

DIRECTORY OF
MENTAL HEALTH
SERVICES IN
HOWARD COUNTY

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Howard County Mental Health Authority

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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.**

PLEASE REPORT ANY ERRORS TO (410) 313-7350 or hcmha@hcmha.org

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 behavioral health system, as well as private practitioners who provide mental health services but who may or may not be providers in the public behavioral 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 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 behavioral 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 cannot resolve your issue directly with your employer or insurance provider.

Network of Care

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

Network of Care for Behavioral Health is an online information site for individuals, families and agencies concerned with 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

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:

Social Security Administration
8865 Stanford Blvd., Suite 110
Columbia, MD 21045
Business hours 9:00 a.m. – 4:00 p.m. M-F
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.).

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.

FINANCIAL AND INCOME BENEFITS / STATE BENEFITS

mydhrbenefits.dhr.state.md.us

On myDHR, customers will be able to apply online for FIA benefits and Energy Assistance and manage their existing Child Support accounts. They can check the status of their applications, report changes and manage their various accounts. The myDHR website also includes links to access online applications for child care subsidies as well as to health care options available on the Maryland Health Connection site.

TDAP – TEMPORARY DISABILITY ASSISTANCE PROGRAM

This program is administered through the Department of Social Services. The Temporary Disability Assistance Program (TDAP) 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 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 accepted M-F 8:00 a.m. – 4:30 p.m. with extended hours 1st and 3rd Tuesday 8 a.m. – 7 p.m. 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 Cty

6751 Columbia Gateway Dr, 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: Howard County Multi Service Center
9900 Washington Blvd., Suite 1
Laurel, MD 20723
410-313-0220

www.cac-hc.org

Walk-ins welcome, appointments available.
M, Tu, Th, Fr 8:30-4:30, Weds 11:00-7:00.

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

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. For more information call 855-288-3667 or visit DortoHealthCare.org

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 behavioral 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 Beacon Health 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 www.marylandhealthconnection.gov
- Call 1-800-456-8900 to have an application sent to you, 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

STATE HEALTH INSURANCE ASSISTANCE PROGRAM

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

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 and Independence, SHIP (Senior Health Insurance Program) at 410-313-7392.

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 and Independence 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 and Independence at 410-313-7392 or 410-313-1234, 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 or be enrolled in a drug prescription plan
- Have an income at or below a designated percentage of the Federal Poverty Level

SPDAP will pay an allowance 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 numerous 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 a designated percentage 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 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.dhmf.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

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 behavioral health system and who meet the following criteria:

- a) Individual needs to be receiving services within the public behavioral health system
- 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
8930 Stanford Boulevard
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.

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.

MCT Hours of Operation

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

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

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 inpatient 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.

CRISIS BEDS

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

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

Historically, Crisis Beds have been funded by the public mental health system and not by private insurance. However, the Howard County Mental Health Authority has received a grant from the Horizon Foundation to cover the cost of Crisis Beds for the county residents who meet the eligibility requirements for this service but do not receive Medical Assistance/Medicaid (MA). This grant will allow HCMHA to gather data on those individuals who need this service but who are not eligible for MA but may be uninsured or covered by private health insurance.

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

Hopeworks (Formerly the Domestic Violence Center)

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

Sheppard Pratt Health System

6501 N. Charles Street
Towson, MD 21204
410-938-5302
Crisis Walk-in Clinic will evaluate individuals of all ages in need of crisis assessment and triage. This service is designed for individuals who require direct admissions to inpatient and day hospital levels of care and who might otherwise be referred to an Emergency Department at a local hospital or who require current psychiatric evaluation.

OUTPATIENT MENTAL HEALTH CLINICS (OMHC)

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 behavioral 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 behavioral 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
410-730-2385

2nd Location:
603 7th Street, #202
Laurel, MD 20707
410-730-2385
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
The program specializes in treating children and adolescents ages 6-18 that are experiencing crisis. 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.

Way Station @ Howard County

Provides In-Home Intervention Services 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 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. Services are paid for through a grant for recipients of Medical Assistance. Contact: Claudia Weakland, Director, Child & Adolescent Services 410-740-1901 x.7726

Time Organization

1215 Annapolis Road, Suite 205
Odenton, MD 21113
443-704-1082 / 410-674-2120 Fax
www.timeorganization.org
referrals@timeorganization.org
Outpatient mental health services include: in home, school based or on site Individual, Family, Couples and Group therapy, psychiatric assessments, medication management, psycho-educational programs: parenting, anger management, social skills, Psychiatric Rehabilitation Services (PRP) for youth and adults, Therapeutic Behavioral Services (TBS), specialized treatment planning, referrals to other supportive services, wrap around services, advocacy.
Insurance: Medicaid

Group Practices

Group practices are composed of a group of mental health professionals who are licensed to provide outpatient counseling services by state licensing Boards. Some group practices listed have individuals who are providers in the public behavioral 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 behavioral health system.

Access Counseling Services of Columbia

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

Advanced Behavioral Health

Karen Ropp, LCSW-C

ABH Clinic Director

301-748-4712

Advanced Behavioral Health offers outpatient behavioral health services in Montgomery, Prince George's, Anne Arundel, and Baltimore counties. ABH serves children and families with a wide range of mental health concerns and emotional issues. The professional staff consists of licensed social workers, nurse practitioners, therapists, and board certified psychiatrists.

Alternative Counseling & Wellness Center

5136 Dorsey Hall Rd

Ellicott City, MD 21042

410-828-0101

info@alternativecounseling.net

www.alternativecounseling.net

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

Insurance: Most insurance.

Anxiety Treatment Center of Maryland

4785 Dorsey Hall Drive, Suite 125

Ellicott City, MD 21042

410-800-7591

www.anxietymaryland.com

info@anxiety-treatment-center.com

Behavioral health clinic offering cognitive and behavioral treatments for anxiety and related disorders. Treats children, adolescents, and adults experiencing problems with: selected mutism, social anxiety, separation anxiety, generalized anxiety, specific phobias, panic, obsessive compulsive disorder, chronic tics or Tourette syndrome, hair-pulling or skin-picking conditions, or depression.

Arundel Psychological Associates

8940 Route 108, Suite E

Columbia, MD 21045

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

www.apacares.com

Psychotherapy, psychological assessments, neuropsychological assessments, substance abuse counseling and psychiatric services are all available to help clients achieve a sense of happiness and satisfaction.

Blake Psychotherapy & Associates

10632 Little Patuxent Parkway, Suite 100

Columbia, MD 21044

410-988-4002 / 410-988-2024 Fax

www.blakepsychotherapy.com

sblake@blakepsychotherapy.com

Outpatient therapy center specializing in Eating Disorders, Addictions, Asperger's, Mood disorders and Trauma. Trained in therapies such as Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), Psychodynamic Therapy, Person Centered Therapy and Short Term Solution Based Counseling. Serves children, adolescents and adults ages 10 and above.

The Body Image Therapy Center

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

info@thebodyimagecenter.com

www.thebodyimagecenter.com

Comprehensive and compassionate care for those with eating disorders, and co-occurring disorders like substance abuse, self-harm behaviors or other destructive habits. Intensive Outpatient Programs (IOP) and Partial Hospitalization Programs (PHP) Specializes in the treatment of binge eating disorder, bulimia and related concerns. Adults 18 and over. Insurance – all commercial insurances. In-network with most of the large companies.

Boundless Innovations for Holistic Living

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,

Owner, Child and Adolescent Psychiatrist

Emily Greenberger, LCSW-C,

Clinical Director, Therapist

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

Columbia Addictions Center

5570 Sterrett Place, Suite 205

Columbia, MD 21044

410-730-1333

www.ColumbiaAddictions.com

cactar@verizon.net

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

Columbia Counseling Center

5525 Twin Knolls Road, Suite 327

Columbia, MD 21045

410-992-9149

www.counselingmaryland.com

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

Columbia Mental Health Resources, Inc

10632 Little Patuxent Parkway, Ste. 311

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. DBT - Dialectic Behavioral

Treatment for teens 12-21.

Insurance: Most insurance plans accepted.

Language: Spanish

Cornerstone Psychological Services

10808 Hickory Ridge Rd

Columbia, MD 21044

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

www.cornerstonepsychology.com

Individual psychotherapy, marital and couples

counseling, group psychotherapy, psychological

assessment, parent training.

Crossroads Psychological Associates

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

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

Language - German, Hebrew and Yiddish

Family and Children's Services of Central Maryland

10451 Twin Rivers Road, Suite 100
Columbia, MD 21044

410-997-3557 / 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.

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. Child bereavement groups.

Focused Solutions, LLC

5570 Sterrett Place, Suite 206

Columbia, MD 21044

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

www.focusedsolution.net

Outpatient counseling services to children, adolescents, and adults.

Insurance – Carefirst, BC/BS, Cigna, United Healthcare, APS, Magellan, InforMed/Conifer, Tricare, Value Options, Medicare, Johns Hopkins Healthcare, Aetna, MHN, Medical Assistance, Multiplan/PHCS.

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.

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); Spanish Language DUI/DWI and Citation Services; Intensive Outpatient Program for Addiction and Dual Diagnosis for Teens and Adults; Parent Support; Relapse Prevention; Anger Management; Marriage/Couples Group; Educational and Psychological Testing; Psychiatrists and a Nurse Practitioner licensed to prescribe medication on Staff; Individual Licensed Therapists

Joshi & Merchant M.D. P.A.

5500 Knoll North Drive, Suite #290

Columbia, MD 21045

301-317-6575

www.docjoshi.com

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

Insurance: Most insurance accepted, Medicare and Medicaid

Kennedy Krieger Institute

9810 Patuxent Woods Drive, Suite C

Columbia, MD 21046

443-923-7508

www.kennedykrieger.org

Outpatient clinic provides assessment and treatment of children ages 2-18 with a variety of behavior problems, including 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.

LifePath Counseling Services

5122 Aver Court

Columbia, MD 21044

410-227-9074

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

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. The Center consists 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.

North Laurel – Savage Multi-Service Center

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

National Family Resiliency Center

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

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).

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 provides free mental health care to individuals, families and couples who cannot 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.

Psychosocial Counseling Associates, Inc.

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

Stanton Psychotherapy

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

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.

TMS NeuroHealth Center

8865 Stanford Boulevard, Suite 121
Columbia, MD 21045
855-755-4867
info@tmsneuro.com

TMS NeuroHealth Centers provide Transcranial Magnetic Stimulation Therapy (TMS Therapy) to patients diagnosed with Major Depressive Disorder who have not experienced satisfactory improvement from antidepressant medication. TMS Therapy can be used in conjunction with medication or as a stand alone treatment, and works by stimulating specific areas of the brain involved in mood regulation. It is FDA-cleared, proven, non-sedating and there are no drug related side effects.

Insurance: Medicare, most insurance plans.

