obtaining and retaining

employment, banking), therapeutic programming which includes behavioral self-management, impulse and mood regulation, anger management, and behavior modification components, and accessibility to on-site psychiatric and therapeutic treatment in our mental health clinic

Client must be a Medicaid recipient between the ages of 3-17, be in active treatment, and referral must come from treating provider (clinician or psychiatrist). We do accept referrals for PRP services of youth receiving therapy from another agency as long as there is agreed upon collaboration of care between agencies.

Contact Program Director Marvin Reese at 410-730-2385 to make a referral

Way Station at Howard County

9030 Route 108, Suite A

Columbia, MD 21045

410-740-8262

www.waystationinc.org

Clinical and vocational rehabilitation services to individuals with psychiatric disabilities.

Provides vocational services that includes job placement, job coaching and on-going support.

Care Connection, Inc.

1215 Annapolis Road, Suite 202

Odenton, MD 21113

410-662-7077 / 410-889-6688 Fax

Provides in-home psychiatric rehabilitation services for people with serious and persistent mental illness. Services include training on daily life skills and community living skills as well as medication monitoring and support in utilizing community resources.

Residential Rehabilitation Programs (RRPs)

Residential Rehabilitation Programs (RRPs) are licensed under COMAR 10.21.22. Presently Howard County has 106 residential beds that are targeted to those individuals served by the public mental 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 Mental Health Authority to assure that the referral meets the criteria for placement. **Individual RRP providers can not authorize residential placements.** Please contact HCMHA at 410-313-7350 for a referral packet.

HCMHA has a Transition-Age Youth (TAY) Initiative that serves young adults between the ages of 18-25 who need residential services. The purpose of 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 mental health system prior to the age of 18.

Humanim, Inc.

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

Residential rehabilitation program and psychiatric rehabilitation program services to individuals 18 years old and older whose ability to live independently is affected by psychiatric disabilities or head injury. Housing, skills training, entitlements assistance, case management, advocacy and crisis intervention.

Prologue

6655 Sykesville Road
Sykesville, MD 21794
410-549-3508

Provides residential rehabilitation services to individuals with psychiatric disabilities who are being discharged from Springfield Hospital. Housing, entitlements assistance and case management are provided.

Way Station, Inc. at Howard County

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

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

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.laurelregionalthospital.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.

Sheppard Pratt at Ellicott City (formerly Taylor Manor Hospital)

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 works to provide 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 (by way of the U.S. Department of Housing and Urban Development) 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 a program 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 a program 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. All applicants must answer these letters. Applicants that do not respond will be removed from the waiting list.

To contact the Howard County Housing (HCH) for an application or if you have questions about the various housing options:

- Address:** Department of Housing and Community Development
6751 Columbia Gateway Drive, 3rd Floor
Columbia, MD 21046
- Email:** hcvhousing@howardcountymd.gov
- Web:** <http://www.howardcountymd.gov/Departments.aspx?ID=2232>
- Phone:** (410) 313 – 6320

Local Homeless Shelter

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

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 (Monday, Thursday, and Saturday – 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.

Resources for Older Adults

The Howard County Mental Health Authority has a Psychogeriatric Coordinator providing free consultation for providers and agencies serving older adults with mental health needs and the community at large. This grant-funded position also provides training for caregivers concerning behavioral management, referral and linkage to mental 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 Howard County Mental Health Authority (HCMHA) at 410-313-7350.

Mental health services specifically geared toward older adults are found within the providers offering mental health services to adults. The Howard County Office on Aging offers many

programs and services that are accessed through Maryland Access Point (MAP) at 410-313-5980 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 Citizen Services/Office on Aging by calling MD Access Point (410-313-5980).

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 (MPA) at 410-313-5980 or www.howardcountymd.gov and click on “seniors”. Check the Case Management section of this directory for mental health case management. Some mental health providers may offer case management pro bono. Many practitioners offer case management/care management services (also see Case Management, page 39). Check with the following:

Office on Aging

6751 Columbia Gateway Drive, Suite 200

Columbia, MD 21046

410-313-5980

www.howardcountymd.gov and click “seniors”

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 410-313-5980 for more information regarding this program.

Adult Evaluation & Review Services (AERS)

6751 Columbia Gateway Drive

Columbia, MD 21045

410-313-5980

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 – contact MD Access Point – 410-313-5980. 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’s Housing Program at 410-313-5980. 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 Mental Health Authority for more information at 410-313-7350.
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 Howard County Office on Aging Program at 410-313-5980.

