



Child/Adolescent Mental Health Resources
11/2023

To Our Patients,

Thank you for being a patient at University of Maryland Baltimore Washington Medical Center. This handout will provide you with assistance for receiving behavioral health care once you leave UMBWMC.

This Resource is for parents seeking assessment or treatment for their **child or adolescent**, UMBWMC recommends the following:

Contact the member service department of your private insurance company for a referral to a provider in your plan's network. Ask if they provide urgent care appointments.

If your child/adolescent is unable to be seen by a treatment provider through your insurance company in a timely manner and requires urgent care services contact the following:

For patients with private insurance/HMO/PPO or cash coverage:

- Oasis the Center for Mental Health 410-571-0888 Located in Annapolis.

This center provides short-term urgent mental health care for adults, children, adolescents and families. Services are available much sooner than non-urgent care providers. They are open daily including holidays, generally from 10:30am to 10:00pm. Therapists and psychiatrists are both available. Assistance is also provided to continue treatment in the community.

- Work Life Urgent Care 410-487-6052 Located in Glen Burnie. This center provides urgent appointments for therapy and does have an affiliation with a CRNP that can prescribe medication. This agency accepts Medical Assistance and Private Insurance
- Arundel Lodge Urgent Care (443) 590-3224 Located in Annapolis.

This walk-in provider allows mental health care for adults, children, adolescents and families. They are open Monday-Friday, 9am-9pm. Psychiatrists and therapists are both available. Assistance is also provided with getting continued treatment in the community.

This agency accepts Medical Assistance, Private Insurance, and Uninsured

For patients with Medical Assistance or No Insurance:

- Contact the Anne Arundel County Warmline 410-768-5522

This service is available 24 hours a day 7 days a week and provides crisis services, referral services and urgent care appointments.

Partial Hospitalization Programs (PHP)

- **MSA The Child and Adolescent Center** - 443-259-0400
10005 Old Columbia Road Ste. L260
Columbia, MD 21046
This center provides outpatient and intensive outpatient psychiatric services, adolescent partial hospital, assessment, medication, parent support, and crisis intervention. Family members can refer their child. They take Medicare, Medicaid, and Private Insurance. Ask for Paige Holden for intake to PHP/IOP.
- **Sheppard Pratt – Towson** - 410-938-3800
6501 North Charles Street
Towson, MD 21204
Referrals must be made by a licensed mental health professional for PHP. Outpatient treatment is also available. Direct referrals are accepted. Medicare, Medicaid, and Private insurance all accepted.
- **Pathlight Mood & Anxiety Center – Hunt Valley** – 410-753-8650
101 Schilling Road
Hunt Valley, MD 21030
This center provides in person PHP program and virtual IOP for children (age 10 & over), teens and adults. Outpatient treatment is also available. Direct referrals are accepted. Private insurances are accepted.
- **Brook Lane Health Services – Hagerstown** – 301-733-0331 (ext. 1703)
13121 Brook Lane
Hagerstown, MD 21742
Offers inpatient mental health services, PHP, outpatient treatment, THRIVE program (autism friendly) & Laurel Hall (schooling designed to provide education to students with special needs/emotional disabilities/autism/multiple handicaps). Direct referrals are accepted. Medicare, Medicaid, and Private insurance all accepted. Medicare, Medicaid, and Private Insurance accepted.
- **Towson Mental Health Center/Sandstone Care – Towson** – 410-881-8634
521 East Joppa Road
Towson, MD 21286
This center provides in person PHP program and virtual IOP for adolescents & teens. Outpatient treatment is also available. Direct referrals are accepted. Private insurances are accepted.

EATING DISORDERS

- **Sheppard Pratt – Towson** - 410-938-3800
6501 North Charles Street
Towson, MD 21204
Inpatient only. Medicare, Medicaid, and Private insurance all accepted.
- **Eating Recovery Center – Baltimore** – 410-427-3910
55 Schilling Road
Hunt Valley, MD 21031
Inpatient, PHP, and IOP provided. Private insurance only. Accepts ages 12 years and up.

CHILD/ADOLESCENT PSYCHIATRIC OUTPATIENT PROVIDERS

This is a general list of providers in the surrounding area. Please contact your insurance company for a more extensive list.

- **Empowering You, LLC – Olney** – 240-324-6033
3401 Olandwood Court
Olney, MD 20832
No insurance accepted.

