Howard County Community Resources Updated 12/8/07

The Howard County Dept. of Citizens Services offers an on-line directory of community resources called Human Services Guide

Website: http://www.co.ho.md.us/CitizenServices/CS_HomePage.htm

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ADHD Resources

1. Howard County Chapter -- Children and Adults With Attention-Deficit/Hyperactivity Disorder (CHADD) 301-306-7070

Norbel School

6135 Old Washington Road

Elkridge, Maryland,

Voice mail to request info packet 1-800-233-4050

E-mail: national@chadd.org Website: www.chadd.org/

2. 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.

• For a list of chapters in the area and support groups go to:

http://www.chadd-mc.org/calendar/

• Howard County CHADD Chapter

• 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

• Linthicum Adult Support Group

Support group meetings for adults with ADHD on the third Wednesday of each month at:

St Christopher's Episcopal Church

116 Marydel Rd

Linthicum Heights, MD

• 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

• Advocacy for Special Populations

General

1. Caregiver Resource Coalition of Howard County

410-313-6448

Services provided: The mission of the CRCHC is to foster community and professional understanding of the issues associated with family care giving through outreach, education and advocacy in order to support improved quality of life and care for caregivers and recipients of care.

2. Voices for Children (Court Appointed Special Advocates)

410-740-0933

5550 Sterrett Place, Suite 215

Columbia, MD 21044 FAX: 410-740-0975

E-Mail: Voices@erols.com Website: voicesforchildren.org

Services provided: Voices for Children provides individual advocacy to abused and neglected children through volunteers. Trained volunteers, working closely with the entire network of childrelated services and the judges in Howard County, advocate for the best interests of the child in securing a safe, loving and permanent home

Developmental Disabilities

1. The ARC of Howard County

11735 Homewood Road Ellicott City, MD 21042 410-730-0638 410-730-1436 Fax

Website: www.archoward.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.

Website: www.arcofbaltimore.org

2. 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

3. Families for Intensive Autism Treatment, FIAT

301-419-8037

P.O. Box 238

Olney, MD 20830-0238

Email: fiatmd@comcast.net

Services provided: a parent support and networking organization for parents of children with autism. FIAT offers information on intensive early autism intervention approaches, provides speakers on topics of interest to the membership, and strives to help families cope with autism. Members receive three newsletters per year and a parent resource packet. FIAT currently has a

Yahoo Group at http://health.groups.yahoo.com/group/FIAT/ FIAT meets the first Wednesday of every month at Holy Cross Hospital, Auditorium 1, 1500 Forest Glen Road, Silver Spring, MD from 7:30 p.m. to 9:00 p.m.

4. The Parent's Place of Maryland

Telephone (voice or TDD): (410) 768-9100

801 Cromwell Park Drive, Suite 103,

Glen Burnie, MD 21061

Website: http://www.ppmd.org/index.asp

Services Provided: provides parents of children with disabilities with support, information and guidance. Also provides workshops for parents, educators and professionals. Their sole purpose is to enhance the lives of persons with disabilities.

5. Howard County Asperger's Support Group

410.579.2996

Howard County Chapter of the Autism Society of America Support Group

Meeting House

Oakland Mills Interfaith Center

5885 Robert Oliver Place

Columbia, MD 21045

Email: catriona.johnson@howard-autism.org

Website: www.howard-autism.org

Services provided: Support group meetings give opportunities for parents to share experiences and listen to speakers on topics of interest. HCC-ASA also offers speakers, social events, and publishes a quarterly newsletter.

6. Autism Society of America, Howard County Chapter

410-760-5595

7231 Cadence Court Columbia, MD 21046 **FAX:** 410-381-2959

Website: www.howard-autism.org

o Mental Health Advocacy

1. 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

Website: www.mdcoalition.org

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.

2. Mental Health Authority

410-313-7350

9151 Rumsey Road

Suite 150

Columbia, MD 21045 **FAX:** 410-313-7374

E-Mail: hcmha@hcmha.org Website: www.hcmha.org

Services provided: The Howard County Mental Health Authority plans, develops and manages a full range of treatment and rehabilitation services for individuals with serious mental illnesses who are served by the publicly funded mental health system.

