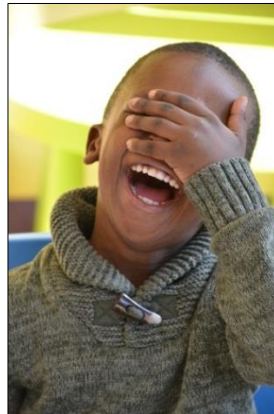


Spring 2018

The DC Collaborative for Mental Health in Pediatric Primary Care's Child & Adolescent Mental Health Resource Guide

The DC Collaborative for Mental Health in Pediatric Primary Care aims to improve the integration of mental health in pediatric primary care for children in the District of Columbia. We have a strong commitment to addressing the mental health needs of diverse children, from birth through 20, and their families, through culturally competent, family-focused initiatives. The Collaborative is a multidisciplinary group, comprised of the following lead organizations, and guided by a Community Advisory Board: Children's Law Center, Children's National Health System, DC Chapter of the American Academy of Pediatrics, DC Department of Behavioral Health, DC Department of Health, DC Department of Health Care Finance, and Georgetown University.

As part of our work, we have compiled the following **mental health resource guide for use by pediatric primary care providers in the Washington, DC area**. If you have updates, questions or comments, please contact Penelope Theodorou at pthodoro2@childrensnational.org or Erica Smith-Grasse at esmithgras@childrensnational.org.



FAMILY SUPPORT/ RESOURCES

This section includes resources for parents/families/caregivers, including support groups and parenting classes.

FAMILY SUPPORT/RESOURCES			
Organization	Services Provided	Ages Served	Insurance, Referral & Availability
<p>Alexandria Youth and Family Services</p> <p>Alexandria City Hall 301 King Street Alexandria, VA 22314</p> <p>P: 571-213-7963</p> <p>https://www.alexandriava.gov/dchs/childrenfamily/default.aspx?id=50518</p>	<ul style="list-style-type: none"> The Youth and Family Team provides individual, group and family therapy for children, youth and parents to improve functioning, communication and mental health well-being. Services are offered in a number of city schools as well as in our office. The team works with other city mental health teams and partner agencies and provides training and consultation to professionals who work with youth and families. 	<p>Unable to verify</p>	<ul style="list-style-type: none"> Insurance: Unable to verify Referral: Unable to verify Availability: Unable to verify
<p>Ascensions Psychological & Community Services</p> <p>1526 Howard Road SE WDC 20020 Anacostia - Green Line Bus: W2, W3, W6, W8, & 94 P: 202-889-4344</p> <p>http://www.2ascend.org/index.html</p>	<ul style="list-style-type: none"> Provides family therapy, individual therapy, parenting education/support/therapy groups; clinical evaluations to assess if other community services and referrals are needed (such as special education, rehabilitation, and/or medication); home structuring visits to assist with developing house rules, consequences and reward; parenting classes to teach alternatives to physical discipline, and school based interventions <p>Languages: English</p>	<p>Unable to verify.</p>	<ul style="list-style-type: none"> Insurance: Clients seen regardless of financial situation. Sliding scale fee available. Accept Aetna, AmeriHealth, APS, Blue Cross Blue Shield, Cigna, Healthright, Kaiser-Permanente, Magellan, Maryland Medicaid, MHN, Tricare, United Referral: No referral necessary. Availability: Immediately.
<p>Center for Adoption Support and Education (C.A.S.E)</p> <p>4404 Queensbury Road, Suite 230 Riverdale Park, MD 20737</p>	<ul style="list-style-type: none"> C.A.S.E. implements its core values through direct, specialized clinical services; parent and professional training and education; adoption advocacy at the community, national, and international levels; participating in groundbreaking adoption research; 		<ul style="list-style-type: none"> You may be eligible to receive C.A.S.E. services free of charge if you are in the process of adopting or have adopted through D.C. Child and Family

