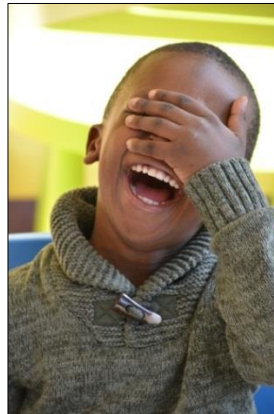


Spring 2018

# 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](mailto:pthodoro2@childrensnational.org) or Erica Smith-Grasse at [esmithgras@childrensnational.org](mailto:esmithgras@childrensnational.org).



## THERAPY/PSYCHOLOGY SERVICES

The following organizations provide therapy, counseling and psychological services for children and adolescents. This section is organized by geographic quadrant.

### THERAPY SERVICES IN NORTHEAST

Organization	Services Provided	Ages Served	Insurance, Referral & Availability
<p><b>Amazing Love Health</b></p> <p>702 15<sup>th</sup> St. NE Washington, DC 20002 Bus: X1, X2, X3, X8, B2, S41 P: 202-388-8500 ext 100</p> <p><a href="http://www.alhs-health.com/services/">http://www.alhs-health.com/services/</a></p>	<ul style="list-style-type: none"> <li>The major goal of the Free Standing Mental Health Clinic (FSMHC) is to provide high-quality mental health services to the eligible community under the direction of experienced, licensed psychiatrists, ensure coordination of care, and emphasize outpatient and community-based treatment to reduce the need for inpatient services.</li> </ul> <p>Language: French and English.</p>	18+	<ul style="list-style-type: none"> <li>Insurance: DC FFS and DC MCOs</li> <li>Referral: Not necessary</li> <li>Availability: Walk-in appointments M-F 9am-5:30pm, No waitlist</li> </ul>
<p><b>Anchor Counseling Services</b></p> <p>1001 Lawrence St NE Washington, DC 20017 Bus: H8, H9, G8, 80, H1, H2, H3, H4, H6 Brookland-CUA- red line P: (202) 635-5953</p> <p><a href="http://www.catholiccharitiesdc.org/acs/">www.catholiccharitiesdc.org/acs/</a></p>	<ul style="list-style-type: none"> <li>Provides professional counseling and supportive guidance for reflection, exploration, and self-improvement.</li> <li>Topics include depression, anxiety, bipolar disorder, self-esteem, grief and loss, anger management, substance abuse, trauma/PTSD, relationship/intimacy, family dynamics, stress management.</li> </ul> <p>Language: English, unable to verify others.</p>	18+	<ul style="list-style-type: none"> <li>Insurance: AmeriHealth, Amerigroup, Trusted, DC Medicaid, Medicare, Optimum, and most CareFirst BlueCross/BlueShield plans. If no insurance, appointment fee = \$125/hour</li> </ul>
<p><b>Boys Town USA</b></p> <p>4801 Sargent Rd. NE Washington, DC 20017 Bus: E2, 80, F6, R4 Metro: New Carrollton P: 202-650-6361</p> <p>8181 Professional Place Suite #150</p>	<ul style="list-style-type: none"> <li>Individual and family Therapy, psychological evaluations; specializes in obesity, bedtime issues</li> </ul> <p>Language: English only</p>	0-22	<ul style="list-style-type: none"> <li>Insurance: DC Medicaid MCOs (not Amerigroup); commercial insurance (Tricare, Carefirst, BCBS, Cigna), and single-case agreement with Aetna, which sometimes they don't approve</li> <li>referral: Not required</li> </ul>

## THERAPY SERVICES IN NORTHEAST

Organization	Services Provided	Ages Served	Insurance, Referral & Availability
Hyattsville, MD 20785 P: 202-650-6361  <a href="https://www.boystown.org/locations/washington-dc/Pages/default.aspx">https://www.boystown.org/locations/washington-dc/Pages/default.aspx</a>			<ul style="list-style-type: none"> <li>▪ Availability: Intake available within 1 week. Therapy begins immediately after. Open M-F 9am-5pm only.</li> </ul>
<b>Fresh Start Therapy</b>  1140 3 <sup>rd</sup> St NE Washington, DC 20002 Bus: 220, 240, 260, D4 NoMoa Gallaudet U – Red Line P: 855-325-3909  <a href="https://www.afreshstarttherapy.com">https://www.afreshstarttherapy.com</a>	<ul style="list-style-type: none"> <li>• 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</li> </ul> Language: English	5+	<ul style="list-style-type: none"> <li>▪ Insurance: AmeriHealth, Aetna, Blue Cross Blue Shield, Amerigroup. See website for full fee schedule for out-of-pocket services.</li> <li>▪ Referrals: Request an apt online (<a href="https://astart.mytherabook.com/appointments/new">https://astart.mytherabook.com/appointments/new</a>) or call 855-325-3909 to schedule or refer over the phone.</li> <li>▪ Availability: 7-10 day waitlist. After intake appointment, evening and Saturday hours can be arranged.</li> </ul>
<b>Life Enhancement Services</b>  1818 New York Ave NE Suite 115 WDC 20002 Green, Yellow Line Bus: E2, T14, H6, D8  P: 202-260-2404  <a href="http://www.lifeenhancementservices.org/dc/">http://www.lifeenhancementservices.org/dc/</a>	<ul style="list-style-type: none"> <li>• Provides medication management; diagnostic &amp; comprehensive clinical assessments; behavioral health screenings; therapy (individual, group, family); community support; case management; in home therapy.</li> <li>• Provides Transition to Independence Process (TIP) and CBI Level II &amp; III.</li> </ul> Languages: English.	5+	<ul style="list-style-type: none"> <li>▪ Insurance: DC FFS Medicaid, AmeriHealth, HSCSN, Trusted, Amerigroup</li> <li>▪ Referral: Call Access HelpLine at 1-888-793-4357.</li> <li>▪ Availability: One month.</li> </ul>
<b>Love Your Life Healthcare (LYLE)</b>	<ul style="list-style-type: none"> <li>• Provides assessments, psychotherapy/counseling,</li> </ul>	10+	<ul style="list-style-type: none"> <li>▪ Insurance: DC FFS Medicaid,</li> </ul>

THERAPY SERVICES IN NORTHEAST

Organization	Services Provided	Ages Served	Insurance, Referral & Availability
<p>333 Hawaii Ave NE, Suite 100 WDC 20011 Brookland-Red Line Bus: H1, H2, H3, H4, H8, 80</p> <p>P: 202-232-4270 <a href="http://www.lylehealthcare.com">http://www.lylehealthcare.com</a></p>	<p>positive behavior support, and medication management for children and adolescents with serious disorders such as autism, anxiety, depression, attention deficit and hyperactivity disorder (ADHD), and bipolar disorder. Languages: English and Spanish (therapy)</p>		<p>AmeriHealth, HSCSN, Amerigroup, BCBS (HMO, FEP, PPO), Cigna, United, Humana, Magellan.</p> <ul style="list-style-type: none"> <li>▪ Referral: No referral necessary.</li> <li>▪ Availability: Immediate availability for assessments and therapy; 1-2 weeks for psychiatrists.</li> </ul>
<p><b>Mary's Center</b></p> <p>100 Gallatin Street NE WDC 20011 Fort Totten – Green/ Yellow/ Red Lines Bus: 60, K6, E4, R1, K9, 64, K2, R2, E2</p> <p>8709 Flower Avenue Silver Spring, MD 20901 Bus: 12, 13, 14, 15, 16, 19, 20, 24, J4</p> <p>P: 202-846-8053 <a href="https://www.maryscenter.org/BehavioralHealthOverview">https://www.maryscenter.org/BehavioralHealthOverview</a></p>	<ul style="list-style-type: none"> <li>• Provides psychiatric and therapeutic services, including Parent Child Interaction Therapy (PCIT) and Child Parent Psychotherapy (CPP) for children. Will conduct psychiatric assessments and med management for children under 5. Languages: English, Spanish.</li> </ul>	<p>Therapy 2+ Psychiatry 3+</p>	<ul style="list-style-type: none"> <li>▪ Insurance: DC and MD Medicaid, Trusted, HSCSN, AmeriHealth, Aetna, Blue Cross Blue Shield, Cigna, Tricare. Discount services available for uninsured-- sliding scale base on income (Initial appointment is \$24-\$145, mental health from \$10-\$65 per session)</li> <li>▪ Referral: PCIT referral from primary Care helpful. Call mental health #: 202-420-7122, or call Access HelpLine at 1-888-793-4357.</li> <li>▪ Appointment Line: 1-844-796-2797 24/7</li> <li>▪ Availability: Availability depends</li> </ul>

THERAPY SERVICES IN NORTHEAST

Organization	Services Provided	Ages Served	Insurance, Referral & Availability
			<p>on site. Call Friday mornings for next week's schedule. With referral, patients under 5 and parents under 25 can get into PCIT program within 1 week.</p>
<p><b>MBI Health Services</b></p> <p>4017 Minnesota Ave NE WDC, 20019 Minnesota Ave- Orange/Silver Line Bus: U2, U5, U6, V7, V8 P: 202-388-9202 *Site for 18 yo+</p> <p><a href="http://www.mbihealthservices.com/geral/index.php">http://www.mbihealthservices.com/geral/index.php</a></p>	<ul style="list-style-type: none"> <li>Provides four core services of diagnostic and assessment services; community support services; counseling services; High Fidelity Wraparound Services; Transition to Independence Process (TIP); and medication and somatic treatments.</li> <li>Has 2 child psychiatrists on staff. Specialty services available for LGBT youth. Appointments available after intake process.</li> </ul> <p>Languages: English only.</p>	<p>5+</p>	<ul style="list-style-type: none"> <li>Insurance: AmeriHealth, DC FFS Medicaid, HSCSN, Amerigroup, Trusted, Amerigroup</li> <li>Referral: Call Access HelpLine at 1-888-793-4357.</li> <li>Availability: When open for intake, immediate availability.</li> <li>Walk-ins available from 9am – 2pm M-F</li> </ul>
<p><b>Mental Health Services Division</b></p> <p>35 K Street NE WDC 20002 Union Station – Red Line Bus: D3, D4, 80</p> <p>P: 202-442-4100</p>	<ul style="list-style-type: none"> <li>Same Day Urgent Care Clinic - provides diagnostic and assessment services, emergency medication/somatic treatment, counseling and psychotherapy for individuals with court-ordered services or not linked yet to CSA will assist in connecting the family to a core service agency.</li> <li>Pharmacy Services- Individuals who are uninsured can get prescribed medication at the DBH pharmacy located at 35 K Street NE. The pharmacy is open Monday through Friday from 8:30 am to 5 pm. Prescriptions received before 4:15 pm will be filled the same day. Call (202) 442-4954 if you need assistance.</li> <li>Serving Individuals With Unique Needs- DBH provides behavioral health services and supports to unique populations, including individuals who are deaf/hearing impaired, limited or no English speaking, or who have co-</li> </ul>	<p>18+</p>	<ul style="list-style-type: none"> <li>Insurance: DC FFS Medicaid and DC MCOs.</li> <li>Referral: Not needed. Call Access HelpLine at 1-888-793-4357.</li> <li>Availability: Walk-in hours Monday-Friday 8:30am-3pm. They accept new patients daily until quota is met so arrive before 10:30am or noon to guarantee services. Call the clinic if you have any questions about appropriateness.</li> </ul>

## THERAPY SERVICES IN NORTHEAST

Organization	Services Provided	Ages Served	Insurance, Referral & Availability
	<p>occurring intellectual disabilities. For an appointment, please call (202) 442-4202 or the ACCESS Helpline at 1-888-793-4357.</p> <p>Languages: Unable to verify.</p>		
<p><b>New Creations Counseling and Art Therapy</b></p> <p>1325 Quincy St. NE Washington, DC 20012</p> <p>202-213-2476</p> <p><a href="http://www.newcreationsdc.com/">http://www.newcreationsdc.com/</a></p>	<ul style="list-style-type: none"> <li>Art therapy to help people to heal from pain, identify hope, and envision plans for the future.</li> </ul> <p>Language: English</p>	6+, prefer older adolescents and adults	<ul style="list-style-type: none"> <li>Insurance: BCBS</li> <li>Referral: call or fill out form online</li> <li>Usually 1 week</li> </ul>
<p><b>P&amp;G Educational Institute</b></p> <p>2218 Rhode Island Ave NE Washington, Dc 20018 Bus: E2, 83, 86, G8, G9, T14, T18 Brookland-CUA- Red line</p> <p>202-526-3880</p> <p><a href="http://www.pgcei.com/">http://www.pgcei.com/</a></p>	<ul style="list-style-type: none"> <li>PGCEI provides comprehensive behavioral health care for people of all ages. You'll find treatment for the whole person—mind, body and spirit—from an organization with 30 years of experience in behavioral and mental healthcare.</li> <li>We have counselors, psychologist, therapist and mental health professionals available within our network to assist you.</li> </ul> <p>Language: English</p>	2+	<ul style="list-style-type: none"> <li>Insurance: Commercial insurance (Cigna, UHC, Magellan), DC Medicaid MCOs</li> <li>Referral: Unable to verify</li> <li>Availability: Appointments available immediately (including Saturdays and evenings)</li> </ul>
<p><b>PCC Stride (Psychiatric Center Chartered)</b></p> <p>3001 Bladensburg Rd., Ste. 100 NE Washington, DC 20018 Bus: H6, B2, B8, B9</p>	<ul style="list-style-type: none"> <li>Adult CSA offers psychiatry, community support workers, and individual therapy</li> </ul>	18+	<ul style="list-style-type: none"> <li>Insurance: DC Medicaid and MCOs.</li> <li>Referral: Schedule intake through Access Helpline: 1-888-793-4357</li> </ul>

## THERAPY SERVICES IN NORTHEAST

Organization	Services Provided	Ages Served	Insurance, Referral & Availability
202-842-2016 <a href="https://pccstride.org/mental-health/">https://pccstride.org/mental-health/</a>			<ul style="list-style-type: none"> <li>▪ Availability: Intake appointments available within 1 week. Psychiatry is 2-3 weeks after intake.</li> </ul>
<b>Progressive Life Center (3 Locations)</b>  1933 Montana Avenue NE WDC 20002 Bus: E2, B2, S42, D4  P: 202-842-2016 <a href="http://www.plcntu.org/">http://www.plcntu.org/</a>	<ul style="list-style-type: none"> <li>• Services include: Individual Therapy; Group Therapy; Marital Therapy; Family Therapy; Critical Incident Stress Debriefing; Parent Training; Psychological Testing; Psycho-educational Testing.</li> </ul> <p>Languages: English.</p>	10+	<ul style="list-style-type: none"> <li>▪ Insurance: OptumHealth and AmeriHealth, United Healthcare, United Behavior Health, Carefirst, Beacon Healthcare, Emdeon, OptumHealth, Cigna, Unison, MHN.</li> <li>▪ Referral: Dependent upon insurance provider requirements.</li> <li>▪ Availability: Immediate</li> </ul>
<b>Reasons To Hope Foundation</b>  216 Michigan Ave NE WDC 20017 Brookland or Rhode Island Avenue- Red Line Bus: 80, D8  P: 202-877-6378 <a href="http://reasonstohope.org">http://reasonstohope.org</a>	<ul style="list-style-type: none"> <li>• Evidence Based Integrated Allied Behavioral Health Services &amp; Support.</li> <li>• Primary Peer Preventions (ages 5-12): Assessments and referrals, HealthCare Coordination (Network Providers), Supplemental Behavioral Health Services.</li> <li>• Transitional Treatment with Technology (ages 13-17), Assessment and referral to Network Provider of Services: Primary &amp; BHS Providers, Community Support Partners; HealthCare Coordination; Intentional Peer Support; Individual Peer Support; Family Support Group; Peer to Peer Support Groups. Living Bridges to Recovery</li> <li>• Programs for Adults (ages 18+): Adult Awakened Achievements and Alerts (ages 18-49)</li> </ul>	Families with children from ages (5-12yrs)  18+	<ul style="list-style-type: none"> <li>▪ Insurance: DC FFS Medicaid, DC Medicaid Managed Care Organizations (MCOs), HSCSN, Blue Cross Blue Shield, MD Medicaid</li> <li>▪ Referral: Not required but preferred.</li> <li>▪ Availability: Immediate</li> </ul>