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 Program at 410-313-5980.

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 age 50 and older are available for those who meet Medicaid Waiver eligibility. There may be an extensive waiting period, therefore you should contact 1-866-417-3480 to be placed on the required “Registry” for this program. For more information on the Medicaid Waiver programs, contact the Howard County Office on Aging, Senior Information and Assistance at 410-313-5980.

SHIP – SENIOR HEALTH INSURANCE ASSISTANCE PROGRAM

The Howard County Office on Aging 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

Mental Health Services in the Detention Center

The Howard County Mental Health Authority has a grant that funds a full-time Mental Health Clinician at the county’s 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 Community Criminal Justice Treatment Project (CCJTP). The Detention Center Medical Unit also provides a psychologist and psychiatrist to evaluate the mental health needs of incarcerated individuals.

Care Giver Resources

Alzheimer’s Association, Maryland Chapter

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

Caregiver Educator

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

Provides or arranges public presentations on aging services, assists with locating resources/publications for the family caregiver and/or referrals to appropriate agency.

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

Caring Transitions

1390 Florence Road
Mount Airy, MD 21771
301-829-3460

www.CaringTransitions.net/MtAiry

Provides services to seniors and their families such as relocation, downsizing and liquidation of assets. Experience with individuals with organization and hoarding issues.

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 MD Access Point)
410-313-5980

Dual Diagnosis

Substance Abuse/Addictions

Publicly funded substance abuse treatment services are available through the county Health Department. The Health Department can provide both in-patient treatment for individuals who do not have insurance coverage and outpatient treatment for any residents of the county at no cost or on a sliding fee scale.

Howard County Bureau of Addictions

Mary Ann Warnke, Director
7178 Columbia Gateway Drive
Columbia, MD 21046
410-313-6202 / 410-313-6212 Fax

State Certified Alcohol and Drug Treatment Programs in Howard County:

Howard County Health Department - Bureau of Addictions

Ascend One Building
8930 Stanford Boulevard
Columbia, MD 21045
410-313-6202 / 410-313-6212 Fax
www.hchealth.org

Services: Outpatient, Intensive Outpatient, Early Intervention, Non-Hospital Detox, buprenorphine maintenance. Population served: Adult males and females, adolescents.

A Better Way Counseling Services

The Chesapeake Building, 9017 Red Branch Road, Suite 204
Columbia, MD 21045
410-730-4500 / 410-730-5119 Fax

Provides outpatient substance abuse program for adults & adolescents. Individual, group and family therapy, state certified program, drunk driving, DWI offenders. Sliding scale fee
Insurance - All insurance that allows out-of-network providers accepted.

Addiction Recovery Services

8950 State Route 108, #235
Columbia, MD 21045
410-964-2771 / 443-812-2758 (cell)
www.arscolumbia.com / ARSColumbia@verizon.net
Population served: Adult males and females

Columbia Addictions Center

5570 Sterrett Place, Suite 205
Columbia, MD 21044
410-730-1333 / 410-730-1559 Fax
www.columbiaaddictions.com
Population served: Adult males and females, adolescents, individual, family, group, marital, addictions, teens at risk and DEAR programs.

Congruent Counseling Services, LLC

10630 Little Patuxent Pkwy, Suite 209
Columbia, MD 21044
410-740-8066 / 410-740-8068 Fax
Population served: Adult males and females, adolescents (13-19).
Language: Spanish

Counseling Resources, Inc.

8388 Court Avenue
Ellicott City, MD 21043
410-461-8662 / 410-480-4744 Fax
Population served: Adult males and females, adolescents
Language - Spanish

Halfway Home

4100 College Avenue, Building #8
Ellicott City, MD 21043
410-313-1458 / 410-313-1449 Fax
Population served: Males over the age of 18. Halfway Home is a residential substance abuse facility funded by the Health Department and operated by Vanguard Services.

