



Promote. Preserve. Protect.

Directory of Behavioral Health Services for Youth in Howard County

September 2022

Visit hchealth.org or call 410.313.6240 for more information



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When to Seek Help

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

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

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

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

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 (Rape Crisis Center)

forallseasonsinc.org/rape-crisis-center

info@forallseasonsinc.org

24/7 operated 410-820-5600 (English)

24/7 operated 410-829-6143 (Spanish)

**Primary Address: : 300 Talbot Street
Easton, MD 21601**

Offers Telehealth services as well on staff Psychiatry needs. 24 Hour Crisis Hotline Office locations in 5 Mid-Shore Counties Offering Mental Health services for children, adolescents, adults, couples and families with issues related to grief, divorce, domestic violence, sexual assault/ abuse trauma and marital/family problems and dynamics.

National Domestic Abuse Hotline:

1-800-799-7233

Sexual Assault Hotline:

1-800-313-9900

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.

Black Girls Smile Inc.

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

Email: contact@blackgirlssmile.org

T: 347-669-4229

Registered Charity: 45-5352968

Apps w/alert feature: Instagram, FB & Twitter

Program: Charlyne McFarland Therapy

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

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

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.

A Healing Place

7050 Oakland Mills road, Sute 140

Columbia, MD 20146

T: 410-309-0909

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

email: admin@ahealingplaceincolumbia.com

Individual, group, couples and family therapy. All ages from children, adolescents, adulthood & families. Pre-marital counseling to new parents, to relationships with adult children, LGBTQ+, Transgender youth & adults.

Specialization in: Attachment disturbance, trauma survivors (safe & sound protocol), parent/infant attachment, TBRI therapy (trust based relational intervention) as well as EMDR therapy.

Insurance: CALL TO ASK

Languages: Dutch

Anxiety Treatment Center of Maryland

7130 Minstrel Way, Suite 125

Columbia, MD 21045

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

www.anxietymaryland.com

info@anxiety-treatment-center.com

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

Applied Behavioral Mental Health Counseling (Telehealth offered)

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: Cigna, Aetna, Humana, No Medicaid, BCBS, Carefirst

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

Brighter Hope Wellness:

6100 Day Long Ln Suite #103, Clarksville, MD

21029

T: (410) 531-8100

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

Multi- ethnic staff representation

Psychotherapy to children and adults, ABA

services to children with Autism Spectrum.

Developmental disorders, emotional/behavioral issues.

Insurance: BCBS, Cigna, Hopkins EHP, and USFHP

(US Family Health Plan through Hopkins/Tricare),

Medicaid.

Block Counseling & Personal Wellness

(Offers Telehealth)

Chamika Block, LCPC

8101 Sandy Spring Rd, Laurel, MD 20707

T: (410) 237-0762

blrblockconsulting@gmail.com

Client focus: BIPOC

Teenagers, Adults & Elderly, Individual, Couples & Family therapy, Personal consultation. Anxiety,

Depression, Life transitions, Issues related to family of origin,

Center for Children – Howard County

5103B Dorsey Hall Drive

Ellicott City, MD 21042

Director's # 240-513-7978

www.center-for-children.org/

info@center-for-children.org

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

Insurance: MD Medicaid

Center for Child and Family Traumatic Stress at Kennedy Krieger

9730 Patuxent Woods Drive

Columbia, MD 21046

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

www.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

Center Mental Health Inc.

5570 Sterrett Place, Suite 101 & 100

Columbia, MD 21044

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

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

Individual therapy for adults, children and adolescents, couples, families. Telehealth, Depression, Anxiety, Mood Disorders, Eating Disorders, Addictions, Trauma/PTSD, ADHD, Autism Spectrum disorders, Body/Weight, Domestic abuse, Grief & Loss, OCD, Panic attacks, Phobias, School issues, Separation issues, Divorce. Insurance: ??? Not on site, I left a VM

Chase Brexton Health Care: Columbia Center

5500 Knoll Drive, Suite 370

Columbia, MD 21045

410-837-2050 x2050 (x4301 en Español)

www.chasebrexton.org

Mental Health Services as well as behavioral health treatment, outreach services; Primary care; pediatric care; HIV, Hep C, & Infectious Disease care, including free, walk-in HIV testing; transgender medical care (pediatric & adult); dental care; full-service pharmacy and on-site lab services.

Language: English, Spanish

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

Clinical Service Connections, Inc.

8930 Route 108, Suite A

Columbia, MD 21045

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

info@clinicalserviceconnect.com

PRP services for adults and minors include a full range of rehabilitation activities and supports. Services for adults are organized to facilitate an individual's wellness self-management and recovery which includes the ability to self-direct and manage activities of daily living, including self-care skills; community living/social skills and essential independent living skills. Services for minors will facilitate growth and development of semi-independent living skills; interactive skills

with peers, family, adults; Symptoms management (i.e. anger management); self-care skills; productive use of community/family resources to enhance development in school, at work, etc. A counselor will work closely with the person-served to develop a plan that will identify self-defined goals/objectives for achieving and maintaining personal mental health and wellness.

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

Insurance: Medicaid

Center for Behavioral Health & Wellness

9005 Chevrolet Drive, Suite D

Ellicott City, MD 21042

202-288-2834

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

Outpatient psychiatric services for adolescents, families, couples, adults and seniors. Provides individual psychotherapy, couples counseling, family therapy, group therapy and psychotropic med management. Expert areas of treatment include mood disorders, co-occurring disorders, personality disorders, disorders of thought/thinking, disorders of old age such as dementia (including Alzheimer's disorder, vascular dementia, etc.) cognitive evaluations, guardianship evaluations, disability evaluations, etc.

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

Languages: English, Hindi, Bengali, Urdu

Collaborative Counseling (TMS ONLY)

5560 Sterrett Place, Suite 201

Columbia, MD 21044

443-546-1100

www.collaborativecounselingtms.com

info@collaborativecounselingtms.com

Individual, group and family counseling, art therapy and cognitive behavioral therapy.

Psychiatric services include Diagnostic Evaluation and medication management. offering Neurostar TMS Therapy; this non-invasive treatment provides a promising future for those who are not satisfied with the results of standard drug therapy due to lack of efficacy or intolerable side effects.

CCC TMS helps clients find emotional wellness through an experience that will Map Your Journey, Activate Your Brain and Restore Your Hope. By using a collaborative approach in a nurturing environment, we aim to provide a personalized experience through your Transcranial Magnetic Stimulation (TMS) Therapy journey. Led by our Medical Director, Dr. Brett Greenberger, a Board Certified Child, Adolescent and Adult Psychiatrist

Insurance: Carefirst, Aetna, Medicaid, Medicare

Office of Children & Families

9830 Patuxent Woods Drive

Columbia, MD 21046

T: 410-313-1940

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

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

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

Columbia Treatment Center

5570 Sterrett Place, Suite 205

Columbia, MD 21044

410-730-1333

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

cactar@verizon.net

Substance abuse and mental health counseling for adolescents and adults. Suboxone treatment.

Language: American Sign Language

Insurance: Self-pay

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.

Insurance: Medicare/Medicaid, CareFirst, Blue Choice, United Healthcare, John Hopkins EHP, Mutual of Omaha, AARP, GEHA & United Integrated.

Community Behavioral Health

10774, 10770 & 10810 Hickory Ridge Road

Columbia, MD 21044

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

www.communitybehavioralhealth.net/contact

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

Insurance: Self-pay, Medicaid, Poiroty partners

Congruent Counseling Services (Telehealth only)

10630 Little Patuxent Pkwy, Suite 209

Columbia, MD 21044

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

<https://congruentcounseling.com/>

frontdesk@ccs-ic.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: Does not accept Medicaid.

Heuristic Therapeutic Services, LLC (Offers therapy)

19707 Executive Park Circle

Germantown, MD 20874

Front Office (240) 219-4652

T: 301-250-9965

Languages: Spanish & Hindi

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

Serving Toddler, Children (6 to 10), Preteen/Teen, Adults & Elders 65+. Specialties in behavioral issues, depression medication management, ADHD, Anger Management, Anxiety, Autism, Mood/ Bipolar Disorder, Divorce, Domestic Abuse/ Violence, Dual Diagnosis, Emotional Disturbance Family Conflict, Obsessive-Compulsive (OCD), Oppositional Defiance, Sexual Abuse, CBT Stress, Suicidal Ideation, Teen Violence. LGBTQ+ Insurances: Amerigroup, Medicaid & Priority Partners.

Counseling Resources, Inc.

8388 Court Avenue

Ellicott City, MD 21043

410-461-8662 / Fax 410-480-4744

Co-occurring mental health and substance use disorders, outpatient, adolescent and adult, DWI Education. Adult and adolescent services.

Insurance: Self-pay with a sliding fee

Crossroads Psychological Associates

Offers Telehealth services

10784 Hickory Ridge Road

Columbia, MD 21044

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

www.crossroadspsych.net

frontdesk@crossroadspsych.net

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

Discover Yourself Wellness Center, LLC

10715 Charter Dr Suite 130

Columbia, MD 21044

T: 443-653-1363

discoveryyourselfwellness@gmail.com

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

<https://www.discoveryyourselfwellness.com/payment-options/>

Specialties in Anxiety, OCD, Family conflict, coping skills, depression, Peer relationships, relationship issues, self esteem & stress. Therapies in EMDR, Psychotherapy, Couples/Family, Group therapy, DBT skills. Medication management, Ketamine infusions. Servicing Teenagers & Adults and LGBTQIA community.

Insurances: Carefirst, BCBS, Cigna, JHS, Tricare, United Healthcare, Aetna, Medicaid/ Medicare

Discovery Mood & Anxiety Program

10480 Little Patuxent Pkwy #220,

Columbia, MD 21044

T: 844-691-0087 & 877-217-4031

discoverymood.com/locations/columbia/

Client Focus: Adolescents & Adults

A day treatment program offering (IOP) intensive outpatient & partial hospitalization levels of care for trauma, anxiety, self-harm, depression,

bipolar disorder, and reactive attachment disorder.
Mental health evaluations, DBT,
Insurance: Beacon, Carefirst, Cigna, First Choice health, Kaiser Permentate, Tricare (East/Military/Healthnet), Well Point, Halcyon.