Together Couples Counseling

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

www.togethercouplescounseling.com

Empowering couples, individuals, and families to thrive, even in the face of difficult challenges and circumstances. Professional services offered: couples counseling, pre-marital, discernment, individual and family counseling, infertility, pregnancy and postpartum, adolescent counseling.

Private Practitioners:

Psychiatrists

Richard Bacharach, MD

5450 Knoll North Drive, Suite 100
Columbia, MD 21045
410-715-1180

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

David M. Band, MD

Crossroads Psychological Associates, LLC
10774 Hickory Ridge Road
Columbia, MD 21044
410-992-7288 ext. 25
10774@crossroadspych.net

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

Enoch Barrios, MD

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

Insurance – BC/BS, Carefirst

Language – Spanish

Helen Bellete, MD

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

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

Stephanie Durruthy, MD

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

Language - Spanish

Insurance - Most insurance accepted.

Dr. N. Joseph Gagliardi, M.A., M.D., F.A.A.F.P.

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

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

Brett Greenberger, MD

Child and Adolescent Psychiatrist
Collaborative Counseling Center
5560 Sterrett Place, Suite 201
Columbia, MD 21044
www.collaborativecounselingcenter.com
(443) 546-4000

Kevin Harrison, MD

Maryland Centers for Psychiatry
3454 Ellicott Center Drive, Suite 106
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.

Douglas W. Heinrichs, MD

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

George C. James, MD

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

Mertine Jermany, MD

Integrative Counseling
10630 Little Patuxent Pkwy, Suite 209
Columbia, MD 21044
410-740-8067 / Fax 410-740-8068
www.Integrative-Counseling.com
Teens 13 to 17.

Kim Jones-Fearing, MD

3905 National Drive, Suite 250
Burtonsville, MD 20866
301-421-9112 / 301-421-9551 Fax
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
410-235-2880 / 410-313-9641 Fax
Psychiatry, neuropsychiatry, geriatric psychiatry
Language - Korean
Insurance - Private insurance, Medicare, Medical
Assistance
Other Locations: 827 Linden Avenue, #442
Baltimore MD 21201
410-225-8779

Mitchell Mathis, Jr., MD

Integrative Counseling
10630 Little Patuxent Pkwy, Suite 209
Columbia, MD 21044
410-740-8067 / Fax 410-740-8068
www.Integrative-Counseling.com
Medication management of psychiatric disorders and
pharmacologic intervention. Manages patients with
mood disorders, dissociative disorders, sexual
disorders, eating disorders, sleep disorders, attention
and impulse-control disorders, adjustment disorders, &
personality disorders. Opiate addiction treatment
/Suboxone certified. Adults, adolescents, & children.

Karen Meckler, MD

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

Alok Rawat, MD

3355 St. John's Lane
Ellicott City, MD 21042
410-305-9083 / 410-727-4006 Fax
www.daybreakpsych.com
drrawat@daybreakpsych.com
Outpatient treatment of depression and anxiety for adults via medication management or cognitive behavioral therapy. Can see clients within a week. Phones are answered by a receptionist between 10-4 p.m. on weekdays.
Language – Some Hindi

Laura C. Renbaum, M.D.

Crossroads Psychological Associates, LLC
10784 Hickory Ridge Road
Columbia, MD 21044
410-964-0515, ext. 17
laura.renbaum@gmail.com
Outpatient psychiatric evaluation, medication management, and counseling for adolescents and adults. (Suboxone certified).

Stanislav Spivak, MD

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

Joshua Rosenthal, MD

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

Psychologists

Maryland Psychological Association

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

www.marylandpsychology.org

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

Lenora Roat Arrington, Psy.D.

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

www.re-directionscounseling.com

LenoraArrington@re-directionscounseling.com

Outpatient counseling and psychotherapy for adults and adolescents. Treatment for depression, anxiety, identity, spiritual issues, relationships.

Insurance – Medicare, sliding scale may be available.

Michael Baum, Ph.D.

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

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

Elsbeth Bell, Ph.D.

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

ebell@elsbethbellphd.com

www.elsbethbellphd.com

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

Samuel Berkowitz, Ph.D.

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

DrSamBerkowitz.com

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

Insurance – all accepted. Sliding scale available.

Joyce Hamilton Berry, Ph.D.

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

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

Insurance - Most insurance accepted.

Jeanne Bolton, Ph.D.

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

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

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

Robert A. Brown, Ph.D.

7120 Minstrel Way, Suite 203
Columbia, MD 21045
410-992-4271 or 410-707-5562

RBrown1@umd.edu

Adult individual and couples.

Insurance – sliding scale if requested.

Talibah E. Buchanan, Ph.D.

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

Drtalibahbuchanan.webs.com

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

Language – American Sign Language

Susan Rockwell Campbell, Ph.D.

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

www.drsusancampbell.com

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

Insurance – sliding scale upon request.

Deborah S. Cole, Psy.D.

8640 Guilford Road, Suite 235
Columbia, MD 21046
410-381-7551 / 410 715-0055 Fax
www.drdeborahcole.com
classicart@verizon.net
Focus on depression, anxiety, panic, sexual addiction, OCD, trichotillomania (hair pulling), hoarding, tics and Tourettes, trauma and dissociation. Treats children, adolescents, adults, and couples. Comprehensive evaluations for learning disabilities and emotional problems. Eye Movement Desensitization and Reprocessing (EMDR) for evidence-based trauma treatment (Certified in EMDR). Intensive Short-Term Dynamic Psychotherapy (ISTDP) for working through long-term personality issues which can lead to self-sabotage, depression, isolation, and anxiety. Home visits possible for Hoarding and OCD, when appropriate.

Barbara Medine Deluty, Ph.D.

4783 Ilkley Moor Lane
Ellicott City, MD 21043
410-750-7610 / 443-520-2818 (cell)
Provide individual and family psychotherapy to a wide variety of clients with psychiatric disorders including complex cases of addiction and trauma.

Anita Dworkin, Ph.D.

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

Elinor Eden, Ph.D.

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

Evelyn Fielding, Ph.D.

Fielding Psychological Associates
9051 Baltimore National Pike, Suite 4B
Ellicott City, MD 21042
410-868-4142
DrEvieFielding@gmail.com
Psychotherapy for adults and adolescents. Areas of treatment: life transitions, anxiety, depression, psychosocial oncology, bariatric surgery evaluations.
Insurance – BCBS

Eric Fielding, Ph.D.

Fielding Psychological Associates
9051 Baltimore National Pike, Suite 4B
Ellicott City, MD 21042
410-868-4143
DrEricFielding@gmail.com
Outpatient psychotherapy for children, adolescents, and adults. General practice.
Insurance – BCBS

Steve Gaeng, Ph.D.

Crossroads Psychological Associates, LLC
10784 Hickory Ridge Road
Columbia, MD 21044
410-964-0515
dr.stevegaeng@verizon.net
www.crossroadspych.net
Works with individuals, couples and families toward increased happiness and well-being using an eclectic variety of therapeutic techniques to reduce barriers while enhancing psychological skills such as productive thinking, effective communication, relaxation, life style management and interpersonal relations.

Julie Galton, Psy.D.

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

Ana Garcia-Fernandez, Psy.D.

Crossroads Psychological Associates, LLC
10774 Hickory Ridge Road
Columbia, MD 21044
410-992-7288 Ext. 51
Ana.garcia@crossroadspych.net
Counseling to children, adolescents, adults & families. Extensive experience in psychological testing and assessments, such as neuropsychological, adoption and forensic evaluations, academic and vocational testing.
Language - Spanish

Glassman Psychological Services

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

David A. Gold, Ph.D.

Crossroads Psychological Associates, LLC
10774 Hickory Ridge Road
Columbia, MD 21044
410-992-7288, Ext. 16
David.gold@crossroadspych.net

www.crossroadspych.net

Marital counseling and family and individual therapy for patients of all ages. Also provide psychiatric services with medication management and psychotherapy. Specialized in treating all anxiety and mood disorders and interpersonal problems. Provide sex therapy by AASECT certified sex therapist, hypnotherapy.

Languages – German, Hebrew, Yiddish

Judy Johnson Grados Psy.D. & Associates

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

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

Sung Han, Ph.D.

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

Provides counseling to individuals and families.

Language - Korean

Keith Hannan, Ph.D.

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

kwhannan@comcast.net

www.tzkseminars.com

Adults and adolescents with depression, anxiety, personality disorders, relationship issues and disruptive behavior disorders. Trained in Transference Focused Psychotherapy and Dialectical Behavior Therapy.

Marvin Hoss, EdD

11419 Elfstone Way
Columbia, MD 21044
410-964-0373

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

Don Hudson, Ph.D.

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

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

Tina Jenkins, Psy.D.

Advanced Psychological Services
9881 Brokenland Parkway, Suite 105
Columbia, MD 21046
410-381-2874

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

Cynthia Kalodner, Ph.D.

5570 Sterrett Place, Suite 206
Columbia, MD 21044
410-884-6031 / 410-884-6134 Fax
ckalodner@towson.edu

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

Barbara Kaufman

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

www.drbaufman.com

barbfauf8@wildblue.net

Specializes in couples therapy.

Insurance – Medicare, Value Options, Cigna.

Stephanie Weiland Knarr PhD, LCMFT

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

www.drstephanieonline.com

Marriage and family therapy practice. Specializing in treatment of PTSD and anxiety disorders for adults and children. National relationship expert and public speaker.

Melvin E. Klein, Ph.D.

11804 Bright Passage
Columbia, MD 21044
410-730-4564

Melklein2@verizon.net

Behavioral consultation in developmental disabilities.
In-home services to children, adolescents and
developmentally disabled adults.

Saul N. Lieberman, Ph.D.

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

snliebermanphd@yahoo.com

Individual and family therapy along with parent and
school consultation for preschool and school-aged
children and adolescents. Specialties include
assessment and treatment of ADHD, social-emotional
problems and developmental disabilities.

Insurance – BCBS, Johns Hopkins, United Health Care.

Eileen Locklear, Ph.D.

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

eileenlocklear@verizon.net

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

Insurance – most insurances accepted.

Laura Margolis, Ph.D.

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

www.marylandpsychcenters.com

Outpatient individual, group and family therapy
services to children, adolescents, and adults.

Expertise in developmental disorders, mood and
anxiety disorders, and adjustment to chronic illness.

Samantha Marks, Psy.D.

Thrive Center for ADHD and Mental Health
6310 Stevens Forest Road, Suite 100
Columbia, MD 21045

410-740-3240

www.mythrive.net

samantha.marks@mythrive.net

Outpatient center that provides counseling, executive
function coaching, evaluations and psychiatric services.
Specialty is Autism Spectrum Disorder, Works with
teenagers and young adults with all issues, including
“Failure to Launch”.

Language – Spanish

Dayli N. Marrero, Ph.D

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

Psychotherapy for children, adolescents and adults.

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

Language - Spanish

Gwen L. Martinsen, Ph.D.

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

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

Insurance – All Carefirst plans except HMO's, Value
Options, Tricare.

