

**Mental Health Services
Resource Directory
For St. Mary's,
Calvert and Charles Counties
2005**

Compliments of:

Calvert County
Core Service Agency
P.O. Box 980
Prince Frederick, MD 20678
(410) 535-5400
(410) 535-5285 fax
www.calverthealth.org

Charles County
Human Services Partnership
P.O. Box 2150
6 Garrett Avenue
La Plata, MD 20646
(301) 396-5238
(301) 396-5248 fax
www.charlescounty.org/hsp/

Mental Health Authority
of St. Mary's, Inc.
P.O. Box 1706
22655 Washington Street
Leonardtwn, MD 20650
(301) 475-4361
(301) 475-4290 fax
csa@mhasm.com
www.mhasm.com

Preface

To the Citizens of St. Mary's, Charles and Calvert Counties:

Please accept this directory as a token of our commitment to keeping you informed about the availability of mental health and related resources that support or enhance the use of mental health services.

This directory is informational in nature and should not be considered as a definitive source. The publishers of the directory assume no liability for any acts by or omissions of individuals or agencies listed in this directory. Neither does a listing in this directory indicate a recommendation by Mental Health Authority of St. Mary's, Inc., Charles County Human Services Partnership or Calvert County Core Service Agency.

Recipients of this directory are encouraged to make and distribute copies of it to any person expressing an interest in having one.

Guide to Mental Health

What is mental illness? Mental illness is a term used to describe a broad range of psychological and emotional disorders that seriously interfere with the way a person is able to live and function. It is not, as many people still believe, the result of personal weakness, a bad upbringing, or sinful behavior.

What are the signs of mental illness? Symptoms of mental and emotional disorders generally manifest themselves in a person's thinking, behavior and personal habits. Evolving habits and personality are common during the course of life; however, sudden, frequent, transient, or prolonged changes in thinking, behavior or habits are among the first signs of a serious problem.

Warning Signs

- Marked personality change
- Confused thinking; strange or grandiose ideas
- Prolonged, severe feelings of depression or apathy
- Abrupt mood swings from emotional highs or lows
- Excessive, almost uncontrollable anxieties, fears, or suspicions; habitually blaming others
- Social withdrawal, abnormal self-centeredness; preoccupation with body functions
- Denial of obvious problems; strong resistance to accepting help
- Dramatic, persistent changes in eating or sleeping habits; heightened restlessness, hyperactivity

Factors that Affect Mental Health

Hundreds of thousands of people need mental health services at any given time, with one in five individuals actually experiencing a mental health or emotional disorder at some point in life.

Like almost all health problems, mental disorders are believed to stem from a combination of causes.

Biological Factors: Rooted in the body itself and often genetic in nature, biological factors may include problems in the chemistry of the nervous system or structural defects of the brain.

Psychological Factors: One's personal history may play a strong role in psychological factors that can affect or cause mental disorders. For example, a particularly traumatic event (such as the loss of a loved one) or

long exposure to emotional stress (such as extended unemployment) can make some people vulnerable to mental health problems as reflected in warning signs listed earlier.

Social Factors: Just as they affect physical health, social factors such as nutrition, shelter, group relations, and personal safety are important to one's mental health.

Mental and emotional disorders are oblivious to race, gender, and social status, affecting one in every four American families. Taken together, the estimated 27 million adults and more than 8 million children and youth with diagnosable mental or emotional disorders outnumber those with cancer, heart disease, and lung disease combined.

Choosing the Right Mental Health Therapist

At some point in our lives, we all run into problems that seem too big or too persistent to handle alone. Yet our pride and fears can get in the way of asking for help. But making the decision to find help is a sign of strength and courage. And help is available. In fact, it can make the difference between feeling that things are spinning out of control and gaining new tools to turn life around in positive ways.

Having taken that crucial first step to seek help, you may have some questions about therapy. You may wonder, for example, about sharing information that is uncomfortable – will it be kept confidential? What is the best way to go about finding the right therapist?

You can rest assured that all mental health professionals are ethically bound to keep what you say during therapy confidential. However, therapists also are bound by law to report information such as threats to blow up a building or to harm another person, for example.

Therapy is a collaborative process, so finding the right match – someone with whom you have a sense of rapport – is critical. You may have to shop around before you find someone you are comfortable with. After you find someone, keep in mind that therapy is work and sometimes can be painful. But it also can be rewarding and life-changing.

So whether you seek help from a marriage and family therapist, a social worker, a psychologist, or a psychiatrist, the steps to choosing the right mental health practitioner for you will basically be the same.

1. See your primary care physician to rule out a medical cause of your problems. If your thyroid is “sluggish,” for example, your symptoms – such as loss of appetite and fatigue – could be mistaken for depression.
2. After you know your problems are not caused by a medical condition, find out what the mental health coverage is under your insurance policy or through Medicaid/Medicare. Many employer-

- sponsored insurance policies have limits on mental health services and may cover only 50 percent of the costs of a fixed number of visits per year.
3. Get two or three referrals before making an appointment. Specify age, sex, race, or religious background if those characteristics are important to you. Your primary care physician and/or your faith leader probably know mental health care workers in your area. Also, ask friends, colleagues, neighbors and family members for referrals. Chances are you will find that several people in your circle of acquaintances have been, or are, in therapy and can refer you to a competent therapist.
 4. Call to find out about appointment availability, location and fees. Many mental health professionals schedule evening appointments so you do not have to miss work. Selecting a therapist whose office is easy to get to – either from work or home – also can make a difference in your progress toward improved mental health. Ask the receptionist:
 - Does the mental health professional offer a sliding-scale fee based on income?
 - Does he or she accept your health insurance or Medicaid/Medicare?
 5. Make sure the therapist has experience helping people whose problems are similar to yours. You may want to ask the receptionist about the therapist’s expertise, education and number of years in practice.
 6. If you are satisfied with the answers, make an appointment.
 7. During your first visit, describe those feelings and problems that led you to seek help. Find out:
 - What kind of therapy/treatment program he or she recommends.
 - If it has proven effective for dealing with problems such as yours.
 - What the benefits and side effects are.
 - How much therapy the mental health professional recommends.
 - If he or she is willing to coordinate your care with another practitioner if you are personally interested in exploring credible alternative therapies, such as acupuncture.
 8. Different psychotherapies and medications are tailored to meet specific needs. Be sure the psychotherapist does not take a “cookie cutter” approach to your treatment – what works for one person with major depression does not necessarily work for another. The best therapists will work with you to create a treatment program – perhaps using a single approach, perhaps incorporating several different ones – that works for you.
 9. Although the role of a therapist is not to be a friend, rapport is a critical element of successful therapy. After your initial visit, take some time to explore how you felt about the therapist. For example:
 - Was he or she someone you felt comfortable with?
 - Did he or she listen?