Elkridge Family Psychiatry

**7257 Parkway Drive, Suite 250
Hanover, MD 21076
443-492-9885 / Fax 443-820-3754
www.elkridgepsychiatry.com
doctorshin@elkridgepsychiatry.com**

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

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

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

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

Firm Foundation (Telehealth Offered)

7274 Cradlerock Way, 2nd floor

Columbia, MD 21045

T: 443-545-5042

Hours:10am-6pm Mon-Friday

Appointment only on Saturdays

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

Individual and family counseling for children and adolescents ages 5-17, and adults ages 18-65.
Insurance: Maryland Medicaid

Gladstone Psychiatry and Wellness (Telehealth offered)

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

Gladstonepsych.com9

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

Family Health Connections LLC

**9055 CHEVROLET DRIVE STE 205, ELLICOTT CITY
MD 21042**

T: 1-410-465-5451 or 443-280-2407

F: 410-360-6459

<https://familyhealthconnections.com/services>
Mental Health Services: Medication management, Individual/Group Counseling, Dual Diagnosis. Children, Pre-Teen/Teen, Adults.
Insurance: Aetna, Priority partners, Cigna, Medicaid/Medicare, United Healthcare, Carefirst, Humana (Military) Tricare, Beacon, MD physicians care & Optum.

GenPsych

**9710 Patuxent Woods Drive, Suite 1-100
Columbia, MD 21046
T:1- 844-443-6779**

| infomd@genpsych.com | www.genpsych.com
Adolescent & Adult programs, CBT, DBT, IOP & partial care program (PC), psychiatric evaluations, Medication management, counseling. Individual & group therapy with treatment programs Partial Hospitalization Program (PHP): 5 days/week Intensive Outpatient Program (IOP): 3-5 days/week. Homebound Instruction. Outpatient Level of Care: 1-2 times/week. Insurance: Aetna, Cigna, BCBS, Magellan, Multiplan Network, United Health, Medicaid (outpatient services only)

Growing Minds Behavioral Health

Ashley Smith-Nonnarath, MS, BCBA, LBA
9701 Apollo Drive, Suite 100
Upper Marlboro, MD 20774
T: (301) 231-1740
Serving Toddlers, Children 6-10 and Preteen. Specialties Autism, Asperger's syndrome, Developmental disorders, parenting, ABA therapy. . Direct Services, Parent Consultations Services & Assessments.
Insurances Aetna and Medicaid
<https://www.growingmindsbh.com/>

HC Drug Free

5305 Village Center Drive, Suite 206
Columbia, MD 21044
443-325-0040
www.hcdrugfree.org
info@hcdrugfree.org
Provides resources and education on prevention, treatment, recovery, and health and wellness to help Howard County residents develop knowledge and skills to understand and address behavioral health (substance use and mental health) disorders.

Mr. Ludley Howard

The Howard Group, LLC

10750 Hickory Ridge Road, Suite 113
Columbia, MD 21044
443-542-9455
Focus: African-American Males & Adolescents
www.thehowardgroupllc.com
lhoward@thehowardgroupllc.com
Individual, family and group counseling for adolescents and adults from diverse backgrounds.

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

Hope Counseling Center (Telehealth Offered)

3881 Ten Oaks Road, 2A
Glenelg, MD 21737
410-489-4550 (Dawn Duignan, LCSW-C)
443-520-1005 (Jim Piffath, LCPC)
443-812-5976 (Marsha Andre, LCSW-C)
www.hopcounselingctr.com
dawnduignan@verizon.net
Provides mental healthcare to our community and improving the lives of individuals and their families. We provide individual and group counseling to children, youth, families, adults and couples.
Insurance: most insurances accepted

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

Hope Health Systems Inc.

Locations in Baltimore 21207, 21215 & Eldersburg 21784

<https://hopehealthsystems.com/>

Email: info@hopehealthsystems.com

Main Office at: 410.944.HOPE or 410.265.8737.

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

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

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

Innovative Psychiatry

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

www.columbiapsychmd.com

Innovative Psychiatry provides comprehensive mental health care to children, adolescents, and adults. Individual needs are met through

assessment, medication evaluation, and psychotherapy. The goal of the patient-centered approach is to ensure the treatment plan is designed to meet the patient's need.

Live Balanced Life.LLC(Offers in person & telehealth services)

8805 Columbia 100 Parkway, Columbia, MD 21045

<https://livebalancedlifellc.com/team>

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

Client Focus: Black/AA, Hispanic/Latino

Serving Children 6-10, Preteen/Teen, Adults, Couples. On staff Male & Female providers.

Therapy approach: ACT, CBT, ERP, MBCT, trauma focused etc. Specialties in DBT counseling, mindfulness based counseling, trauma, marriage/family counseling, depression, grief, phobias, EMDR, EFT tapping etc.

Insurance: Beacon Health Options, BCBS, CareFirst, Cigna / Evernorth, Johns Hopkins, Medicaid, Optum, Out of Network
Languages: Patios/Spanish

Innovative Therapeutic Services

14440 Cherry Lane, Suite 208

Laurel, MD 20707

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

www.innovativetherapy.org

mpaul@innovativetherapy.org

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

Psychiatric Rehabilitation Program (PRP) services to children and adults.

Language: Spanish, Chinese

Insurance: MA, private insurance, EAP

Integrative Counseling, LLC (Company Telehealth Only)

10630 Little Patuxent Pkwy, Suite 209

Columbia, MD 21044

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

www.integrative-counseling.com

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

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: In Howard County Hospital

10710 Charter Dr Suite G010

Columbia, MD 21044

410-720-7910 / Fax 410-720-7263

www.hopkinsmedicine.org

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

Insurance: Private insurance and Medicaid

Imara Counseling Services (Offers Telehealth)

14502 Greenview Drive, Suite 202

Laurel, MD 20708

T: +1 (240) 581-1500

info@imaracounseling.com

<https://imaracounseling.com/>

Services for Children & Teens 5-17, Adults, Family & Couples Therapy. Assistance in Bullying, ADD/ADHD, Parental Separation/divorce, Physical/Sexual trauma, Grief, DBT, CBT, Depression, Anxiety, Anger/ Stress management, Adjustment disorders.

Insurances: Carefirst, BCBS, Cigna, Superbills, Out of network.

Inspiring Healing Minds, Inc

1st: 6700 Alexander Bell Drive, Ste #200

Columbia, MD 21046

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

Baltimore, MD 21201

www.inspiringhealingminds.com

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

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

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

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.

Keys Development

“Culturally comfortable healing”

Location is not listed on website instructions are to call for further details.

Phone 443-429-2536

Email: info@keysdev.com

<https://keysdev.com/programs/>

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

Social: KEYS Empowers

Outpatient mental health clinic with providing counseling services, crisis management, individual counseling, family & group counseling for adolescents and adults. Adult & Adolescent substance abuse program Level I & II Outpatient & Intensive outpatient programs. As well as Community based PRP program for adults & adolescents.

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

Lartey Wellness Group Offices (Telehealth Offered)

1-800-994-5403 F: 443-378-8436

Laurel Office

8101 Sandy Spring Road, Suite 250 Laurel, MD 20707

Silver Spring Office

10770 Columbia Pike, Ste 300 Silver Spring, MD 20901

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

Client focus: Black/AA, Asian American
Individual, child, adolescent, & family counseling.

Languages spoken: French, Ukrainian, Mandarin/Chinese, Korean & Thai.

Insurance: Carefirst, BCBS, United Healthcare & MD Medicaid, Self pay

Lotus Healing Services (offers telehealth)

Barbie Johnson-Lewis, LSCW-C

7360 Grace Drive

Columbia, MD 21044

T: (443) 957-4383

Client Focus: Black, African American, ethnic background.

Serving Preteens'/Teenagers & Adults. Specialties in Depression, PTSD/Trauma, Women's issues, anxiety, Mood disorders, domestic / sexual abuse, suicidal ideation, self esteem, life coaching, life transitions, divorce.

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

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

10805 Hickory Ridge Road, Suite 103

Columbia, MD 21044

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

www.liferenewalservices.net

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

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

The Love Land Foundation

Client focus Black /AA women and girls

<https://thelovelandfoundation.org/loveland-therapy-fund/>

<https://thelovelandfoundation.org/the-team/>

Therapy Fund Recipients will have access to comprehensive lists of mental health professionals across the country providing high quality, culturally competent services to Black women and girls. Women and girls who need financial assistance seeking therapy. Giving persons to be eligible to receive 12 total vouchers to receive mental health services.

Lighthouse Center for Therapy and Play
10632 Little Patuxent Parkway, Suite 327
Columbia, MD 21044
443-864-5647 / Fax 443-276-0905
www.lighthouseplaytherapy.com

A private group practice that works specifically with adults, children, and families (ages 0-64). We have a Registered Play Therapist-Supervisor on staff, trauma professionals and are a trauma-informed practice. We accept most insurance plans and will work with those clients that are unable to access services.

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

Kasier Permanente Mental Health Services

When you call, they will assess your needs & offer you a phone, video, or in-person appointment with a mental health specialist, if appropriate for nonurgent mental health concerns. You don't need a referral to access mental health services from a Kaiser Permanente provider.

How to schedule:

To make your first appointment, call 1-866-530-8778 (TTY 711), 24/7.

For follow-up appointments, schedule online or use the Kaiser Permanente app.

For urgent care, call 24/7 at 1-800-777-7904 (TTY 711).

Website below gives you all the information you need on Kaiser Protocol and Mental health process.

<https://healthy.kaiserpermanente.org/maryland-virginia-washington-dc/health-wellness/mental-health/how-to-get-care>

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 (Telehealth)
3454 Ellicott Center Drive, Suite 106
Ellicott City, MD 21043

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

Insurance: self pay

The Maryland Centers for Psychiatry
In person & Telehealth Services
3290 N. Ridge road, Suite 320
Ellicott City, MD 21043

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

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

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

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

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

Milestones Counseling and Consulting Services (offers telehealth)

**10632 Little Patuxent Parkway, Suite 330
Columbia, MD 21044
443-574-4295 / Fax 443-574-6515**

www.milestonesccs.com
gina@milestonesccs.com

Age population children, Preteen/Teenagers, Individual, family, group therapy & consulting services. Developing social skills, with mood issues, with distractibility/inattention, with nervous feelings, grief and loss, trauma.