Integrative Counseling

10630 Little Patuxent Pkwy, Suite 209
Columbia, MD 21044
410-740-8067 / 410-964-8068 Fax
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

Population served: Opioid dependent adults

Kolmac Clinic

10632 Little Patuxent Pkwy, #410
Columbia, MD 21044
443-276-0556 / 410-313-1449 Fax / 301-589-0255 Admissions

Population served: Adult males & females, adolescents

Latino Mental Health Associates

5570 Sterrett Place, Suite 205
Columbia, MD 21044
301-452-4173 / 410-730-1559 Fax

Population served: Adult males & females, Spanish speaking adults

Martin Counseling and Associates, LLC

5026 Dorsey Hall Drive, Suite 205
Ellicott City, MD 21042
443-610-2404

www.martincounseling.vpweb.com

Comprehensive mental health assessment and evaluation, specializing in the treatment of dual diagnosed clients. Mental health issues addressed include: anxiety disorders, mood disorders, PTSD, Bipolar disorder, major depressive disorder, ADHD, OCD, conduct disorders, attachment disorders and mood related substance abuse disorders. Though specializing in adolescent and young adult treatment, therapeutic services are available to young children, adults, couples and families.

New Horizons Health Services, Inc.

605 Main Street
Laurel, MD 20707
410-483-0134 / 301-483-0137
newhorizonshealth@yahoo.com

Substance abuse treatment for alcohol, Suboxone and Methadone abuse and DWI.
Comprehensive services of group and individual as well as medication support for alcohol, Suboxone and Methadone clients.

Insurance: Medicaid, Private Insurance and Self Pay

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

The Care Center – Early Childhood Mental Health Project

410-313-CARE

children@howardcountymd.gov

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

The CARE Center's behavior specialists work on these issue with the goal of keeping children in care, therefore 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.

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.

Howard County Office of Children's Services

3300 North Ridge Road, Suite 380

Ellicott City, MD 21043

410-313-1940 / 410 313-1430 Fax

www.howardcountymd.gov/children

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

In-Home Intervention Services

Way Station, Inc., Child & Adolescent Division

9030 Route 108, Suite A

Columbia, MD 21045

410-740-1901 x 7726 / 410-740-5453 Fax

This program 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.

Interagency Family Preservation Services

Interagency Family Preservation Services (IFPS) is a community-based, in-home program of last resort for Howard County families who have a child or children who are at imminent risk of being placed outside the home (such as foster care, a residential facility, psychiatric hospitalization, DJS detention). Senior Family Services Workers work in teams of two and serve families in their homes. IFPS is an intensive (minimum of 5 hours of contact per week), short term (six weeks), community-based program. The staff works directly with the family to establish goals based on their specific needs. Areas of focus can range from assisting families to connect with services, teaching life skills, and counseling. There is no charge to families for this service. Contact Claudia Weakland at 410-740-1901 x 7726 for further information.

Kidsline

410-461-1833

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

Kennedy Krieger Institute

9810 Patuxent Woods Drive, Suite C

Columbia, MD 21046

443-923-7508

Provides assessment and treatment to children between the ages of 2 to 18 years with a variety of behavior problems including sleep difficulties, tantrums, toileting issues, poor social skills and conduct related problems. This clinic will specialize 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

7126 Water Oak Road

Elkridge, MD 21075

240-389-2685

www.lighthouseplaytherapy.com

Specializing in working with children, adolescents and families, Lighthouse uses play and talk therapy to treat trauma, anxiety, depression, and ADHD.

MPB Group, Inc

The Banneker Building

5840 Banneker Road, Suite 270

Columbia, MD 21044

1-866-371-5933 (toll free) or 443-542-0811

www.mpbhealth.com

PRP Program for Youth in Howard County: Through this program, more comprehensive supportive services are offered to the children and families in Howard and neighboring counties of Montgomery, Baltimore, Prince George's counties. Service offered: support of cultural interests, mobility and transportation skills, accessing available entitlements /resources, social skills (natural supports and linkages, participation in community activities), self-care skills (hygiene, grooming, nutrition, dietary planning, self-administration of meds), money management (obtaining and retaining employment, banking), therapeutic programming which includes behavioral self-management, impulse and mood regulation, anger management, and behavior modification components, and accessibility to on-site psychiatric and therapeutic treatment in our mental health clinic. Client must be a Medicaid recipient between the ages of 3-17, be in active treatment, and referral must come from treating provider (clinician or psychiatrist). We do accept referrals for PRP services of youth receiving therapy from another agency as long as there is agreed upon collaboration of care between agencies.