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Organization	Services Provided	Ages Served	Insurance, Referral & Availability
14, F4, 86, 83, 17 Prince George's Plaza- green line 4848 Battery Lane, Suite 202 Bethesda, MD 20814 Bus: 34, 70, J2, J3 Medical center- red line P: 301.476.8525 http://adoptionsupport.org/	fundraising; and the development and production of print and electronic resources to aid adopted children, families, and the professionals who support them.		Services, Montgomery County Child Welfare Services, Prince George's County DSS or other local jurisdictions. Otherwise fee for service and then the families submit their bill to their insurance company
CentroNia 1420 Columbia Road NW WDC 20009 Columbia Heights – Green/Yellow Lines Bus: H1, H2, H3, H4, H8, 52, 53, 54 P: 202-332-4200 https://centronia.org/family-center/	<ul style="list-style-type: none"> The Family Center offers ongoing educational opportunities to adults and the community through workshops, counseling and classes on topics such as parent leadership, crisis intervention, child abuse prevention, child safety, child development and employment readiness. Languages: English, Spanish.	Parents and Caregivers	<ul style="list-style-type: none"> Unable to verify.
College Park Youth and Family Services 4912 Nantucket Rd. College Park, MD 20740 Bus: 83, G2, C12 301-474-1210	<ul style="list-style-type: none"> Offers Individual and family counseling; child-centered play therapy, group counseling for children; substance abuse assessment and referral; suicide prevention and crisis intervention 	1-100	<ul style="list-style-type: none"> No insurance accepted. Sliding scale (\$2-\$40) for services 1-2 month wait
Confident Parenting Class-- Healthy Babies Project, Inc. 4501 Grant Street NE	<ul style="list-style-type: none"> Free classes held twice a year. Program runs every Wed from 5-7pm; if mother is 12-22yo then she would also qualify for case management. Skill-building program for parents of African-American children that equips 	Only for parents ages 13-21	<ul style="list-style-type: none"> All services are free. Referral: Either walk-in or provider/agency referral. PCP

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<p>WDC 20019 Minnesota Ave (blue/orange) V2, V4, X9</p> <p>P: 202-396-2809 https://www.healthybabiesproject.org/</p>	<p>participants with tools to parent their children responsibly. Country's first evidence-based, culturally-adapted parenting program that teaches parents to think before reacting, to build the parent/child relationship by spending quality time together, develop communication, and consider the age, maturity, and environment of the children before implementing discipline.</p> <ul style="list-style-type: none"> "Teen Parent Empowerment Program provides comprehensive health, education, and support services to young adults ages 13-21, promoting primary health care, abstinence choices, family planning, pregnancy prevention services, HIV/STD testing, health education, counseling, case management, referrals and academic support, and college preparation. Chicago Parent curriculum as a core component of program. Home Visiting Program/Family Support Program provides home visits to pregnant and postpartum women by a nurse or social worker that facilitates access to healthcare, health education and practical support" <p>Languages: English</p>		<p>can call agency directly.</p> <ul style="list-style-type: none"> Availability: Currently no waiting list.
<p>East River Family Strengthening Collaborative</p> <p>3917 Minnesota Avenue NE WDC 20019 Minnesota Ave – Orange Line Bus: U2, U4, U5, U6, V7, V8, X1, X2, X3, X9</p> <p>P: 202-397-7300, ext.226 http://www.erfsc.org/index.html</p>	<ul style="list-style-type: none"> Services include: case management, crisis intervention, and life skills/workforce development, parenting empowerment, adolescent services, housing assistance, fatherhood support, youth activities, financial education classes, community engagement, capacity building and technical assistance. <p>Languages: If translator is needed, they can provide.</p>	Parents and Caregivers	<ul style="list-style-type: none"> Insurance: All services are free