3. The Mental Health Association of Maryland:

1-800-572-MHAM (6426)

Howard County: 410-995-3323

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

• Child Abuse Reporting/Services:

1. Howard County CPS

410-872-4203

7121 Columbia Gateway Drive (After hours: 410-313-2929) Police Dept. Columbia, Maryland 21046 Glen Burnie, MD 21061

FAX (410) 872-4231

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

3. Child Advocacy Center – The Listening Place

410-313-2630

Services provided: The Howard County Child Advocacy Center, The Listening Place is a child-friendly environment that promotes comprehensive investigations and appropriate interventions for children and their families in cases of child abuse.

4. Voices for Children (Court Appointed Special Advocates)

410-740-0933

5550 Sterrett Place, Suite 215

Columbia, MD 21044 FAX: 410-740-0975

E-Mail: Voices@erols.com

Website: http://www.voicesforchildren.org

Services provided: Voices for Children provides individual advocacy to abused and neglected children through volunteers. Trained volunteers, working closely with the entire network of child-related services and the judges in Howard County, advocate for the best interests of the child in securing a safe, loving and permanent home.

5. The Care Clinic/Center for Families, University of MD, Baltimore

410-706-4869

520 W. Lombard, Gray Hall, 1^{st} Floor

410-706-1703

Baltimore, MD 21201

Services provided: provides free child and family therapy to children and families affected by or sexual abuse or exposure to domestic violence. Provides clinical assessment, advocacy **services and psychiatric services.**

• Child Care Resources

1. Howard County Child Care Resource Center

3300 North Ridge Road, Suite 380 Ellicott City, Maryland 21043

Main: 410-313-1940 LOCATE: 410-313-1930

Website: http://www.co.ho.md.us/childcareresourcecenter

Email: childcare@co.ho.md.us

2. Maryland Child Care Resource Network:

http://www.mdchildcare.org/mdcfc/network/mainnumbers.html

Children's Education

o Children's Behavioral/Developmental Evaluations

1. Children's National Medical Center

202-884-5000

Main Hospital Address:

111 Michigan Ave., N.W Washington, D.C 20010

Website: http://www.dcchildrens.com/dcchildrens/contactus/contactus.aspx

Services provided: Child and adolescent psychiatrists and psychiatric social workers provide evaluation, consultation, consultation, and treatment services at the CNMC main hospital and outpatient centers. The Department manages an outpatient center, two inpatient psychiatry units, and a day treatment (partial hospitalization). Psychiatry Services have particularly complex requirements, often involving pre-certification.

• Infant and Toddler Program (0-3) 202-476-5960

• Developmental Pediatrics 301-424-1755 and 301-838-8787

• Psychiatry:

Outpatient Intake: 202-476-5960
 Inpatient Admissions: 202-476-4085

2. Kennedy Krieger Institute—The Family Clinic: 1-888-554-2080 2901 East Biddle Street 410-923-5980

Baltimore, MD 21213

Target Population: Neglected children

Services provided: Assessment, therapy, START – program for offending children, some transportation. Evaluation Clinic – crisis assessment, psychological assessment, cognitive evaluation. Home-based therapeutic services – counseling, in-home services, child advocacy, behavior management, parenting skills

3. Maryland Child Find: 410-752-7588

4. Mt. Washington Pediatric Hospital: 410-578-8600

5. Preschool Clinic Johns Hopkins Community Psychiatry 410-550-0104

Bayview Medical Center

4940 Eastern Avenue Baltimore, Md. 21224

Target Population: All ages, dual diagnosis, substance abuse and mental health issues **Services provided:** Outpatient psychiatry services: medication management, therapy, case management, some transportation

Early Education Programs:

1. Howard County Infants and Toddlers Program (0-3)* 410-313-7017

Faulkner Ridge Center 10598 Marble Faun Court Columbia, MD 21044

Website: http://www.hcpss.org/special/details.shtml

2. Child Find Team (3-5)* Maryland Child Find—State Office: 410-313-7046 410-752-7588

County Diagnostic Center 5451 Beaverkill Road Columbia, MD 21044

Website: http://www.hcpss.org/special/details.shtml

3. Howard County Head Start Program

410-313-6443

o Education Advocacy Programs:

