



Promote. Preserve. Protect.

Directory of Behavioral Health Services for Youth in Howard County

October 2019

(updated 10/08/2019)

Visit hchealth.org or call 410.313.6300 for more information



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When to Seek Help

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

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

CRISIS SERVICES

Mobile Crisis Team

410-531-6677

MCT is a partnership between the Police Department, Humanim, and Grassroots Crisis Intervention. During hours of operation, MCT staff is able to respond to a psychiatric crisis identified by the police. MCT is available by calling 410-531-6677, or by calling 911 and requesting the Mobile Crisis Team. Two mental health professionals go the location of the individual and explore support to de-escalate the crisis and help the person in trouble. If there is an issue of safety, the team is able to gain police assistance to have the person transported to the Howard County General Hospital Emergency Department for a thorough psychiatric evaluation. MCT will refer the individual and family members to available community resources and follow-up to assure linkage.

Grassroots Crisis Intervention Center

6700 Freetown Road

Columbia, MD 21044

410-531-6677 or 410-531-6006

24 Hour Hotline: 2-1-1

grassrootscrisis.org

Provides telephone counseling, free walk-in counseling, emergency shelter for the homeless, a 24-hour suicide hotline, Mobile Crisis Team, and a Runaway Teen Program that provides crisis intervention for runaway youth and their families. All services are free. Marylanders with mental health or substance use issues are encouraged to "Call 211 and Press One" to reach Maryland Crisis Connect, a crisis response service staffed 24/7, or the hotline, which is available to ALL Maryland residents 24/7, 365 days a year. Immediate access is available to Language Line for telephone interpretation.

Kidsline

410-461-1833

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

Youth Crisis Hotline

2-1-1

Crisis intervention, support and referrals.

Runaway Hotline

1-800-621-4000

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

For All Seasons, Inc. Hotline

1-800-310-7273

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

Crisis Textline

Text HOME to 741741

www.crisistextline.org

24/7 free service

There is Hope App

Grassroots Suicide Prevention App

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

www.grassroots.hocomojo.org/services/there-is-hope-app

Help 4 MD Youth

www.help4mdyouth.org/chat

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

National Suicide Prevention Lifeline

www.suicidepreventionlifeline.org/gethelp/lifelinechat

1-800-273-8255.

Free 24/7 confidential crisis support.

OUTPATIENT TREATMENT

Advanced Behavioral Health

Intake Coordinator: 301-345-1022

Fax Referrals: 301-560-5558

www.abhmaryland.com

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.

Alternative Counseling & Wellness Center

5136 Dorsey Hall Rd

Ellicott City, MD 21042

410-828-0101

www.alternativecounseling.net

info@alternativecounseling.net

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

Insurance: Medicare, Medical Assistance, Aetna, Cigna, Blue Cross Blue Shield, Tricare, Megellan

Anxiety Treatment Center of Maryland

8865 Stanford Boulevard, Suite 202-A

Columbia, MD 21045

410-800-7591 / Fax 410-730-4750

www.anxietymaryland.com

info@anxiety-treatment-center.com

A specialty behavioral health clinic offering cognitive and behavioral treatments for anxiety and related disorders. Provides treatment to children, adolescents, and adults experiencing problems with: selective mutism, social anxiety, separation anxiety, generalized anxiety, specific phobias, panic, agoraphobia, obsessive compulsive disorder, chronic tics or Tourette syndrome, hair-pulling or skin-picking conditions, depression, disruptive behavior, elimination disorders (toilet training difficulties), sleep problems, and co-occurring medical problems such as GI/urological problems, headaches, chronic pain, kidney disease, and diabetes.

Insurance: out of network

Applied Behavioral Mental Health Counseling

1997 Annapolis Exchange Parkway, Suite 300

Annapolis, MD 21401

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

www.appliedabc.com

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

Blake Psychotherapy & Associates

10632 Little Patuxent Parkway, Suite 340

Columbia, MD 21044

443-988-2024/410-988-2024 Fax

blaketherapy.com

sblake@blaketherapy.com

Outpatient therapy & nutrition center specializing in eating disorders, addictions, Asperger's, mood disorders and trauma. Utilize therapies such as Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), Psychodynamic Therapy, Person Centered Therapy, Mindfulness and Short-Term Solution Based Counseling. Nutritionists can work with all mental health issues, as well as working with individuals with medical issues. Serves children, adolescents and adults ages 10+. Insurance: Self-pay

Center for Child and Family Traumatic Stress at Kennedy Krieger

9730 Patuxent Woods Drive

Columbia, MD 21046

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

www.KennedyKrieger.org/TraumaticStressCenter
intaketraumaticstresscenter@kennedykrieger.org

Mental health treatment to children, adolescents and families who have experienced trauma such as: physical or sexual abuse, neglect, domestic violence and community violence. Education and training for parents, professionals and community organizations, promotion of greater understanding of the developmental, emotional and behavioral consequences of trauma, and communication of the most effective ways to provide care.

Language: Spanish

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

Chase Brexton Health Care: Columbia Center

5500 Knoll Drive, Suite 370

Columbia, MD 21045

410-837-2050 x2050 (x4301 en Español)

www.chasebrexton.org

Services and programs include adult primary care; pediatric care; HIV, Hep C, & Infectious Disease care, including free, walk-in HIV testing; transgender primary care (pediatric & adult); dental care (pediatric & adult); behavioral health treatment, social work & outreach services; full-service pharmacy and on-site lab services.

Language: English, Spanish

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

Clinical Service Connections

8930 Route 108, Suite A

Columbia, MD 21045

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

info@clinicalserviceconnect.com

Provides Psychiatric Rehabilitation Program services including a full range of rehabilitation activities and supports. 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.

Insurance: Medicaid

Collaborative Counseling Center

5560 Sterrett Place, Suite 201

Columbia, MD 21044

443-546-4000

www.collaborativecounselingcenter.com

info@collaborativecounselingcenter.com

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.

