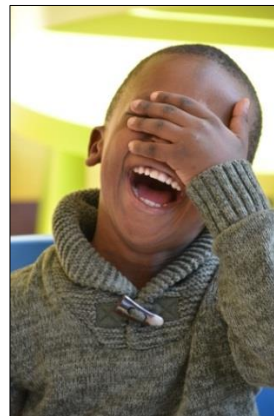


Spring 2018

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.



PERINATAL MENTAL HEALTH

This section contains resources for treating mothers who may be experiencing postpartum depression or anxiety, or be in need of other supports during pregnancy or the postpartum period.

PERINATAL MENTAL HEALTH			
Outpatient Treatment Programs (e.g., assessment, therapy, medication management)			
Organization	Services Provided	Ages Served	Insurance, Referral & Availability
<p>Akoma Counseling Concepts</p> <p>1325 G St. NW, Suite 500 WDC 20005 Metro Center- Red Bus: F4, 70,17 P: (202) 905-2725</p> <p>www.Akomacounselingconcepts.com</p>	<ul style="list-style-type: none"> Services include individual counseling, group counseling, perinatal mental health counseling and consults. In home counseling services for high risk pregnancy clients are offered. <p>Languages: English</p>	Ages 6-65	<ul style="list-style-type: none"> Insurance: Cigna, CareFirst BCBS, AmeriHealth, Magellan. Referral: No Referral Necessary. Availability: Accepting New Patients.
<p>George Washington University Medical Center, Department of Psychiatry & Behavioral Sciences - The Five Trimesters Clinic</p> <p>Medical Faculty Associates Building 2120 L Street NW 6th Floor WDC 20037 Foggy Bottom/GWU – Orange and Blue Bus: D1, D3, D5, D6, H1, L1, N3, 38B</p> <p>P: 202-741-2888 and specify that you want to be seen in the 5 Trimesters Clinic.</p> <p>http://www.gwdocs.com/psychiatry/women's-mental-health</p>	<ul style="list-style-type: none"> Help women assess need for treatment before, during or after pregnancy for mood or anxiety disorder. Each woman meets once or twice with a psychiatrist-in-training; partners may be included. Each case is reviewed by senior psychiatrists specializing in perinatal mental health. Services include: outpatient evaluation and screening; short-term individual therapy and medication management; couples and family therapy; access to community resources. <p>Languages: English</p>	Child-bearing age women	<ul style="list-style-type: none"> Insurance: Women on Medicaid whose child is a Children’s National Health System patient and/or delivered at George Washington get services for free. \$75 for initial assessment; between \$300-375 for 1 hour for follow-up. If finance is an issue, call anyways. Referral: Asks that patient tells intake coordinator the referring physician to ensure appropriate referral. Availability: 1 week - 1 month; depends on the specialist

PERINATAL MENTAL HEALTH

Outpatient Treatment Programs (e.g., assessment, therapy, medication management)

Organization	Services Provided	Ages Served	Insurance, Referral & Availability
<p>Lynne McIntyre, Tele-Maternal Mental Health Practice</p> <p>E: lynne@lynnemcintyre.com</p> <p>P: +1-202-744-3639</p> <p>http://www.lynnemcintyre.com/</p>	<ul style="list-style-type: none"> Lynn is a mental health professional, trained and licensed in the United States and living in Barcelona. She has a HIPPA-compliant website and is able to provide psychotherapy remotely to mothers based in the US. <p>Languages: English, Spanish, Catalan, French</p>	<p>Child-bearing age women</p>	<ul style="list-style-type: none"> Insurance: \$60 per session Referral: Email or call Lynne at lynne@lynnemcintyre.com or +1-202-744-3639 Availability: Call for availability.
<p>Mamatoto Village</p> <p>311 47th Street, NE WDC 20019 Bus: U5, U8, 96, 97, W4 Benning Road- Blue/Silver</p> <p>P: 202-248-3434</p> <p>www.mamatotovillage.org</p>	<ul style="list-style-type: none"> Provides expectant and new mothers with expansive ancillary and wraparound services during the perinatal period. These services are only available for pregnant women and up to 3 months postpartum. Labor Support; Postpartum Support (Day or Night); Lactation Consultations; Mama Mingles (group for breastfeeding, pregnant and new mothers); Education (breastfeeding, parenting, nutrition, fitness, single motherhood); care coordination and in-home visits <p>Languages: English</p>	<p>Child-bearing age women</p>	<ul style="list-style-type: none"> Insurance: AmeriHealth, Amerigroup, and Trusted Medicaid. There are some pro-bono spots every year if insurance is a barrier to care. Referral: Providers can refer through the online platform or call the office for emergency appointments (202-248-2877). Once a referral is made, the organization will follow-up directly with the patient within the first 24-48hrs and can get them linked to services within a week. They also provide feedback to the referring provider. Availability: Accepting New Patients
<p>Mary's Center, Mental Health Department, Maternal Mental Health</p>	<ul style="list-style-type: none"> Perinatal mental health therapist Support/education/therapy groups for pregnant and 	<p>Child-bearing age women</p>	<ul style="list-style-type: none"> Insurance overview: Aetna, AmeriHealth, Beacon