TRI-COUNTY RESOURCE DIRECTORY - 2005

- Did he or she seem to understand your concerns and address them?
 - Is this a person you feel you can trust?
 - Did he or she seem knowledgeable about your problem and suggest a therapy/treatment program that suits you?
 - Was the “chemistry” right?
10. If the answers to these questions and others you may come up with are “yes,” schedule another appointment to begin the process of working together to understand and overcome your problems. If the answers are “no,” call another mental health professional from your referral list and schedule another appointment.

What to Do in Emergency Situations

If a person becomes violent or assaultive, or is completely out of control or attempts suicide, the following suggestions can help.

- If assaultive or other behavior dangerous to the person or others occurs, call 911 and request immediate assistance from the Sheriff’s Department.
 - If the crisis does not involve behavior dangerous to the person or others, call his/her family physician or psychotherapist. If the person does not have either or telephone numbers are not available or if neither can be reached, transport the person to the emergency room of the nearest general hospital. If transportation by automobile is not available, call an ambulance or fire/rescue squad at 911.
 - Check the local telephone directory for emergency “hotline” numbers whose description may fit the particular crisis situation the person is facing. If the person is known to belong to a specific religious congregation, you may elect to call that congregation’s minister, priest, or rabbi.
 - Refer to listings in this directory for those providers of mental health care or organizations such as Alcoholics Anonymous, and call the number listed. These providers and organizations may provide additional telephone numbers for use other than during working hours.
 -
- Maintaining an attitude of calm, decisive readiness, and willingness to help is the most important “first aid” reassurance to a person in emotional crisis.

Treatment Methods

The goal of all treatment modalities is to reduce or diminish the crippling effect of the symptoms of a mental disorder; to improve self-confidence and enhance social functioning; to develop and strengthen coping skills; and to increase self-knowledge toward the end of more durable personal integrity. There are many types of treatment that may be used alone or in various combinations. They are:

Psychotropic medications (pharmacotherapy) – May be the first treatment prescribed by a psychiatrist or other physician if the symptoms of the illness are acute or (potentially) disabling. The type of medication depends on the nature of the illness, the person’s age, and general medical condition. Medication is often combined with other therapies.

Psychotherapy (“talking” treatment) – Accomplished through a series of face-to-face sessions with the therapist, during which the person is encouraged to talk about, define, clarify, and resolve the problems that are troubling him/her. Short-term or session limited therapy lasts for a few weeks to several months and is appropriately employed to help a person through a stressful life event. Long-term or intensive therapy may last from several months to several years and the work focuses on the life history of the person and the traumatic experiences and stressful events which have predisposed him/her to the mental disorder. There are several “schools” of psychotherapy, which are distinguished by differing techniques employed by the therapist, although the goals of treatment are similar. These include:

- a. **Psychodynamic psychotherapy** (which may be short or long term) examines important relationships with significant others from early childhood to the present in an effort to modify or ameliorate unsettling or destructive behaviors which have given rise to emotional problems or created psychological stress. Psychoanalysis is a type of intensive, long-term psychodynamic therapy in which conflicts underlying the development of the person’s illness are analyzed, toward the end of providing him/her with additional conscious choices to modify his/her maladaptive behavior.
- b. **Interpersonal therapy** is confined primarily to the person’s contemporary life, especially his/her relations with family, friends, and colleagues.
- c. **Family therapy** involves all family members with the focus on identifying, discussing and resolving conflicts within the family.
- d. **Couples (marriage) therapy** aims to develop more rewarding relations with the significant other by identifying and examining each person’s contribution to the couple’s problem-generating interaction.
- e. **Group therapy** involves a group of (usually) 6 – 8 people with similar problems who, guided by the therapist, identify

TRI-COUNTY RESOURCE DIRECTORY - 2005

maladaptive patterns of behavior and individual problems toward the goal of members of a group helping each other to deal more appropriately with his/her problem.

- f. **Play therapy** is a technique used by therapists trained in working with children to establish communication with children and help them through constructive play to identify and resolve problems. Parents or guardians are also seen regularly by the child's therapist or by a colleague during therapy.
- g. **Cognitive therapy** focuses on the person's pattern or style of thinking with the aim of identifying and correcting distorted thinking that contributes to troublesome emotions and behaviors. It is often combined with behavior therapy.
- h. **Behavior therapy** uses principles evolved from learning theory to change disturbing and distressing thought patterns and behavior by systematically addressing such behavior and helping the person learn more effective coping skills to obtain rewards and satisfaction. It includes such techniques as stress management, biofeedback, and relaxation training.

Adjunctive therapies are those used most often in combination with other therapies and in a hospital inpatient situation. They include occupational, recreational, music, art, and special education therapies.

Inpatient treatments are the treatment methods employed by a psychiatric unit of a general hospital or by a mental hospital during a person's hospitalization for a serious mental illness. These methods may include, but are not limited to psychotherapy, group therapy, behavioral/cognitive therapy, electrostimulation therapy (also known as electroconvulsive therapy), pharmacotherapy and the various adjunctive therapies.

Off-site services are delivered by some mental health providers to the persons with a mental illness in the home or at other locations in the community to respond to a variety of situations that, without these off-site services, would result in no service being delivered or a significant reduction in the effectiveness of the service delivered. Individuals needing off-site services are advised to ask the provider if that service is available before agreeing to accept services.

Crisis intervention occasioned by the person's loss of control may consist of visiting the person at the site of his loss of control, assessing the situation and taking appropriate action. If the person resists or refuses hospitalization, the police may have to be notified. Alternatively, the person may be taken by relatives, friends, or the police to the clinic, office of the professional or hospital emergency room for assessment of the crisis.

Partial hospitalization is a short-term, intensive psychiatric treatment program generally equivalent to the treatment rendered in full hospitalization, except the patient does not stay overnight in the hospital.

It must provide a minimum of four consecutive hours of treatment each day the program operates.

Psychiatric day treatment is the equivalent of partial hospitalization except that it does not occur on hospital grounds.

Residential crisis services are short-term, intensive mental health and support services provided in a residential setting designed to provide an alternative to psychiatric hospitalization.

Mental Health Professionals

A mental health professional is a person formally trained to help people in emotional distress. Most mental health professionals have earned additional credentials, usually in the form of state licensing, certification or both.

Therapists, psychotherapists or counselors are terms often used to refer to mental health professionals. Be sure that the person you choose has extensive training and experience in his/her specialty and is well respected in the community.