Groups are back: Starting in September, Carrie Campbell, LCSW-C will be leading support groups for High School girls.

Developmental disabilities Ex: autism, intellectual disabilities, learning disabilities. and that interfere with learning. Areas of expertise include: ADHD, anger management, anxiety, autism, behavioral issues, bipolar disorder, coping skills, depression, school/learning issues, mood disorders, parent-child conflict. Treatment modalities include: (CBT), Family Systems, Solution Focused Brief Therapy (SFBT), Trauma Focused, Play Therapy, & Motivational Interviewing.

Insurance: BCBS, CareFirst, Magellan, Beacon, JHS, Cigna, Medicare, Out of Network

My Client Mental Health & Wellness

**10632 Little Patuxent Pkwy, Ste 330
Columbia, MD 21044
T: 240-437-4920 Hours: Mon-Friday 9am-5pm
Email: mcm@myclienthealth.com**

Outpatient mental health clinic specializes in adult psychiatry, adolescent psychiatry, anxiety, ADD/ADHD, bipolar disorder, depression, OCD, and panic disorder.

Specific Populations Served: Child, Adolescent and Adult: ADHD, Anxiety, Depression, Bipolar, OCD, PTSD, Panic Disorder, Personality disorders, Sleep disorder, Substance abuse (ranging from suboxone & Vivitrol injections). Insurances: Self-pay, BCBS, CareFirst, Aetna, Cigna, United Healthcare, John Hopkins, Medicare, Medicaid, Beacon health.

MPB Group, Inc

**6440-D Dobbin Road
Columbia, MD 21045
410-673-4313 / Fax 866-371-5933**

Hours: 9am-8pm Mon-Thurs
9am-6pm Friday, 9am-4pm Saturday

www.mpbhealth.com

program_director@mpbgroupinc.com

Individual, family and group therapy, PRP (mentoring for youth), psychological and psychiatric evaluations, medication management to children, adolescents, and adults. Outpatient services integrated with (substance abuse) treatment services. Home Based Therapy available. Groups include anxiety, parenting, adolescents, LGBTQ+, mindfulness, and homework skills. Clinical issues: sexual abuse/physical abuse/neglect, attachment/bonding issues, trauma (PTSD), grief/loss & bereavement, substance abuse, anxiety/panic disorders, regulatory difficulties (ADHD, OCD), mood disorders (depression, anxiety), behavioral issues (oppositional defiant), play/therapy and parenting.

Insurance: MD Medicaid, Carefirst, BCBS, Preferred Provider network, GHMSI participating providers. Self pay (prices located on website). Languages: Spanish

**My MSA – The Child and Adolescent Center
10005 Old Columbia Road, Suite L260**

Columbia, MD 21046
866-853-4397 (toll free)
443-259-0400 / Fax 443-259-0044

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.

My Covenant Place

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

<https://mycovenantplace.org/>

Nonprofit organization serving victims of crime and strengthening families. Counseling sessions focusing on trauma-informed therapy; individual, group, and family counseling, educational & training programs. Crisis Intervention, Advocacy, Crime Prevention, Support groups & wrap around services.

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

National Family Resiliency Center

Locations:

10630 Little Patuxent Parkway Suite 115
Columbia, Maryland 21044
Mainline: 410.740.9553

Rockville

451 Hungerford Drive Suite 225
Rockville, Maryland 20850

nfrchelp.org

Educational and therapeutic services for children and parents, individual, family and group therapy, Kids Connex, & Teen Connex, parent education seminars, co-parent consultation, child-focused access planning, online Family Connex parenting program, volunteer peer counseling, community education, publications and professional CEU training and certification.

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

Newport Academy (In person only)

12300 Twinbrook Parkway, #250
Rockville, MD 20852
866-265-5898

www.newportacademy.com

Provides outpatient and inpatient 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: Self pay, Out of Network, BCBS, Private insurance

New Vision Counseling, LLC **Offers Telehealth Services**

7360 Grace Drive, Columbia, MD 21044
T: 410-200-9825

newvision-counseling.net

patd.newvision@gmail.com

Private practice providing therapeutic services to adolescents, adults, couples, and families.

Specializes in treating addiction, ADHD, anxiety, bipolar disorder, chronic pain, codependency, depression, substance abuse, women's issues, and issues related to LGBTQ+. Services provided for ages 14-62

Insurance: Self-pay, Medicaid, Out-of-Network

Northeast Family Services (Telehealth)

9520 Berger Rd, Ste 302
Columbia MD 21046
301-310-7005 / Fax 1-410-630-5155
Psychiatrist, Therapist & LCSW on staff
www.northeastfamilyservices.com

Outpatient Therapy is provided to Adults, Youth, Couples, and Families for a variety of presenting concerns. Insurance: Medicaid, out of network, most major insurances

Pascal Crisis Stabilization Center

1215 Annapolis Road, Suite 204
Odenton, Maryland 21113
T:(410) 571-4500 Fax: 410-630-7700
Serving Teenagers, Adults & Elderly 65+
<https://pascalcsi.org/>

The Crisis Unit is open 24/7 365 days a year. Services Psychosocial Assessment/ Evaluation Daily Individual & Group Therapy, Medication Management, Medication Assisted Treatment (MAT), Withdrawal Management, Treatment Planning, Care Coordination, Referral Assistance Transportation, Onsite AA/NA meetings, Onsite lab services.

Insurances: Medicaid (Priority Partners, Amerigroup, Medstar, Riverside, Kaiser, MD Physicians Care), BCBS, CareFirst, Tricare (Humana), United Health Care (With out of network benefits)
Aetna & Self Pay.

Teen Talk

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

Wednesday Evenings from 4:30-5:30 p.m.
Location: 1215 Annapolis Road Suite 204, Odenton, MD 21113
T: (410-975-0067)
<https://img1.wsimg.com/blobby/go/475d3e18-f96e-4039-86b9-23123d0dc46c/downloads/Teen%20Support%20Group%20Flyer.pdf?ver=1656124953715>

Embark Behavioral Health (Cabin John)

Offers Telehealth services
7945 Macarthur Boulevard, Suite 210
Cabin John, MD 20818
<https://www.embarkbh.com/about-embark-behavioral-health/>

Intensive (PHP, IOP, home + community-based) behavioral health services for teens & young adults ages 14-24. In light of COVID-19, we have pivoted to offer a Virtual IOP for 6 days/week or 4 days/week, depending on individual level of care needs. Virtual individual, family, and psychiatry services. Therapy approaches wilderness therapy, therapeutic boarding school.
Insurance: Private health insurance as out of network provider

Bloom Health Centers (Telehealth)

9520 Berger Rd, Suite 203
Columbia, MD 21046
T:410-290-6940 / Fax 410-290-9763
www.pamllc.us

Provides comprehensive behavioral health services for Age 4, adolescents, adults, and the geriatric population. Services include psychotherapy, medication management, telehealth, TMS therapy, neuropsychological testing, evaluations, psychological testing, and applied behavior analysis (ABA).
Insurance: Medicare, Medicaid, Self pay, EAP, BCBS, Carefirst.

Psychiatry Specialties Clinics, LLC (Telehealth)

3570 St. Johns Lane, Suite 207
Ellicott City, MD 21042
410-988-8092
www.psychmaryland.com
psc@psychmaryland.com

Provides treatment for all mental health and substance use concerns for youth ages 14+, adults, and older adults. Psychotherapy and medication management services available.

Insurance: Medicare, Medicaid, Veteran Affairs (VA), BCBS, Carefirst.

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, 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

Formerly Way Station, Inc. (WSI)

9030 MD-108, Suite A, Columbia, MD 21045

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

www.sheppardpratt.org/way-station/

Client Focus: Adolescents, Adults, 55+, Senior.

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

Language: Some providers are bi-lingual

Insurance: Medicaid, Medicare, Tri-Care, BCBS, Self pay & Private insurance

Razaria Best, LCMFT

In-Home Services Counselor

Email: rbest@sheppardpratt.org

<https://www.sheppardpratt.org/care-finder/in-home-services-in-howard-county/>

T: 410-740-1901 x7733

In-home services are free and voluntary, and are available to Medical Assistance-eligible youth up to age 18 in Howard County and their families. In our intensive, six-month program, youth and their families work with a licensed mental health therapist in their homes. We offer more than traditional outpatient therapy – participating families are empowered to build the behavioral, crisis intervention, and parenting skills they need, while also being connected with effective community resources.

Sol Counseling and Consulting

531 Main Street, Suite 101

Laurel, MD 20707

T: 240-470-7157

www.solcounselingandconsulting.com

info@solcounselingandconsulting.com

connectwithsol@gmail.com

Provides individual and family therapy to children, Preteen/Teens, adolescents, adults & Elders 65+ who are experiencing anxiety, depression, trauma or need help coping with life transitions.

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

Soaring Starts: Therapy & Learning center

6430 Dobbin Rd, Suite B

Columbia, MD 21045

T: 301-968-0597

Email: info@soaringstarstlc.org

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

Advocacy for children with cognitive, ADHD, autism problems. On staff Registered Behavior Technician (RBT), BCBA with a small group setting. Autism program serving children ages 5-21 years of age. Services in Therapeutic integration, ISS, Family consulting supporting family and caregivers as well respite services. Insurance: private pay arrangements and autism waiver participants.

Turntable Counseling, LLC

3909 National Drive. Ste. 100

Burtonsville, MD 20866

(240) 755-8089 Main Phone

(202) 217-4444 Fax

admin@turntablecounseling.com

<http://turntablecounseling.com/>

Client Focus: Black/AA & first generation

individulas of various ethnic backgrounds.Children

8-10yrs old, Pre-Teens/Tweens 11-13 yrs,

Adolescents 14-19 yrs & Adults 20yrs & above.

Specialties in stress, who are learning to cope

with AD/HD, anxiety, depression, past trauma,

CBT therapy, social and cultural isolation

concerns, mood disorders, school and behavior

problems, sexuality, and other LGBTQIA+

challenges and transitions, and those who just

need a welcoming embrace and listening ear.

Insurance: Carefirst, BCBS, Cigna, Johns Hopkins.