Suicide Prevention Hotlines

National:	Call or Text 988 Or Call 800-273-TALK (8255)
NAMI Teen and Young Adult Helpline:	1-800-950-6264
Local: Anne Arundel County Crisis Warmline	410-768-5522
Maryland Youth Crisis Hotline	800-422-0009

- ONLINE RESOURCE www.psychologytoday.com -Comprehensive List of Providers and Insurance
The above listed services do not provide referral to substance abuse counseling, if you are experiencing difficulty with drugs and/or alcohol, please request our referral packet for Finding Alcohol and Drug Treatment Services.
- Should your symptoms worsen and you begin to experience thoughts of suicide and/or homicide, go immediately to the nearest emergency room or call 911. University of Maryland Baltimore Washington Medical Center, Anne Arundel Medical Center, and Harbor Hospital can all evaluate psychiatric and behavioral health emergencies.

Outpatient Treatment

Please refer to the attached list of providers for children and adolescents.

Support for Parents

- MD Coalition of Families 410-730-8267 or visit their website at: <https://www.mdcoalition.org/>
- The Family Tree Helpline- 1-800-243-7337
- Children with Attention Deficit Disorder (CHADD)- 410-721-2468
- YWCA Parent Support- 410-551-2411
- Chesapeake Family- 410-263-1641 or visit their website at: www.chesapeakefamily.com (has a listing of various support groups)

Only a few of the above listed services provide substance abuse counseling. If your child is experiencing difficulty with drugs and/or alcohol, please request our referral packet for Finding Alcohol and Drug Treatment Services.

Should your child's symptoms worsen and they begin to experience thoughts of suicide and/or homicide, go immediately to the nearest emergency room or call 911. University of Maryland Baltimore Washington Medical Center, Anne Arundel Medical Center and Harbor Hospital can all evaluate psychiatric/behavioral health emergencies.

CHILD/ADOLESCENT PSYCHIATRIC OUTPATIENT PROVIDERS

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PSYCHIATRISTS:

<p>AAMC Mental Health Specialists 175 Harry S. Truman Pkwy Annapolis, MD 21401 410-573-9000 MEDICARE/ MEDICAID/ PRIVATE INSURANCE <i>5 years and older</i></p>	<p>Committed to Change 420 Chinquapin Round Rd. Suite 2K Annapolis, MD 21401 443-949-7057 MEDICAID <i>6 years and older</i></p>	<p>Oasis Mental Health 175 Admiral Cochrane Drive, Ste. 110 Annapolis, MD 21401 410-571-0888 PRIVATE INSURANCE Short Term Only</p>	<p>Yura Jarrells-Williams MD 1831 Forest Drive Suite D Annapolis, MD 21401 410 268-8191 NO INSURANCES ACCEPTED</p>