1. Maryland Disability Law Center (MDLC): 800-233-7201 Website: http://www.mdlclaw.org/chemicalcms/home.php 410-727-6352

2. The Parent's Place of Maryland

410-768-9100

801 Cromwell Park Drive, Suite 103,

Glen Burnie, MD 21061

Website: http://www.ppmd.org/index.asp

Services provided: provides parents of children with disabilities with support, information and guidance. Also provides workshops for parents, educators and professionals. Their sole purpose is to enhance the lives of persons with disabilities.

Early Intervention Support Services:

1. Healthy Families Howard County

410-997-3557

Family and Children's Services/Howard County Hospital

10451 Twin Rivers Road Columbia, MD 21044 **Website: www.fcsmd.org**

Services provided: offers support to new parents and provides information and community resources to assist in their new parenting role. Families are welcomed prenatally into the program and are qualified to enroll up to 90 days after the birth of a baby.

2. The Judy Center

410-313-7601

Dasher Green Elementary 6700 Cradlerock Way Columbia 21029

Services provided: community partnership to promote school readiness in children under five.

3. Parents As Teachers

Office of Children's Services

3300 North Ridge Road

Suite 380

Ellicott City, MD 21043

E-Mail: parentasteachers@howardcountymd.gov

Services provided: The program provides parent education for families with young children 0-3 years of age. Home visits, resources, parent meetings, and developmental screening for children are some services that are available. Call for more information.

4. Healthy Start for Pregnant Women, Infants and Toddlers Anne Arundel Health Department 410-222-7177

Services provided: provides case management, home visiting, outreach and other services for prenatal, postpartum, and high risk infants and for children up to 2 years old. These services are provided by community health nurses and/or social workers. Referrals are welcome from the private sector.

5. Mothering Seminars, Inc.

410-381-5195

410-313-1453

7056 Winter Rose Path Columbia, MD 21045

Services provided: conducts seminars for parents of infants, from newborns to age four months. Parents bring their babies to the meetings. Meetings are held once a week from 1-3PM.

Contact: Frances Thomas

6. LaLeche League of Columbia

410-526-4285

Columbia, MD 21044

Services provided: La Leche League is an organization dedicated to providing education, information, mother-to-mother support, and encouragement to women who want to breastfeed.

- 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

1. Howard County Crisis Team: Grassroots Hotline (410) 531-6677

6700 Freetown Road, Columbia, Maryland 21044

Adults and youths may go to the office 24 hours/day for crisis services. (7 days/week)

Mobile Crisis Services: Monday – Friday, 12:00 noon -11:00 p.m.; Saturdays, Sundays and holidays, 5:00 p.m. - 11:00 p.m.

Services provided: provides immediate onsite clinical intervention for anyone in Howard County who needs urgent help for any psychiatric emergency, suicide, homicide, disasters or intense family conflict or distress.

2. Community Action Council

410-313-6440

6751 Columbia Gateway Drive

Columbia, MD 21046 **FAX:** 410-313-6479

Head Start Program: 410-313-6443 E-mail: Bitadayhoff@netscape.net

Services provided: Provides services for limited income families and individuals. Programs include: Head Start, Homeless Care Services (Eviction Prevention and 1st Month's Rent), Fuel Fund, the Maryland Energy Assistance program (MEAP), the Weatherization Assistance Program (WAP), the Electric Universal Service Program (EUSP), Food Bank and Community Outreach/Crisis Intervention. The following health programs are also administered: Breast and Cervical Prevention (BCCP)-provides free breast exams, mammograms and pap smears for limited income women age 50 and older in conjunction with the Howard County Health Department.

3. First Call for Help, United Way

1-800-492-0618

100 S. Charles Street, 5TH Floor, PO Box 1576 Baltimore, MD 21203 410-685-0525

FAX: 410-547-0105 TTY: 410-685-2159

Website: http://uwcm.org

Services provided: a 24-hour confidential information and referral service using a computerized resource file to access all types of health and human services information on topics including alcoholism, child abuse, domestic crisis, legal and medical matters, runaways, suicide prevention, support groups, teen pregnancy, and youth services. Interview with caller includes problem assessment and brief counseling when needed.

