



Promote. Preserve. Protect.

Directory of Behavioral Health Services for Youth in Howard County

October 2020

(updated 10/19/2020)

Visit hchealth.org or call 410.313.6300 for more information



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When to Seek Help

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

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

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

forallseasonsinc.org/rape-crisis-center

info@forallseasonsinc.org

410-820-5600 (English)

1-800-310-7273 (Toll Free, English)

410-829-6143 (Spanish)

Offers mental health services for children, adolescents, adults, couples, and families with issues related to grief, divorce, domestic violence, abuse, and marital/family problems and dynamics.

Crisis Textline

Text HOME to 741741

www.crisistextline.org

24/7 free service

There is Hope App

Grassroots Suicide Prevention App

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

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

Help 4 MD Youth

www.help4mdyouth.org/chat

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

National Suicide Prevention Lifeline

www.suicidepreventionlifeline.org/gethelp/lifelinechat

1-800-273-8255.

Free 24/7 confidential crisis support.

OUTPATIENT TREATMENT

Advanced Behavioral Health

Intake Coordinator: 301-345-1022

Fax Referrals: 301-560-5558

www.abhmaryland.com

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

Goals:

- Reduce risk of out-of-home placement (hospitalization, foster care, detention)
- Reduce risk of higher intensity school placement
- Improve mental health/well-being of children, adolescents and their caregivers
- Reduce family conflict
- Improve family functioning
- Increase pro-social behaviors in home, school and community

Empower individuals and families to explore, define and make better behavioral choices.

Alternative Counseling & Wellness Center

5136 Dorsey Hall Rd, 2nd floor

Ellicott City, MD 21042

410-828-0101 / Fax 410-828-6262

www.alternativecounseling.net

info@alternativecounseling.net

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

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

Anxiety Treatment Center of Maryland

7130 Minstrel Way, Suite 125

Columbia, MD 21045

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

www.anxietymaryland.com

info@anxiety-treatment-center.com

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

Insurance: out of network

Applied Behavioral Mental Health Counseling

1997 Annapolis Exchange Parkway, Suite 300

Annapolis, MD 21401

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

www.appliedabc.com

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

Blake Psychotherapy & Associates

10632 Little Patuxent Parkway, Suite 340

Columbia, MD 21044

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

blaketherapy.com

sblake@blaketherapy.com

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

Serves children, adolescents and adults ages 10+.

Insurance: Self-pay

The Body Mind Center

5026 Dorsey Hall Drive, Suite 205

Ellicott City, MD 21042

410-530-9538

www.thebodymindcenterofmd.com

info@thebodymindcenterofmd.com

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

Insurance: Self-Pay, Out-of-Network

Center for Children – Howard County

5103B Dorsey Hall Drive

Ellicott City, MD 21042

240-320-2023

www.center-for-children.org/

info@center-for-children.org

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

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

Chase Brexton Health Care: Columbia Center

5500 Knoll Drive, Suite 370

Columbia, MD 21045

410-837-2050 x2050 (x4301 en Español)

www.chasebrexton.org

Services and programs include adult primary care; pediatric care; HIV, Hep C, & Infectious Disease care, including free, walk-in HIV testing; transgender primary care (pediatric & adult);

dental care (pediatric & adult); behavioral health treatment, social work & outreach services; full-service pharmacy and on-site lab services.

Language: English, Spanish

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

Clinical Service Connections, 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

Collaborative Counseling Center, TMS

5560 Sterrett Place, Suite 201

Columbia, MD 21044

443-546-1100

www.collaborativecounselingtms.com

info@collaborativecounselingtms.com

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

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

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

Insurance: Carefirst, Aetna, Medicaid, Medicare

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.

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

Congruent Counseling Services

10630 Little Patuxent Pkwy, Suite 209

Columbia, MD 21044

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

www.congruentcounseling.com

Individual, family, marital, and group counseling. Psychiatrist on staff provides psychiatric evaluations and medication management.

Therapists on staff who specialize in working with children, teens, and adults. Issues addressed include: depression, anxiety, attention deficit, acting out behaviors, substance use and addictions, marital difficulties. Dialectic Behavioral Treatment (DBT) for ages 8-21.

Language: Spanish

Insurance: Most insurance plans accepted

Counseling Resources, Inc.