## THERAPY SERVICES IN NORTHEAST

Organization	Services Provided	Ages Served	Insurance, Referral & Availability
	Languages: English. Provides effective and meaningful language interpretation services to individuals with limited English proficiency (LEP) and coordination of interpretation requests.		
<p><b>Reignite Psychological and Consulting Services</b></p> <p>2001 Benning Road, Fl. 2 NE Washington, DC 20002</p> <p>X1, X2, X3, S41, X9, streetcar Stadium-Armory (blue/orange/silver)</p> <p>P: (202) 629-0755</p> <p><a href="http://www.reignitepsych.com/">http://www.reignitepsych.com/</a></p>	<ul style="list-style-type: none"> <li>Reignite provides therapy services to children, adolescents, and adults. Our services include individual, couples, and group therapy, family counseling, diagnostic assessment services, psychological evaluations, and parenting workshops. Our 360° Weight Loss Program includes weight loss groups focused on behavior modification, fitness classes to include boxing and cardio, and nutritional demonstrations. Reignite's career services include coaching sessions, resume services, and career assessments.</li> </ul> <p>Language: English and Spanish</p>	5+	<ul style="list-style-type: none"> <li>Insurance: AmeriHealth DC; BlueCross and BlueShield; CareFirst; Cigna; Magellan Behavioral Health; TRICARE</li> <li>Referral: Not required</li> <li>Availability: 1-3 weeks. Offers evening and Saturday hours.</li> </ul>
<p><b>Smile Therapy</b></p> <p>650 I St NE Washington, DC 20003 Bus: V1, V4, 90, 92,PS</p> <p>P: 240-324-6524</p> <p><a href="http://www.smiletherapyservices.com">http://www.smiletherapyservices.com</a></p>	<ul style="list-style-type: none"> <li>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.</li> </ul> <p>Language: English</p>	4+	<ul style="list-style-type: none"> <li>Insurance: AmeriHealth, Trusted, Maryland Medicaid, Care First Blue Cross Blue Shield (PPO network), Cigna, Amerigroup</li> <li>Referrals: Referrals can be made online at: <a href="http://www.smiletherapyservices.com/MakeAReferralforTherapy.en.html">http://www.smiletherapyservices.com/MakeAReferralforTherapy.en.html</a> or call: (240)324-6524</li> <li>Availability: 1 week</li> </ul>
<p><b>Washington Hospital Center Trinity Square (Outpatient Psychiatry)</b></p> <p>216 Michigan Ave NE</p>	<ul style="list-style-type: none"> <li>Outpatient or Partial Hospitalization Mental Health Facility. Special programs for transition-Age 18-25, Persons with Mental Health and Substance Abuse Disorders, and Mental Health Issues.</li> </ul>	18+	<ul style="list-style-type: none"> <li>Insurance: DC Medicaid, Commercial Insurance, sliding scale rates</li> <li>Referral: Not required</li> </ul>



THERAPY SERVICES IN NORTHEAST

Organization	Services Provided	Ages Served	Insurance, Referral & Availability
Washington, DC 20017 Bus: H1, H2, H3, H4, 80, D8 Brookland- Trinity- red line  (202) 877-6333  <a href="https://www.medstarwashington.org/our-services/mental-health/why-choose-us/">https://www.medstarwashington.org/our-services/mental-health/why-choose-us/</a>	Language: English, French, Vietnamese		<ul style="list-style-type: none"> <li>▪ Availability: Intake appointments within one week, psychiatry wait is 30-45 days.</li> </ul>

## THERAPY SERVICES IN NORTHWEST

Organization	Services Provided	Ages Served	Insurance, Referral & Availability
<p><b>Andromeda Transcultural Health</b></p> <p>1400 Decatur St NW Washington, DC 20011 Bus: 52, 53, 54, S1, S2</p> <p>P: 202-291-4707</p> <p><a href="http://www.andromedatransculturalhealth.org">http://www.andromedatransculturalhealth.org</a></p>	<ul style="list-style-type: none"> <li>Provides substance abuse counseling, mental health counseling and psychiatry; individual and group therapy for the dually diagnosed; a Latino women's group every Thursday evening (free for all women, conducted in Spanish); an intensive psychosocial support group every Tuesday, Wednesday, Thursday, and Friday; The Circulo de Andromeda provides alcohol and drug (non-opiate) prevention, outreach, and treatment.</li> </ul> <p>Language: English, Spanish.</p>	18+ and families	<ul style="list-style-type: none"> <li>Insurance: Aetna, Blue Cross Blue Shield Magellan, Cigna, AmeriHealth Caritas PerformCare, Amerigroup, United Health, DC FFS Medicaid (psychiatry only). Offer sliding scale fee for essential services for those without insurance, depending upon family size and income.</li> <li>Referral: Dependent upon insurance provider requirements.</li> <li>Availability: 1 week for new patients</li> </ul>
<p><b>API Associates</b></p> <p>7826 Eastern Avenue NW Suite 201 WDC 20012 Bus: S2, S9, 70, 79</p> <p>P: 202-291-0912</p> <p><a href="http://www.apiassociatesinc.com">www.apiassociatesinc.com</a></p>	<ul style="list-style-type: none"> <li>Provide diagnostic assessments, including psychological and psycho-educational evaluations, and counseling services for children and families, including individual, play and family therapy for conditions including anxiety, depression, conduct difficulties, trauma, ADHD.</li> <li>Provides home and office-based services.</li> <li>The organization has specific experience evaluating the needs of children with developmental disabilities and special education needs.</li> </ul> <p>Languages: English</p>	3+	<ul style="list-style-type: none"> <li>Insurance: AmeriHealth, DC FFS Medicaid, HSCSN, Trusted.</li> <li>Referral: Call 202-291-0912 or submit online referral form.</li> <li>Availability: Unable to verify.</li> </ul>
<p><b>Chattering Children</b></p> <p>4880 MacArthur Boulevard NW WDC 20007 Bus: D6</p> <p>P: 202-333-1403</p>	<ul style="list-style-type: none"> <li>Provides auditory-verbal therapy services to children of all ages. OT for children with hearing loss.</li> </ul> <p>Languages: English, Spanish.</p>	0-18	<ul style="list-style-type: none"> <li>Insurance: Medicaid, Aetna, BlueCross and BlueShield, Tricare</li> <li>Referrals: No referral necessary</li> <li>Availability: Appointments within 1 week.</li> </ul>

## THERAPY SERVICES IN NORTHWEST

Organization	Services Provided	Ages Served	Insurance, Referral & Availability
<p><a href="http://www.chatteringchildren.org/">http://www.chatteringchildren.org/</a></p> <p><b>Children's National Health System - Child Development Clinic</b></p> <p>111 Michigan Avenue NW WDC 20010 Shuttles from Union Station, Brookland and Columbia Heights Bus: 80, D8, H1, H2, H3, H4</p> <p>P: 202-476-5405 <a href="http://childrensnational.org/departmentsandprograms/default.aspx?Type=Program&amp;Id=6180&amp;Name=Child%20Development%20Program">http://childrensnational.org/departmentsandprograms/default.aspx?Type=Program&amp;Id=6180&amp;Name=Child%20Development%20Program</a></p>	<ul style="list-style-type: none"> <li>Evaluates children from birth to 4 years of age with developmental concerns. Services include comprehensive developmental evaluations assessing cognitive, language, motor, adaptive, attention/self-regulation &amp; social/emotional functioning in infants, toddlers, and preschool-aged children (including consultation regarding treatment-planning). Autism evaluations (including the ADOS); Initial diagnosis &amp; biannual follow-up. NICU follow-up (prematurity, birth complications, etc.). Children with complex medical histories or at risk for delays. Developmental delay; Children who are not meeting milestones.</li> </ul> <p>Languages: English, Spanish. Bilingual evaluations (Spanish).</p>	0-4	<ul style="list-style-type: none"> <li>Insurance: HSCSN, Amerigroup, Trusted, FFS, VA InTotal, Anthem Health Keepers, MD Medicaid, MD Amerigroup. All private insurance except Cigna and Blue Choice.</li> <li>Referral: Please refer to Child Development Program at 202-476-5405 (direct line, answered by Michelle Gill). She will plan for phone intake and then schedule appointment</li> <li>Availability: 2-3 months.</li> </ul>
<p><b>Children's National Health System – The Freddie Mac Child and Adolescent Protection Center (CAPC)</b></p> <p>111 Michigan Avenue NW WDC 20010 Shuttles from Union Station, Brookland and Columbia Heights Bus: H1, H2, H3, H4, 80, D8</p> <p>P: 202-476-4100 <a href="http://childrensnational.org/departments/child-and-adolescent-protection">http://childrensnational.org/departments/child-and-adolescent-protection</a></p>	<ul style="list-style-type: none"> <li>Located within the Children's National Health System, the CAPC offers advocacy for victims and families; Psychological testing; Juvenile offender counseling services; Educational, psychological, developmental, and parent-child relationship assessments; Individual and family therapy for victimized children; Parenting education/therapy classes; Case management; Referral services for victims and their families.</li> </ul> <p>Languages: English only</p>	4-22	<ul style="list-style-type: none"> <li>Insurance: AmeriHealth, HSCSN, Aetna, Trusted, Anthem Blue Cross Blue Shield of VA, Beech Street (includes Viant), CareFirst Blue Cross Blue Shield, Choicecare (Humana), Cigna Healthcare of the Mid Atlantic (includes Great West Healthcare), Coventry Health Care of VA, Coventry National PPO, First Health (owned by Coventry), GMC Healthcare, InforMed (owned by Conifer Health Solutions), Kaiser Permanente, Multiplan/Private Healthcare Systems (PHCS), United Healthcare (all except Medicare)</li> <li>DC FFS Medicaid not accepted for</li> </ul>

THERAPY SERVICES IN NORTHWEST

Organization	Services Provided	Ages Served	Insurance, Referral & Availability
			mental health services. <ul style="list-style-type: none"> <li>▪ Referral: Dependent upon insurance provider requirements.</li> <li>▪ Call # directly to schedule.</li> <li>▪ Availability: Dependent upon individual therapist and treatment services.</li> </ul>
<p><b>Children’s National Health System – Psychiatry/Psychology and Behavioral Sciences/Health</b></p> <p>111 Michigan Avenue NW WDC 20010 Shuttles from Union Station, Brookland and Columbia Heights Bus: H1, H2, H3, H4</p> <p>P: 202-476-5980 <a href="http://childrensnational.org/departments/psychiatry-and-behavioral-sciences">http://childrensnational.org/departments/psychiatry-and-behavioral-sciences</a></p>	<ul style="list-style-type: none"> <li>• Offers assessment, diagnosis, and care for children and teens with behavioral, emotional, and developmental disorders.</li> <li>• Specialty clinics/programs include: Anxiety; Attention Deficit and Hyperactivity Disorders Clinic; Bullying Related Health Risks; Gender and Sexuality Psychosocial Programs; Infant and Toddler Mental Health Program (ITP); Mood Disorders Clinic; Neurobehavioral Program.</li> </ul> <p>Languages: Access to multiple languages through interpreter service.</p>	Infants – 17	<ul style="list-style-type: none"> <li>▪ Insurance: Aetna, BlueCross BlueShield, DC FFS Medicaid (only MDs), AmeriHealth, HSCSN, Trusted, Tricare, United, MD Medicaid – ValueOptions, VA Medicaid MCOs (not straight VA Medicaid).</li> <li>▪ Referral: No referral necessary. 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 info reviewed to schedule appointment.</li> <li>▪ Availability: Typically 4-6 months.</li> </ul>
<p><b>Columbia Road Health Services</b></p> <p>1660 Columbia Road NW</p>	<ul style="list-style-type: none"> <li>• Mental health and social services. Psychotherapy offered ONLY to patients who receive primary care from a Unity</li> </ul>	16 and up	<ul style="list-style-type: none"> <li>▪ Insurance: Blue Cross Blue Shield, United Healthcare, Aetna, DC FFS</li> </ul>

## THERAPY SERVICES IN NORTHWEST

Organization	Services Provided	Ages Served	Insurance, Referral & Availability
WDC 20009 Bus: 42, 43, H1  P: 202-328-3717 <a href="http://www.crhs.org">www.crhs.org</a>	Health clinic. Counseling services to cover loss and grief, depression, psychological trauma and family dysfunction. Individual counseling, couples and family counseling, and referrals to off-site psychiatric services for specialized therapy.  Languages: English, Spanish offered for psychotherapy.		Medicaid, Trusted, AmeriHealth, HSCSN  <ul style="list-style-type: none"> <li>▪ Referral: Must have one from a primary care physician. Must be patient with Unity health.</li> <li>▪ Availability: 3-4 week waitlist for new patients.</li> </ul>
<b>Cognitive Solutions</b>  1025 Thomas Jefferson St, Suite 420 East NW WDC 20007  P: 202-903-4763 <a href="http://parkerdesigngroup.com/Default.aspx?alias=parkerdesigngroup.com/bo urn">http://parkerdesigngroup.com/Default.aspx?alias=parkerdesigngroup.com/bo urn</a>	<ul style="list-style-type: none"> <li>• Comprehensive clinical practice that specializes in neurocognitive and psychological evaluation of adolescents, adults, and senior populations. Clinical practice specializes in providing culturally sensitive neurocognitive evaluations for ethnically diverse populations. This effort is led by Dr. Stephanie R. Johnson, a clinical Neuropsychologist who has substantial experience working with a diverse clinical population including Alzheimer's disease, Traumatic Brain Injury, and Stroke. Does not do ASD evaluations but can rule out or confirm a diagnosis.</li> </ul> Languages: English (Can accommodate translation services if they are brought in by the patient or third party)	7+	<ul style="list-style-type: none"> <li>▪ Insurance: Aetna, AmeriHealth MCO, BCBS, Medicare, Tricare, Magellan.</li> <li>▪ Referrals: Not required for AmeriHealth but for all other insurances it is necessary.</li> <li>▪ Availability: 3 weeks for scheduling.</li> </ul>
<b>Creative Ways Therapy</b>  7412 Georgia Ave #4 NW WDC 20012 Bus: 70 Takoma or Pentworth - Silver  202-285-1690 (English); 202-413-7837 (Spanish)	<ul style="list-style-type: none"> <li>• Bilingual mental health practice serving a diverse community of children, teens, adults, and families. Their team of licensed therapists specializes in trauma recovery, life transitions, and the dynamics of immigration and bi-culturalism. Play therapy and expressive therapy offered for children.</li> </ul> Languages: All therapy services offered in Spanish	All ages	<ul style="list-style-type: none"> <li>▪ Insurance: AmeriHealth, BlueCross. Offer sliding scale fee for qualifying families.</li> <li>▪ Referral: No referral needed, unless required by insurance provider.</li> <li>▪ Availability: Few weeks for new</li> </ul>