Insurance: Self-pay

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 for adolescents and adults. Suboxone treatment. Language: American Sign Language
Insurance: Self-pay

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. Diagnostics and treatment for ADD/ADHD. Medication evaluation and management.

Community Behavioral Health
10774, 10770 & 10810 Hickory Ridge Road
Columbia, MD 21044
844-224-5264 Ext.16/888-509-0010 Fax

www.communitybehavioralhealth.net/contact
Early Intervention, Intensive Outpatient, Partial Hospitalization. Buprenorphine, Vivitrol. Adult and adolescent services.
Insurance: Self-pay, Medicaid

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

www.congruentcounseling.com
Individual, family, marital, and group counseling. Psychiatrist on staff provides psychiatric evaluations and medication management. Therapists on staff who specialize in working with children, teens, and adults. Issues addressed include: depression, anxiety, attention deficit, acting out behaviors, substance use and addictions, marital difficulties. Dialectic Behavioral Treatment (DBT) for ages 8-21. Language: Spanish
Insurance: Most insurance plans accepted

Counseling Resources, Inc.
8388 Court Avenue
Ellicott City, MD 21043
410-461-8662/410-480-4744 Fax

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

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

www.crossroadpsych.net
Individual adolescent, child and adult therapy, adolescent group therapy, adult group therapy, middle school group therapy, social skills group, family/couples therapy, medication management, psychological testing.
Language: German, Hebrew, Yiddish
Insurance: Self-pay

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

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

Family and Children's Services of Central MD
10451 Twin Rivers Road, Suite 100
Columbia, MD 21044
410-997-3557/410-964-1791 Fax

www.fcsmd.org
cladota@fcsmd.org
Clinical Therapists and Social Workers help individuals and families improve in areas of anger and stress management, coping and problem solving, social skills, and behavior management.
Insurance: Medical assistance, some private insurance, self-pay, sliding fee scale.

The Family Center & Associates

4785 Dorsey Hall Drive, Suite 109

Ellicott City, MD 21042

410-531-5087

www.thefamilycenter.tv

thefamilycenter2@msn.com

ADD/ADHD, counseling: adolescent, child/pediatric, couples, family, individual therapy. Pain management/biofeedback training, psychological/psycho-educational assessments, sports counseling and medication management. Child bereavement groups.

Insurance: Self-pay

Language: Farsi, French, Arabic

Focused Solutions, LLC

5550 Sterrett Place, Suite 200

Columbia, MD 21044

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

www.focusedsolution.net

Outpatient counseling services.

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

Gladstone Psychiatry and Wellness

Lakeview Office Terrace

9841 Broken Land Parkway, Suite 211

Columbia, MD 21046

443-708-5856

Gladstonepsych.com

Specializes in Addictions, Adult Psychiatry, Adolescent Psychiatry, Anxiety, ADD/ADHD, Bipolar Disorder, Depression, OCD, Panic Disorder
Language: American Sign Language
Insurance: BC/BS, CareFirst, Aetna, and Cigna

Halcyon Clinical Services, LLC

6304 Woodside Court, Suite 110G

Columbia, MD 21046

Phone: 443-718-9085

Fax #: 425-795-1406

www.halcyonclinicalservices.com

admin@halcyonclinical.com

Provides outpatient mental health services to children, adults, and families. Trained experts in Dialectical Behavior Therapy (DBT), Cognitive

Behavioral Therapy (CBT), and Motivational Interviewing (MI). Coordinate with primary care physicians regarding behavioral health needs.
Insurances Accepted: Medicaid, Blue Cross Blue Shield, Medicare, and private self-pay

HC Drug Free

5305 Village Center Drive, Suite 206

Columbia, MD 21044

443-325-0040

www.hcdrugfree.org

info@hcdrugfree.org

Provides resources and education on prevention, treatment, recovery, and health and wellness to help Howard County residents develop knowledge and skills to understand and address behavioral health (substance use and mental health) disorders.

The Howard Group, LLC

10760 Hickory Ridge Road, Suite 211

Columbia, MD 21044

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

www.thehowardgroup.info

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

Holistic Child Psychiatry

Phyllis Heffner, MD

10801 Hickory Ridge Road, Suite 215

Columbia, MD 21046

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

www.holisticchildpsychiatry.com

holisticchildpsychiatrist@gmail.com

Holistic and Integrative Child and Adolescent Psychiatry with primary focus on assessing and treating symptoms of Autism, Attention Deficit Hyperactivity Disorder, Depression and Anxiety and more in people from age 2 - 65 using biomedical, nutritional, lifestyle, stress management, EEG Neurofeedback, Heart Rate Variability Training, and other techniques to lessen or avoid the use of medication if possible.
Insurance – Private pay, out of network for all insurance

Humanim

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

www.humanim.com

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

Insurance: Medical Assistance, some private pay

Innovative Psychiatry

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

www.columbiapsychmd.com

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

Innovative Therapeutic Services

**14440 Cherry Lane, Suite 208
Laurel, MD 20707
301-604-1458/301-604-1459 Fax**

www.innovativetherapy.org
mpaul@innovativetherapy.org

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

Language: Spanish, Chinese

Insurance: MA, private insurance, EAP

Integrative Counseling, LLC

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

www.integrative-counseling.com

Treatment Groups for Substance Use, Abuse, and Dependence. Single Weekend DUI/DWI education

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

Psychiatrists and Nurse Practitioner licensed to prescribe medication on staff.