Julie A. Morrison, Psy.D.

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

Drjuliemorrison.com

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

Kim Moss, Psy.D.

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

Psychotherapeutic services to adolescents and adults.

Insurance – BCBS, UHC, Kaiser, Medicare, Value
Options. Sliding scale.

Vicki Murphy, Ph.D.

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

Individual psychotherapy for adults.

Insurance – most insurance accepted.

Peter H. Musser, Ph.D.

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

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

Reginald Nettles, Ph.D., CGP

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

Marianne O'Leary, Ph.D.

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

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

Edward V. Pecukonis, MSW, Ph.D.

3244 Danmark Drive
Glenwood, MD 21738
410-493-1530
www.lechevalstable.org
marya@lechevalstable.org

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

Amy Rabinove, Ph.D.

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

Rabinovepsych.org

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

Harvey M. Rapp, Ph.D.

5401 Twin Knolls Road, Suite 7
Columbia, MD 21045
410-730-4442
hmrapp62@hotmail.com

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

Sheela Reddy, ED.D

7021 Garden Walk
Columbia, MD 21044
443-546-4810
www.spiritherapy.com
drsheelareddy1@gmail.com

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

Giovanni Scott, Psy.D

Integrative Counseling
10630 Little Patuxent Parkway, Suite 209
Columbia, MD 21044
www.congruentcounseling.com
410-740-8067

Educational and psychological testing for children, adolescents and adults.

Paul Short, Ph.D

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

Specializing in Parkinson's Disease (patient and care partners), dementia evaluations, treatment of depression, anxiety and substance abuse among the elderly.

Insurance – Medicare, BlueCross BlueShield. Payment plans and sliding scale available

Brenda Alpert Sigall, Ph.D., CEDS

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

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

Bohne Silber, MS, Ph.D.

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

Certified couples therapist. Individuals who need help working through issues and problems.
Insurance – some accepted. Sliding scale.

Erin Stoll, Psy.D.

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

doctorstoll@gmail.com
thefamilycenter.tv

Outpatient counseling services to adolescents and adults. Expert areas of treatment include depression, anxiety, hair pulling/skin picking, adolescents and technology issues (cyberbullying, sexting, etc.), adolescent and adult grief. Psychoeducational and social emotional assessments.

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

The Resolution Center
3545 Ellicott Mills Drive
Ellicott City, MD 21043
410-750-2655

www.mdsettle.com

Swishtom@yahoo.com

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

Michael Tebeleff, Ph.D.

8640 Guilford Road, Suite 252
Columbia, MD 21046
410-312-7250

www.marylandcounselingpsychologist.com

Outpatient counseling services for children, adolescents, adults and couples. Parent coordination services.

Insurance – United Healthcare, Johns Hopkins/EHP, Value Options.

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

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

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

Gail K. Walter, Ph.D.

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

Thefamilycenter.tv

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

Scott T. Wolfe, Ph.D.

Associated Center for Therapy, LLC
7120 Minstrel Way, Suite 203
Columbia, MD 21045

410-381-4411 / 410-381-4711 Fax

WeekendCouplesworkshop.com

swolfephd.com / scott@swolfephd.com

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

Insurance – Most insurances accepted

Harold Ziesat, Ph.D.

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

Dr.ziesat@gmail.com

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

Anne Marie Zwycewicz, Ph.D.

6510 Bellevue Drive
Columbia, MD 21046
410-997-0026

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

Social Workers/Licensed Professional Counselors

Alisa Adamo, MSc, MSW

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

General practice, all ages seen, all functioning levels with special emphasis on children.
Insurance – most insurances, Medicaid and Medicare.

Sarah Agboli, MS, LCMFT

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

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

Insurance – Most insurance plans accepted.

Dionne Aldridge, LCSW-C

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

www.InspiringMindsTherapy.com

Dionne.aldrige@gmail.com

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

Insurance – Medicaid and sliding fee scale

Berni J. Antelman, MSW, LCSW-C

10630 Little Patuxent Parkway, Suite 307
Columbia, MD 21044-3204
410-740-0409 / bernilcsw@aol.com

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

Insurance – UBH, Aetna, Cigna

Anne Arena, MA, CAS

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

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

Libby Barritt, LCPC

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

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

Anshu Basnyat, LCPC

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

www.theempoweredparent.net

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

Insurances: Medicaid, BCBS, Cigna, JHH-EHP, Aetna

Languages: Nepali, some Hindi

A. LaToya Bates, MSSA, LCSW-C

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

www.congruentcounseling.com

Mental health services to children, adolescents, adults, and couples with experience working with families and children facing traumatic events in their lives. Individual/Play Therapy (children and teens), Family Therapy, Marital/Couples Therapy, Effective Communication, Depression & Anxiety, Grief & Loss, Foster Care & Adoption, Parenting Issues, Trauma, Sex abuse, Anger Management, ADHD.

Insurance – Most insurance plans accepted.

Jane Marie Bisco, LCSW-C

5140 Celestial Way
Columbia, MD 21044
410-428-6801 / 410-740-4105 Fax
<http://columbiatherapy.webs.com>
Adults, adolescents, children over age 6. Specializing in ADHD, anxiety disorders, relationship issues, trauma.

Tarrah Bonaparte, LCSW-C

Focused Solutions, LLC
5570 Sterrett Place, Suite 206
Columbia, MD 21044
410-884-6031 / 410-884-6134 Fax
tbonaparte@focusedsolution.net
Therapeutic services to adults and adolescents seeking relief from and answers to life's challenges. Focus on relationship stress and adjustment problems.

Aaron Brager, BA, ADT

Congruent Counseling
10630 Little Patuxent Parkway, Suite 209
Columbia, MD 21044
410-740-8066
www.congruentcounseling.com
Facilitates adult education and treatment groups, the Young Adult Intensive Outpatient Program (IOP) and the Anger Management Program.
Insurance – Most insurance plans accepted.

Colette Brunell, LCSW-C, BCD

8640 Guilford Road, Suite 223
Columbia, MD 21046
410-730-6119 / 410-290-6550 Fax
Colettebrunell2@verizon.net
www.colettebrunell.com
Family mediation and co-mediation, Collaborative Divorce Coach, Parenting Coordinator and psychotherapist treating anxiety, depression, issues of loss and grief, women's issues, men's issues.
Insurance - some insurances – call to check.

The Rev. Robert Burdette, D.Min, LCMFT

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

Robert J. Carbo, LCSW-C

6213 Ashton Park Court
Columbia, MD 21044
410-964-1770
Outpatient counseling services to adolescents and adults, individual and couples counseling
Insurance – most major insurances accepted.

Mary Carroll, LCPC, NCC

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

Jane Charnas, LCSW-C

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

Lauren Chapman, LCPC

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

Michael Clancy, LCPC, LCADC

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

Jodi Cobb, Ph.D., LCMFT

Ellicott City, MD 21043

443-574-5322

www.peerbridges.com

jcobb@peerbridges.com

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

Victoria Cofield-Aber, LCSW-C

5074 Dorsey Hall Drive, Suite 104

Ellicott City, MD 21042

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

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

Richard Conover, LCPC, NCC

Congruent Counseling

10630 Little Patuxent Parkway, Suite 209

Columbia, MD 21044

410-740-8066

www.congruentcounseling.com

Individual, couples and group therapy specializing in stress reduction, grief and loss, chronic pain, and substance abuse.

Insurance – most insurance plans accepted.

Linda Corr, LCSW-C

Acorn Counseling

3850 Shady Lane

Glenwood, MD 21738

301-335-3091

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

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

Jennifer Crawford McCormick, LCSW-C

Focused Solutions, LLC

5570 Sterrett Place, Suite 206

Columbia, MD 21044

410-884-6031 / 410-884-6134

jcrawford@focusedsolution.net

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

Bob Denmark, LCPC

7350 Grace Drive

Columbia, MD 21044

443-857-9822

rjdenmark@msn.com

Specialty areas are grief therapy and couples counseling.

Insurance – Medicaid, private insurance

Eileen Dewey, LCSW-C

5570 Sterrett Place, Suite 205

Columbia, MD 21044

410-730-1333

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

Laura DiCamillo, LCSW-C

Congruent Counseling

10630 Little Patuxent Parkway, Suite 209

Columbia, MD 21044

410-740-8066

www.congruentcounseling.com

Works with at-risk students in middle and high schools on a variety of social, emotional, academic and behavioral issues.

Insurance – most insurance plans accepted.

Mark Donovan, MA, LCPC, LCADC

10630 Little Patuxent Pkwy, Suite 209

Columbia, MD 21044

410-740-8066/68

www.congruentcounseling.com

Teens and adults with mental health issues including depression, anxiety, attention deficit problems, stress management, family difficulties, substance abuse and addiction.

Insurance: most insurance plans accepted.

Barbara E. Dougherty, LCSW-C

10451 Twin Rivers Road

Columbia, MD 21044

410-997-3557

www.fcsmd.org

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

Insurance – some insurance accepted.

Katie Downes, LCPC

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

Elaine K. Drewyer, LCSW-C

National Family Resiliency Center
10632 Little Patuxent Parkway, Suite 121
Columbia, MD 21044
410-740-9553 ext. 302
www.nfrchelp.org
Outpatient counseling services for children, adolescents and adults, sliding scale fees available, focus on families in transition and mental health/wellbeing associated with change/loss; marriage counseling; individual, group, family therapy.

Shelia D. Duncan, LCSW-C

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

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.

Judith M. Eble, LCSW-C

Psych Associates of MD
9520 Berger Road, Suite 203
Columbia, MD 21046
410-290-6940 (ext.13)
Outpatient therapy for adults (age 18+). Areas of treatment include depression, anxiety, panic disorder, bereavement, relationships, stress management, self-esteem.
Insurance – most insurance accepted (not MA)

Kate Emerson, LCSW-C

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

Shanna J. Evering

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

Kay E. Fandetti, LCSW-C

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

Mario Faraone, LCSW-C

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

Stefanie Feldman, LCSW-C

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

Christina Foerster Puglisi, LCSW-C

5643 Chelwynd Road
Baltimore, MD 21227
410-733-4702

christinapug@yahoo.com

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

Barry B Frieman, Ed.D, LCSW-C

National Family Resiliency Center
10632 Little Patuxent Pkwy., Suite 121
Columbia, MD 21044
410-262-9006

frieman@towson.edu

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

Linda Friskey, MSW, LCSW-C

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

lindafriskey@comcast.net

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

Biopsychosocial and spiritual model.

Insurance – Aetna, Medicare (traditional), Medical Assistance (if secondary to Medicare), Sliding Scale, Tricare (non-par provider).

Harriet Gailey (LCSW-C)

8640 Guilford Road, Suite 252
Columbia, MD 21046
410-312-7250 ex 205

harrietgailey12@gmail.com

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

Insurance – most major insurance accepted.

