

Resources, Resources, and More Local Resources!

Community Based Mental Health Services

NAME	CONTACT INFORMATION	SPECIALTY AREA	SERVICES OFFERED	FEES
Abused Persons Program (APP) and Victim Assistance & Sexual Assault Program (VASAP)	(240) 777-4417 (To report abuse) (240) 777-4673 (APP 24/hr hotline) or (240) 777-4195 (Office) (240) 777-4357 (VASAP 24/hr hotline) or (240) 777-1347 (Office) (301) 315-4357 (Rape-Sexual Assault hotline)	Victims & offenders of abuse; Spanish speaking services available	Counseling services for victims and offenders, legal assistance, assists abuse victims with locating shelter, communication education	Free emergency services; all other services on ability-to-pay basis
ACCESS Team	(240) 777-1770 Open Mon. - Fri. 8:30 - 4:00pm	Mo. Co. residents with MA or no insurance	Helps links people to outpatient mental health services and treatment providers	Free
Addiction Services Coordination	255 Rockville Pike, Ste 145 Rockville, MD (240) 777-4710	Anyone; priority given to adult Mo. Co. residents	Walk-in substance abuse assessments and referrals for treatment	Free assessments; fees charged at treatment facilities
Child & Adolescent Mental Health Clinic	8818 Georgia Avenue, 1 st Floor Silver Spring, MD 20910 (240) 777-1450	Children & Adolescents	Mental health assessment and psychiatric evaluation, individual and group therapy, behavior and medication management	Sliding scale
Choices	5 Choke Cherry Road, Ste 280 Rockville, MD 20850 (301) 947-0023 www.choicesteam.org	Children & Adolescents	Services and support for youth with severe emotional disturbances offered within youth's natural community environment	Free
Crossroads Youth Opportunity Center	7676 New Hampshire Ave., Ste 411 Takoma Park, MD (301) 422-1270	Teens & Adolescents	Individual and group therapy, referrals, mentoring, youth development program, family program for Latino Parents, African-American Male Empowerment Program	Free
Family Services Agency	610 East Diamond Avenue Gaithersburg, MD 20877 (301) 840-2000	Families & Adolescents	Counseling, child development, behavioral health, and social services for families and mentally ill adolescents.	Fee based income
GUIDE Gaithersburg Youth Services	404 East Diamond Avenue Gaithersburg, MD 20877 (301) 590 – 9864 www.guideprogram.org	Children, Adolescents, & Families	Individual, group, and family counseling, assessment and case management, crisis intervention, substance abuse counseling, mentoring, youth development programs	Sliding Scale
Institute for Family Centered Services	16220 S. Frederick Road Gaithersburg, MD 20877 (301) 721-9324 www.ifcsinc.com	Children, Adolescents & Families	Phone consultation, In-home crisis intervention and stabilization, intensive case management, support groups, and psychiatric rehabilitation programs	Contact provider for more information
Jewish Social Service Agency (JSSA)	200 Wood Hill Road Rockville, MD 20850 (301) 838-4200 or (301)610-8312 www.jssa.org	Children , Adolescents, & Adults; includes services for Hearing impaired	Individual counseling and small group therapy for a variety of issues and challenges, special needs case management, educational assessment	Contact provider for more information