Contact Program Director Marvin Reese at 410-730-2385 to make a referral

Juvenile Sexual Offender Treatment Program: In an effort to reduce recidivism with this specialized population, MPB Group has developed a multisystemic model of treatment to include assessment, treatment and psychiatric care. The program is individually tailored through assessments of the youth, family and environment. In addition, the program is designed to be cooperative with schools and juvenile facilities. MPB seeks to reduce and prevent maladaptive behavior while successfully re-integrating youth into their communities. Services offered: supportive parenting groups, individual, family and group therapies youth/adolescents.

MSA-The Child and Adolescent Center

10005 Old Columbia Road, Suite L260

Columbia, MD 21046

866-853-4397 (toll free) or 443-259-0400 / 443-259-0044 Fax

The program specializes in treating children and adolescents that are experiencing crisis. Serves children ages 6 to 8, 9 to 12 and 13 to 18. The program also provides partial hospital and intensive outpatient services. The services include psychiatric evaluations, medication management, crisis intervention, individual, group and family therapy and expressive art therapy. The program serves patients with behavioral health along with chemical dependency problems. Transportation is available.

Insurance - Medicaid, Medicare and most insurance plans.

National Family Resiliency Center, Inc.

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

Educational and therapeutic services for children and parents; individual, family and group counseling, educational programs, mediation, child-focused access planning, online Family Connections parenting plan program; volunteer peer counseling, community education, publications, advocacy and professional training and certification.

Runaway Switchboard

1-800-621-4000

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

Stand-Up HoCo: A Campaign to Prevent Bullying

Stand Up HoCo is a safe way to report:

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

There are two ways to STAND UP:

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

Advocacy/Support Groups

CHADD Parent Support Group

Norbel School
6135 Old Washington Road
Elkridge, MD 21075
410-796-6700

Support group for parents of children with ADHD: 2nd Tues of each month, 7:00-8:30 pm.

DBSA (Depression & Bipolar Support Alliance)

Medical Pavilion at Howard County
10710 Charter Drive, Suite 100
Columbia, MD 21044

dbsahc@aol.com

Contact: Vanessa Jones, Consumer Advocate – 443-995-8351

Provides safe forum for mutual acceptance, understanding, and self-discovery. Rediscover strengths and humor that individuals may have thought he/she had lost. Motivate consumers to follow their treatment plans.

DRADA (Depression and Related Affective Disorders Association)

301-474-7974 (Ann) Columbia

410-730-0019 (John) Columbia

410-799-7742 (Debbie) Ellicott City

410-242-5683 (Penny) Ellicott City

A support group for persons with mood disorders.

Loyola Clinical Centers TBI Survivors and Family Support Group

Loyola University's Columbia Graduate Center

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. The cost is nominal – sliding scale is available. Individual and family therapy is also offered at the center.

Maryland Coalition of Families for Children's Mental Health

10632 Little Patuxent Parkway, Suite 234

Columbia, MD 21044

410-730-8267 or 1-888-607-3637 / 410-730-8331 Fax

email: info@mdcoalition.org / web site: www.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.

Family Navigators

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

711 West 40th Street, Suite 460

Baltimore, MD 21211

410-235-1178 / 443-956-8494

www.mhamd.org

The Mental Health Association of Maryland (MHAM) 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

9151 Rumsey Road, Suite 150

Columbia, MD 21045

410-772-9300 / 410-772-9307 Fax

email: info.namihc@gmail.com

web site: www.nami.org/sites/namihowardcounty

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 / 410-772-7906 Fax

Wellness & Recovery Center: On Our Own of Howard County operates a Wellness & Recovery Center 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 / 410-884-6099 Fax

www.serenitycenter.homestead.com

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

24-Hour Hotlines

Grassroots Crisis Hotline

Provides 24/7 counseling services
410-531-6677

Suicide Hotline

Provides counseling for suicide prevention
1-800-SUICIDE or 410-749-9424

Youth Crisis Hotline

Crisis intervention, support and referrals
1-800-422-0009

For All Seasons, Inc. Hotline

Counseling, advocacy, and education to victims of rape, sexual assault and abuse.
1-800-310-7273

Mid-Shore Council on Family Violence

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.
1-800-927-4673

Life Crisis Center Hotline

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.
1-800-422-0009 or 410-749-HELP

Homerun Hotline

Information and referral; staffed by trained listeners; any issue discussed.
1-800-HIT-HOME or 1-800-448-4663

Maryland State (AIDS) Hotline

Information on testing and other referrals. Monday - Friday 9AM to 5PM (except Holidays).
1-800-638-6252, 1-800-553-3140 (Hearing Impaired)

Americans with Disabilities Act Hotline

Provides information on the Americans with Disabilities Act
1-800-USA-ABLE

National Association of Anorexia Nervosa & Associated Disorders

1-847-831-3438

Financial Assistance for Families National Relief Hotlines:

Child Support Enforcement Hotline: (877-696-6775) For single moms due support, the US Department of Health and Human Services will send a handbook complete with advice and contact numbers.