You have the right to ask questions regarding the training and qualifications of any mental health professional you are consulting. Equally important is that he/she treats people with understanding and respect and can be trusted.

If you are not comfortable with a mental health professional after meeting with him/her several times, you have the right to seek a different helper. Be sure to do what is right for you.

Psychiatrists are medical doctors who specialize in the diagnosis and treatment of mental disorders and are the only mental health professionals in the State of Maryland qualified to prescribe medication, in addition to providing psychotherapy. Psychiatrists must have completed at least three years of specialty training and be licensed by the Maryland Board of Medical Examiners. A board-certified psychiatrist has practiced his/her specialty for at least two years and has passed the written and oral examination of the American Board of Psychiatry and Neurology. For a referral to a psychiatrist, contact the Maryland Psychiatric Society at (410) 625-0232 or www.mdpsych.org.

Clinical psychologists are specialists in the evaluation, testing and treatment of emotional problems. They must have a doctoral degree in psychology and be licensed by the Maryland Board of Examiners of Psychologists. For a referral to a clinical psychologist, call the Maryland Psychological Association at (410) 992-4258 or www.marylandpsychology.org.

Clinical social workers must have a master's or doctoral degree in social work and be licensed by the Maryland Board of Social Work Examiners. For a referral, call the Maryland Society for Clinical Social Work at (410) 298-3226 or www.msosw.org.

TRI-COUNTY RESOURCE DIRECTORY - 2005

Psychiatric Advanced Practice Nurses are registered nurses who hold a master's or doctoral degree and specialize in psychiatric and mental health nursing. They must complete a certification process and be licensed by the Maryland Board of Nursing. For a referral, call the Psychiatric Advanced Practice Nurses of Maryland at (888) 565-0033.

Licensed professional (mental health) counselors have a master's degree and specialized training in a clinical mental health setting. They must be licensed by the Maryland Board of Examiners of Professional Counselors.

Pastoral counselors are often clergy with training in clinical pastoral education, although not all pastoral counselors are ministers, priests, or rabbis. Certification is not required for pastoral counselors, yet many choose to be certified through the American Association of Pastoral Counseling or the American Association of Clinical Pastoral Education. If you would like a referral, call Pastoral Counseling Services of Maryland at (410) 433-2241.

Case managers are mental health workers who are usually associated with mental health centers, psychosocial rehabilitation programs, and other mental health agencies. They provide advocacy, linkage, and monitoring of services to persons with disabling mental illness in such areas as housing, social services, vocational rehabilitation and the securing of entitlements to health and human services.

TRI-COUNTY RESOURCE DIRECTORY - 2005

Affiliated Santé Group

22685 Three Notch Road, Suite D
California, MD 20619

☎ 301-737-6288

☎ 301-737-0409

www.thesantegroup.org

Hours: Monday through Friday 9:00 am – 5:00 pm

Serving: Adults, adolescents and children over 5, including individuals with developmental disabilities

Special needs: Handicapped accessible

Services provided: Supported employment program, residential rehabilitation program, psychiatric rehabilitation for children

Payment: Medicaid

Sliding fee scale: No

Alliance for the Mentally Ill of St.**Mary's County, Inc. (AMI SM)**

P.O. Box 1910
California, MD 20619

☎ 301-373-3913

☎ 301-475-4290

Hours: 9:00 am – 9:00 pm

Serving: Children, adolescents, adults, couples, families, geriatric, developmental disabilities, traumatic brain injury

Specialties: Self-help organization

Services provided: Education, advocacy, support, training, and resource information

Payment: N/A

Sliding fee scale: N/A

Alternatives for Youth & Families

30049 Business Center Drive
P.O. Box 659
Charlotte Hall, MD 20622

☎ 301-884-0312

☎ 301-274-4039

P.O. Box 20678
Prince Frederick, MD 20678

☎ 301-855-9505
410-535-4546

☎ 410-535-5199

P.O. Box 2475
Waldorf, MD 20605

☎ 301-645-8760

☎ 301-645-5782

alt4youth@starpower.net
www.alternatives4youth.org

Hours: 8:30 am – 4:30 pm

Serving: Children, adolescents and families


Specialties: Mental illness

Services provided: Crisis beds, case management, crisis and emergency placement, therapeutic foster care, independent living, group homes, psychiatric rehabilitation program

Payment: Medicaid; Self-pay, Purchase of Care; Grant

Sliding fee scale: No



TRI-COUNTY RESOURCE DIRECTORY - 2005

Art Therapy Studio 301-863-2888

Maria Haugaard, M.A., A.T.R., L.P.C.
46922 South Shangri-La Drive
P.O. Box 1287
Lexington Park, MD 20653



www.arttherapystudio.com

Hours: By appointment**Serving:** Adults and adolescents**Specialties:** Dissociative disorders; drug abuse; early trauma; self-mutilation**Special needs:** Spanish**Services provided:** Art psychotherapy**Payment:** Private pay**Sliding fee scale:** Yes

Cynthia C. Ballou, LCSW-C 410-326-4262 410-326-4139



P.O. Box 574
14350 Solomons Island Road, Suite 202A
Solomons, MD 20688-0574

Hours: By appointment, Monday, Wednesday, Thursday, Friday**Serving:** Adolescents, adults, couples, family, geriatric**Specialties:** Psychotherapy and counseling; evaluations age 16 to seniors; mood disorders; marital therapy; women's issues**Special needs:** Handicapped accessible**Services provided:** Psychotherapy and counseling**Payment:** Medicare, Tricare, HMOs, private insurance plans, self-pay**Sliding fee scale:** Yes

Barstow Acres Children's Center 410-414-9901 410-414-9902

P.O. Box 4069
79 Armory Road
Prince Frederick, MD 20678

Hours: Monday through Friday 8:00 am-7:00 pm**Serving:** Children 2-18, families and adults**Specialties:** Clinical services such as individual counseling, therapeutic groups in anger management, social skills, assertiveness training, other skills and art therapy**Special needs:** Handicapped accessible**Services provided:** Psychotherapy/counseling, parent education and transportation**Payment:** Medicaid, behavioral health insurance; private pay**Sliding fee scale:** Yes

Belite Horizon Medical Center 301-997-0125 301-997-0126

26825 Point Lookout Road, Suite E
Leonardtown, MD 20650

888-859-3084
(Temple Hills)

Hours: Alternating Fridays, Saturdays, Sundays**Serving:** Adults and children**Specialties:** Individual counseling, groups**Special needs:** Handicapped accessible**Services provided:** Psychiatry, therapy**Payment:** Medicaid, commercial insurance**Sliding fee scale:** Yes