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	6123 Montrose Road Rockville, MD 20852 (301) 881-3700		and advocacy, and career and employment services	
Mental Health/Addiction Services: Screening & Assessment Services for Children & Adolescents (SASCA)	Dept. of Health and Human Services 7300 Calhoun Place, Ste 600 Rockville, MD 20855 (240) 777-1432	Children & Adolescents	Screenings and assessment for youth who are suspected of having drug or alcohol addictions	Free
Mental Health Association of Montgomery County	1000 Twinbrook Parkway Rockville, MD 20851 (301) 424- 0656 (301) 738-CALL (hotline) www.mhamc.org	Anyone	Counseling hotline open 24/7, Direct service, education, and advocacy programs for individuals with mental illness, and homelessness outreach.	Free or low-cost
Montgomery County Crisis Center	1301 Piccard Drive Rockville, MD 20850 (301) 738-9697 (hotline) (240) 777-4000 (Mobile crisis team)	Anyone	24/7Psychiatric Crisis Counseling Hotline and a Mobile Crisis Team available from 8:00am-12:00pm	Free
National Alliance for the Mentally Ill (NAMI) of Montgomery County	10750 Connecticut Avenue Kensington, MD 20895 (3031) 949- 5852 www.namimc.org	Families	Support, library, advocacy, education courses, and training for family members of mentally ill individuals	Free
National Family Resiliency Center	451 Hungerford Drive, Ste 225 Rockville, MD 20850 (301) 610-5666	Families	Individual, family, parent, blended family, and couples counseling	Free
Noyes Detention Center/Mental Health Program	9925 Blackwell Road Rockville, MD 20850 (301) 762 -7800	Adolescents 12-18 years old	Substance abuse screening and treatment	Free
Potomac Ridge Behavioral Health	14901 Broschart Road Rockville, MD 20850 (301) 251 -4500	Children & Teens	Inpatient mental health services	Accepts most insurance plans
Reginal S. Lourie Center for Infants and Young Children	12301 Academy Way Rockville MD 20850 (301) 984- 4444	Children & Adolescents; Spanish speaking services available	Outpatient mental health therapy and treatment	Contact provider for more information
Regional Institute for Children and Adolescents (RICA)	15000 Broschart Road Rockville, MD 20850 (301) 251 -6900	State of MD students in grades 5 -12 with severe emotional disabilities	Public, residential, clinical, and educational facility operated by State of Maryland Dept. of Health and Mental Hygiene	Free
Teen and Young Adult Health Connection (TAYA)	1400 Spring Street, Ste 200 Silver Spring, MD (301) 565 -0914 www.connectwithteens.com	12-35 year old females	Health care clinic offering confidential, comprehensive medical care and sexual health education.	\$10 office visit, STD testing, & birth control counseling; Sliding Scale for all other services
The Psychiatric Institute of Washington	4228 Wisconsin Avenue NW Washington, DC 20016 (202) 885-5610 or (800) 369- 2273 www.psychinstitute.com	Children & Adolescents	Psychiatric/psychological assessments, individual and group therapy, behavior modification, crisis stabilization, and adjunctive therapies	Accept most forms of insurance, Medicare, and Medicaid
The Sante Group	Drop-in Center & Psychiatric Rehabilitation Program	Children & adults with serious mental illness;	Mental health services, Psychiatric Rehabilitation Programs, Vocational	Varies: free programs, pre-approval by MA for

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	7961 Eastern Avenue Silver Spring, MD 20910 (301) 589-2303 www.thesantegroup.com	specializing in co-occurrence with Developmental Disabilities	Programs, Outpatient mental health clinic, and case management for persons with disabilities,	payment, sliding scale options
Threshold Services, Inc.	1398 Lamberton Drive Silver Spring, MD 20902 (301) 754-1102	Anyone	Treatment, rehabilitation, and residential programs for individuals with mental illness and/or substance abuse	Referral required from private and public-funded insurance agencies
Way Station, Inc.	www.waystationinc.org 9030 Route 108, Ste A Columbia, MD 21044 (410) 740-1901 230 West Patrick Street Frederick, MD 21705 (301) 662-0099	Adolescents 11-17 years old & their families	Child and adolescent therapy, community outreach, day psychiatric rehabilitation, program, outpatient mental health clinic, and residential crisis program	Contact provider for more information