## THERAPY SERVICES IN NORTHWEST

Organization	Services Provided	Ages Served	Insurance, Referral & Availability
<p><a href="http://creativewaystherapy.com/">http://creativewaystherapy.com/</a></p> <p><b>Comprehensive Community Health &amp; Psychological Services LLC</b></p> <p>1629 K St, Suite 300 NW WDC 20006 Bus:32, 33, 34, 36, 37, 39, 164, S1, D1, 14, 715, 725, 810, 820, 830, 844 Farragut West- blue/orange/ silver</p> <p>P: 202-600-7703</p> <p><a href="http://www.cchponline.org/">www.cchponline.org/</a></p>	<ul style="list-style-type: none"> <li>Provides individual therapy, cognitive-behavioral therapy, family therapy, couples therapy, group therapy, play therapy/psychodrama, psychiatric assessment &amp; medication management, substance abuse screening/counseling, psychological/personality testing forensic evaluations, and a co-occurring disorders program, which treats clients suffering from both chemical addiction and mental illness.</li> </ul> <p>Languages: Unable to verify.</p>	Unable to Verify.	<p>patients.</p> <ul style="list-style-type: none"> <li>Medicaid, state financed (other than Medicaid), private health insurance, or self-payment (no sliding scale).</li> <li>Referral: Unable to verify.</li> <li>Availability: Unable to verify.</li> </ul>
<p><b>Diversified Lifestyles Services</b></p> <p>1300 I Street, Suite 400E NW Washington, Dc 20005 Bus: D6, G9, 3Y, 16Y, 16E, 52, 54, 59, 42, 80, A9, G8, S2, S4, X2, X9, 64, 11Y, 30N, 30S, 32, 33, 36 McPherson Square- Orange/blue/Silver line</p> <p>P: (301) 804-8279</p> <p><a href="http://www.diversifiedlifestyleservices.com">www.diversifiedlifestyleservices.com</a></p>	<ul style="list-style-type: none"> <li>A Behavioral Health Counseling and Consulting Firm dedicated to helping clients reach their full potential. They provide psychological evaluations and recommend solutions to a range of issues for individuals, couples, families, and groups.</li> </ul> <p>Languages: English only.</p>	7+	<ul style="list-style-type: none"> <li>Insurance: Cigna, CareFirst, Magellan, MD Medicaid</li> <li>Referral: office or clinic fax referral sheet and the clinic would let them know whether the client will call or if they need to call the client</li> <li>Availability: 2 weeks</li> </ul>
<p><b>Donald Delaney Eating Disorders Clinic</b></p> <p>4900 Massachusetts Ave NW Washington, DC 20016 Bus: N4, N6</p>	<ul style="list-style-type: none"> <li>We offer a multidisciplinary team approach with medical, nutritional, and psychological services. Usually, we begin with an evaluation that includes several intake visits to assess the person medically, nutritionally, and</li> </ul>	10-21	<ul style="list-style-type: none"> <li>Insurance: DC Medicaid MCOs and commercial insurance</li> <li>Referral: PCPs can contact Darlene Atkins for direct referral. Referral only needed if required by</li> </ul>

THERAPY SERVICES IN NORTHWEST

Organization	Services Provided	Ages Served	Insurance, Referral & Availability
<p>Tenleytown-AW- red line</p> <p>P: 202-476-2164</p> <p><a href="https://childrensnational.org/departments/eating-disorders-clinic">https://childrensnational.org/departments/eating-disorders-clinic</a></p>	<p>psychologically (this consists of interviews with the adolescent and with the parents). Then, we collaborate as a treatment team and schedule a feedback meeting with you to share our diagnostic impressions, our judgment of the level of severity, and our treatment recommendations. We offer treatments here such as medical and nutritional follow-up and individual therapy. We refer out as needed for other services such as family therapy or in cases where families need referrals closer to their home.</p> <p>Language: English</p>		<p>insurance.</p> <ul style="list-style-type: none"> <li>▪ Availability: Immediate availability. Parents contact Tineeka Pugh at <a href="mailto:tpugh@cnmc.org">tpugh@cnmc.org</a>. It's also helpful to fax to her the front and back of your insurance card to 202-895-3870. She will get your adolescent pre-registered and go over insurance info/co-pays.</li> </ul>
<p><b>Edward McCurty</b></p> <p>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 lines</p> <p>P: (202) 759-8132</p> <p><a href="https://www.psychologytoday.com/us/therapists/edward-mccurty-washington-dc/268168">https://www.psychologytoday.com/us/therapists/edward-mccurty-washington-dc/268168</a></p>	<ul style="list-style-type: none"> <li>• Therapeutic approach draws from psychodynamic theory, client-centered therapy and TF-CBT. I also use meditation, aromatherapy and creative visualization as therapeutic tools. My areas of expertise are treating depression, anxiety, grief and loss, childhood trauma and toxic shame. In addition to adult clients, I also see adolescents and families in my practice.</li> </ul>	<p>11+</p>	<ul style="list-style-type: none"> <li>▪ Insurance: BCBS, Magellan, Cigna, Beacon Value Options, AmeriHealth, MD Medicaid</li> <li>▪ Referral: Unable to verify</li> <li>▪ Availability: Unable to verify</li> </ul>
<p><b>Foundations for Community (First Home Care)</b></p> <p>1012 14th Street NW, Suite 1000 WDC 20005 McPherson Square – Blue/Orange/Silver</p>	<ul style="list-style-type: none"> <li>• A CSA that provides services to children and youth with serious emotional disturbances and persons with serious mental illness. Services include diagnostic assessments, medication/somatic treatment, individual, family and group counseling, community support, which includes skills training (anger management, coping skills, study skills, stress management, etc.).</li> </ul>	<p>0-6 (PCIT and CPP)</p> <p>5-21</p>	<ul style="list-style-type: none"> <li>▪ Insurance: HSCSN, AmeriHealth, Trusted, Amerigroup, FFS</li> <li>▪ Referral: Call Access HelpLine at 1-888-793-4357. For SEED services, contact agency directly.</li> </ul>

## THERAPY SERVICES IN NORTHWEST

Organization	Services Provided	Ages Served	Insurance, Referral & Availability
Bus: 80, D1, D3, D6, 52, 53, 54 P: 202-737-2554 <a href="http://www.firsthomecare.com/">http://www.firsthomecare.com/</a>	<ul style="list-style-type: none"> <li>Provide Trauma-Focused Cognitive Behavioral Therapy (TF-CBT), Transition to Independence Process (TIP), Parent Child Interaction Therapy (PCIT), and Parent Child Psychotherapy (CPP).</li> </ul> Languages: English only.		<ul style="list-style-type: none"> <li>Availability: Call Access HelpLine.</li> </ul>
<b>George Washington University - The Metzler Psychological Services Center</b> 2125 G Street NW #101K WDC 20052 (Located on the first floor of the Psychology Building at GWU) Foggy Bottom – Orange/Blue/Silver Bus: 31, 32, 36, 80, H1, L1, N3, X1 P: 202-994-9072 <a href="http://meltzercenter.wordpress.com/">http://meltzercenter.wordpress.com/</a>	<ul style="list-style-type: none"> <li>Assessment services to children and adolescents (intellectual, psycho-educational, or comprehensive assessments). Therapy services offered to individuals, family, and groups for children, adolescents, and adults.</li> <li>NOTE: The Meltzer Center is housed in the Department of Psychology at the George Washington University and is a training center for the Clinical Psychology Program. The clinicians are advanced students in the doctoral training program, and are supervised by adjunct and full-time members of the clinical psychology faculty, all of whom are licensed clinical psychologists.</li> </ul> Languages: English only.	Pre K and up	<ul style="list-style-type: none"> <li>Insurance: Does not accept insurance. Fees are due at time of service by cash or check only. Fees are set based on a sliding scale, and payment plans are available if necessary. Must bring proof of income or student status to first appointment to confirm fees set on the sliding scale.</li> <li>Referral: No referral needed.</li> <li>Availability: Wait list.</li> </ul>
<b>Georgetown Family Center Clinic</b> 4400 MacArthur Blvd NW Suite 103 WDC 20007 Bus: D5, D6 P: 202-965-0730 <a href="http://www.thebowencenter.org">www.thebowencenter.org</a>	<ul style="list-style-type: none"> <li>Georgetown Family Center Clinic offers affordable psychotherapy to individuals, couples, families and consultation to organizations in the greater Washington community.</li> <li>Only work with children in family setting. No one on one services for children.</li> </ul> Languages: All services also offered in Spanish.	All ages (under 18 needs to be accompanied by a parent/guardian)	<ul style="list-style-type: none"> <li>Insurance: No insurance accepted. Sliding scale offered for qualifying families.</li> <li>Referral: No referral needed.</li> <li>Availability: About 1 week for new patients.</li> </ul>
<b>George Washington University – Center Clinic</b> 1922 F Street NW Suite 103	<ul style="list-style-type: none"> <li>Individual and couples therapy, group psychotherapy (adult process therapy group; lesbian, gay and bisexual support and process group; transsexual support group; adult women’s group), psychological assessment,</li> </ul>	All ages (under 16 must be accompanied	<ul style="list-style-type: none"> <li>Insurance: Sliding scale fee offered for qualifying individuals</li> <li>Referral: Unable to verify.</li> </ul>



## THERAPY SERVICES IN NORTHWEST

Organization	Services Provided	Ages Served	Insurance, Referral & Availability
<p>WDC 20052 Foggy Bottom – Blue/Orange/Silver Lines Bus: 3Y, 11Y, 16Y, 80, S1</p> <p>P: 202-994-4937 <a href="http://programs.columbian.gwu.edu/psyd/clinic">http://programs.columbian.gwu.edu/psyd/clinic</a></p>	<p>developmental assessments for infants, young children and adolescents, and ongoing family support as needed.</p> <ul style="list-style-type: none"> <li>Individual psychotherapy for adults, adolescents, children, and parents can focus on self-esteem, general anxiety, depression, grief and loss, stress management, family issues, relationship difficulties, trauma, sexual orientation, and cultural factors, including acculturation.</li> </ul> <p>Languages: English, Spanish.</p>	<p>by a parent/guardian)</p>	<ul style="list-style-type: none"> <li>Availability: Few months wait.</li> </ul>
<p><b>George Washington University - Community Counseling Services</b></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 <a href="http://gsehd.gwu.edu/community-counseling-services-center">http://gsehd.gwu.edu/community-counseling-services-center</a></p>	<ul style="list-style-type: none"> <li>Community Counseling Services at GWU offers individual, couples and career therapy</li> </ul> <p>Languages: English and Spanish.</p>	<p>18+, some therapists have training in younger populations but parent must be also receiving services</p>	<ul style="list-style-type: none"> <li>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.</li> <li>Referral: No referral needed.</li> <li>Availability: Immediate.</li> </ul>
<p><b>Hillcrest Children and Family Center</b></p> <p>915 Rhode Island Avenue NW WDC 20001 Shaw – Green/Yellow Lines Bus: G8, 63, 64</p> <p>P: 202-232-6100 <a href="http://www.hillcrest-dc.org/">http://www.hillcrest-dc.org/</a></p>	<ul style="list-style-type: none"> <li>Provides individual, group, and family therapy, psychiatric evaluation, parenting education, anger and stress management services, a youth substance abuse treatment program (Turning Point), a youth substance abuse prevention program (Project Success), community support services, community-based interventions (levels II, III, and IV), a depression intervention program, and crisis intervention and emergency services. Children, adolescent, and teen services include community support, individual counseling, and medication management. Provide Trauma-Focused Cognitive Behavioral Therapy and Functional Family Therapy and</li> </ul>	<p>5+</p>	<ul style="list-style-type: none"> <li>Insurance: DC FFS Medicaid, Amerigroup, Trusted, AmeriHealth, HSCSN, ValueOptions; Insurance not required for Alcohol/substance use</li> <li>Referral: Walk-in appointments for intake: Mon/Wed 8:30am- 12pm and Tues/Thurs 8:30am-4pm. Or call Access HelpLine for intake appointment at 1-888-793-4357.</li> </ul>

## THERAPY SERVICES IN NORTHWEST

Organization	Services Provided	Ages Served	Insurance, Referral & Availability
	Adolescent Community Reinforcement Approach (substance use evidence-based practice). <ul style="list-style-type: none"> <li>• ASTEP provider. For Drug and alcohol treatment through ASTEP call Hillcrest directly to arrange intake.</li> </ul> Languages: English only		<ul style="list-style-type: none"> <li>▪ Availability: For CSA services, call Access HelpLine for wait time. 1st appointment is diagnostic and occurs within 1 week. 2nd appointment is evaluation, and then waits for services.</li> </ul>
<b>Holy Health Care Services</b>  6210 North Capitol Street NW WDC 20011 Takoma Metro Station Bus: K2, 63  P: 202-722-0404  <a href="http://www.holyhealthcareservices.org/">http://www.holyhealthcareservices.org/</a>	<ul style="list-style-type: none"> <li>• Psychiatry, Therapy</li> </ul> Language: English	18+	<ul style="list-style-type: none"> <li>▪ AmeriHealth, DC Medicaid, Medicare, Blue Cross Blue Shield, Carefirst</li> <li>▪ Referral: No referral needed provider.</li> <li>▪ Availability: Wait time depends on insurance. Therapy available in 1-2 weeks. Psychiatry openings vary.</li> </ul>
<b>House of Ruth</b>  5 Thomas Circle NW Washington, DC 20005 52,54,G9, 315, 325 McPherson Square- Orange/blue lines  P: 202-667-7001 ext. 515  <a href="https://houseofruth.org/get-help/counseling-for-women/">https://houseofruth.org/get-help/counseling-for-women/</a>	<ul style="list-style-type: none"> <li>• House of Ruth's Domestic Violence Support Center offers free, individual counseling and case management for survivors of domestic abuse. Trained professionals provide confidential one-on-one counseling, which allows clients who are (or have been) victims of domestic violence an opportunity to begin the healing process.</li> </ul> Language: Unable to verify	Unable to verify	<ul style="list-style-type: none"> <li>▪ Insurance: Free</li> <li>▪ Referral: Unable to verify</li> <li>▪ Availability: Unable to verify</li> </ul>
<b>Howard University Outpatient Mental Health Clinic</b>  530 College Street NW	<ul style="list-style-type: none"> <li>• Children and adolescent services include outpatient treatment, medication management, and individual therapy</li> </ul>	6-17	<ul style="list-style-type: none"> <li>▪ Insurance: DC FFS Medicaid, Trusted, HSCSN, Amerigroup, VA Medicaid; Care First PPO, Aetna PPO, United Health PPO, Trusted</li> </ul>

## THERAPY SERVICES IN NORTHWEST

Organization	Services Provided	Ages Served	Insurance, Referral & Availability
<p>WDC 20060 Shaw/Howard U – Green/Yellow Lines Bus: 70</p> <p>P: 202-806-7981 <a href="http://huhealthcare.com/healthcare/hospital/departments/psychiatry-behavioral-sciences">http://huhealthcare.com/healthcare/hospital/departments/psychiatry-behavioral-sciences</a></p>	<p>Languages: English only.</p>		<p>Health PPO. Not accepting HMOs or Tricare at this time. NOTE: Besides the clinic, private doctors are available who accept all forms of insurance, including Medicaid and all MCOs.</p> <ul style="list-style-type: none"> <li>▪ Referral: No referral needed, unless required by insurance provider.</li> <li>▪ Availability: About 2 week wait for new patients. Note child/ Adolescent Clinic is only open Fridays 8:30am-11:30am.</li> </ul>
<p><b>Ince Counseling</b></p> <p>1050 17<sup>th</sup> St NW Washington, Dc 20036 Bus: 32, 33, 34, 36, 37, 39, 164, S1, D1, 14, 715, 725, 810, 820, 830, 844, Farragut West- blue/orange lines</p> <p>P 240-292-9322</p> <p><a href="http://www.incecounseling.com/">http://www.incecounseling.com/</a></p>	<p>Helps patients achieve the emotional happiness, stability and well-being needed to decode the best version of oneself.</p> <p>Language: English.</p>	14+	<ul style="list-style-type: none"> <li>▪ Insurance: Commercial plans (Aetna, BCBS, Amerigroup, Cigna), DC Medicaid AmeriHealth &amp; Trusted MCOs, MD Medicaid (Value Options)</li> <li>• Referral: Unable to verify</li> <li>• Availability: Unable to verify</li> </ul>
<p><b>Institute for Life Enrichment (ILE)</b></p> <p>7852 16h st NW Washington DC 20012 Bus: D31, S4, S2, 18 Silver Spring- red line</p>	<p>Offering therapy for families and couples, alcoholism and drug dependency, depression, at-risk students, separation and divorce, parenting, general anxiety.; psychological and educational assessments; psychiatry services available at their College Park, MD location.</p>	Children and families- adults	<ul style="list-style-type: none"> <li>▪ Insurance: DC Medicaid (Amerigroup, AmeriHealth), MD Medicaid, Commercial insurance</li> <li>▪ Referral: not needed</li> </ul>