8388 Court Avenue

Ellicott City, MD 21043

410-461-8662 / 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

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: Self-pay

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

4785 Dorsey Hall Drive, Suite 109

Ellicott City, MD 21042

410-531-5087

www.thefamilycenter.tv

thefamilycenter2@msn.com

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

Insurance: Self-pay

Language: Farsi, French, Arabic

Focused Solutions, LLC

5550 Sterrett Place, Suite 200

Columbia, MD 21044

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

www.focusedsolution.net

Outpatient counseling services.

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

Fusion Int'l Community Behavioral Health

443-917-9527

Twolahw2@gmail.com

Home and Community health services. Provides psychotherapy, services to adolescents and adults coping with trauma, anxiety, depression, abuse, and substance use disorders. We serve a diverse group including Native Americans, African Americans, Hispanics, and immigrants who experience healthcare disparities due to cultural or economic barriers. We specialize in cognitive behavior therapy, solution focused, and person-centered therapy, as well as other therapeutic modalities, like medication assisted therapy, and walk and talk therapy to help individuals cope with the surprises of day to day life.

Insurance – Medicaid, Medicare, United Healthcare, Aetna, Wellspring EAP

Gladstone Psychiatry and Wellness

Lakeview Office Terrace

9841 Broken Land Parkway, Suite 211

Columbia, MD 21046

443-708-5856

Gladstonepsych.com

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

Halcyon Clinical Services, LLC

6304 Woodside Court, Suite 110G

Columbia, MD 21046

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

www.HalcyonClinical.com

admin@halcyonclinical.com

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

HC Drug Free

5305 Village Center Drive, Suite 206

Columbia, MD 21044

443-325-0040

www.hcdrugfree.org

info@hcdrugfree.org

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

The Howard Group, LLC

**10750 Hickory Ridge Road, Suite 113
Columbia, MD 21044**

443-542-9455

www.thehowardgroupllc.com

howard@thehowardgroupllc.com

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

Holistic Child Psychiatry

Phyllis Heffner, MD

**10801 Hickory Ridge Road, Suite 215
Columbia, MD 21046**

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

www.holisticchildpsychiatry.com

holisticchildpsychiatrist@gmail.com

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

Hope Counseling Center

**3881 Ten Oaks Road, 2A
Glenelg, MD 21737**

410-489-4550 (Dawn Duignan, LCSW-C)

443-520-1005 (Jim Piffath, LCPC)

443-812-5976 (Marsha Andre, LCSW-C)

www.hopecounselingctr.com

dawnduignan@verizon.net

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

couples.

Insurance: most insurances accepted

Humanim

6355 Woodside Court

Columbia, MD 21046

410-381-7171

www.humanim.com

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

Insurance: Medical Assistance, some private pay

Innovative Psychiatry

9256 Bendix Road, Suite 200-B

Columbia, MD 21045

443-542-0773

www.columbiapsychmd.com

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

Innovative Therapeutic Services

14440 Cherry Lane, Suite 208

Laurel, MD 20707

301-604-1458 / 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

**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 Sciences at Howard County

10710 Charter Dr Suite G010

Columbia, MD 21044

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

www.hopkinsmedicine.org

Outpatient, General psychiatry for Adults, Adolescents and Adults with Eating disorders
Insurance: Private insurance and Medicaid

Kennedy Krieger Institute

9810 Patuxent Woods Drive, Suite C

Columbia, MD 21046

443-923-7508

www.kennedykrieger.org

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

autism spectrum disorders and intellectual disability.

LifePath Counseling Services

5122 Aver Court

Columbia, MD 21044

410-227-9074

www.barbarapolonsky.com

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

Insurance: Self-pay

Life Renewal Services

10805 Hickory Ridge Road, Suite 103

Columbia, MD 21044

410-387-2763 / 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.

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

Martin Counseling and Associates

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

www.martincounselingllc.com
ericamartinllc@gmail.com

Provides comprehensive mental health and substance abuse assessment, evaluation and therapeutic services for adolescents, adults, and families. Mental health issues, to include: Anxiety Disorders, Mood Disorders, PTSD and Complex PTSD and Dissociative Disorders, Mood Disorders, ADHD, OCD, Conduct Disorders, Attachment Disorders, and related Substance Abuse Disorders. Alternative treatment modalities include, acupuncture, Reiki, reflexology, holistic nursing and holistic medicine.

The Maryland Centers for Psychiatry

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

410-461-3760 / 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.