PERINATAL MENTAL HEALTH

Outpatient Treatment Programs (e.g., assessment, therapy, medication management)

Organization	Services Provided	Ages Served	Insurance, Referral & Availability
<p>Program</p> <p>2333 Ontario Road NW WDC 20010 Bus: 90, 93, 96, X3, S1, S2, S4, S9</p> <p>3912 Georgia Avenue NW Washington, DC 20011 Georgia Ave/Petworth – Green/Yellow Bus: 60, 62, 63, 64, 70, 79, H8</p> <p>P: 202-545-2061: Morgan Gross, Manager, Maternal Mental Health Program</p> <p>P: 202-420-7122: Cindy Flores/Jeanette Delgado, MH Program Assistant/front desk staff for scheduling</p> <p>http://www.maryscenter.org/mental-health</p>	<p>postpartum women. Languages: English/Spanish</p>		<p>(Behavioral Health), Amerigroup, CareFirst, DC FFS Medicaid, HSCSN, Trusted, Unison (Alliance, Medicaid), United Health Care (Optimum Choice and Mamsi), MD Medicaid, Uninsured DC residents.</p> <ul style="list-style-type: none"> • Referral: No referral necessary. Call Cindy Flores/Jeanette Delgado, MH Program Assistant/front desk staff • Availability: Accepting new patients.
<p>MedStar Georgetown University Hospital-Perinatal Mental Health Clinic</p> <p>2115 Wisconsin Avenue Suite 200 WDC 20007 Bus: 30N, 30S, 31, 33</p> <p>P: 202-944-5400 for appointments</p> <p>Director: Aimee Danielson, PhD. Psychiatrist: Nicole Perras, MD</p>	<ul style="list-style-type: none"> • Offers outpatient evaluation and treatment of psychiatric disorders and adjustment problems experienced by women who are transitioning into motherhood. Provide diagnostic evaluations and multidisciplinary treatment for women experiencing mood and anxiety disorders during pregnancy and postpartum, infertility-related distress, pregnancy loss, and difficulty with the transition to motherhood. • In cases where psychiatric medication is necessary, psychiatrists with expertise in use of medication in pregnant and lactating women are available. 	<p>Child-bearing age women</p>	<ul style="list-style-type: none"> • Insurance: Most major private insurance and DC Medicaid (America health FFS) • Referral: No referral necessary. Call to schedule. • Availability: Accepting new patients.

PERINATAL MENTAL HEALTH

Outpatient Treatment Programs (e.g., assessment, therapy, medication management)