THERAPY SERVICES IN NORTHWEST

Organization	Services Provided	Ages Served	Insurance, Referral & Availability
<p>202-291-5008</p> <p><a href="http://www.instituteforlifeenrichment.com">http://www.instituteforlifeenrichment.com</a></p>	<p>Language: English.</p>		<ul style="list-style-type: none"> <li>▪ Availability: Therapy services available in 1-2 weeks. 1 month wait for psychiatry</li> </ul>
<p><b>La Clinica Del Pueblo, Inc. Mental Health and Substance Abuse Program</b></p> <p>2831 15th Street NW WDC 20009 Columbia Hgts Metro Station – Green/Yellow Bus: S1, S2, S4, H1, H2</p> <p>P: 202-462-4788 <a href="http://www.lcdp.org">www.lcdp.org</a></p>	<ul style="list-style-type: none"> <li>• Psychiatry patients must be 18+ and a primary care patient served by La Clinica. Younger patients who don't receive health services at La Clinica can be seen but only accept FFS Medicaid. Individual, couple and family counseling services for a broad range of psychological problems, psycho-educational support groups through Mi Familia program, and comprehensive outpatient substance abuse treatment services through Volviendo a Vivir program.</li> <li>• Services to address depression, relationship/family conflicts, cultural adjustment, domestic violence, substance abuse and sexual abuse. La Clinica del Pueblo offers Volviendo a Vivir, an outpatient substance abuse treatment program for Latinos with drug and/or alcohol dependency. Targets recent ex-offenders and those awaiting trial in the Latino community. There are two levels of treatment, Level 1 and Level 2 (intensive). The treatment consists of individual and group therapy as well as HIV education and testing, and case management. Mi Familia program (18 week bilingual family therapy program) -- weekly meetings, dinner provided and age-appropriate group sessions.</li> </ul> <p>Languages: English, Spanish- most patients are Spanish speakers, but translators available for all services.</p>	<p>18+</p>	<ul style="list-style-type: none"> <li>▪ Insurance: For DC residents: DC FFS Medicaid, Trusted, and AmeriHealth. For MD residents: MD Medicaid, United Healthcare. Also CareFirst, Aetna, Cigna, United Healthcare. Sliding scale fee available or qualifying individuals.</li> <li>▪ Referral: Needed from primary care physician.</li> <li>▪ Availability: Waitlist – about 1-2 weeks for new patients.</li> </ul>
<p><b>Latin American Youth Center</b></p>	<ul style="list-style-type: none"> <li>• Core Service Agency that provides assessment; individual,</li> </ul>	<p>12-21</p>	<ul style="list-style-type: none"> <li>▪ Insurance: DC Medicaid Trusted,</li> </ul>

## THERAPY SERVICES IN NORTHWEST

Organization	Services Provided	Ages Served	Insurance, Referral & Availability
<p>1419 Columbia Road NW WDC 20009 Columbia Hgts Metro Station – Green/Yellow Lines Bus: 52, 53, 54, H1, H2, H3, H4</p> <p>P:202-319-2225 Email: <a href="mailto:rocio@layc-dc.org">rocio@layc-dc.org</a> <a href="http://www.layc-dc.org/">http://www.layc-dc.org/</a></p>	<p>group, and family counseling; crisis intervention; psychiatric evaluations, medication management; and community support. Provides CBI levels II &amp; III. Only bilingual ASTP provider in DC. Language: English and Spanish</p>		<p>AmeriHealth, Amerigroup, MD Medicaid, And United Healthcare. Also CareFirst, Aetna, Cigna, United Healthcare. Sliding scale fee available or qualifying individuals.</p> <ul style="list-style-type: none"> <li>▪ Referral: Needed from primary care physician. Form can be found online.</li> <li>▪ Availability: 1-2 weeks for new patients.</li> </ul>
<p><b>Letosha Hodge</b></p> <p>1629 K St. NW Washington, DC 20012 Bus: 32, 33, 34, 36, 37, 39, 164, S1, D1, 14, 715, 725, 810, 820, 830, 844 Farragut West (blue/orange/silver)</p> <p>P:(240) 428-6697</p> <p><a href="https://therapists.psychologytoday.com/rms/name/L._B._Hodge_PsyD,LICSW_Washington_District+of+Columbia_138683">https://therapists.psychologytoday.com/rms/name/L._B._Hodge_PsyD,LICSW_Washington_District+of+Columbia_138683</a></p>	<ul style="list-style-type: none"> <li>• Individual and family therapy for adolescents and adults. Specializes in trauma therapy.</li> </ul> <p>Language: English and Spanish</p>	4+	<ul style="list-style-type: none"> <li>▪ Insurance: HSCSN, AmeriHealth, Beacon Behavioral Health, BCBS, Magellan</li> <li>▪ Referral: Unable to verify</li> <li>▪ Availability: Unable to verify</li> </ul>
<p><b>Living and Growing Therapy LLC</b></p> <p>7064 Eastern Ave, 3rd Floor NW Washington, DC 20012 Bus: 3, 14, 16, 18, 24, 25, 62, 63 Takoma- red line</p>	<ul style="list-style-type: none"> <li>• Bilingual individual and family therapy. Areas of expertise include trauma, depression, anxiety, grief &amp; loss, immigration, family separation in transnational families, domestic violence, women's empowerment, community outreach, diversity &amp; inclusion, and using mindfulness practices as an accompanying modality to therapy</li> </ul>	13+	<ul style="list-style-type: none"> <li>▪ Insurance: Cigna and Aetna plans.</li> <li>▪ Referral: Unable to verify</li> <li>▪ Availability: Unable to verify</li> </ul>

## THERAPY SERVICES IN NORTHWEST

Organization	Services Provided	Ages Served	Insurance, Referral & Availability
202-417-2734  <a href="https://therapists.psychologytoday.com/rms/name/Caitlin_Tromiczak_LICSW-C_Washington_District+of+Columbia_325188">https://therapists.psychologytoday.com/rms/name/Caitlin_Tromiczak_LICSW-C_Washington_District+of+Columbia_325188</a>	Language: English and Spanish		
<b>Love Your Life Healthcare (LYLE)</b>  333 Hawaii Ave NE, Suite 100 Washington DC 20011 Brookland- Red Line Bus: H1, H2, H3, H4, H8, 80  P: 202-232-4270  <a href="http://www.lylehealthcare.com">http://www.lylehealthcare.com</a>	<ul style="list-style-type: none"> <li>Provide assessments, psychotherapy/counseling, positive behavior support, and medication management for children and adolescents with serious disorders such as autism, anxiety, depression, attention deficit and hyperactivity disorder (ADHD), and bipolar disorder.</li> </ul> Languages: English, Arabic, Creole, French, Spanish	10+	<ul style="list-style-type: none"> <li>Insurance: DC FFS Medicaid, AmeriHealth, HSCSN, BCBS, Cigna, United, Humana, not Magellan.</li> <li>Referral: No referral necessary.</li> <li>Availability: Immediate availability for assessments and therapy; 1-2 weeks for psychiatrists.</li> </ul>
<b>Mary's Center</b>  3912 Georgia Avenue NW Washington, DC 20011 (Psychiatry) Georgia Ave/Petworth – Green/Yellow Bus: 60, 62, 63, 64, 70, 79, H8  2333 Ontario Road NW WDC 20010 Bus: 90, 93, 96, X3, S1, S2, S4, S9  P: 202.483.8196 <a href="http://www.maryscenter.org">www.maryscenter.org</a>	<ul style="list-style-type: none"> <li>Diagnostic assessments, treatment planning, medication evaluation and management by board-certified psychiatrists, individual and family therapy, play therapy, community/family support, and case management. Evidence-based practices include cognitive behavioral therapy (trauma focused), parent child interactive therapy, motivational interviewing, and solution focused counseling.</li> </ul> Languages: English, Spanish available for all forms of therapy.	All ages	<ul style="list-style-type: none"> <li>Insurance: DC and MD Medicaid, Trusted, HSCSN, AmeriHealth, Aetna, Blue Cross Blue Shield, Cigna, Tricare. Discount services available for uninsured-- sliding scale base on income (Initial appointment is \$24-\$145, mental health from \$10-\$65 per session)</li> <li>Referral: PCIT referral from primary Care helpful. Call mental health #: 202-420-7122, or call Access HelpLine at 1-888-793-4357.</li> </ul>

THERAPY SERVICES IN NORTHWEST

Organization	Services Provided	Ages Served	Insurance, Referral & Availability
			<ul style="list-style-type: none"> <li>▪ Appointment Line: 1-844-796-2797 24/7</li> <li>▪ Availability: Availability depends on site. Call Friday mornings for next week's schedule. With referral, patients under 5 and parents under 25 can get into PCIT program within 1 week.</li> </ul>
<p><b>MedStar Georgetown University Hospital - H.O.Y.A. Clinic</b></p> <p>3800 Reservoir Road NW WDC 20007 Bus: D1, D2, D6</p> <p>P: 202-687-7447 <a href="http://gucchd.georgetown.edu/67632.html">http://gucchd.georgetown.edu/67632.html</a></p>	<ul style="list-style-type: none"> <li>• Provides individual and family therapy for children from birth to adolescence. Neuropsychological, social-emotional and learning disability evaluations are also offered. Approaches used include cognitive-behavioral therapy, collaborative problem-solving, dyadic therapy, and family therapy.</li> </ul> <p>Languages: Unable to verify.</p>	<p>0-18</p>	<ul style="list-style-type: none"> <li>▪ Insurance: Fee-for-service clinic and insurance is not accepted. A down payment of approximately half the charges expected prior to rendering services.</li> <li>▪ Referral: Unable to verify.</li> <li>▪ Availability: Unable to verify.</li> </ul>
<p><b>Over the Rainbow</b></p> <p>2737 Devonshire Place, Unit I NW Washington, Dc 20008 Bus: L1, L2 Cleveland park- red line</p> <p>P: 703-519-1224 <a href="http://www.overtherainbowllc.com">http://www.overtherainbowllc.com</a></p>	<ul style="list-style-type: none"> <li>• Services include individual therapy, consultations, DBT, Family Therapy, Couples Therapy, Group therapy. Also offers training and supervision for professionals.</li> </ul> <p>Languages: English</p>	<p>13+</p>	<ul style="list-style-type: none"> <li>▪ Insurance: Aetna, Carefirst, Magellan, AmeriHealth, CIGNA</li> <li>▪ Referral: No referral necessary. Email or call and they try their best to find a clinician with the correct background and hours available. Once an intake is scheduled therapy starts right away with that therapist. They schedule intakes with the therapist that will be</li> </ul>

## THERAPY SERVICES IN NORTHWEST

Organization	Services Provided	Ages Served	Insurance, Referral & Availability
			<p>doing the treatment unless there is a special circumstance.</p> <ul style="list-style-type: none"> <li>▪ Availability: Openings sometimes change weekly</li> </ul>
<p><b>Proper Counseling &amp; Consulting LLC</b></p> <p>1629 K. St Suite 300 NW Washington, DC 20006 Bus: S1, S2, S4, S9, 34, 16Y, 80 Farragut North- red line</p> <p>P: 202-600-1403</p> <p><a href="http://www.propercounseling.com/">http://www.propercounseling.com/</a></p>	<ul style="list-style-type: none"> <li>• Family therapy or family counseling, CBT, ABA.</li> </ul> <p>Language: Unable to verify.</p>		<ul style="list-style-type: none"> <li>▪ Insurance: Unable to verify</li> <li>▪ Referral: Unable to verify</li> <li>▪ Availability: Unable to verify</li> </ul>
<p><b>Psychological Group of Washington</b></p> <p>1707 L Street Suite 220 NW WDC 20036 Farragut North – Red Link Bus: 42, 43, L2, N2, N4, N6</p> <p>P: 202-223-9844</p> <p><a href="http://www.psychgroupdc.com">www.psychgroupdc.com</a></p>	<ul style="list-style-type: none"> <li>• Individual therapy for children, adolescents and seniors, family therapy, couples therapy, emotional testing, psychoeducational testing, group psychotherapy, education courses and training, and admissions testing.</li> </ul> <p>Languages: English only.</p>	4+	<ul style="list-style-type: none"> <li>▪ Insurance: Blue Cross Blue Shield, United, Aetna, Cigna; Medicaid not accepted. Sliding scale available if requested. (unable to verify)</li> <li>▪ Referral: No referral needed, unless required by insurance provider.</li> <li>▪ Availability: unable to verify.</li> </ul>
<p><b>Ruthie Arbit Counseling</b></p> <p>5225 Connecticut Avenue, Suite 705 Washington, DC 20015 Bus: D31, D33, D34</p>	<ul style="list-style-type: none"> <li>• Maternal and Pediatric Psychotherapy. Ruthie has certification in CBT and DIR/Floortime model and uses a blended behavioral and emotionally-focused approach.</li> </ul> <p>Language: English, Spanish, Hebrew</p>	0-10, & adults	<ul style="list-style-type: none"> <li>▪ No insurance accepted. \$150-\$190/Session. Sliding Scale available and limited number of home visits available.</li> <li>▪ Call to schedule</li> <li>▪ No waitlist</li> </ul>



## THERAPY SERVICES IN NORTHWEST

Organization	Services Provided	Ages Served	Insurance, Referral & Availability
P:240-863-2618 <a href="http://arbitcounseling.weebly.com/">http://arbitcounseling.weebly.com/</a>			
<b>Safe Shores – The DC Children’s Advocacy Center</b>  429 O Street NW WDC 20001 Shaw-Howard U Station- Green/ Yellow NoMa-Gallaudet U/New York Ave. – Red Bus: G2, 96, 70  P: 202-671-7233 (to report a concern about child abuse or neglect) 202-645-3200 (to set up an appointment) <a href="http://www.safeshores.org">www.safeshores.org</a>	<ul style="list-style-type: none"> <li>Services offered for child victims of physical/sexual abuse or witnesses of crime. Child therapists available to assess impact of abuse and provide treatment recommendations, which may include additional sessions with the therapist. Play, art, and other expressive therapy techniques used to create a safe and supportive environment. Additional services include long-term therapy, crisis intervention, and pretrial support.</li> </ul> <p>Languages: English only.</p>	4-18	<ul style="list-style-type: none"> <li>Insurance: No payment needed for services</li> <li>Referral: Must have been an investigation to receive services. An investigator, ongoing social worker, or hospital worker usually provides referral.</li> <li>Availability: Depends on urgency of the situation. Appointments can be made 7 days after referral</li> </ul>
<b>Smile Therapy</b>  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)  P: 240-324-6524  <a href="http://www.smiletherapyservices.com">http://www.smiletherapyservices.com</a>	<ul style="list-style-type: none"> <li>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.</li> </ul> <p>Language: English</p>	4+	<ul style="list-style-type: none"> <li>Insurance: AmeriHealth, Trusted, Maryland Medicaid, Care First Blue Cross Blue Shield (PPO network), Cigna, Amerigroup</li> <li>Referrals: Referrals can be made online at: <a href="http://www.smiletherapyservices.com/MakeAReferralforTherapy.en.html">http://www.smiletherapyservices.com/MakeAReferralforTherapy.en.html</a> or call: (240)324-6524</li> <li>Availability: 1 week</li> </ul>
<b>The Autism and Communications Disorder Clinic (ACDC)</b>	<ul style="list-style-type: none"> <li>The Autism and Communications Disorder Clinic (ACDC) provides a comprehensive evaluation of the child by our team of pediatric specialists. The purpose of this clinic is</li> </ul>	Unable to verify	<ul style="list-style-type: none"> <li>Insurance: Most insurance plans are accepted.</li> </ul>

