

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

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 the Intake department.
- **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.

Suicide Prevention Hotlines

National:	800-273-TALK (8255) or 800-SUICIDE (784-2433)
Local: Anne Arundel County Crisis Warmline	410-768-5522
Maryland Youth Crisis Hotline	800-422-0009

Outpatient Treatment

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

Support for Parents

- 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

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

PSYCHIATRISTS:

<p>AAMG Mental Health Specialists 2635 Riva Road, Ste. 108 Annapolis, MD 21401 410-573-9000 MEDICARE/ MEDICAID/ PRIVATE INSURANCE <i>5 years and older</i></p>	<p>Bayside Behavioral Health 134 Holiday Court, Ste. 302 Annapolis, MD 21401 410-266-1600 MEDICARE/MEDICAID/ PRIVATE INSURANCE</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>Psych Associates of Maryland 1831 Forest Drive, Ste. A Annapolis, MD 21401 410-268-9400 MEDICARE/MEDICAID/ PRIVATE INSURANCE <i>4 years and older</i></p>	<p>Spectrum Behavioral Health 49 Old Solomons Island Road Suite 303 Annapolis, Maryland 21401 410-757-2077 PRIVATE INSURANCE (NO BCBS) <i>5 years and older</i></p>	<p>Jack Vaeth MD 133 Defense Highway, Ste. 114 Annapolis, MD 21401 443-388-1411 NO INSURANCES ACCEPTED <i>12 years and older</i></p>	<p>Yura Jarrells-Williams MD 1831 Forest Drive, Suite D Annapolis, MD 21401 410 268-8191 NO INSURANCES ACCEPTED</p>
<p>Spectrum Behavioral Health 1509 Ritchie Hwy, Ste. F Arnold, MD 21012 410-757-2077 PRIVATE INSURANCE (NO BCBS) <i>5 years and older</i></p>	<p>Spectrum Behavioral Health 1662 Village Green, Ste. 100 Crofton, MD 21114 410-757-2077 PRIVATE INSURANCE (NO BCBS) <i>5 years and older</i></p>	<p>New Visions Behavioral Health 4710 Pennington Ave, Ste. 3 Curtis Bay, MD 21226 410-355-3285 ONLY MEDICAID <i>6 years and older</i></p>	<p>Arundel Lodge 2600 Solomons Island Road Edgewater, MD 21037 443-433-5903 MEDICARE/ MEDICAID/ PRIVATE INSURANCE</p>
<p>Andrew Gergely MD 137 Mitchell's Chance Lane, Ste. 260 Edgewater, MD 21037 410-956-5300 MEDICARE/ MEDICAID PRIVATE INSURANCE <i>5 years and older</i></p>	<p>Adolescent & Family Services 122 Langley Road North Glen Burnie, MD 21061 410-222-6785 MEDICAID/SLIDING SCALE</p>	<p>Child & Adult Behavioral Health 7310 Ritchie Hwy Ste. 406 Glen Burnie, MD 21061 240-517-2650 MEDICARE/MEDICAID/ PRIVATE INSURANCE</p>	<p>Chase Brexton 200 Hospital Drive, 3rd Floor Glen Burnie, MD 21061 410-837-2050 MEDICARE/ MEDICAID/ PRIVATE INSURANCE/ SLIDING SCALE</p>
<p>M&M Behavioral Health Solutions 1412 N Crain Hwy Ste. 1B Glen Burnie, MD 21061 410-766-6624 MEDICAID/ MEDICARE/ PRIVATE INSURANCE</p>	<p>MRC Behavioral Health Services 1405 Madison Park Drive, Suite 1B Glen Burnie, MD 21061 410-487-6302 MEDICARE/ MEDICAID/ PRIVATE INSURANCE</p>	<p>Complete Healthcare 809 N. Hammonds Ferry Rd. Ste. C Linthicum, MD 21090 410-789-2500 MEDICARE/ MEDICAID/ PRIVATE INSURANCE</p>	<p>Millersville Psych Services 1110 Benfield Blvd. Ste. H & J Millersville, MD 21108 410-729-3633 Tues & Thurs Only NO INSURANCES ACCEPTED</p>
<p>Vesta 1202 Annapolis Road, Ste. F Odenton, MD 21113 410-672-2862 MEDICARE/ MEDICAID/ PRIVATE INSURANCE</p>	<p>Villa Maria of AA County 1111 Benfield Blvd, Ste. 104 Millersville, MD 21108 410-729-8494 MEDICAID</p>	<p>Robert A Pascal Youth & Family Services 1215 Annapolis Rd. Odenton, MD 21113 410-975-0067 MEDICAID/ PRIVATE INSURANCE</p>	<p>University of MD 701 West Pratt Street 2nd Floor, Ste. 289 Baltimore, MD 21201 410-328-9822 MEDICARE/ MEDICAID</p>

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.