Organization	Services Provided	Ages Served	Insurance, Referral & Availability
<p>Providers should call 202-944-5400 with questions.</p> <p>http://www.medstargeorgetown.org/our-services/psychiatry/treatments/womens-mental-health</p>	<ul style="list-style-type: none"> • Reproductive psychiatrists on staff, as well as residents in training, and part-time therapists who specialize in perinatal mental health. • Services are generally time-limited for 1 year postpartum (may be longer dependent on when woman is diagnosed) <p>Languages: English/Spanish</p>		
<p>MedStar Washington Hospital Center-Women’s Mental Health Clinic</p> <p>110 Irving St NW Room 5 in the OB clinic on the ground floor WDC 20010 Bus: 80, D8, H1, H2, H3, H4</p> <p>Clinic hours are 8:30-5, Mondays, Tuesdays, and Wednesdays</p> <p>P: Health care providers- 292-877-6321 P: Patient- 202-877-6333</p>	<ul style="list-style-type: none"> • Dr. Nicole Perras is a psychiatrist who specializes in maternal mental health. Clinic hours are Tuesdays 8am-3:30pm. • Services include psychiatric evaluations, medication management, consultations for psychiatric medications in pregnancy, short-term therapy, grief and loss counseling, and fertility support. • Ruthie Arbit is a mental health clinician offering screening, short-term therapy, long-term therapy, referrals, and support groups. <p>Languages: English, Spanish.</p>	<p>Child-bearing age women</p>	<ul style="list-style-type: none"> • Insurance: DC Medicaid, most major insurance plans. • Referral: Women must be receiving services at WHC and/or delivered at WHC to qualify for services. Providers should call Thalia Nash at 202-877-6321 to refer a patient, or have the patient call 202-877-6333 to make an appointment. • Availability: Accepting new patients.
<p>Ruthie Arbit Counseling</p> <p>5225 Connecticut Avenue, Suite 705 Washington, DC 20015 Bus: D31, D33, D34 P:240-863-2618</p> <p>http://arbitcounseling.weebly.com/</p>	<ul style="list-style-type: none"> • Maternal and Pediatric Psychotherapy. Ruthie has certification in CBT and DIR/Floortime model and uses a blended behavioral and emotionally-focused approach. <p>Language: English, Spanish, Hebrew</p>	<p>0-10, & adults</p>	<ul style="list-style-type: none"> • Insurance: No insurance accepted. \$150-\$190/Session. Sliding Scale available and limited number of home visits available. • Referral: Call to schedule • Availability: No waitlist

PERINATAL MENTAL HEALTH

Outpatient Treatment Programs (e.g., assessment, therapy, medication management)

Organization	Services Provided	Ages Served	Insurance, Referral & Availability
<p>SPRING Project</p> <p>Multiple locations in NW Washington, MD, & VA Metro and bus accessible: Red, Blue, Yellow lines</p> <p>P: 301-654-2322, Dr. Laura Hickock P: 703-356-4710, Elizabeth Fritsch</p> <p>www.springproject.org</p>	<ul style="list-style-type: none"> The SPRING Project offers affordable psychotherapy for expectant and postpartum mothers and their families experiencing perinatal mood problems. The Project has a network of experienced psychodynamic therapists trained in work with this population committed to working on a reduced fee basis with session fees set as low as \$20/session for a period of up to one year. <p>Languages: English</p>	<p>Child-bearing age women</p>	<ul style="list-style-type: none"> Insurance: Fees are set based on need. Within network insurance availability is limited but all providers will work on a reduced fee basis so that insurance limitations are not a concern. Referral: Contact Dr. Laura Hickok, Laurahickok@verizon.net or Dr. Elizabeth Fritsch, DrElizabethFritsch@gmail.com and the patient will be connected to an available, conveniently located provider. Availability: Contact will be made within 48 hours and wait times are minimal.

PERINATAL MENTAL HEALTH
Other Treatment and Support Resources

Organization	Services Provided	Ages Served	Insurance, Referral & Availability
<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>Behavioral and Educational Solutions</p> <p>8609 2nd Avenue, Suite 404B Silver Spring, MD 20910 Silver Spring- Red Bus: 1, 5, 11, 28 (+ buses that stop at Silver Spring/ Paul S. Sarbanes Transit Center) P: 240-398-3514</p> <p>https://www.afreshstarttherapy.com/</p>	<ul style="list-style-type: none"> Offers Cognitive Behavioral Therapy in addition to perinatal mental health counseling, support, resources, solutions, respite, and education <p>Languages: English/Spanish</p>	<p>Child-bearing age women</p>	<ul style="list-style-type: none"> Insurance: MD Medicaid, DC Medicaid MCOs (HSCSN, Amerigroup, Trusted, Carefirst FEP, BCBS (PPO only) Referral: No Referral Necessary. Availability: 1 month waitlist for intake but services start immediately (depends on age and insurance type).
<p>Capitol Hill Pregnancy Center</p> <p>713 Maryland Ave NE WDC 20002 Union Station-Red Eastern Market- Orange or Blue Bus: X8, 90, 92, D6 P: 202-546-1018 or 1-800-395-HELP</p>	<ul style="list-style-type: none"> Provides pregnancy support, prenatal and parenting classes, maternity and baby clothing and supplies, post-abortion peer support, case management, free pregnancy tests. <p>Languages: English</p>	<p>Families</p>	<ul style="list-style-type: none"> Insurance: Free Referral: No Referral Necessary. Availability: Unable to verify

