Frederick County Community Resources

12/2/08

The Mental Health Association of Frederick County manages a website that can provide information on local community resources at:
http://www.fcmha.org/

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- **ADHD Resources**

1. **CHADD of Greater Baltimore (Children and Adults with ADHD) 410-617-1500**
   Services provided: Support groups and information for parents of children and adults with AD/HD and ADD. Date and Time: 1st Wednesday of each month from 7-9pm. Fee: none
   Website: http://www.chadd-mc.org/chapters/baltimore.htm
   Parent support groups in Dundalk, Timonium, Howard and Montgomery County. Call or check the calendar for meeting dates and locations of this group at their website.
   Other Chapters in Maryland:
   - **Howard County CHADD Chapter**

   Parent support group meetings generally held on the Second Tuesday of the month at:
   Norbel School
   6135 Old Washington Road
   Elkridge, Maryland, 21075
   - **Anne Arundel County CHADD Chapter 410-721-2468**

   Severna Park Speaker Meetings are held the second Tuesday of every month at:
   Severna Park United Methodist Church
   731 Benfield Boulevard
   Severna Park, MD
   Website: http://www.aacochadd.org
   - **Dundalk Parent Support Group Meeting**

   Parent support group meetings generally held on the 1st Tuesday of the month at:
   Merritt Point Center, Room 9
   7701 Dunmanway
   Dundalk, MD
   - **Harford County Parent Support Group**

   Parent support group meetings are generally held the second Wednesday of each month at:
   Harford County Public Library
   100 E. Pennsylvania Ave.
   Bel Air, MD 21014
   - **Timonium Speaker Meetings**

   Support group and speaker meetings on the first Wednesday of the month in October, November, December, February, April and May at:
   Loyola College Graduate School
   2034 Greenspring Drive
   Timonium, MD 21093

2. **Monocacy Neurodevelopmental Center: 301-662-3808**
   65 Thomas Johnson Dr., Suite A
   Frederick, Maryland 21702
   Website: www.moncacycenter.com
   Services provided: a multidisciplinary center developed to provide comprehensive care to individuals suffering from neurodevelopmental challenges and support for their families. We address problems of relating, communicating, self-regulation, planning, attending, learning and behavior found in individuals with Autism, Asperger's Syndrome, Pervasive Developmental Disorders, ADHD, Learning Disorders, and Speech & Language issues.

- **Advocacy for Special Populations**

  - **General:**

1. **Centro de Familia (The Family Center)** **301-631-6701**
   186 Thomas Johnson Drive
   Frederick, MD 21702
   Contact Person: Maritza Yeron
   Service provided: outreach and advocacy for any Hispanic person regardless of status.

  - **Developmental Disabilities**

1. **The Arc of Frederick County** **301-663-0909**
   620-A Research Drive
   Frederick, MD 21703
   301-695-6454 Fax
   Website: www.arcfc.org
   Services provided: Advocates for the rights of all citizens with mental retardation/developmental disabilities and their families. Provides dynamic support to enhance their quality of life that results in real choices, responsibilities, power and opportunities. Promotes community education on issues related to mental retardation/developmental disabilities.

2. **The ARC of Carroll County** **410-848-4124 or 876-2422 (Baltimore)**
   180 Kriders Church Road
   Westminster, MD 21158
   410-876-5317 Fax
   Website: www.arccarroll.com
   Services provided: Advocates for the rights of all citizens with mental retardation/developmental disabilities and their families. Provides support and promotes community education on issues related to mental retardation/developmental disabilities.

3. **The ARC of Maryland—Main Office**
   49 Old Solomons Island Road, Suite 205
   Annapolis, Maryland 21401
   410-571-9320 (Annapolis)
   410-974-6139 (Baltimore)
   410-974-6021 Fax
   Website: www.thearcmd.org

4. **Abilities Network/Project ACT** **301-695-9505**
   5300 Westview Drive, Ste. 408
   Frederick, MD
   Services provided: serves children and adults with developmental disabilities; may assist families with medications costs, medical equipment, camp and recreational programs, therapies and emergencies, depending on the availability of funds. Project ACT provides support in the childcare setting, at home, on the job and in the community.

5. **CSAAC (Community Services for Autistic Adults and Children)**
   Intensive Early Intervention Program **240-912-3630**
   21515 Zion Road
   Brookeville, Maryland 20833
   Fax: 301-208-7259

Email: csaac@csaac.org
Website: www.csaac.org/
Maryland Locations Served: Anne Arundel, Baltimore, Frederick, Howard, Montgomery, Prince George's
Services provided: Instructional technicians work with the child in the child's home or day care placement, giving up to 40 hours per week of one-to-one positive behavioral interventions focused on building language, social, academic, and self-help/daily living skills. CSAAC's Intensive Early Intervention Service is approved by the Maryland State Department of Education as a non-public placement. Additional early intervention services are available in 10 hour increments, starting at 10 hours, on a private pay basis.

6. **Baltimore-Chesapeake Chapter of the Autism Society of America** **410-655-7933**
   Mt. Washington Pediatric Hospital
   1708 West Rogers Avenue Baltimore, MD 21209
   Services provided: support group meets on the first Thursday of every month at 7:00 p.m. at Mt. Washington Pediatric Hospital.

