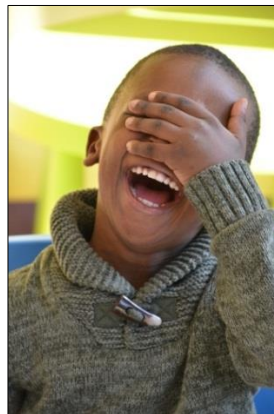


Spring 2018

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.



SELF PAY/COMMERCIAL INSURANCE ONLY – THERAPISTS/PSYCHIATRISTS

This section provides information on therapists (psychologists, social workers) and psychiatrists who only accept commercial insurance or self-pay clients. It is not a comprehensive list, and for those with commercial insurance, we recommend calling your insurance company for a complete list of behavioral health care providers.

SELF PAY/COMMERCIAL INSURANCE THERAPISTS/PSYCHIATRISTS			
Organization	Services Provided	Ages Served	Insurance, Referral & Availability
<p>Abrams and Associates LLC</p> <p>3841 Farragut Avenue Kensington, MD 20895</p> <p>P: 301-949-2098 http://abramsandassociates.com</p>	<ul style="list-style-type: none"> Provides individual, couples, and family therapy services. 	Children and adults	<ul style="list-style-type: none"> No insurance accepted.
<p>Alvord, Baker & Associates LLC</p> <p>3200 Tower Oaks Blvd. Suite 200 Rockville, MD 20852</p> <p>8401 Connecticut Ave, Suite 1120 Chevy Chase, MD 20815 301-593-6554</p> <p>http://www.alvordbaker.com/</p>	<ul style="list-style-type: none"> Provides individual and family therapy including cognitive-behavioral therapy. Also has groups for kids in grades K-12 called the Resilience Builder Program. <p>Language: Unable to verify</p>	0-100	<ul style="list-style-type: none"> Insurance: None accepted. Referral: No referral necessary Availability: Call number and ext. 23 for intake process
<p>Ana Aguirre-Deandreis, PhD</p> <p>6325 Executive Blvd. Rockville, MD 20852</p> <p>P: 301-571-2324</p>	<ul style="list-style-type: none"> Provides psychology services. 	Unable to verify	<ul style="list-style-type: none"> Unable to verify.
<p>Andrea Morenoff</p>	<ul style="list-style-type: none"> Provides family therapy. 	Unable to verify	<ul style="list-style-type: none"> Unable to verify.

SELF PAY/COMMERCIAL INSURANCE THERAPISTS/PSYCHIATRISTS

Organization	Services Provided	Ages Served	Insurance, Referral & Availability
5411 W. Cedar Lane #207A Bethesda, MD 20814 P: 301-897-8990			
Bowie Counseling Services 3060 Mitchellville Rd, Suite 212 Bowie, MD 20716 P: 301-218-5492 http://www.bowiecounseling.com/BCS_Home.html	<ul style="list-style-type: none"> • Individual and family therapy for children, adolescents, adults, and couples. Workshops address stress management, parenting, and conflict management. • Language: English. 	5+	<ul style="list-style-type: none"> ▪ Insurance: Carefirst (PPO, HMO) ▪ Referral: Unable to verify ▪ Availability: Intake over the phone, appointment within 1 week after intake. Children only seen on Mondays or Thursdays.
Campbell Psychological Services, LLC 8607 Second Ave, Suite 506-A Silver Spring, MD 20910 P: 301-589-5533 http://www.camppsychserv.com/ Red Line Bus: 80, H2, H3, H4	<ul style="list-style-type: none"> • Individual, family, group, and play therapy. 	6+	<ul style="list-style-type: none"> ▪ Self-Pay does not accept insurance • Availability – within one to two weeks
Capitol Hill Center for Individual and Family Therapy 50 E Street SE Suite 300 WDC 20003 Capitol South – Blue/Orange/Silver Bus: P17, P19, W13 P: 202-543-4645	<ul style="list-style-type: none"> • Provides psychotherapy services for children, adolescents and families. Individual, couples, and family therapy offered. • Childhood issues addressed include learning and behavior problems, childhood depression, trauma, adjustment issues, foster care, eating and sleeping problems, abuse, and adoption. <p>Languages: English</p>	Unable to verify.	<ul style="list-style-type: none"> ▪ Insurance: Aetna, BCBS, Cigna, etc. ▪ Referral: Unable to verify. ▪ Availability: Unable to verify.