## THERAPY SERVICES IN NORTHWEST

Organization	Services Provided	Ages Served	Insurance, Referral & Availability
<p>2115 Wisconsin Avenue NW Washington, DC 20007 Bus: 30N, 30S, 31, 33</p> <p>P: 202-444-2722</p> <p><a href="https://www.medstargeorgetown.org/our-services/rehabilitation/pediatric-rehabilitation-pmr/services/autism-and-communications-disorders-clinic/#form">https://www.medstargeorgetown.org/our-services/rehabilitation/pediatric-rehabilitation-pmr/services/autism-and-communications-disorders-clinic/#form</a></p>	<p>to evaluate the whole child and identify areas of need and support. In order to provide the most thorough evaluation of the child, the evaluation is scheduled over the course of three to four separate visits. This allows each member of the team to fully evaluate the needs of your child. Once your child is seen by each specialist of the team, a parent conference is scheduled to discuss the results of the assessments, diagnostic impressions, and further recommendations.</p> <p>Language: English</p>		<ul style="list-style-type: none"> <li>Complete the online intake form. Once the completed form has been submitted, a member of our team will contact you to review your child's medical history, current symptoms and/or behaviors. The scheduler will review any information needed with you over the phone.</li> </ul>
<p><b>The Hope Center for Wellness, LLC</b></p> <p>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> <p>P: 202-508-3673</p> <p><a href="https://therapists.psychologytoday.com/rms/prof_detail.php?profid=324677">https://therapists.psychologytoday.com/rms/prof_detail.php?profid=324677</a></p>	<ul style="list-style-type: none"> <li>Bilingual therapy services for children 6+, families, and adults. Tele-therapy services for clients 14+.</li> </ul> <p>Language: English and Spanish</p>	6+	<ul style="list-style-type: none"> <li>Insurance: AmeriHealth, Cigna, Carefirst, BCBS, out of pocket.</li> <li>Referral: Unable to verify.</li> <li>Availability: Immediate availability for in-person therapy and TeleMental Health (ages 14+ only).</li> </ul>
<p><b>Therapeutic Links Behavioral Health Services, LLC</b></p> <p>2000 P St, Suite 200 NW Washington, Dc 20036 Bus: D1, D4, D6, H1, L1, L2, G2, N2, N4, N6, 42, 43 DuPont Circle- Red line</p>	<ul style="list-style-type: none"> <li>Specialize in working with young professionals who are dealing with low self-esteem, social anxiety, relationship issues and quarter-life crisis. My goal is to provide you with a safe space to address whatever seems to hinder you from personal or professional growth. Evening and Weekend Hours available.</li> </ul> <p>Language: English</p>	5+	<ul style="list-style-type: none"> <li>Insurance: AmeriHealth DC, Amerigroup, Trusted, CareFirst, BlueCross BlueShield</li> <li>Referral: Families can call 202-699-2039 directly to schedule an appointment</li> <li>Waitlist: No waitlist. Lots of openings for home and community based services. They can start</li> </ul>

## THERAPY SERVICES IN NORTHWEST

Organization	Services Provided	Ages Served	Insurance, Referral & Availability
P202-699-2039 <a href="http://www.tlinksdc.com/services">http://www.tlinksdc.com/services</a>			therapy within the same week. Within 1 to 5 days depending on the clients availability.
<b>Urban Playology</b> P: 240-565-5422 <a href="http://www.urbanplayology.com">www.urbanplayology.com</a>	<ul style="list-style-type: none"> <li>My clinical areas of specialization and interest include but are not limited to: Women &amp; Women of Color Issues, Urban Play Therapy, Expressive Arts, Sand tray Therapy, Grief &amp; Loss, LGBTIQ Folk, TF-CBT, Broad Spectrum Couples &amp; Family Work</li> </ul> Language: Unable to verify.	Unable to verify	<ul style="list-style-type: none"> <li>Insurance: Unable to verify.</li> <li>Referral: Unable to verify.</li> <li>Availability: Unable to verify.</li> </ul>
<b>Volunteers of America Chesapeake</b> 508 Kennedy St NW Washington, DC 20011 Bus: 62, 63, E4 Fort Totten- Red/Yellow/Green lines P: 202-223-9630 <a href="https://www.voachesapeake.org/behavioral-health">https://www.voachesapeake.org/behavioral-health</a>	<ul style="list-style-type: none"> <li>Bilingual psychiatry, therapy, housing and employment support, community support workers can assist with transportation and immigration questions</li> </ul> Language: English and Spanish	18+	<ul style="list-style-type: none"> <li>Insurance: DC Medicaid and all MCOs</li> <li>Referral: Call Access Helpline 1-888-493-4357</li> <li>Availability: Few months wait for intake.</li> </ul>
<b>Washington School of Psychiatry – Adele Lebowitz Center for Youth and Family</b> 5028 Wisconsin Avenue NW Suite 400 WDC 20016 Friendship Heights – Red Line Bus: 30N, 30S, 31, 33, N2 P: 202-537-6050 <a href="http://www.wspdc.org">www.wspdc.org</a>	<ul style="list-style-type: none"> <li>Treatment options include psychiatric services, medication management, individual psychotherapy, group therapy, couples therapy, parent counseling, psychoanalysis, and appropriate referrals.</li> </ul> Languages: English, Spanish, Portuguese.	3+	<ul style="list-style-type: none"> <li>Insurance: Accepts cash. Considered out-of-network provider as does not directly accept insurance. Offer a sliding fee scale.</li> <li>Referral: Referral not necessary.</li> <li>Availability: Initial intake evaluation availability is Wednesday evenings after 5pm. Later sessions and availability will</li> </ul>

## THERAPY SERVICES IN NORTHWEST

Organization	Services Provided	Ages Served	Insurance, Referral & Availability
<p><b>Wendt Center for Loss and Healing</b></p> <p>4201 Connecticut Avenue NW Suite 300 WDC 20008 Van Ness/UDC – Red Line Bus: H2, L1, L2</p> <p>P: 202-624-0010</p> <p><a href="http://www.wendtcenter.org">www.wendtcenter.org</a></p>	<ul style="list-style-type: none"> <li>The Wendt Center offers counseling for dealing with grief and loss issues, support groups, children’s services, crime victim services, professional training and community education, crisis response and Recovery: Support for Survivors of Sudden Traumatic Death. They also offer Camp Forget-Me-Not during the summer.</li> </ul> <p>Languages: Spanish services offered for individual therapy.</p>	3+	<p>be determined on case by case basis.</p> <ul style="list-style-type: none"> <li>Insurance: Aetna, Blue Cross Blue Shield, DC FFS Medicaid, Trusted, AmeriHealth, HSCSN. Sliding scale available for qualifying individuals and families</li> <li>Referral: No referral needed, unless required by insurance provider.</li> <li>Availability: Few months wait for individual therapy and some group therapy options. Families must call 202-624-0010 for intake packet and to get on waitlist. Sooner availability if open to daytime hours.</li> </ul>
<p><b>Youth Pride Clinic</b></p> <p>111 Michigan Ave NW Washington, DC 20010 Bus: D8, 80, H1, H2, H3, H4 Columbia Heights (green) and Brookland (red) shuttle</p> <p>P: 202-476-4976</p> <p><a href="https://childrensnational.org/departments/adolescent-and-young-adult-">https://childrensnational.org/departments/adolescent-and-young-adult-</a></p>	<p>The Youth Pride Clinic is a specialized clinic within the Adolescent Health Center serving LGBTQ (lesbian, gay, bisexual, transgender, and questioning/queer) patients throughout the greater Washington, D.C region.</p> <p>Languages: English</p>	12-22	<ul style="list-style-type: none"> <li>Insurance: DC Medicaid MCOs, MD Medicaid, commercial plans</li> <li>Referral: To refer a patient for care, call the Division of Adolescent and Young Adult Medicine at 202-476-2178 or for mental health /psychotherapy services contact Michael Mancilla, LICSW, at 202-476-4976.</li> <li>Availability: Unable to verify</li> </ul>

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THERAPY SERVICES IN NORTHWEST

Organization	Services Provided	Ages Served	Insurance, Referral & Availability
<a href="#">medicine/related-care-services/youth-pride-clinic</a>			

## THERAPY SERVICES IN SOUTHEAST

Organization	Services Provided	Ages Served	Insurance, Referral & Availability
<p><b>April May Company</b></p> <p>1224 M St. Ste 200 SE Washington, Dc 20005 Bus: V1, V4, V5, 90, 92, A9, P6 Metro: Green Line-Navy Yard</p> <p>P: 1-888-694-0333 202-706-7603 <a href="https://www.amayinc.com/">https://www.amayinc.com/</a></p>	<ul style="list-style-type: none"> <li>AprilMay Company, Inc. (AMCI) provides a full spectrum of behavioral health care specific to the prevention, health promotion, early intervention and treatment of individuals suffering from mental health disturbances and intellectual disabilities. We specialize in innovative pediatric evidence-based behavioral health services to support the treatment of developmental, emotional and behavioral problems of children and families.</li> </ul> <p>Language: English. Interpreters for AmeriHealth insured families</p>	0-17; treat up to 21 if they have a special need	<ul style="list-style-type: none"> <li>AmeriHealth, BlueCross BlueShield, HSCSN, Trusted, Magellan, Amerigroup</li> <li>No referral needed</li> <li>No waitlist</li> </ul>
<p><b>Ascensions Psychological &amp; Community Services</b></p> <p>1526 Howard Road SE WDC 20020 Anacostia - Green Line Bus: W2, W3, W6, W8, &amp; 94 P: 202-889-4344</p> <p><a href="http://www.2ascend.org/index.html">http://www.2ascend.org/index.html</a></p>	<ul style="list-style-type: none"> <li>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</li> </ul> <p>Languages: English</p>	Unable to verify.	<ul style="list-style-type: none"> <li>Insurance: Clients seen regardless of financial situation. Sliding scale fee available. Accept Aetna, AmeriHealth, APS, Blue Cross Blue Shield, Cigna, Health right, Kaiser-Permanente, Magellan, Maryland Medicaid, MHN, Tricare, United</li> <li>Referral: No referral necessary.</li> <li>Availability: Immediately.</li> </ul>
<p><b>Capitol Hill Center for Individual and Family Therapy</b></p> <p>50 E Street SE Suite 300 WDC 20003 Capitol South – Blue/Orange/Silver Bus: P17, P19, W13</p> <p>P: 202-543-4645 <a href="http://capitolhillcenterfortherapy.net/">http://capitolhillcenterfortherapy.net/</a></p>	<ul style="list-style-type: none"> <li>Provides psychotherapy services for children, adolescents and families. Individual, couples, and family therapy offered.</li> <li>Childhood issues addressed include learning and behavior problems, childhood depression, trauma, adjustment issues, foster care, eating and sleeping problems, abuse, and adoption.</li> </ul> <p>Languages: English</p>	Unable to verify.	<ul style="list-style-type: none"> <li>Insurance: Aetna, BCBS, Cigna, etc.</li> <li>Referral: Unable to verify.</li> <li>Availability: Unable to verify.</li> </ul>
<p><b>Capitol Hill Consortium for Counseling &amp;</b></p>	<ul style="list-style-type: none"> <li>Diverse, multi-cultural psychotherapy group of clinicians</li> </ul>	All ages	<ul style="list-style-type: none"> <li>Insurance: DC Medicaid MCOs,</li> </ul>

## THERAPY SERVICES IN SOUTHEAST

Organization	Services Provided	Ages Served	Insurance, Referral & Availability
<p><b>Consultation (CCCC)</b></p> <p>650 Pennsylvania Ave, Ste 240 SE Washington, Dc 20003 Bus: 30N, 30S, 32,34, 36, 90, 92, PS, US-NY Eastern Market metro</p> <p>P: 202-544-5440</p> <p><a href="http://www.cccmentalhealth.com/">http://www.cccmentalhealth.com/</a></p>	<p>from the disciplines of psychology, social work and counseling. We offer services to children, adolescents, adults, and elders through individual TF-CBT, group, couple and family therapy, as well as psychological testing.</p> <p>Language: English</p>		<p>Amerigroup, Private insurance (Carefirst), sliding scale available</p> <ul style="list-style-type: none"> <li>▪ Referral: Unable to verify.</li> <li>▪ Availability: Few week wait for evening hours.</li> </ul>
<p><b>Center for Child Protection and Family Support</b></p> <p>714 G Street SE WDC 20003 Eastern Market – Blue/Orange/Silver Bus: 90, 92, 93, DCN22</p> <p>P: 202-544-3144</p> <p><a href="http://www.centerchildprotection.org">www.centerchildprotection.org</a></p>	<ul style="list-style-type: none"> <li>• Provides parent education, school-based programs, therapeutic services and professional training. Services include play therapy, group therapy, and parent support for children and youth ages 4-17 who are victims or have been witness to abuse or domestic violence.</li> </ul> <p>Languages: Unable to verify.</p>	4-17 years	<ul style="list-style-type: none"> <li>▪ Insurance: Unable to verify.</li> <li>▪ Referral: Unable to verify.</li> <li>▪ Availability: Unable to verify.</li> </ul>
<p><b>Community Connections</b></p> <p>650 Pennsylvania Ave SE Suite 50 WDC 20003 Eastern Market – Blue/Orange/Silver Bus: 90, 92, 93, 30N, 30S, 32, 34, 36, 39</p> <p>P: 202-465-4065</p> <p><a href="http://www.communityconnectionsdc.org">www.communityconnectionsdc.org</a></p>	<ul style="list-style-type: none"> <li>• Core Service Agency that provides comprehensive mental health services including assessment of needs and life domains; individualized treatment planning; community support services; in home and/or office based counseling; community-based interventions; psycho-educational training and support; medication management.</li> <li>• Provide Trauma-Focused Cognitive Behavioral Therapy, Transition to Independence Process (TIP).</li> <li>• DBH SEED (Social, Emotional, Early Development) Provider-- offers parent child interaction therapy and parent child psychotherapy for kids 0-6yo.</li> </ul>	0-17	<ul style="list-style-type: none"> <li>▪ Insurance: DC FFS Medicaid, AmeriHealth, Amerigroup, Trusted and HSCSN.</li> <li>▪ Referral: Call Access HelpLine at 1-888-793-4357.</li> <li>▪ Walk-in intake appointments Wednesdays between 10am and 2pm. Only parent needs to come to walk-in time. If unable</li> </ul>