<p style="text-align: center;">Chase Brexton 5500 Knoll North Drive, Ste. 370 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 NO INSURANCES ACCEPTED</p>	<p style="text-align: center;">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 style="text-align: center;">Sheppard Pratt Health System at Howard County 9030 Route 108 Columbia, MD 21045 410-740-1901 MEDICARE/MEDICAID</p>
<p style="text-align: center;">Faye Park, PMHNP Greater Baltimore Counseling Center 306 Greenway, N.W. Ste 5 Glen Burnie, MD 21061 443-594-6433x2 MEDICARE/PRIVATE INSURANCE</p>	<p style="text-align: center;">Christy Callahan Severna Park, MD 21146 410-762-4291 CIGNA/OUT OF NETWORK</p>		

THERAPISTS:

<p style="text-align: center;">AAMG Mental Health Specialists 2620 Riva Road Annapolis, MD 21401 410-573-9000 MEDICARE/ MEDICAID/ PRIVATE INSURANCE <i>5 years and older</i></p>	<p style="text-align: center;">Bay Shore Company 133 Old Solomons Island Rd Annapolis, MD 21401 410-266-9747 MEDICARE</p>	<p style="text-align: center;">Bayside Behavioral Health 134 Holiday Court, Ste. 302 Annapolis, MD 21401 410-266-1600 MEDICARE/MEDICAID/ PRIVATE INSURANCE</p>	<p style="text-align: center;">Christian Counseling Center of Annapolis 108 Old Solomon's Island Rd, Suite 7 Annapolis, MD 21401 410-266-8345 MEDICARE/ MEDICAID/ PRIVATE INSURANCE</p>
<p style="text-align: center;">Interventions 5 Oak court Annapolis, MD 21401 410-266-3040 MEDICAID/PRIVATE INSURANCE/ SELF PAY <i>3 years and older</i></p>	<p style="text-align: center;">Oasis Mental Health 175 Admiral Cochrane Drive, Ste. 110 Annapolis, MD 21401 410-571-0888 PRIVATE INSURANCE Short Term Only</p>	<p style="text-align: center;">Riverside Counseling Regina Warren, LCPC 580 Bellerive Road Ste. 5B Annapolis, MD 21409 410-271-2905 CASH/ SLIDING SCALE</p>	<p style="text-align: center;">Spectrum Behavioral Health 49 Old Solomons Island Road Suite 303 Annapolis, Maryland 21401 410-757-2077 PRIVATE INSURANCE (NO BCBS)</p>
<p style="text-align: center;">Laura R. Gaffney, MD 1511 Ritchie Highway Suite 101A Arnold, MD 21012 410-371-7145 Eating D/O NO INSURANCES ACCEPTED</p>	<p style="text-align: center;">Spectrum Behavioral Health 1509 Ritchie Hwy, Ste. F Arnold, MD 21012 410-757-2077 PRIVATE INSURANCE (NO BCBS)</p>	<p style="text-align: center;">Francesca Brooks LCSW-C 2225E Defense Highway Crofton, MD 21144 410-360-7093 MEDICARE/ MEDICAID/ PRIVATE INSURANCE</p>	<p style="text-align: center;">Spectrum Behavioral Health 1662 Village Green, Ste. 100 Crofton, MD 21114 410-757-2077 PRIVATE INSURANCE (NO BCBS)</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. 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>

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.