Solid Ground Wellness

9175 Guilford Road

Columbia, MD 21046

T: 443-860-2549

www.solidgroundwellness.org/

solidground@sgwellness.net

Client Focus: AA boys/girls women & men

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

Insurance: Sliding scale, Medicaid, Aetna, BCBS,

Optimum, Cigna

Springboard Community Services

10451 Twin Rivers Road, Suite 100

Columbia, MD 21044

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

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

tjordan@scsmd.org

At Springboard Community Services, we believe every person should be treated with dignity,

respect and empathy. We are specialized in serving victims of trauma, community violence, and domestic violence, as well as, transitional aged youth. Our experienced staff are licensed clinicians, psychiatrists, psychologists, and case managers, who will help you focus on your strengths and support you in your growth. Springboard can provide you and your family with crisis intervention, case management services, individual and family counseling, medication management, regardless of one's ability to pay. Insurance: Medicaid, Medicare, Most Commercial/Private Insurances, & a Sliding Fee Scale

Ben Sarcia, MA, BCBA

7090 Samuel Morse Drive, Suite 100

Columbia, MD 21046

T: (667) 200-0498

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

Age population: Toddler, Children (6 to 10),

Preteen & Teen. Focus on Applied Behavioral

Analysis (ABA) therapy. Experience in Autism,

Avoidant Restrictive Food Intake Disorder, Eating

Disorders, Feeding Disorders, Intellectual

Disabilities. Insurances: Aetna, Anthem, BCBS,

CareFirst, Cigna / Evernorth, ComPsych, Humana,

Magellan, Optum, Self Pay, UnitedHealthcare

UHC | UBH

Stanton Psychotherapy

8850 Columbia 100 Parkway, Suite 203

Columbia, MD 21045

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

www.StantonPsychotherapy.com

andrew@stantonpsychotherapy.com

An eclectic group of therapists committed to helping clients heal and improve their lives.

Individual, couples and family therapy. Therapists

with a variety of specialties including,

children/adolescent issues, ADHD, substance

abuse, domestic violence, trauma, marital issues and more.

Insurance: Most insurance accepted

Therapeutic Connections, LLC

Michael H. Allen, MSW (AA Male) CEO

2850 North Ridge Road Suite 210

Ellicott City, Maryland 21043

T: 410-203-1649 Office

Hours: Mon -Friday 9am-5pm

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

Provides Ages 5-24 years old children to adolescents & young adults. Outpatient services, psychiatric evaluations, medication management In home and/or onsite therapy, stress management psychiatric Rehabilitation Program PRP for youth and adults.

Waitlist-TBD still need more staff but can take Medicaid right now.

Insurance: Still processing Carefirst, Untied Health), Self pay and sliding scale.

Thrive Behavioral Health

9627 Philadelphia Rd

Rosedale, MD 21237

410-780-5203/ Fax 410-780-5205

<https://thrivebh.com/>

Thrive Behavioral Health offers person-centered, trauma-informed care. Our team focuses on using the strengths individuals and their families already have while helping to incorporate new ways to be healthy. We offer off-site therapy sessions for individuals and families, as well as medication management services for our therapy clients.

Insurance: Medicaid

The Family Center

4785 Dorsey Hall Dr, Suite 109

Ellicott City, MD 21042

T: 410-531-5087

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

Email: familycenter4785@gmail.com

children, adolescents, teens, adults, and families. From sibling rivalry to divorces, school-related problems, sports counseling and LGBTQ+ support. On staff psychologists, therapist, psychiatrists, and counselors. Services in Assessments, ADHD, Autism, Depression, Anxiety, Social skills, Behavioral problems (aggression, temper), learning disabilities (verbal & non verbal), Couples concerns, trauma, grief / lost challenges, work related relationships (transitions, co workers etc). Insurances: Fee for services practice each client with a Super Bill containing all needed information to obtain direct reimbursement to the holder of the insurance.

American Psychiatric care (in person/virtual)

Child, Adult & Geriatric psychiatric services & TMS brain stimulation center

New patient appointment form Call: 1 (800)-227-1742

Tel: 410 670 3076 | Fax: 443 372 5365 |

support@americanpsychcare.com

Locations:

-2014 South Tollgate Road, Suite 208, Bel Air, MD 21015

-11886 Healing Way Suite 504, Silver Spring, MD 20904

Psychiatric care to those with mental illness. Services in psychiatric medication, Transcranial Magnetic stimulation, and Supportive Psychotherapy. On staff Psychiatrists and Nurse Practitioners that perform mental health assessments, evaluations, telemedicine, psychopharmacology, antipsychotics injection, vivitrol injections, ADHD testing and medication refill requests forms.

Insurances: Anthem, BCBS, Tricare, Cinga, Aetna, Medicare & Medicaid

THRIVE Emerge

6925 Oakland Mills Road, Suite 357

Columbia, MD 21045

410-740-3240 / Fax 443-276-6640

www.myTHRIVE.net

Therapists, Psychiatrists and Executive Function Coaches provide services for Children, Adolescents, Couples, Parents and Adults. Specialty programs in ADHD, Young Adults Struggling to Launch, work life mental health, social skills groups and executive, function coaching.

Organization does accept insurance only self-payment options.

Urban Institute of Mental Health (No Medicaid at the moment, month wait)

10632 Little Patuxent Pkwy, Suite 245

Columbia, Maryland 21044

Phone: (443) 868-2335

Fax: (443) 472-4175

Email: information@urbanmh.com

<https://urbanmh.com/>

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

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

You Me Healthcare

866-968-6342

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

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

Insurance: Medicaid, Amerigroup, Maryland Physicians Care, Priority Partners, UHC Community Plan, Aetna Better Health, Jai Medical Systems, BCBS Community Health Plan, Medstar Family Choice

Center for Child and Family Traumatic Stress at Kennedy Krieger

9730 Patuxent Woods Drive

Columbia, MD 21046

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

www.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

ADD/ADHD TREATMENT & RESORUCES

Coaching – The Disorganized Mind:

Coaching Your ADHD Brain to Take Control of Your Time, Tasks, and Talents

www.nancyratey.com

National Resource Center on AD/HD:

a Program of CHADD www.help4adhd.org

Center for Children – Howard County

5103B Dorsey Hall Drive

Ellicott City, MD 21042

Director's # 240-513-7978

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

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

group therapy, psychological testing and evaluations, and mental health evaluations.

Insurance: MD medicaid

Lighthouse Center for Therapy and Play

(Month waitlist)

10632 Little Patuxent Parkway, Suite 327

Columbia, MD 21044

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

www.lighthouseplaytherapy.com

A private group practice that works specifically with adults, children, and families (ages 0-64). We have a Registered Play Therapist-Supervisor on staff, trauma professionals and are a trauma-informed practice. We accept most insurance plans and will work with those clients that are unable to access services.

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

Center For Autism & related Disorders

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

1st location:

10015 old Columbia road, Suite F100 Columbia, MD 21046

T: 443-741-8788

2nd location:

7613 Standish Pl Derwood, MD 20855

Services provided are ABA & Autism testing, program evaluation of home & center based treatment for autism spectrum disorder. Focusing

on Children, teens and adults. The website mentions insurance coverage but does not list specific details. For that you may need to call.

Gladstone Psychiatry

9841 Broken Land Parkway, Suite 211

Columbia, MD 21046

Phone: 443-708-5856 Fax: 240-708-4153

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, Cigna, Self pay, Private pay.

Orchid Center for ADHD & Executive Functioning

5052 Dorsey Hall road, Suite 102 Ellicott City, MD 21042

https://static.wixstatic.com/media/ce0b413e62d04e8abd4afe96b12047fa.jpg/v1/fill/w_618,h_784,al_c,q_85,usm_0.66_1.00_0.01,enc_auto/ce0b413e62d04e8abd4afe96b12047fa.jpg

T: 410-834-1714 info@orchidadhd.com

a multi-disciplinary approach to diagnosis and intervention for people with a variety of mental health and executive function challenges. Serve individuals, families with ADHD, Anxiety Disorders, Mood Disorders, parenting difficulties, life transitions, couples with ADHD, and workplace challenges. Services include

Diagnostic Assessments, Individual Therapy, Couples coaching for ADHD, Individual Coaching, Parent Coaching for children with ADHD, Workplace support and Coaching, Career Exploration and Assessment.

Insurance: not on website, call to find out

The Family Center

**4785 Dorsey Hall Dr STE 109, Ellicott City, MD
21042 T: (410) 531-5087**

Services: Child & Adolescent therapy (ADD/ADHD, Autism spectrum disorder, Emotional problems, Behavioral problems (aggression, temper, non-compliance), Learning disabilities, LGBTQ+). Assessments (attention, academic problems, mood disorders). Group Counseling/ Support Group: Social skills for children, Teen girls/boys, Clergy support, Support for parents, Grief/loss Support for parents of teens.

Payment: Super Bill (direct reimbursement to the holder of the insurance, this is provided at the time of the payment at each visit.) More information located here
<https://www.thefamilycenter.tv/faq>

PSYCHIATRISTS

Andy A Mattai, MD

Innovative Psychiatry

9256 Bendix Road, Suite 200B

Columbia, MD 21045

443-225-4505

admin@ecpsychiatry.com

www.columbiapsychmd.com

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

Insurance: Self-pay

The Alice C. Tyler Village of Childhelp

23164 Dragoon Road

Lignum, VA 22726

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

<http://www.childhelpvirginia.org/>

khackley@childhelp.org

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

Apply Process: An admissions application and supporting documentation are required

Specific Populations Served: Males and Females ages 5-14

Insurance: Medicaid (Maryland, Virginia, Pennsylvania, West Virginia and New Jersey), Private Insurance, self pay

Arise Health Clinic (In person)

Nurse Practitioner, DNP, FNP-BC, PMHNP

10705 Charter Drive Suite 430

Columbia, MD 21044

T: 301-259-3574

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

Children (6-10) , Pre-teen/Teens, Adults & Elders (65+). Types of therapy: Christian Counseling, Coaching, compassion focused. Mental health evaluation/treatment plans, medication management & psychotherapy. Medical supervised weight loss. Specialties in depression, anxiety, mood disorders, anger management, child, emotional disturbance, OCD, testing & evaluation etc..