4. SafeHaven Teen Runaway Shelter (AA county-ages 12 to 17) 410-922-2100

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

6. Youth Suicide Prevention Hotline 1-800-SUICIDE (784-2433)

• Rape/Sexual Assault Services:

1. Sexual Trauma Treatment and Advocacy Recovery Center(STTAR) Hotline: 410-997-3292

9810 Patuxent Woods Drive, Suite C

Columbia, MD 21046

410-290-6432

FAX: 410-290-6604

Website: info@sttarcenter.org

Services provided: Provides crisis intervention for victims of sexual assault and child abuse. Services for victim's family and friends also available. A 24-hour hotline is available, staffed by counselors. Services include: escort or accompaniment to hospital; police and trial follow up; Information and Referral; support groups; speakers bureau; and individual, group and family psychotherapy for children and adult victims of sexual assault, abuse and related trauma. Licensed and trained psychotherapists available.

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.

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

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

Domestic Violence/Intimate Partner Violence Resources

1. Maryland Network Against Domestic Violence State Hotline: 1-800-MD-HELPS

Website: http://www.mnadv.org/

Link to IPV resources by Maryland County: http://www.mnadv.org/dv providers.html

2. Domestic Violence Center of Howard County, Inc. 410-997-2272 or 1-800-752-0191

Overlook Center

457 Twin Knolls Road

Suite 310

Columbia, MD 21045

Office: 410-997-0304 FAX: 410-997-1397

E-Mail: dvc@dvcenter.org Website: www.dvcenter.org

Services provided: crisis intervention for abused women and men, and their children. The Center also offers emergency and transitional shelter; support groups; individual counseling for women, children, and abusers; legal assistance; community education; 24-hour help line; and emergency services.

3. Baltimore City Providers: 410-889-7884 (Hotline)

House of Ruth: 410-889-0840
 House of Ruth Hotline: 410-828-6390
 TurnAround, Inc. 410-837-7000

4. Family and Children's Services of Central Maryland - Woodlawn Office 410-281-1334

5. The Care Clinic/Center for Families, University of MD, Baltimore 410-706-4869

520 W. Lombard, Gray Hall, 1st Floor

410-706-1703

Baltimore, MD 21201

Services provided: provides free child and family therapy to children and families affected by or sexual abuse or exposure to domestic violence. Provides clinical assessment, advocacy services and psychiatric services.

6. CHANA (Counseling Helpline and Aid Network for Abused Women) 800-991-0023

The Associated Helpline: 410-234-0023

101 W. Mt. Royal The Women's Dept.: 410-369-9248

Baltimore, MD 21201

Targeted Population: Jewish community but will help anyone in need **Services provided:** assistance and support for domestic violence victims

7. Asian/Pacific Islander Domestic Violence Resource Project 202-464-4477

P.O. Box 14268

Washington, DC 20044 Fax: 202 986 9332

Website: http://www.dvrp.org/

8. St. Michael's Outreach Center/Adelante (Hispanic/Latina-Baltimore City/County) 410-732-2176

• Enrichment Programs

1. Howard County Dept. of Recreation and Parks

410-313-4700

7120 Oakland Mills Road

Columbia, MD 21046

Program Registration 410-313-7275

FAX: 410-313-4660

Services provided: The Howard County Department of Recreation and Parks provides a high quality recreations and parks system that promotes opportunities for all Howard County residents to pursue safe and enjoyable leisure activities in balance with protection and conservation of natural resources.

2. Howard County Family YMCA

410-465-4334

4331 Montgomery Road Ellicott City, MD 21043 **FAX:** 410-750-9553

Website: www.ymcamd.org

Services provided: The Howard County YMCA provides recreational programs for children, adults and families. Programs include physical fitness, in door swimming pool, summer day camp, specialty camps and kinder camp. Call for information on additional programming and fees.