Milestones Counseling and Consulting Services

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

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

www.milestonesccs.com
gina@milestonesccs.com

Help clients develop social skills, with mood issues, with distractibility/inattention, with nervous feelings, grief and loss, trauma, and general developmental issues. Experienced

clinicians in helping clients with special educational needs including developmental disabilities including those with high functioning autism, intellectual disabilities, and various other learning disabilities and that interfere with learning. Provides individual therapy, family therapy, group therapy, & consulting services. Areas of expertise include: ADHD, anger management, anxiety, autism, behavioral issues, bipolar disorder, coping skills, depression, school/learning issues, mood disorders, parent-child conflict, and family systems. Treatment modalities include: Cognitive Behavioral Therapy (CBT), Family Systems, Solution Focused Brief Therapy (SFBT), Trauma Focused, Play Therapy, & Motivational Interviewing.

Insurance: BlueCross BlueShield (BCBS), CareFirst, Magellan, Cigna, Medicaid, Medicare, Out of Network

MPB Group, Inc

**6440-D Dobbin Road
Columbia, MD 21045**

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

www.mpbhealth.com

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

Insurance: Medicaid, BCBS, self-pay

Language: Spanish

MSA – The Child and Adolescent Center

10005 Old Columbia Road, Suite L260

Columbia, MD 21046

866-853-4397 (toll free)

443-259-0400 / 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.

National Family Resiliency Center

10632 Little Patuxent Parkway, Suite 121

Columbia, MD 21044

410-740-9553

nfrchelp.org

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

Newport Academy

12300 Twinbrook Parkway, #250

Rockville, MD 20852

866-265-5898

www.newportacademy.com

Provides outpatient and residential programs for adolescents and young adults (ages 12-27) who struggle with mental health conditions and substance use. Day school programs and continuing care programs are also available.

Areas of treatment include depression, trauma, anxiety, addiction, suicide, eating disorders, behavioral addictions, and other mental health conditions.

Insurance: call for details

New Vision Counseling, LLC

7360 Grace Drive

Columbia, MD 21044

410-200-9825

newvision-counseling.net

patd.newvision@gmail.com

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

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

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

Potomac Programs

7945 Macarthur Boulevard, Suite 210

Cabin John, MD 20818

potomacprograms.com/washington-dc

john.pelletier@potomacprograms.com

Potomac Programs a leading provider of intensive (PHP, IOP, home + community-based) behavioral health services for teens & young adults ages 14-24. In light of COVID-19, we have pivoted to offer a Virtual IOP for 6 days/week or 4 days/week, depending on individual level of care needs.

Virtual individual, family, and psychiatry services round out our offerings.

Insurance: Private health insurance as out of network provider

Psych Associates of Maryland

9520 Berger Rd, Suite 203

Columbia, MD 21046

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

www.pamllc.us

Provides comprehensive behavioral health services for children, adolescents, adults, and the

geriatric population. Services include psychotherapy, medication management, telehealth, TMS therapy, neuropsychological testing, evaluations, psychological testing, and applied behavior analysis (ABA).

Psychiatry Specialties Clinics, LLC

3570 St. Johns Lane, Suite 207

Ellicott City, MD 21042

410-988-8092

www.psychmaryland.com

psc@psychmaryland.com

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

Sandstone Care

11820 Parklawn Drive, Suite 430

Rockville, MD 20852

301-329-8067

www.sandstonecare.com

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

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

Sheppard Pratt Way Station

9030 MD-108, Suite A

Columbia, MD 21045

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

www.waystationinc.org

In-home intervention services, mental health outpatient, co-occurring mental health and substance use disorder outpatient, psychiatric

evaluation/medication monitoring, adult and adolescent services

Stanton Psychotherapy

8850 Columbia 100 Parkway, Suite 203

Columbia, MD 21045

443-546-4476 / 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

Sol Counseling and Consulting

8101 Sandy Spring Road

Laurel, MD 20707

240-470-7157

www.solcounselingandconsulting.com

info@solcounselingandconsulting.com

connectwithsol@gmail.com

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

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

Springboard Community Services

10451 Twin Rivers Road, Suite 100

Columbia, MD 21044

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

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

Clinical Therapists and Social Workers help individuals and families improve in areas of anger and stress management, coping and problem solving, social skills, and behavior management.

Insurance: Medical assistance, some private insurance, self-pay, sliding fee scale.