SELF PAY/COMMERCIAL INSURANCE THERAPISTS/PSYCHIATRISTS

Organization	Services Provided	Ages Served	Insurance, Referral & Availability
http://capitolhillcenterfortherapy.net/			
<p>Carol Ann Dyer, MD</p> <p>2825 Albemarle Street NW WDC 20008</p> <p>P: 202-362-1261</p>	<ul style="list-style-type: none"> Provides psychiatric services. 	<p>Unable to verify</p>	<ul style="list-style-type: none"> Unable to verify.
<p>Center for Anxiety and Behavioral Change</p> <p>414 Hungerford Drive Rockville, MD 20850</p> <p>P: 301-610-7850</p> <p>http://www.changeanxiety.com/about.htm</p>	<ul style="list-style-type: none"> Services provided for children and adults including treatment of anxiety disorder, OCD, adjustment disorders, ADHD, and panic disorders. 	<p>Children and adults</p>	<ul style="list-style-type: none"> Unable to verify.
<p>Cheryl Collins, MD</p> <p>4000 Albemarle Street NW Suite 600 WDC 20016</p> <p>P: 202-537-7045</p>	<ul style="list-style-type: none"> Provides psychiatric services. 	<p>Unable to verify</p>	<ul style="list-style-type: none"> Unable to verify.
<p>Clear Communication</p> <p>3414 Hampton Hollow Drive #H Silver Spring, MD 20904 Bus: Z6, Z8, Z11, 39</p> <p>P: 202-486-5339</p>	<ul style="list-style-type: none"> Provides speech-language pathology therapy services as well as consultation for parents and tritherapy. <p>Languages: English only.</p>	<p>0-3</p>	<ul style="list-style-type: none"> Insurance: Does not accept Referrals: insurance. Family should call intake coordinator, who will mail packet to family, which they must complete and mail or fax back. Coordinator will call to confirm receipt, and follow up call will be made after

SELF PAY/COMMERCIAL INSURANCE THERAPISTS/PSYCHIATRISTS

Organization	Services Provided	Ages Served	Insurance, Referral & Availability
			info reviewed to schedule appointment <ul style="list-style-type: none"> ▪ Availability: Appointments within 24 hours.
David Eddy 11404 Old Georgetown Road Suite 103 Rockville, MD 20852 P: 301-881-5981 http://www.familytherapyassociates.net/index.html	<ul style="list-style-type: none"> • Provides individual, couples, and family counseling with treatment specialization in therapy for depression and anxiety, grief. Trauma counseling, stress management, addiction and recovery, etc. 	Children and adults	<ul style="list-style-type: none"> ▪ Tricare only. Cash, check, Visa or MasterCard accepted. Call for appointment availability.
Debby Rager 1308 Constitution Avenue NE WDC 20002 P: 202-505-4325 Email: debbyragermsw@gmail.com	<ul style="list-style-type: none"> • Provides psychology services. 	Unable to verify	<ul style="list-style-type: none"> ▪ Unable to verify.
Eileen Solomon 608 Sisson Street Silver Spring, MD 20902 P: 301-681-2779	<ul style="list-style-type: none"> • Provides psychology services. 	Unable to verify	<ul style="list-style-type: none"> ▪ Unable to verify.
Eleanor Mattis, LCSW 6073 Arlington Blvd Falls Church, VA 22044	<ul style="list-style-type: none"> • Provides therapy services. 	Unable to verify	<ul style="list-style-type: none"> ▪ Unable to verify.