Insurance: Aetna/Aetna Coventry, Medicaid/Medicare, Optum, United Healthcare UNC/UBH

Brett Greenberger, MD

Child and Adolescent Psychiatrist

Collaborative Counseling Center

5560 Sterrett Place, Suite 201

Columbia, MD 21044

443-546-4000

www.collaborativecounselingcenter.com

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

Does not accept insurance self-payment options.

Bright Care Solutions

(Telehealth ONLY)

Benjamin Dahunsi provides solely psychiatric services to youth, adolescents, and adults.

Insurance: Aetna, United, BCBS, Cigna, Medacid, Medicare.

Collaborative Counseling Center, TMS

5560 Sterrett Place, Suite 201

Columbia, MD 21044

443-546-1100

www.collaborativecounselingtms.com

info@collaborativecounselingtms.com

Individual, group and family counseling, art therapy. Psychiatric services include Diagnostic Evaluation and medication management. Offered services Neurostar TMS Therapy; this non-invasive treatment provides a promising future for those who are not satisfied with the results of standard drug therapy due to lack of efficacy or intolerable side effects. By using a collaborative approach in a nurturing environment, we aim to provide a personalized experience through your Transcranial Magnetic Stimulation (TMS) Therapy journey. Led by our Medical Director, Dr. Brett Greenberger, a Board Certified Child, Adolescent and Adult Psychiatrist
Insurance: Carefirst, Aetna, Medicaid, Medicare

CPE Clinic

**Locations in Annapolis, Lutherville & Columbia
(TBD address)**

T: 410-979-2326

<https://cpeclinic.com/>

**Email: erin@cpeclinic.com or
jennifer@cpeclinic.com.**

Provides psychiatric evaluation, Medication management, early childhood development evaluations, Individual, Family therapy, Life coaching. Therapies CBT, DBT, OCD- Exposure response prevention therapy (ERP), Specialized Parent Training.

Insurance: Out of network, Call insurance provider about benefits & reimbursement rates.

Columbia Counseling Center

5525 Twin Knolls Road, Suite 327

Columbia, MD 21045

410-992-9149

www.counselingmaryland.com

provides psychiatry and counseling to youth, adolescents, and adults. I believe their cutoff for

child psychiatry may be 13/14 years old, but they have psychologists on staff who could do a psychological evaluation in place of a psychiatric Insurance: Commercial insurance- Medicare , CareFirst, Blue Choice, United, Johns Hopkins EHP, GEHA.

David M. Band, MD

Crossroads Psychological Associates, LLC

10784 Hickory Ridge Road

Columbia, MD 21044

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

www.crossroadspsych.net

frontdesk@crossroadspsych.net

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

Insurance: Self-pay

TRINITY FAMILY AND BEHAVIORAL HEALTH SERVICES (Telehealth only)

Dr. FRANCISCA OKWUKOGUDNP, MSN, PMHNP

16701 Melford Boulevard, Bowie, Maryland

20715, United States

T: 240-510-3281 or 240-642-9067

Fax: 573-203-0492

<https://trinityhc-services.com/>

Services to Children (5-12), Teen, Young Adults (18-24), Adults 7 Seniors 65+. Specialties in ADHD/ADD, Autism, Anxiety, PTSD Adjustment disorder, Bipolar, Depression Schizophrenia/ Schizoaffective, OCD Substance abuse treatment management. Insurances: Aetna, BCBS, Cigna, Medicaid, Medicare, United Healthcare, Amerigroup, Carefirst, Humana, JHS, MD Physicians Care, Optum Health, Tricare,

Dina M Stein, MD, MPH

Gladstone Psychiatry

9841 Broken Land Parkway, Suite 211

Columbia, MD 21046

T: 443-339-9507

www.gladstonepsych.com

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

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

Janine Fuertes-Ramirez, MD

8940 State Route 108, Suite E

Columbia, Maryland 21045

410-941-3111

www.cpeclinic.com

Diagnosing, consulting, and treating children, adolescents, and adults with a wide range of psychiatric disorders and mental health challenges

Insurance: Self-pay, sliding fee scale

Dr. Maxine Taylor, PhD, LMSW (offers in person & virtual)

The Therapy Collective

9199 Reisterstown Road, Suite 202B

Owings Mills, MD 21117

T: (443) 730-5974

Age population: Teen, Adults Elder's 65+
Communities: LGBTQ+, non-binary, transgender, veterans, racial injustice, sex worker.
Shea takes a person-centered and holistic approach, using various techniques to meet the client where they are. I specialize in treating individuals, couples, families, first responders, and LGBTQIA+ individuals experiencing symptoms such as depression, anxiety, PTSD, trauma, and relationship issues. Also addresses concerns of Chronic Illness, Codependency, Developmental Disorders, ADHD, Mood disorders, Dual diagnoses, Grief, Life transitions, OCD, ODD, School issues, Sexual/Domestic abuse.

Insurances: Aetna, BCBS, CareFirst, Cigna and Evernorth, Out of Network.

Kimberly Camille Walker, MD (Telehealth offered) Current waitlist, Not accepting new clients.

3355 St. Johns Lane , Suite F

Ellicott City, Maryland 21042

T: 240-608-6270

info@drkimberlywalker.com

Child, Adolescent & Adult Psychiatry, treating ADHD, anxiety and mood issues. Services in Psychotherapy, psychiatric evaluation, Medication Management.

Insurance: Carefirst, BCBS, Cigna, major commercials.

Margaret (Peggy) Adams, MD

8388 Court Avenue

Ellicott City, MD 21043

410-313-8119

www.margaretadamsmd.com

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

Insurance: Self-pay

Douglas W. Heinrichs, MD

5034 Dorsey Hall Drive, Suite 103

Ellicott City, MD 21042

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

Psychiatric evaluation and treatment adults, adolescents and school age children. Expertise in medication management for individuals with a history of poor response or tolerability to

medications, or with complex overlapping biological and psychological issues. Areas of special interest include: depression, bipolar disorders, anxiety and panic conditions, OCD, ADHD, and psychotic disorders.

Insurance: Self-pay

MSA –

The Child & Adolescent Center
10005 Old Columbia Road, Suite L-260
Columbia, MD 21046

Office: 443-259-0400

Admissions: 443-936-8566

Fax: 443-259-0044

Email: info@msachild.com

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

Psychiatry and counseling services to youth and adolescents. They also offer after school intensive outpatient programs to children and adolescents.

Insurance: Medicaid & Major commercial insurance plans.

Kevin Harrison, MD

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

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

www.marylandpsychcenters.com

mcpec@verizon.net

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

Insurance: Self-pay

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

www.crossroadspych.net

laura.renbaum@gmail.com

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

Insurance: Self-pay

Sushma N. Jani, M.D.

10774 Hickory Ridge Road

Columbia, MD 21044

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

www.communitybehavioralhealth.net

Various ages (children and adults)

Insurance: Medical Assistance and private 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

Northeast Family Services

9520 Berger Rd, Ste 302

Columbia MD 21046

301-310-7005 / Fax 1-410-630-5155

Psychiatrist, Therapist & LCSW on staff

www.northeastfamilyservices.com

Outpatient Therapy is provided to Adults, Youth, Couples, and Families for a variety of presenting concerns. Insurance: Medicaid, out of network, most major insurances

Patrick Brown

Phone: 833.366.3934

Fax: 470.867.2636

Email: info@modyfi.com

Client focus: with children 5+.

Insurance: Aetna, BCBS, Cigna, Humana, Tricare, & United Healthcare.

Tanveer A Padder, MD

Padder Health Services
8850 Columbia 100 Pkwy
Columbia, MD 21045
410-921-9183

www.mypsychconsult.com

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

Ages 6-19

Insurance: Self-pay

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

5850 Waterloo Rd, Columbia Business Suites Suite 140

Columbia, Maryland 21045

410-988-2503

gordonnp@smg-practic.com

www.synergystrive.com

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

Insurance: Self-pay, BC/BS

Sandra Akinsete

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

Advanced Psychiatric Wellness Center

Veronica D. Morton, MSN, APRN, ACNS-BC, PMHNP-BC

1 Research Court, Suite 450

Rockville, MD 20850

240-403-4068

Works with Children age 10 & up to adults. Services include psychotherapy, medication management, telehealth, TMS therapy, neuropsychological testing, evaluations, psychological testing.

Insurance: Maryland Medicaid, Aetna, Better health, Amerigroup, Kaiser Permanente, United Healthcare community plan, Carefirst, MD Physicians care, Medstar Family choice, Priority Partners, University of Healthcare partners, BCBS, Cigna & JHS.

Dr. Jon Thomas, Counselor EdD, LCPC

1st: 7274 Cradlerock Way

Columbia, MD 21045

T: (301) 710-9984

2: 110 Painters Mill Road, Suite 108

Owings Mills, MD 21117

T: (301) 710-9984

Age population: Children 6-10, PreTeen, Adolescent, Adults. Therapies CBT, Coaching, Martial Arts & Coping, Pastoral Counseling. Specialties Marital/ Premarital, Anger Management, Family Conflict, impulse control/mood disorders. Focus ADHD, Anxiety, Bipolar, Coping Skills, Depression, Life Coaching, Self Esteem, Stress, Traumatic Brain Injury (TMS). Insurance Aetna, AvMed, Cigna & Evernorth, EAP, Medicare, Optum, UnitedHealthcare UHC | UBH, out of network.

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

Jeanne Bolton, Ph.D.

7270 Cradlerock Way

Columbia, MD 21045

410-290-6618

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

Families, individuals, children.

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

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.

Insurance: Sliding scale upon request.

Deborah S. Cole, Psy.D.

8840 Stanford Boulevard, Suite 4000

Columbia, MD 21045

410-381-7551 / Fax 410 715-0055

www.drdeborahcole.com

PsychologyNart@gmail.com

Provides services for ages 4-65+. Focus on Depression, Anxiety, Panic, Sexual Addiction, Obsessive Compulsive Disorder (OCD), Trichotillomania (hair pulling), Hoarding, Skin-Picking, Tics and Tourettes, Trauma and Dissociation. Treats children, adolescents, adults, and couples. Eye Movement Desensitization and Reprocessing (EMDR) for evidence-based trauma treatment (Certified in EMDR). Intensive Short-Term Dynamic Psychotherapy (Certified in ISTDP) for working through long-term personality issues which can lead to self-sabotage, depression, chronic pain, isolation, and anxiety. Home visits possible for Hoarding and OCD, when appropriate. Certified in Hypnosis. Insurance: Out of Network, self-pay

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 / Fax 410-964-0515
www.crossroadspych.net
dr.stevegaeng@gmail.com

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

Ana Garcia-Fernandez, Psy.D.