<p>Bloom Health Centers 1750 Forest Drive Ste. 105 Annapolis, MD 21401 410-268-9400 MEDICARE/MEDICAID/ PRIVATE INSURANCE <i>Age limit not provided</i></p>	<p>LifeStance Behavioral Health 2431 Solomons Island Rd Suite 200 Annapolis, MD 21401 410-757-2077 PRIVATE INSURANCE <i>Age limit not provided</i></p>	<p>LifeStance Behavioral Health 1511 Ritchie Hwy Suite 202 Arnold, MD 21012 410-757-2077 PRIVATE INSURANCE <i>Age limit not provided</i></p>	<p>LifeStance Behavioral Health 1662 Village Green Ste. 100 Crofton, MD 21114 410-757-2077 PRIVATE INSURANCE <i>Age limit not provided</i></p>
<p>Adolescent & Family Services 122 Langley Road North Suite A Glen Burnie, MD 21061 410-222-6785 MEDICAID Ages 4-18 years old</p>	<p>Child & Adult Behavioral Health 7310 Ritchie Hwy Ste. 406 Glen Burnie, MD 21061 240-517-2650 MEDICARE/MEDICAID/ PRIVATE INSURANCE 4 years and older</p>	<p>New Visions Behavioral Health 4710 Pennington Ave Ste. 3 Curtis Bay, MD 21226 410-355-3285 ONLY MEDICAID 6 years and older</p>	<p>Arundel Lodge 2600 Solomons Island Road Edgewater, MD 21037 443-433-5903 MEDICARE/ MEDICAID/ PRIVATE INSURANCE Newborn and older</p>
<p>University of MD 701 West Pratt Street 2nd Floor Ste. 289 Baltimore, MD 21201 410-328-6018 MEDICARE/ MEDICAID</p>	<p>Robert A Pascal Youth & Family Services 1230 Annapolis Rd Odenton, MD 21113 410-975-0067 MEDICAID/ PRIVATE INSURANCE Ages 6 years and older</p>	<p>Villa Maria of AA County 1111 Benfield Blvd Ste. 200 Millersville, MD 21108 667-600-2494 MEDICAID Ages 4 years and older</p>	<p>Chase Brexton 200 Hospital Drive 5th Floor Glen Burnie, MD 21061 410-837-2050 MEDICARE/ MEDICAID/ PRIVATE INSURANCE/ SLIDING SCALE</p>
<p>M&M Behavioral Health Solutions 1406 S Crain Hwy Ste. 104 Glen Burnie, MD 21061 410-766-6624 MEDICAID/PRIVATE INSURANCE 7 years and older</p>	<p>Behavioral Health Care of MD 1405 Madison Park Drive, Suite 1B Glen Burnie, MD 21061 410-487-6302 MEDICARE/ MEDICAID/ PRIVATE INSURANCE</p>	<p>Vesta 1202 Annapolis Road Ste. F Odenton, MD 21113 410-672-2862 MEDICARE/ MEDICAID/ PRIVATE INSURANCE</p>	<p>Millersville Psych Services 1110 Benfield Blvd. Ste. H & J Millersville, MD 21108 410-987-3448 Tues & Thurs Only NO INSURANCES ACCEPTED</p>
<p>Shine Behavioral Health 539 Benfield Rd Ste 2&3 Severna Park, MD 21146 410-513-4513 PRIVATE INSURANCE</p>	<p>Greater Baltimore Counseling Center 30 Greenway, N.W. Ste 5 Glen Burnie, MD, 21061 410-760-9079 MEDICARE/PRIVATE INSURANCE</p>	<p>Sheppard Pratt Health System at Howard County 9030 Route 108 Suite A Columbia, MD 21045 410-740-1901 MEDICARE/MEDICAID</p>	<p>MSA Child Adolescent Center 10005 Old Columbia Rd Suite L 260 Columbia, MD 21046 443-259-0400 (PHP/IOP & Art Therapy) MEDICARE/MEDICAID/ PRIVATE INSURANCE</p>