SELF PAY/COMMERCIAL INSURANCE THERAPISTS/PSYCHIATRISTS

Organization	Services Provided	Ages Served	Insurance, Referral & Availability
<p>P: 703-550-4334</p> <p>Francis and Associates</p> <p>601 Pennsylvania Ave SE Suite 900S WDC 20004 Eastern Market – Orange/Blue/Silver Bus: 30N, 30S, 32, 34, 36</p> <p>P: 202-638-6942 www.faa-pc.org</p>	<ul style="list-style-type: none"> Provides counseling services for corporations, individuals, and families for help in depression, anxiety, and anger issues, grief and loss, separation or divorce, life stage transitions, parent-child issues, post-traumatic stress, domestic violence, couples communication, and ADD/ADHD. Father’s Support Group, sports psychology, and supervised visitation exchange aimed at providing a forum for children and their non-custodial parent to develop or re-establish an ongoing familial relationship in a safe environment. <p>Languages: English only.</p>	6+	<ul style="list-style-type: none"> Insurance: They only accept Blue Cross Blue Shield PPO insurance; otherwise fees are paid out of pocket. Referral: No referral need, unless required by insurance provider. Availability: At least one month wait for new patients.
<p>George Washington University - Community Counseling Services</p> <p>2134 G Street NW Room B-11 WDC 20052 Foggy Bottom - Blue/Orange Lines Bus: 31, 32, 36, 80, H1, L1, N3, X1</p> <p>P: 202-994-8645 http://gsehd.gwu.edu/community-counseling-services-center</p>	<ul style="list-style-type: none"> Community Counseling Services at GWU offers individual, couples and career therapy <p>Languages: English and Spanish.</p>	18+, some therapists have training in younger populations but parent must be also receiving services	<ul style="list-style-type: none"> Insurance: Fees are on a sliding scale - they ask that families pay \$1 for every \$1000 of gross income they receive, but are flexible based on need. Referral: No referral needed. Availability: Immediate.
<p>Georgetown Family Center Clinic</p> <p>4400 MacArthur Blvd NW Suite 103 WDC 20007 Bus: D5, D6</p> <p>P: 202-965-0730 www.thebowencenter.org</p>	<ul style="list-style-type: none"> Georgetown Family Center Clinic offers affordable psychotherapy to individuals, couples, families and consultation to organizations in the greater Washington community. Only work with children in family setting. No one on one services for children. 	All ages (under 18 needs to be accompanied by a parent/guardian)	<ul style="list-style-type: none"> Insurance: No insurance accepted. Sliding scale offered for qualifying families. Referral: No referral needed. Availability: About 1 week for new patients.

SELF PAY/COMMERCIAL INSURANCE THERAPISTS/PSYCHIATRISTS

Organization	Services Provided	Ages Served	Insurance, Referral & Availability
	Languages: All services also offered in Spanish.		
<p>Groups4kids</p> <p>3200 Tower Oaks Blvd. Suite 200 Rockville, MD 20852</p> <p>P: 301-593-6554 http://www.groups4kids.com/aboutus.html</p>	<ul style="list-style-type: none"> Provides individual and family therapy including cognitive-behavioral therapy. Also has groups for kids in grades K-12 called the Resilience Builder Program. 	Children and adults	<ul style="list-style-type: none"> No insurance accepted. Call number and ext. 23 for intake process.
<p>Guy Van Syckle</p> <p>803 Franklin St Alexandria, VA 22314</p> <p>P: 703-836-7225</p>	<ul style="list-style-type: none"> Provides psychology services. 	Unable to verify	<ul style="list-style-type: none"> Unable to verify.
<p>Healing Arts of Capitol Hill</p> <p>316 F Street NE Suite 203 WDC 20002</p> <p>202-544-9389 ext.4 http://healingartscapitolhill.com/index.html</p>	<ul style="list-style-type: none"> Provides psychotherapy treatment. Josh Greene, Psychotherapist, MSW, LICSW 617-571-2338 jgreene@healingartscapitolhill.com Amy Hunter, Psychotherapist, MSW, LICSW 617-571-6390 ahunter@healingartscapitolhill.com 	Children and adults	<ul style="list-style-type: none"> No insurance accepted. Returns calls within 48 hours
<p>Hector Parada</p> <p>5480 Wisconsin Avenue Suite 421 Chevy Chase, MD 20815</p> <p>P: 301-312-8188 http://drhectorparada.com/</p>	<ul style="list-style-type: none"> Specializes in treatment and consultation for patients with ADHD, mood and anxiety disorders, autism spectrum disorders, etc. 	Unable to verify	<ul style="list-style-type: none"> Unable to verify.
<p>Helix Psychotherapy Solutions</p>	<ul style="list-style-type: none"> Jessica Webb, M.Ed, NCC, LCPC. I am a Licensed Clinical 	6+	<ul style="list-style-type: none"> Insurance: BCBS