7. **Pathfinders for Autism** **1-866-806-8400**
   120 Allegheny Avenue
   Towson, MD 21204
   Services provided: provides information, support and resources to families of children with autism.
   Website: http://www.pathfindersforautism.org

- **Mental Health Advocacy**

1. **Mental Health Association of Frederick County** **301-663-0011**
   263 W. Patrick Street
   Frederick, MD 21701
   E-mail: mha@fcmha.org
   Website: www.fcmha.org
   Services provided: crisis intervention, support referrals; counseling services; parent education and family support services; referrals for child care in the county; education and advocacy re: mental illness. Programs include the following:
   - **Aids Hotline: 1-800-638-6252**
   - **Child Abuse Prevention Programs: 301-663-0011**
   - **Child Care Choices: 301-662-4549**
   - **Counseling Services: 301-663-6135**
   - **CASA (Court Appointed Special Advocate): 301-663-0011**
   - **Frederick County Hotline: 301-662-2255**
   - **Kids on the Block Puppet Troupe: 301-663-0011**
   - **Maryland Crisis Hotline: 1-800-422-0009**
   - **Parent Power (Parent Education Programs): 301-663-0011**
   - **Phone Friend Youth Support Hotline: 301-694-8255**

2. **On Our Own of Frederick County, Inc.** **301-620-0555**
   217 North Market Street Frederick, MD 21701
   P.O. Box 3744, Frederick, MD 21705-3744
   E-Mail: onourownfrederick@xecu.net
   Website: http://www.onourownmd.org/aboutus.html
   Services provided: a state-wide mental health consumer education and advocacy organization that promotes equality in all aspects of society for people who receive mental health services and

develops alternative, recovery-based mental health initiatives. Provides support groups as well as education and advocacy

3. **MD Coalition of Families for Children's Mental Health** **410-730-8267**
   10632 Little Patuxent Pkwy, Suite 119 **1-888-607-3637**
   Columbia, MD 21044
   Fax: 410.730.8331
   Services provided: a grassroots coalition of family and advocacy organizations dedicated to improving services for children with mental health needs and their families and building a network of information and support for families across Maryland.
   Website: www.mdcoalition.org

- **Child Abuse Reporting:**

1. **Frederick County CPS** **(301) 694-2464**
   100 East All Saints Street **(After hours (301) 694-2100) Police**
   Frederick, Maryland 21701
   FAX (301) 631-2639

2. **Community Advocacy Center of Frederick County (CAC)** **8 to 4 pm: 301-600-1762**
   P.O. Box 1907
   Frederick, MD
   Services provided: provides comprehensive and coordinated multidisciplinary services to child abuse victims and their families. The CAC only received referrals from Frederick Co. CPS or local law enforcement agencies. Conducts child abuse interviews; coordinates the investigation of the legal, medical and mental health services. Provides on-site medical examinations at local hospital, linkage to service providers to victims and information and referral to other appropriate resources. No fee.

3. **Carroll County CPS** **410-386-3434 (24 hours)**
   10 Distillery Drive **(Baltimore Area: 410-876-2190)**
   Westminster, Maryland 21157
   FAX (410) 386-3477

4. **Washington County CPS** **(240) 420-2222 (24 hours)**
   122 North Potomac Street
   Hagerstown, Maryland 21741-1419
   FAX (240) 420-2111

5. **Link to Maryland CPS agencies by County: http://170.224.111.196/cps/address.htm**

6. **Pennsylvania:** **Child Abuse Hotline: 1-800-932-0313**

7. **Virginia:** **CPS Hotlines: Out-of-state Hotline: 1-804-786-8536**
   In-state Hotline: 1-800-552-7096

8. **West Virginia:** **Child Abuse and Neglect Hotline: 1-800-352-6513**

- **Child Care Resources**

1. **Child Care Choices (CCC) of Frederick County** **301-662-4549**
   263 West Patrick Street
   Frederick, Maryland 21701
   LOCATE: 301-695-4508
   Website: http://www.fcmha.org/childcare.htm
   Services provided: Central resource and advocate for child care concerns, phone-in referral service assisting parents looking for licensed child care, and provides ongoing training for child care professionals.
   Email: **childcarechoices@fcmha.org**
   LOCATE: 1-800-924-9188 in Allegany & Garrett Counties
   LOCATE: 301-733-6914 in Washington County

2. **Child Care Resource Room** **301-662-4549**
   Resource rooms, operated by CCC, are available in Frederick and Carroll Counties. Each have a lending library with books, magazines, videos and other materials on child-related topics are available for use by child care providers. A laminator, die cutter, art waxer and copier are provided. Materials and publications on child abuse are also available.

3. **Apples For Children (Allegany, Garrett and Wash Counties):** **301-733-0000**
   6 West Washington Street
   Suite 210
   Hagerstown, Maryland 21740
   Website:**http://www.applesforchildren.org**
   Email:fcrawford@applesforchildren.org

- **Children's Education:**

  - **Early Intervention:**

1. **Frederick County Public Schools** **General Info: 301-644-5000**
   Main Administrative Offices:
   115 East Church Street 7630 Hayward Road
   Frederick, MD 21701 Frederick, MD 21702
   Website: http://www.fcps.org/index.cfm

2. **Infants and Toddlers Program (0-3): (301)-600-1029**
3. **Child Find Program (for ages 3 through 5) (301)-644-5276**
   Services Provided: preschoolers with may receive services in community based settings, an early childhood class or in a special center. Placement is based on the individual student's needs and is determined during the IEP meeting.

4. **Frederick County Judy Center** **240-236-8770**
   201 Waverley Drive
   Frederick, MD
   Services provided: comprehensive services for children and families to increase young children's successes in school. Serves children birth to 5 in the Waverley, Hillcrest and Lincoln school districts.

- **Early Intervention Support Services:**

1. **Frederick Healthy Families Program** **301-696-2058**
   22 S. Market Street, Frederick, MD 21701
   fax: 301-695-9671**.** designed to support first-time parents.
   Services provided: strength-based, family-centered services and support to first time parents who reside in Frederick County.

2. **Frederick Healthy Start Program** **301-600-1745**
   Nursing Division
   350 Montevue Lane
   Frederick, MD 21702
   Services provided: The goal of this case management program is to improve birth outcomes and reduce infant mortality and morbidity for Medicaid/MCHP eligible pregnant women, infants and children less than 2 years of age through home visits and outreach/educational activities. Services are provided by Healthy Start Nurses with the assistance of an Interpreter as needed.

3. **Monocacy Neurodevelopmental Center:** **301-662-3808**
   65 Thomas Johnson Dr., Suite A
   Frederick, Maryland 21702
   Website: www.monocacycenter.com
   Services provided: We address problems of relating, communicating, self-regulation, planning, attending, learning and behavior found in individuals with Autism, Asperger's Syndrome, Pervasive Developmental Disorders, ADHD, Learning Disorders, and Speech & Language issues.