John Geremia, LCSW-C

8331 Lincoln Drive
Jessup, MD 20794-9454
410-799-5092

www.johngeremitherapist.com

Mood and social issues; depression, anxiety, grief, sexuality, adult ADHD, bipolar, marital, anger, and stress management.

Insurance – Aetna, APS, BC/BS, Carefirst, Cigna, GEHA, Healthnet, Tricare, Johns Hopkins, Magellan, MHN, Medicare, NCAS, United Healthcare, Value Options.

Rachel Glickman, MS, LCPC

Congruent Counseling
10630 Little Patuxent Parkway, Suite 209
Columbia, MD 21044

410-740-8066

www.congruentcounseling.com

Specializes in children/adolescents. ADHD/ADD, anxiety, adjustment disorders, crisis counseling, depression, family issues, school problems, PTSD/trauma, parenting issues, self-esteem, grief/loss.

Bonnie L. Goldschmidt, LCSW-C, LCADC

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

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

Lev Grotel, LCSW-C

Focused Solutions, LLC
5570 Sterrett Place, Suite 206
Columbia, MD 21044
410-884-6031 / 410-884-6134 Fax

lgrotel@focusedsolution.net

Specializes in relationship and sexual issues, anxiety, stress, panic attacks, depression, low self-esteem, abuse/trauma, sexual identity concerns, life transitions, interpersonal issues and family struggles.

Penny Harrigan, LCPC

The Education and Therapy Center
8940 Route 108, Suite F
Columbia, MD 21045

410-599-3834

pharrigan@comcast.net

Outpatient counseling services to children, adolescents and families.

Insurance – sliding scale.

Liza Hicks

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

LizaHicks.com / lh@lizahicks.com

Outpatient counseling services to adults and adolescents. Expert areas of treatment include trauma and grief.

Insurance – Carefirst, BC/BS

Melinda Hoffman, LCPC

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

www.melindahoffmanlcpc.com

Melinda.h@verizon.net

Outpatient counseling services to children age 8+, adolescents and adults. Depression, anxiety, trauma, abuse, domestic violence victims, PTSD, parenting support. Some training in TF-CBT; CBT.

Insurance – BC/BS, Johns Hopkins, Magellan, Medicaid. Sliding Scale upon request.

Lydia Holloway, LCSW-C

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

www.transformationaltherapy.host-ed.me

transformationtherapy@gmail.com

Individual, family and couples therapy. Anxiety, depression, grief, trauma, relationship issues, etc.

Insurance: Most insurances accepted

Fluent in Spanish

Janet Hosford-Lamb, LCSW-C

Focused Solutions LLC
5570 Sterrett Place, Suite 206
Columbia, MD 21044

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

jlamb@focusedsolution.net

Employee assistance professional offering workplace consultations to all workplaces focusing on employee behavioral concerns, potential workplace violence concerns, workgroup behavior concerns impacting productivity. Clinical brief interventions with employees and family members. Also provide outpatient mental health and substance abuse counseling.

Carmen Howlette, LCSW-C

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

www.CarmenHowlette.com

crhowlette@verizon.net

Individual, couples and family therapy, EMDR therapy. Specializes in treatment of trauma & PTSD.

Insurance: Cigna, CareFirst BCBS, APS Healthcare, Maryland Medicaid, Magellan, Value Options, Ceridian EAP, LifeWork Strategies EAP.

Roberto Huie Jr., LCSW-C

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

RobertoHuieJr@aol.com

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

Fluent in Spanish

Barbara Hunter, PhD, LCPC

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

www.drhuntercounseling.com

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

Karen K. Johnson, LCSW-C

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

Karen63012@comcast.net

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

Karen Kirkpatrick, LCSW-C

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

kakirkpatrick@verizon.net

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

Insurance – Aetna, Blue Cross, Magellan

Kathaleen Klotz, LCSW-C

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

Kathaleen_n@msn.com

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

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

Razia Kosi, LCSW-C

Counselors Helping (South) Asians/Indians, (Chai)

5570 Sterrett Place, Suite 205
Columbia, MD 21044
443-254-6304

www.chaicounselors.org

raziakosi@chaicounselors.org

Outpatient counseling services to adults, families and adolescents. Expertise with South Asian, Muslim and multi-ethnic backgrounds. Modalities include cognitive behavioral and family systems. Women’s group on wellness and peer support.

Language - Tamil

Identified as a Muslim therapist

Julie Kotler, LCPC, LCPAT, ATR-BC

5026 Dorsey Hall Road, Suite 205
Ellicott City, MD 21042
301-793-1520

www.palettepartners.com

palettepartners@gmail.com

Outpatient counseling to families, adults, couples.

Depression, anxiety, life transitions, family challenges and parent coaching.

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

Sean Lare, LCSW

10632 Little Patuxent Parkway, Suite 245
Columbia, MD 21044
410-689-9074

www.seanlare.com

counseling@seanlare.com

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

Cynthia Lengrand, LCSW-C

8940 Route 108, Suite E
Columbia, MD 21045
410-715-1606

CynthiaLengrand@gmail.com

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

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

Suzanne Lescht, LCSW-C

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

Outpatient counseling to adults and couples.

Insurance – all insurance

Rona Levi, LCSW-C

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

Outpatient counseling with Individual, couples and family.

Insurance – most insurance accepted

Linda Linton, LCSW-C

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

Ahealingplaceincolumbia.com

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

Ruth C. Lobe, LCSW-C

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

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

Insurance – most private insurances accepted. Sliding scale fee possible.

Marcie Lovell, LCSW-C

Focused Solutions, LLC
5570 Sterrett Place, Suite 206
Columbia, MD 21044
410-884-6031 / 410 -884-6134 Fax
mlovell@focusedsolution.net

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

Insurance – most insurances accepted.

Dolores DeLuise Madiou, LCSW-C

5570 Sterrett Place, Suite 305
Columbia, MD 21044
410-914-7205
dolores@eicorp.com

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

Insurance – Aetna, United Healthcare, Care First, BCBS, Coventry Health Care and others.

Jennifer Manning Plassnig, MSW, LCSW-C, ACHt, BCD

10709 Birmingham Way
Woodstock, MD 21163
410-203-2411
www.JenniferManningPlassnig.com
jenniferplassnig@gmail.com

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

Joy Patricia Martin, Ph.D, LCSW-C

5344 Racegate Run
Columbia, MD 21045
443-745-0767

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

Insurance: most major insurance including Medicare and Medical Assistance.

Brenda L. May, LCSW-C

Crossroads Psychological Associates, LLC
10774 Hickory Ridge Road
Columbia, MD 21044
410-992-7288 ext. 21
brenda.may@crossroadspsych.net

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

Jacqueline McClure, LCPC, NBCC,

8705 Celita Court
Jessup, MD 20794
301-498-7218
Jacquelinemcclure.lcpc@yahoo.com

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

Insurance – Aetna, Cigna, Tricare, BCBS, Magellan.

Kathi McGaha, LCSW-C

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

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

Valerie R. McManus, LCSW-C

Healing Therapies Counseling Services
3691 Park Avenue, Suite 3
Ellicott City, MD 21043
410-465-8687

www.HealingTherapiesOnline.com
HealingTherapiesOnline@yahoo.com
Depression, anxiety and other mood symptoms, relationship issues, work life, personal transformation & growth, parenting challenges, grief & loss, attention & distractibility and adjustments to change. Qualified postpartum disorders specialist.

Amy L. Miller, MSW, LCSW-C, ADT

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

Danny Miller, LCPC

Healing Songs Therapy, LLC
10440 Shaker Drive, Suite 103
Columbia, MD 21046
240-583-0351
www.healingsongstherapy.com
song2give@gmail.com
Cognitive behavioral therapy and compassionate mindfulness within a spiritual construct for adults, couples, and young people. Areas of specialty include anxiety disorders, common child/adolescent issues, couples issues, chronic and acute trauma, psychosis, and unhelpful patterns of behavior leading to pain and relational difficulties.
Insurance – APS Healthcare, BC/BS, Employee Health Providers, MHN, Medicaid, Value Options, Aetna, ComPsych, Federal and National Capital, Magellan Behavioral Health, Tricare.

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

Jennifer Molinari, LCPC, NCC

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

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

The Heart Nest Wellness Center
4 West Rolling Crossroads #3
Catonsville, MD 21244
410-455-5464
Specializes in Women's Health, Relationship Issues, Addictions, Spirituality, Interventions: Integrative Psychotherapy, Guided Imagery, Hypnosis, Movement, Imago Relationship Therapy, Sufi Healing
Identified as a Muslim therapist.

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

9829 Diversified Lane
Ellicott City, MD 21042
410-206-7329 / 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.

Matt Otto, LCPC

Crossroads Psychological Associates, LLC
10774 Hickory Ridge Road
Columbia, MD 21044
410-992-7288, Ext. 20
matt.otto@outlook.com
Individual and group therapy specializing in adolescents, young adults and pastoral counseling.

Carlos Pastor, LCSW-C

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

Hetal Patel, LCSW-C

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

Anne Peurasaari, LCSW-C, RN

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

Elizabeth Pilson, LCSW-C

7120 Minstrel Way, Suite 203
Columbia, MD 21045
410-868-7431
www.elizabethpilson.com

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

Insurance: Most insurances accepted.

Barbara M. Polonsky, LCSW-C

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

bpolonskylcsw@verizon.net

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

Insurance - Some insurances accepted. Sliding scale.

Mary Prendergast, LCPC

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

maryfprendergast@gmail.com

Outpatient services to children, adolescents and adults, experiencing anger management problems, anxiety, depression, chronic pain, stress related issues, relationship issues, LGBT/transgender issues.

Individual and group therapy. Coaching for ADHD and Executive Functioning related problems.

Insurance – Maryland MA, Carefirst, Magellan, Magellen EAP and others.

Bill Ray, LCSW-C

Crossroads Psychological Associates, LLC
10774 Hickory Ridge Road
Columbia, MD 21044
410-992-7288, Ext. 19

bill.ray@crossroadspsych.net

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

Jeanne Reedy, LCSW-C

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

www.congruentcounseling.com

Adults, college age students and teens. Areas of expertise include eating disorders, ADHD, relationship issues, effective communication, adult children of alcoholics, dual diagnosis, anxiety, bipolar, Borderline Personality Disorder, PTSD, depression, dissociative disorder, domestic violence, adjustment disorders, parenting issues, gay/lesbian issues, grief, psychological aspects of illness, women's issues, sexual abuse/assault.

Insurance – Most insurance plans accepted.

Stacey Rempert, LCSW-C

10632 Little Patuxent Parkway, Suite 100
Columbia, MD 21044
410-206-8573

www.columbiatherapist.guru

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

Insurance – some sliding scale.