SELF PAY/COMMERCIAL INSURANCE THERAPISTS/PSYCHIATRISTS

Organization	Services Provided	Ages Served	Insurance, Referral & Availability
3200 Crain Hwy Suite 206 Waldorf, MD 20603 P:301-638-2348	Counselor specializing in therapy for adolescents, adults and families. I'm passionate about empowering individuals in developing skills to improve self-awareness and make positive changes in their lives. <ul style="list-style-type: none"> • Specialties include Cognitive Behavioral Therapy, Solution Focused Brief Therapy, and social skills training to improve emotional, social and behavioral functioning in children. My experience extends to issues including Depression, Anxiety and Relationship issues in children, adolescents and adults. Languages: unable to verify		<ul style="list-style-type: none"> ▪ Referral: Unable to verify ▪ Availability: Unable to verify
Iman Hypolite, MD 4405 East West Highway Suite 311A Bethesda, MD 20814 P: 240-401-9474 http://www.drhypolite.com/welcome.html	<ul style="list-style-type: none"> • Offers child and adult services including treatment of anxiety and stress depression, sleep disorders, bipolar disorder, ADHD, and adjustment disorders. 	Ages 4- 60	<ul style="list-style-type: none"> ▪ No insurance accepted. Cash, checks, health spending account cards, and credit cards accepted. Full payment due at time of service. ▪ Call for initial evaluation and appointment availability.
Institute for Behavior and Health 6191 Executive Blvd. Rockville, MD 20852 P: 301-231-9010 http://www.ibhinc.org/aboutus.html	<ul style="list-style-type: none"> • Provides services regarding prevention of drug use, treatment improvement, drugged driving, and prescription drug abuse. 	Unable to verify	<ul style="list-style-type: none"> ▪ No insurance accepted.
Integrative Therapy of Greater Washington 5818 B Hubbard Drive Rockville, MD 20852	<ul style="list-style-type: none"> • Services include individual therapy, couples therapy, parent coaching, psycho-educational evaluations, ADHD assessments, etc. 	Infants to adults	<ul style="list-style-type: none"> ▪ No insurance accepted. Fill out and email intake form from website.

SELF PAY/COMMERCIAL INSURANCE THERAPISTS/PSYCHIATRISTS

Organization	Services Provided	Ages Served	Insurance, Referral & Availability
P: 301-468-4849 http://www.greaterwashingtontherapy.com/ITGW/Home.html			
ITS-PALSS, Inc 10605 Concord Street Suite100 Kensington, MD 20895 P: 301-962-0800 http://www.its-palss.com/aboutpalss.html	<ul style="list-style-type: none"> Provides services to clients experiencing a range of challenges including ADHD, hyperactivity, anxiety, attachment and separation difficulties, behavioral problems, autistic spectrum disorders, post-partum depression, etc. Offers individual, family, and couples therapy. 	Children and adults	<ul style="list-style-type: none"> No insurance accepted. To schedule appointment please call 301-962-0800 ext. 2. Availability will be determined upon completion of evaluation and intake process.
Joseph Hochheiser, MD 4701 Willard Avenue Chevy Chase, MD 20815 P: 301-657-2200	<ul style="list-style-type: none"> Provides psychiatric services. 	Children and adolescents	<ul style="list-style-type: none"> Unable to verify.
Josh Weiner 1320 Vincent Place, 3rd Floor McLean, VA 22101 P: 703-288-9545 http://www.joshuaweinermd.com/	<ul style="list-style-type: none"> Offers medication management and therapy. Treats patients with range of mental health issues such as ADHD, depression, anxiety, bipolar disorder, OCD, behavioral problems, etc. 	Adolescents to adults	<ul style="list-style-type: none"> No insurance accepted. Call for intake process.
Kolmac Clinic 1411 K Street NW Suite 703 WDC 20005 McPherson Square – Blue/Orange/Silver Lines	<ul style="list-style-type: none"> The Kolmac Clinic serves the Washington, DC metro area with six outpatient alcohol and drug treatment centers for substance abuse treatment, outpatient rehabilitation and outpatient continuing care. The treatment plan includes detoxification, rehabilitation, and continuing care. Professionals with addiction are the predominant 	18+	<ul style="list-style-type: none"> Insurance: Aetna; AmericanPsychSystems; Carefirst BlueCross BlueShield (FEP, HMO, PPO); CIGNA; Kaiser; Magellan; MAMSI; National Capital PPO (NCPPO); United