Language: Spanish

Insurance: Self-pay and out of network private insurance

Johns Hopkins Department of Psychiatry & Behavioral Health Sciences at Howard County

**10710 Charter Dr Suite G
Columbia, MD 21044**

410-720-8530/410-720-7263 Fax

www.hopkinsmedicine.org/howard_county_general_hospital

Outpatient, General psychiatry for Adults, Adolescents and Adults with Eating disorders

Insurance: Private insurance and Medicaid

Kennedy Krieger Institute

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

www.kennedykrieger.org

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

LifePath Counseling Services

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

www.barbarapolonsky.com

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

Insurance: Self-pay

Life Renewal Services

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

www.liferenewalservices.net

Psychiatric evaluations, psychiatric medication management, co-occurring treatment, Psychiatric Rehabilitation for adults and minors, outpatient mental health clinic for adults and minors
Insurance: Self-pay, Medicaid, and PPO with out of network benefit.

Lighthouse Center for Therapy and Play

**10632 Little Patuxent Parkway, Suite 107
Columbia, MD 21044
240-389-2685**

www.lighthouseplaytherapy.com

Registered Play Therapist on staff

Insurance: Medicaid, Medicare, most insurance plans

Martin Counseling and Associates

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

www.martincounselingllc.com

ericamartinllc@gmail.com

Provides comprehensive mental health and substance abuse assessment, evaluation and therapeutic services for adolescents, adults, and families. Mental health issues, to include: Anxiety Disorders, Mood Disorders, PTSD and Complex

PTSD and Dissociative Disorders, Mood Disorders, ADHD, OCD, Conduct Disorders, Attachment Disorders, and related Substance Abuse Disorders. Alternative treatment modalities include, acupuncture, Reiki, reflexology, holistic nursing and holistic medicine.

The Maryland Centers for Psychiatry

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

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

www.marylandpsychcenters.com

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

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

Milestones Counseling and Consulting Services

**10632 Little Patuxent Parkway, Suite 330
Columbia, MD 21044**

443-574-4295/443-574-6515 Fax

www.milestonesccs.com

gina@milestonesccs.com

Counseling for social skills, problem solving skills and helps promote a better understanding of self. Works with children and adolescents, and young adults who experience challenges in in everyday life including school, work, recreational, home and work settings. Consults with families of special needs students regarding IEP's, 504s, and behavioral interventions. We provide individual therapy, family therapy, group therapy, & consulting services. Areas of expertise include: ADHD, anger management, anxiety, autism, behavioral issues, bipolar disorder, coping skills, depression, school/learning issues, mood disorders, parent-child conflict, and family systems. Treatment modalities include: Cognitive Behavioral Therapy (CBT), Family Systems, Solution Focused Brief Therapy (SFBT), Trauma Focused, Play Therapy, & Motivational Interviewing.

Insurance: BlueCross BlueShield, CareFirst, Magellan, Cigna, Out of Network

MPB Group, Inc**6440-D Dobbin Road****Columbia, MD 21045****410-730-2385/866-371-5933 Fax**www.mpbhealth.com

Individual, family and group therapy, PRP (mentoring for youth), psychological and psychiatric evaluations, medication management to children, adolescents, and adults. Offers outpatient services as well as integrated (substance abuse) treatment services. Home Based Therapy available. Clinical issues: sexual abuse/physical abuse/neglect, attachment/bonding issues, trauma (PTSD), grief/loss & bereavement, substance abuse, anxiety/panic disorders, regulatory difficulties (ADHD, OCD), mood disorders (depression, anxiety), behavioral issues (oppositional defiant), play/therapy and parenting. We do not offer services related sex offense specific treatment. Insurance: Medicaid, self-pay
Language: Spanish

MSA – The Child and Adolescent Center**10005 Old Columbia Road, Suite L260****Columbia, MD 21046****866-853-4397 (toll free)****443-259-0400/443-259-0044 Fax**www.msachild.com

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

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

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

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.

Newport Academy**12300 Twinbrook Parkway, #250****Rockville, MD 20852****866-265-5898**www.newportacademy.com

Provides outpatient and residential programs for adolescents and young adults (ages 12-27) who struggle with mental health conditions and substance use. Day school programs and continuing care programs are also available. Areas of treatment include depression, trauma, anxiety, addiction, suicide, eating disorders, behavioral addictions, and other mental health conditions.

Insurance: call for details

Psych Associates of Maryland**9520 Berger Rd, Suite 203****Columbia, MD 21046****410-290-6940 / Fax 410-290-9763**www.pamllc.us

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

Sandstone Care

**11820 Parklawn Drive, Suite 430
Rockville, MD 20852
301-329-8067**

www.sandstonecare.com

Drug, alcohol, and mental health treatment for teens and young adults. Treatment for mental health concerns include anxiety, depression, trauma, and personality disorders. Continuum of care program is provided; this includes medical detox, young adult residential treatment, or teen residential treatment, young adult day treatment, young adult intensive outpatient (IOP), and therapeutic sober living.

Insurance: Cigna, BlueCross BlueShield, Aetna, Humana, MultiPlan, UnitedHealthcare, United Behavioral Health, Value Options

Sheppard Pratt Way Station

**9030 MD-108, Suite A
Columbia, MD 21045
410-740-1901/410-740-2503 Fax**

www.waystationinc.org

In-home intervention services, mental health outpatient, co-occurring mental health and substance use disorder outpatient, psychiatric evaluation/medication monitoring, adult and adolescent services

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. Therapists with a variety of specialties including, children/adolescent issues, ADHD, substance abuse, domestic violence, trauma, marital issues and more.

Insurance: Most insurance 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.