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

Kathryn Reynolds, LCPC, NCC, DAPA

5114 Dorsey Hall Drive
Ellicott City, MD 21042
410-689-5181

www.kreytherapy.com

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

Robert D. Robinson, LCPC

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

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

Ann J. Rochford, LCSW-C

9170 Route 108
Columbia, MD 21045
410-997-7410
annjrochford@yahoo.com

Outpatient psychotherapy for adolescents and adults. Expert areas include anxiety, depression and transitions to new stages of life. Psychotherapeutic approaches include Behavior Modification, Interpersonal Psychotherapy and Role Playing. Insurance – all medical insurance, Medicare, Tricare.

Anne Roth, LCSW-C

2000-Century Plaza
10632 Little Patuxent Parkway, Suite 325
Columbia, MD 21044-3205
410-992-5670

Counseling-adolescent, adult, couples, family, & individual therapy.
Insurance - Most insurances accepted.

Jessica Rowe, LCSW-C

Jessica Rowe Eldercare Consulting LLC
P.O. Box 1475
Columbia, MD 21044
443-980-2914

Jessicaroweeldercare.com
Jessicarowe100@gmail.com
Consultation, assessment, navigation of the aging services network, and caregiver support for older adults and their families. Presentations to professional and community groups on topics related to aging and caregiving.

Mimi Ryans, LICSW, LCSW-C, RPT

Lighthouse Center for Therapy and Play
10632 Little Patuxent Parkway, Suite 236
Columbia, MD 21044
240-389-2685

www.lighthouseplaytherapy.com
Private practice that works specifically with adults, children and families. Registered Play Therapist, Will work with clients that are unable to access services.
Insurance – Most insurance plans

Molly King Safren, LCSW-C

9575 Angelina Circle
Columbia, MD 21045
301-596-2858
msafren@verizon.net

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

Christian Sanders, MS, LCPC

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

www.congruentcounseling.com
Counseling for learning and academic issues, adjustment, mood and anxiety disorders, opposition, defiance, conduct disorder, executive functioning, substance abuse, and dual diagnosis.
Insurance – most insurance plans accepted

Grace Santo, LCSW-CM

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

www.congruentcounseling.com
Trained in dialectical behavior therapy, trauma symptom management, child-parent filial play therapy, domestic violence (offender and victim), trauma focused cognitive behavioral therapy and treatment of sexual addictive behaviors.
Insurance – most insurance plans accepted

Melissa Schnaar, LCSW-C

Collaborative Counseling Center
5560 Sterrett Place, Suite 201
Columbia, MD 21044
410-546-4000

Collaborativecounselingcenter.com
melissa@collaborativecounselingcenter.com
Outpatient mental health services to children, adolescents and their families. Comprehensive mental health services including psychiatric services, individual, group and family counseling.

Myra G. Schneider, PhD, LCSW-C

5052 Dorsey Hall Drive, Suite 202A
Ellicott City, MD 21042
410-652-1610
MSCHNEIDER THERAPY.COM

mschneiderphd@gmail.com
Outpatient counseling services to individuals, couples, and families. Specialties include couple/family relationships, parenting, divorce adjustment, women's issues, life transitions, depression, anxiety, health related issues, loss/grief, EAP assessments and work systems issues.
Insurance – BCBS, United, Cigna, Aetna, Value Options, Hopkins. Sliding scale available.

Liz Schoen, LCSW-C

Jewish Community Services
10630 Little Patuxent Parkway, Suite 401
Columbia, MD 21044
410-730-4976 ext. 120
lschoen@jcsbaltimore.org
Outpatient counseling for adults and older adults.
Insurance—most insurances accepted. Medicare and
Medical Assistance.

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

Jacke L. Schroeder, MSW, LCSW-C

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

Ruth Shor-Jannati, LCSW-C

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

Lori Simmons, LCMFT

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

Julia Southern, MEd, LCPC, NCC

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

Theresa Smith, MS, LCPC, NCC

Crossroads Psychological Associates, LLC
10774 Hickory Ridge Road
Columbia, MD 21044
410-992-7288, Ext. 52
theresa.smith@crossroadspsych.net
Outpatient counseling services to children,
adolescents, and adults. Individual, couples and
family therapy.

Marlene M. Spence, LCSW-C

Family and Children’s Services
10451 Twin Rivers Road, Suite 100
Columbia, MD 21044
410-997-3557 ext. 229
mspence@fcsmd.org
Outpatient therapy services to children, adolescents,
and adults. Expert areas of treatment include family
therapy, couple and marital therapy, trauma-
informed treatment.
Insurance – BC/BS, Carefirst, United Healthcare, APS
Healthcare, Kaiser Permanente, Medicaid, Medicare,
Aetna, Johns Hopkins, TriCare.

Tammy J. Spengler, MSW, LCSW-C

Focused Solutions, LLC
5570 Sterrett Place, Suite 206
Columbia, MD 21044
410-884-6031
TSpengler@focusedsolution.net
Outpatient counseling services to adolescents and
adults. Expert areas of treatment include PTSD,
domestic violence, adoption, and childhood
maltreatment. Holistic approach.
Insurance – most insurances accepted.

Andrew Stanton, LCSW-C

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

www.StantonPsychotherapy.com

20 Plus years of experience providing individual, couples and family therapy. Specialties include children/adolescents, substance abuse, trauma, hypnotherapy, sports and other performance improvements. Extensive knowledge and experience working with ADHD, anxiety, depression and managing life changes.

Lacey J. Steen, LCSW-C, LLC

Walk and Talk Maryland
5114 Dorsey Hall Drive
Ellicott City, MD 21042
410-929-4560

walkandtalkmd.com

walkandtalkmd@gmail.com

Outpatient services to adolescents and adults, both in a traditional office setting or out in the fresh air, on a walk.

Jennifer M. Steier, LCSW-C

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

Jennifer.m.steier@gmail.com

Outpatient counseling services to children, adolescents, and adults.

Insurance – most insurance plans accepted.

Norma Stevens, MS, NCC, LCPC

IHS Psychotherapy and Counseling, LLC
6011 University Blvd., Suite 100
Ellicott City, MD 21043
410-919-8275

www.normastevenslcpc.com

norma@normastevenslcpc.com

Outpatient counseling services for young adults, adults, seniors, individuals and couples. Specialized experience and training working with couples to include recovery from infidelity, building/increasing emotional connection, effectively handling conflict. Other issues include depression, anxiety, PTSD, anger, recovery from abuse and trauma, life transitions, grief and loss, self-esteem, codependency, spirituality, and interpersonal relationships.

Insurance – sliding scale is available upon request.

Alexandra Stidham, LGSW

10801 Hickory Ridge Road, Suite 220
Columbia, MD 21044
443-424-7688

www.lexiestidham.com

alexandrastidham@gmail.com

Practice focuses on addressing the mental health needs of children, adolescents, and adults. Passionate about working with the LGBT community. Experience working with depression, anxiety, substance abuse, relationship issues, life transitions, family and interpersonal conflicts, loss and trauma.

Chun-Shin Taylor, MA, LCPC

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

ctaylorlcpc@gmail.com

www.livingharmonycounseling.com

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

Some insurances accepted. Medicaid.

Language - Korean

Iris Thomas, LCSW-C, LLC

5060 Dorsey Hall Drive, Suite 204
Ellicott City, MD 21042
410-730-2240 / 410-779-9109 Fax

www.yourkidscanchange.com

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.

Insurance: most major insurance plans accepted.

Fluent in Spanish

Rachael Thomas, LCPC

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

Caratotalwellness.com

Rachael@caratotalwellness.com

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

Virginia Voight, LCSW-C

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

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

Brenda von Rautenkranz, LGPC

vR Equine Growth and Learning Center
13425 Forsythe Road
Sykesville, MD 21784
301-641-0031
www.vrtherapycenter.com

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

Anne. M. Waller, LCSW-C

5300 Dorsey Hall Drive, Suite 203
Ellicott City, MD 21042
410-718-2229
postpartumfamilyservices.com
aamcw@aol.com

Outpatient counseling for individuals and couples.
Expertise in treating mood and anxiety disorders during pregnancy and postpartum.

Joyce Warner-Burke, LCSW-C

6274 Gay Topaz
Columbia, MD 21045
410-290-8028
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
Family counseling, military and their families, and older adults (55+).
Insurance - Most insurances accepted.

Naomi Weller

Family and Children's Services
10451 Twin Rivers Road, Suite 100
Columbia, MD 21044
410-997-3557
nweller@fcsmd.org

Outpatient counseling services to children, adolescent & adults. Specialty is trauma, anxiety and autism.
Insurance – all insurances accepted
Language – interpreters available.

Christine Wirsing, LGPC, NCC, ADT

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

Works with adolescents, young adults and adults with substance abuse, substance dependence and co-occurring disorders.
Insurance – most insurance plans accepted.

Flori Willard, MS, LCMFT

3355 St. John's Lane, Suite 3
Ellicott City, MD 21042
410-733-8804
flori@selectcounseling.com

Specialized marriage and family therapist offers couples, individual and family therapy. Certifications in Emotionally Focused Therapy for couple and Advanced Trauma Treatment. Experience working with expatriate community.

Women's Psychotherapy Institute, Ltd.

5022 Dorsey Hall Drive
Ellicott City, MD 21042
443-629-8876
www.wpiltd.com

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

Lorraine Woods, LCPC-S

3840 Font Hill Drive
Ellicott City, MD 21042
410-465-0121
lorrywoods@aol.com

Outpatient counseling services to children, adolescents, families, and adults.
Insurance – Medicaid and sliding scale.

Rod Wright, BS, ADT

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

www.congruentcounseling.com

Co-facilitates Adult IOP and Adult Outpatient Program. Works with adolescents, young adults and anger management teams and GLBT population.
Insurance – most insurance plans accepted.

Roslyn Zinner, LCSW-C, ACSW

8228 Telegraph Road, Suite A
Odenton, MD 21113
410-672-2237

Outpatient counseling to adults. Specialties include geriatrics, marital therapy, depression and anxiety. Divorce mediation, custody and parenting plans, property division.
Insurance – Aetna, BC/BS, Medicare, UHC, Carefirst, Medicaid.

Anger Management

Integrative Counseling, LLC

Men's Awareness and Recovery System

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

Men's Domestic Violence MA&RS Program is approved by the State of Maryland Governor's Family Violence Council and the Governor's Office of Crime Control and Prevention. MA&RS is a treatment program for men charged with interpersonal violence, domestic violence, assault on a loved one or civil protective orders that keep them away from their family. The goal is to help men change so they can live happier, productive, and more meaningful lives with their families. Options Include:

- Anger Management – 12 weeks
- Men's Parenting Classes – 18 weeks
- Interpersonal Violence Program (treatment for men who have been charged or convicted or domestic violence or interpersonal violence) – 24 weeks
- Substance Abuse or Addiction Education and Treatment
- Individual, Couples or Family Counseling
- Psychiatric medication management

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, anger management, substance use and addictions, marital difficulties, and more.

Insurance: Most insurance plans accepted.