SELF PAY/COMMERCIAL INSURANCE THERAPISTS/PSYCHIATRISTS

Organization	Services Provided	Ages Served	Insurance, Referral & Availability
Bus:D1, D3, D6, 16Y, 52, 53, 54, A9, 80 P: 202-638-1992 http://www.kolmac.com/	population treated at the Kolmac Clinic DC office. Most patients come to Kolmac via their employer or Employee Assistance Program, but others through physicians, therapists or psychiatrists. Specialized Young Adult services available for those ages 18-25. Languages: English only.		Behavioral Health; United Healthcare; ValueOptions <ul style="list-style-type: none"> ▪ Referral: No referral necessary. ▪ Availability: Must call for appointment and intake process
Lillian M. Payne, MD 1314 Vincent Place McLean, VA 22101 P: 703-821-1018	<ul style="list-style-type: none"> • Provides psychiatric services. 	Unable to verify	<ul style="list-style-type: none"> ▪ Unable to verify.
Living and Growing Therapy LLC 7064 Eastern Ave, 3rd Floor NW Washington, DC 20012 Bus: 3, 14, 16, 18, 24, 25, 62, 63 Takoma- red line 202-417-2734 https://therapists.psychologytoday.com/rms/name/Caitlin_Tromiczak_LICSW - C Washington District+of+Columbia 3 25188	<ul style="list-style-type: none"> • Bilingual individual and family therapy. Areas of expertise include trauma, depression, anxiety, grief & loss, immigration, family separation in transnational families, domestic violence, women's empowerment, community outreach, diversity & inclusion, and using mindfulness practices as an accompanying modality to therapy Language: English and Spanish	13+	<ul style="list-style-type: none"> ▪ Insurance: Cigna and Aetna plans. ▪ Referral: Unable to verify ▪ Availability: Unable to verify
Loren Amdursky, MD 4701 Willard Avenue Chevy Chase, MD 20815	<ul style="list-style-type: none"> • Provides psychiatric services. 	Unable to verify	<ul style="list-style-type: none"> ▪ Unable to verify.

SELF PAY/COMMERCIAL INSURANCE THERAPISTS/PSYCHIATRISTS			
Organization	Services Provided	Ages Served	Insurance, Referral & Availability
P: 301-951-4463			
Lotus Point Wellness 13200 New Hampshire Avenue Silver Spring, MD 20904 4405 East West Highway Suite 508 Bethesda, MD 20814 P: 301-625-9102	<ul style="list-style-type: none"> Comprehensive psychotherapy practice. 	Unable to verify	<ul style="list-style-type: none"> Unable to verify.
Mary Alice Silverman 5225 Wisconsin Avenue Suite 513 NW WDC 20015 P: 202-603-6346 http://www.msilvermanphd.com/	<ul style="list-style-type: none"> Services include parent consultation, assessment and treatment of younger children, families coping with major stressors, and anxiety disorder. 	Children and adults	<ul style="list-style-type: none"> No insurance accepted.
Metropolitan Counseling Associates 7201 Wisconsin Avenue Suite 700 Bethesda, MD 20814 P: 301-654-7770 http://www.metcounseling.com	<ul style="list-style-type: none"> Services offered include individual, family, and group therapy; parent guidance and parenting seminars, and evaluation services. 	Child and adults	<ul style="list-style-type: none"> No insurance accepted.
Mimi Blasiak, MSW 4701 Willard Avenue Suite 233 Chevy Chase, MD 20815 P: 240-447-3388 http://mimiblasia.com/	<ul style="list-style-type: none"> Provides psychotherapy. 	Children, adolescents	<ul style="list-style-type: none"> Unable to verify.

SELF PAY/COMMERCIAL INSURANCE THERAPISTS/PSYCHIATRISTS

Organization	Services Provided	Ages Served	Insurance, Referral & Availability
<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>Neil Schiff</p> <p>4545 Connecticut Ave Suite 309 NW WDC 20008</p> <p>P: 202-244-8614/ 301-320-5258</p>	<ul style="list-style-type: none"> Provides family therapy. 	Unable to verify	<ul style="list-style-type: none"> Unable to verify.
<p>New Creations Counseling and Art Therapy</p> <p>1325 Quincy St. NE Washington, DC 20012</p> <p>4545 Connecticut Avenue, NW Washington, DC 20009</p> <p>P: 202-213-2476</p> <p>http://www.newcreationsdc.com/</p>	<ul style="list-style-type: none"> Art therapy to help people to heal from pain, identify hope, and envision plans for the future. <p>Language: English</p>	6+, prefer older adolescents and adults	<ul style="list-style-type: none"> Insurance: BCBS Referral: call or fill out form online Usually 1 week
<p>PACE</p> <p>General information & Public Relations contact Beth Morgenstern:</p>	<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. 	New and second time mothers	\$175-\$325 depending on chosen workshop