4. **Up-County Family Center** **301-447-2810**
   Catholic Charities/ Friends of the Family
   303 W. Lincoln Ave.
   Emmitsburg, MD 21727
   Annapolis, MD 21401
   Services provided: parenting classes, parent/child activities; employment support counseling, nutrition, and referrals. Center assists young parents in parenting skills, child activity, outreach, job skills development, education, health education, and peer support.

- **Early Intervention Websites:**

1. **Healthy Mothers, Healthy Babies Coalition:** **www.hmhb.org/**
2. **Maternal and Child Health Bureau, Department of Health and Human Services** **www.mchb.hrsa.gov**
3. **National Association of Child Care Resource and Referral Agencies:** **www.naccrra.org**
4. **National Association for the Education of Young Children:** **www.naeyc.org**
5. **National Partnership for Women and Families:** **www.nationalpartnership.org**
6. **Zero to Three:** **www.zerotothree.org**

- **Crisis Intervention Programs**

  - **Frederick County:**

1. **Crisis Services:** **301-662-2255 (Available 24/7):**
2. **Mobile Crisis services:** **Frederick County Hotline 301-662-2255.**
   - Available 7 days a week, 3 p.m. to 11 p.m.
3. **Residential Crisis** services are obtained through **Way Station, Inc.** at **301-662-0099**.

The Maryland 2-1-1 system is currently only available for use on land lines and from Verizon phones. It is hoped that this will change when they get more funding in the fall. Currently this is a pilot project.

4. **The Child Advocacy Center (CAC) of Frederick County :** **301- 600-3533**
   Frederick County Office of Children and Families
   520 North Market Street
   Frederick, MD 21701
   Fax: (301) 600-3400
   Services provided: provides a comprehensive facility where a victim of child abuse can go to have every aspect of their case investigated, medical examinations conducted and the criminal allegations of abuse processed.

5. **Maryland Youth Crisis Hotline** **1-800-422-0009 (24/7)**

6. **National Suicide Hotline:** **1-800-SUICIDE (1-800-784-2433)**

7. **First Call For Help:** **(410) 685-0525** in the greater Baltimore dialing area
   (800) 492-0618 outside Baltimore, within Maryland (toll-free)
   (410) 685-2159 **TTY** for hearing impaired (8:30 a.m. - 4:30 p.m. weekdays) all other hours, dial 711, Maryland Relay.
   Services provided: a free, confidential service that connects callers with health and human services using the only statewide comprehensive information and referral directory in Maryland. We're available 24 hours a day seven days a week.

- **Rape/Sexual Assault Services:**

1. **Frederick County -- Heartly House, Inc.** **301-662-8800**
   P.O. Box 857 **TTY: 301-662-1565**
   Frederick, MD 21705
   Website: http://www.heartlyhouse.org/

2. **Rape/Crisis Intervention Service of Carroll County** **410-857-7322 (hotline)**
   224 N. Center Street, Room 102
   P.O. Box 1563
   Westminster, MD 21158
   Services provided: counseling, medical and legal accompaniment, information and referral

3. **Maryland Coalition Against Sexual Assault, Inc. (MCASA) 1-800-983-RAPE(7273)**
   1517 Gov. Ritchie Highway, Suite 207 **410-974-4507**
   Arnold, MD 21012

- **Link to Maryland Rape Recovery Centers by County**: **http://www.mcasa.org/A/3/A3.htm**

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- **Domestic Violence/Intimate Partner Violence**

- **Maryland: Link to IPV resources by county:**
  http://www.mnadv.org/dv_providers.html

1. **Frederick County -- Heartly House, Inc.** **301-662-8800**
   P.O. Box 857 **TTY: 301-662-1565**
   Frederick, MD 21705
   Website: http://www.heartlyhouse.org/
   Services provided: hotline, crisis counseling, emergency shelter, court accompaniment, and therapy for victims of domestic violence and abusers.

2. **Family and Children's Services of Central Maryland, Inc.** **Hotline: 410-857-0077**
   West End Place **410-876-1233**
   7 Schoolhouse Avenue
   Westminster, MD 21157
   Website: http://www.fcsmd.org/programs.htm
   Email: westminster@fcsmd.org
   Services provided: hotline, crisis counseling, emergency shelter, court accompaniment, and therapy for victims of domestic violence and abusers. To arrange for an assessment or further information, contact the office.

3. **Carroll County Domestic Violence Unit** **410-386-2345**
   Carroll County State's Attorney's Office
   55 N. Court Street, Suite 100
   Westminster, MD 21157-5155
   Email: ccdomesticviolence@ccg.carr.org
   Website: http://ccgovernment.carr.org/ccg/stateatt/dvunit.htm
   Service provided: Assesses the specific needs of victims and makes appropriate referrals to local resources; explains the court process; provides trial date and bail review information; accompanies victims to court; assists in transportation to court; aids in preparation of Victim Impact Statement and related forms; provides emotional support; accompanies victims to file criminal charges; evaluates and addresses victims' safety issues, and conducts extensive case preparation. The Domestic Violence Unit specializes in domestic violence situations involving married individuals, dating violence, and similar cases. The Unit can provide wireless security alarms and cellular telephones on a temporary basis to victims of domestic violence who meet eligibility requirements. In addition, it will provide training about domestic violence and the criminal justice system, and act as speakers on these topics for civic and community groups.

4. **Washington County -- CASA, Inc. (Citizens Assisting and Sheltering the Abused)**
   24-HOUR HOTLINE: 301.739.8975 (TTY: 301.739.1012).
   116 West Baltimore Street
   Hagerstown, MD 21740
   Fax: 301.790.0064
   Email: casa4@myactv.net
   Website: http://www.casainc.org/about.html
   Services provided: hotline, crisis counseling, emergency shelter, court accompaniment, and therapy for victims of domestic violence and abusers.