Child Care Subsidy Hotline: (800-424-2246) When daycare costs are too high, there is help. The National Association of Child Care Resources will help caller find payment assistance programs.

Mortgage Payment Assistance: (800 750-8956) For families falling behind on mortgage payments, this agency will work with a family's mortgage company to arrange a workout plan to catch up missed payments. Counselors will discuss all options available to avoid foreclosure. Agency does not make loans or buy property.

Debt Relief Hotline: (800-453-1738) For families struggling with credit card debt, (typically over \$10,000), relief is available. This agency will contact a family's creditors, reduce payments, interest, and even principal amounts owed. Harassing collections calls will stop.

Student Loan Relief Hotline: (866-836-9168) This agency works for students and graduates who wish to reduce their monthly payments by consolidating. Experts in all options available, counselors will evaluate and seek ways to provide relief. Candidates must have over \$10,000 in Student Loan debt, and be less than 150 days past due.

Tax Relief Hotline: (877-283-8580) Agency works directly with the IRS on behalf of citizens who generally owe over \$10,000 in back taxes. Services include: offers in compromise, payment plans, innocent spouse relief, and garnishment relief. Free consultation.

Free Bankruptcy Advice: (800-379-0985) Families who cannot use other debt solutions may need to speak with an attorney. Families may call for a free conversation to discuss whether debt relief under bankruptcy makes sense for them.

Discount Prescriptions: (800-291-1206) Families can save between 20% and 40% on their prescription medications. No exam needed. National program. No need to make trips to the pharmacy, medication shipped to the home. Call for free information.

Programs Serving the Developmentally Disabled

Developmental Disabilities Administration (DDA)

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).

Patrick Dooley, Acting Director
Development Disabilities Administration
201 W. Preston Street, 4th Floor
Baltimore, MD 21201
410-767-5600 / 877-4MD-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 toll-free 1-877-874-2494

eMerge, Inc.

9180 Rumsey Road, Suite D2
Columbia, MD 21045
410-884-4420

A non-profit organization providing 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 / 410-964-3140 Fax

Provides a full array of services for individuals with developmental disabilities.

Maryland's Commitment to Veterans

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

- Crisis and Emergency Services
- Substance Abuse Services
- Individual, Family and 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: Western: Garrett, Allegany, Frederick, Washington, Montgomery, Central: Baltimore, Baltimore City, Harford, Cecil, Prince George's, Carroll, Howard, Southern: Anne Arundel, St. Mary's, Calvert, Charles, Eastern Shore: Kent, Queen Anne's, Caroline, Talbot, Dorchester, Wicomico, Worcester, Somerset.

Contact Information: 1-877-770-4801 (Monday - Friday 8 a.m. to 4:30 p.m.)

www.veterans.maryland.gov

General Community Resources

Alcoholics Anonymous

410-433-4843

Information about meetings and related services throughout Howard County.

Association of Community Services of Howard County (ACS)

10480 Little Patuxent Parkway, Suite 920

Columbia, MD 21044

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 or 410-448-3541

www.biamd.org / info@biamd.org

Resource information for individuals with Brain Injury, their family members & professionals who work with them. No Direct Services.

Camp Attaway

8640 Guilford Road, Suite 220

Columbia, MD 21046

410-730-2633

www.campattaway.org

Summer day camp for children 7-13 who have been identified as having serious emotional and behavioral disorders. Activities include sports, arts, crafts, swimming, rock-climbing, drama, and games. Staff to child ratio of 1:2. Parent education and support group. Generous scholarship program.

Director: Saul Lieberman, Ph.D., Co-Director: David Cooper, Ph.D.

Chase Brexton Health Services – Columbia Center

5500 Knoll Drive, Suite 370

Columbia, MD 21045

410-884-7831

Services: primary medical care – adults and children, infectious diseases consultations – adults, mental health services – adults.