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Organization	Services Provided	Ages Served	Insurance, Referral & Availability
<p>Edgewood/Brookland Family Support Collaborative</p> <p>200 K Street NW Ste. 1 & 3 WDC 20001 Bus: 80</p> <p>P: 202-832-9400</p> <p>611 Edgewood Street NE Suite 106 WDC 20017 Bus: 84,86,G8 Rhode Island – Red Line</p> <p>P: 202-832-9400 http://www.ebfsc.org/</p>	<ul style="list-style-type: none"> Parenting Support Services provide parents with information, peer support and skill-building through parenting education seminars, workshops and support programs. The Fatherhood Education Empowerment and Development (FEED) Program is designed to support fathers' involvement in the lives of their children. FEED offers a 12-week Quenching the Father's Thirst training program for fathers interested in forming closer and more meaningful connections with their children. <p>Languages: Unable to verify.</p>	Parents and Caregivers	<ul style="list-style-type: none"> All services are free to families.
<p>Family Place</p> <p>3309 16th Street NW WDC 20010 Columbia Heights – Yellow and Green Lines Bus: S1, S2, S4, 52, 53, 54, H8</p> <p>P: 202-265-0149. http://www.thefamilyplacedc.org</p>	<ul style="list-style-type: none"> 8-12 week Parenting class program offered in conjunction with Children's Hospital Community Health Center at Adam's Morgan clinic. Class covers topics such as: Parenting styles; Preparing our children for success/ Cultural values; Identifying and changing behaviors; Child development/ Teaching responsibility; Acculturation/ Risk and protective factors for violent behaviors. Home Instruction for Parents of Preschool Youngsters (HIPPY) program is a 30 week home visit program for parents with children ages 3 to 5. The program follows a 30 week curriculum with weekly educational material and activities provided by home visitors to parents to teach their children. Prenatal and infant classes offered in conjunction with Children's Hospital Community Health Center at Adam's 	Parents and pregnant women for prenatal class	<ul style="list-style-type: none"> No cost for classes and no referral required. No Referral needed Parenting class at meets every Wednesday from 10-11:30 AM for 11 weeks and is starting its fall session. Look on Facebook for class announcements, call main number or email agallegos@thefamilyplace.org with interest. Prenatal/Infant class is offered every Wednesday from 12:30-2pm for 10 weeks and runs throughout

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Organization	Services Provided	Ages Served	Insurance, Referral & Availability
	<p>Morgan clinic. Prenatal class covers topics such as: what to expect in each trimester; embryotic development; breastfeeding; nutrition; what to expect when giving birth and different forms of delivery; and post-partum depression. Infant class covers healthy eating habits; the importance of play and safety measures; information on hygiene, etc.</p> <p>Language: Classes only offered in Spanish</p>		<p>the year</p>
<p>Family Place - Home Instruction for Parents of Preschool Youngsters (HIPPY)</p> <p>3309 16th Street NW WDC 20010 Columbia Heights – Yellow and Green Lines Bus: S1, S2, S4, 52, 53, 54, H8</p> <p>P: 202-265-0149. http://www.thefamilyplacedc.org</p>	<ul style="list-style-type: none"> Home Instruction for Parents of Preschool Youngsters (HIPPY) program is a 30 week home visit program for parents with children ages 3 to 5. The program follows a 30 week curriculum with weekly educational material and activities provided by home visitors to parents to teach their children Languages: English and Spanish. 	<p>3-5 years and their parents</p>	<ul style="list-style-type: none"> All services are free. Referral: No referral necessary. Availability: Call to determine if wait list.
<p>FAPAC (Foster and Adoptive Parent Advocacy Center)</p> <p>6200 2nd Street NW WDC 20012 Bus: 62, 63</p> <p>P: 202-269-9441 www.dcfapac.org</p>	<ul style="list-style-type: none"> FAPAC provides comprehensive support to help families get services for children in their homes. They provide monthly peer support groups, intensive trainings for foster parents who are parenting children who have been neglected/abuse, develop advocacy skills among families, coordinate family participation in policy initiatives, provide a Mobil Stabilization Service, and builds partnership and collaboration between foster parents and social workers, and foster parents and birth parents, and among agencies to improve outcomes. 	<p>Foster and birth parents</p>	<ul style="list-style-type: none"> Trainings are free. Refundable deposits may be required for child care. There are some age restrictions such as new infants. No formal referrals needed. Accept self-referrals from parents. There is no waiting list for support services. Trainings