3. Columbia Association

410-715-3000

10221 Wincopin Circle Columbia, MD 21044

Services provided: private, non-profit community services corporation offering a wide range of cultural, recreational, community service programs and facilities. It owns and maintains over 2700 acres of open space including lakes, parks, tot lots and pathways.

Website: www.columbiaassociation.com

Mental Health:

1. Perinatal/Postpartum Depression Resources:

 Websites: www.healthynewmoms.org www.1800ppdmoms.org www.postpartum.net www.nimh.nih.gov

• 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

Link to support groups in Maryland:

http://www.infantandchildloss.org/index.php?module=pagemaster&PAGE_user_op=view_page&PAGE_id=44&MMN_position=39:7

• Hospice of Howard County

410-730-5072

5537 Twin Knolls Road, Suite 433

Columbia, MD 21045 **FAX:** 410-730-5284

Services provided: Licensed as a hospice by the State of MD and certified as a Medicare and Medicaid provider, Hospice provides services to the terminally ill and their families, as well as bereavement support services.

2. Local Agencies:

• 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

• Family and Children's Services of Central Maryland, Inc.

Columbia Office:

Wilde Lake Village Center

410-997-3557

10451 Twin Rivers Road Columbia. MD 21044

Laurel Office:

Whiskey Bottom Shopping Center, Suite I

301-498-7509

9105 All Saints Road Laurel, MD 20723-1773

Website: http://www.fcsmd.org/

Services provided: general counseling services including individual, couples and family counseling for all ages including some limited psychiatric evaluation for teens and adults; also Employee Assistance Program (EAP) provider; elder care services; Healthy Families Program – supportive program for first-time parents in Howard County including a home visiting component and they work in conjunction with Howard County General Hospital staff.

• Access Counseling Services of Columbia, LLC

410-995-5555

5560 Sterrett Place

Suite 201

Columbia, MD 21044

Website: http://www.accesscounselingservices.com

Services provided: group mental health practice offering psychotherapy and counseling services to children, adolescents, families, couples and adult individuals; also provides psycho-educational groups as well as psychotherapy groups.

• Psych Associates of Maryland, LLC and Eating Disorders Program: 410-290-6940 7130 Minstrel Way, Suite 212 Toll Free: 866-456 6940

Columbia, MD 21045

Other locations:

412 Malcolm Dr., Suite 200 22 Linwood Avenue, Suite B 120 Sister Pierre Dr.

Westminster, MD 21157 Bel Air, Maryland 21014 Suite 403

Toll Free: 877-456-6408 (410) 823-6408 x14 Towson, MD 21204

(410) 823-6408

Services provided: comprehensive outpatient mental health services including individual, couples, group therapy and ongoing medication evaluation and management.

Website: http://psychassociatesofmd.com/

• MSA: The Adolescent Center

443-259-0400 main 10015 Old Columbia Road, Suite D230 1-866-853-4397

Columbia, MD 21046 Fax: 443-259-0044

Website: www.mslutsky-associates.com

Services provided: provides intensive outpatient treatment to adolescents and their families, a partial hospital program and family-focused services. Also provides psychiatrist if necessary.

Jewish Family Services

E-Mail: jfs@jfs.org

410-730-4976, Ext. 25

Parkridge Plaza Building 8950 Route 108, Suite 115 Columbia, MD 21045 **FAX**: 410-730-9393

Website: www.jewishhowardcounty.org

Services provided: offers counseling for individuals and families. Our Parent Resource Center offers workshops and support groups to families with young children. Special services for older adults and their caregivers include elder care consultations, a caregivers support group and case management. Services are available on a non-sectarian basis.

• Sheppard Pratt at Howard County

410-381-5481, Ext. 114

A Program of Way Station

7101 Riverwood Drive Columbia, MD 21046 Fax: 410-381-1006

Website: www.sheppardpratt.org

Services provided: provides psychiatric rehabilitation programs for emotionally disabled adults. Assistance includes pre-vocational units, recreational, educational and therapeutic components. Classes offered include symptom management, self-esteem, anti-stigma groups, medication management, crisis management and peer support. Please call for hours of operation. Sheppard Pratt at Howard County operates an out patient mental health clinic which provides mental health services to adults and children.