THErapy SERVICES IN SOUTHEAST

Organization	Services Provided	Ages Served	Insurance, Referral & Availability
	<ul style="list-style-type: none"> <li>HEART (Healing, Empowering, and Recovering Together program) offers family therapy and care coordination for adult and child behavioral health services.</li> </ul> <p>Languages: English</p>		<p>to attend walk-ins call Access HelpLine at 1-888-793-4357.</p> <ul style="list-style-type: none"> <li>Availability: Services begin 1 week after walk-in intake appointment.</li> </ul>
<p><b>Crawford Consulting &amp; Mental Health Services (2 Locations)</b></p> <p>2412 Minnesota Avenue SE Suite 303 WDC 20020 Bus: 30N, 30S, 32, 34, 36, 39, B2, K11, M6, V7, A11, J13, K11, V2, V8, V9</p> <p>P: 202-688-3580 <a href="http://www.crawfordconsulting.org">www.crawfordconsulting.org</a></p>	<ul style="list-style-type: none"> <li>Offers clinical services including individual, family, group, and relationship/marriage counseling. They also provide psychological services, psychiatric services, individual and group substance abuse treatment, grief therapy, insight oriented therapy, play therapy, NTU psychotherapy, child and adolescent group therapy, and adult groups therapy.</li> </ul> <p>Languages: Spanish-speaking doctor available for medication management - in MD office they have Spanish speaking clinicians.</p>	<p>5+ (children must be accompanied by an adult)</p>	<ul style="list-style-type: none"> <li>Insurance: DC and MD Medicaid, HSCSN, AmeriHealth, Trusted. PAC, APS UHC. Sliding scale fee available.</li> <li>Referral: No referral needed</li> <li>Availability: Appointment for new patients should be made about one week after intake. Call for specific wait times.</li> </ul>
<p><b>DC Department of Behavioral Health Parent Infant Early Childhood Enhancement Program (PIECE) and Child Psychiatric Practice Group</b></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> <p>P: 202-698-1838</p>	<ul style="list-style-type: none"> <li>The Parent Infant Early Childhood Enhancement Program (PIECE) has two components: 1) Early Intervention provides screening, assessment, individual, family, and art therapy, Parent Child Interaction Therapy (PCIT) and Child Parent Psychotherapy for Family Violence; and 2) Healthy Start works with moms with depression/other mental health issues who have child birth-3 years. Includes psycho-educational parenting group, and home visits if mother is too ill for office-based services.</li> <li>They Psychiatric group does not offer ongoing services. Urgent cases can be arranged for the same week if scheduled for diagnostic assessment at a CSA and if the child hasn't been seen yet.</li> </ul> <p>Languages: Can utilize interpreter service if necessary.</p>	<p>PIECE: 3 – 6 Healthy Start: Mother and child 0-3</p> <p>PPG: 4-18</p>	<ul style="list-style-type: none"> <li>Insurance: Accepts all DC Medicaid MCOs and DC FFS Medicaid. Serves all individuals regardless of ability to pay.</li> <li>Referral: Referral from physician not necessary, but helpful. Referral form obtained by calling 202-698-1838.</li> <li>Availability: A few months wait, including psychiatrists. Trauma therapy only available up to 6 years old.</li> </ul>



## THERAPY SERVICES IN SOUTHEAST

Organization	Services Provided	Ages Served	Insurance, Referral & Availability
<p><b>Family Wellness Center</b></p> <p>2526 Pennsylvania Avenue SE Suite C WDC 20020 Bus: U2, V7, V9, 30N, 30S, 32, 34, 36, 36, 39, B2, A11, J13, K11, M6 P: 202-748-5641</p>	<ul style="list-style-type: none"> <li>CSA that provides diagnostic assessments, medication management, group and individual therapy, community support.</li> </ul> <p>Languages: German and Urdu.</p>	8+	<ul style="list-style-type: none"> <li>Insurance: Straight Medicaid, DC MCOs</li> <li>Referral: Call Access HelpLine at 1-888-793-4357.</li> <li>Availability: Call to determine if wait. Intake appointments available in 1 week. The intake will be a 3 hour process at which time will be matched with CSW. Psychiatry can be scheduled within 1 month. They only have 1 psychiatrist who comes in for a few hours on Wednesdays.</li> </ul>
<p><b>Inner City Family Services</b></p> <p>2313 Martin Luther King Jr. Avenue SE WDC 20020 Anacostia – Green Line Bus: 90, A42, A46, A48, B2, P6, U2, W2, W3, W8, 93 P: 202-525-4855 <a href="http://www.innercityfamilyservices.com/">http://www.innercityfamilyservices.com/</a></p>	<ul style="list-style-type: none"> <li>Provides individual counseling, family counseling and training, community support, crisis intervention, diagnostic assessments, psychological evaluation, behavioral aid, community transition and medical management.</li> </ul> <p>Languages: English only.</p>	4+	<ul style="list-style-type: none"> <li>Insurance: DC FFS Medicaid, AmeriHealth, Trusted, Amerigroup</li> <li>Referral: Recommended form primary care provider or other source but not required. Call Access HelpLine at 1-888-793-4357.</li> <li>Availability: Call Access HelpLine. In-home and Saturday therapy hours available.</li> </ul>
<p><b>Integrated Behavioral Services Group</b></p>	<ul style="list-style-type: none"> <li>Diagnostic assessments, therapy and children’s day rehabilitation. After-school program includes individual and</li> </ul>	6-14	<ul style="list-style-type: none"> <li>Insurance: DC FFS Medicaid Trusted, Amerigroup,</li> </ul>

THERAPY SERVICES IN SOUTHEAST

Organization	Services Provided	Ages Served	Insurance, Referral & Availability
<p>2041 Martin Luther King Jr. Ave SE #201 WDC 20020 Anacostia – Green Line Bus: 90, 93, A42, A46, A48, B2, P6, U2</p> <p>P: 202-610-1444 <a href="http://www.ibsginc.com/services.html">http://www.ibsginc.com/services.html</a></p>	<p>group therapy, and medication management. Transportation from school and home offered at no cost.</p> <ul style="list-style-type: none"> <li>Individual Therapy: Depression, Anxiety, Trauma &amp; Post-Traumatic Stress, Sexual Abuse, Grief and Loss, Acting Out Behaviors, Anger Management, Physical and Emotional Abuse, Abusive Relationship Issues, Substance Abuse</li> <li>Family Therapy : RAD Therapy (Reactive Attachment Disorder), Parenting Skills Enhancement, Parent &amp; Child Issues, Siblings, Blended Families, Adoptive Family Issues, Recovering from Divorce/Separation, Grief, Loss and Adjustment, Custody/Visitation Related Issues</li> <li>Children’s Group Therapy: Trauma, Sexual Abuse, Grief &amp; Loss</li> </ul> <p>Languages: English only.</p>		<p>AmeriHealth, and HSCSN. Most (if not all) commercial insurance accepted and billed.</p> <ul style="list-style-type: none"> <li>Referral: Call intake coordinator between 11am-4pm to arrange services</li> <li>Availability: Immediate availability</li> </ul>
<p><b>Jacinta Coleman, MSW, LICSW</b></p> <p>1405 42nd St SE WDC 20020 Bus: F14, M6, W4</p> <p>P: 202-529-1572</p>	<ul style="list-style-type: none"> <li>Play therapy for very young children including those whose verbal skills are not fully developed. Engages in corrective play actions with dolls, uses art materials, etc.</li> </ul> <p>Languages: Unable to verify.</p>	0-10	<ul style="list-style-type: none"> <li>Insurance: AmeriHealth, Aetna, Carefirst, Federal Blue Cross/Blue Shield, United Health Care/United Behavioral Health and Crime Victims Compensation Program.</li> <li>Referral: No referral necessary.</li> <li>Availability: Unable to verify.</li> </ul>
<p><b>Life Care Inc.</b></p> <p>1427 Good Hope Rd SE Washington, DC 20020 Bus: A6, A7, A31, 92, PS, P6, V5, B2, W2, W6</p>	<ul style="list-style-type: none"> <li>LifeCare INC promotes improved mental wellbeing for all individuals and families in District of Columbia through individualized, and group therapy treatment enhanced by person centered Recovery Support Planning, education, and advocacy. Spanish-speaking therapist is available.</li> </ul> <p>Languages: English and Spanish</p>	18+	<ul style="list-style-type: none"> <li>Insurance: DC Medicaid, Amerigroup, AmeriHealth, Trusted, Aetna</li> <li>Referral: Unable to verify</li> </ul>

## THERAPY SERVICES IN SOUTHEAST

Organization	Services Provided	Ages Served	Insurance, Referral & Availability
<p>Anacostia- Green line</p> <p>P: 202-836-4841</p>			<ul style="list-style-type: none"> <li>▪ Availability: Intake appointments within one week, psychiatry 1-2 weeks (only comes in every other Friday). Can walk-in for intake appointment</li> </ul>
<p><b>MBI Health Services</b></p> <p>2041 Martin Luther King Jr. Avenue SE WDC 20020 Anacostia – Green Line Bus: 90, 93, A9, A42, A46, A48, B2, P6, U2 P: 202-547-8450 *Site for kids 5-17 yo</p> <p><a href="http://www.mbihealthservices.com/general/index.php">http://www.mbihealthservices.com/general/index.php</a></p>	<ul style="list-style-type: none"> <li>• Provides four core services of diagnostic and assessment services; community support services; counseling services; High Fidelity Wraparound Services; Transition to Independence Process (TIP); and medication and somatic treatments.</li> <li>• Has 2 child psychiatrists on staff. Specialty services available for LGBT youth. Appointments available after intake process.</li> </ul> <p>Languages: English only.</p>	5-17+	<ul style="list-style-type: none"> <li>▪ Insurance: AmeriHealth, DC FFS Medicaid, HSCSN, Amerigroup, Trusted</li> <li>▪ Referral: Call Access HelpLine at 1-888-793-4357.</li> <li>▪ Availability: When open for intake, immediate availability.</li> </ul>
<p><b>National Therapy Center</b></p> <p>412 First Street SE Washington DC 20003 Bus: 30N, 30S, 32, 34, 36, 39, 230, 250, 305, 325, 335, 345, 630, 725, 810, 820, 830, 840 Capitol South (blue/orange/silver)</p> <p>P: 202-470-4185</p> <p><a href="http://www.nationaltherapycenter.com/">http://www.nationaltherapycenter.com/</a></p>	<ul style="list-style-type: none"> <li>• Helps children with speech and language disorders, as well as children found to be on the Autism spectrum. Offers diagnostic evaluations and treatment of speech and language disorders, as well as Applied Behavioral Analysis (ABA) therapy.</li> </ul> <p>Languages: English and Spanish.</p>	0-21	<ul style="list-style-type: none"> <li>▪ Insurance: Commercial insurance (Carefirst and Aetna - ABA only, Tricare, Kaiser), MD Medicaid, Trusted, Amerigroup, AmeriHealth, HSCSN health insurance. TriCare</li> <li>▪ Referral: Not needed</li> <li>▪ Availability: Call</li> </ul>
<p><b>Paving The Way</b></p>	<ul style="list-style-type: none"> <li>• Diagnostic/Assessment</li> <li>• Medication Management</li> </ul>	4-21	<ul style="list-style-type: none"> <li>▪ DC FFS Medicaid, DC Medicare, AmeriHealth, Trusted</li> </ul>

THERAPY SERVICES IN SOUTHEAST

Organization	Services Provided	Ages Served	Insurance, Referral & Availability
<p>2616 Martin Luther King Jr. Ave., SE WDC 20020 Green Line Bus: H4,70, 79, A2, A4, A6, A7,A8,A42, A46, A48</p> <p>P: 202-724-7666 <a href="http://www.pavingthewaymsi.org/">http://www.pavingthewaymsi.org/</a></p>	<ul style="list-style-type: none"> <li>• Individual Therapy</li> <li>• Family Therapy</li> <li>• Group Therapy</li> <li>• Complete Psychological Testing</li> </ul> <p>Languages: Unable to verify.</p>		<ul style="list-style-type: none"> <li>▪ Referral: No referral needed.</li> <li>▪ Availability: Intake appointments available within 1 week, psychiatry appointments about 1 month later. Call for next available appointment.</li> </ul>
<p><b>Preventive Measures</b></p> <p>2959 Martin Luther King Jr. Ave SE Washington, DC 20020</p> <p>P: 202-563-7632</p>	<ul style="list-style-type: none"> <li>• Offers individual, group, family, and couples counseling. Psychiatry available 10am-5pm Mondays, Thursdays, and every other Fridays. Adult day rehabilitation program and free-standing mental health clinic.</li> </ul> <p>Language: English</p>	6+	<ul style="list-style-type: none"> <li>▪ DC Medicaid and MCOs, single-case agreements with commercial plans</li> <li>▪ Referral: Call Access Helpline: 1-888-793-4357</li> <li>▪ Availability: Intake with therapist same week; psychiatry 1-2 weeks</li> </ul>
<p><b>PSI</b></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 <a href="http://www.psiservicesinc.net/pages/Chil">http://www.psiservicesinc.net/pages/Chil</a></p>	<ul style="list-style-type: none"> <li>• 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.</li> </ul> <p>Languages: English.</p>	5+	<ul style="list-style-type: none"> <li>• Insurance: AmeriHealth, HSCSN, Trusted, Amerigroup, FFS Medicaid</li> <li>• Call Access HelpLine at 1-888-793-4357</li> <li>▪ Availability: Therapy and psychiatry services start within 7 days of intake. Families connected immediately with community support workers.</li> </ul>

## THERAPY SERVICES IN SOUTHEAST

Organization	Services Provided	Ages Served	Insurance, Referral & Availability
<a href="#">dServices/ede.html</a>			Few clinicians are available for in-home services if family unable to get to clinic.
<b>Total Family Care Coalition</b>  1214 I Street SE Suite 11 WDC 20003 Potomac Ave – Orange/Blue Lines Bus: 32, 34, 36, V7, V9  P: (202) 747-8878 <a href="http://www.totalfamilycarecoalition.org/programs.html">http://www.totalfamilycarecoalition.org/programs.html</a>	<ul style="list-style-type: none"> <li>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.</li> <li>Parent support workers and child peer mentors available</li> </ul> Languages: English	5-29	<ul style="list-style-type: none"> <li>Insurance: DC FFS Medicaid, Amerigroup</li> <li>Referral: Call Access HelpLine at 1-888-793-4357.</li> <li>Availability: Call Access HelpLine or contact the director, Ms Gail Avent at 202-758-3281 or <a href="mailto:TotalFamilyCareCoalition@gmail.com">TotalFamilyCareCoalition@gmail.com</a>.</li> </ul>
<b>Wendt Center for Loss and Healing</b>  2041 MLK Jr. Ave SE Suite 234 WDC 20020 Green Line Bus: H2, H3, H4  P: 202-624-0010  <a href="http://www.wendtcenter.org">www.wendtcenter.org</a>	<ul style="list-style-type: none"> <li>The Wendt Center offers counseling for dealing with grief and loss issues, support groups, children’s services, crime victim services, professional training and community education, crisis response and Recovery: Support for Survivors of Sudden Traumatic Death. They also offer Camp Forget-Me-Not during the summer.</li> </ul> Languages: Spanish services offered for individual therapy.	3+	<ul style="list-style-type: none"> <li>Insurance: Aetna, Blue Cross Blue Shield, DC FFS Medicaid, Trusted, AmeriHealth, HSCSN. Sliding scale available for qualifying individuals and families</li> <li>Referral: No referral needed, unless required by insurance provider.</li> <li>Availability: Few months wait for individual therapy and some group therapy options. Families must call 202-624-0010 for intake packet and to</li> </ul>

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THERAPY SERVICES IN SOUTHEAST

Organization	Services Provided	Ages Served	Insurance, Referral & Availability
			get on waitlist. Sooner availability if open to daytime hours.