SELF PAY/COMMERCIAL INSURANCE THERAPISTS/PSYCHIATRISTS

Organization	Services Provided	Ages Served	Insurance, Referral & Availability
<p>beth624@gmail.com http://www.pacemoms.org/</p>	<p>Languages: English</p>		
<p>Patricia DeLorme 1730 Rhode Island Ave NW Suite 806 WDC 20036 P: 202-496-1818</p>	<ul style="list-style-type: none"> Provides psychology services. 	<p>Unable to verify</p>	<ul style="list-style-type: none"> Unable to verify.
<p>Pinnacle Center 603 Post Office Rd., Suite 210 Waldorf, MD 20602 P:301-705-7593 www.pinnaclecenter.com</p>	<ul style="list-style-type: none"> Offers individual psychotherapy, group and family therapy, anger management and parent consultation classes. <p>Language: English only.</p>	<p>6+</p>	<ul style="list-style-type: none"> Insurance: Carefirst, Tricare, Aetna, Cigna (not Medicaid) Referral: Not needed. Availability: Unable to verify.
<p>Professional Psychological Services 3331 Duke St Alexandria, VA 22314 P: 703- 879-2482 http://www.professionalpsych.com/about-us</p>	<ul style="list-style-type: none"> Individual, family, and behavior management therapy. Groups offered for Anger Management, Trauma-Focused CBT, Process/Support Group and Support for Parents of Special Needs Children. 	<p>Unable to verify</p>	<ul style="list-style-type: none"> Insurance: Aetna, Anthem, Carefirst, Cigna, Magellan Referral: Unable to verify Availability: Unable to verify
<p>Proper Counseling & Consulting LLC 1629 K. St Suite 300 NW Washington, DC 20006 Bus: S1, S2, S4, S9, 34, 16Y, 80 Farragut North- red line</p>	<ul style="list-style-type: none"> Family therapy or family counseling, CBT, ABA. <p>Language: Unable to verify.</p>		<ul style="list-style-type: none"> Insurance: Unable to verify Referral: Unable to verify Availability: Unable to verify

SELF PAY/COMMERCIAL INSURANCE THERAPISTS/PSYCHIATRISTS

Organization	Services Provided	Ages Served	Insurance, Referral & Availability
P: 202-600-1403 http://www.propercounseling.com/			
Psychological Group of Washington 1707 L Street Suite 220 NW WDC 20036 Farragut North – Red Link Bus: 42, 43, L2, N2, N4, N6 P: 202-223-9844 www.psychgroupdc.com	<ul style="list-style-type: none"> Individual therapy for children, adolescents and seniors, family therapy, couples therapy, emotional testing, psychoeducational testing, group psychotherapy, education courses and training, and admissions testing. Languages: English only.	4+	<ul style="list-style-type: none"> Insurance: Blue Cross Blue Shield, United, Aetna, Cigna; Medicaid not accepted. Sliding scale available if requested. (unable to verify) Referral: No referral needed, unless required by insurance provider. Availability: unable to verify.
Renew Psychological Services Various locations in Washington, DC P: 202-341-0500 http://www.renewpsych.com/	<ul style="list-style-type: none"> Individual and group therapy 	18+	<ul style="list-style-type: none"> PHCS, Multiplan, Beech Street, Cigna, TriCare, and Blue Cross/Blue Shield
Ruthie Arbit Counseling 5225 Connecticut Avenue, Suite 705 Washington, DC 20015 Bus: D31, D33, D34 P:240-863-2618 http://arbitcounseling.weebly.com/	<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. Language: English, Spanish, Hebrew	0-10, & adults	<ul style="list-style-type: none"> No insurance accepted. \$150-\$190/Session. Sliding Scale available and limited number of home visits available. Call to schedule No waitlist
SMR Counseling 11705 Berry Road, Suite 104	<ul style="list-style-type: none"> We work with a wide range of emotional and behavioral issues providing services that span from therapy and coaching services for depression and grief counseling to 	11+	<ul style="list-style-type: none"> Insurance: Aetna, Cigna, Tricare, Carefirst