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Organization	Services Provided	Ages Served	Insurance, Referral & Availability
<p>Far Southeast Family Strengthening Collaborative</p> <p>2041 Martin Luther King Jr. Ave SE #304 WDC 20020 Anacostia – Green Line Bus: 90, 93, A42, A46, a48, B2, P6, U2</p> <p>P: 202-889-1425 http://www.fsfsc.org/</p>	<p>Languages: Spanish</p> <ul style="list-style-type: none"> Men and Boys Program provides a variety of services to promote healthier functioning among African American Men and Boys. Services include Parent skills training; Life skills training; Fatherhood training; Supportive case management. <p>Languages: Spanish interpreter.</p>	<ul style="list-style-type: none"> Fathers who live in DC Fathers with children that live within a 20 mile radius of DC Fathers who have children under the age of 18 Non-custodial fathers 	<p>require registration and often fill fast.</p> <ul style="list-style-type: none"> Classes are free of charge.
<p>Fresh Start Therapy</p> <p>1140 3rd St NE Washington, DC 20002 Bus: 220, 240, 260, D4 Metro: NoMa Gallaudet U New York Ave- red</p> <p>855-325-3909 https://www.afreshstarttherapy.com/</p>	<ul style="list-style-type: none"> Services include cognitive behavioral therapy, mindfulness-based cognitive behavioral therapy, motivational and life coaching, play therapy, and trauma therapy. Behavioral therapy for children includes mental health diagnosis, individualized MH therapy, anger management, ADHD, management of going through a divorce, school problems, and changing family dynamics. The young adult program offers therapy for college stress, finding a job, starting a business, and depression <p>Language: English</p>	<p>5-100</p>	<ul style="list-style-type: none"> Insurance: AmeriHealth, Aetna, Blue Cross Blue Shield, Amerigroup. See website for full fee schedule for out-of-pocket services. Referrals: Request an apt online (https://astart.mytherabook.com/appointments/new) or call 855-325-3909 to schedule or refer over the phone. Availability: 7-10 day waitlist. After intake appointment, evening and Saturday hours can be arranged.

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Organization	Services Provided	Ages Served	Insurance, Referral & Availability
<p>Georgia Avenue Family Support Collaborative</p> <p>4420 Georgia Avenue NW WDC 20011 Georgia Ave/Petworth Bus: 62, 63, 70</p> <p>P: 202-722-1815 ext. 218 http://gafsc-dc.org/</p>	<ul style="list-style-type: none"> • Provide parenting classes and support. Classes are for 6 weeks, held continuously throughout the year and meet in the evenings. • The Fatherhood Empowerment and Educational Development (FEED) Program is designed to support fathers' involvement in the lives of their children and includes parenting classes for DC fathers with children under 18. <p>Languages: English only.</p>	Parents; any father in DC.	<ul style="list-style-type: none"> ▪ Classes are free of charge.
<p>Healthy New Moms: Maryland's Maternal Mental Health Campaign</p> <p>P: 443- 901- 1550, ext 215: Kari Gorkos, Director of Youth & Family Programs</p> <p>https://healthynewmoms.org/</p>	<ul style="list-style-type: none"> • Comprehensive and current regional directory of support groups, resources, local organizations, and other clinical resources pertaining to perinatal mental health in MARYLAND. <p>Languages: English</p>	Families	<ul style="list-style-type: none"> • Insurance: Free • Referral: No Referral Needed • Availability: 24/7
<p>Help Me Grow</p> <p>1-800-666-2229</p>	<ul style="list-style-type: none"> • Help Me Grow DC is care coordination for children (ages 0-5) and pregnant women in DC. Help me grow DC connects families to the developmental and behavioral resources needed to give all children their best start. Referrals include Developmental Screening; General Development; Speech/Language; Behavioral concerns; Family issues; Basic needs; Communication; Parenting Education; and Health/Medical. 	0-5	<ul style="list-style-type: none"> ▪ Free for DC Residents ▪ Call 1-800-666-2229 care coordinator will connect family to services
<p>Hillcrest Children and Family Center</p> <p>915 Rhode Island Avenue NW WDC 20001 Shaw – Green/Yellow Lines Bus: G8, 70, 79, 63, 64</p>	<ul style="list-style-type: none"> • Parenting Education: Individuals and groups learn and practice skills essential to successful child rearing and healthy family relationships. <p>Languages: Unable to verify.</p>	Parents and Caregivers	<ul style="list-style-type: none"> ▪ Insurance required.