Crossroads Psychological Associates, LLC
10784 Hickory Ridge Road
Columbia, MD 21044
410-964-0425 / Fax 410-964-0515
www.crossroadspych.net
Ana.garcia@crossroadspych.net

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

Glassman Psychological Services

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

Outpatient psychotherapy to adolescents, adults, families. Special training in stress, trauma, eating disorders.
Insurance: Medicare, Medicaid, APS, ComPsych, TriCare Standard PPO

Gifty Addai-Pickett

Psychiatric Nurse Practitioner, CRNP, PMHNP
10630 Little Patuxent Parkway
Columbia, MD 21044
Email: customercare@omiahbhw.com
Phone: (443) 917-4211 or (240) 209-9825
Fax: 443-390-2815

2ND Location:

**12 South Summit Avenue
Gaithersburg, MD 20877**

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

Children, adolescents, adults & elderly. Holistic approach with specialties in mood disturbances, depression, anxiety, adjustment disorders, bipolar disorders, schizophrenia, OCD, PTSD and ADHD.
Insurance: Aetna | Aetna Coventry, Anthem, BCBS, CareFirst, Cigna, Maryland Medicaid (Amerigroup, Aetna Medicaid, Maryland Physician, Kaiser Permanente, Medstar Family Choice, Priority Partners, United Healthcare, University Maryland Health Partners) Medicare, United Healthcare UHC | UBH

Anthony Der, LCPC, RPT

**Restorative Counseling and Wellness Center
5016 Dorsey Hall Drive Suite 102
Ellicott City, MD 21042
(443) 963-3439**

Client Focus Asian and Pacific Islander

Children 6-10, Preteen/Teenagers, Adults
Therapies: ACT, CBT, Culturally sensitive, Play therapy, impulse control, mood disorder.
Specialties: ADHD, Anger management, Anxiety, Autism/learning disabilities, depression, family conflict, OCD, peer relationships, racial identity video game addiction.
Insurance: Aetna, Blue Cross, BCBS, CareFirst, Cigna & Evernorth, JHS, Out of Network
<https://www.counselingrcwc.com/>

**Tiarra M Abu-Bak- Licensed Counselor
(Offers Telehealth)**

**Methods Therapy LLC
9015 Woodyard Rd, Suite 210
Clinton, Maryland, 20735
T: 301-899-6222**

Client Focus: Black, AA

<https://www.methodstherapy.com/>
Serving Children (6-10), Preteens (11-13)Teens, Adults, Elders (65+). Specialties in CBT, SFBT therapy, Trauma 7 Strength based therapy. Behavioral Issues, Depression, Divorce, Domestic Abuse/ Violence, Emotional Disturbance, Family

Conflict, Grief, Infidelity, Life Transitions, Parenting Peer Relationships, Relationship Issues, Self Esteem, Stress, Substance Abuse, Suicidal Ideation, Teen Violence, Trauma & PTSD, Women's Issues.

Insurance: Aetna, BCBS, CareFirst

David A. Gold, Ph.D.

Crossroads Psychological Associates, LLC

10784 Hickory Ridge Road

Columbia, MD 21044

410-964-0425 x16 / Fax 410-964-0515

www.crossroadspych.net

David.gold@crossroadspych.net

Provides therapy for adolescents, adults, and families. Specializes in working with adolescents and complex family systems. Also provides therapeutic residential placements in therapeutic wilderness programs, therapeutic boarding schools and residential treatment centers. Languages – German, Hebrew, Yiddish

Judy Johnson Grados Psy.D. & Associates

10709 Birmingham Way

Woodstock, MD 21163

443-803-0288

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

Insurance: Self-pay

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 (No Availability as of 04/04/2022)

Laurel, MD 20723

301-490-1011 / Fax 301-490-1484

www.drstephanieonline.com

Marriage and family therapy practice.

Specializing in treatment of PTSD and anxiety disorders for adults and children.

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

Jennifer H Bozenski, LPC (Telehealth only)

Practice in two locations

5570 Sterrett Place Suite 310

Columbia, MD 21044

T: 443-693-5297

1380 Progress Way, Suite 101

Eldersburg, MD 21784

T: 410-549-5181

Client focus with adolescents and adults.

Experience with self esteem, grief, depression, mood disorders, anxiety, relationship issues, life transitions, LGBTQ+.

Insurance: Cigna, Evernorth, out of network, cash or check.

Viktoriya Karakcheyeva, LCPC, LCADAS (offers in person & virtual)

Serving Teenagers, Adults, Elder's 65+

4515 Willard Avenue

Chevy Chase, MD 20815

T: (240) 201-9903

Experience with wide range of treatment modalities such as CBT, DBT, EMDR, EFT, MI, yoga for trauma, biofeedback, experiential therapy (art, music, movement). Specialties in Anger Management, Anxiety, Behavioral Issues, Bipolar Disorder, Borderline Personality (BPD), Men's Issues, Obsessive-Compulsive (OCD), Depression, Divorce, Drug Abuse, Dual Diagnosis, Eating Disorders.

Insurances: Aetna, BCBS, Carefirst, EAP, Medicare, Optum, UnitedHealthcare.

Leighton Kennedy

Psychiatric Nurse Practitioner, PMHNP-B, CRNP

8101 Sandy Spring Rd. Ste 250

Laurel, MD 20707

Tel. 202-355-8587 Fax. 202-478-2919

Pre-Teen/Teens, Adults & Elderly

Client focus: Black, AA', Hispanic/Latino

Testing/Evaluations, Life coaching, mental health challenges from youth through late adulthood.

Insurance: BC/BS Carefirst, United health, Cigna, Magellan, Aetna & Medicare.

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

**Touch of Peace Counseling, LLC
(Telehealth only)**

MARGO S. CLAYBROOKS, LCPC

14201 Laurel Park Drive, Ste 221

Laurel, MD 20707

<https://www.touchofpeacecounselingservices.com/counseling-services>

Children, Teenagers, Adults, Elder 65+. Services in Anxiety, Mood/Bipolar, PTSD/ Trauma, depression, family & couples therapy. Therapies in CBT, SFT.

Insurances: Aetna, Amerigroup, BCBS, Carefirst, Cigna, Jai Medical, United Healthcare, University of MD.

Junko Araki, LCPC, LPC, BC-DMT

Telehealth (ONLY) Asian American

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

Silver Spring, MD & D.C District

Specializes in mindfulness-based, dance

movement, expressive arts, trauma focused.

creative activities. Services: PTSD/ trauma, self-esteem, relationship issues, depression, anxiety.

Insurance: BCBS, out of network, private pay

Languages- Japanese

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: Out-of-Network Provider

Keisharley Perez-Arocho – LGPC

Creative Psychological Health Services
516 North Rolling Road
Catonsville, MD 21228

T: (443) 846-0404

Spanish speaking

Serving Children 6-10, Preteen, Teen & Adults.
Therapies in ACT, CBT, DBT, MBCT, Play therapy,
Interpersonal, ABA therapy.

Issues: Anger management, Behavioral Issues,
Emotional Disturbance, Relationship Issues,
School Issues, Self Esteem, Sleep or Insomnia
Stress, Teen Violence, Trauma and PTSD, Grief,
life transitions, parenting, racial identity.
Insurances; Cigna, BCBS, Carefirst, Out of
Network.

Dayli N. Marrero, Ph.D

10632 Little Patuxent Parkway, Suite 343
Columbia, MD 21044

410-997-7373 / 410-997-7878

Psychotherapy for children, adolescents and
adults.

Language: Spanish

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

Gwen L. Martinsen, Ph.D.

9424 Bullring Lane
Columbia, MD 21045

410-963-9670

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

Insurance: All CareFirst plans except HMOs,
Medicaid, Tricare

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

Lauren Greene, LCPC (Telehealth Only)

Mentally Whole Counseling
Windsor Mill, MD 21244

(410) 498-7020

<https://www.psychologytoday.com/us/therapists/lauren-greene-windsor-mill-md/999997>

Client focus: Black & AA

Serving Teenagers & Adults. Services to
overcome depression, anxiety, self-esteem &
abandonment issues. Work focuses on identifying
unhealthy thought patterns & mental blocks.
Involves teaching skills to assist you with

improving communication, building confidence & healthy relationships. Therapies in CBT, SFBT, Christian counseling.
Insurance: Cigna/Evernorth, United Healthcare, Out of Network.

Tori-Lyn Mills, LCPC (virtual only)

5410 Lynx Lane, Suite 285

Columbia, MD 21044

Scheduling referral (667) 200-0971

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

Serving adolescents, adults, couples & Elderly 65+. Specialties cognitive behavioral therapy, family therapy, depression, family conflict, anxiety, grief and loss, parenting issues, codependency, and self-esteem. Tori partners with clients to increase self-awareness, cultivate empowerment, encourage positive change, and most importantly to work toward achieving the goals that clients set forth for themselves.
Insurances: Aetna, Beacon, BCBS, Carefirst, Cigna/Evernorth, Humana, TRICARE, UnitedHealthcare.

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

Mingxin Wei, LCPC (Offers Virtual)

10440 Shaker Drive, #207

Columbia, MD 21046

T: 443-328-4946

Email: MingxinWeiLGPC@gmail.com

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

She incorporates Person-centered, Cognitive Behavioral, Gestalt, Existential, Mindfulness, and Feminist therapy into her practice. She works with teenagers and adults. Her primary areas of practice include depression, anxiety, self-esteem, life transitions, grief, interpersonal relationship issues, LGBTQ+, family conflict, suicidal ideation, self-harming, women's issues, and trauma.
Languages: English & Mandarin

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 / Fax 410-381-4711

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

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

<https://www.inspiringcounseling.net/>

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 / Fax 410-964-0515

www.crossroadspsych.net

Libby.barritt@crossroadspsych.net

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

Insurance: Self-pay

Anshu Basnyat, LCPC

The Empowered Parent

3355 St. John's Lane, Suite F

Ellicott City, MD 21042

443-574-3430

www.theempoweredparent.net

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

Language: Nepali, some Hindu

Insurance: BCBS, Cigna, JHH-EHP, Aetna

Jane Marie Bisco, LCSW-C

5140 Celestial Way

Columbia, MD 21044

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

columbiatherapy.webs.com

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

Insurance: Self-pay

Cindy Cruz- LCSW (Offers Telehealth)

Behavioral & Educational Solutions, P.C.