SELF PAY/COMMERCIAL INSURANCE THERAPISTS/PSYCHIATRISTS

Organization	Services Provided	Ages Served	Insurance, Referral & Availability
Waldorf, MD 20603 P: 301-374-8926 Office http://www.smrounselingservices.com/WaldorfMarylandOffice.en.html	parenting support, couples counseling and beyond. In a comfortable and supportive atmosphere, we offer a highly personalized approach tailored to each of my clients individual needs to help attain the personal growth they are striving for. Language: Unable to verify		<ul style="list-style-type: none"> ▪ Referral: Unable to verify ▪ Availability: Evening and Saturday hours
Sound, Body and Mind Psychiatric Services 6830 Elm Street #6 McLean, VA 22101 P: 571-282-8254	<ul style="list-style-type: none"> • Provides psychiatric services. 	Unable to verify	<ul style="list-style-type: none"> ▪ Unable to verify
Susan Alvarado 105 North Virginia Avenue Suite 304 Falls Church, VA 22046 P: 703-302-0769 http://www.adoptiontherapist.org/index.html	<ul style="list-style-type: none"> • Provides therapy services to those that are adopted and those seeking to adopt. Also offers family and individual therapy to those suffering from anxiety, depression, PTSD, physical or sexual abuse, etc. 	Children and adults	<ul style="list-style-type: none"> ▪ Carefirst Blue Cross Blue Shield PPO. Initial consultation appointments need to be made by phone. Current office hours are Sundays.
Susan Dranitzke 124 12th Street SE WDC 20003 P: 202-544-5222 http://www.therapydc.net/Home.html	<ul style="list-style-type: none"> • Therapy and counseling for depression, anxiety, anger, stress, panic attacks, adoption, marriage/family issues, couples counseling, and child behavioral problems. 	Children and adults	<ul style="list-style-type: none"> ▪ Unable to verify.
Teresa Talierco 8550 Arlington Blvd Suite 310	<ul style="list-style-type: none"> • Provides counseling services. 	Unable to verify	<ul style="list-style-type: none"> ▪ Unable to verify.

SELF PAY/COMMERCIAL INSURANCE THERAPISTS/PSYCHIATRISTS

Organization	Services Provided	Ages Served	Insurance, Referral & Availability
Fairfax, VA 22031 P: 703-533-8098/8064			
The Capital Region Children's Center Home Based Care P: 202-596-5951 www.dccrcc.com	<ul style="list-style-type: none"> Provides individual, family and group therapy, academic tutoring, art therapy, intensive clinical mentoring (CBI), organizational coaching, respite, and supervised visitation, wrap around services, family services. Languages: English, Spanish	3+	<ul style="list-style-type: none"> Insurance: No private insurance accepted; HSCSN only. Referral: Can be accessed online. Availability: Depends on family needs. Immediate intake, then someone staffed within two weeks.
The Hope Center for Wellness, LLC 1629 K St NW Washington, Dc 20006 Bus: 32, 33, 34, 36, 37, 39, 164, S1, D1, 14, 715, 725, 810, 820, 830, 844 Farragut West- Blue, orange, silver line P: 202-508-3673 https://therapists.psychologytoday.com/rms/prof_detail.php?profid=324677	<ul style="list-style-type: none"> Bilingual therapy services for children 6+, families, and adults. Tele-therapy services for clients 14+. Language: English and Spanish	6+	<ul style="list-style-type: none"> Insurance: AmeriHealth, Cigna, Carefirst, BCBS, out of pocket. Referral: Unable to verify. Availability: Immediate availability for in-person therapy and TeleMental Health (ages 14+ only).
The Ross Center for Anxiety and Related Disorders 5225 Wisconsin Avenue NW Suite 400 WDC 20015 Friendship Heights-Red Line Bus: 30N, 30S, 31, 33, N2	<ul style="list-style-type: none"> Provides treatment by child and adolescent psychiatrists and psychologists. In addition to individual and group therapy, the Center offers family therapy and parenting skills training. Languages: English, French	4+	<ul style="list-style-type: none"> No insurance accepted. Self-pay rates: \$450 for intake, \$250 / psychiatry session after intake Referral: Normally no Referrals are necessary. Availability: Approximately 1

SELF PAY/COMMERCIAL INSURANCE THERAPISTS/PSYCHIATRISTS

Organization	Services Provided	Ages Served	Insurance, Referral & Availability
P: 202-363-1010 http://www.rosscenterdc.com/			month wait for intake. Psychiatry – 3 weeks wait. Therapy waitlist.
The Sibley Group 5236 44th Street #4 NW WDC 20015 P: 202-237-1196 http://thesibleygroupdc.com/	<ul style="list-style-type: none"> Services include child and adolescent individual and group therapy, parent consultations, family therapy, parent workshops, individual adult, couples, and group therapy. 	Children and adults	<ul style="list-style-type: none"> No insurance accepted. Accepts cash and major credit cards. Referral not necessary.
The Stixrud Group 8720 Georgia Avenue Suite 606 Silver Spring, MD 20910 P: 301-565-0534 http://stixrud.com/	<ul style="list-style-type: none"> Provides evaluations to patients of clinical /learning/educational disorders, lectures and workshops, and follow-up services to patients. 	5+	<ul style="list-style-type: none"> No insurance accepted. For intake evaluation contact via website.
The Wake Kendall Group 5247 Wisconsin Avenue Suite 4 NW WDC 20015 P: 202-686-7699 http://www.wakekendall.com/	<ul style="list-style-type: none"> Therapy is provided for children, adolescents, and adults suffering from conditions such as depression, bipolar disorder, anxiety, borderline personality disorder, etc. Individual, family, couples, and group therapy is also offered. 	Children, adolescents, and adults	<ul style="list-style-type: none"> No insurance accepted- not within network for any managed care companies. For intake procedures call Sunita Duggal at 202-686-7699 ext.17
University Psychological Center Inc. 6201 Greenbelt Rd. Suite U-18 College Park, MD 20740 P: 301-345-1919	<ul style="list-style-type: none"> Individual Therapy, Family Therapy, Assessment/Evaluation, Psychological Testing, Medication Evaluation/Management Languages: English only. 	5+	<ul style="list-style-type: none"> Insurance: APS, Aetna, BHS, BC/BS, Ceridian, ChoiceCare, Cigna, Kaiser, MAMSI, MA, Tricare, UHC Referral: Unable to verify.