PERINATAL MENTAL HEALTH
Other Treatment and Support Resources

Organization	Services Provided	Ages Served	Insurance, Referral & Availability
http://www.capitolhillpregnancycenter.org/			
<p>DC Department of Behavioral Health Access HelpLine</p> <p>888-7WE-HELP or 888-793-4357</p>	<ul style="list-style-type: none"> • Access line for perinatal mental health services. Determine what services are available and get connected with CSA if appropriate. Get emergency psychiatric care. Determine whether to seek ongoing mental health services or other types of services. <p>Languages: English</p>	All Ages	<ul style="list-style-type: none"> • Insurance: Free • Referral: No Referral Needed • Availability: 24/7. Legal guardian call for intake. Have Medicaid ID# available. Crisis supports available immediately, wait for general mental health services once matched to CSA.
<p>DC Department of Behavioral Health Parent Infant Early Childhood Enhancement Program (PIECE) Healthy Start</p> <p>821 Howard Road SE WDC 20020 Anacostia – Green Line Bus: P18, W14, B2, W2, W4, 90, 94, A42, A46, A48, P6, A2, A7, A8, A4, W5, W6, W8, W2, W3, A9, Circulator P: 202-698-1838</p>	<ul style="list-style-type: none"> • Healthy Start works with moms with depression/other mental health issues who have a child birth-3 years. Includes psycho-educational parenting group, and home visits if mother is too ill for office-based services. <p>Languages: Can utilize interpreter service if necessary</p>	Mother and child 0-3	<ul style="list-style-type: none"> • Insurance: Accepts all DC Medicaid MCOs and DC FFS Medicaid. Serves all individuals regardless of ability to pay. • Referral: Referral from physician not necessary, but helpful. Referral form obtained by calling 202-698-1838. • Availability: 1-2 weeks, including psychiatrists.
<p>DC Healthy Start</p> <p>P: 1 (800) MOM-BABY or 1 (800) 666-2229</p>	<ul style="list-style-type: none"> • Offers home visiting services from nurses and family support workers, as well as screenings and assessments, case management, and health and parenting education. Serves District of Columbia residents from Wards 5, 6, 7, and 8. Women who are pregnant or who have infants up to 3 months old can enroll, and can receive services until the child is 2 years old. 	Women who are pregnant or who have infants up to 3 months old can enroll, and can	<ul style="list-style-type: none"> • Insurance: Free • Referral: No Referral Necessary • Availability: Unable to verify

PERINATAL MENTAL HEALTH
Other Treatment and Support Resources

Organization	Services Provided	Ages Served	Insurance, Referral & Availability
	Languages: Can utilize interpreter service if necessary	receive services until the child is 2 years old.	
<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>Multicultural Human Services</p> <p>Locations throughout Northern Virginia. 6400 Arlington Blvd</p> <p>P: 571-748-2800 OR 571 for reception OR 748-2818 for intake coordinator</p> <p>http://www.nvfs.org/</p>	<ul style="list-style-type: none"> Provides Individual, Couples, Group, & Family Therapy; Domestic Violence Counseling; Anger Management Counseling; Batterers Intervention Program; Program for Survivors of Torture & Severe Trauma (PSTT); Parenting Classes; Substance Abuse Education & Counseling; Medication Management/Consultation with Psychiatrist. <p>Languages: English, Spanish, French, Arabic, Amharic, Portuguese, Farsi, Japanese</p>	Children and Adults	<ul style="list-style-type: none"> Insurance: Self-Pay, Sliding Scale, Referral: Unable to Verify Availability: Must call to confirm availability
<p>The Northwest Center</p> <p>2702 Ontario Rd NW, WDC 20009</p> <p>P: 202-483-7008</p> <p>http://www.northwestcenter.net/</p>	<ul style="list-style-type: none"> Provides prenatal and postnatal counseling, education, free pregnancy testing, health education referrals, transitional housing for pregnant women, case management. Does not offer Cognitive Behavioral Therapy but their social workers can make the appropriate referral if necessary. Services are for pregnant women and up to three months postpartum. <p>Languages: English/Spanish</p>	Women of childbearing age	<ul style="list-style-type: none"> Insurance: Free Referral: Provider or patient can call directly or schedule an appointment online. Availability: <1 week. Same day appointments might be available depending on the day.