8609 2nd Avenue, Suite 506B

Silver Spring, MD 20910

T: (240) 377-0960

Spanish speaking

Serving Toddler, Children (6 to 10), Preteen, Teen, Adults.

Specialties relations issues, parenting anxiety, depression, family conflict, peer relationships,

stress, PTSD/Trauma, Self Esteem, Pregnancy, Prenatal, Postpartum, Coping skills.

Insurances: Aetna, BCBS, JHS, Optum, Tricare, Carefirst, Out of Network.

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.

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

Serving Teenagers, Adults, Elder's 65+

10632 Little Patuxent Parkway, Suite 313

Columbia, MD 21044

T: (443) 687-8093

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

exposure therapy. Therapies in CBT, DBT, MBCT, SFBT.

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

Lifescance Health, LCSW-C

8258 Veterans Highway, Suite 13

Millersville, MD 21108

Call Claudine Stebler

T: (410) 498-6813

Serves Teens, Adults & Elders' 65+ LGBTQ+ community

Wide variety of needs including anxiety, trauma, PTSD, depression, mood disorders, ADHD, grief, attachment disorders, acculturation and assimilation, reunification, transitions, blended families, step-parenting, military families, infertility challenges, behavior disorders, major mental illness, and addictions. Her specialties are anxiety, depression and OCD disorder. Services in grief, sleep, insomnia, trauma & PTSD, anger management etc..

Languages: English & Spanish

Insurances: Aetna, Cigna and Evernorth, ComPsych, Optum, UnitedHealthcare UHC | UBH

Robert J. Carbo, LCSW-C

6213 Ashton Park Court

Columbia, MD 21044

410-964-1770

www.healthcare4ppl.com

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

Insurance: Most major insurances accepted

Brittany Cephas, M.Ed, LCPC, NCC (Telehealth only)

Growing Young Minds Counseling

10015 Old Columbia Road

Columbia, MD 21046

301-679-0277

www.grow-minds.com

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

Sarah Aleem PhD, LICSW, LCSW-C

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

Client focus: Asian and variety of ethnic backgrounds

Specialties: Anxiety, Relationship Issues, ADHD, Anger management, Child, Coping skills, dual diagnosis, grief, immigration stress, life transitions, sleep/insomnia, suicidal ideation, teen violence, PTSD/Trauma. Therapies: CBT, CPT, Culturally sensitive, EMDR, Multicultural, Play therapy, Emotionally focused.

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

Lauren Chapman, LCPC

**10630 Little Patuxent Parkway
Columbia, MD 21044
410-744-8067**

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

Melania O'Hatnick, MA, LCPC

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

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

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

Jennifer Lynn Schoo, LCSW-C (virtual)

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

Serving Pre-Teen/Teenagers & Adults. Specialties in depression, anxiety, interpersonal relationships, family conflict, physical/sexual/emotional abuse and substance abuse. I use cognitive behavioral, mindfulness and solution focused techniques in treatment to help identify client strengths, obstacles to recovery and short term and long term goals for treatment.
Insurances: Aetna, TRICARE, GEHA, UnitedHealth care, Out of network.

Cindy Cisneros, LCPC-S, LPC

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

www.creativelyllc.com

Cindy@creativelyllc.com

Artist and licensed professional counselor that provides individual therapy, creative workshops, and groups. Specializing in working with artists and creative personalities. Outpatient services for adolescents and adults, using cognitive behavioral, mindfulness, person centered and creative approaches. Diagnoses treated include anxiety, mood disorders, psychotic disorders, addictions, adjustment disorders and more.
Insurance: BCBS, FEP, CareFirst, Magellan, self-pay
Language: Some Spanish

Jodi Cobb, Ph.D., LCMFT

**Peer Bridges, LLC
Ellicott City, MD 21043
443-574-5322**

www.peerbridges.com

jcobb@peerbridges.com

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

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

Victoria Cofield-Aber, LCSW-C

5074 Dorsey Hall Drive, Suite 104

Ellicott City, MD 21042

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

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

Sabra Starnes

LICSW, LCSW-C, RP

Next Place Therapy Services

1300 Mercantile Lane Suite 100 E

Largo, MD 20774

T: (301) 383-9551

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

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

Client focus: AA and multicultural ethnic background

Services: Children 3-10, Pre-Teen, Teenagers up to 16yrs old. Adoption, work with adoptees, adoptive & foster families. Play-based activities interventions w/ families, sand tray, and attachment-based therapies, Emotional disturbance, school issues, Trauma/PTSD, oppositional defiance, LGBTQ+, body positivity, transfer ailed.

Insurance: Out of Network, Self Pay

Lisa Cohen, LCPC, CAC-AD

Congruent Counseling

10630 Little Patuxent Parkway, Suite 209

Columbia, MD 21044

443-741-2294

www.congruentcounseling.com

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

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

Kathy Corbett, LGPC, NCC

8101 Sandy Spring Road

Laurel, MD 20707

240-470-7157

www.solcounselingandconsulting.com

kathywithsolcounseling@gmail.com

info@solcounseling@gmail.com

Specializes in behavioral interventions for children and teens with ADHD diagnosis and trauma. SOL Counseling provides individual and family therapy to children, adolescents and adults who are experiencing anxiety, depression, trauma or need help coping with life transitions.
Insurance: CareFirst, BCBS, EAPs, Self-Pay, Out-of-Network

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

Cindy Cruz MSW, LCSW-C, LICSW

Behavioral & Educational Solutions, P.C.

8609 2nd Avenue

Suite 506B

Silver Spring, MD 20910

T: (240) 377-0960

<https://besdc.com/>

Client Focus: Hispanic/ Latino multiethnic Background

Works with Children, teenagers, adults, & families using different approaches including attachment-based, coaching, cognitive behavioral (CBT).

Specialties: Parenting, Relationship Issues, Coping Skills, Depression, Family Conflict, Peer Relationships, Pregnancy, Prenatal, Postpartum, Self Esteem, Stress, Trauma & PTSD

Insurance: Aetna, BCBS, CareFirst, JHS, Optum, TRICARE, Out of Network

Languages: Spanish

Najwa Awad LCSW-C, PMH-C

Amanah Family Counseling, LLC

6304 Woodside Ct. Suite 110-D

Columbia, MD 21046

T: (410) 343-7545

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

Client focus: AA and multicultural ethnic background.

Works with children, women and families.

Therapies: Attachment-based, Cognitive Behavioral (CBT), Trauma Focused, Multicultural & Culturally Sensitive. Services in Self Esteem Sexual Abuse, Trauma/PTSD, OCD, ADHD, Anger Management, Behavioral Issues, Coping Skills, Divorce, Emotional Disturbance, Pregnancy, Prenatal, Postpartum.

Insurance: BCBS, JHS, Carefirst & Out of Network

Hopeful Counseling

Mr. Rashad Mills, Mental Health Counselor

4601 Presidents Dr, Suite 135

Lanham, Maryland 20706

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

Service to Adolescents 14-19, Adults, Elders, Couples, Families & Groups, Pro Bono services. Support groups like (loss, grief, holiday), Coaching, Person centered, Attachment based, motivational interviewing. Therapies In CBT, SFBT, MST & trauma focused cognitive. Focuses on Life transitions, men's issues, depression, anxiety, anger management, divorce, coping skills, school issues, self-esteem, stress, suicidal ideation.

Insurances: Aetna, BCBS, Cigna, Humana, Medicaid & Self pay.

Johanna Roncagliolo-Garcia LCSW-C

10450 Shaker Drive Suite 110

Columbia, MD 21046

T: (667) 200-0482

Works with Children (6 to 10), Adults, Teen/Preteen. Specialties in ADHD, Anger Management, Parenting, Peer Relationships, Self-Harming, Stress, Suicidal Ideation, Trauma/ PTSD, Women's Issues, Dual Diagnosis, Emotional Disturbance. Therapies in Attachment-based, Cognitive Behavioral (CBT), Psychodynamic, Culturally Sensitive.

Insurances: BCBS, Aetna, Cigna/Evernorth, JHS.

Languages: Spanish

Erica Ardinger, LMSW

8181 Main Street 2nd Floor

Ellicott City, MD 21043

T: (443) 232-1760

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

Works with Children (6 to 10), Adults, Teen/Preteen. Therapies in Play therapy, Attachment-based, Cognitive Behavioral (CBT), Dialectical (DBT), Family systems, Person centered. Communities work with Body Positivity,

LGBTQ+. Services ADHD/learning disabilities, Anger Management, depression, Racial Identity, School Issues, Eating Disorders, Family Conflict, Coping Skills, Women's issues.
Insurance: Anthem, BCBS, CareFirst, Cigna/ Evernorth, JHS, Optum, UnitedHealthcare UHC | UBH, Out of Network

Lisa Castillo, LCSW-C
First Line Counseling, LLC (virtual only)
8 Brookes Avenue Suite 200
Gaithersburg, MD 20877
(240) 261-0054

Client focus: Hispanic/Latino
Spanish speaking
Therapy's: Art/Play therapy, Cognitive Based Therapy (CBT), Eye Movement Desensitization Reprocessing (EMDR), Psycho-education & Client Centered therapy.
Insurance: Carefirst BCBS & Cigna

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

Imara Counseling Services, LLC
Counselor, LCPC, LCSW-C, LGPC, LMSW
14502 Greenview Drive, #202, Laurel, MD 20708
info@imaracounseling.com
<https://imaracounseling.com/service/childteens/>
T: 1 (240) 581-1500
Works with children ages 5 + teens, adults, couples and families. Services include Bullying, Excessive use of technology, ADD/ADHD, Physical/Sexual trauma, Parental

separation/divorce, Exposure to alcoholism/drug addiction, losing a friend or loved one.