Public mental health consumers accepted, uninsured, under-insured, MA, sliding scale fees.

Child Care Resource Center

3300 North Ridge Road, Suite 380
Ellicott City, MD 21043
410-313-1940

Websites: www.howardcountymd.gov/ChildCareResourceCenter/ www.mdchildcare.org
childcare@howardcountymd.gov

Free to Howard County residents. Assists parents in locating child care to meet their needs; has computerized listing of the following:

- Registered family child care
- Licensed center-based and school-aged programs
- Certified camps
- Nursery schools
- Head Start programs

Personalized resource and referral counseling available by calling 410-313-1930.

Christ Church Link

Christ Episcopal Church
6800 Oakland Mills Road
Columbia, MD 21045
410-309-9695

www.christchurchlink.com

Information and referral for help with childcare, clothing, food, utilities, employment/job training, housing and immigration issues. The website is full of resource information for those who may need help with: eviction, utility turnoff, food, shelter, clothing, prescriptions, job, other emergency needs.

Howard County Link

Emory United Methodist Church
3799 Church Road
Ellicott City, MD 21043
410-461-8100

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)

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

711 West 40th Street #460
Baltimore, MD 21211
410-235-1314

www.cqtm.org

A group of mental health consumers and family members who conduct qualitative interviews with mental health consumers using the public mental health system, and report their needs to program management and the funding agency, to obtain real-time solutions.

Lisa Farley, L.Ac, M.Ac.

5570 Sterrett Place, Suite 308

Columbia, MD 21044

443-538-2498

www.LisaFarley.com

Acupuncture and Zero Balancing can be effective in helping to relieve stress, a frequent contributing cause to anxiety, depression and other mental health issues. Complementary consult to determine if either of these modalities might work for you.

First Call for Help

United Way of Central MD

P.O. Box 1576

Baltimore, MD 21203-1576

1-800-492-0618 or 410-685-0525

Subscriber to Language Line, which provides interpreters for 140 languages as needed.

Walk-ins accepted at Baltimore office, located at 100 S. Charles Street, 5th Floor, Baltimore, MD 21201, 8:30 - 4:30 weekdays. One can access telephone information and Referral service from any location 24 hours a day.

Fish of Howard County, Inc.

P.O. Box 34

Ellicott City, MD 21041

410-964-8660

Provides emergency food, financial assistance, referral information and pharmacy assistance to those in need.

F.I.R.N. (Foreign-Born Information and Referral Network)

5999 Harpers Farm Road, Suite E-200

Columbia, MD 21044

410-992-1923 / 410 730-0113

www.firnonline.org

Services to immigrants, refugees, and other foreign-born individuals. Information and referral for help with jobs, housing, immigration law, health, mental health, crisis intervention and tutoring services.

Languages - Portuguese, Urdu, Punjabi, Farsi and Swedish

HorizonHelp.org

HorizonHelp.org is a Howard County-specific web-based search tool focusing on health information and services. It is a great first step to find information on county service providers ranging from emergency food information to local support groups.

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, including 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

10280 Old Columbia Road, Suite 215

Columbia, MD 21046

410-290-3466 / 443-977-0513 Cell

www.howard-autism.org

Howard County Department of Citizen Services

6751 Columbia Gateway Drive, Suite 204

Columbia, MD 21046

410-313-6400

Encompasses the Office on Aging, Office of Consumer Affairs, Disabilities Services and Children's Services. Multiple and varied services to many populations, as well as many publications about available resources.

Howard County Department of Juvenile Services

3451 Courthouse Drive

Ellicott City, MD 21043

410-480-7878

Howard County Department of Social Services

7121 Columbia Gateway Drive

Columbia, MD 21046

410-872-8700

www.dhr.state.md.us

Applications are accepted Monday, Tuesday, Thursday and Friday 8:00 – 11 a.m.

1st Weds. Of the month 5:00 – 6:15 p.m. Must sign-in with a representative upon arrival.

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 / 410-290-2651 Fax

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

8920 Route 108, Suite A

Columbia, MD 21045

410-313-6185 / Mon. 1-6 p.m., Tues & Thurs 1 – 4 p.m.

Provides emergency food grants to families to ensure families have adequate nutritious food.

Eligibility is based on income.

