



Child/Adolescent Mental Health Resources  
04/2018

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.

**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.

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

## 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.

## 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](http://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 <b>MEDICARE/ MEDICAID/ PRIVATE INSURANCE</b> <i>5 years and older</i></p>	<p>Bayside Behavioral Health 134 Holiday Court, Ste. 302 Annapolis, MD 21401 410-266-1600 <b>MEDICARE/MEDICAID/ PRIVATE INSURANCE</b></p>	<p>Committed to Change 420 Chinquapin Round Rd. Suite 2K Annapolis, MD 21401 443-949-7057 <b>MEDICAID</b> <i>6 years and older</i></p>	<p>Oasis Mental Health 175 Admiral Cochrane Drive, Ste. 110 Annapolis, MD 21401 410-571-0888 <b>PRIVATE INSURANCE</b> <b>Short Term Only</b></p>
<p>Parvis Sahandy MD 1831 Forest Drive, Ste. A Annapolis, MD 21401 410-268-9400 <b>MEDICARE/MEDICAID/ PRIVATE INSURANCE</b> <i>4 years and older</i></p>	<p>Spectrum Behavioral Health 49 Old Solomons Island Road Suite 303 Annapolis, Maryland 21401 410-757-2077 <b>PRIVATE INSURANCE (NO BCBS)</b> <i>5 years and older</i></p>	<p>Jack Vaeth MD 133 Defense Highway, Ste. 114 Annapolis, MD 21401 443-388-1411 <b>NO INSURANCES ACCEPTED</b> <i>12 years and older</i></p>	<p>Yura Jarrells-Williams MD 1831 Forest Drive, Suite D Annapolis, MD 21401 410 268-8191 <b>NO INSURANCES ACCEPTED</b></p>
<p>Spectrum Behavioral Health 1509 Ritchie Hwy, Ste. F Arnold, MD 21012 410-757-2077 <b>PRIVATE INSURANCE (NO BCBS)</b> <i>5 years and older</i></p>	<p>Spectrum Behavioral Health 1662 Village Green, Ste. 100 Crofton, MD 21114 410-757-2077 <b>PRIVATE INSURANCE (NO BCBS)</b> <i>5 years and older</i></p>	<p>New Visions Behavioral Health 4710 Pennington Ave, Ste. 3 Curtis Bay, MD 21226 410-355-3285 <b>ONLY MEDICAID</b> <i>6 years and older</i></p>	<p>Arundel Lodge 2600 Solomons Island Road Edgewater, MD 21037 443-433-5903 <b>MEDICARE/ MEDICAID/ PRIVATE INSURANCE</b></p>
<p>Andrew Gergely MD 137 Mitchell's Chance Lane, Ste. 260 Edgewater, MD 21037 410-956-5300 <b>MEDICARE/ MEDICAID PRIVATE INSURANCE</b> <i>5 years and older</i></p>	<p>Adolescent &amp; Family Services 122 Langley Road North Glen Burnie, MD 21061 410-222-6785 <b>MEDICAID/SLIDING SCALE</b></p>	<p>Child &amp; Adult Behavioral Health 7310 Ritchie Hwy Ste. 406 Glen Burnie, MD 21061 240-517-2650 <b>MEDICARE/MEDICAID/ PRIVATE INSURANCE</b></p>	<p>Chase Brexton 200 Hospital Drive, 3<sup>rd</sup> Floor Glen Burnie, MD 21061 410-837-2050 <b>MEDICARE/ MEDICAID/ PRIVATE INSURANCE/ SLIDING SCALE</b></p>
<p>M&amp;M Behavioral Health Solutions 1412 N Crain Hwy Ste. 1B Glen Burnie, MD 21061 410-766-6624 <b>MEDICAID/ MEDICARE/ PRIVATE INSURANCE</b></p>	<p>MRC Behavioral Health Services 1405 Madison Park Drive, Suite 1B Glen Burnie, MD 21061 410-487-6302 <b>MEDICARE/ MEDICAID/ PRIVATE INSURANCE</b></p>	<p>Complete Healthcare 809 N. Hammonds Ferry Rd. Ste. C Linthicum, MD 21090 410-789-2500 <b>MEDICARE/ MEDICAID/ PRIVATE INSURANCE</b></p>	<p>Millersville Psych Services 1110 Benfield Blvd. Ste. H &amp; J Millersville, MD 21108 410-729-3633 Tues &amp; Thurs Only <b>NO INSURANCES ACCEPTED</b></p>
<p>Vesta 1202 Annapolis Road, Ste. F Odenton, MD 21113 410-672-2862 <b>MEDICARE/ MEDICAID/ PRIVATE INSURANCE</b></p>	<p>Villa Maria of AA County 1111 Benfield Blvd, Ste. 104 Millersville, MD 21108 410-729-8494 <b>MEDICAID</b></p>	<p>Robert A Pascal Youth &amp; Family Services 570H Ritchie Highway Severna Park, MD 21146 410-975-0067 <b>MEDICAID/ PRIVATE INSURANCE</b></p>	<p>University of MD 701 West Pratt Street 2<sup>nd</sup> Floor, Ste. 289 Baltimore, MD 21201 410-328-9822 <b>MEDICARE/ MEDICAID</b></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 <b>MEDICARE/ MEDICAID/ PRIVATE INSURANCE</b></p>	<p style="text-align: center;">Congruent Counseling 10630 Little Patuxent Pkwy, Suite 209 Columbia, MD 21044 410-740-8066 <b>NO INSURANCES ACCEPTED</b></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 &amp; Art Therapy) <b>MEDICARE/MEDICAID/ PRIVATE INSURANCE</b></p>	<p style="text-align: center;">Sheppard Pratt Health System at Howard County 9030 Route 108 Columbia, MD 21045 410-740-1901 <b>MEDICARE/MEDICAID</b></p>
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## ***THERAPISTS:***