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Organization	Services Provided	Ages Served	Insurance, Referral & Availability
P: 202-232-6100 http://www.hillcrest-dc.org/			
Little Blue House 524 Irving Street NW WDC 20010 Bus: H1, H2, H3, H4 P: Contact Malca Gottlieb, Licensed Social Worker at 202-304-3661 http://www.littlebluehouse.org/	<ul style="list-style-type: none"> Provides parent social services support program and parent education program. Social services support involves working with parent(s) to identify issues which often include housing, legal issues or child-specific issue, and connecting with referrals and supporting family through process. Parent education program involves goal-directed therapeutic based process groups. Languages: Spanish	Parents	<ul style="list-style-type: none"> All services are free and available immediately after initial interview. To determine whether a parent is a good fit for a program, parent should contact Malca at 202-304-3661 to conduct brief interview.
Male Caregivers Advocacy Support Group (HSCSN) 2124 Martin Luther King Jr. Ave SE WDC 20020 Anacostia – Green Line Bus: 90, 93, A42, A46, a48, B2, P6, U2 P: 202-580-6485	<ul style="list-style-type: none"> Support group for male caregivers of children with special needs facilitated by HSCSN. Do not need to be HSCSN member. Languages: English only.	Male caregiver of child w/ special needs	<ul style="list-style-type: none"> Support group is free of charge and available to any male caregiver of a child with special needs. Do not need to be HSCSN member. Meet every Wednesday from 6-9pm at MLK Jr location. Child care and dinner provided; transportation available for HSCSN members.
Momease 110 Irving St. NW WDC 20010 Bus: 80, D8, H1, H2, H3, H4	<ul style="list-style-type: none"> Classes for expectant parents, new parents and their families including CPR, baby care basics, breastfeeding, introducing pets to babies, and infant massage. Languages: English	Child-bearing age women	Sliding scales (\$10/class) for almost all the classes they are offering. Register and pay online for classes.

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Organization	Services Provided	Ages Served	Insurance, Referral & Availability
P: 703-739-2832 http://momease.com/			
Parent Advocate Leaders Group (HSCSN) DC Dept. of Park and Recreation Therapeutic Recreation 3030 G Street SE WDC 20019 Bus: U2, V7, V9 P: 202-580-6485	<ul style="list-style-type: none"> Support group for parents/caregivers of children with special needs. Do not need to be HSCSN member. Provides forum for support, advocacy and education. Languages: Spanish interpreter at all meetings.	Parents and caregivers of children with special needs.	<ul style="list-style-type: none"> Support group is free of charge. Do not need to be HSCSN member. Meet 3rd Saturday of every month; 10am-3pm. Parent discussion and breakfast in AM; lunch and presentation in PM. Child care and breakfast and lunch provided; transportation available for HSCSN members. Contact Jackie at (202)-495-7637 about dates and to RSVP.
Pathfinders for Autism http://www.pathfindersforautism.org/providers 443.330.5341	The Pathfinders for Autism Resource Center is the cornerstone of our efforts to serve Maryland's families by: providing timely, accurate autism-specific information and resources; responding personally to inquiries via telephone, email and Facebook; and distributing monthly "Parent Tips" articles on a variety of topics. The Pathfinders for Autism Resource Center helps families navigate the often confusing and complex array of services, treatment, and programs available to them. Our staff receives calls from parents who have just received a diagnosis; caregivers of adults with autism in need of support services; individuals with autism who are seeking services for themselves; and professionals working with clients with autism.	<ul style="list-style-type: none"> 0-21 	<ul style="list-style-type: none"> Insurance depends on the provider. Resource Center open M-F 9am-3pm for phone calls