Client Focus: LGBTQ+, Black/AA, Hispanic/Latino Spanish Speaking
Insurance: CareFirst/Blue Cross Blue Shield and CIGNA for in-network benefits.

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

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

Mark Donovan, MA, LCPC, LCADC
10630 Little Patuxent Pkwy, Suite 209
Columbia, MD 21044
410-740-8066/68

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

Barbara E. Dougherty, LCSW-C
10451Twin Rivers Road

Columbia, MD21044

410-997-3557

www.fcsmd.org

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

Insurance: Some insurance accepted

Katie Downes, LCPC

Congruent Counseling

10630 Little Patuxent Pkwy, Suite 209

Columbia, MD 21044

410-740-8066/68

www.congruentcounseling.com

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

Insurance: Most insurance plans accepted

Elaine K. Drewyer, LCSW-C

National Family Resiliency Center

10632 Little Patuxent Parkway, Suite 121

Columbia, MD 21044

410-740-9553 x302

www.nfrchelp.org

Outpatient counseling services for children, adolescents and adults, sliding scale fees available, focus on families in transition and mental health/well-being associated with change/loss, marriage counseling, individual, group, family therapy.

Insurance: Self-pay/sliding fee scale available

Cheryl Duffy-Williams, LCSW-C

3525 H Ellicott Mills Drive, Suite A

Ellicott City, MD 21043

443-224-8634

Cheryl_Duffy@verizon.net

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

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

Shelia D. Duncan, LCSW-C

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

Amy L Phillips, LCSW-C (in person/virtual)

Village Counseling

Ellicott City, MD 21043

T: (240) 617-4150

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

Serving Pre-Teens, Teenagers & Adults.

Specialties in depression, PTSD, anxiety, panic attacks, emotional & narcissistic abuse, and relationship issues, school issues, self-esteem, self-harming, suicidal ideation. Therapies used CBT, SFBT, EMDR, Interpersonal & Rational emotive behavior therapy.

Insurances: Anthem, JHS, BCBS, Optima, Optum, UnitedHealthcare, Carefirst, Cings/Evernoth & out of network.

Christopher Thomas, LCSW-C

(AA Male Provider)

5054 Dorsey Hall Drive, Suite 205

Ellicott City, MD 21042

T: (410) 777-5970

Age population Teenagers & Adults. Specialties in depression, anxiety, relationship issues, anger management, grief, family conflict, peer relationships. Serving LGBTQ+ community. Therapies in CBT, DBT, Gottman Method couples therapy, Psychodynamic.

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

Darlene Waldt, LCSW-C

8940 Old Annapolis Road (state Route 108)

Suite E

Columbia, MD 21045

T: (443) 856-2297

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

Tracy Jordan, LCSW-C (in person/virtual)

5126 Dorsey Hall Drive, Suite #202

Ellicott City, MD 21042

T: (410) 774-6662

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

Serving children, adolescents, and adults.

Specialties in depression, post-partum issues, anxiety, behavior management, skills for parents, young-adulthood transition issues, separation/divorce & support groups as well as children.

Insurances JHS, EHP, U.S family health plan, United Behavioral health & Out of network.

Cynthia Cho, Marriage & Family Therapist, LCMFT, RPT

New Leaf Counseling Services LLC

3290 Pine Orchard Lane Suite A5

Ellicott City, MD 21042

(443) 214-3577

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

Client Focus: Asian, Hispanic/Latino

Children 6-10, Teens, Couples & Families.

Specialties in depression, PTSD/Trauma, Dual Diagnosis, Peer Relationships, School Issues, Life Transitions, Emotional Disturbance. Therapies: CBT, Person-centers, Play therapy, Eclectic.

Languages: Korean

Insurance: in-network provider for Cigna, Carefirst BlueShield, Johns Hopkins & Medicaid.

Dawn Duignan, LCSW-C

3881 Ten Oaks Road, Suite 2A

Glenelg, MD 21737

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

www.hopescounselingctr.com

Provides individual therapy for children, adolescents, families, adults and couples.

Extensive experience working with children and families.

Insurance: Some insurance plans

Kate Emerson, LCSW-C

Strength In Me Counseling, LLC

7226 Lee Deforest Drive, Suite 202

Columbia, MD 21045

410-645-0738

strengthenmecounseling.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, Medical Assistance, sliding scale, Tricare (non-par provider)

Bonnie L. Goldschmidt, LCSW-C, LCADC

9017 Red Branch Road, Suite 204

Columbia, MD 21045

410-730-4500

www.healthgrades.com/providers/bonnie-goldschmidt

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

Insurance: Sliding scale upon request

Brittany Harris, LCSW-C, LICSW

Healing Hues Inc.

Baltimore, Maryland 21211

(Virtual only)

admin@bphcommunications.com

(443) 203-2429

Somatic experiences and mental/emotional barriers/distress. Client-Centered Therapy, Narrative Therapy, and Trauma-Conscious Yoga Method.

Insurance: Maryland Medicaid/Medical Assistance, private insurance, self pay.

Penny Harrigan, LCPC

The Education and Therapy Center

8940 Route 108, Suite F

Columbia, MD 21045

410-99-3834

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

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 / Fax 410-884-6134

mlovell@focusedsolution.net

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

Insurance: Most insurance accepted

Dolores DeLuise Madiou, LCSW-C

7360 Grace Drive

Columbia, MD 21044

410-914-7205

dolores.madiou@gmail.com

Outpatient therapy for adults, couples and adolescents. Specializing in trauma informed practices, trauma abuse history, couples and relationship issues, adjustment and mood

disorders, grief and loss, family problems, and other life stressors.

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

Barbara Malavite, LCPC

& Lisa Sowers, ESMHL

Therapeutic & Recreational Riding Center

Glenwood, MD 21738

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

www.trrcmd.org

trrceap@gmail.com

Equine-assisted Therapy offers clients the opportunity to learn about themselves and about others through experiential activities with their horse partners. As part of this process, clients work through challenges with a licensed mental health professional and a PATH certified equine specialist in mental health to make progress on behavior goals. The increased self-awareness and emotional growth that often increases participant's ability to navigate through daily life in a healthier way.

Jennifer Manning Plassnig, LCSW-C

10709 Birmingham Way

Woodstock, MD 21163

410-203-2411

www.JenniferManningPlassnig.com

jenniferplassnig@gmail.com

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

Brenda L. May, LCSW-C

Crossroads Psychological Associates, LLC

10784 Hickory Ridge Road

Columbia, MD 21044

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

www.crossroadpsych.net

brenda.may@crossroadpsych.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 / Fax 410-997-7878

www.healthgrades.com/providers/jadranka-milovanovic

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

Language: Italian, Serbian, Croatian, Bosnian

Insurance: CareFirst, Aetna, BC/BS,

MHN/Managed , Magellan.

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, Psy

Language: English, Mandarin

Matt Otto, LCPC

Crossroads Psychological Associates, LLC

10784 Hickory Ridge Road

Columbia, MD 21044

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

www.crossroadspsych.net

matt.otto@crossroadspsych.net

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

Insurance: Self-pay

Carlos Pastor, LCSW-C

10632 Little Patuxent Parkway, Suite 245

Columbia, MD 21044

410-419-1708

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

Insurance: Most private insurance accepted, sliding scale upon request

Hetal Patel, LCSW-C

3355 St. Johns Lane

Ellicott City, MD 21042

443-451-0159

Hetal-9722@yahoo.com

Individual and family therapy, play therapy.

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

Language: Gujarati, Hindi

Insurance: BCBS, Medicaid, sliding scale

Anne Peurasaari, LCSW-C, RN

5018 Dorsey Hall Drive, Suite 205

Ellicott City, MD 21042

410-992-4940

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

Language: German

Insurance: Most insurance accepted, sliding scale

Barbara M. Polonsky, LCSW-C

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

bpolonskylcsw@verizon.net

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

Insurance: Some insurance accepted, sliding scale

**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 / Fax 410-964-0515**

www.crossroadspsych.net

bill.ray@crossroadspsych.net

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

Insurance: Self-pay

Stacey Rempert, LCSW-C

**Nourishing Journey Wellness Center
8975 Guilford Road, Suite 170
Columbia, MD 21046
410-206-8573**

www.staceyrempert.com

staceyrempert@gmail.com

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**

annjrochford@yahoo.com

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

Insurance: All medical insurance, Medicare, Tricare

Yvonne Rogers, MS, LCPC

**Congruent Counseling
10630 Little Patuxent Pa2kway, Suite 209
Columbia, MD 21044
410-740-8066 / Fax 410-740-8068**

www.congruentcounseling.com

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

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

Anne Roth, LCSW-C

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

Counseling adolescent, adult, couples, family, 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: 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
410-777-8054**

Jennifer.schoo@yahoo.com

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

Insurance: Aetna, APS, Tricare, UBH and MA

Tammy J. Spengler, MSW, LCSW-C

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

TSpengler@focusedsolution.net

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

Insurance: Most insurance accepted

Andrew Stanton, LCSW-C

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

www.StantonPsychotherapy.com

20 plus years of experience providing individual, couples and family therapy. Specialties include children/adolescents, 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

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
10630 Little Patuxent Parkway, Suite 401
Columbia, MD 21044
240-708-4947 / Fax 240-708-4962

www.TealFireCounseling.com

info@TealFireCounseling.com

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

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

Iris Thomas, LCSW-C, LLC

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

yourkidscanchange.com

iris@yourkidscanchange.com

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

Insurance: most major insurance plans accepted.

Language: Spanish

Rachael Thomas, LCPC

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

Outpatient therapy and nutrition services to children, adolescents, young adults, and families. Individual, family and nutrition therapy, 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

voigt@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

HOSPITALS

Howard County General Hospital

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

www.hcgh.org

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

Carroll Hospital Center

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

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

Laurel Regional Hospital Center

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

www.umms.org

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

Laurel Regional Hospital

Outpatient Behavioral Health Services Partial Hospitalization Services

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

www.umcapitalregion.org

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

evaluation, psycho-education, individual, group and family therapy.

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

Sheppard Pratt at Ellicott City

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

www.sheppardpratt.org

Private psychiatric facility providing voluntary and involuntary inpatient services.

Springfield Hospital Center

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

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