## THERAPY SERVICES IN MARYLAND &amp; VIRGINIA

Organization	Services Provided	Ages Served	Insurance, Referral & Availability
<p><b>Advanced Behavioral Health</b></p> <p><u>Montgomery County residents:</u> 16220 Frederick Rd. Suite Gaithersburg, MD 20877 Bus: 59, 43, 55, 67 Shady Grove- red line</p> <p>P: 301-345-1022, ext. 7001</p> <p><u>PG County residents:</u> 7474 Greenway Center Dr Greenbelt, MD 20770 Bus: 11, 16, G12, 15X, G14</p> <p>P: 301-345-1022, ext.7002</p> <p><a href="https://www.abhmaryland.com/our-services">https://www.abhmaryland.com/our-services</a></p>	<p>Individual, group and family counseling offered at office or in-home. Psychiatry med mgt available at office.</p> <p>Languages: English, Spanish, Russian, Creole, German, Arabic, French, and more.</p>	6+	<ul style="list-style-type: none"> <li>• Insurance: MD Medicaid</li> <li>• Referral: Referrals submitted online help speed up the process, but aren't necessary</li> <li>• Availability: Once referral submitted, or family calls office for intake, assessment arranged by therapist within 72 hours. Psychiatry can be accessed immediately following assessment.</li> </ul>
<p><b>Adventist Behavioral Health</b></p> <p>14901 Broschart Road Rockville, MD 20850 From Rockville station-Bus 56. Shady Grove station-Bus 74 and 43</p> <p>P: 301-251-4545 IOP or 301-838-4912 outpatient</p> <p><a href="https://www.adventisthealthcare.com/services/behavioral-health/acute-inpatient/#Children">https://www.adventisthealthcare.com/services/behavioral-health/acute-inpatient/#Children</a></p>	<ul style="list-style-type: none"> <li>• Provides inpatient treatment for children and adolescents whose acute mental illnesses require immediate stabilization, accomplished through medication management, group therapy, family meetings, expressive therapy (art, movement and music) and pastoral care.</li> <li>• Provides treatment for range of illnesses, including schizophrenia; schizoaffective disorder; mood disorder; PTSD; bipolar disorder; depression; chronic substance abuse; trauma and ADHD. Provides a Partial Hospitalization Program (PHP) day program.</li> </ul> <p>Languages: English, Spanish, interpreter services available.</p>	<p>Separate units for 7-12 and 13-17</p> <p>Accept 7 and up</p>	<ul style="list-style-type: none"> <li>▪ Insurance: Accept most major commercial insurances; MD Medicaid.</li> <li>▪ Referral: Patients are admitted to inpatient unit after being referred from an emergency room department and evaluated.</li> </ul>

## THERAPY SERVICES IN MARYLAND &amp; VIRGINIA

Organization	Services Provided	Ages Served	Insurance, Referral & Availability
<p><b>Affordable Behavioral Consultants LLC</b></p> <p>1400 Mercantile Ln, Ste 206 Largo, MD 20774 Bus: 21, 28 301-386-7722</p> <p><a href="https://www.abcmaryland.com/">https://www.abcmaryland.com/</a></p>	<p>Individual and family therapy</p> <p>Language: Could not verify</p>	6+	<ul style="list-style-type: none"> <li>▪ Insurance: MD Medicaid</li> </ul>
<p><b>Alek's House</b></p> <p>4200 Forbes Blvd, Suite 104 Lanham, MD 20706 Bus: F13</p> <p>P: 301- 567-0400</p> <p><a href="http://www.alekshousemd.com/">http://www.alekshousemd.com/</a></p>	<p>Outpatient therapy and med mgt. Target case management available to help link children and adults to shelter and food, and can assist in the transition from one level of care to another.</p> <p>Language: English.</p>	5+	<ul style="list-style-type: none"> <li>▪ Insurance: MD Medicaid</li> <li>▪ Referral: unable to verify</li> <li>▪ Availability: Therapy in 1-2 weeks. Psychiatry within 4-6 weeks.</li> </ul>
<p><b>All That's Therapeutic, Inc</b></p> <p>619 Oxon Hill Rd. Suite 311 Silver Spring, MD 20745 Bus: 35, D12, NH!, D13, D14, W14</p> <p>P: 301-567-0400</p>	<p>Outpatient and Psychiatric Rehabilitation Program serving consumers of all ages in Prince George's County.</p> <p>Language: English.</p>	3+	<ul style="list-style-type: none"> <li>▪ Insurance: MD Medicaid, sliding scale</li> <li>▪ Referral: unable to verify</li> <li>▪ Availability: Call to verify insurance (takes 48hrs). Intake within 1 week.</li> </ul>
<p><b>Basics Practice Group, LLC</b></p> <p>716 Pennsylvania Ave, Suite 203 Forestville, MD 20747 K12, K13, 20</p> <p>P:(301) 420-1972</p>	<p>Offers individual and family therapy, home and school-based services, anger management trainings, play therapy, psychological evaluations, and group therapy.</p> <p>Language: English.</p>	5+	<ul style="list-style-type: none"> <li>▪ Insurance: MD Medicaid, Commercial plans (Cigna, BCBS, Carefirst)</li> <li>▪ Referral: Not needed</li> <li>▪ Availability: Availability</li> </ul>



## THERAPY SERVICES IN MARYLAND &amp; VIRGINIA

Organization	Services Provided	Ages Served	Insurance, Referral & Availability
<a href="http://www.basicscounseling.com/jcms">http://www.basicscounseling.com/jcms</a>			depends on age and insurance type
<p><b>Behavioral and Educational Solutions</b></p> <p>8609 2nd Avenue, Suite 404B Silver Spring, MD 20910 Bus: 1, 5, 11, 28 (+ buses that stop at Silver Spring/ Paul S. Sarbanes Transit Center) Metro: Silver Spring- red line</p> <p>P: 240-398-3514 <a href="http://besdc.com/">http://besdc.com/</a></p>	<ul style="list-style-type: none"> <li>The allied health team that will provide support, resources, solutions, respite, and education to Metro DC families so parents and children can increase engaged quality time together. All services are provided in English and Spanish, and can be delivered in the office, home, or school depending on the individual needs of the case. Services include ABA, behavioral therapy, perinatal mental health counseling, and psychological testing.</li> </ul> <p>Language: English and Spanish</p>	0-100	<ul style="list-style-type: none"> <li>MD Medicaid, DC MCOs, Carefirst FEP, BCBS (PPO only)</li> <li>Referral: Not required</li> <li>Availability: 1 month waitlist for intake but services start immediately (depends on age and insurance type).</li> </ul>
<p><b>BHIPP – Maryland Behavioral Health Integration in Pediatric Primary Care</b></p> <p>855-MD-BHIPP (855-632-4477) <a href="http://www.mdbhipp.org/">http://www.mdbhipp.org/</a></p>	<ul style="list-style-type: none"> <li>BHIPP supports the efforts of primary care providers (PCPs) to assess and manage the mental health needs of their patients from infancy through the transition to young-adulthood.</li> <li>BHIPP is available to PCPs without charge for a phone consultation and without regard to a patient’s insurance status. PCPs can initiate a phone consultation by calling 855-MD-BHIPP.</li> <li>BHIPP also aids in finding Maryland behavioral health resources and referrals.</li> </ul>	Infancy- young adult	<ul style="list-style-type: none"> <li>Insurance: Free, regardless of insurance.</li> <li>Referral: No referral, primary care providers may call 855-MD-BHIPP.</li> <li>Availability: Calls will be returned within 24 hours, if not sooner.</li> </ul>
<p><b>Bowie Counseling Services</b></p> <p>3060 Mitchellville Rd, Suite 212 Bowie, MD 20716</p> <p>P: 301-218-5492 <a href="http://www.bowiecounseling.com/BCS_H">http://www.bowiecounseling.com/BCS_H</a></p>	<ul style="list-style-type: none"> <li>Individual and family therapy for children, adolescents, adults, and couples. Workshops address stress management, parenting, and conflict management.</li> </ul> <p>Language: English.</p>	5+	<ul style="list-style-type: none"> <li>Insurance: Carefirst (PPO, HMO)</li> <li>Referral: Unable to verify</li> <li>Availability: Intake over the phone, appointment within 1 week after intake. Children</li> </ul>

## THERAPY SERVICES IN MARYLAND &amp; VIRGINIA

Organization	Services Provided	Ages Served	Insurance, Referral & Availability
<a href="#">ome.html</a>			only seen on Mondays or Thursdays.
<b>Boys Town USA</b> 8181 Professional Place Suite #150 Hyattsville, MD 20785 P: 202-650-6361 <a href="https://www.boystown.org/locations/washington-dc/Pages/default.aspx">https://www.boystown.org/locations/washington-dc/Pages/default.aspx</a>	<ul style="list-style-type: none"> <li>Individual and family Therapy, psychological evaluations; specializes in obesity, bedtime issues Language: English only</li> </ul>	0-22	<ul style="list-style-type: none"> <li>Insurance: DC Medicaid MCOs (not Amerigroup); commercial insurance (Tricare, Carefirst, BCBS, Cigna), and single-case agreement with Aetna, which sometimes they don't approve</li> <li>referral: Not required</li> <li>Availability: Intake available within 1 week. Therapy begins immediately after. Open M-F 9am-5pm only.</li> </ul>
<b>Campbell Psychological Services, LLC</b> 8607 Second Ave, Suite 506-A Silver Spring, MD 20910 P: 301-589-5533 <a href="http://www.camppsychserv.com/">http://www.camppsychserv.com/</a> Red Line Bus: 80, H2, H3, H4	<ul style="list-style-type: none"> <li>Individual, family, group, and play therapy.</li> </ul>	6+	<ul style="list-style-type: none"> <li>Self-Pay does not accept insurance</li> <li>Availability – within one to two weeks</li> </ul>
<b>Center for Adoption Support and Education (C.A.S.E)</b> 4404 Queensbury Road, Suite 230 Riverdale Park, MD 20737 14, F4, 86, 83, 17 Prince George's Plaza- green line	<ul style="list-style-type: none"> <li>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; fundraising; and the development and production of print and electronic resources to aid adopted children, families, and the</li> </ul>		<ul style="list-style-type: none"> <li>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 Services, Montgomery County Child Welfare Services, Prince</li> </ul>

## THERAPY SERVICES IN MARYLAND &amp; VIRGINIA

Organization	Services Provided	Ages Served	Insurance, Referral & Availability
<p>4848 Battery Lane, Suite 202 Bethesda, MD 20814 Bus: 34, 70, J2, J3 Medical center- red line</p> <p>P: 301.476.8525</p> <p><a href="http://adoptionsupport.org/">http://adoptionsupport.org/</a></p>	<p>professionals who support them.</p>		<p>George's County DSS or other local jurisdictions. Otherwise fee for service and then the families submit their bill to their insurance company</p>
<p><b>Center for Autism and Related Disorders (C.A.R.D.)</b></p> <p>114 E. 25th Street Baltimore, MD 21218 P: 1-855-345-CARD (2273)</p> <p>Shawnee Road Suite #208 Alexandria VA 22312 P: 703-750-0633 ext. 25</p> <p><a href="http://dcwashington.centerforautism.com/">http://dcwashington.centerforautism.com/</a></p>	<ul style="list-style-type: none"> <li>Provides applied behavior analysis (ABA) in the treatment of autism, Asperger's syndrome, PDD-NOS, and other related disorders.</li> </ul> <p>Languages: English. BCBA's are only English speaking but there are Spanish speaking technicians and therapists.</p>	1-17, 18+	<ul style="list-style-type: none"> <li>Insurance: Blue Cross Blue Shield, United Health, and Medicaid</li> <li>Referral: Clients must enroll on website &amp; create a patient profile with their insurance information, etc. Can also call 1-855-2273 (CARD) for a toll-free call</li> <li>Availability: Slowly taking new clients.</li> </ul>
<p><b>Center for Children</b></p> <p>6100 Radio Station Rd. La Plata, MD P: 301-609-9887</p> <p>41900 Fenwick St. #1 Leonardtown, MD 20650 P: 301-475-8860</p>	<ul style="list-style-type: none"> <li>Individual, family, and group therapy for children, adolescents, and adults. Consultations provided by a psychiatrist and medication management for our clients. 24-hour on call Emergency Psychiatric services offered at Charles Regional Medical Center in La Plata, Maryland</li> </ul> <p>Language: English</p>	All ages	<ul style="list-style-type: none"> <li>Insurance: MD Medicaid, commercial plans (Aetna, Tricare, BCBS)</li> <li>Referral: Unable to verify</li> <li>Availability: Few months wait</li> </ul>

## THERAPY SERVICES IN MARYLAND &amp; VIRGINIA

Organization	Services Provided	Ages Served	Insurance, Referral & Availability
489 Main St. #202 Prince Frederick, MD 20678 P:410-535-3047  <a href="http://center-for-children.org/">http://center-for-children.org/</a>			
<b>Center for Therapeutic Concepts</b>  1300 Mercantile Ln # 200 Upper Marlboro, MD 20774 Bus: C29, C22, C21, 21, 28 Largo Town Center- blue/silver lines  301-386-2991  <a href="http://www.center4therapeuticconcepts.com/ServicesProvided.en.html">http://www.center4therapeuticconcepts.com/ServicesProvided.en.html</a>	<ul style="list-style-type: none"> <li>• Outpatient psychiatry; individual and family therapy; psychological and educational testing; parent support, domestic violence, and anger management groups; psychiatric rehabilitation services.</li> <li>• In-home therapy available.</li> </ul> Languages: English	5+	<ul style="list-style-type: none"> <li>• Insurance: MD Medicaid only</li> <li>• Referral: No referral required.</li> <li>• Availability: Intake within 1 week. Therapy two weeks later.</li> </ul>
<b>College Park Youth and Family Services</b>  4912 Nantucket Rd. College Park, MD 20740 Bus: 83, G2, C12  301-474-1210	<ul style="list-style-type: none"> <li>• Offers Individual and family counseling; child-centered play therapy, group counseling for children; substance abuse assessment and referral; suicide prevention and crisis intervention</li> </ul>	1-100	<ul style="list-style-type: none"> <li>▪ No insurance accepted. Sliding scale (\$2-\$40) for services</li> <li>▪ 1-2 month wait</li> </ul>
<b>Community Counseling &amp; Mentoring Services, Inc.</b>  1300 Mercantile Lane, Suite 208 Largo, MD 20774 Bus: C29, C22, C21, 21, 28 Metro: Largo Town Center (Blue/Silver)	<ul style="list-style-type: none"> <li>• Outpatient clinic offers psychiatry and therapy services, including CBT, Psychodynamic Therapy, Family Systems Therapy, and DBT. School-based program for students currently with an IEP in PG County Public School and 3-5 month home-based Multisystem Therapy (MST) program for kids 12-17.</li> </ul> Language: English	3-80	<ul style="list-style-type: none"> <li>▪ Insurance: MD Medicaid or self-pay</li> <li>▪ Referral: Available online or families can call main number for intake.</li> </ul>

## THERAPY SERVICES IN MARYLAND &amp; VIRGINIA

Organization	Services Provided	Ages Served	Insurance, Referral & Availability
P: 301-583-0001 <a href="https://www.ccsmh.com/">https://www.ccsmh.com/</a>			<ul style="list-style-type: none"> <li>▪ Availability: Currently experiencing high volume. Wait for services depend on availability of therapist and time of day available, but could be few months wait.</li> </ul>
<b>Contemporary Family Services</b>  Prince Georges County (Hyattsville, MD): P: 301-779-8345  Baltimore County (Baltimore, MD): P: 410-525-8601  Montgomery County: (Germantown, MD): P: 240-686-1971  <a href="http://www.contemporaryservices.net/">http://www.contemporaryservices.net/</a>	<ul style="list-style-type: none"> <li>• Provides PRP, psychiatrist and therapy services.</li> </ul> Languages: English and Spanish.	6+	<ul style="list-style-type: none"> <li>▪ Insurance: MD Medicaid and MD Medicare</li> <li>▪ Referral: Call the office where you would like to be seen.</li> <li>▪ Availability: There are currently waitlists. Call for wait time.</li> </ul>
<b>Cornerstone, Inc.</b>  <i>The Craig S. Knoll Integrated Health Center</i>  1398 Lambertson Drive Silver Spring, MD 20902 Bus: 1, 5, 11, 28 Silver Spring- red line P: 301-754-1102  <i>The Southport Center</i>  6040 Southport Drive	<ul style="list-style-type: none"> <li>• Outpatient mental health clinic, vocational support, transition age youth programs, and day programs. The Career Transition Program (CTP) is a short-term Supported Employment program helping graduating high school seniors, and second semester juniors. The Career Academic Psych-rehab Service (CAPS) is a long-term Supported Employment and Psychiatric Rehabilitation program for young adults 18-25 years old. Must be resident of Montgomery County; have MD Medicaid or qualifying income; and see a therapist and/or psychiatrist and have an eligible mental health diagnosis.</li> </ul>	18+	<ul style="list-style-type: none"> <li>▪ Insurance: MD Medicaid</li> <li>▪ Referral: Online application for programs.</li> <li>▪ Availability: Unable to verify.</li> </ul>