Language: Spanish

Crossan Counseling Services

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

maryfprendergast@gmail.com

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

Shelia D. Duncan, LCSW-C

14201 Laurel Park Drive, Suite 221
Laurel, MD 20707

301-776-4617 / 888-972-6562

www.sheliadduncan.com

sheliadduncan@sheliaduncan.com

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

HopeWorks (formally known as the Domestic Violence Center of Howard County)

New Behaviors Program (Abuse Intervention)

Overlook Center #310

5457 Twin Knolls Road, Suite 310

Columbia, MD 21045

Phone: 410-997-0304

Fax: 410-997-7397

gportnoy@dvcenter.org

www.dvcenter.org

Contact: Galina Portnoy

Fees: Sliding scale

Kathaleen Klotz, LCSW-C

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

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

Jadranka Milovanovic, LCPC

10632 Little Patuxent Parkway, Suite 343
Columbia, MD 21044

443-955-4592 / 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

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.

Jennifer Schoo, LCSW-C

8940 Route 108, Suite E

Columbia, MD 21045

410-220-7697

www.therapysquare.com

Jennifer.schoo@yahoo.com

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

Time Organization

1215 Annapolis Road, Suite 205

Odenton, MD 21113

443-704-1082 / 410-674-2120 Fax

www.timeorganization.org

referrals@timeorganization.org

Outpatient mental health services include: in home, school based or on site Individual, Family, Couples and Group therapy, psychiatric assessments, medication management, psycho-educational programs: parenting, anger management, social skills, Psychiatric Rehabilitation Services (PRP) for youth and adults, Therapeutic Behavioral Services (TBS), specialized treatment planning, referrals to other supportive services, wrap around services, advocacy. *Insurance:* Medicaid

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

The Johns Hopkins Eating Disorders Program

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

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

National Institute of Mental Health

6001 Executive Boulevard
Bethesda, MD 20892
1-866-615-6464
<http://www.nimh.nih.gov>

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.

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.

Gender Identity/LGBT

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, & transgendered persons, their families and friends through: support of each other, education of the broader community, and advocacy for equality.

Berni J. Antelman, MSW, LCSW-C

10630 Little Patuxent Parkway, Suite 307
Columbia, MD 21044-3204
410-740-0409 / bernilcsw@aol.com

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

Sean Lare, LCSW

10632 Little Patuxent Parkway, Suite 245
Columbia, MD 21044
410-689-9074
www.seanlare.com
counseling@seanlare.com

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

Elizabeth Pilson, LCSW-C

7120 Minstrel Way, Suite 203
Columbia, MD 21045
410-868-7431

Individual adult and couples therapy. 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.

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 of gender identity and being in a mixed orientation marriage (same-sex attracted, but married to a heterosexual spouse). Weekend and weekday appointments are available.

Jeanne Reedy, LCSW-C

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

www.congruentcounseling.com

Adults, college age students & teens. Areas of expertise include eating disorders, ADHD, relationship issues, effective communication, adult children of alcoholics, dual diagnosis, anxiety, bipolar, BPD, PTSD, depression, dissociative disorder, domestic violence, adjustment disorders, parenting issues, gay/lesbian issues, grief, psychological aspects of illness, women's issues, sexual abuse/assault.
Insurance – Most insurance plans accepted.

Molly King Safren, LCSW-C

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

msafren@verizon.net

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

Alexandra Stidham, LGSW

10801 Hickory Ridge Road, Suite 220
Columbia, MD 21044
443-424-7688

www.lexiestidham.com
alexandrastidham@gmail.com

Practice focuses on addressing the mental health needs of children, adolescents, and adults. Passionate about working with the LGBT community. Experience working with depression, anxiety, substance abuse, relationship issues, life transitions, family and interpersonal conflicts, loss and trauma.

Mediation

Colette Brunell, LCSW-C, BCD

8640 Guilford Road, Suite 223
Columbia, MD 21046
410-730-6119 / 410-290-6550 Fax
Colettebrunell2@verizon.net
www.colettebrunell.com

Family mediation, Collaborative Divorce Coach,
Parenting Coordinator. Treats anxiety, depression,
issues of loss and grief, women's issues, men's issues.
Insurance - some insurances – call to check.

Family First Mediation, LLC

Sally Jones, LCSW-C
204 Center Street
Mount Airy, MD 21771
301-748-1104
Familyfirstmediation.com

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

Columbia Mediation

10974 Trotting Ridge Way
Columbia, MD 21044
(410) 997-9755

Maryland Mediation Service

10326 Sixpense Circle
Columbia, MD 21044
(410) 997-3961
Mediation for separation and divorce

The Mediation Center

3355 St. John's Lane
Ellicott City, MD 21042
(410) 480-1700

Mediation and Conflict Resolution Center

Howard Community College
10901 Little Patuxent Parkway, ELB 336
Columbia, MD 21044
410-772-4620
www.howardcc.edu.mcrc

The Resolution Center

3545 Ellicott Mills Drive
Ellicott City, MD 21043-4544
410-750-2655

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.

ACIDD Maryland

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

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

Insurance: Medicaid, self-pay

Clinical Service Connections, Inc.

8930 Route 108, Suite A

Columbia, MD 21045

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

info@clinicalserviceconnect.com

PRP services for adults and minors include a full range of rehabilitation activities and supports. Services for adults are organized to facilitate an individual's recovery which includes the ability to make decisions about life and create opportunities for choice regarding home, school or work and community. Services for minors will facilitate an individual's development of independent living and social skills including making decisions and creating opportunities for choice to the degree that is age and developmentally appropriate regarding home, school or work and community. CSC will develop individualized service plans in collaboration with the consumer and, as appropriate, the parent or legal guardian and other collaborating service providers as authorized.

Target Group: minors age 13-18; adults age 19-35; open to all eligible regardless of age. Will serve individuals with co-occurring diagnosis of intellectual disability.

Insurance: Medicaid

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.

Humanim

6355 Woodside Court

Columbia, MD 21046

410-381-7171

www.humanim.com

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

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

MPB Group, Inc.

5840 Banneker Road, Suite 270

Columbia, MD 21044

410-730-2385 / Fax 866-371-5933

2nd Location:

603 7th Street, #202

Laurel, MD 20707

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.

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 behavioral health system who are diagnosed with a serious mental illness and need assistance /support services to live in the community.

Priority for placement in RRP is given to individuals returning to the community from State in-patient hospitalizations and individuals who are diagnosed with a mental illness and are homeless.

All referrals for residential placement are screened by the Howard County 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 behavioral health system prior to age 18.

Humanim, Inc.
6355 Woodside Court
Columbia, MD 21046
410-381-1500

Humanim's Community Housing Program is designed to assist individuals in achieving independence within the community through assisting you with support for your mental health condition and by providing a stable place to live. The Community Housing Program

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

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.

Supported Living Program

Humanim, Inc.

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

The Supported Living Program at Humanim assists individuals with mental illness in maintaining independent living within the community. The program provides a continuum of services to meet the unique needs of the individual. Services and activities are designed to assist individuals in improving self-sufficiency, increasing choice, gaining control of their

lives and increasing participation in the community. The optimal use of natural supports; whereby each person builds their own network of supports are integral components of the Supported Living Program. Individuals will identify their community support network (family, friends, church members, self-help group members). Case Coordinators will collaborate with the person's network of supports in planning and goal setting. Supported Living services are provided in the individual's home and at various locations throughout the community based upon the needs of the individual served.

Supported Employment Programs

Humanim

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

Humanim's Evidence Based Supported Employment (EBSE) Program works with individuals with chronic and severe mental illness. The model is based off of over 25 years of research out of Dartmouth University, and is implemented in conjunction with the Behavioral Health Administration and the University of Maryland School of Medicine, Department of Psychiatry. This model breaks down our services in three areas: Staffing, Organization, and Service Delivery. Through operating in high fidelity of the model, our program outcomes consistently meet the vocational targets on both the state and national level. Our Employment Consultants do every aspect of the vocational process, focus on individualized career planning, and are an active part of the individual's clinical team. All employment services

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

Way Station at Howard County

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

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

Hospitals

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

Howard County General Hospital

5755 Cedar Lane

Columbia, MD 21044

410-740-7890 / www.hcgh.org

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

Insurance - All insurances accepted.

Laurel Regional Hospital Center

7300 Van Dusen Road

Laurel, MD 20707

301-497-7980 /

www.laurelregionalhospital.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.

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.

Sheppard Pratt at Ellicott City

4100 College Avenue

Ellicott City, MD 21041

1-800-883-3322 or 410-465-3322 /

Admissions 410-938-3800

www.sheppardpratt.org

Private psychiatric facility providing voluntary and involuntary inpatient services.

Springfield Hospital Center

6655 Sykesville Road

Sykesville, MD 21784

410-970-7000

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

Housing

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

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

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

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

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

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

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

Howard County Department of Housing
The Ridgeley Place
5575 Sterrett Place, Suite 360
Columbia, MD 21045
hcvhousing@howardcountymd.gov
410 313 – 6320

Local Homeless Shelter

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

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

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

Office on Aging and Independence

6751 Columbia Gateway Drive, Suite 200
Columbia, MD 21046
410-313-1234
www.howardcountymd.gov

Maryland Access Point

Peggy Hoffman, Aging & Disability Resource Center Division Manager
Howard County Office on Aging and Independence
6751 Columbia Gateway Drive, Suite 200
Columbia, MD 21046
410-313-1234 / 1-844-MAP-LINK
410-313-5970 Fax
www.howardcountyaging.org
map@howardcountymd.gov

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

Language: Korean

Guardianship/Public Program

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

Adult Evaluation & Review Services (AERS)

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

This a program sponsored by the Health Department that provides screening, consultation, free multidisciplinary assessment and access to public services for persons needing support to live in the community.

This is a critical step in determining need for in-home, assisted living and nursing home care.

Housing Assistance

Older adults with mental health needs have several housing options:

1. Office on Aging and Independence— contact MD Access Point – 410-313-1234. This may include an array of housing resources, home modification and home repair.
2. Apartment communities for senior citizens: contact Howard County Office on Aging and Independence’s Housing Program at 410-313-1234. Check the Shoppers Guide to Community and Apartment Living for an up to date listing.
3. Section 8 Certificate & Housing Vouchers: “Tenant based” subsidies, which allow elderly/disabled individuals to rent apartments or homes. Vouchers are transferable between counties and states. Contact the Office of Community Housing and Development at 410-313-6318.
4. Residential Rehabilitation Programs: Limited housing available to financially eligible individuals with serious mental health disabilities. Contact the Howard County 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 the Office on Aging and Independence Program at 410-313-1234.
6. Nursing Homes: These facilities provide a higher level of care than assisted living facilities, addressing physical and medical needs. A list of nursing homes can be found in the Senior Resources Guide or by calling Howard County Office on Aging and Independence Program at 410-313-1234.