5. **Western Maryland Domestic Violence Prevention Program** **301-723-6438**
   Western Maryland Health System, Inc. **301-723-4000**
   P.O. Box 539
   Cumberland, MD 21501-0539
   24-Hour Hotlines:
   - **Family Crisis Resource Center (MD)** **301-759-9244**
   - **Family Crisis Center (WV)** **1-800-698-1240**
   - **Dove Center (Garrett County)** **301-334-9000**

- **Pennsylvania:**
  1. **Adams County, PA: Survivors, Inc.** **1-800-787-8106**

  2. **Franklin County, PA: Women In Need, Inc.** **1-800-621-6660**

  3. **York County, PA: ACCESS---York, Inc.** **1-800-262-8444**
     Website: www.access-york.org

  4. **Pennsylvania Coalition Against Domestic Violence:** **1-800-932-4632**
     Website: http://www.pcadv.org/

  5. **Legal Services for Pennsylvania:**
  - **Women's Law Project (215) 928-9801**
    125 S. 9th Street, #300
    Philadelphia, PA 19107
    Website: www.womenslawproject.org

- **Virginia:**
  - **Leesburg, VA LAWS (Loudoun Women's Shelter)** **703-777-6552**

- **West Virginia:**
  - **Shenandoah Women's Center, Inc.** **304-263-8292**
    236 W. Martin Street
    Martinsburg, WV 25401

- **Enrichment Programs**

  1. **Frederick County Family YMCA** **301-663-5131**
     1000 North Market Street
     Frederick, Maryland 21701
     301.663.5363 Fax
     Website: **www.frederickymca.org**

- **Mental Health:**

- **Perinatal/Postpartum Depression Resources:**
  1. **Websites:** **www.healthynewmoms.org**
     www.1800ppdmoms.org
     www.postpartum.net
     www.nimh.nih.gov

  2. **Center for Infant & Child Loss at UMAB** **1-800-808-SIDS (7437)**
     630 W. Fayette Street Room 5-684
     Baltimore, Maryland 21201
     Email: caring@infantandchildloss.org
     Website: **http://www.infantandchildloss.org**

The Maryland 2-1-1 system is currently only available for use on land lines and from Verizon phones. It is hoped that this will change when they get more funding in the fall. Currently this is a pilot project.

  3. **Mental Health Association of Frederick County** **301-663-0011**
     263 W. Patrick Street, Frederick, MD 21701
     FAX: 301.695.4747
     Website: **www.fcmha.org**
     Services Provided: MHA is diligent in our efforts to promote the importance of good mental health, to reduce the stigma associated with mental illness and to serve as advocates for mental health issues in Frederick County.

  4. **The Pro Bono Counseling Project** **410-323-5800; 301-805-8191 or 1-877-323-5800**
     Services provided: provides counseling on a wide variety of issues, including family and couples issues and depression, for person with low incomes; generally provided at no cost. Statewide.
     Website: **www.probonocounseling.org**

  5. **Link to Individual Mental Health Providers in Western Maryland (MHA):**
     http://www.fcmha.org/professionals2007.htm
     - **Waystation, Inc.** **301-662-0099**
       Child and Adolescent Program
       P. O. Box 3826
       Frederick, MD 21705
       Services Provided:
     - **Sheppard Pratt Resources: Way Station Camp Journey—respite care funded through DSS**

- **Mental Health Group Practices:**
  For a list of Solo Mental Health Professionals go to www.fcmha.org

1. **Allied Counseling Group, LLC** **301-698-7077**
   306 W. Patrick Street, Frederick, MD 21701
   14 W. Potomac Street, 2nd Floor, Brunswick, MD 21716
   208 Ridgeville Boulevard, 2nd Floor, Mt. Airy, MD 21771
   Fax: 301-698-5671
   Website: **www.alliedcounselinggroup.com**
   Age Range Served: 12-18, 19-25, 26-64, 65+
   Treatment Modality: Individuals, couples, families, groups, residential 30-day recovery program
   Area of Expertise: Chemical dependency, **domestic violence batterers' group**, internet addiction, anger management, DWI, urinalysis, family/marital. depression, adult ADHD, divorce **recovery, step families**, compulsive spending, gambling; **Spanish counselor available**; Dual Diagnosis Program, SMART non-12-step recovery treatment
   Hours: Mon 9 a.m. -5 p.m., Tues - Thurs 9 a.m. -7:30 p.m., Fri 9 a.m. - 5p.m.
   Fees: Set/third party payment/insurance/by arrangement/credit cards

2. **Associated Family Counseling, PA** **301-228-2303**
   15 Worman's Mill Court, Suite D
   Frederick, MD 21701-3019
   Fax: 301-228-2731
   Website: **www.associatedfamilycounseling.com**
   Age Range Served: 1-4, 5-11, 12-18, 19-25, 26-64, 65+
   Treatment Modality: Individuals, couples, families, groups
   Area of Expertise: Couples, **children of divorce**, trauma survivors, bereavement, anger management, depression, anxiety, ADHD, mediation, attachment issues, parent coordination, and reflexology.
   Hours: Mon-Sat 9 a.m. -8 p.m.
   Fees: Third party payment/insurance

3. **Autism Consultation and Treatment Center** **301-271-0400**
   301 W. Main Street
   Thurmont, MD 21788
   E-mail: info@act-center.net
   Website: **www.act-center.net**
   Age Range Served: 1-4, 5-11, 12-18, 19-25
   Treatment Modality: Individuals, families
   Areas of Expertise: ACT Center provides **home-based therapy for children and teens with Autism Spectrum Disorders**. Home programs are designed to develop language, socialization, and various adaptive skills.
   Hours: M-Sat, 9 a.m. -8 p.m.
   Fees: Set

4. **Behavioral Health Partners (FMH and Sheppard Pratt)** **301-663-8232**
   604 Solarex Ct., Ste. 201, Frederick, MD 21703
   219 W. Patrick ST., Ste. A, Frederick, MD 21701
   Website: **www.sheppardpratt.org**
   Age Range Served: All ages
   Services provided: provides full range of psychiatric and counseling services to children and adult

with behavior health problems. Staff consists of adult and child psychiatrist, social workers, and professional counseling; psychiatric assessments, medication management, individual, family and group therapy.
Hours: M-Th 8:30 to 8 pm; Fri 8:30 to 5; Sat. 9-1
Fees: most insurance/medicare/medicaid