Insurance: Self-pay

PSYCHIATRISTS

Margaret (Peggy) Adams, MD

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

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

Sandra Akinsete

**5840 Banneker Road, Suite 200
Columbia, MD 21044
410-989-4623**

Treat, prescribe and monitor children with ADHD and mood disorders.
Insurance: Some insurance accepted, self-pay

David M. Band, MD

**Crossroads Psychological Associates, LLC
10784 Hickory Ridge Road
Columbia, MD 21044
410-992-7288 Ext. 22
office@crossroadspsyched.net**

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

Brett Greenberger, MD

**Child and Adolescent Psychiatrist
Collaborative Counseling Center
5560 Sterrett Place, Suite 201
Columbia, MD 21044
443-546-4000**

www.collaborativecounselingcenter.com

Child/Adolescent mental health services and follow-up.
Insurance: Self-pay

Janine Fuertes-Ramirez, MD

**8940 State Route 108, Suite E
Columbia, Maryland 21045
410-941-3111**

www.cpeclinic.com

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

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

**5850 Waterloo Rd, Columbia Business Suites
Suite 140
Columbia, Maryland 21045
410-988-2503**

gordonnp@smg-practic.com
www.synergystrive.com

Specializes in a wide range of clinical issues and needs for clients who range in all ages, providing services from therapy to prescribing medication for mood, anxiety, ADHD, Asperger's Disorder, obsessive-compulsive disorder, parenting support, stress management and life coaching.
Insurance: Self-pay, BC/BS

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
mcpec@verizon.net

Child and adolescent psychiatry evaluations,
consultation, and medication management.
Insurance: Self-pay

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.
Insurance: Self-pay

Sushma N. Jani, M.D.

10774 Hickory Ridge Road
Columbia, MD 21044
844-224-5264 x17/888-509-0010 Fax
www.communitybehavioralhealth.net

Various ages (children and adults)
Insurance: Medical Assistance and private
Insurance

Neda Kaveh, MD, MS

5052 Dorsey Hall Drive, Suite 102
Ellicott City, MD 21042
410-881-6090

Toddler to teenager mental health support and
follow-up.
Insurance: Self-pay

Andy A Mattai, MD

Innovative Psychiatry
9256 Bendix Road, Suite 200B
Columbia, MD 21045
443-225-4505
admin@ecpsychiatry.com
www.columbiapsychmd.com

Preteens/Tweens (11-13), Adolescents/Teenagers
Insurance: Self-pay

Tanveer A Padder, MD

Padder Health Services
8850 Columbia 100 Pkwy
Columbia, MD 21045
410-921-9183
www.mypsychconsult.com

Bipolar, Major depression, Anxiety, PTSD,
Addiction, ADHD, Panic attacks, schizophrenia.
Ages 6-19
Insurance: Self-pay

**James Park, Psychiatric Nurse Practitioner,
CRNP, PMHNP**

Alliance Psychiatry
8840 Stanford Boulevard, Suite 400
Columbia, MD 21045
443-417-1815
www.alliance-psychiatry.com

Medication management for adults, adolescents
and children ages 6-19.
Insurance: Self-pay

Laura C. Renbaum, M.D.

Crossroads Psychological Associates, LLC
10784 Hickory Ridge Road
Columbia, MD 21044
410-964-0425/Fax 410-964-0515
laura.renbaum@gmail.com

Outpatient psychiatric evaluation, medication
management, and counseling for adolescents and
adults. (Suboxone certified)
Insurance: Self-pay

**Tierra Stewart, Psychiatric Nurse Practitioner,
PMHNP**

Blue Grass, LLC

5840 Banneker Road, Suite 200

Columbia, MD 21044

410-457-3197

Child/Adolescent specialty ages 6-19

Insurance: BC/BS, CareFirst, Cigna, self-pay

Dina M Stein, MD, MPH

Gladstone Psychiatry

9841 Broken Land Parkway, Suite 211

Columbia, MD 21046

443-339-9507

www.gladstonepsych.com

Young children through young adults needing medications to treat psychiatric conditions, including: developmental disorders, depression, bipolar disorder, anxiety, ADD/ADHD, OCD, PTSD and other mood and anxiety-related conditions.

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

Kimberly Camille Walker, MD

10630 Little Patuxent Parkway, Suite 313

Columbia, Maryland 21044

240-608-6270

Child, Adolescent and Adult Psychiatry, treating ADHD, anxiety and mood issues

Insurance: Most insurance plans accepted.

PSYCHOLOGISTS

Lenora Roat Arrington, Psy.D.

1 Park Avenue, Suite D

Mt. Airy, MD 21771

301-693-9275

www.re-directionscounseling.com

LenoraArrington@re-directionscounseling.com

Provides outpatient counseling and psychotherapy for adults and adolescents. Treatment for depression, anxiety, trauma, identity, spiritual issues, relationships. Insurance: Medicare, sliding scale may be available.

Jeanne Bolton, Ph.D.

7270 Cradlerock Way

Columbia, MD 21045

410-290-6618

Cognitive behavioral, anxiety disorders/depression, and women's issues. Families, individuals, children. Insurance: Most insurance, providing does not need to be paneled provider with a managed care organization.

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 Insurance: Self-pay

Susan Rockwell Campbell, Ph.D.

7296 Kindler Road

Columbia, MD 21046

410-290-5901

www.drsusancampbell.com

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

Insurance: Sliding scale upon request.

Deborah S. Cole, Psy.D.

8840 Stanford Boulevard, Suite 4000

Columbia, MD 21045

410-381-7551 / 410 715-0055 Fax

www.drdeborahcole.com

Focus on depression, anxiety, panic, sexual addiction, obsessive compulsive disorder (OCD), trichotillomania (hair pulling), hoarding, skin-picking, tics and Tourette's, trauma and dissociation. Treats children, adolescents, adults, and couples. 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 (Certified in 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. Insurance: Self-pay

Evelyn Fielding, Ph.D.

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

DrEvie@fieldingpsychology.com

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

Eric Fielding, Ph.D.

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

DrEric@Fieldingpsychology.com

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

Steve Gaeng, Ph.D.

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

dr.stevegaeng@gmail.com
www.crossroadspych.net

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

Ana Garcia-Fernandez, Psy.D.