• Humanim 410-381-7171

6355 Woodside Court Columbia, MD 21046

E-Mail: info@humanim.com Website: www.humanim.org

Services provided: provides vocational, residential, mental health, neuro-rehabilitation and developmental disabilities services to children, adults and older adults throughout Maryland. Mental health program offers support groups, individual therapy and family therapy. These are provided by licensed clinicians with specialized training in acquired brain injury, geriatrics, and substance abuse. Humanim also provides medication evaluation and management. Specialized neuropsychiatric evaluation is available. Accepts Medical Assistance, private pay and sliding scale.

• Baptist Family and Children's Services

410-872-1050

7175 Columbia Gateway Drive, Suite F

Columbia, MD 21046

E-Mail: baptistfamily@baptistfamily.org

Website: www.baptistfamily.org

Services provided: Provides a wide range of services including support services, case management, foster care training, and information and referral. Call for information.

• Columbia Counseling Center

410-992-9149

5525 Twin Knolls Road, Suite 327

Columbia, MD 21045

Services provided: outpatient therapy (individual, family and couples) for all age groups and medication evaluation and management.

Fees: private pay, most insurances accepted, sliding scale. No Medical Assistance (MA) accepted.

• Chase-Brexton Health Services, Inc. Columbia Center

410-884-7831

5500 Knoll North Drive, Suite 370

Columbia, MD 21045

Only open on Mondays and Wednesdays from 9 am - 5 pm

Website: http://www.chasebrexton.org

Services provided: mental health services including individual, couples, group and family therapy as well as psychiatric evaluations. Also includes addictions counseling and smoking cessation. Medical Assistance and Medicare accepted.

• Christian Counseling Associates, Inc.

410-995-5587

9650 Santiago Road Suite 101, Columbia, MD 21045

Services provided: counseling and therapy services to clients with a wide range of concerns. Offers parenting education, couple communication classes and anger management groups.

Website: http://users.erols.com/christiancounseling/cca.htm

• Columbia Baptist Fellowship

410-730-2026

5885 Robert Oliver Place Columbia, MD 21045

Services provided: Resources for family growth. Offers counseling on a sliding scale to individuals, couples and families. Offers groups on parenting, marriage, and personal growth issues.

• The Maryland Centers for Psychiatry, P.A.

Ellicott City Office: 410-461-3760

3454 Ellicott Center Drive. Suite #106

Ellicott City, MD 21043

Annapolis Office: 410-841-5063

2568A Riva Road, Suite #204

Annapolis, MD 21401

Services provided: group of professional mental health workers including social workers, psychologists and psychiatrists who provide comprehensive mental health and psychiatric care to children, adolescents, and adults. They specialize in attentions, anxiety, mood, developmental and substance abuse disorders, including psychological testing and evaluation, individual, family, group and psychiatric evaluation and management. NO INSURANCES ACCEPTED.

Website: http://www.marylandpsychcenters.com/services.php

• MAPS-MD: Mental Services for Medical Assistance Patients 1-800-888-1965

Website: http://www.maps-md.org

• Mental Illness Resources:

1. NAMI of Howard County (National Alliance on Mental Illness) 410-772-9300 8775 Cloudleap Court HELP LINE: 800-950- 6264

Suite 227

Columbia, MD 21045

Website: www.namihcmd.org

Services provided: NAMI is a grassroots, self-help, non-profit organization dedicated to improving the lives of individuals and families living with mental illness, through education, advocacy and support.

C.A.R.E.: peer based mutual support group for those living with mental illness who interact with the community daily. Alternating Tuesdays at the Wilde Lake Interfaith center, 10431 Twin Rivers Road, Columbia, MD. Call main number for details.