5. **Blue Ridge Behavioral Health Services** **301-695-8390**
170 Thomas Johnson Drive, Suite 200
Frederick, MD 21702
Fax: 301-694-7906
Age Range Served: 1-4, 5-11, 12-18, 19-25, 26-64, 65+
Treatment Modality: Individual, couples, families, groups
Area of Expertise: Specialized services for children and adolescents including treatment for autism and Asperger's syndrome; Anxiety disorders; depression; sexual abuse treatment; post-traumatic stress disorders; eating disorders programs offered.
Hours: By appointment
Fees: Set/third party payments/credit cards

6. **Catoctin Counseling Center** **301-631-1304, 301-271-4870**
309 E. Patrick Street, Frederick, MD 21701
112 E. Main Street, Thurmont, MD 21788
Fax: 301-739-0041
E-mail: catoctinstouter@aol.com
Age Range Served: 1-4, 5-11, 12-18, 19-25, 26-64, 65+
Treatment Modality: Individuals, couples, families, groups
Area of Expertise: CCC offers a full range of family mental health services. A wide selection of therapists are available that include licensed clinical professional counselors and licensed social workers. Clinical specialties include family therapy, oppositional defiant teenagers and couples, and depression and anxiety issues. Group therapies available including substance abuse, domestic violence perpetrator and victim, and sexual inappropriateness. Alternative approaches available including massage therapy.
Hours: M-Th 9:00 a.m. -9:00 p.m.; Fri 9:00 a.m. -5:00 p.m.
Fees: By arrangement/third party payments/sliding scale

7. **Center for Integrative Health Care** **301-663-1683**
340 Park Avenue, Frederick, MD 21701
Fax: 301-663-3792
E-mail: info@pathforhealing.com
Website: www.pathforhealing.com
Age Range Served: 12-18, 19-25, 26-64, 65+
Treatment Modality: Individuals, couples, families
Area of Expertise: Psychotherapy for individuals, couples, and families working through grief, depression, anxiety, eating disorders, life transitions, chronic pain, illness, and relationship issues. Professional massage therapy, nutrition consultation, acupuncture, Chinese herbal medicine, and Healing Touch therapy. Treatments for stress-related disorders as well as acute and chronic pain, TMJ, migraines, neuromuscular distress, chronic fatigue, asthma, allergies, and women's health issues. Classes in yoga and meditation. See website: Free Healthcare Seminars.
Hours: By appointment
Fees: Set/third party payments/some managed care/sliding scale/Medicare

8. **Center for Mind-Body Therapies** **301-631-2936**
   5 N. Bentz Street, Frederick, MD 21701
   Fax: 301-631-2937
   Website: www.CMBT.net
   Age Range Served: 1-4, 5-11, 12-18, 19-25, 26-64, 65+
   Treatment Modality: Individuals, couples, families, groups
   Area of Expertise: Treatment center integrating conventional mental health care with complementary healing modalities to address addictions, anxiety, depression, marital difficulties, personal growth, **co-parenting after divorce**, chronic illness, life transitions, and grief. Complementary modalities that are offered alone or as part of comprehensive treatment include acupuncture, therapeutic massage and bodywork, yoga, mindfulness meditation, and imagery. Special emphasis is placed on teaching skills and practices that enhance body, mind, and spirit. Therapist available for the hearing impaired.
   Hours: By appointment
   Fees: Set/third party payments/some sliding scale

9. **Centrepointe Counseling, Inc.** **800-491-5369, Ext. 113**
   Affiliated with the Samaritan Institute, Frederick County Office
   33 E. Church Street, Frederick, MD 21703
   Age Range Served: 5-11, 12-18, 19-26, 26-64, 65+
   Treatment Modality: Individuals, couples, families
   Area of Expertise: CentrePointe counselors work with individuals, couples, and families to improve relationships, deal with emotional and spiritual struggles, negotiate life transitions, and find meaning from the center of one's life. Mental health services include: treatment of spiritual and religious problems, anger management, stress management, depression, anxiety, abuse, family therapy, couples therapy, pre-marital counseling, addictions, sexual disorders and compulsivity, career transitions, loss and grief, childhood and adolescent issues, and trauma.
   Hours: By appointment
   Fees: Insurance/subsidized based upon need

10. **Crossroads Centers**
    203 A & B Broadway Street Frederick, MD 21701 **301-696-1950**
    Fax: 301-698-2661
    E-mail: xroadsfrederick@verizon.net
    Age Range Served: 12-18, 19-25, 26-64, 65+
    Treatment Modality: Groups
    Area of Expertise: Adult and adolescent intensive outpatient counseling for persons with alcohol and drug problems. Also 12-hour and 26-week IOP programs. Specialize in treating chemically dependent adolescents and adults. JCAHO, State of MD certified, and MVA-approved DWI programs.
    Hours: M-Th 8:30 a.m. - 9 p.m., Fri 8:30 a.m. - 4:30 p.m.
    Fees: Third party payments/insurance/by arrangement/credit cards

11. **Delta Holistic Therapy Center** **301-633-8901**
    245 W. Patrick Street, Frederick, MD 21701 **301-631-2227**
    Age Range Served: 1-4, 5-11, 12-18, 19-25, 26-64, 65+
    Treatment Modality: Individuals, couples, families, groups
    Area of Expertise: Delta Holistic Therapy Center provides care for the mind, body and spirit in a comforting setting, offering an array of health services to complement Western medicine:

Psychotherapy, Massage Therapy, Goal-Focused Personal Coaching, Reiki, CranioSacral Therapy, Lymph Drainage, Hypnotherapy, Bioenergetics, Thought Field Therapy (TFT), Eye Movement Desensitization and Reprocessing (EMDR) and Couple/Family Therapies. Specializing in: relationship difficulties, life transitions, self-esteem, and recovery from trauma and disorders.
Hours: By appointment
Fees: Set/sliding scale/arrangement