TRI-COUNTY RESOURCE DIRECTORY - 2005

Holly R. Briscoe, LCSW-C

☎ 410-535-5425

☎ 410-535-5489

135 West Dares Beach Road, Suite 202
Prince Frederick, MD 20678

Hours: Monday 12:00 pm – 5:00 pm; Tuesday thru Thursday 8:00 am – 4:00 pm

Serving: Children, adolescents, adults, families

Specialties: Certified in Child and Adolescent Treatment; personal training

Special needs: Handicapped accessible

Services provided: Psychotherapy, counseling

Payment: Private insurance; private pay

Sliding fee scale: No

Calvert County Mental Health Clinic

☎ 410-535-5400

☎ 410-414-9413

P.O. Box 980

Prince Frederick, MD 20678

areynolds@dhhm.state.md.us

Hours: Monday, Tuesday and Friday 8:00 am – 5:00 pm

Wednesday and Thursday 8:00 am – 8:00 pm

Serving: Children, adolescents, adults, families, geriatric, and dually diagnosed

Special needs: Handicapped accessible

Services provided: Diagnostic evaluations, medication evaluations, medication management, individual/group/family therapy, domestic violence shelter, school-based mental health program, psycho-geriatric program, jail-based mental health program

Payment: Medicaid, Medicare, private and commercial insurance plans, HMOs and self-pay

Calvert Memorial Hospital

☎ 410-535-4000
301-855-1012

☎ 410-414-9413

100 Hospital Road

Prince Frederick, MD 20678

www.calverthospital.com

Hours: 24 hours/day

Serving: Children, adolescents, adults

Special needs: Handicapped accessible

Services provided: Emergency psychiatric services, inpatient, day treatment

Payment: Medicaid, Medicare, Tricare, private insurance plans, private pay

Center for Children, Inc.

Davis Professional Building Phase II

☎ 301-475-8860

☎ 301-475-3843

23507 Hollywood Road, Suite 2

P.O. Box 2205

Leonardtown, MD 20650

6100 Radio Station Road

☎ 301-609-9887

☎ 301-609-7284

P.O. Box 2924

LaPlata, MD 20646

info@center-for-children.org
www.center-for-children.org

Hours: Monday - Thursday 8:30 am-8:00 pm; Friday 8:30 am-5:00 pm; Sat 9:00 am-3:00 pm

Serving: Children, adolescents, adults, couples and families

Specialties: Family therapy, sex offenders and abuse victims

Special needs: Handicapped accessible; Spanish, Romanian, Mandarin, Taiwanese

Services provided: Psychiatric evaluations, psychological testing, neuropsychological testing, psychotherapy/counseling, forensic services (incarcerated & court ordered)

Payment: Medicaid, private health insurance, self-pay; charity care policy

Sliding fee scale: Yes

TRI-COUNTY RESOURCE DIRECTORY - 2005

Certified Counseling Services, Inc. ☎ 301-884-8700 ☎ 301-884-8600
29190 Three Notch Road, Suite 2
Mechanicsville, MD 20659

Serving: Adults, substance abuse

Specialties: Substance abuse

Services provided: Psychotherapy and counseling, case management, education

Payment: Private pay

Sliding fee scale: Yes

Charles County Department of Health ☎ 301-609-6700 ☎ 301-609-6741
Mental Health Division
P.O. Box 1050
4545 Crain Highway
White Plains, MD 20695

Hours: Monday – Thursday 8:00 am -7:00 pm; Friday 8:00 am-5:00 pm

Serving: Children, adolescents, adults, families, geriatric

Special needs: Handicapped accessible

Services provided: Psychiatric service, testing and evaluations, psychological testing, psychotherapy/counseling

Payment: Medicaid, self-pay, commercial insurance, Medicare, uninsured

Sliding fee scale: No

Charles County Freedom Landing ☎ 301-932-2737 ☎ 301-932-2803
P.O. Box 939, 400 Potomac Street
La Plata, MD 20646 301-870-3969
www.freedomlanding.com

Hours: Monday through Friday, 8:00 am – 5:00 pm

Serving: Adults with a diagnosis of a serious mental illness

Special Needs: Handicapped accessible

Services provided: Off-site visits, Rehab – housing, day program and supported employment, case management, independent living skills, housing and transportation

Payment: Medicaid

Sliding fee scale: Yes

Chesapeake Christian Counseling Ctr. ☎ 301-855-5566 or ☎ 410-257-2442
6045 Solomons Island Road
Huntingtown, MD 20639 410-257-5200
www.christiancounselors.org
info@christiancounselors.org

Hours: Call for appointment Monday through Friday 9:00 am – 6:00 pm

Serving: Children, adolescents, adults, couples, families

Services provided: Psychotherapy/counseling

Payment: Medicaid, private insurance plans, HMOs and private pay

Sliding fee scale: Yes

Civista Health

701 East Charles Street
La Plata, MD 20646

☎ 301-609-4000

☎ 301-609-4037

Civista Women's Health Center

3510 Old Washington Road
Waldorf, MD 20602

☎ 301-609-5200

☎ 301-609-5220

Hours: 24 hours/day, 7 days/week

Serving: Children, adolescents, adults, geriatric, substance abuse

Special needs: Handicapped accessible

Services provided: Psychiatric evaluations - court ordered and referrals; inpatient hospital care;

Women's Center: primary care for women, diabetes management program, nutrition and fitness services, laboratory services, complementary therapies, weight management, community education classes

Payment: Private insurance; self-pay

Sliding fee scale: No

Community Counseling Center

616 E. Charles Street, Suite 106
La Plata, MD (across from Civista Hospital)

☎ 301-884-8044

301-934-3103

301-753-8306

☎ 301-753-4991

12 Courthouse Drive
Leonardtown, MD 20650
(in Weiner Attorney Building)

Hours: Varies by clinician; approximately 9:00 am – 8:00 pm

Serving: Children, adolescents, adults, couples, families, geriatric

Services provided: Psychotherapy/counseling, custody, separation, critical incident debriefing

Payment: Medicare, Tricare, private insurance plans, HMOs and private pay

Sliding fee scale: No

Heidi Daniels, Ph.D., P.A.