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

THRIVE Center for ADHD & Comprehensive Mental Health Care

6310 Stevens Forest Road, Suite #100

Columbia, MD 21046

410-740-3240/443-276-6640

www.myTHRIVE.net

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

Insurance: Self-pay

PSYCHIATRISTS

Margaret (Peggy) Adams, MD

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

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

Sandra Akinsete

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

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

David M. Band, MD

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

Brett Greenberger, MD

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

www.collaborativecounselingcenter.com

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

Janine Fuertes-Ramirez, MD

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

www.cpeclinic.com

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

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

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

gordonnp@smg-practic.com

www.synergystrive.com

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

Kevin Harrison, MD

Maryland Centers for Psychiatry
3454 Ellicott Center Drive, Suite 106
Ellicott City, MD 21043
410-461-3760 / Fax 410-461-0526
www.marylandpsychcenters.com
mcpec@verizon.net

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

Douglas W. Heinrichs, MD

5034 Dorsey Hall Drive, Suite 103
Ellicott City, MD 21042
410-964-6486 / Fax 410-964-6486

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

Andy A Mattai, MD

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

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

Tanveer A Padder, MD

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

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

James Park, Psychiatric Nurse Practitioner, CRNP, PMHNP

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

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

Laura C. Renbaum, M.D.

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

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

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

Blue Grass, LLC

5840 Banneker Road, Suite 200

Columbia, MD 21044

410-457-3196

admin@bluegrassmentalhealth.com

Child/Adolescent specialty ages 6-19

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

Dina M Stein, MD, MPH

Gladstone Psychiatry

9841 Broken Land Parkway, Suite 211

Columbia, MD 21046

443-339-9507

www.gladstonepsych.com

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

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

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

Kimberly Camille Walker, MD

10630 Little Patuxent Parkway, Suite 313

Columbia, Maryland 21044

240-608-6270

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

Insurance: Most insurance plans accepted.

PSYCHOLOGISTS

Lenora Roat Arrington, Psy.D.

1 Park Avenue, Suite D

Mt. Airy, MD 21771

301-693-9275

www.re-directionscounseling.com

LenoraArrington@re-directionscounseling.com

Provides outpatient counseling and psychotherapy for 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.crossroadspsych.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.crossroadspsych.net
Ana.garcia@crossroadspsych.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

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.crossroadspsych.net
David.gold@crossroadspsych.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

Tina Jenkins, Psy.D.

**Advanced Psychological Services
9881 Broken Land Parkway, Suite 105
Columbia, MD 21046
410-381-2874**

tinajenkinspsyd@hotmail.com

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

Insurance: Medicare, Medicaid, BCBS, Aetna

Cynthia Kalodner, Ph.D.

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

crkalodner@gmail.com

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

Stephanie Weiland Knarr PhD, LCMFT

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

Saul N. Lieberman, Ph.D.

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

snliebermanphd@yahoo.com

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

Eileen Locklear, Ph.D.

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

eileenlocklear@verizon.net

Outpatient psychotherapy with adolescents and adults. Expertise in trauma, anxiety, aging issues, family conflicts and stress management. Insurance: Most insurance accepted

Laura Margolis, Ph.D.

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

www.marylandpsychcenters.com

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

Samantha Marks, Psy.D.

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

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

Provides counseling, executive function coaching, evaluations and psychiatric services. Specialty is Autism Spectrum Disorder. Works with teenagers and young adults with all issues, including "Failure to Launch." Performance psychology with athletes, musicians, and others. Language: Spanish Insurance: Out-of-Network Provider

Dayli N. Marrero, Ph.D

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

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

Gwen L. Martinsen, Ph.D.

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

Outpatient counseling for parents with infants and toddlers. Individual counseling for children, adolescents, and young adults. Areas of expertise: infants and toddlers with temperament and behavior issues, e.g. irritability, sleep, eating,

toileting, sibling and socialization skills. Highly sensitive children and adolescents with anxiety, oppositional or acting out behaviors. Young adults who are making college, career and relationship transitions.

Insurance: All CareFirst plans except HMOs, Medicaid, Tricare

Julie A. Morrison, Psy.D.

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

Drjuliemorrison.com

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

Insurance: Self-pay

Kim Moss, Psy.D.

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

Psychotherapeutic services to adolescents and adults.

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

Peter H. Musser, Ph.D.

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

drpetermusser@gmail.com

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

Insurance: Self-pay

Edward V. Pecukonis, MSW, Ph.D.

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

www.lechevalstable.org

marya@lechevalstable.org

Individuals, families, children in foster care, child welfare system with history of trauma. Family

therapy, Cognitive Behavioral Therapy, Applied Behavioral Analysis, Motivational Interviewing, Equine Assisted Psychotherapy and counseling services. Substance abuse/abuse assessment, depression and anxiety disorders.