2. MD Coalition of Families for Children's Mental Health 410-730-8267

10632 Little Patuxent Pkwy, Suite 119 **Toll Free: 1.888.607.3637**

Columbia, MD 21044

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

3. The Mental Health Association of Maryland -- Howard County: 410-995-3323

700 W. 40th Street, Suite 460

Baltimore, MD 21211

410-235-1178 Toll Free: 800-572-MHAM (6426)

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
- Lower Shore (serves Somerset, Wicomico and Worcester Counties: 410-543-2057
- Montgomery County: 301-424-0656Prince George's County: 301-424-0656
- Talbot County (serves the Eastern Shore): 410-822-0444

• Washington County: 301-733-6555

4. DRADA (Depression & Related Affective Disorders Association) Support Groups

2330 W. Joppa Road, Suite 100 Lutherville, MD 21093-4605

410-583-2919 Toll Free: 888-288-1104

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/Support Groups

Output 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

Jewish Family Services

410-730-4976, Ext. 25

Parkridge Plaza Building 8950 Route 108, Suite 115 Columbia, MD 21045 FAX: 410-730-9393 E-Mail: jfs@jfs.org

Website: www.jewishhowardcounty.org

Services provided: offers counseling for individuals and families. Our Parent Resource Center offers workshops and support groups to families with young children. Special services for older adults and their caregivers include elder care consultations, a caregivers support group and case management. Services are available on a non-sectarian basis.

o The Family Tree/Parent Stress line:

1-800-243-7337

2108 N. Charles Street

Baltimore, MD 21218 Office: 410-889-2300

fax: 410-637-8387

Website: http://familytreemd.org/

Services provided: offers a range of programs providing structured support and home based education to parents and their children; advocacy and outreach services offered free-of-charge to thousands of families. Programs include Family Education and Support, Positive Parenting Program: 12-week skill-building program through the development and strengthening of their own skills. Parent Assistance in the Home (PATH): a home-based program parenting where a Family Support Advocates assesses a family's needs and services are provided in the home for 60 to 90 minutes weekly and offers short-term, intensive intervention for up to 12 weeks. Family Life Workshops and Groups: Workshops are currently offered in Anne Arundel, Baltimore, Howard and Prince George's counties and Baltimore City. Neighborhood Investment programs and Community Services programs. Included Parents Anonymous® Groups.

o Kinship Care Resources Center of Maryland

410-951-4177 1-866-951-4177 (Toll Free)

2553 West North Avenue Baltimore, MD 21216-3698

FAX: 410-225-3800

E-Mail: mhord@coppin.edu

Website: www.coppin.edu/kinshipcare/

Services provided: The Kinship Care Resource Center of Maryland is designed to provide services to both formal and informal kinship caregivers. The Resource Center services are voluntary and free of charge to caregivers.

o Parents As Teachers

410-313-1453

Office of Children's Services

3300 North Ridge Road

Suite 380

Ellicott City, MD 21043 **FAX:** 410-313-1430

E-Mail: parentasteachers@howardcountymd.gov

Services provide: The program provides parent education for families with young children 0-3 years of age. Home visits, resources, parent meetings, and developmental screening for children are some services that are available. Call for more information.

o Relatives as Parents (formerly Grandparents as Parents) 410-313-1431 or 410-719-8871

3300 North Ridge Road, Suite 380

Ellicott City, MD 21043 **FAX:** 410-313-1430 **TTY:** 410-313-6401

E-Mail: willinghan@msn.com

Services provided: Relatives as Parents was developed in response to needs identified by county relative caregivers who have stepped forward to raise children whose parents are unable or unwilling to accept responsibility. The program provides relative caregivers with the tools and resources they need to make quality choices for the children under their care.

Howard County Teen Parenting Program

410-313-7449

Howard County Public Schools

Wilde Lake High School

5460 Trumpeter Road, Columbia, MD 21044

Services provided: School-based program that offers: information, referral, support groups, and health education during the school day. Transportation and child care also provided.

Parent Resource Place

Jewish Federation of Howard County

410-730-4976

8950 Route 108, Suite 115

Columbia, MD 21045

Services provided: parents opportunities to meet and discuss parenting issues, make friends, and explore resources in the Jewish community. Many programs are offered.

o Mothering Seminars, Inc.

410-381-5195

7056 Winter Rose Path

Columbia, MD 21045

Services provided: conducts seminars for parents of infants, from newborns to age four months. Parents bring their babies to the meetings. Meetings are held once a week from 1-3PM.