SELF PAY/COMMERCIAL INSURANCE THERAPISTS/PSYCHIATRISTS			
Organization	Services Provided	Ages Served	Insurance, Referral & Availability
			<ul style="list-style-type: none"> ▪ Availability: The adolescent clinician can only see patients Tues. and Saturdays. Wait time for adults may be shorter.
Urban Playology P: 240-565-5422 www.urbanplayology.com	<ul style="list-style-type: none"> • My clinical areas of specialization and interest include but are not limited to: Women & Women of Color Issues, Urban Play Therapy, Expressive Arts, Sand tray Therapy, Grief & Loss, LGBTIQ Folk, TF-CBT, Broad Spectrum Couples & Family Work Language: Unable to verify.	Unable to verify	<ul style="list-style-type: none"> ▪ Insurance: Unable to verify. ▪ Referral: Unable to verify. ▪ Availability: Unable to verify.
Vance Mental Health 601 Post Office Rd Waldorf, MD 20602 P: 301-848-0461 https://www.counselingwaldorfmd.com	<ul style="list-style-type: none"> • Individual, couples, and family therapy. Language: English only and Spanish.	5+	<ul style="list-style-type: none"> ▪ Insurance: Most commercial insurance plans are in-network (except for UHC) ▪ Referral: Unable to verify ▪ Availability: Openings within 1 week. Appointments for kids under 8 are more difficult to schedule. 13 therapists on staff, 1 speaks Spanish and sees all ages.
Wanda Rappaport 2440 M Street Suite 512 NW WDC 20037 P: 202-872-0708	<ul style="list-style-type: none"> • Provides psychology services. 	Unable to verify	<ul style="list-style-type: none"> ▪ Unable to verify.
Washington Behavioral Medicine Associates, LLC	<ul style="list-style-type: none"> • Offers specialized assess and treatment for mood and anxiety disorders, autism spectrum disorders, attention deficit hyperactivity disorder, and a psychiatric 	Children and adults	<ul style="list-style-type: none"> ▪ No insurance accepted. Call for intake process.

SELF PAY/COMMERCIAL INSURANCE THERAPISTS/PSYCHIATRISTS

Organization	Services Provided	Ages Served	Insurance, Referral & Availability
5480 Wisconsin Avenue Suite 223 Chevy Chase, MD 20815 P: 301-576-6044 http://www.wbma.cc	management of genetic disorders.		
Washington School of Psychiatry – Adele Lebowitz Center for Youth and Family 5028 Wisconsin Avenue NW Suite 400 WDC 20016 Friendship Heights – Red Line Bus: 30N, 30S, 31, 33, N2 P: 202-537-6050 www.wspdc.org	<ul style="list-style-type: none"> Treatment options include psychiatric services, medication management, individual psychotherapy, group therapy, couples therapy, parent counseling, psychoanalysis, and appropriate referrals. Languages: English, Spanish, Portuguese.	3+	<ul style="list-style-type: none"> Insurance: Accepts cash. Considered out-of-network provider as does not directly accept insurance. Offer a sliding fee scale. Referral: Referral not necessary. Availability: Initial intake evaluation availability is Wednesday evenings after 5pm. Later sessions and availability will be determined on case by case basis.
Woodmont Psychiatric Group 7910 Woodmont Avenue Suite 1300 Bethesda, MD 20814 P: 301-654-2255 http://woodmontpsychiatric.com/Julie D. Klepper M.html	<ul style="list-style-type: none"> Provides services in individual psychotherapy, psychopharmacology, and the treatment of eating disorders. 	6+	<ul style="list-style-type: none"> No insurance accepted. Payment due at time of visit.