Family Resources

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ARC of Montgomery County	11600 Nebel St Rockville, MD 20852 (301) 984 5777	Anyone with a developmental disability	Supports and advocated for people who have mental retardation and related developmental disabilities	Free
Bethesda Cares	7728 Woodmont Ave Bethesda, MD 20814 (301) 907 9244	Homeless Individuals	Referrals to local shelters, lunch & shower program, medical van, Clothing center, eviction prevent program	Free
Capital Area Food Bank	645 Taylor Street NW Washington, DC 20017 (202) 526 5344 (202) 639 9770 (Hunger Lifeline) www.capitalareafoodbank.org	Families	Provides emergency food assistance. Hunger Lifeline refers callers to partnering agencies to obtain access to food resources	None – eligibility based on income
Cold Weather & Emergency Shelters	Gude Drive Shelter (Men) 600 E. Gude Dr Rockville, MD (301) 545 5025 Rainbow Place: Rockville Presbyterian Church 215 W. Montgomery Avenue Rockville, MD (301) 762 3363	Homeless Individuals	Emergency walk-in shelter for men available from 5pm – 7am Emergency walk-in shelter (Nov. – Mar.) for women available from 7pm-7am, laundry and meal service provided	Free
Department of Human Resources:	(800) 332-6347 (410) 767-7329 (800) 925-4434	Families who have been evicted	Directory of MD Emergency Shelters and Transition Housing in case of an immediate crisis. Also visit	Free

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Emergency & Transition Housing	www.dhr.state.md.us/transit/pdf/homelist.pdf		www.mdhope.org for a list of Housing Counseling Agencies	
Department of Social Services of Montgomery County	401 Hungerford Dr, 5 th Floor Rockville, MD 20850 (240) 777-1245 www.montgomerycountymd.gov	Residents of Montgomery County	Various family supports: food stamps, emergency food, cash assistance, children's health insurance, medical assistance, & other emergency services	None – eligibility based on income
Friends in Action / Interfaith Works	114 W. Montgomery Ave Rockville, MD 20850 (301) 315-1106 (FIA) (301) 76- 8682 (Interfaith Works)	Families	Assistance with rent, housing, clothing, school supplies, prescriptions; Goal Setting and education	None – eligibility based on income
HELP, Inc.	(301) 216- 2510 (Gaithersburg) (301) 972 -8481 (Upper Montgomery) www.gaithersburghelp.org	Families	Assists with short term needs: food, rent, mortgage, utilities, prescriptions, and transportation	None – eligibility based on income
Housing Opportunities Commission (HOC)	(240) 773-9000 www.hocmc.org	Families	Low-cost and subsidized housing options	Free
MANNA Food Center	614 Lofstrand La Rockville, MD 20850 (301) 424-1130 www.mannafood.org	Families	Provides perishable and nonperishable foods to families each month	None – eligibility based on income
Maryland H.O.P.E. Hotline	(877) 462-7555 www.mdhope.org	Families	Various programs to assist with mortgage and foreclosure prevention	None – eligibility based on income
Maryland Legal Aid	13 locations in MD (800) 999-8904 www.mdlab.org	Anyone	Free legal assistance	Free
Montgomery Cares:	(301) 628-3455 www.montgomerycares.org	Residents of Montgomery County; Multilingual services available at all locations	Various primary health care services to uninsured and low-income families	Varies- see below
Community Clinic Adult & Pediatric Services	200 Girard St Gaithersburg, MD (866) 877-7258 (301) 340-7525 (main Office) www.cciweb.org		Primary care, health-related, and nutrition services	Sliding scale \$30-137, Medicare, Medicaid
Mercy Clinic	7-1 Metropolitan Ct Gaithersburg, MD (240) 773-0300 www.mercyhealthclinic.org		Primary health care services	Free
Mobile Med Care	202 S. Summit Ave Gaithersburg, MD (301) 493-2400 www.mobilemedicalcare.org		Community-based mobile primary and preventative health care service provider	Free or Sliding Scale
Holy Cross Health Center	704 Russell Ave (301) 355-7037		Health care services	\$20-65 + \$10-20 lab fees