Crossroads Psychological Associates, LLC
10784 Hickory Ridge Road
Columbia, MD 21044
410-992-7288 Ext. 51

Ana.garcia@crossroadspych.net

Counseling to children, adolescents, adults and families. Psychological testing and assessments: neuropsychological, adoption and forensic evaluations, academic and vocational testing.
Language: Spanish
Insurance: Self-pay

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
10784 Hickory Ridge Road
Columbia, MD 21044
410-964-0425, Ext. 16/Fax 410-964-0515

www.crossroadspych.net
david.gold@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.
Language: German, Hebrew, Yiddish
Insurance: Self-pay

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 through college. Psychological testing for learning disabilities. Insurance: Self-pay

Tina Jenkins, Psy.D.

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

www.advancedpsychologicalservices.com
tinajenkinspsyd@hotmail.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.

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

crkalodner@gmail.com

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

Stephanie Weiland Knarr PhD, LCMFT

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

www.drstephanieonline.com

Marriage and family therapy practice. Specializing in treatment of PTSD and anxiety disorders for adults and children. Insurance: BCBS, Care First, Tricare, Aetna, Self-pay

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: Some insurance accepted

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 insurance 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.

Insurance: Self-pay

Samantha Marks, Psy.D.

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

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

Provides counseling, executive function coaching, evaluations and psychiatric services. Specialty is Autism Spectrum Disorder. Works with teenagers and young adults with all issues, including "Failure to Launch." Performance psychology with athletes, musicians, and others.

Language: Spanish

Insurance: Self-pay

Dayli N. Marrero, Ph.D

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

Psychotherapy for children, adolescents and adults.

Language: Spanish

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

Gwen L. Martinsen, Ph.D.

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

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

Insurance: All CareFirst plans except HMOs, Medicaid, Tricare

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.

Insurance: Self-pay

Kim Moss, Psy.D.

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

Psychotherapeutic services to adolescents and adults.

Insurance: BCBS, UHC, Kaiser, Medicare, Medicaid, sliding scale

Peter H. Musser, Ph.D.

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

drpetermusser@gmail.com

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

Insurance: Self-pay

Edward V. Pecukonis, MSW, Ph.D.

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

www.lechevalstable.org
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 American Sign Language.

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

Amy Rabinove, Ph.D.

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

Rabinovepsych.org

Outpatient services to older adolescents (17+) and adults. Specialize in OCD, generalized anxiety disorder, panic disorder, phobias, social anxiety, trichotillomania (compulsive hair pulling), skin picking, hoarding, eating disorders and depression.

Insurance: Medicare

Harvey M. Rapp, Ph.D.

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

hmrapp62@hotmail.com

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

Insurance: Most insurance accepted

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. Specialize in anxiety, ADHD, depression, domestic violence, multicultural family counseling and divorce transitions.

Insurance: Johns Hopkins EHP, Johns Hopkins Family Partners, Medicare, and some self-pay

Brenda Alpert Sigall, Ph.D., CEDS

**5060 Castle Moor Drive
Columbia, MD 21044
410-730-6151**

bas@umd.edu

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

Insurance: Self-pay

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, Medicaid

Gail K. Walter, Ph.D.

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

Thefamilycenter2@msn.com

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

Insurance: Self-pay

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 insurance accepted

Anne Marie Zwycewicz, Ph.D.

**6510 Belleview Drive
Columbia, MD 21046
410-997-0026**

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

SOCIAL WORKERS/LICENSED PROFESSIONAL COUNSELORS

Alisa Adamo, MSc, MSW

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

www.healthgrades.com/providers/alisa-adamo

General practice, all ages seen, all functioning levels with special emphasis on children.
Insurance: Most insurance, Medicaid, Medicare.

Maria Adamos, LCPC

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

www.congruentcounseling.com

Provides outpatient and intensive outpatient services. Provides therapeutic treatment for mental health conditions including Bipolar Disorder, Schizophrenia, Major Depressive Disorder, and Body Focused Repetitive Behaviors (i.e. trichotillomania, skin picking, etc.).

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

Dionne Aldridge, LCSW-C

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

www.InspiringMindsTherapy.com

Dionne.aldridge@gmail.com

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

Insurance: Medicaid and sliding fee scale

Berni J. Antelman, MSW, LCSW-C

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

bernilcsw@aol.com

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

Anne Arena, MA, CAS

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

www.thefamilycenter.tv

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

Libby Barritt, LCPC

**Crossroads Psychological Associates, LLC
10784 Hickory Ridge Road
Columbia, MD 21044
410-964-0425 x24/Fax 410-964-0515**

Libby.barritt@crossroadspsynd.net

www.crossroadspsynd.net

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

Insurance: Self-pay

Anshu Basnyat, LCPC

The Empowered Parent

3355 St. John's Lane, Suite F

Ellicott City, MD 21042

443-574-3430

www.theempoweredparent.net

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

Jane Marie Bisco, LCSW-C

5140 Celestial Way

Columbia, MD 21044

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

columbiatherapy.webs.com

Adults, adolescents, children age 6+. Specializing in ADHD, anxiety disorders, relationship issues, trauma.
Insurance: Self-pay

Tarrah Bonaparte, LCSW-C

Focused Solutions, LLC

5550 Sterrett Place, Suite 200

Columbia, MD 21044

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

tbonaparte@focusedsolution.net

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

Elizabeth Brandon, LGSW, DBT-C

Congruent Counseling

10630 Little Patuxent Parkway, Suite 209

Columbia, MD 21044

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

www.congruentcounseling.com

Works with clients of all ages and is experienced working with bipolar disorder, borderline personality disorder, depression, anxiety, and mood disorders. Evidence-based treatment options such as Cognitive Behavioral Therapy

(CBT), Mindfulness and Psychotherapy, Dialectical behavioral Therapy (DBT).

Insurance: Most insurance plans accepted.