Howard County Health Department

Ascend One Building

8930 Stanford Boulevard

Columbia, MD 21045

410-313-6300 / 410-313-6306 Fax / 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
8. Substance Abuse Treatment (see Dual Diagnosis section)

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

6751 Columbia Gateway Drive, Suite 200

Columbia, MD 21046

410-313-6410

The Office on Aging 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)
- Senior Peer Resources: Individuals, Networks, Groups (SPRING)

Howard County Police - Youth Division

3525 G Ellicott Mills Drive
Ellicott City, MD 21043
410-313-2620

Howard County Police Department, Youth Division provides prevention, intervention, suppression, and enforcement on matters pertaining to youth. Services include: First Offender Diversion Program, Runaway Investigation, Explorer Post 1952, Harpers Choice After School Program, PLEDGE Leadership Camps, and various initiatives designed to enhance public safety and community outreach.

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 or 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 / 301-604-7076 Fax

Hours of Operation: Monday evenings 5:00 – 7:30 p.m., M-W-F 9:00 a.m. – 2:00 p.m.

Provides emergency services, including 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 to do so. Also provides services to the homeless, transitional housing.

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

410-313-1917

The Local Children's Board 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 Disabilities Law Center (MDLC)

1500 Union Avenue, Suite 2000

Baltimore, MD 21211

410-727-6352 / 410-727-6389 Fax / 1-800-233-7201 Toll free

Maryland Community Services Locator (MDCSL)

www.mdcsl.org

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

Maryland Mediation Service

10326 Sixpence Circle

Columbia, MD 21044

(410) 997-3961

Mediation for separation and divorce

Physician House Calls

Jeff Katz

115 Roesler Road

Glen Burnie, MD 21060

410-766-8009 / 1-877-788-8770 Toll Free / 410-766-8022 Fax

In-home medical resource. Hours: 9 a.m. to 4 p.m. Monday - Friday, closed from 1-2 pm

PFLAG

7303 Swan Point Way

Columbia, MD 21045

Contact: Colette Roberts

410-290-8292

www.pflagmd.org / Robertscp@aol.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.

Recovery, Inc.

Mrs. Margaret Tuttle

3114 Wisconsin Avenue NW, Apt. 502

Washington DC 20016

202-364-2680

Self-help, non-professional organization offering weekly group meetings to assist in management of nervous symptoms and fears. Call for brochure and location of meetings.

Sheppard Pratt – The Center for Eating Disorders

Sheppard Pratt Health System

6535 North Charles Street

Towson, MD 21204

410-938-5252 / 1-800-627-0330, ext. 5252

Program includes inpatient, day hospital and intensive outpatient services, as well as ongoing outpatient treatment. Services are specifically designed to address the psychiatric

and medical aspects of eating disorders, with a comprehensive array of mental health and consultative medical resources.

Insurance: Participates in most third-party and managed care plans.

Steven Daniel Jeffreys Foundation

5430-F Lynx Lane, Suite 246

Columbia, MD 21044

410-730-3310

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

Tough Love

800-705-9980 or 410-442-1853

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

Hoarding

Comprehensive Hoarding Resource Center – launched in May 2010 by International OCD Foundation <http://www.ocfoundation.org/hoarding/>

Children of Hoarders (COH) – Maryland Chapter –

<http://www.childrenofhoarders.com/MD.php> - exceptionally useful 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).

Hoarding Cleanup Help/Maryland – <http://hoardingcleanup.com/maryland>

National Association of Professional Organizers

Baltimore Chapter

www.napobaltimore.org

info@napobaltimore.org

Organized! By Romanic

Susan Romanic, Professional Organizer

410-995-0435

sueromanic@gmail.com

www.OrganizedByRomanic.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

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

<http://www.asPCA.org/fight-animal-cruelty/animal-hoarding.html>

Humane Society of the US:

http://www.humanesociety.org/issues/abuse_neglect/facts/hoarding.html

Legal Services

Where to find legal help:

- Pro Bono Resource Center of Maryland: probonomd.org
- Maryland Legal Aid: mdlab.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/cpf/attylist.html
- Attorney disciplinary actions: www.courts.state.md.us/attygrievance/sanctions.html

Programs Serving the Hispanic Community

Alianza de la Comunidad

P. O. Box 2813

Columbia, MD 21045

Non-profit organization that identifies and advocates for the needs of Hispanics in Howard County through outreach activities in partnership with agencies dealing with health, housing, social services, education, employment, media and other services. This organization operates a community outreach center at the Cradlerock School located at 6700 Cradlerock Road, Columbia, MD and has funding for mental health services.