12. Frederick Psychology Center **301-695-6455**
97 Thomas Johnson Drive, Suite 202, Frederick, MD 21702
Fax: 301-695-6456
Age Range Served: 1-4, 5-11, 12-18, 19-25, 26-64, 65+
Treatment Modality: Individuals, couples, families
Area of Expertise: Children, adolescents, and adults; individual, family, and couples therapy; play therapy; mood and adjustment difficulties; anxiety; loss, including grief and divorce issues; trauma/abuse experiences; psychological testing.
Hours: By appointment
Fees: Set/third party payments

13. Harper and Associates **301-694-8684**
13 E. Second Street, Frederick, MD 21701
Fax: 301-694-2984
Age Range Served: 5-11, 12-18, 19-25, 26-64, 65+
Treatment Modality: Individuals, couples, families, groups
Area of Expertise: Provides mental health services to children, families, couples and individuals; 11 licensed providers.
Hours: By appointment
Fees: Third party payment/insurance/credit cards

14. Life Directions, LLC **301-668-1689**
124 N. Court Street, Frederick, MD 21701
Fax: 301-668-1910
E-mail: lifedirections@hotmail.com
Website: www.lifedirections.net
Age Range Served: 1-4, 5-11, 12-18, 19-25, 26-64, 65+
Treatment Modality: Individuals, couples, families, groups, seminars, personal fitness training, acupuncture
Area of Expertise: Children, families, individuals, couples, groups and depression, anxiety, ADD, behavior modification, phobia and trauma, relationship building, educational seminars, personal fitness trainers, massage therapy, and acupuncture.
Hours: M-Sat
Fees: Set/third party payments/insurance/by arrangement/sliding scale/credit cards

15. Monocacy Counseling Center, LLC **301-473-4504**
6910 Bowers Road, Frederick, MD 21702
Fax: 301-473-4506
Age Range Served: 19-25, 26-64, 65+
Treatment Modality: Individuals, groups
Area of Expertise: Adult and adolescent outpatient treatment for substance abuse, gambling and mental health problems. Assessments, individualized treatment plans, group and individual counseling available plus support group for families/friends of the client.

Hours: By appointment
Fees: Third party payments/by arrangement/payment plans

16. Monocacy Neurodevelopmental Center 301-662-3808
65 Thomas Johnson Drive, Suite A, Frederick, MD 21702
Fax: 301-695-9694
Website: http://www.monocacycenter.com
Age Range Served: All ages
Treatment Modality: Individuals, families, groups
Area of Expertise: MNDC offers a wide range of services for individuals with disorders of communicating, relating, learning and behavior. We offer specialized services for children and families affected by autism spectrum disorders (Pervasive Developmental Disorder, Autism, Aspergers), attention disorders (ADD/ADHD) including parent-training, social skills groups, in home ABA programming, home based ADHD coaching and respite care. In addition we offer a variety of psychological and educational assessments for children, teens and adults.
Hours: By appointment
Fees: Set/insurance (Medicaid Autism Waiver Provider)

17. Pastoral Counseling Services of Maryland 1-800-427-4027 ext 501
1415 West 7th Street, Frederick, MD 21702
9700 New Church Street, Damascus, MD 20872
165 East Main Street, Westminster, MD 21157
Fax: 410-433-1249
E-mail: counsoff@pcsm.org
Age Range Served: 5-11, 12-18, 19-25, 26-64, 65+
Treatment Modality: Individuals, couples, families
Area of Expertise: Children, adolescents and adults; individual, couple and family therapy; life transitions; stress/adjustment difficulties; domestic violence issues; chemical dependency; trauma related to abuse; anxiety/depression/loss related to divorce & grief.
Hours: By appointment
Fees: Set/third party payments/insurance/sliding scale

18. Psychotherapy Services, LLC 301-662-6226
41 N. Market Street, Frederick, MD 21701
Fax: 301-682-6040
E-mail: PSLLC@adelphia.net
Age Range Served: 5-11, 12-18, 19-25, 26-64, 65+
Treatment Modality: Individuals, couples, families, groups
Area of Expertise: Depression, anxiety and panic disorders. Brief and longer term psychotherapy, psychiatric evaluation, medication treatment. Individual, couples, family and group therapy. Treatment of sexual dysfunctions and recovery from sexual abuse. Hypnosis and stress reduction. Gay and lesbian issues. Treatment of addictions.
Hours: By appointment
Fees: Set/third party payment/insurance

19. South Mountain Counseling Services 301-371-3707
16 Walnut Street, Middletown, MD 21769
Fax:301-371-3706
Age Range Served: 5-11, 12-18, 19-25, 26-64
Treatment Modality: Individuals, couples, families, groups, child/adolescent

Area of Expertise: Family therapy, child/adolescent, mood disorders, trauma, Eye Movement Desensitizing Reprocessing (EMDR), anxiety disorders, child adolescent weight management program, individual life stage adjustments, play therapy, anger management, conflict containment/conflict resolution.
Hours: M-F 9 a.m. -5 p.m., evenings and Saturdays by appointment
Fees: Set/credit cards/insurance/Medicaid/Tricare/sliding-fee schedule

20. Trinity Pastoral Counseling Center **301-662-8908**
703 W. Patrick Street, Frederick, MD, 21701
Fax: 301-662-3308
Age Range Served: 12-18, 19-25, 26-64, 65+
Treatment Modality: Individual, couple, families, groups.
Area of Expertise: Individual, couple, family & group counseling for people of all faiths with counselors trained in the interdisciplinary use of insights from psychology and theology. Pastoral counseling for relationship issues, parenting issues, loss and grief issues, ACOA and codependent issues, separation, divorce and divorce recovery, anxiety, depression, PTSD and abuse, and faith and life issues.
Hours: M-Th, all day & evening by appointment

21. Villa Maria of Frederick County **301-694-6654**
A Behavioral Health Program of Catholic Charities
116 East Second Street, Frederick, MD 21701
303 W. Lincoln Ave., Emmitsburg, MD 21727
Counseling Intake: 301-898-7900 Fax: 301-694-8221
E-mail: rrother@catholiccharities-md.org
Age Range Served: 1-4, 5-11, 12-18, 19-25, 26-64, 65+
Treatment Modality: Individuals, couples, families
Area of Expertise: Family, and individual counseling through offices in Emmitsburg, Frederick, Brunswick, Mt. Airy, and many area schools. Continuum of services available, including psychiatric and residential treatment Spanish-speaking and ASL counseling available. All are eligible regardless of religion.
Hours: Day and evening hours by appointment.
Fees: Medicaid (including MCHP), MHP gray zone-PAC/some sliding scale/limited subsidy is available for families without insurance.