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<p style="text-align: center;">Chase Brexton 5500 Knoll North Drive, Ste. 235 Columbia, MD 21045 410-884-7831 MEDICARE/ MEDICAID/ PRIVATE INSURANCE</p>	<p style="text-align: center;">Congruent Counseling 10630 Little Patuxent Pkwy Suite 209 Columbia, MD 21044 410-740-8066 PRIVATE INSURANCE</p>	<p style="text-align: center;">Innovative Treatment Centers 325 Hospital Drive, Ste #106 Glen Burnie, MD 21061 443-430-2998 MEDICARE/MEDICAID/ PRIVATE INSURANCE <i>Spanish Speaking</i></p>	
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THERAPISTS:

<p style="text-align: center;">AAMC Mental Health Specialists 175 Harry S. Truman Pkwy Annapolis, MD 21401 410-573-9000 MEDICARE/ MEDICAID/ PRIVATE INSURANCE <i>5 years and older</i></p>	<p style="text-align: center;">Bayshore Counseling and Psychological Services 133 Old Solomons Island Rd Annapolis, MD 21401 410-266-9747 MEDICARE</p>	<p style="text-align: center;">Interventions 5 Oak court Annapolis, MD 21401 410-266-3040 MEDICAID/MEDICARE/ PRIVATE INSURANCE/ SELF PAY <i>12 years and older</i></p>	<p style="text-align: center;">Oasis Behavioral Health Urgent Care 175 Admiral Cochrane Drive, Ste. 110 Annapolis, MD 21401 410-571-0888 MEDICARE/PRIVATE INSURANCE Short Term Only</p>
<p style="text-align: center;">Riverside Counseling Regina Warren, LCPC 580 Bellerive Road Ste. 5B Annapolis, MD 21409 410-417-6800 PRIVATE INSURANCE/CASH/ SLIDING SCALE</p>	<p style="text-align: center;">LifeStance Behavioral Health 1662 Village Green Ste. 100 Crofton, MD 21114 410-757-2077 PRIVATE INSURANCE</p>	<p style="text-align: center;">LifeStance Behavioral Health 1511 Ritchie Hwy Ste. 202 Arnold, MD 21012 410-757-2077 PRIVATE INSURANCE</p>	<p style="text-align: center;">LifeStance Behavioral Health 2431 Solomons Island Rd. Suite 200 Annapolis, MD 21401 410-757-2077 PRIVATE INSURANCE</p>
<p style="text-align: center;">New Visions Behavioral Health 4710 Pennington Ave Ste. 3 Curtis Bay, MD 21226 410-355-3285 MEDICAID <i>6 years and older</i></p>	<p style="text-align: center;">Arundel Lodge 2600 Solomons Island Road Edgewater, MD 21037 443-433-5903 MEDICARE/ MEDICAID/ PRIVATE INSURANCE</p>	<p style="text-align: center;">Adolescent & Family Services 122 Langley Rd. N. Suite A Glen Burnie, MD 21061 410-222-6785 ONLY MEDICAID</p>	<p style="text-align: center;">Anne Arundel Counseling 7310 Ritchie Hwy Ste. 1009 Glen Burnie, MD 21061 410-768-5988 PRIVATE INSURANCE Spanish Speaking Services</p>
<p style="text-align: center;">Greater Baltimore Counseling Center 30 Greenway Northwest Suite 5 Glen Burnie, MD 21061 410-760-9079 MEDICARE/ PRIVATE INSURANCE</p>	<p style="text-align: center;">Behavioral Health Care of MD 1405 Madison Park Drive, Suite 1B Glen Burnie, MD 21061 410-487-6302 MEDICARE/ MEDICAID/ PRIVATE INSURANCE</p>	<p style="text-align: center;">Inspirit Counseling Services of Maryland Harundale Presbyterian 1020 Eastway Glen Burnie, MD 21061 410-433-2241x501 MEDICARE/ MEDICAID/ PRIVATE INSURANCE</p>	<p style="text-align: center;">M&M Behavioral Health Solutions 1406 S Crain Hwy Ste. 104 Glen Burnie, MD 21061 410-766-6624 MEDICARE/ MEDICAID/ PRIVATE INSURANCE</p>
<p style="text-align: center;">University of MD 701 West Pratt Street 2nd Floor, Ste. 289 Baltimore, MD 21201 410-328-6018 MEDICARE/ MEDICAID</p>	<p style="text-align: center;">Baltimore Washington Counseling Center 8258 Veterans Hwy Ste. 13 Millersville, MD 21108 410-768-6088 MEDICARE/MEDICAID/ PRIVATE INSURANCE</p>	<p style="text-align: center;">Millersville Psych Services 1110 Benfield Blvd. Ste. H & J Millersville, MD 21108 410-987-3848 Tues & Thurs Only NO INSURANCES ACCEPTED</p>	<p style="text-align: center;">Respire Behavioral Health 479 Jumpers Hole Rd Suite 306 Severna Park, MD 21146 410-987-1036 MEDICAID/ PRIVATE INSURANCE</p>