Robert J. Carbo, LCSW-C

6213 Ashton Park Court

Columbia, MD 21044

410-964-1770

www.healthgrades.com/providers/robert-carbo

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

Brittany Cephas, M.Ed, LCPC, NCC

Growing Young Minds Counseling

10015 Old Columbia Road

Columbia, MD 21046

301-679-0277

www.grow-minds.com

Individual, group, and family counseling. Specialties include ADHD, Anxiety, Behavioral Issues, Depression, Emotional Disturbance, Family Conflict, Grief, Life Self-Harming, Sexual Abuse, Stress, Suicidal Ideation, Transgender, Trauma and PTSD. Types of approaches and therapy includes cognitive behavioral (CBT), dance/movement, expressive arts, multicultural, trauma focused, yoga.

Insurance: CareFirst BCBS, Cigna, Aetna

Lauren Chapman, LCPC

7226 Lee Deforest Drive, Suite 202

Columbia, MD 21046

301-909-8723

www.healthgrades.com/providers/lauren-chapman

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

Insurance: Aetna, APS Healthcare, Cigna, United Healthcare, sliding scale upon request

Cindy Cisneros, LCPC-S, LPC

5560 Sterrett Place, Suite 103

Columbia, MD 21044

443-741-2294

www.creativelyllc.com

Cindy@creativelyllc.com

Artist and licensed professional counselor that provides individual therapy, creative workshops, and groups. Specializing in working with artists and creative personalities. Outpatient services for adolescents and adults, using cognitive behavioral, mindfulness, person centered and creative approaches. Diagnoses treated include anxiety, mood disorders, psychotic disorders, addictions, adjustment disorders and more.

Insurance: BCBS, FEP, CareFirst, Magellan, self-pay

Language: Some Spanish

Jodi Cobb, Ph.D., LCMFT

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. Insurance: Self-pay

Victoria Cofield-Aber, LCSW-C

5074 Dorsey Hall Drive, Suite 104

Ellicott City, MD 21042

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

www.ioellaberpersonaldevelopmentcenter.com

Individual, group, and family therapy, to children age 3, and families. School related issues, depression, anxiety and PTSD. Specialized training in working with children in foster and adoptive families. Special intervention skills in working with immigrants, individuals experiencing homelessness, and individuals with special needs.

Language: Spanish interpreter, Hindi interpreter

Insurance: Major insurances, Medicaid

Lisa Cohen, LCPC, CAC-AD

Congruent Counseling

10630 Little Patuxent Parkway, Suite 209

Columbia, MD 21044

410-740-8066

www.congruentcounseling.com

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

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

Jennifer Crawford McCormick, LCSW-C

Focused Solutions, LLC

5550 Sterrett Place, Suite 200

Columbia, MD 21044

410-884-6031/410-884-6134

jcrawford@focusedsolution.net

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

Insurance: Most insurance accepted

Jeffrey Crouch, LCSW-C

10632 Little Patuxent Parkway, Suite 313

Columbia, MD 21044

www.depressionhelpmd.com

j.crouch1@verizon.net

Provides therapeutic services to children, teens, adults, and older adults. Individual and couples therapy available. Specializes in treatment for depression, bipolar disorder, anxiety, ADHD, anger management, PTSD, and job issues. Utilizes Cognitive Behavioral Therapy (CBT), Community Rehabilitation Treatment (CRT), Mindfulness, hypnosis, Eye Movement Desensitization and Reprocessing Therapy (EMDR), and Gestalt therapy.

Insurance: most private and public insurances, self-pay

Christina deGraft-Johnson, LCPC

IME Behavioral Health, LLC
8840 Stanford Blvd, Suite 1600
Columbia, MD 21045
410-929-6558

ChristinaIMEbehavioral@gmail.com
www.imebehavioralhealth.com

Outpatient counseling services for children, adolescents, and young adults.

Insurance: Self-pay, Blue Cross Blue Shield, Johns Hopkins

Michael Derry, LCSW-C

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

www.congruentcounseling.com

Combines client-centered and strengths-based approaches with Cognitive Behavioral Therapy and motivational interviewing techniques to help clients negotiate challenges and optimize their functioning. Michael works with children, adolescents, and adults. Areas of interest include: Mood Disorders (Depression, Bipolar Disorder, Suicidality) Anxiety Disorders Substance Abuse (including Co-occurring Disorders) Child Play Therapy Parenting and Parent-Child Relationship problems School and IEP Coordination Couples and Relationship Counseling Family Therapy Cognitive Behavioral Therapy Self-Esteem and Core Belief Therapy Spirituality and Pastoral Counseling Cigna, Johns Hopkins Health Care, Magellan, Onenet, United Healthcare

Mark Donovan, MA, LCPC, LCADC

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

www.congruentcounseling.com

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

Insurance: Most insurance plans accepted

Barbara E. Dougherty, LCSW-C

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

www.fcsmd.org

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

Insurance: Some insurance accepted

Katie Downes, LCPC

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

www.congruentcounseling.com

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

Insurance: Most insurance plans accepted

Elaine K. Drewyer, LCSW-C

National Family Resiliency Center
10632 Little Patuxent Parkway, Suite 121
Columbia, MD 21044
410-740-9553 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/well-being associated with change/loss, marriage counseling, individual, group, family therapy.

Insurance: Self-pay/sliding fee scale available

Cheryl Duffy-Williams, LCSW-C

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

Cheryl_Duffy@verizon.net

Works with children experiencing anxiety, depression, ADHD, oppositional defiant disorder, and general behavior difficulties. Counsels adults with depression, anxiety, ADHD, and relationships issues.

Insurance: BC/BS, Magellan, USFHP, Medicare, and Medicaid, sliding fee scale available

Shelia D. Duncan, LCSW-C

14201 Laurel Park Drive, Suite 221

Laurel, MD 20707

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

www.sheliaduncan.com

sheliadduncan@sheliaduncan.com

Provides individual counseling for women ages 18-80. Works with a wide range of emotional and behavioral issues providing services that span from therapy for depression, bipolar disorder, anxiety, and ADD.