Maryland Home and Community Based Services for Older Adults

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

SHIP – SENIOR HEALTH INSURANCE ASSISTANCE PROGRAM

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

Mental Health Services in the Detention Center

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

Care Giver Resources

Alzheimer's Association, Maryland Chapter

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

National Family Caregiver Support Program

6751 Columbia Gateway Drive
Columbia, MD 21046
410-313-1234

The NFCSP offers a range of services to support family caregivers. Five primary services are offered including information to caregivers about available services, assistance to caregivers in gaining access to the services, individual counseling, organization of support groups, and caregiver training, respite care, and supplemental services, on a limited basis.

Caregiver Resource Coalition of Howard County

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

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 and Independence MD Access Point)
410-313-1234

Dual Diagnosis/Substance Abuse and 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.

State Certified Alcohol and Drug Treatment Programs in Howard County:

Howard County Health Department - Bureau of Behavioral Health

Roe Rodgers Bonaccorsy, Bureau Director
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. Adult males and females, adolescents.

A Better Way Counseling Services

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.

Columbia Addictions Center

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

Congruent Counseling Services, LLC

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

Counseling Resources, Inc.

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

Tuerk House Halfway Home

4100 College Avenue, Building #8
Ellicott City, MD 21043
410-313-1458 / 410-313-1449 Fax
Males over the age of 18. 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
Opioid dependent adults

Kolmac Clinic

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

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. Group and individual services as well as medication support for alcohol, Suboxone and Methadone clients.
Insurance: Medicaid, Private Insurance and Self Pay

Silverman Treatment Solutions

8930 Stanford Boulevard, #M100
Columbia, MD 21045
443-285-0807
Opioid Maintenance Therapy. Adult males and females & pregnant females, other language services.

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

Camp Attaway

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

The Care Center – Early Childhood Mental Health Project

410-313-CARE
children@howardcountymd.gov

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.

Collaborative Counseling Center

5560 Sterrett Place, Suite 201

Columbia, MD 21044

443-546-4000

www.collaborativecounselingcenter.com

info@collaborativecounselingcenter.com

Dr. Brett Greenberger, Owner, Child and Adolescent Psychiatrist

Emily Greenberger, LCSW-C,

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

Congruent Counseling Services, LLC

10630 Little Patuxent Pkwy, Suite 209

Columbia, MD 21044

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

CongruentCounseling.com

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

Grassroots Crisis Intervention Services

Crisis Hotline

1-800-422-0009

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

Holistic Child Psychiatry

Phyllis Heffner, MD

10440 Shaker Drive, Suite 206

Columbia, MD 21046

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

www.holisticchildpsychiatry.com

holisticchildpsychiatrist@gmail.com

Primary focus on assessing and treating symptoms of Autism, ADHD, Depression and Anxiety using biomedical, nutritional, lifestyle, stress management, EEG Neurofeedback, Heart Rate Variability Training, and other techniques to lessen or avoid the use of medication if possible.

Howard County Office of Children and Families Services

3300 North Ridge Road, Suite 380

Ellicott City, MD 21043

410-313-1940 / 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

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.

Integrative Counseling

10630 Little Patuxent Pkwy, Suite 209

Columbia, MD 21044

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

www.Integrative-Counseling.com

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

Kidsline

410-461-1833

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

Kennedy Krieger Institute

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

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

10632 Little Patuxent Parkway, Suite 107
Columbia, MD 21044
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.

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

10632 Little Patuxent Parkway, Suite 234
Columbia, MD 21044
410-730-8267 or 1-888-607-3637 / 410-730-8331 Fax

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

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

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

MPB Group, Inc

The Banneker Building
5840 Banneker Road, Suite 270
Columbia, MD 21044
410-730-2385

2nd Location:

603 7th Street, #202

Laurel, MD 20707

410-730-2385

www.mpbhealth.com

Psychiatric Rehabilitation Program (PRP) for Youth in Howard County

Through this program, more comprehensive supportive services are offered to the children and families in Howard and neighboring counties 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. 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

Transition Age Youth (TAY)

Healthy Transition-(HT) Services

This program is an effort to educate, support and assist emerging youth and young adults 16-25 years of age with behavioral health challenges regain and maintain independence in the community, while assisting with the unique challenges of transitioning into adulthood. These services are an individualized, strengths and evidence based supports for youth and young adults which include Life Skills Coaching and Teaching, Peer Mentoring, Case Management, Evidence Based Supportive Employment, Vocational Services, and in some cases housing. Individuals who are willing to participate with HT-Services must meet the priority population diagnosis for adults. Exceptions to the diagnosis requirement can be made on a case by case basis. The HT provider for Howard County is Humanim. Contact the Howard County Mental Authority at 410-313-7350 or Humanim at 410-381-7171 for more information or a referral packet.

Maryland Early Intervention Program (EIP)

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

Case Management/Care Coordination

The goal of case management/care coordination is to help youth and families remain together with substantial community based services to meet their on-going needs. Mental Health Case Management services assist individuals by linking them to rehabilitation and treatment services, entitlements/benefits for which they may be eligible, housing, social supports, vocational and educational services. Medicare and private insurances do not pay for case management services. Individuals who are eligible for case management services

cannot be receiving case management services from another agency and must be willing to voluntarily agree to participate in case management services. The child and adolescent care coordination/case management provider is Alliance, Inc. The adult care coordination/case management provider is Humanim, Inc. Contact the Howard County Mental Health Authority at 410-313-7350 for more information and a referral packet.

Advocacy/Support Groups

Loyola Clinical Centers TBI Survivors and Family Support Group

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

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

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

10632 Little Patuxent Parkway, Suite 234
Columbia, MD 21044
410-730-8267 or 1-888-607-3637

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

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

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

Mental Health Association of Maryland

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

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

DBSA (Depression & Bipolar Support Alliance)

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

NAMI-Howard County MD

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

www.namihowardcounty.org

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.

Bereavement Support Resources

The Family Center

4785 Dorsey Hall Drive
Ellicott City
410-531-5087

Individual counseling and bereavement groups.

Howard County General Hospital

Chaplaincy Services Department
5755 Cedar Lane
Columbia, MD 21044
410-740-7898

Individual/group counseling support for families of patients who have died in the hospital. Counseling is provided by graduate student interns from Loyola University's pastoral counseling program.

GriefShare

www.griefshare.org

Gilchrist Hospice of Howard County

5537 Twin Knolls Road
Columbia, MD 21045
410-730-5072

Cancer/other illnesses; grief support for all.

Compassionate Friends

Greater Baltimore Chapter
P.O. Box 2103
Ellicott City, MD 21043
410-560-3358

www.baltimorectf.com

Grief support for coping with loss of child.

Bereavement Group for Seniors

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

Jewish Community Bereavement Group

Jewish Community Services
10630 Little Patuxent Parkway
Columbia, MD 21044
410-730-4976, ext 120
To find grief support within the Jewish Community.

Rising Hope

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

St. Francis of Assisi Catholic Church

8300 Old Columbia Road
Fulton, MD
410-792-0470
Bereavement support group for adults. Meets on 4th Tuesday of every month.

24-Hour Hotlines

Grassroots Crisis Hotline

410-531-6677

Provides 24/7 counseling services

Suicide Hotline

1-800-SUICIDE (1-800-784-2433)
or 410-749-9424

Provides counseling for suicide prevention

Youth Crisis Hotline

1-800-422-0009

Crisis intervention, support and referrals

Runaway Hotline

1-800-621-4000

For All Seasons, Inc. Hotline

1-800-310-7273

Counseling, advocacy, and education to victims of rape, sexual assault and abuse.

Mid-Shore Council on Family Violence

1-800-927-4673

Provides direct services for victims of family violence including a 24-hour hotline, crisis intervention, counseling, support group, emergency shelter, client advocacy, children's program, court accompaniment, information and referral.

Life Crisis Center Hotline

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

Provides counseling for victims of domestic or sexual assault, suicide prevention, support groups, emergency shelter, shelter referral, medical care, and assistance with the process of prosecution.

Homerun Hotline

1-800-HIT-HOME or 1-800-448-4663

Information and referral; staffed by trained listeners.

Maryland State (AIDS) Hotline

1-800-638-6252, 1-800-553-3140

(Hearing Impaired)

Information on testing and other referrals.

Americans with Disabilities Act Hotline

1-800-USA-ABLE

Information on the Americans with Disabilities Act

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

Veterans Crisis Hotline

1-800-273-8255 Press 1.

www.veteranscrisisline.net. Veterans and their loved ones can call, chat online, or send a text message to 838255 to receive confidential support 24/7.

Financial Assistance for Families National Relief Hotlines:

Child Support Enforcement Hotline:

877-696-6775

For single moms due support, the DHHS 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, principal.

Student Loan Relief Hotline: 866-836-9168

Agency works for students and graduates who wish to reduce their monthly payments by consolidating. 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 may call for a free conversation to discuss whether debt relief under bankruptcy makes sense for them.

Programs Serving the Developmentally Disabled

Developmental Disabilities Administration

201 W. Preston Street, 4th Floor
Baltimore, MD 21201

410-767-5600 / 877-4MD-DHMH

The Developmental Disabilities Administration (DDA) has four regional offices throughout the state. DDA is a department under the state agency Department of Health and Mental Hygiene (DHMH).

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

eMerge, Inc.

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

Provides assistance to individuals with diverse challenges. Individualized assistance may include support, residential services, transportation, supported employment, vocational programs. State and Federally funded.

The ARC of Howard County

11735 Homewood Road
Ellicott City, MD 21042
410-730-0638

Residential, individual and family support, respite care, vocational and day support for those with developmental disabilities, parenting classes.

Athelas Institute, Inc.

9104 Red Branch Road
Columbia, MD 21045
410-964-1241 / 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 & 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

<http://veterans.dhmh.maryland.gov/Pages/home.aspx>

Veterans Crisis Hotline: 1-800-273-8255 Press 1. www.veteranscrisisline.net.

Veterans and their loved ones can call, chat on line, or send a text message to 838255 to receive confidential support 24/7.

VA Maryland Health Care System (includes VA Medical Centers, Community Based Outpatient Clinics and Vet Centers).

1-800-865-2441

www.maryland.va.gov

US Department of Veteran Affairs Homeless Call Center: 1-877-4AID VET

VA – Baltimore Community Referral and Resource Center (CRRC) M-F 7:00a.m.-4:30p.m. 410-637-3246

The CRRC serves as a hub to combat homelessness among Veterans. These facilities centralize federal and local partners to provide services to homeless and at-risk Veterans. The building includes a Primary Care Clinic, a complete kitchen, laundry and shower facilities as well as a host of other community services.

Psychiatric Research

The Maryland Psychiatric Research Center

The Maryland Psychiatric Research Center (MPRC) is dedicated to providing treatment to patients with schizophrenia and related disorders, educating professionals and consumers about schizophrenia, and conducting basic and translational research into the manifestations, causes, and treatment of schizophrenia. The MPRC is a division of the Department of Psychiatry at the University of Maryland School of Medicine and operates as a joint program with the Maryland Behavioral Health Administration and DHMH.