22. Vital Sources, LLC **301-620-8700**
10 N. Jefferson Street, Suite 403, Frederick, MD 21701
Fax: 301-620-8710
Website: www.vitalsources.org
Age Range Served: 5-11, 12-18, 19-25, 26-64, 65+
Treatment Modality: Individual, couple, families, psychological assessments.
Area of Expertise: We help people struggling with intimate relationships, recent loss or traumatic events, managing emotions, marriage or family issues, or simply difficulty moving forward in life. Our professional staff is committed to listening well and helping people gain life-giving skills.
Hours: M-F by appointment
Fees: Set

- **Mental Illness Resources:**
  1. **The Mental Health Association of Frederick** **301-663-0011**
     263 W. Patrick Street
     Frederick, MD 21701
     Email: mha@fchma.org
     Website: www.fcmha.org

  2. **The Mental Health Association of Maryland:** **1-800-572-MHAM (6426)**
     700 W. 40th Street, Suite 460
     Baltimore, MD 21211
     410-235-1178
     Website: http://www.mhamd.org/
     Services provided: provides education and advocacy on behalf of people with mental illness and coordinates with the following **local chapters**:
     - **Metropolitan Baltimore** (serves Balto. City, Co. and Harford Counties): 410-235-1178, ext. 202
     - **Howard County:** 410-995-3323
     - **Lower Shore (**serves Somerset, Wicomico and Worcester Counties: 410-543-2057
     - **Montgomery County**: 301-424-0656
     - **Prince George's County:** 301-424-0656
     - **Talbot County (serves the Eastern Shore):** 410-822-0444
     - **Washington County**: 301-733-6555

  3. **NAMI (National Alliance for the Mentally Ill)—Frederick Chapter:** **240-379-6186**
     Frederick, MD
     Email: faw500@msn.com

  4. **NAMI (National Alliance for the Mentally Ill)—Metro Baltimore:** **410-435-2600**
     5210 York Road/ Baltimore, MD 21212
     (410) 435-0355 (fax)
     Services Provided: Advocacy and support group for family members and friends of people with mental illness. Services include peer education programs and mutual (peer-led) support groups, a help-line, active family peer support groups meet in Baltimore County and City monthly; active peer support groups for consumers of mental health services meet in Baltimore City monthly. Community Outreach and Public Education; Information Meetings and Workshops:
     Website: http://www.nami.org/MSTemplate.cfm?Section=Basics_about_NAMI-Metro_Baltimore&Site=NAMI_Metropolitan_Baltimore&Template=/ContentManagement/HTMLDisplay.cfm&ContentID=45107

  5. **MD Coalition of Families for Children's Mental Health** **410-730-8267**
     10632 Little Patuxent Pkwy, Suite 119
     Columbia, MD 21044
     Toll Free: 1.888.607.3637
     Fax: 410.730.8331
     Services Provided: a grassroots coalition of family and advocacy organizations dedicated to improving services for children with mental health needs and their families and building a network of information and support for families across Maryland.
     Web: **www.mdcoalition.org**

6. **DRADA (Depression & Related Affective Disorders Association) Peer Support Group**
   On Our Own of Frederick County, Inc. **301-620-0555**
   217 North Market Street
   Frederick, MD 21701
   P.O. Box 3744,
   Frederick, MD 21705-3744
   E-Mail: onourownfrederick@xecu.net
   Website: http://www.onourownmd.org/aboutus.html

7. **DRADA (Depression & Related Affective Disorders Association)** **410-583-2919**
   2330 W. Joppa Road, Suite 100 **Toll Free: 888-288-1104**
   Lutherville, MD 21093-4605
   Website: www.drada.org
   Email: drada@jhmi.edu
   Services provided: provides information, education and support services to individuals, families and professionals about depression and bipolar disorder.

- **Parenting Education and Support**

1. **Mental Health Association of Frederick County**
   - **"Parent Power" Classes** **301-663-0011**

   Services provided: offers parenting classes on a weekly basis. Topics discussed include anger and stress management, positive and creative discipline, psychological, physical, and emotional development of children, and self-care. Free child-care is offered.
   - Teen Program: Registration required
   - General Parenting any age: Saturdays 9:30 – 11:30

2. **Family Partnership Program of Frederick County** **301-846-2206**
   7630-B Hayward Road,
   Frederick, MD 21702
   Services provided: Comprehensive family support services for families what are expecting and who had an infant or toddler up to age 4. May include teenagers with out children. Provided child development onsite child care, prenatal classes parent education adult basic education family literacy activities employment workshop health and wellness education no serves ages 0-4. Some Spanish Speaking.
   Website: **www.co.frederick.md.us/FP**

3. **Families Plus!** **301-694-9002**
   35 East Church Street I
   Frederick, MD 21701
   Fax 301.694.3374
   Website: http://familiesplus.org/
   Services provided: resources for families and individuals: lectures, workshops for families of children with special needs, family activities, support groups, information, referral service, newsletter and lending library. Parent education classes including **adoptive** parents, **separation/divorce** workshops; **stepfamilies** and parent/child anger management groups. Also, **teen parent support** and outreach. All programs offered **free** of charge.