Insurance: CareFirst BCBS, Medicare

Dawn Duignan, LCSW-C

3881 Ten Oaks Road, Suite 2A

Glenelg, MD 21737

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

www.hopocounselingctr.com/dawn-duignan-lcswc

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

Insurance: Some insurance plans

Kate Emerson, LCSW-C

Strength In Me Counseling, LLC

7226 Lee Deforest Drive, Suite 202

Columbia, MD 21045

410-645-0738

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.

Insurance: United Health Care, Aetna, Cigna (not Allegiance umbrella), most BC/BS

Shanna J. Evering

11419 Ellington Street

Fulton, MD 20759

832-573-1473

Shanna.evering@gmail.com

Adolescents, adults, and couples. General counseling services for anxiety, depression, grief, life-transition, life-coaching, trauma, eating

disorders, personality disorders, and multicultural issues. Mobile services available through phone therapy, email, skype and community-based locations (home, office)

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

Mario Faraone, LCSW-C

301-854-2331

justthisjustnowpsychotherapy@gmail.com

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

Language: German

Insurance: Self-pay

Mackenzie Fleming, LGPC

Congruent Counseling

10630 Little Patuxent Parkway, Suite 209

Columbia, MD 21044

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

www.congruentcounseling.com

Provides therapeutic services for individual clients with various psychological disorders. Has extensive experience working with children using multiple modalities and approaches.

Christina Foerster Puglisi, LCSW-C

5643 Chelwynd Road

Baltimore, MD 21227

410-733-4702

christinapug@yahoo.com

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

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)

Insurance: Most insurance plans accepted

Bonnie L. Goldschmidt, LCSW-C, LCADC

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

www.healthgrades.com/providers/bonnie-goldschmidt

Outpatient counseling services to adolescents and adults, specializing in substance abuse and mental health.

Insurance: Sliding scale upon request

Penny Harrigan, LCPC

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

pharrigan@comcast.net

Provides outpatient counseling services to children, adolescents and families.

Insurance: sliding scale upon request.

Liza Hicks

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

LizaHicks.com / lh@lizahicks.com

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

Insurance: CareFirst, BC/BS

Melinda Hoffman, LCPC

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

www.melindahoffmanlcpc.com

Melinda.h@verizon.net

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

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.

Language: Spanish

Karen K. Johnson, LCSW-C

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

Karen63012@comcast.net

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

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

Karen Kirkpatrick, LCSW-C

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

kakirkpatrick@verizon.net

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

Insurance: Aetna, Blue Cross, Magellan

Janeta Koelsch, LCSW-C

In Home Therapy, LLC

6520 Wingflash Lane

Columbia, MD 21045

410-245-5316

jmkoelsch@outlook.com

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

Insurance: Medicaid, self-pay

Sean Lare, LCSW

10632 Little Patuxent Parkway, Suite 245

Columbia, MD 21044

410-689-9074

www.seanlare.com

counseling@seanlare.com

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

Insurance: Some insurance accepted, self-pay

Cynthia Lengrand, LCSW-C

8165 Cyprus Cedar Lane, Suite 201

Ellicott City, MD 21043

410-715-1606

CynthiaLengrand@gmail.com

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

Insurance: APS, Aetna, UBH, MA, Medicare

Marcie Lovell, LCSW-C

Focused Solutions, LLC

5550 Sterrett Place, Suite 200

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 insurance accepted

Dolores DeLuise Madiou, LCSW-C

7360 Grace Drive

Columbia, MD 21044

410-914-7205

dolores.madiou@gmail.com

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

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

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.

Insurance: Self-pay

Brenda L. May, LCSW-C

Crossroads Psychological Associates, LLC

10784 Hickory Ridge Road

Columbia, MD 21044

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

brenda.may@crossroadspsych.net

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

Insurance: Self-pay

Erin McClintock Smith, LCSW-C
5126 Dorsey Hall Drive, 2nd Floor
Ellicott City, MD 21042
410-564-8288

erinsmithlcswc@gmail.com

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

Jacqueline McClure, LCPC, NBCC,
8705 Celita Court
Jessup, MD 20794
301-498-7218

Jacquelinemcclure.lcpc@yahoo.com

Adults, couples, adolescents, families. Specializes in couples and family counseling, adults who are functioning well, but adjusting to difficult life situations, and military members. Insurance: Aetna, Cigna, Tricare, BCBS, Magellan

Danny Miller, LCPC
Healing Songs Therapy
3565 Ellicott Mills Drive, Suite 208
Ellicott City, MD 21043
240-583-0351

www.healingsongstherapy.com
song2give@gmail.com

Cognitive Behavioral Therapy (CBT), schema therapy, prolonged exposure therapy, Exposure and Response Prevention (ERP), and dialectical behavior therapy for adults, couples, and young people. Specialties include acute stress caused traumatic events, chronic distress caused by long-term abuse or neglect, complex grief, anxiety disorders, adolescent/young adult issues, and patterns of unhelpful behavior leading to profound distress and relational difficulties. Insurance: Self-Pay, Out of Network

Jadranka Milovanovic, LCPC
10632 Little Patuxent Parkway, Suite 343
Columbia, MD 21044
443-955-4592/410-997-7878 Fax
www.healthgrades.com/providers/jadranka-milovanovic

Children, adolescents, families: adjustment disorders, depression, anxiety, ADD/ADHD, anger management and behavioral problems. Couples, addiction, grief counseling. Sensitive to and competent in working with people of various cultural and religious backgrounds. Language: Italian, Serbian, Croatian, Bosnian Insurance: CareFirst, Aetna, BC/BS, MHN/Managed Health Network, Magellan Behavior Health

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

www.imebehavioralhealth.com

Specializes in trauma, addiction, relationship issues, mood disorders, behavioral problems, psychosis, and ADD treatment for adults, adolescents, children and families. Medication management and psychotherapy services. Insurance: Blue Cross, Johns Hopkins EHP and USFHP, Medicare.