The Maryland Early Intervention Program (EIP)

is a collaborative for the early identification and treatment of mental illness and psychosis and offers specialized programs with expertise in the early identification, evaluation and comprehensive psychiatric treatment of adolescents and young adults at risk for, or in the early stages of, a mental illness with psychosis. To get more information, request education, make referrals, or request consultations, please contact (877) 277-MEIP (6347) info@MarylandEIP.com www.MarylandEIP.com

Schizophrenia is a chronic brain disorder that affects people in many ways. Because it is complex, researchers must develop and test treatments that look at a wide range of symptoms. The goal of these MPRC research studies is to find better treatment and medication for schizophrenia and related disorders.

The following studies are active and currently enrolling participants. If you participate there is no cost to join and you will be paid for your time and travel.

New Treatment Studies:

- **CIDAR Study:** The purpose of this study is to examine two possible treatments for symptoms of schizophrenia including difficulty in talking to people, enjoying activities, and problems with attention, learning, and memory. The two

medication treatments are Oxytocin and Galantamine.

- **DAAMSEL Study:** The purpose of this study is to test whether a low dose of an antipsychotic medication called aripiprazole may help improve the symptoms of high prolactin levels, which includes sexual dysfunction, problems with menstruation, and the slow loss of bone thickness. Aripiprazole has also been shown to be helpful for improving symptoms of schizophrenia.
- **Pet Imaging and Schizophrenia:** The purpose of this study is to understand how genes affect the function of a chemical system in the brain in people with and without schizophrenia.
- **Social Affiliation:** The purpose of this study is to address treatment for some symptoms of Schizophrenia such as reduced motivation and the reduced ability to feel or express emotions. Some individuals who have relatives with Schizophrenia may experience these symptoms as well. This study will examine the effects of a drug called Oxytocin, on such symptoms that may be present in family members of those with Schizophrenia.
- **Sensitivity to Gluten:** The purpose of this study is to look at the ease or difficulty in following a gluten-free diet for individuals with Schizophrenia who have sensitivity to gluten or are diagnosed with Celiac Disease.
- **VISTA Study:** The purpose of this study is to determine if the antiviral drug, valacyclovir, improves cognitive functioning and symptoms in early course schizophrenia.

Non- Medication Studies:

- **Agranulocytosis:** The purpose of this study is to look for genes which may increase the risk of agranulocytosis, which means having a low white blood cell count while being treated with Clozapine.
- **Attention and Working Memory in People with Schizophrenia:** The purpose of this study is to better understand the problems that people with schizophrenia have with concentration, memory, and problem-solving
- **Decision Making in People with Schizophrenia:** The purpose of this study is to better understand the *problems that people with schizophrenia* have with concentration, memory, and problem-solving.

If you are interested in participating in a study, please call 410-402-7666 or visit www.mprc.umaryland.edu/schizophrenia.asp for more information.

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

www.biamd.org / info@biamd.org

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

Chai (Counselors Helping (South) Asians/Indians)

P.O. Box 2161

Ellicott City, MD 21041

443-615-1355

www.chaicounselors.org

CHAI is a non-profit organization working to reduce the stigma of mental health services and to increase access to services among the South Asian American community. CHAI's mission is to holistically provide proactive, culturally competent information and referrals on mental health and wellness to the South Asian population. Some key services are The Women's Wellness Group, The CHAI Parenting Initiative, and training and translation services for mental health providers.

Chase Brexton Health Services: Columbia

5500 Knoll Drive, Suite 370

Columbia, MD 21045

410-884-7831

<http://chasebrexton.org>

Primary medical care and dental care for adults and children. Infectious diseases consultations and case management. Mental health services for all ages.

Insurance: Public mental health consumers accepted, uninsured, under-insured, MA, sliding scale fees, and most commercial insurances.

Child Care Resource Center

3300 North Ridge Road, Suite 380

Ellicott City, MD 21043

410-313-1940

www.howardcountymd.gov

www.mdchildcare.org

childcare@howardcountymd.gov

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

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

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.

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

Heaver Plaza
1301 York Road, Suite 505
Lutherville, MD 21093
443-901-1560 / 443-901-0039 Fax
www.cqtm.org

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

Lisa Farley, L.Ac, M.Ac.

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

211 Maryland/United Way Helpline

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

Fish of Howard County, Inc.

P.O. Box 34
Ellicott City, MD 21041
410-964-8660
Provides emergency food, financial assistance, referral information and pharmacy assistance to those in need.

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

5999 Harpers Farm Road, Suite E-200
Columbia, MD 21044
410-992-1923 / 410 730-0113
www.firnonline.org
Services to immigrants, refugees, & other foreign-born individuals. Information and referral for help with jobs, housing, immigration law, health, mental health, crisis intervention and tutoring services.
Languages - Portuguese, Urdu, Punjabi, Farsi & Swedish

HC Drug Free

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

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, 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 Dept. of Community Resources and Services

6751 Columbia Gateway Drive, Suite 204
Columbia, MD 21046
410-313-6400

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

Howard County Dept. of Juvenile Services

3451 Courthouse Drive
Ellicott City, MD 21043
410-480-7878

Howard County Dept. of Social Services

7121 Columbia Gateway Drive
Columbia, MD 21046
410-872-8700

www.dhr.state.md.us

Emergency financial and housing assistance for persons in crisis, child protective services, food stamps, income maintenance, medical assistance, adoption and foster care.

Howard County Division of Rehabilitation Services (DORS)

Columbia Workforce Center
7161 Columbia Gateway Drive, Suite D
Columbia, MD 21046
410-290-2640 / 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 and Independence

6751 Columbia Gateway Drive, Suite 200
Columbia, MD 21046
410-313-6410

The Office on Aging and Independence promotes a full and dignified life for older people in Howard County, encouraging their involvement in all aspects of life and recognizing them as a vital force in the community. Some services offered are:

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

Howard County Police - Youth Division

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

hcpdoutreach@howardcountymd.gov

Twitter @HCPDNews /Instagram @HoCoPolice

Facebook: Howard County Police Department

Next Door: Howard County Police Department

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

Howard County Public Schools

410-313-6696

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

Judy Center

Judith P. Hoyer Early Child Care and Education Center, Cradlerock School
6700 Cradlerock Way
Columbia, MD 21045
410-381-9024

Promotes school readiness through collaboration among community-based agencies and organizations. Fosters a young child's social linguistic and cognitive abilities and provides resources for parents.

Language Line

Contact Person: Frank Masin (877) 862-1816 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, assistance vouchers for food, shelter, eviction prevention, utility assistance, prescriptions, transportation and clothing for people in crisis based on the availability of funds or resources. Also provides services to the homeless, transitional housing.

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

410-313-1917
The LCB is responsible for assessing the needs of the community and, in collaboration with service providers, policy makers, community leaders and others, make sure that children and families get needed services and supports. LCB's role is to assure that services are coordinated among local agencies and organizations.

Maryland Disabilities Law Center (MDLC)

1500 Union Avenue, Suite 2000
Baltimore, MD 21211
410-727-6352 / 1-800-233-7201 Toll free

Maryland Community Services Locator (MDCSL)

www.mdcs.org

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

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.

Steven Daniel Jeffreys Foundation

5430-F Lynx Lane, Suite 246
Columbia, MD 21044
410-730-3310
Grief counseling referral service, professionally led specialized grief (Tears and Smiles) counseling groups for children and parents.

Tough Love

800-705-9980 or 410-442-1853
Support groups for parents experiencing unacceptable or out-of-control behavior from their children. Nominal charge per family.

Hoarding

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

Address Our Mess

2132 Eskow Avenue
Halethorpe, MD 21227
866-575-7455
www.clutterhoardingcleanup.com
info@addressourmess.com

Address Our Mess is a specialty heavy duty cleaning company that specializes in hoarding and clutter cleanup services.

Comprehensive Hoarding Resource Center

launched in May 2010 by International OCD Foundation

<http://www.ocfoundation.org/hoarding/>

Children of Hoarders (COH) – Maryland Chapter

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

Hoarderbusters

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

Hoarding Cleanup Help/Maryland

<http://hoardingcleanup.com/maryland>

National Association of Professional Organizers

Baltimore Chapter
[www.napobaltimore.org /](http://www.napobaltimore.org/)
info@napobaltimore.org

Elsbeth Bell, Ph.D.

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

ebell@elsbethbellphd.com
www.elsbethbellphd.com

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

Organized! By Romanic

Susan Romanic, Professional Organizer
410-995-0435

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

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

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

<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 Disability Law Center
410-727-6352 www.mdclaw.org
- Maryland Legal Aid: mdlaborg.org.
Local office 410-480-1057
- Maryland Volunteer Lawyers Service:
mvlslaw.org
- Maryland People's Law Library: peoples-law.info
- Maryland State Bar Association: msba.org
- American Bar Association:
findlegalaids.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

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.

Dayli Marrero, PhD
Ana Garcia-Fernandez, Psy D
Samantha Marks Psy D
Iris Thomas, LCSW-C
Lydia Holloway, LCSW-C
Roberto Huie, LCSW-C
Nancy Alexander, MSA

Spanish Speaking Providers listed in Directory:

Congruent Counseling Services
Psychosocial Counseling Associates, Inc.
Enoch Barrios, MD
Stephany Durruthy, MD

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

Programs Serving the Korean Community

Korean Resource Center

410-203-1111 / www.ikorean.org
10328 Baltimore National Pike
Ellicott City, MD 21042

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

Maryland Access Point

410-313-1234

www.howardcountygaging.org

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

Transportation

RTA Mobility

RTA ADA Paratransit - requires 2-part medical certification; person must live within 3/4 mile of a fixed bus route. 1-800-270-9553 for application.

RTA General Paratransit or Curb-to-Curb - service is provided anywhere within Howard County, with trip purposes limited to medical appointments, senior centers, social service agencies, employment and colleges. Service is available Monday through Friday 8:00 AM to 5:00 PM. In addition, service to medical appointments at designated Baltimore City hospitals is available on Mondays, Wednesday, and Fridays. Limit of one round trip per day. Certification required. Advanced reservations required 1-800-270-9553.

HOWARD COUNTY HEALTH DEPARTMENT (MA HealthChoice Transportation Program)

877-577-1050 Option #3

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

HOWARD COUNTY MENTAL HEALTH AUTHORITY

410-313-7350

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

NEIGHBOR RIDE

410-884-7433

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

HOWARD COUNTY MENTAL HEALTH AUTHORITY

8930 Stanford Boulevard
Columbia, MD 21045

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

If you would like to be included in the next printing of the Directory please complete this form and email to cschaffer@hcmha.org or fax to 410-313-7374.

Name with title:

Address:

Phone:

Fax #:

Website:

Email:

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

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

Insurances Accepted:

Languages Spoken:

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

HOWARD COUNTY MENTAL HEALTH AUTHORITY

8930 Stanford Boulevard,
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: HCMHA Executive Director
File