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<p>Page Downey, Psy. D 1413 Annapolis Road Suite 207 Odenton, MD 21113 410-305-0158 PRIVATE INSURANCE</p>	<p>Vesta 1202 Annapolis Road Ste. F Odenton, MD 21113 410-672-2862 MEDICARE/ MEDICAID/ PRIVATE INSURANCE</p>	<p>Board of Childcare 8028 Ritchie Highway Suite 312 Pasadena, MD 21122 410-590-9011 MEDICAID</p>	<p>Francesca Brooks LCSW-C 8257 Old Mill Rd. Pasadena, MD 21122 410-360-7093 MEDICAID/ PRIVATE INSURANCE</p>
<p>Pasadena Center for Counseling 8131 Ritchie Hwy Suite G Pasadena, MD 21122 410-360-4774 MEDICARE/ PRIVATE INSURANCE</p>	<p>Shoreline Counseling Services 2446 Mountain Road Ste. 200 Pasadena, MD 21122 410-255-9085 SLIDING SCALE/BCBS/MAGELLAN</p>	<p>Carroll Counseling Center 650 Ritchie Highway Ste. 207 Severna Park, MD 21146 410-315-9350 PRIVATE INSURANCE/MEDICARE/ MEDICAID</p>	<p>National Family Resiliency Center 10632 Little Patuxent Pkwy, Ste. 325 Columbia, MD 21044 410-740-9553 SELF PAY ONLY</p>
<p>Sheppard Pratt Health System at Howard Co. 9030 Rt. 108 Suite A Columbia, MD 21045 410-740-1901 MEDICARE/MEDICAID</p>	<p>Robert A Pascal Youth and Family Group 1230 Annapolis Road Odenton, MD 21113 410-975-0067 MEDICAID/ PRIVATE INSURANCE</p>	<p>Remedy Counseling 819 Ritchie Hwy Ste. 1020 Severna Park, MD 21146 410-431-5111 MEDICAID/ PRIVATE INSURANCE</p>	<p>Capital Multi Health Group 2411 Crofton Lane Suite 4A Crofton, MD, 21114 667-307-4173 MEDICAID/MEDICARE/ PRIVATE INSURANCE 13 years and older</p>
<p>Congruent Counseling 10630 Little Patuxent Pkwy Unit 209 Columbia, MD 21044 410 740-8066 PRIVATE INSURANCE</p>	<p>MSA Child & Adolescent Center 10005 Old Columbia Rd Suite L 260 Columbia, MD 21046 443-259-0400 (PHP/IOP/Art Therapy) MEDICARE/MEDICAID/ PRIVATE INSURANCE</p>	<p>Towson Mental Health Center 521 East Joppa Road Suite 203 Towson, MD 21286 410-881-8634 (PHP/IOP) PRIVATE INSURANCE</p>	<p>Conversation Create Change 574F Ritchie Hwy. Suite 171 Severna Park, MD, 21146 301-945-7896 MEDICAID/MEDICARE/ PRIVATE INSURANCE</p>
<p>Be Well Behavioral Health 1916 Crain Highway S Ste 2 Glen Burnie, MD, 21061 410-762-4550 MEDICAID/PRIVATE INSURANCE 13 years and older</p>	<p>Family Intervention Partners 7207 Baltimore Annapolis Blvd Glen Burnie, MD, 21061 410-766-7300 MEDICAID/PRIVATE INSURANCE</p>	<p>Divine Touch Therapeutic Counseling and Mentoring 2301 Dorsey Road Suite 208 Glen Burnie, MD, 21061 410-696-3335 MEDICAID/PRIVATE INSURANCE 11 years and older</p>	<p>Solace Family Counseling 65 Old Solomons Island Road Suite 104 Annapolis, MD, 21401 443-994-6625 OUT OF NETWORK INSURANCE/SELF PAY</p>
<p>Innovative Treatment Centers 325 Hospital Drive, Ste #106 Glen Burnie, MD 21061 443-430-2998 MEDICARE/MEDICAID/ PRIVATE INSURANCE Spanish Speaking</p>			

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DUAL DIAGNOSIS:

Congruent Counseling 10630 Little Patuxent Pkwy Unit 209 Columbia, MD 21044 410 740-8066 In person and virtual PRIVATE INSURANCE EXCEPT IOP WILL ACCEPT MEDICAID Adolescent and up	Towson Mental Health Center/Sandstone Care 521 East Joppa Road Suite 203 Towson, MD 21286 410-881-8634 PHP/IOP PRIVATE INSURANCE Teens and up		
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EATING DISORDER:

Sheppard Pratt (Inpatient only) 6501 N. Charles Street Baltimore, MD 21204 410-938-5000 MEDICARE/MEDICAID/ PRIVATE INSURANCE	Eating Recover Center – Baltimore Inpatient, PHP & IOP 55 Schilling Road Hunt Valley, MD 21031 410-427-3910 Inpatient/PHP/IOP PRIVATE INSURANCE ONLY	Empowering You, LLC Counseling Services 3401 Olandwood Court Suite 204 Olney, MD 20832 240-324-6033 NO INSURANCES	
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1. If you have no insurance, call any listing that says “sliding scale”. You may also call Beacon Health at 1-800-888-1965.
2. If you have Maryland Medical Assistance call any listing that says “Medicaid”. You may also call Beacon Health at 1-800-888-1965 *OR* visit their web site at: www.beaconhealthoptions.com
3. If you have a Private Insurance, call your member service plan (located on your card) and verify your benefits for Mental Health/Behavioral Health services. Once you have benefits verified, ask for the names, numbers and addresses of Psychiatrists and/or therapists that are approved providers by your insurance. Call these providers and arrange for an appointment.

Please be advised that many providers are booked and are not taking new clients or have openings several weeks away. If you cannot wait until the first available appointment you can call the Anne Arundel County Warmline at 410-768-5522 or OASIS at 410-571-0888 and ask if urgent care appointments are available. You can also call The Grass Roots Hotline at 1-800-422-0009 if you are in a non-life threatening crisis.