23127 Three Notch Road, #206
California, MD 20619

☎ 301-862-5670

55 Stoakley Road
Prince Frederick, MD 20678

☎ 410-414-5953 #8

☎ 410-535-6030

Hours: Monday and Wednesday in St. Mary's; Tuesday and Thursday in Prince Frederick

Serving: Children, adolescents, adults, couples, families, geriatric, developmental disabilities, vision impaired

Specialties: Adolescents and women's issues

Special needs: Handicapped accessible

Services provided: Psychotherapy/counseling, adolescent group therapy for high school students, women's group

Payment: Tricare, private insurance, private pay, Federal Blue Cross

Sliding fee scale: Yes, if income is less than \$60,000

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Family Coordination Center of Calvert County ☎ 410-414-9112 ☎ 410-414-9115

135 W. Dares Beach Road, Suite 102
Prince Frederick, MD 20678

Hours: Monday through Friday 8:30 am-4:30 pm or by arrangement**Serving:** School-aged youth and their families**Specialties:** Seeks to strengthen and empower at-risk youth and their families**Services provided:** Single point of access to local services for Calvert County children/families. Provides assessment, linkage to services, advocacy and ongoing support.**Payment:** Free

Fleet and Family Support Center ☎ 301-342-4911 ☎ 301-342-4802

21993 Bundy Road
Patuxent River, MD 20670-1132

Hours: Monday - Thursday 7:30 am-5:00 pm; Friday 7:30 am-4:30 pm**Serving:** Children, adolescents, adults, couples, families**Specialties:** Domestic violence, general counseling: family, individual and marital**Special Needs:** Handicapped accessible; most foreign languages**Services provided:** Psychotherapy/counseling, educational programs**Payment:** Free for all active duty military personnel and families

Joyce Gradle, LCSW-C ☎ 410-326-4262 ☎ 410-326-4139

14350 Solomons Island Road, Suite 202A
Solomons, MD 20688

Hours: Monday and Thursday, 9:00 am – 8:00 pm**Serving:** Adults, couples, geriatric**Specialties:** Trauma, abuse, depression, anxiety, post traumatic stress, grief, medical illness**Special needs:** Handicapped accessible**Services provided:** Psychotherapy/counseling**Payment:** Medicare, Tri-Care, private insurance plans, HMOs, private pay**Sliding fee scale:** No

Greater Baden Medical Services

13605 Baden Westwood Road
Brandywine, MD 20613

☎ 301-888-2233

☎ 301-888-9133



4375 Port Tobacco Road
Nanjemoy, MD 20662

☎ 301-246-4031
301-753-4630

☎ 301-753-4562

Hours: Brandywine: Monday, Tuesday, Wednesday, Friday 9:00 am-5:00 pm; Thursday 11:00 am-7:00 pm; Nanjemoy: Monday – Friday 9:00 am-5:00 pm**Serving:** Children, adolescents, adults, families, geriatric, developmental disabilities**Specialties:** Mental health evaluation, counseling, and medication management**Special needs:** Handicapped accessible, Spanish**Services provided:** Psychotherapy/counseling, parent education, pharmacotherapy, and local transportation**Payment:** Medicaid, Medicare, private insurance plans, self-pay**Sliding fee scale:** Yes

TRI-COUNTY RESOURCE DIRECTORY - 2005

Cecil B. Harris, Ph.D. 301-863-7995 301-863-7995
(call first)

Anderson Professional Building
23131 Three Notch Road
California, MD 20619

Hours: By appointment only

Serving: Children, adolescents, adults, couples, families, substance abuse, PTSD



Specialties: Children and adolescents

Special needs: Handicapped accessible; German

Services provided: Psychiatric evaluations, psychological testing, neuropsychological testing, psychotherapy/counseling, court ordered forensic services

Payment: Medicaid, Medicare, Tricare, private insurance plans, HMOs and private pay

Sliding fee scale: Yes

Rehana Hussain, M.D., Psychiatry 301-893-0666 301-893-1604

7 Post Office Road, Suite A
Waldorf, MD 20602



Serving: Children, adolescents, adults, couples, families, geriatric, developmental disabilities, traumatic brain injury, substance abuse

Special needs: Hindu-Urdu

Services provided: Psychiatric evaluations, psychotherapy/counseling, inpatient treatment, partial hospitalization, pharmacotherapy

Payment: Medicaid, Medicare, Tricare, private insurance plans, HMOs, private pay

Sliding fee scale: Yes

Institute for Family Centered Services 301-386-9490 301-386-1046

1300 Mercantile Lane, Suite 198
Largo, MD 20774

somdom@ifcsinc.com
www.IFCSINC.com



Hours: 8:30 am – 5:00 pm

Serving: Children, adolescents, adults, couples, families

Special needs: Handicapped accessible

Services provided: Case management, psychiatric rehabilitation program

Payment: Medicaid

Alissa S. Jones, Ph.D., P.A. 301-862-3042 301-862-5031

23127 Three Notch Road, Suite 206
California, MD 20619

Hours: Monday through Thursday by appointment only

Serving: Children, adolescents, adults, couples, families

Special needs: Handicapped accessible

Services provided: Psychiatric evaluations, psychological testing, psychotherapy/counseling

Payment: Tricare, private insurance plans, HMOs, private pay

TRI-COUNTY RESOURCE DIRECTORY - 2005

Michael P. Kelley, Ph.D. ☎ 301-934-3842 ☎ 301-392-3881
6286 Sleepy Hollow Road
LaPlata, MD 20646 drmichaelpkelley@aol.com

Hours: By appointment
Serving: Children, adolescents, adults, geriatric, developmental disabilities, traumatic brain injury, ADHD, learning disorders
Services provided: Psychological testing, neuropsychological testing, psychoeducational evaluation
Payment: Private insurance plans, private pay, by assignment from attorney
Sliding fee scale: No

Marcey House ☎ 301-475-4701 ☎ 301-475-4947
P.O. Box 622 www.co.saint-
Leonardtown, MD 20650 marys.md.us/marceyhouse

Hours: Office hours Monday through Friday, 8:00 am - 5:00 pm
Serving: Adults, substance abuse
Specialties: Dually diagnosed
Special needs: Handicapped accessible
Services provided: Psychotherapy/counseling, inpatient treatment, case management, education, transportation; 9 male beds and 6 female beds
Payment: TA, EBT, rap housing; \$268 for all clients
Sliding fee scale: Yes



Carol Marcy, Ph.D., Psychologist ☎ 301-373-2222 ☎ 301-373-2222
43288 Joy Lane
Hollywood, MD 20636

Hours: Monday through Thursday, noon to 9:00 p.m.
Serving: Adolescents, adults, couples
Services provided: Psychotherapy/counseling, education, complimentary health care available: acupuncture, massage, Reiki, healing touch
Payment: Tricare, private insurance plans, private pay
Sliding fee scale: Yes

Billye McGaharn, LCPC ☎ 301-475-2020 ☎ 301-475-2102
Psychotherapist
22660 Washington Street, P.O. Box 604
Leonardtown, MD 20650