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Montgomery County's Service Eligibility Unit	12900 Middlebrook Rd Germantown, MD (240) 777-3591	Families	Determines eligibility for uninsured individuals for various health, dental, and family planning services	Free screening, program fees vary
Montgomery Volunteer Dental Clinic	14015 New Hampshire Ave, Ste 115 Silver Spring, MD 20904 (301) 384 9795	Adults 19-59 years old	Primary dental health care	Contact Provider
Parents Place of Maryland	801 Cromwell Park Dr, Ste 103 Glen Burnie, MD 21061 (410) 768-9100	Children & Adolescents with disabilities	Resource center for families of children with disabilities and special health care needs	Free
Project Family Outreach	8311 Wisconsin Ave, C-19 Bethesda, MD 20814 (301) 840-9637	Children, Adolescents, & Parents	Groups & workshops to increase self-esteem, enhance parenting skills, teach stress management techniques, & empower people to make life changes	\$0 - \$35, sliding scales based on family income
Salvation Army	20021 Aircraft Dr Germantown, MD 20874 (301) 515-5354 www.montgomery.salarmydc.org	Families	Emergency assistance for electricity and water bills, food and clothing, referrals to local shelters	None – eligibility based on income
SEIU Local 500	901 Russell Ave, Ste 300 Gaithersburg, MD 20879 (301) 740-7100 www.seiu500.org	Employees of childcare, education, and public service in Washington, DC area	Representation of employees to ensure a stable workplace, advocate for raises and benefits, legal services, and discounts at local business	Membership required
SHARE	Hyattsville, MD (301) 864-3115	Families	Families can purchase a package of food including meats & produce for \$18	Volunteer 2 hours of community service
St. Luke's House	6040 Southport Dr Bethesda, MD 20814 (301) 493-0047	Young adults 18-21 years old	Psychiatric Rehabilitation Programs, Vocational/Supported Employment Programs, & career transition services	Free
Street Outreach Network	Richard A. Brown 18905 Kingsview Rd Germantown, MD 20874 (240) 372-3876 Alex Arevalo 11711 Georgia Ave Wheaton, MD 20902 (240) 372-3625	High Risk Youth & Youth Gangs	Prevent, neutralize, and control hostile behavior using youth development programs	Free
Transitional Sheltered Housing	Watkins Mill House 20201 Watkins Mill Rd Gaithersburg, MD 20886 (301) 444-3355 Bethesda House Shelter 4848 Cordell Ave Bethesda, MD 20814 (301) 907-9597	Homeless individuals	Transitional housing for <i>women</i> Transitional housing, meals, and counseling for mentally ill <i>males</i>	Free

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	<p>The Dwelling Place 610 W. Diamond Ave, Ste 300 Gaithersburg, MD 20879 (301) 948-1988</p> <p>Dorothy Day Place 251 N. Stonestreet Ave Rockville, MD 20850 (301) 762-8314</p> <p>The Open Door 113200 Schuykill Rd Rockville, MD 20852 (301 770-0193 or (800) 486 OPEN</p>		<p>Transition house (apt. leasing), case management, child care assistance, and employment counseling</p> <p>Transition housing, meals, and counseling for <i>women</i></p> <p>Transition housing, food, and counseling for youth <i>ages 12-17</i></p>	