Yi-Ching (Emma) Ostendorp, LCPC
Congruent Counseling
10630 Little Patuxent Parkway, Suite 209
Columbia, MD 21044
410-740-8066 / Fax 410-740-8068
www.congruentcounseling.com

Provides therapeutic treatment for adults, adolescents, children, and families. Areas of expertise include depression, anxiety, ADHD, complicated grief, bipolar disorder, cultural and adjustment issues, couples and family relational difficulties, emotional and sexual abuse, and feelings regulations. Insurance: Aetna, Blue Cross Blue Shield, CareFirst, Cigna, Johns Hopkins, United Healthcare Language: English, Mandarin

Matt Otto, LCPC

Crossroads Psychological Associates, LLC
10784 Hickory Ridge Road
Columbia, MD 21044

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

matt.otto@crossroadspsych.net

www.matt-otto.com

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

Insurance: Self-pay

Carlos Pastor, LCSW-C

10632 Little Patuxent Parkway, Suite 245
Columbia, MD 21044

410-419-1708

www.psychologytoday.com/us/therapists/carlos-pastor-columbia-md

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

Insurance: Most private insurance accepted, sliding scale upon request

Hetal Patel, LCSW-C

3355 St. Johns Lane
Ellicott City, MD 21042

443-451-0159

Hetal9722@yahoo.com

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

Language: Gujarati, Hindi

Insurance: BCBS, Medicaid, sliding scale

Anne Peurasaari, LCSW-C, RN

5018 Dorsey Hall Drive, Suite 205
Ellicott City, MD 21042

410-992-4940

www.healthgrades.com/providers/anne-peurasaari

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

Language: German

Insurance: Most insurance accepted, sliding scale

Barbara M. Polonsky, LCSW-C

5122 Aver Court
Columbia, MD 21044

410-227-9074

bpolonskylcsw@verizon.net

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

Insurance: Some insurance accepted, sliding scale

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, Magellan EAP and others

Bill Ray, LCSW-C

Crossroads Psychological Associates, LLC
10784 Hickory Ridge Road
Columbia, MD 21044

410-964-0425 x19/Fax 410-964-0515

bill.ray@crossroadspsych.net

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

Insurance: Self-pay

Stacey Rempert, LCSW-C

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

www.columbiatherapist.guru

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

Insurance: Some sliding scale

Kathryn Reynolds, LCPC, NCC, DAPA

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

www.kreytherapy.com

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

Robert D. Robinson, LCPC

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

thefamilycenter.tv.com

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

Insurance: Self pay

Ann J. Rochford, LCSW-C

**5513 Twin Knolls Road, #220
Columbia, MD 21045
410-707-0657**

annirochford@yahoo.com

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

Psychotherapeutic approaches include behavior modification, interpersonal psychotherapy and role playing.

Insurance: All medical insurance, Medicare, Tricare

Yvonne Rogers, MS, LCPC

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

www.congruentcounseling.com

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

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

Anne Roth, LCSW-C

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

www.healthgrades.com/providers/anne-roth

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

Insurance: Most insurance accepted

Mimi Ryans, LICSW, LCSW-C, RPT

**Lighthouse Center for Therapy and Play
10632 Little Patuxent Parkway, Suite 327
Columbia, MD 21044
443-864-5647**

www.lighthouseplaytherapy.com

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

access services.

Insurance: Medicaid, Medicare and most insurance plans

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.

Insurance: Medicare assignment

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.

Insurance: Self-pay

Jennifer Schoo, LCSW-C

8165 Cyprus Cedar Lane, Suite 201
Ellicott City, MD 21043
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 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

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

Tammy J. Spengler, MSW, LCSW-C

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

TSpengler@focusedsolution.net

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

Insurance: Most insurance accepted

Andrew Stanton, LCSW-C

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

www.StantonPsychotherapy.com

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

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

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.

Insurance: Self-pay

Jennifer M. Steier, LCSW-C

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

Jennifer.m.steier@gmail.com

Outpatient counseling services to children, adolescents, and adults.

Insurance: Most insurance plans accepted

Norma Stevens, MS, NCC, LCPC

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

www.normastevenslcpc.com
norma@normastevenslcpc.com

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

Insurance: Sliding scale is available upon request

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

Teal Fire Counseling and Consulting, LLC
10632 Little Patuxent Parkway, Suite 343
Columbia, MD 21044
410-707-8527/410-997-7878 Fax

www.jituzu.com/site/teal-fire

Outpatient mental health services for individuals ages 7 and up. Individual, family and group therapy service provided; LGBTQ+ competent and affirming.

Insurance: Aetna, CareFirst, BCBS, CIGNA, Johns Hopkins Healthcare, Medicaid

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.

Language: Spanish

Insurance: Most major insurance plans accepted

Rachael Thomas, LCPC

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

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

Insurance: Self-pay

Virginia Voight, LCSW-C

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

vvoigt@verizon.net

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

Brenda von Rautenkranz, LGPC

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

www.vrtherapycenter.com

Equine Assisted Psychotherapy is an alternative to traditional counseling that involves using horses as part of the therapy process. It has been effective with clients with depression, ADD, conducts disorders, dissociative disorders,

anxiety, PTSD, autism and other disorders and disabilities. Children, adolescents, families, marriage, individual and group.
Insurance: Sliding fee, self-pay

Joyce Warner-Burke, LCSW-C

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

www.linkedin.com/in/joyce-warner-burke

Conditions: ADD/ADHD, anxiety, mood disorders; counseling-adolescent & adult therapy
Insurance: Most insurance accepted

Rod Wright, BS, ADT

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

www.congruentcounseling.com

Works with adolescents, young adults, anger management teams and GLBT population.
Insurance: Most insurance plans accepted