FAMILY SUPPORT/RESOURCES

Organization	Services Provided	Ages Served	Insurance, Referral & Availability
<p>PCC Stride (Psychiatric Center Chartered)</p> <p>3001 Bladensburg Rd., Ste. 100 NE Washington, DC 20018 Bus: H6, B2, B8, B9</p> <p>202-842-2016</p> <p>https://pccstride.org/mental-health/</p>	<ul style="list-style-type: none"> Adult CSA offers psychiatry, community support workers, and individual therapy 	18+	<ul style="list-style-type: none"> Insurance: DC Medicaid and MCOs. Referral: Schedule intake through Access Helpline: 1-888-793-4357 Availability: Intake appointments available within 1 week. Psychiatry is 2-3 weeks after intake.
<p>PSI</p> <p>701 L Street, door #5 SE Washington, DC 20003 Bus: P6, V1, V4, 90, 92, 315, 735, 850, 32, 34, 36, 30N, 30S Green Line-Navy Yard and Orange/Blue/Silver Line-Eastern Market</p> <p>P: 202-547-3870</p> <p>http://www.psiservicesinc.net/pages/ChildServices/ede.html</p>	<ul style="list-style-type: none"> Psychiatric therapy, community support, and individualized therapy. Adult day program and on-site pharmacy. Parenting Skills Training Group and individual 24-hour parenting classes to develop parenting skills and attitudes and prevent child abuse or neglect. Classes meet at PSI or in the home. Classes are offered for a fixed fee, and are open to all interested parents. <p>Languages: English</p>	5+	<ul style="list-style-type: none"> Insurance: AmeriHealth, HSCSN, Trusted, Amerigroup, FFS Medicaid Call Access HelpLine at 1-888-793-4357 Availability: Therapy and psychiatry services start within 7 days of intake. Families connected immediately with community support workers. Few clinicians are available for in-home services if family unable to get to clinic.
<p>RIMS Center for Enrichment and Development</p> <p>95 Office Park, 1895 Brightseat Road Landover, MD 20785</p>	<ul style="list-style-type: none"> RIMS Center for Enrichment & Development, LLC provides individualized clinical treatment and rehabilitation to children, adults, and families. Comprised of comprehensive Outpatient Mental Health Clinic (OMHC), Psychiatric Rehabilitation Program (PRP), 	All ages	<ul style="list-style-type: none"> Insurance: MD Medicaid and self-pay Referral: Unable to verify

FAMILY SUPPORT/RESOURCES

Organization	Services Provided	Ages Served	Insurance, Referral & Availability
P: (301) 773-8201 https://www.rimsenrichmentcenter.com/	a Therapeutic Afterschool Program (TASP), and support groups for parents, women, and teens. Language: English		<ul style="list-style-type: none"> ▪ Availability: Unable to verify
Smile Therapy 1629 K Street NW Suite 300 Washington, DC 20006 Bus: 715, 725, 810, 820, 830, 840 Metro: Farragut North (Red) Farragut West (Blue, silver, orange) 650 I St NE Washington, DC 20003 Bus: V1, V4, 90, 92, PS P: 240-324-6524 http://www.smiletherapyservices.com	<ul style="list-style-type: none"> • Works with a wide range of emotional and behavioral issues providing services that span from behavior modification therapy, trauma informed care to parenting support, couples counseling and beyond. In a comfortable and supportive atmosphere, Offers a highly personalized approach tailored to each of my clients individual needs to help attain the personal growth they're striving for. Provide therapy services in the office, home and community. We aim to eliminate all barriers to receiving services. Language: English	4+	<ul style="list-style-type: none"> ▪ Insurance: AmeriHealth, Trusted, Maryland Medicaid, Care First Blue Cross Blue Shield (PPO network), Cigna, Amerigroup ▪ Referrals: Referrals can be made online at: http://www.smiletherapyservice.com/MakeAReferralforTherapy.en.html or call: (240)324-6524 ▪ Availability: 1 week
Text4baby – Free service of nonprofit National Healthy Mothers, Healthy Babies Coalition (HMHB) https://www.text4baby.org/	<ul style="list-style-type: none"> • Text4baby is mobile information service designed to promote maternal and child health through text messaging. • Women who text BABY (or BEBE for Spanish) to 511411 receive three free text messages a week, timed to their due date or their baby's birth date, through pregnancy and up until the baby's first birthday. The messages address topics such as labor signs and symptoms, prenatal care, urgent alerts, developmental milestones, immunizations, nutrition, birth defect prevention, safe sleep, safety, and more. 	Parents and Caregivers	<ul style="list-style-type: none"> ▪ Free.