Language: Interpreters available on request, including American Sign Language.

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

Amy Rabinove, Ph.D.

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

Rabinovepsych.org

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

Insurance: Medicare

Harvey M. Rapp, Ph.D.

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

hmrapp62@hotmail.com

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

Insurance: Most insurance accepted

Sheela Reddy, ED.D

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

www.spiritherapy.com

drsheelareddy1@gmail.com

Outpatient counseling services to children, adolescents and adults. Specialize in anxiety, ADHD, depression, domestic violence, multicultural family counseling and divorce transitions.

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

Brenda Alpert Sigall, Ph.D., CEDS

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

bas@umd.edu

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

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**

www.healthgrades.com/providers/alisa-adamo

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

Maria Adamos, LCPC

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

www.congruentcounseling.com

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

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

Dionne Aldridge, LCSW-C

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

www.inspiringmindsllc.com

Dionne.aldridge@gmail.com

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

Insurance: Medicaid and sliding fee scale

Berni J. Antelman, MSW, LCSW-C

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

bernilcsw@aol.com

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

Insurance: UBH, Aetna, Cigna, BC/BS

Anne Arena, MA, CAS

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

www.thefamilycenter.tv

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

Libby Barritt, LCPC

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

Tarrah Bonaparte, LCSW-C

Focused Solutions, LLC

5550 Sterrett Place, Suite 200

Columbia, MD 21044

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

tbonaparte@focusedsolution.net

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

Elizabeth Brandon, LGSW, DBT-C

Congruent Counseling

10630 Little Patuxent Parkway, Suite 209

Columbia, MD 21044

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

www.congruentcounseling.com

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

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

Insurance: Most insurance plans accepted.

Robert J. Carbo, LCSW-C

6213 Ashton Park Court

Columbia, MD 21044

410-964-1770

www.healthcare4ppl.com

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

Brittany Cephas, M.Ed, LCPC, NCC

Growing Young Minds Counseling

10015 Old Columbia Road

Columbia, MD 21046

301-679-0277

www.grow-minds.com

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

Insurance: CareFirst BCBS, Cigna, Aetna

Lauren Chapman, LCPC

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

Cindy Cisneros, LCPC-S, LPC
5560 Sterrett Place, Suite 103
Columbia, MD 21044
443-741-2294

www.creativelyllc.com
Cindy@creativelyllc.com

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

Language: Some Spanish

Jodi Cobb, Ph.D., LCMFT
443-574-5322

www.peerbridges.com
jcobb@peerbridges.com

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

Victoria Cofield-Aber, LCSW-C
5074 Dorsey Hall Drive, Suite 104
Ellicott City, MD 21042
443-745-8375 / 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

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

Christina deGraft-Johnson, LCPC

IME Behavioral Health, LLC

8840 Stanford Blvd, Suite 1600

Columbia, MD 21045

410-929-6558

ChristinaIMEbehavioral@gmail.com

www.imebehavioralhealth.com

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

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

Michael Derry, LCSW-C

Congruent Counseling

10630 Little Patuxent Parkway, Suite 209

Columbia, MD 21044

410-740-8066

www.congruentcounseling.com

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

Mark Donovan, MA, LCPC, LCADC

10630 Little Patuxent Pkwy, Suite 209

Columbia, MD 21044

410-740-8066/68

www.congruentcounseling.com

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

Insurance: Most insurance plans accepted

Barbara E. Dougherty, LCSW-C

10451 Twin Rivers Road

Columbia, MD 21044

410-997-3557

www.fcsmd.org

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

Insurance: Some insurance accepted

Katie Downes, LCPC

Congruent Counseling

10630 Little Patuxent Pkwy, Suite 209

Columbia, MD 21044

410-740-8066/68

www.congruentcounseling.com

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

Insurance: Most insurance plans accepted

Elaine K. Drewyer, LCSW-C

National Family Resiliency Center

10632 Little Patuxent Parkway, Suite 121

Columbia, MD 21044

410-740-9553 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

sheliaduncan@sheliaduncan.com

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

Insurance: CareFirst BCBS, Medicare

Dawn Duignan, LCSW-C

**3881 Ten Oaks Road, Suite 2A
Glenelg, MD 21737
410-489-4550 / Fax 410-489-4475**

www.hopencounselingctr.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**

strengthinmecounseling.com

Works with children, adolescents, adults, couples, and families using a multitude of therapeutic techniques in the area of trauma. Works as a

team to help find your inner strength, peace and well-being.