Hours: Monday through Friday 7:30 am-8:30 pm; Saturday 8:00 am-4:00 pm
Serving: Children, adolescents, adults, couples, families
Specialties: Hypnosis, trauma, anxiety, depression
Special Needs: Handicapped accessible, French
Services provided: Psychiatric evaluations, psychotherapy/counseling, substance abuse, career counseling
Payment: Medicaid, private pay, private insurance, Tricare
Sliding fee scale: No

TRI-COUNTY RESOURCE DIRECTORY - 2005

Diane M. McKissick, LCSW-C 301-373-7750 301-373-2626

41201 Friendship Court
Mechanicsville, MD 20659

Hours: By appointment



Serving: Children, adolescents, adults, families

Special needs: Handicapped accessible

Services provided: Psychotherapy/counseling, equine-assisted psychotherapy

Payment: Tricare, private pay

Sliding fee scale: Case by case

Mendelis Mental Health Center 301-638-5001 301-638-5003

11315 Pembroke Square, #112
Waldorf, MD 20603

Hours: Varies by clinician



Serving: Adolescents, adults, couples, families

Special needs: Handicapped accessible

Services provided: Psychiatric evaluations, psychotherapy/counseling, pharmacotherapy

Payment: Medicare, Tricare, private insurance plans, HMOs, private pay

Sliding fee scale: No

Mental Health Authority 301-475-4361 301-475-4290



of **St. Mary's, Inc.**

csa@mhasm.com

22655 Washington Street
Leonardtown, MD 20650

Case Management Services

22715 Washington Street, Suite 207

 301-475-4286 301-475-4045

P.O. Box 1706

casemanager2@verizon.net

Leonardtown, MD 20650

www.mhasm.com

Hours: Monday through Friday 8:00 am – 5:00 pm

Serving: Children, adolescents, adults



Specialties: Adults must have severe and chronic mental illness

Special needs: Handicapped accessible

Services provided: Case management and limited transportation; intensive home intervention

Payment: Medicaid

Sliding fee scale: No

Mentor Maryland 301-459-3057 301-731-3142

4501 Forbes Boulevard, Suite 140
Lanham, MD 20706

Hours: Monday – Friday 9:00 am-5:00 pm

Serving: Abused and neglected children up to age 21

Specialties: Treatment foster care

Services provided: Therapeutic foster care, outpatient services

TRI-COUNTY RESOURCE DIRECTORY - 2005

Yvonne Micheli, LCSW-C
65 Duke Street (P.O. Box 3568)
Kaine Building, Ste. 111
Prince Frederick, MD 20678

☎ 410-257-5750

☎ 410-257-6282

Avondale Center
14350 Solomons Island Road
Solomons, MD 20688

☎ 410-326-0131

Hours: Monday through Friday, 8:00 am-6:00 pm
Serving: Children, adolescents, adults, couples, families, geriatric
Specialties: Grief therapy, family therapy
Special needs: Handicapped accessible
Services provided: Psychotherapy/counseling
Payment: Medicare, Tricare, HMOs, private pay
Sliding fee scale: No

H. Joseph Miller, Ph. D.
Psychological Services Center
23127 Three Notch Road, Suite 205
California, MD 20619

☎ 301-862-3202

☎ 301-862-3202

Hours: Monday through Thursday, 9:00 am-7:00 pm; Saturday am; Friday as needed
Serving: Adults, couples
Special needs: Handicapped accessible, Turkish
Services provided: Psychological testing, psychotherapy/counseling
Payment: Medicare, Tricare, private insurance plans, HMOs, private pay, EAPs
Sliding fee scale: No

Patricia J. Murphy, LCSW-C
41625 Park Avenue
P.O. Box 2252
Leonardtown, MD 20650

☎ 301-997-1494

☎ 301-997-1497

Hours: Monday through Wednesday, 9:00 am-6:00 pm; Thursday 9:00 am-5:00 pm
Serving: Adults
Special needs: Handicapped accessible
Services provided: Psychotherapy
Payment: All insurances except CIGNA, MA
Sliding fee scale: No


Deborah Nelson, LCPC
55 Stoakley Road
Prince Frederick, MD 20678

☎ 410-414-5953 #1

☎ 410-414-5253



Hours: Monday through Saturday, day and evening hours available
Serving: Children, adolescents, adults, families
Special needs: Handicapped accessible
Services provided: Psychotherapy/counseling, off-site visits
Payment: Private insurance plans, private pay

TRI-COUNTY RESOURCE DIRECTORY - 2005

Dr. James W. Nutter, EDD 301-862-9551



47161 South Snowhill Manor Road
St. Mary's City, MD 20686

Hours: Wednesday through Friday, 9:00 am – 5:00 pm, emergency or crisis as necessary**Serving:** Children, adolescents, adults, couples, families, geriatric, developmental disabilities, traumatic brain injury, speech disorders, substance abuse**Services provided:** Psychological evaluations, psychological testing, psychotherapy/counseling**Payment:** Medicare, Tricare, private insurance plans, HMOs, private pay**Sliding fee scale:** No

On Our Own of Calvert County 410-535-7576 410-535-4965

P.O. Box 2961
Prince Frederick, MD 20678



Hours: Monday – Friday 9:00 am-5:00 pm**Serving:** Adults, families**Services provided:** Self-help consumer run group, drop-in center program**Payment:** N/A**Sliding fee scale:** N/A

On Our Own of Charles County 301-392-1840 301-392-1842

4453 Southern Business Park Drive
P.O. Box 1651
White Plains, MD 20695

onourown@radix.net

Hours: Tuesday through Thursday 11:00 am-4:00 pm**Serving:** Adults 18 and older. Provides self-help, advocacy and support programs for persons with mental health disorders. Also provides community education to lessen stigma.**Services provided:** Support groups, community outreach, social supportive advocacy, recreation, transportation in some circumstances.**Payment:** N/A**Sliding fee scale:** N/A

On Our Own of St. Mary's, Inc. 301-997-1066 301-997-1065


41660 Park Avenue
P.O. Box 1245
Leonardtown, MD 20650


oooincmc@verizon.net

Hours: Monday – Friday 9:30 am -5:30 pm**Serving:** Adults, traumatic brain injury, substance abuse, mental illness**Special needs:** Handicapped accessible office**Services provided:** Self-help consumer run group, transportation, drop-in center/day program**Payment:** N/A**Sliding fee scale:** N/A

TRI-COUNTY RESOURCE DIRECTORY - 2005

Carol A. Paris, M.D., L.L.C.

 301-997-1494

 301-997-1497

Christine LePoutre, M.D.