PERINATAL MENTAL HEALTH
Parenting and New Mother Groups

Organization	Services Provided	Ages Served	Insurance, Referral & Availability
<p>The Breastfeeding Center of Greater Washington DC</p> <p>1020 19th St, Suite 150 WDC 20036</p> <p>202-293-5182. Farragut- West (blue/orange/silver)</p> <p>http://breastfeedingcenter.org/services/</p>	<ul style="list-style-type: none"> Provides one on one 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. Provides a variety of classes on topics including breastfeeding, childbirth, infant sleep, baby care, nutrition and much more. <p>Languages: English</p>	<p>Women of child-bearing 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. Also offers 1 free lactation consultation for moms on Medicaid. If follow-up is needed, moms can utilize our volunteer trade program (2 hours of volunteer time in exchange for one consultation). For low-income moms not on Medicaid, we offer the volunteer option to everyone (and for classes too) and offer payment on a sliding scale based on income. Referral: Fill out online referral form to schedule appointment.
<p>East of the River Lactation Support Center</p> <p>2101 Martin Luther King Jr. Ave. SE WDC 20020</p> <p>P: 202-476-6941 http://dcbfc.org/EastRiverLactation</p>	<ul style="list-style-type: none"> Provides prenatal breastfeeding education classes, community lactation support services, Mom-to-Mom Breastfeeding support groups, Back-to-Work Breastfeeding consults <p>Languages: English</p>	<p>Women of child-bearing age</p>	<ul style="list-style-type: none"> Insurance: Free but call to confirm schedule of events.
<p>The Family Place</p> <p>3309 16th St NW, WDC 20010 P: 202- 265- 0149</p>	<ul style="list-style-type: none"> Provides prenatal and parenting classes on prenatal development, infancy, parenting, and nutrition. Provides a domestic violence support group, case management, referrals and emergency services (food, clothing, diapers). 	<p>Women of child-bearing age</p>	<ul style="list-style-type: none"> Insurance: Free but call to confirm schedule of events.

PERINATAL MENTAL HEALTH
Other Treatment and Support Resources

Organization	Services Provided	Ages Served	Insurance, Referral & Availability
http://www.thefamilyplacedc.org/	Languages: English/Spanish		
<p>Latin American Youth Center</p> <p>1419 Columbia Road NW WDC 20009</p> <p>Columbia Heights Metro Station – Green/Yellow Bus: 52, 53, 54, H1, H2, H3, H4</p> <p>P:202-319-2225 or 202-319-2229</p> <p>http://www.layc-dc.org/</p>	<ul style="list-style-type: none"> • Services include prenatal and parenting classes with stipends, food, childcare, transportation and mentorship • Core Service Agency that provides assessment; individual, group, and family counseling; crisis intervention; psychiatric evaluations, medication management; and community support. • Provides Child-Parent Psychotherapy (CPP). <p>Languages: Spanish</p>	Parents aged 24 years and under	<ul style="list-style-type: none"> • Insurance: For DC residents: DC FFS Medicaid, Trusted, and AmeriHealth. For MD residents: MD Medicaid, UnitedHealth care. Also CareFirst, Aetna, Cigna, United Healthcare. Sliding scale fee available or qualifying individuals. • Referral: Needed from primary care physician. Form can be found online. • Availability: Assessments ~1 month, Psychiatry ~2 weeks after assessment. Spanish sessions have longer wait.
<p>Mamatoto Village</p> <p>311 47th Street, NE WDC 20019</p> <p>Bus: U5, U8, 96, 97, W4 Benning Road- Blue/Silver</p> <p>P: 202-248-3434</p> <p>www.mamatotovillage.org</p>	<ul style="list-style-type: none"> • Provides expectant and new mothers with expansive ancillary and wraparound services in addition to classes and groups. Groups include: <ul style="list-style-type: none"> ○ Childbirth: 1- Day intensive course ○ Breastfeeding Essential ○ Your Happiest Baby- Baby Care Basics ○ Belly Strides fitness class. Every 2nd & 4th Saturday ○ Mama Mingles meet-up with other expectant and new mothers. Bi-weekly mingles group to share joys and challenges of motherhood. Must have a child 3 months or less. Every 2nd 	Child-bearing age women	<ul style="list-style-type: none"> • Registration Fee: \$25 • Class Donation: \$60 -\$175 • BellyStrides: \$10 (drop-in) • Mama Mingles: FREE <p>*AmeriHealth Caritas DC, Family Choice, Amerigroup DC, and Trusted Health Plan members are covered by insurance, call for a registration code.</p> <p>No one will be turned away. Contact us if you are experiencing financial</p>