<p style="text-align: center;">AAMG Mental Health Specialists 2620 Riva Road Annapolis, MD 21401 410-573-9000 <b>MEDICARE/ MEDICAID/ PRIVATE INSURANCE</b> <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 <b>MEDICARE</b></p>	<p style="text-align: center;">Bayside Behavioral Health 134 Holiday Court, Ste. 302 Annapolis, MD 21401 410-266-1600 <b>MEDICARE/MEDICAID/ PRIVATE INSURANCE</b></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 <b>MEDICARE/ MEDICAID/ PRIVATE INSURANCE</b></p>
<p style="text-align: center;">Interventions 5 Oak court Annapolis, MD 21401 410-266-3040 <b>MEDICAID/PRIVATE INSURANCE/ SELF PAY</b> <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 <b>PRIVATE INSURANCE</b> <b>Short Term Only</b></p>	<p style="text-align: center;">Riverside Counseling Regina Warren, LCPC 580 Bellerive Road Ste. 5B Annapolis, MD 21409 410-271-2905 <b>CASH/ SLIDING SCALE</b></p>	<p style="text-align: center;">Spectrum Behavioral Health 49 Old Solomons Island Road Suite 303 Annapolis, Maryland 21401 410-757-2077 <b>PRIVATE INSURANCE (NO BCBS)</b></p>
<p style="text-align: center;">Laura R. Gaffney, MD 1511 Ritchie Highway Suite 101A Arnold, MD 21012 410-371-7145 Eating D/O <b>NO INSURANCES ACCEPTED</b></p>	<p style="text-align: center;">Spectrum Behavioral Health 1509 Ritchie Hwy, Ste. F Arnold, MD 21012 410-757-2077 <b>PRIVATE INSURANCE (NO BCBS)</b></p>	<p style="text-align: center;">Francesca Brooks LCSW-C 2225E Defense Highway Crofton, MD 21144 410-360-7093 <b>MEDICARE/ MEDICAID/ PRIVATE INSURANCE</b></p>	<p style="text-align: center;">Spectrum Behavioral Health 1662 Village Green, Ste. 100 Crofton, MD 21114 410-757-2077 <b>PRIVATE INSURANCE (NO BCBS)</b></p>
<p style="text-align: center;">New Visions Behavioral Health 4710 Pennington Ave, Ste. 3 Curtis Bay, MD 21226 410-355-3285 <b>MEDICAID</b> <i>6 years and older</i></p>	<p style="text-align: center;">Arundel Lodge 2600 Solomons Island Road Edgewater, MD 21037 443-433-5903 <b>MEDICARE/ MEDICAID/ PRIVATE INSURANCE</b></p>	<p style="text-align: center;">Adolescent &amp; Family Services 122 Langley Rd. N. Glen Burnie, MD 21061 410-222-6785 <b>ONLY MEDICAID</b></p>	<p style="text-align: center;">Anne Arundel Counseling 7310 Ritchie Hwy, Ste. 1009 Glen Burnie, MD 21061 410-768-5988 <b>PRIVATE INSURANCE</b>  <b>Spanish Speaking Services</b></p>