<p>Greater Baltimore Counseling Center 30 Greenway Northwest Glen Burnie, MD 21061 410-760-9079 MEDICARE/ PRIVATE INSURANCE</p>	<p>MRC Behavioral Health 1405 Madison Park Drive, Suite 1B Glen Burnie, MD 21061 410-487-6302 MEDICARE/ MEDICAID/ PRIVATE INSURANCE</p>	<p>Inspirit Counseling Services of Maryland Harundale Presbyterian 1020 Eastway Glen Burnie, MD 21061 410-433-2241x501 MEDICARE/ MEDICAID/ PRIVATE INSURANCE</p>	<p>M&M Behavioral Health Solutions 1412 N Crain Hwy Ste. 1B Glen Burnie, MD 21061 410-766-6624 MEDICARE/ MEDICAID/ PRIVATE INSURANCE</p>
<p>University of MD 701 West Pratt Street 2nd Floor, Ste. 289 Baltimore, MD 21201 410-328-9822 MEDICARE/ MEDICAID</p>	<p>Baltimore Washington Counseling Center 8258 Veterans Hwy, Ste. 13 Millersville, MD 21108 410-768-6088 MEDICARE/MEDICAID/ PRIVATE INSURANCE</p>	<p>Millersville Psych Services 1110 Benfield Blvd. Ste. H & J Millersville, MD 21108 410-729-3633 Tues & Thurs Only NO INSURANCES ACCEPTED</p>	<p>New Genesis Counseling 8227 Cloverleaf Drive, Ste. 303 Millersville, MD 21108 410-987-1036 MEDICAID/ PRIVATE INSURANCE</p>
<p>Page Downey, PsyD. D 8288 Telegraph Rd. Ste. A 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 PRIVATE INSURANCE</p>	<p>Bay Area Behavioral Health 650 Ritchie Highway Ste. 207 Severna Park, MD 21146 410-315-9350 PRIVATE INSURANCE</p>	<p>National Family Resiliency Center 10632 Little Patuxent Pkwy, Ste. 121 Columbia, MD 21044 410-740-9553 SELF PAY ONLY</p>
<p>Sheppard Pratt Health System at Howard Co. 9030 Rt. 108 Columbia, MD 21045 410-740-1901 MEDICARE/MEDICAID</p>	<p>Robert A Pascal Youth and Family Services 1215 Annapolis Rd. Odenton, MD 21113 410-975-0067 MEDICAID/ PRIVATE INSURANCE</p>	<p>Psychological Resource Associates 479 Jumpers Hole Rd Suite 106 Severna Park, MD 21146 410-647-8840 PRIVATE INSURANCE-Out of Network Only</p>	<p>Remedy Counseling 819 Ritchie Hwy, Ste. 1020 Severna Park, MD 21146 410-431-5111 MEDICAID/ PRIVATE INSURANCE/ SLIDING SCALE</p>
<p>Congruent Counseling 10632 Little Patuxent Pkwy 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>Family Alliance 8028 Ritchie Highway Pasadena, MD 21122 410-768-3361 PRIVATE INSURANCE</p>	<p>Capital Multi Heath Group 2411 Crofton Lane Suite 4A Crofton, Maryland 21114 443-292-9466 MEDICAID/MEDICARE/ PRIVATE INSURANCE</p>

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.

Be Well Behavioral Health 1916 Crain Highway S Ste 2 Glen Burnie, MD 21061 443-736-2193 Ages 13+ MEDICAID/PRIVATE INSURANCE	Family Intervention partners 7207 Baltimore Annapolis Blvd Glen Burnie, MD 21061 410-261-1753 MEDICAID/PRIVATE INSURANCE	Divine Touch Therapeutic Counseling and Mentoring 2301 Dorsey Road Suite 208 Glen Burnie, MD 21061 240-903-6175 MEDICAID/PRIVATE INSURANCE	Solace Family Counseling 65 Old Solomons Island Road Suite 104 Annapolis, MD 21401 443-205-4399 OUT OF NETWORK INSURANCE/SELF PAY
Conversations Create Change 2 Evergreen Rd Suite 3 Severna Park, MD 21146 301-945-7896 MEDICAID/PRIVATE INSURANCE	Reginald Colbert 313 South Crain Highway Glen Burnie, MD 21061 443-501-2299 PRIVATE INSURANCE		

1. If you have no insurance, call any listing that says “sliding scale”. You may also call Optum Health at 1-800-888-1965.
2. If you have Maryland Medical Assistance call any listing that says “Medicaid”. You may also call OPTUM Health at 1-800-888-1965 *OR* visit their web site at: www.optumhealthoptions.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.