41625 Park Avenue

P.O. Box 2252

Leonardtown, MD 20650

Hours: Monday 12:00 pm-8:00 pm; Tuesday 9:00 am -4:30 pm; Wednesday 8:00 am -4:30 pm; Thursday 8:00 am-5:00 pm; Friday 8:00 am-12:00 pm

Serving: Adults


Special needs: Handicapped accessible

Services provided: Psychiatric evaluations; pharmacological therapy

Payment: Most insurances; no BCBS

Sliding fee scale: No

Pastoral Counseling Center

 301-863-9333

of St. Mary's

Church of the Ascension

P.O. Box 914

Lexington Park, MD 20653

Hours: Monday through Friday, 9:00 am-8:00 pm (scheduled appointments)


Serving: Adolescents, adults, couples, families, children


Services provided: Psychotherapy/counseling

Payment: Private pay; receipts given for out-of-network reimbursement

Sliding fee scale: Yes

Barbara Paterson, MT-BC, NCC,

 301-481-9810

 301-475-7837

LCPC

26005 Point Lookout Road, Suite 3

bapaterson53@yahoo.com

Leonardtown, MD 20650

Hours: By appointment

Serving: Children, adolescents, adults, couples, geriatric

Specialties: Depression, grief, life transitions, anxiety, women's issues


Special Needs: Handicapped accessible


Services provided: Psychotherapy/counseling; education

Payment: Private insurance, HMOs, private pay

Sliding fee scale: No

Pathways, Inc.

 301-373-3065

 301-373-3265

Counseling and Psychotherapy (Clinic)
Brain Injury Recovery Services
44101 Airport View Drive
Hollywood, MD 20636

pathwaysinc@erols.com

Support Center; Home and Community
Rehabilitation; Housing; Administrative
Offices
44065 Airport View Drive
P.O. Box 129
Hollywood, MD 20636

Hours: Monday through Friday 8:30 am – 4:30 pm; Saturday by appointment (clinic)

Serving: Adolescents , adults, couples, families

Specialties: Mental illness, brain injury, transitional age youth


Special needs: Handicapped accessible; Spanish


Services provided: Psychiatric evaluation, psychological evaluation, neuropsychological evaluation, medication management, counseling, psychotherapy, crisis intervention, psychiatric rehabilitation, cognitive rehabilitation (brain injury), case management, life skills training, career assessment, supported employment, supported residential placement, transitional housing, advocacy

Payment: Medicaid, Medicare, Tricare, private insurance plans and private pay

Sliding fee scale: Yes

Aruna Patil, M.D.

 301-475-5577

 301-884-7419

Adinath Patil, M.D.

Shanti Medical Center
26840 Point Lookout Road
Leonardtown, MD 20650

Mailing address: c/o Shah Associates
P.O. Box 664
Leonardtown, MD 20650

Hours: Monday through Thursday, 9:00 am – 5:00 pm

Serving: Adults, geriatric

Special needs: Handicapped accessible, Indian languages

Services provided: Psychiatric evaluations, psychotherapy/counseling, pharmacotherapy

Payment: Call for options

Sliding fee scale: No

TRI-COUNTY RESOURCE DIRECTORY - 2005

Amye W. Scrivener, LCSW-C

☎ 410-414-5953 #4

☎ 410-535-6030

55 Stoakley Road

Prince Frederick, MD 20678

Serving: Children, adults, families

Specialties: Biofeedback, neurofeedback

Special needs: Handicapped accessible

Services provided: Psychotherapy/counseling

Payment: HMOs, private pay

Sliding fee scale: Yes

Susan Ellsworth Shaw, LCSW-C, BCD

☎ 410-257-6282

☎ 410-257-6282

65 Duke Street, Suite 111

P.O. Box 472

ss@chesapeake.net

Prince Frederick, MD 20678

Hours: Varies, by appointment; daytime only; no evenings or weekends

Serving: Adolescents, adults, couples, families, geriatric, traumatic brain injury, vision impaired, substance abuse

Specialties: Children, couples

Special needs: Handicapped accessible, Spanish

Services provided: Psychotherapy/counseling

Payment: Medicare, Tricare, private insurance plans, HMOs, private pay

Sliding fee scale: Yes

Southern Maryland Associates

☎ 301-863-5797

Dr. Mary Ayers, PhD, LCSW-C

Richard M. Winters, LCSW-C

Greenview Professional Building

22330-E Chancellors Run Road, Suite E

Great Mills, MD 20634

Hours: Monday through Thursday, 9:00 am – 9:00 pm

Serving: Children, adolescents, adults, couples, families

Specialties: Insight into issues underlying problems and behaviors

Special needs: Handicapped accessible

Services provided: Psychotherapy/counseling

Payment: Tricare; private insurance plans, private pay

Sliding fee scale: Yes

TRI-COUNTY RESOURCE DIRECTORY - 2005

Southern Maryland Community ☎ 410-535-4787 ☎ 410-535-4965

Network

305 Prince Frederick Boulevard

jbennett@smcni.org

P.O. Box 998

Prince Frederick, MD 20678

Hours: 8:00 am – 4:00 pm

Serving: Children, adolescents, adults, families, geriatric, substance abuse

Specialties: Axis I mental disorders

Special needs: Handicapped accessible

Services provided: Crisis beds, case management, off-site visits, rehabilitative day program and housing, supported employment, transportation

Payment: Medicaid, private pay

Sliding fee scale: Yes

Southern Maryland Hospital ☎ 301-868-8000 ☎ 301-856-5528

7503 Surratts Road

Clinton, MD 20735

Hours: 24 hours

Serving: 13 and up

Special needs: Handicapped accessible, most foreign languages

Services provided: Psychiatric evaluations, psychotherapy/counseling, inpatient treatment, partial hospitalization, education and pharmacotherapy, substance abuse evaluations

Payment: Medicaid, Medicare, Tricare, private insurance plans, HMOs, private pay

Sliding fee scale: No

St. Mary's Hospital ☎ 301-475-6227 ☎ 301-475-6169

Behavioral Health Services

25500 Point Lookout Road

P.O. Box 527

Leonardtown, MD 20650

Hours: 24-Hours/Day, 7-Days/Week

Serving: Adolescents, adults

Specialties: Comprehensive mental health services

Special needs: Handicapped accessible

Services provided: Psychiatric hospitalization, psychiatric day treatment, intensive outpatient program, emergency psychiatric services

Payment: Medicaid, Medicare, Tricare, private insurance/HMO, private pay

Sliding fee scale: No

TRI-COUNTY RESOURCE DIRECTORY - 2005

Barbara J. Taylor, LCSW-C

☎ 301-475-7894

☎ 301-475-7837

26005 Point Lookout Road, Suite 3
Leonardtown, MD 20650Taylorbarbaraj@aol.com

Hours: Monday, noon-9:00 pm, Tuesday, 10:00 am-9:00 pm, Friday 10:00 am-5:00 pm**Serving:** Adults, couples**Specialties:** Trauma**Services provided:** Psychotherapy/counseling**Payment:** Tricare, private insurance plans, HMOs, private pay**Sliding fee scale:** No