Contact: Frances Thomas

o Baptist Family and Children's Services

410-872-1050

7175 Columbia Gateway Drive

Suite F

Columbia, MD 21046

Services provided: The Care Now Family Preservation Program provides information and referrals for financial assistance and other needs.

Website: http://www.baptistfamily.org/

o Young Widows and Widowers Support Group

410-740-5858

Services provided: a support and social group meets from 6:30 pm to 9 pm on the first Wednesday of the month.

o Cerebral Palsy Parent Support Group of Howard County

10210 MacGill Avenue, Columbia, MD 21044

Services provided: offers support groups, advocacy, and information and referral to parents of children with Cerebral Palsy and other developmental disabilities.

Contact: Susan Dotson at (410) 992-4599

• Separation / Divorce Resources:

1. National Family Resiliency Center, Inc. (Formerly Child of Separation and Divorce)

410-740-9553

10632 Little Patuxent Parkway 2000 Century Plaza Suite 121 Columbia, Maryland 21044

Satellite Office: NFRC Center, Rockville
932 Hungerford Drive, Suite 9-B Second Floor
Reclaville, MD, 20050

Rockville, MD. 20850

301-596-1677 fax

Services provided: individual, couple, family, parent, co-parent, pre-marital, marital, separation

and blended family counseling.

Website: www.divorceabc.com

2. Mediation and Conflict Resolution Center

410-772-4620

Howard Community College

10901 Little Patuxent Parkway Columbia MD 21044

Fax: 410-772-4660

Email: mcrc@howardcc.edu

3. Parents Without Partners Chapter 1351

Hotline: 410-381-2650

P.O. Box 6205

Baltimore Chapter: 410-494-3900

Columbia, MD 21045

Services provided: support groups for 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

4. Stepfamily Association, Howard County Chapter

410-381-2402

Stepfamily Association of America, Inc.

Services provided: offers support groups for stepparents.

Contact: Barbara Fowler

Website: http://www.saafamilies.org/

• Substance Abuse Treatment

1. Howard County's Access to Treatment Program Coordinator: 410-313-6200

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.

Website: http://www.ncaddmaryland.org/access.cfm

2. HC Drug Free 410-799-4879

PO Box 647

Columbia, MD 21045

E-Mail: hcdrugfree@yahoo.com Website: www.hcdrugfree.org

Services provided: HC Drug Free is a partnership of parents, educators, Howard County agencies and a variety of community members working to provide a community free of substance abuse for all children.

3. Howard County Health Department

410-313-6202

Bureau of Addictions

7178 Columbia Gateway Drive

Columbia, MD 21046 FAX: 410-313-6212

Services provided: provides outpatient addictions treatment services for substance-abusing clients and their families. Specialized services include adolescent program, women's treatment group, dually diagnosis, relapse prevention and acupuncture. Fee based on sliding scale. Walk-in screening and referral service provided at no cost Monday through Friday, 9 AM to 4 PM.

4. Serenity Center

410-884-6088

9650 Basket Ring Road Columbia, MD 21045 FAX: 410-884-6099

E-mail: TheSerenityCtr@aol.com

Website: www.serenitycenter.homestead.com

Services provided: The Serenity Center offers twelve step fellowship meetings for people suffering from various addictive behaviors. Educational programs include lectures on the aspects of addictive diseases, spiritual and psychological workshops and recovery oriented lectures and workshops.

5. Alcoholics Anonymous: 410-663-1922

Baltimore Website: www.baltimoreaa.org/

Maryland Website: http://www.marylandaa.org/ National Website: www.alcoholics-anonymous.org

6. The Freestate Region of Narcotics Anonymous: 1-800-317-3222

Maryland Website: http://www.freestatena.org/

National Website: http://www.na.org/

7. Baltimore Area Al-Anon/Alateen Information Service 410-832-7094

P.O. Box 28259

Baltimore, MD 21234

Website: www.alanon-maryland.org

Al-Anon/Alateen of Anne Arundel County 410-766-1984

8. 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/