4. **Up-County Family Center** **301-447-2810**
   Catholic Charities/ Friends of the Family
   303 W. Lincoln Ave.
   Emmitsburg, MD 21727
   Annapolis, MD 21401
   Services provided: parenting classes, parent/child activities; employment support counseling, nutrition, and referrals. Center assists young parents in parenting skills, child activity, outreach, job skills development, education, health education, and peer support.

5. **Frederick Memorial Healthcare System—The Wellness Center** **240-379-6000**
   Francis Scott Key Mall
   5500 Buckeystown Pike
   Frederick, Maryland 21703
   Services provided: parenting classes including basic bay care classes, general parenting, parenting teenagers and one for preschoolers as well; childbirth education, pre-natal yoga; also a new mom get-together group.

- **Websites on parenting:**
  1. **Positive Discipline from A to Z** **http://www.positivediscipline.com/**
     by Jane Nelsen, Lynn Lott & H. Stephen Glenn
  2. **Dr. William Sears**: **http://www.askdrsears.com/**
  3. **1-2-3 Magic, Inc.:** **http://www.parentmagic.com**

- **Separation and Divorce Resources:**

1. **Families Plus!** **301-694-9002**
   35 East Church Street I
   Frederick, MD 21701
   Fax 301.694.3374
   Website: **http://familiesplus.org/**
   Services Provided: Parent education classes including **adoptive** parents, **separation/divorce** workshops; **stepfamilies** and parent/child anger management groups. Also, **teen parent support** and outreach.

2. **Allied Counseling Group** **301-698-7077**
   306 W. Patrick Street
   Frederick, MD 21701
   Other offices in Brunswick and Mt. Airy as well.
   Services provided: divorce and step family-counseling
   Website: **www.appliedcounselinggroup.com**

3. **Divorce Care Support Group** ` **301-898-7811**
   Calgary Assembly of God
   8234 Woodsboro Pike
   Frederick, MD 21702
   Services provided: 13 week series that offers support and guidance. $10.00 fee

4. **CALM, The Frederick Mediation Center** **301-631-2256**
   723 North Market Street
   Frederick, Maryland 21701
   Fax: 301-620-4224 Other: 301-606-4578
   Email: **kate@mediationcalm.org**
   Website: **www.mediationcalm.org**
   Types of Mediation: Family including separation and divorce, landlord/tenant, business issues, court referrals, neighborhoods, etc. **Other Services:** Community Conferencing and group facilitations, workshops, presentations & training. **Languages:** Spanish program**. All services are free.**

5. **Parents Without Partners Support Groups: Baltimore Chapter: 410) 494-3900; (410) 437-5373**
   Services provided: Parents Without Partners provides single parents and their children with an opportunity for enhancing personal growth, self-confidence and sensitivity towards others by offering an environment for support, friendship and the exchange of parenting techniques
   Website: **http://www.parentswithoutpartners.org/chapterfind.asp**

- **Substance Abuse Treatment**

1. **Frederick County's ACCESS to Treatment Program Coordinator: 301-694-1778**
   Washington County's Coordinator: 301-791-3242
   Carroll County's Coordinator: 410-876-4410
   This coordinator will assist local citizens and organizations in identifying alcohol and drug addiction treatment needs and services, and coordinate the delivery of publicly funded treatment in this county. funded treatment in this county.
   - **Link to ACCESS to Treatment Programs by County:**
     http://www.ncaddmaryland.org/access.cfm

2. **Frederick County Health Department: 301-694-1775**
   300 B School's Lane
   Frederick, MD 21701
   Website: www.frederickhealth.org/substanceabuse

3. **Washington County Council on Alcoholism and Drug Dependency 301-790-2171**
   5 Public Square, Suite 207-209
   Hagerstown, MD 21740
   Services provided: information and referral services for substance abuse and support agencies like Al-Anon, Alateen, etc.

4. **Crossroads Centers 301-696-1950**
   203 A & B Broadway Street Frederick, MD 21701
   Fax: 301-698-2661
   E-mail: xroadsfrederick@verizon.net
   Age Range Served: 12-18, 19-25, 26-64, 65+
   Treatment Modality: Groups
   Area of Expertise: Adult and adolescent intensive outpatient counseling for persons with alcohol and drug problems. Also 12-hour and 26-week IOP programs. Specialize in treating chemically dependent adolescents and adults. JCAHO, State of MD certified, and MVA-approved DWI programs.
   Hours: M-Th 8:30 a.m. - 9 p.m., Fri 8:30 a.m. - 4:30 p.m.
   Fees: Third party payments/insurance/by arrangement/credit cards

5. **Alcoholics Anonymous 301-662-0544**
   2 East Church Street,
   P.O. Box 1771
   Frederick MD 21702
   Frederick County Website: **www.westcentralaa.org**
   Maryland Website: http://www.marylandaa.org/
   National Website: www.alcoholics-anonymous.org

6. **Monacacy Counseling Center, LLC 301-473-4504**
   6910 Bowers Road, Frederick, MD 21702
   Fax: 301-473-4506
   Age Range Served: 19-25, 26-64, 65+
   Treatment Modality: Individuals, groups

Area of Expertise: Adult and adolescent outpatient treatment for substance abuse, gambling and mental health problems. Assessments, individualized treatment plans, group and individual counseling available plus support group for families/friends of the client.
Hours: By appointment
Fees: Third party payments/by arrangement/payment plans

7. **Al-Anon/Alateen Family Groups, Inc.** **301-293-3803**
   Trinity United Methodist Church **1-800-344-2666**
   705 W. Patrick Street
   Frederick, MD 21701

8. **The Freestate Region of** N**arcotics Anonymous (NA):** **1-800-317-3222**
   Maryland Website: http://www.freestatena.org/
   National Website: http://www.na.org/

9. **Harbour Pointe: Gambling Hotline: 1-800-LOST BET (1-800-567-8238); 410-244-0783**
   924 East Baltimore Street
   Baltimore, Maryland 21202
   Services provided: Hotline is operated by professionals and volunteers. This line responds to calls from compulsive gamblers and their loved ones who are in crisis. Makes referrals to Gamblers Anonymous and other self-help groups.
   Website: http://www.lostbet.com/