FAMILY SUPPORT/RESOURCES

Organization	Services Provided	Ages Served	Insurance, Referral & Availability
<p>The Breastfeeding Center of Greater Washington</p> <p>1020 19th St, Suite 150 Washington, DC 20036</p> <p>P: 202-293-5182</p> <p>http://breastfeedingcenter.org/services</p>	<p>Languages: Spanish.</p> <p>We also offer a variety of classes on topics including breastfeeding, childbirth, infant sleep, baby care, nutrition and much more. Sometimes what you need is one-on-one support. For that, we offer prenatal, lactation, and follow-up consultations with experienced IBCLCs that can take place in office, in home or over skype. Phone consultations are also available.</p>	<p>Childbearing age</p>	<ul style="list-style-type: none"> ▪ Insurance: Most Aetna and United plans accepted. Reserved spots in paid classes for moms on Medicaid or WIC to take for free. Few spots in each of our classes (including childbirth, excluding Lamaze). Also offers Medicaid moms 1 free lactation consultation. ▪ Fill out online referral form to schedule appointment
<p>THEARC</p> <p>1901 Mississippi Avenue SE WDC 20020</p> <p>Southern Ave – Green Line Bus: 30S, 32, W1, W2, W3</p> <p>P: 202-436-3076 (ask for Ellen Wiggins)</p>	<ul style="list-style-type: none"> • 6-week parenting class offered for free at THEARC for families who are primary care patients at Children’s National (any site). Run class series every 8 weeks. <p>Languages: English.</p>	<p>Parents and caregivers</p>	<ul style="list-style-type: none"> ▪ Free to any family who is a primary care patient at Children’s National ▪ For more info about schedule, contact Ellen Wiggins at 202-436-3076
<p>Total Family Care Coalition</p> <p>1214 I Street SE Suite 11 WDC 20003</p> <p>Potomac Ave – Orange/Blue Lines Bus: 32, 34, 36, V7, V9</p> <p>P: (202) 747-8878</p>	<ul style="list-style-type: none"> • Provides Transition to Independence Process (TIP). Women’s support group, fatherhood initiative workshop, Art Program (5-24 years), after-school program (8-13 years), teen outreach (14-20 years). Certified Family Peer Specialists paired with families to help navigate referrals and provide emotional support through home-visits and case management. • Parent support workers and child peer mentors available 	<p>5-29</p>	<ul style="list-style-type: none"> ▪ Insurance: DC FFS Medicaid, Amerigroup ▪ Referral: Call Access HelpLine at 1-888-793-4357. ▪ Availability: Call Access HelpLine or contact the director, Ms Gail

FAMILY SUPPORT/RESOURCES

Organization	Services Provided	Ages Served	Insurance, Referral & Availability
http://www.totalfamilycarecoalition.org/programs.html	Languages: English		Avent at 202-758-3281 or TotalFamilyCareCoalition@gmail.com .
Virginia Community Service Boards http://www.vacsb.org/directory.html	<ul style="list-style-type: none"> Each city or county in Virginia has a Community Service Board (CSB) that delivers community-based mental health, developmental, and substance abuse services to individuals with mental health or substance use disorders, intellectual disability, or co-occurring disorders. 		<ul style="list-style-type: none"> CSBs are single point of entry to VA's public mental health system. Contact individual CSB for more information. Directory of CSBs available at: http://www.vacsb.org/directory.html
Volunteers of America Chesapeake 508 Kennedy St NW Washington, DC 20011 Bus: 62, 63, E4 Fort Totten- Red/Yellow/Green lines P: 202-223-9630 https://www.voachesapeake.org/behavioral-health	<ul style="list-style-type: none"> Bilingual psychiatry, therapy, housing and employment support, community support workers can assist with transportation and immigration questions Language: English and Spanish	18+	<ul style="list-style-type: none"> Insurance: DC Medicaid and all MCOs Referral: Call Access Helpline 1-888-493-4357 Availability: Few months wait for intake.