TRICO Corporation24930 Three Notch Road
Hollywood, MD 20636

☎ 301-862-4961

☎ 301-373-4657

301-373-7878 (corporate)

22A Industrial Park Drive, Suite 101
Waldorf, MD 20602

☎ 301-632-2100

tricocorp@verizon.netMailing address: P.O. Box 826
Lexington Park, MD 20653www.tricocorp.org

Hours: 8:30 am – 5:00 pm; evenings, Saturday and Sunday by appointment**Serving:** Children, adolescents, adults, couples, families, geriatric, developmental disabilities, traumatic brain injury, substance abuse**Special needs:** Handicapped accessible**Services provided:** Outpatient mental health clinic and psychiatric rehabilitation program, psychiatric care, pharmacology (medication management), psychotherapy, counseling, crisis intervention, prevention and counseling for delinquency, substance abuse, suicide, sexual abuse. Off-site visits available.**Payment:** Medicaid, Medicare, private insurance plans, HMOs, self-pay**Sliding fee scale:** Yes

TRI-COUNTY RESOURCE DIRECTORY - 2005

Tri-County Youth Services

Bureau, Inc.

75 Industrial Park Drive
Waldorf, MD 20653

☎ 301-843-2960
301-645-1837

☎ 301-645-9169

Dr. J. Patrick Jarboe Center
21161 Lexwood Drive
Lexington Park, MD 20653

☎ 301-866-5994

☎ 301-866-5996

C/o Calvert Co. Dept. of Juvenile Service
200 Duke Street, Suite 2500
Prince Frederick, MD 20678

☎ 410-535-8825
410-855-9021

☎ 410-535-8814

Hours: Monday through Thursday, 9:00 am-8:00 pm, Friday 9:00 am – 5:00 pm, Saturday 9:00 am-1:00 pm

Serving: Children and youth up to age 18 and their families

Services provided: Individual, family and group counseling, information and referral services, crisis intervention, substance abuse assessment and referral, informal counseling, tutoring, alternative leisure activities, employment assistance, community education including training and information related to youth suicide prevention, case management, crisis intervention, parenting education, anger management, community outreach, social skills building, computer literacy training, school-based behavior management services, after-school program, academic enrichment, youth development activities and services

Payment: Medicaid, private insurance plans, self-pay

Sliding fee scale: Yes

Vesta, Inc.

141 Smallwood Village Center
St. Charles, MD 20602

☎ 301-638-7543

☎ 301-638-9992

HeatherO@vesta.org

Hours: 8:00 am – 4:30 pm

Serving: Adults, substance abuse

Specialties: Mental illness diagnosis

Services provided: Education, self-help consumer run group, rehab – day program and housing

Payment: Medicaid, private pay

Sliding fee scale: No

Walden/Sierra, Inc.

26845 Point Lookout Road
Leonardtown, MD 20650

☎ 301-863-6661

☎ 301-997-1321

www.waldensierra.org

44871 St. Andrew's Church Road
California, MD 20619

30007 Business Center Drive
Charlotte Hall, MD 20659

Hours: 24 hour hotline, Monday through Friday, 9:00 am-8:00 pm, crisis services Saturday and Sunday as needed

Serving: Children, adolescents, adults, couples, families, geriatric, vision impaired, hearing impaired, substance abuse, domestic violence, sexual assault, emergency shelter

Special needs: Handicapped accessible, Spanish

Services provided: Crisis intervention, inpatient substance abuse, outpatient counseling for substance abuse, domestic violence and sexual assault, adult residential programs for substance abuse

Payment: Medicaid, Medicare, private insurance plans, private pay

Sliding fee scale: Yes

Washington Pastoral Counseling

Service

Calvary United Methodist Church
3235 Leonardtown Road
Waldorf, MD 20602

☎ 301-645-8566

LaPlata United Methodist Church
3 Port Tobacco Road
LaPlata, MD 20646

Good Shepherd United Methodist Church
305 E. Smallwood Drive
Waldorf, MD 20601

Metropolitan United Methodist Church
3385 Metropolitan Church Road
Indian Head, MD 20640

☎ 301-283-3341

WPCS@aol.com
www.wpcs.org

Hours: By appointment, Monday through Saturday, day and evening

Serving: Men and women, children and adolescents, including the chemically dependent and their families

Specialties: Spiritual and holistic approach

Services provided: Mental health counseling, parenting skills/education, marriage counseling and enrichment

Payment: Private insurance plans, private pay

TRI-COUNTY RESOURCE DIRECTORY - 2005

Service Agencies

ALCOHOL AND DRUG ABUSE SERVICES

Calvert	410-535-3079 - or - 301-855-1550
Charles	301-609-6600
Walden	301-863-6661
Marcey House	301-475-4701
Jude House	301-932-0700

DEPARTMENTS OF AGING

Calvert	410-535-1903
Charles	301-609-5712 - or - 301-934-0118
St. Mary's	301-475-4200

DEPARTMENTS OF SOCIAL SERVICES

Calvert	410-286-2100
Charles	301-392-6400 - or - 1-877-871-1177
St. Mary's	240-895-7000

DOMESTIC VIOLENCE

Calvert	410-535-1121
Charles	301-645-3336 - or - 301-645-8994
St. Mary's	301-863-6661
Tri-County	301-373-4141 (legal)

HEALTH DEPARTMENTS

Calvert	410-535-5400
Charles	301-609-6900
St. Mary's	301-475-4330

HOUSING AUTHORITIES

Calvert	410-535-5010 - or - 301-855-1350
Charles	301-934-0112 - or - 301-870-8833 x5112
St. Mary's	301-475-7844

HOSPICE

Calvert	410-535-0892
Charles	301-934-1268
St. Mary's	301-475-2023

SHELTERS

Project Echo	410-257-0003
Angel's Watch	301-870-5308
Three Oaks	301-863-9535
Safe Harbor	410-257-7225
Fuller House	301-645-2933

**In case of a mental health
emergency . . .**



**Go to the Hospital
Emergency Room**

- or -

Call 911

- or -

Calvert County Crisis Intervention Center

410-535-5400 – or – 301-855-1353

Calvert County Crisis Hotline

410-535-1121 – or – 301-855-1075

Toll free 800-818-3002

Calvert County Teen Hotline

410-257-2216

Maryland Crisis Hotline Network (Charles County)

800-422-0009

Walden Crisis Hotline (St. Mary's County)

301-863-6661