Centro do Ayuda (Outreach Center) Tuesday and Thursday, 4 -7 p.m.

Sandra Gutierrez, Community Outreach Coordinator, 443-812-8486

Mental Health Services Grant

Provides limited outpatient mental health treatment for a targeted population who are uninsured, low-income and need a Spanish-speaking therapist. Call the Howard County Mental Health Authority at 410-313-7350 to access services funded by this grant. If a bi-lingual staff person is needed call 410-313-7376.

Spanish Speaking Therapists listed:

Clinical Psychologists: Dayli Marrero, PhD

Clinical Social Workers: Roberto Huie, LCSW-C

A brochure is available in Spanish that identifies various community services and how to access them. Call The Howard County Mental Health Authority at 410-313-7350 if you are interested in obtaining copies.

Programs Serving the Korean Community

Korean Care Line

410-461-1088 / www.koreanlife21.com

The Korean American Community Association of Howard County (KACAH) has established a “care” line staffed by volunteers. The Care Line will provide assistance concerning education, healthcare, interpretation/translation assistance and assistance with other issues such as explaining the cultural differences between the US and their homeland.

Address: 9455 Baltimore National Pike, 2nd Floor
Ellicott City, MD 21042

Successful Young Leaders Program is a youth mentoring program for individuals between 12 and 18. The goal of this program is to help youth understand the cultural differences across generations and to assist youth in building social competency based on the Asset Building Model of the Search Institute.

Korean Resource Center

410-203-1111 / www.ikorean.org

The Korean Resource Center provides home health care along with education and training in management of chronic diseases in Korean.

Address: 3201 Rogers Avenue, Suite 203
Ellicott City, MD 21043

Transportation

HATS

410-313-1921

Provides transportation services to residents of Howard County that have low income, are elderly, and/or have a disability. Must have prior certification through this program. For certification contact:

Riders with Disabilities	410-313-6402
Riders 60 +	410-313-7212
Riders with Low Income	410-313-6440

HOWARD COUNTY HEALTH DEPARTMENT (MA HealthChoice Transportation Program)

410-313-6300

Provides assistance with transportation to and from medical appointments for individuals with Medical Assistance (MA).

Contact: Twila Session, Transportation Coordinator (410) 313-6351

HOWARD COUNTY MENTAL HEALTH AUTHORITY

410-313-7350

HCMHA has grant funds available to assist individuals served by the public mental health system in getting to counseling/outpatient treatment appointments.

HOWARD TRANSIT (HT RIDE)

c/o Corridor Transportation Corporation
312 Marshall Avenue, Suite 104

Laurel, MD 20707-4824
800-270-9553 or (410) 313-1921

Provides curb-to-curb service for individuals with disabilities who can not use existing bus service.

NEIGHBOR RIDE

410-884-7433

This is a service staffed by volunteers for individuals over 65. This service can be used for non-medical trips. Available daily and fares range from \$6-\$10; must reserve at least 3 days in advance.

CHANGES, ADDITIONS, DELETIONS, ADDITIONAL DIRECTORIES

Please forward request for additional directories as well as any additions, corrections or deletions for future directories to the address listed below.

CURRENT LISTING: Name _____

Address _____

Phone # _____

Website _____

EXACTLY AS YOU WOULD LIKE LISTING TO READ:

_____ # of additional copies requesting at \$5.00 per copy.

_____ \$ amount enclosed.

Please mail form to: Howard County Mental Health Authority
9151 Rumsey Road,
Suite 150
Columbia MD 21045

Make checks payable to the *Howard County Mental Health Authority*.

Be sure to include proper address information for mailing.

HOWARD COUNTY MENTAL HEALTH AUTHORITY

9151 Rumsey Road, Suite 150
Columbia, MD 21045

Phone: 410-313-7350
Fax: 410-313-7374

Complaint Report Form

Name of Caller: _____

Date: _____ Time: _____

Location: _____

Phone Number: _____

Provider Affiliation: _____

Specific Complaint: _____

Other persons involved: no yes List Names: _____

CSA Action Plan: _____

Follow-up: Date: _____

Date: _____

Date: _____

HCMHA Staff and Title: _____

cc: Donna Wells – Executive Director
File