# CHILD/ADOLESCENT PSYCHIATRIC OUTPATIENT PROVIDERS

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<p style="text-align: center;">Greater Baltimore Counseling Center 30 Greenway Northwest Glen Burnie, MD 21061 410-760-9079 <b>MEDICARE/ PRIVATE INSURANCE</b></p>	<p style="text-align: center;">MRC Behavioral Health 1405 Madison Park Drive, Suite 1B Glen Burnie, MD 21061 410-487-6302 <b>MEDICARE/ MEDICAID/ PRIVATE INSURANCE</b></p>	<p style="text-align: center;">Inspirit Counseling Services of Maryland Harundale Presbyterian 1020 Eastway Glen Burnie, MD 21061 410-433-2241x501 <b>MEDICARE/ MEDICAID/ PRIVATE INSURANCE</b></p>	<p style="text-align: center;">M&amp;M Behavioral Health Solutions 1412 N Crain Hwy Ste. 1B Glen Burnie, MD 21061 410-766-6624 <b>MEDICARE/ MEDICAID/ PRIVATE INSURANCE</b></p>
<p style="text-align: center;">University of MD 701 West Pratt Street 2nd Floor, Ste. 289 Baltimore, MD 21201 410-328-9822 <b>MEDICARE/ MEDICAID</b></p>	<p style="text-align: center;">Baltimore Washington Counseling Center 8258 Veterans Hwy, Ste. 13 Millersville, MD 21108 410-768-6088 <b>MEDICARE/MEDICAID/ PRIVATE INSURANCE</b></p>	<p style="text-align: center;">Millersville Psych Services 1110 Benfield Blvd. Ste. H &amp; J Millersville, MD 21108 410-729-3633 Tues &amp; Thurs Only <b>NO INSURANCES ACCEPTED</b></p>	<p style="text-align: center;">New Genesis Counseling 8227 Cloverleaf Drive, Ste. 303 Millersville, MD 21108 410-987-1036 <b>MEDICAID/ PRIVATE INSURANCE</b></p>
<p style="text-align: center;">Page Downey, Psy. D 8288 Telegraph Rd. Ste. A Odenton, MD 21113 410-305-0158 <b>PRIVATE INSURANCE</b></p>	<p style="text-align: center;">Vesta 1202 Annapolis Road, Ste. F Odenton, MD 21113 410-672-2862 <b>MEDICARE/ MEDICAID/ PRIVATE INSURANCE</b></p>	<p style="text-align: center;">Board of Childcare 8028 Ritchie Highway Suite 312 Pasadena, MD 21122 410-590-9011 <b>MEDICAID</b></p>	<p style="text-align: center;">Francesca Brooks LCSW-C 8257 Old Mill Rd. Pasadena, MD 21122 410-360-7093 <b>MEDICAID/ PRIVATE INSURANCE</b></p>
<p style="text-align: center;">Pasadena Center for Counseling 8131 Ritchie Hwy, Suite G Pasadena, MD 21122 410-360-4774 <b>MEDICARE/ PRIVATE INSURANCE</b></p>	<p style="text-align: center;">Shoreline Counseling Services 2446 Mountain Road Ste. 200 Pasadena, MD 21122 410-255-9085 <b>PRIVATE INSURANCE</b></p>	<p style="text-align: center;">Bay Area Behavioral Health 650 Ritchie Highway Ste. 207 Severna Park, MD 21146 410-315-9350 <b>PRIVATE INSURANCE</b></p>	<p style="text-align: center;">National Family Resiliency Center 10632 Little Patuxent Pkwy, Ste. 121 Columbia, MD 21044 410-740-9553 <b>SELF PAY ONLY</b></p>
<p style="text-align: center;">Sheppard Pratt Health System at Howard Co. 9030 Rt. 108 Columbia, MD 21045 410-740-1901 <b>MEDICARE/MEDICAID</b></p>	<p style="text-align: center;">Robert A Pascal Youth and Family Group 570H Ritchie Highway Severna Park, MD 21146 410-975-0067 <b>MEDICAID/ PRIVATE INSURANCE</b></p>	<p style="text-align: center;">Psychological Resource Associates 479 Jumpers Hole Rd Suite 106 Severna Park, MD 21146 410-647-8840 <b>PRIVATE INSURANCE-Out of Network Only</b></p>	<p style="text-align: center;">Remedy Counseling 819 Ritchie Hwy, Ste. 1020 Severna Park, MD 21146 410-431-5111 <b>MEDICAID/ PRIVATE INSURANCE/ SLIDING SCALE</b></p>
<p style="text-align: center;">Congruent Counseling 10632 Little Patuxent Pkwy Columbia, MD 21044 410 740-8066 <b>PRIVATE INSURANCE</b></p>	<p style="text-align: center;">MSA Child &amp; Adolescent Center 10005 Old Columbia Rd Suite L 260 Columbia, MD 21046 443-259-0400 (PHP/IOP/Art Therapy) <b>MEDICARE/MEDICAID/ PRIVATE INSURANCE</b></p>		

## **CHILD/ADOLESCENT PSYCHIATRIC OUTPATIENT PROVIDERS**

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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](http://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.