PERINATAL MENTAL HEALTH
Other Treatment and Support Resources

Organization	Services Provided	Ages Served	Insurance, Referral & Availability
	<p style="text-align: center;">Wednesday.</p> <p>Also offers other resources like food and diapers.</p> <p>Languages: English</p>		<p>burden.</p> <p>Class sign up: www.bookwhen.com/mamatoto</p>
<p>Mary's Center</p> <p>3912 Georgia Avenue NW Washington, DC 20011 Georgia Ave/Petworth – Green/Yellow Bus: 60, 62, 63, 64, 70, 79, H8</p> <p>P: 202-545-2061: Morgan Gross, Manager, Maternal Mental Health Program</p> <p>P: 202-420-7122: Cindy Flores/Jeanette Delgado, MH Program Assistant/front desk staff for scheduling</p> <p>http://www.maryscenter.org/course/behavioral-health-services</p>	<ul style="list-style-type: none"> Free monthly peer support group at their Georgia Avenue location. <p>Languages: English/Spanish</p>	<p>Pregnant women and new mothers</p>	<ul style="list-style-type: none"> Insurance: Aetna, AmeriHealth, Amerigroup, Beacon (Behavioral Health), CareFirst, DC FFS Medicaid, HSCSN, Trusted, Unison (Alliance, Medicaid), United Health Care (Optimum Choice and Mamsi), MD Medicaid, Uninsured DC residents. Referral: No referral necessary. Call Cindy Flores/Jeanette Delgado, MH Program Assistant/front desk staff Availability: Accepting new patients.
<p>Medstar Washington Hospital Center TAPP program</p> <p>110 Irving St NW Washington, DC 20010 Bus: 80, D8, H1, H2, H3, H4</p> <p>P: 202-877-0693</p>	<ul style="list-style-type: none"> Free Monthly parenting group on the 1st Fridays of the month from 12-1 PM in Room 7128 Transportation can be arranged and food will be provided. Gift cards available to enrolled TAPP patients. <p>Languages: English</p>	<p>All parents</p>	<p>No cost for group but call ahead to confirm date and time.</p>
<p>Momease</p> <p>110 Irving St. NW</p>	<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. 	<p>Child-bearing age women</p>	<p>Sliding scales (\$10/class) for almost all the classes they are offering.</p>

PERINATAL MENTAL HEALTH
Other Treatment and Support Resources

Organization	Services Provided	Ages Served	Insurance, Referral & Availability
WDC 20010 Bus: 80, D8, H1, H2, H3, H4 P: 703-739-2832 http://momease.com/	Languages: English		Register and pay online for classes.
Postpartum Support International Michelle High P: 202-643-7290 info@postpartumdc.org	<ul style="list-style-type: none"> Twice-monthly peer support group in Tenleytown neighborhood of NW DC (English) Languages: English/Spanish/French	Child-bearing age women	No cost for group or other services. Email or telephone communication with PSI volunteer is necessary before attending first group.
PACE General information & Public Relations contact Beth Morgenstern: beth624@gmail.com http://www.pacemoms.org/	<ul style="list-style-type: none"> Provides educational and emotional support groups for new and second time around mothers in the DC area led by professional mental health educators. Languages: English	New and second time mothers	\$175-\$325 depending on chosen workshop
THEARC 1901 Mississippi Avenue SE WDC 20020 Southern Ave – Green Line Bus: 30S, 32, W1, W2, W3 P: 202-436-3076 (ask for Ellen Wiggins)	<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. Languages: English	Parents and caregivers	Free to any family who is a primary care patient at Children’s National
Washington DC Public School New Heights Program 1200 First Street, NE, Washington, DC 20002	The New Heights Program for Expectant and Parenting Students provides expectant and parenting DCPS students (male or female) with the assistance, support and guidance they need to handle the responsibilities of raising a child and graduating from high school.	Male or female DCPS students	No cost for group but call ahead to confirm date and time.