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

Shanna J. Evering

**11419 Ellington Street
Fulton, MD 20759
832-573-1473**

Shanna.evering@gmail.com

Adolescents, adults, and couples. General counseling services for anxiety, depression, grief, life-transition, life-coaching, trauma, eating disorders, personality disorders, and multicultural issues. Mobile services available through phone therapy, email, skype and community-based locations (home, office)

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

Mario Faraone, LCSW-C

301-854-2331

justthisjustnowpsychotherapy@gmail.com

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

Language: German

Insurance: Self-pay

Mackenzie Fleming, LGPC

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

www.congruentcounseling.com

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

Christina Foerster Puglisi, LCSW-C

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

christinapug@yahoo.com

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

Linda Friskey, MSW, LCSW-C

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

lindafriskey@comcast.net

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

Insurance: Aetna, Medicare, Medical Assistance, sliding scale, Tricare (non-par provider)

Insurance: Most insurance plans accepted

Bonnie L. Goldschmidt, LCSW-C, LCADC

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

www.healthgrades.com/providers/bonnie-goldschmidt

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

Insurance: Sliding scale upon request

Penny Harrigan, LCPC

The Education and Therapy Center
8940 Route 108, Suite F
Columbia, MD 21045
410-99-3834

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

Melinda Hoffman, LCPC

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

www.melindahoffmanlcpc.com

Melinda.h@verizon.net

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

Insurance: BC/BS, Johns Hopkins, Magellan, Medicaid, sliding scale upon request

Roberto Huie Jr., LCSW-C

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

RobertoHuieJr@aol.com

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

Language: Spanish

Karen K. Johnson, LCSW-C

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

Karen63012@comcast.net

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

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

Karen Kirkpatrick, LCSW-C

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

kakirkpatrick@verizon.net

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

Insurance: Aetna, Blue Cross, Magellan

Janeta Koelsch, LCSW-C

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

jmkoelsch@outlook.com

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

Insurance: Medicaid, self-pay

Sean Lare, LCSW

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

www.seanlare.com

counseling@seanlare.com

Counseling to LGBTQ children, youth, adults, and their family members. Help individuals develop new identities, navigate transition and coming out process, attend to relationships, and care for mental health needs. Provides consultation and

training services focused on increasing the sensitivity to LGBTQ issues in the workplace. Insurance: Some insurance accepted, self-pay

Cynthia Lengrand, LCSW-C

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

CynthiaLengrand@gmail.com

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

Insurance: APS, Aetna, UBH, MA, Medicare

Marcie Lovell, LCSW-C

**Focused Solutions, LLC
5550 Sterrett Place, Suite 200
Columbia, MD 21044**

410-884-6031 / 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.crossroadspych.net
brenda.may@crossroadspych.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

Jacquelinemclure.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 Health Network, Magellan Behavior Health

Indrani Mookerjee, DSW, LCSW-C

IME Behavioral Health, LLC

8840 Stanford Boulevard, Suite 1600

Columbia, MD 21045

240-512-0141 / Fax 240-512-0151

www.imebehavioralhealth.com

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

Yi-Ching (Emma) Ostendorp, LCPC

Congruent Counseling

10630 Little Patuxent Parkway, Suite 209

Columbia, MD 21044

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

www.congruentcounseling.com

Provides therapeutic treatment for adults, adolescents, children, and families. Areas of expertise include depression, anxiety, ADHD, complicated grief, bipolar disorder, cultural and adjustment issues, couples and family relational difficulties, emotional and sexual abuse, and feelings regulations.

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

Language: English, Mandarin

Matt Otto, LCPC

Crossroads Psychological Associates, LLC

10784 Hickory Ridge Road

Columbia, MD 21044

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

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.crossroadpsych.net

bill.ray@crossroadpsych.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

Lori Simmons, LCMFT

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

www.congruentcounseling.com

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

Insurance: Most insurance plans accepted

Tammy J. Spengler, MSW, LCSW-C

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

TSpengler@focusedsolution.net

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

Insurance: Most insurance accepted

Andrew Stanton, LCSW-C

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

www.StantonPsychotherapy.com

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

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

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**

vvoigt@verizon.net

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

Brenda von Rautenkranz, LGPC

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

www.vrtherapycenter.com

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

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

Joyce Warner-Burke, LCSW-C

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

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

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

Rod Wright, BS, ADT

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

www.congruentcounseling.com

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

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.