Private Mental Health Practices*

NAME	CONTACT INFORMATION	SPECIALTY AREA	SERVICES OFFERED	FEES
Amy Toubas Greaser, LCPC	966 Hungerford Dr, Ste 14A Rockville, MD 20850 (202) 207-6262	Children & Adolescents	Individual and group therapy for emotional and behavioral problems using a child-centered approach.	Fee for service; contact provider for pricing
Beverly Celotta, PhD	13517 Haddonfield La Gaithersburg, MD 20878 (301) 330 8803 www.celotta.net	Children, Teens, & Young adults	Licensed child and family psychologist providing individual counseling, case management, and parent coaching	Accepts some insurance plans; case-by-case payment options for all others
Dr. Diane R. Berman, PsyD, LCPC	Potomac, MD (301) 785 6767 Ddrberman@aol.com	Adolescents	Individual counseling and social skills training, specializing in Depression, Asperger's Syndrome, and Autism	\$75/hour
Dr. Eric J. Green, LCPC, LMFT, RPT	9601 Medical Center Dr, Bldg 225 Rockville, MD 20850 (301) 294-7160	Anyone	Mental health counseling services	Fee for service; contact provider for pricing
Eileen Bernstein, NCSC, LCPC and Joan Goodman, LCSW-C, BCD	Once Central Plaza 11300 Rockville Pike, Ste 914 Rockville, MD (301) 881-0433	Children, Teens, & Parents	Individual counseling, educational consultation with parents, adolescent and parent psychotherapy groups. Specialties include Emotional Disturbance, Cutting, and use of animal assisted therapy	Accepts various forms of insurance (clients must file), no Managed Care. Groups cost ½ price of individual session.
Expressive Therapy Center, LLC	14808 Physicians La, Ste 111 Rockville, MD 20850 (301) 869-1017 www.expressivetherapycenter.com	Children, Adolescents, & Adults	Individual and group therapy, social skills groups, psychological and educational testing, ADHD Support, and family therapy	Varies depending on service; contact provider for exact pricing
Horse & Coach, LLC	(240) 876-0616 www.EAGALA.org	Children, Adolescents, & Adults	Equine Assisted Psychotherapy: utilizes horses to help break down barriers	Insurance not accepted, fees vary based on service, contact provider

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Jason M. Goldberg, LCSW-C, LICSW	4401 East West Hwy, Ste 207 Bethesda, MD 20814 (202) 329-7696 www.bethesdapsych.com	Children & Adolescents	Individual therapy for youth with behavior problems, school-related issues, depression, anxiety, school phobia, bullying & divorce. Saturday hours available.	Insurance on out-of-network basis or \$125/session out-of-pocket
Loriann Oberlin Counseling & Mediation, LLC	11908-C Darnestown Rd North Potomac, MD 20878 (301) 461 – 8528 www.loriannoberlin.com	Children (age 5+), Adolescents, & Family Mediation	Individual support, Divorce coaching & family mediation, Group therapy and support groups	Accepts various forms of insurance; May qualify for discounted rate for groups when pre-paying
Manuel Calero, M.Ed, NCC, LCPC	932 Hungerford Dr, Ste 39 Rockville, MD 20850 (240) 481 1301	Children & Adolescents; Spanish Speaking services available	Individual psychotherapy using solution-focused model, and crisis intervention and management.	Fee for service; contact provider for pricing
Maryland Counseling Centers, Inc.	20 Courthouse Square, Ste 202 Rockville, MD 20850 (301) 943 4742 or (301) 424 6955 www.newhorizoncounseling.org	Anyone; Spanish speaking services available	Substance Abuse Counseling Program including weekly seminars, education, urine screening, and probation reporting	Accepts major insurance plans; sliding scale available
New Horizons Counseling Services	206 N. Adams St Rockville, MD 20850 (301) 452 6500 www.newhorizoncounseling.org	Children & Adolescents	Variety of Individual and group counseling services to help with mental health issues, including runaways, depression, school refusal, anxiety and use of play therapy	Various according to specialist; contact provider for pricing
Vesta, Inc.	12900 Middlebrook Rd, 2 nd Floor Germantown, MD 20874 (301) 528 7927 Intake & Referral Coordinators (301) 588 8881 Option 5 www.vesta.org	Children, Adolescents, & Adults; Spanish speaking services available	Day and residential programs, outpatient services, psychiatric assessment, and psycho-educational programs for individuals with psychological differences	Various insurance plans accepted and self-pay available

** LPMS is not endorsing services from the practitioners listed above and is not liable for services received. Practitioners listed here operate independent businesses and have voluntarily shared their contact information with LPMS as a referral for students and parents.*

A few more resources

Do you need more information or assistance with...