PERINATAL MENTAL HEALTH
Other Treatment and Support Resources

Organization	Services Provided	Ages Served	Insurance, Referral & Availability
P: 202- 442-5885 https://dcps.dc.gov/publication/new-heights-program-information	Languages: English		
Other Support Groups for Expectant/New Moms (not clinically led/based)	<ul style="list-style-type: none"> • <u>Mamistad</u>: Groups in DC and NoVA http://www.meetup.com/Mamistad/ • <u>Moms on the Hill</u> (MOTH - A virtual and real-world community for parents living in Capitol Hill.) https://www.facebook.com/pages/Moms-on-The-Hill/83988628593 • <u>Mothers of North Arlington, VA</u> (MONA is a local social and support group for mothers) https://www.monamoms.org/ • <u>Takoma Moms and Families Group</u> (free, meets weekly at a library) email takomamamas@gmail.com 	Child-bearing age women	Mamistad – one-time fee of \$50 if placed in private group

PERINATAL MENTAL HEALTH

Online Resources

Organization	Services Provided	Ages Served	Insurance, Referral & Availability
<p>Healthy New Moms: Maryland's Maternal Mental Health Campaign</p> <p>Kari Gorkos, Director of Youth & Family Programs P: 443- 901- 1550, ext. 215</p> <p>https://healthynewmoms.org/</p>	<ul style="list-style-type: none"> • PMADs website and newsletters including crisis & warm lines; support groups, family and partner resources, general childbirth resources, and research opportunities. • 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	Free
<p>LactMed – Drugs and Lactation Database</p> <p>http://toxnet.nlm.nih.gov/newtoxnet/lactmed.htm</p>	<ul style="list-style-type: none"> • Contains information on drugs and other chemicals to which breastfeeding mothers may be exposed. Includes information on the levels of such substances in breast milk and infant blood, and the possible adverse effects in the nursing infant. Suggested therapeutic alternatives to those drugs are provided, where appropriate. All data are derived from the scientific literature and fully referenced. 	Child-bearing age women	Free
<p>Motherisk</p> <p>P: Helpline for mothers and health care providers: 1-877-439-2744</p> <p>www.motherisk.org</p>	<ul style="list-style-type: none"> • Provides evidence-based information and guidance about the safety; or risk to the developing fetus/infant; of maternal exposure to drugs, chemicals, diseases, radiation and environmental agents. 	Child-bearing age women	Free
<p>MothertoBaby</p> <p>P: Helpline for mothers, health care professionals, and the general public: 1-866-626-6847</p> <p>http://www.mothersbaby.org/</p>	<ul style="list-style-type: none"> • Provides evidence-based information about medications and other exposures during pregnancy and while breastfeeding. 	Child-bearing age women	Free
<p>DMV Perinatal Mental Health Resource Guide</p>	<ul style="list-style-type: none"> • Comprehensive and current regional directory of specialized mental health providers, support groups, advocacy organizations, and other clinical resources 	Child-bearing age women	Free

PERINATAL MENTAL HEALTH

Online Resources

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www.dmvpmhresourceguide.com	<p>pertaining to perinatal mental health.</p> <ul style="list-style-type: none"> It can be helpful to cross reference the list of providers with a list of in-network providers given by your insurance. 		
Smart Patients https://www.smartpatients.com/	<ul style="list-style-type: none"> Free online support groups specializing in postpartum depression. 	Child-bearing age women	Free
Text4Baby www.text4Baby.org	<ul style="list-style-type: none"> Parenting Support text messages 	Child-bearing age women	Free

PERINATAL MENTAL HEALTH

Research Studies

Organization	Services Provided	Ages Served	Insurance, Referral & Availability
National Institute of Mental Health <i>Behavioral Endocrinology Branch</i> Annie Shellswick, LCSW-C P: 301-402-9207 annieshellswick@mail.nih.gov https://www.nimh.nih.gov/labs-at-nimh/join-a-study/adults/adults-postpartum-depression.shtml	<ul style="list-style-type: none"> Series of outpatient studies to learn more about the cause of and effective treatments for PPD. Study participants are women with past PPD currently medication free, including birth control. <p>Languages: English/Spanish</p>	Contact NIMH for details	No charge; participants may be compensated.