... ADD/ADHD?	Children and adults with ADD (C.H.A.D.D.)	Visit www.chadd.org or Call (301) 869-3628
... Adoption?	Center for Adoption Support and Education (CASE)	Call (301) 593-9200 or (301) 476-8525
... Alcohol/Substance Abuse?	Mothers Against Drunk Driving (MADD) Alcoholics Anonymous	Call (301) 949-1222 Visit www.AI-Anon-Alateen.org or Call (202) 966-9115
... Autism?	Autism Society of America	Visit www.autism-society.org
... Anxiety?	Anxiety Disorder Association of America	Visit www.adaa.org
... Bipolar Disorder?	Child and Adolescent Bipolar Foundation	Visit www.bpkids.org
... Child Welfare?	Child Welfare Services	Call (240) 777-3500

...Clothing?	Child Protective Services	Call (301) 909-2450
...Crime/Courts?	National Center for Missing and Exploited Children	Visit www.ncmec.org
	Goodwill Industries	Call (301) 527-0970
	Montgomery County District Court	Call (301) 279-1406
	Crime Solvers	Call (301) 217-2255
	Department of Juvenile Services	Call (301) 279-1580
	National Youth Gang Center	Visit www.iir.com/nygc
...Cutting?	Self-injury: Self Abuse Finally Ends (SAFE)	Visit www.selfinjury.com or Call (800) DONT CUT
...Depression/Bipolar?	Depression and Bipolar Support Alliance	Visit www.dbsalliance.org or Call (800) 826-3632
...Disabilities?	Department of Rehabilitation Services (DORS)	Call (301) 949-3750
	Learning Disabilities Association of America	Visit www.ldanatl.org or Call (412) 341-1515
...Dropout?	National Dropout Prevention Center	Visit www.dropoutprevention.org or Call (864) 656-2599
...Eating Disorders?	Family Resources for Education on Eating Disorders	Call (301) 585-0358 or (301) 493-4568
	National Eating Disorders Association	Visit www.nationaleatingdisorders.org
...Education?	U.S. Department of Education	Visit www.ed.gov
...Food, Housing, etc?	United Way's 211	Visit www.211.org or Dial 2-1-1 or Call (800) 492-0618 (Howard Co.)
...Local Hospitals?	Children's National Medical Center	Call (202) 476 BEAR (Main) (301) 765-5400 (Rockville Outpatient Ctr)
	Holy Cross Hospital	Call (301) 754-7000
	Potomac Ridge Behavioral Health System	Call (301) 896-3100 (Main) or (301) 896-3939 (On-Call)
	Shady Grove Adventist Hospital	Call (240) 826-6000 (Main) or (240) 826-6053 (Emergency Room)
	Washington Adventist Hospital	Call (301) 891-7600 (Main) or (301) 891-5070 (Emergency Room)
...Medicare?	Contact the Social Security Administration	Call (800) 772-1213
...Poison?	National Capital Poison Center	Call (202) 625-333 or (202) 362-8563
...Runaways?	National Runaway Hotline	Call (800) 621-4000
	Operation Runaway Hotline	Call (800) 204-8600
...Suicide?	National Hopeline Network	Call (800) SUICIDE
	National Suicide Prevention Lifeline	Call (800) 273 TALK

How can you find additional resources?

- ✓ Visit the following websites for access to local resources:
 - www.infomontgomery.org: Countywide database of resources in which you can search according to type of service needed
 - www.montgomeryschoolsmd.org: MCPS website where Parents and Students can find school related information and resources
 - www.montgomerycounty.gov: Montgomery County website in which you can search for county-based mental health, family, and other resources
 - www.mccpta.net/specedCal.html and www.mccpta.net/SupportGroups.html: List of upcoming workshops, seminars, and support groups compiled by the Montgomery County PTA

- www.groups4kids.com: Online guide and directory to therapeutic and psycho-educational groups for children and teenagers in the Washington, DC Metro area
- ✓ Check with your insurance company for recommendations of practitioners that accept your insurance plans
- ✓ Ask your primary care physician or family doctor for a referral to a mental health agency or practitioner
- ✓ Contact associations and/or organizations dedicated to your specific need or area of concern to obtain more information
- ✓ Consult with trusted friends, family members, and your child's teachers, Counselor, and Administrators for additional recommendations and/or referrals