## THERAPY SERVICES IN MARYLAND &amp; VIRGINIA

Organization	Services Provided	Ages Served	Insurance, Referral & Availability
Bethesda, MD 20814 Bus: J2, J3, 6 P: 301-493-4200 <a href="https://www.cornerstonemontgomery.org/services1">https://www.cornerstonemontgomery.org/services1</a>			
<b>Crawford Consulting &amp; Mental Health Services</b>  6490 Landover Road Hyattsville, MD 20785 Bus: F13, A12, T18  P: 301-341-5111 <a href="http://www.crawfordconsulting.org">www.crawfordconsulting.org</a>	<ul style="list-style-type: none"> <li>• Offers clinical services including individual, family, group, and relationship/marriage counseling. They also provide psychological services, psychiatric services, individual and group substance abuse treatment, grief therapy, insight oriented therapy, play therapy, NTU psychotherapy, child and adolescent group therapy, and adult groups therapy.</li> </ul> <p>Languages: Spanish-speaking doctor available for medication management - in MD office they have Spanish speaking clinicians.</p>	5+ (children must be accompanied by an adult)	<ul style="list-style-type: none"> <li>▪ Insurance: DC and MD Medicaid, HSCSN, AmeriHealth, Trusted. PAC, APS UHC. Sliding scale fee available.</li> <li>▪ Referral: No referral needed</li> <li>▪ Availability: Appointment for new patients should be made about one week after intake. Call for specific wait times.</li> </ul>
<b>District Heights Family &amp; Youth Services Center</b>  2000 Marbury Drive District Heights, MD 20747 Bus: 24, V14  P: 301-336-7600 <a href="http://www.districtheights.org/residents/youth-services-bureau/">http://www.districtheights.org/residents/youth-services-bureau/</a>	<ul style="list-style-type: none"> <li>▪ The programs currently in place Mental/Behavioral Health counseling for ages 2-18; Substance Abuse Assessments for youth suspected of drug and/or alcohol abuse in school; Your Life Matters workshops for ages 13-24.</li> </ul> <p>Language: English and Spanish</p>	2-18	<ul style="list-style-type: none"> <li>▪ Insurance: Sliding scale</li> <li>▪ Referral: None</li> <li>▪ Availability: Unable to verify</li> </ul>

## THERAPY SERVICES IN MARYLAND & VIRGINIA

Organization	Services Provided	Ages Served	Insurance, Referral & Availability
<p><b>Diversified Counseling Services</b></p> <p>9006 Woodyard Rd. Clinton MD 20735 Bus: 30, 32, 36, C11, C13</p> <p>P:301-856-3636</p> <p><a href="http://dcs-caring4u.com/">http://dcs-caring4u.com/</a></p>	<ul style="list-style-type: none"> <li>▪ Outpatient group practice where a team of experienced psychiatrists, psychologists, social workers and professional counselors with extensive sub-specialty certifications.</li> <li>▪ Treats anxiety, ADD, emotional regulation, bipolar disorder, schizoaffective disorder, schizophrenia, PTSD.</li> </ul> <p>Language: Unable to verify.</p>	4+	<ul style="list-style-type: none"> <li>▪ Insurance: MD Medicaid, Carefist (HMO, PPO), Aetna</li> <li>▪ Referral: Unable to verify</li> <li>▪ Availability: 4-6 week wait. Call to get on waitlist. Ages seen depend on insurance. Aetna as young as 4yo. BCBC starts at 14yo.</li> </ul>
<p><b>Diversified Lifestyles Counseling</b></p> <p>137 National Plaza, Suite 300 Oxon Hill, MD 20745 Bus: K6, K9 Takoma Park- red line</p> <p>P: (301) 804-8279</p>	<ul style="list-style-type: none"> <li>▪ Offers individual (CBT, play therapy) and family therapy for kids as young as 4yo. Groups for anger management, Women's support, and LGBTQ youth</li> </ul>	4+	<ul style="list-style-type: none"> <li>▪ Insurance: Commercial Insurance, Amerigroup, MD Medicaid</li> <li>▪ Referral: Unable to verify</li> <li>▪ Availability: 4-6 week wait</li> </ul>
<p><b>Family Behavioral Services, LLC</b></p> <p>6475 New Hampshire Ave, Suite 650 Hyattsville, MD 20783 Bus: K6, K9 Fort Totten- green line</p> <p>P: 301-270-3200</p> <p><a href="http://www.familybservices.com/">http://www.familybservices.com/</a></p>	<ul style="list-style-type: none"> <li>▪ Psychological evaluation; diagnostic eval; psychiatry med mgt, in-home wrap around services; psychotherapy; therapeutic mentoring.</li> </ul> <p>Languages: English, Spanish, Hattian Creole. Spanish Interpreter on Site and on Language Line, and Hattian Creole on Language Line</p>	4+	<ul style="list-style-type: none"> <li>▪ Insurance: Commercial Insurance, MD Medicaid</li> <li>▪ Referral: Referral process is by calling or a referral form can be faxed for completion</li> <li>▪ Availability: Currently accepting new clients however therapy will be provided by the psychiatrist</li> </ul>

## THERAPY SERVICES IN MARYLAND &amp; VIRGINIA

Organization	Services Provided	Ages Served	Insurance, Referral & Availability
<p><b>Family Matters</b></p> <p>6196 Oxon Hill Road, Suite 340 Oxon Hill, MD 20745 Bus: 35, D12, NH1</p> <p>P: (301) 839-1960</p> <p><a href="https://familymattersdc.org/services/mentalbehavioral-health">https://familymattersdc.org/services/mentalbehavioral-health</a></p>	<ul style="list-style-type: none"> <li>▪ Services include: Diagnostic assessment, Medication, Counseling, Crisis treatment, Community support, Psychiatric rehabilitation, Integrated primary and behavioral health, School-based therapy</li> </ul> <p>Language: Unable to verify</p>	5+	<ul style="list-style-type: none"> <li>▪ Insurance: MD Medicaid only</li> <li>▪ Referral: Unable to verify</li> <li>▪ Availability: Intake in 1 week; therapy 2-3 week wait; 6 mo wait for psychiatry</li> </ul>
<p><b>Family Services Inc.</b></p> <p>610 E. Diamond Avenue Suite 100 Gaithersburg, MD 20877 Bus: 61, 57</p> <p>P: 301-840-3263</p> <p><a href="http://www.fs-inc.org/services/programs/outpatient-mental-health-center">http://www.fs-inc.org/services/programs/outpatient-mental-health-center</a></p>	<ul style="list-style-type: none"> <li>▪ Outpatient Mental Health Clinic provides individual, group and family therapy, and medication management services. We offer services for life challenges, relationship issues, behavioral issues with a child or teen, depression, anxiety, trauma, &amp; persistent mental illness. Same-day walk-in registration Monday- Thursday 10am-2pm.</li> </ul> <p>Language: English and Spanish</p>		<ul style="list-style-type: none"> <li>▪ Insurance: Medicaid and Medicare</li> <li>▪ Referral: Unable to verify</li> <li>▪ Availability: Same day access services: Monday - Thursday 10:00am - 2:00pm</li> </ul>
<p><b>Greater Washington Psychiatry and Counseling</b></p> <p>7474 Greenway Center Dr #730 Greenbelt, MD 20770 11, 16, G12</p> <p>301-982-3437</p> <p><a href="https://gwpac.com/services.html">https://gwpac.com/services.html</a></p>	<ul style="list-style-type: none"> <li>• Focuses on alleviating acute psychological distress resulting from life crises and mental disorders and on improving quality of life. services include, Forensic Evaluations, Independent Medical Evaluations, Psychiatric Evaluations, Medication Management, Individual/ Family / Marital Therapies, Child and Adolescent Evaluation / Treatment, Consultative Services, Parenting Coordination, Electronic Records and Prescriptions, TMS (Transcranial Magnetic Stimulation)</li> </ul>	4+	<ul style="list-style-type: none"> <li>▪ Insurance: Commercial plans (Cigna, BCBS, Aetna, Humana, UHC, Kaiser), MD Medicaid</li> <li>▪ Referral: Unable to verify</li> <li>▪ Availability: Unable to verify</li> </ul>



THERAPY SERVICES IN MARYLAND & VIRGINIA

Organization	Services Provided	Ages Served	Insurance, Referral & Availability
	Language: English and Arabic		
<p><b>Greenbelt CARES</b></p> <p>25 Crescent Road Greenbelt, MD 20770</p> <p>P: 301-345-6660 <a href="http://www.greenbeltmd.gov/index.aspx?nid=138">http://www.greenbeltmd.gov/index.aspx?nid=138</a></p>	<ul style="list-style-type: none"> <li>Services include free family and individual counseling to PG County residents. PCIT (parent-child interaction therapy).</li> </ul> <p>Languages: English, Spanish.</p>	3+	<ul style="list-style-type: none"> <li>Free for residents of PG County.</li> <li>Referral: No referral required.</li> <li>Availability: PCIT daytime appointments available immediately. Call for schedule of other services.</li> </ul>
<p><b>Helix Psychotherapy Solutions</b></p> <p>3200 Crain Hwy Suite 206 Waldorf, MD 20603</p> <p>P:301-638-2348</p>	<ul style="list-style-type: none"> <li>Jessica Webb, M.Ed, NCC, LCPC. I am a Licensed Clinical 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.</li> <li>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.</li> </ul> <p>Languages: unable to verify</p>	6+	<ul style="list-style-type: none"> <li>Insurance: BCBS</li> <li>Referral: Unable to verify</li> <li>Availability: Unable to verify</li> </ul>

## THERAPY SERVICES IN MARYLAND &amp; VIRGINIA

Organization	Services Provided	Ages Served	Insurance, Referral & Availability
<p><b>Institute for Life Enrichment (ILE)</b></p> <p>4700 Berwyn House Road College Park, MD 20740 Bus: D31, S4, S2, 18</p> <p>P: 202-474-3750</p> <p><a href="http://www.instituteforlifeenrichment.com">http://www.instituteforlifeenrichment.com</a></p>	<p>Offering therapy for families and couples, alcoholism and drug dependency, depression, at-risk students, separation and divorce, parenting, general anxiety; psychological and educational assessments; psychiatry services available at their College Park, MD location.</p> <p>Language: English.</p>	Children and families- adults	<ul style="list-style-type: none"> <li>▪ Insurance: DC Medicaid (Amerigroup, AmeriHealth), MD Medicaid, Commercial insurance</li> <li>▪ Referral: not needed</li> <li>▪ Availability: Therapy services available in 1-2 weeks. 1 month wait for psychiatry</li> </ul>
<p><b>Interdynamics, Inc.</b></p> <p>4601 Forbes Blvd, Suite 100 Lanham, MD 20706 Bus: F13</p> <p>301-306-4590</p>	<ul style="list-style-type: none"> <li>• Interdynamics is designed to assist individuals, children, families and groups with social, emotional, educational, developmental and trauma related needs that impact or delay growth potential and daily functioning.</li> <li>• Will see patients with autism and developmental delays</li> </ul> <p>Languages: English and Spanish (therapy)only</p>	1-99	<ul style="list-style-type: none"> <li>▪ Private Insurance (Carefirst including HMO, Aetna, Magellan, Tricare, Cigna, Kaiser), HSCSN, MD Medicaid</li> <li>▪ Therapy appointments in 1-2 weeks. Must have therapy sessions before starting psychiatry.</li> </ul>
<p><b>Jewish Social Service Agency</b></p> <p>200 Wood Hill Road Rockville, MD 20850 There is no Metro station within walking distance. Ride On buses can be boarded from the Shady Grove, Rockville, or Twinbrook Metro stations.</p> <p>P: 301-881-3700</p> <p><a href="http://www.jssa.org/">http://www.jssa.org/</a></p>	<ul style="list-style-type: none"> <li>• Provides psychological, psychiatric, educational and neuropsychological evaluations, care coordination, individual, couple, family, sibling and group counseling, social skills therapy groups, medication management, parenting and family support groups and training and services for children and adolescents with disabilities.</li> <li>• Specific center for Autism Spectrum Disorders.</li> </ul> <p>Languages: English only.</p>	2 yrs-young adult	<ul style="list-style-type: none"> <li>▪ Insurance: Aetna, BlueCross BlueShield, Cigna, MAMSI/MDIPA/Optimum Choice, Medicare, Medicaid (Maryland only), Tricare, United Behavioral Health, United HealthCare</li> <li>▪ Referral: No referral necessary</li> <li>▪ Availability: Generally within one month; sometimes sooner dependent on client</li> </ul>

## THERAPY SERVICES IN MARYLAND &amp; VIRGINIA

Organization	Services Provided	Ages Served	Insurance, Referral & Availability
<p><b>Kennedy Krieger Institute</b></p> <p>Multiple locations in greater Baltimore area.</p> <p>P: 443-923-9400  <a href="http://www.kennedykrieger.org/">http://www.kennedykrieger.org/</a></p>	<ul style="list-style-type: none"> <li>Provides care related to disorders of the brain, spinal cord, and musculoskeletal system.</li> </ul> <p>Languages: Translation services available.</p>	0+	<p>availability.</p> <ul style="list-style-type: none"> <li>Insurance: DC FFS Medicaid, some MD Medicaid programs, and most major commercial insurance companies.</li> <li>Referral: only if insurance requires it.</li> <li>Availability: Dependent on clinic. Currently accepting new patients.</li> </ul>
<p>Life Renewal Services</p> <p>10805 Hickory Ridge Rd., Suite 103 Columbia, MD 21044</p> <p>P: 410-387-2763</p>	<ul style="list-style-type: none"> <li>Outpatient therapy and psychiatry services, as well as a psychiatric rehabilitation program for children ages 4-24 and adults.</li> </ul> <p>Language: Unable to verify</p>	Children and adults	<ul style="list-style-type: none"> <li>Insurance: MD Medicaid, Commercial PPO plans</li> <li>Referral: Unable to verify</li> <li>Availability: Intake in 2-4 weeks. Therapy begins following week.</li> </ul>
<p><b>M Mental Health and Wellness Plus</b></p> <p>4600 Powder Mill Rd Beltsville, MD 20705 Bus: 86</p> <p>P:240-403-4049</p> <p><a href="https://www.mmentalwellnes.com/">https://www.mmentalwellnes.com/</a></p>	<ul style="list-style-type: none"> <li>Individual and family therapy</li> </ul> <p>Languages: English, Spanish, French, Swahili, Kinyarwanda, Kirundi, and Lingala</p>	Children and Adults	<ul style="list-style-type: none"> <li>Insurance: MD Medicaid, commercial insurance</li> <li>Referral: Unable to verify</li> <li>Availability: Unable to verify</li> </ul>
<p><b>Maryland (MD) Family Resource</b></p>	<ul style="list-style-type: none"> <li>Core Service Agency that provides four core services of diagnostic and assessment services; community support</li> </ul>	5+	<ul style="list-style-type: none"> <li>Insurance: DC FFS Medicaid and all MD Medicaid, no DC</li> </ul>

THERAPY SERVICES IN MARYLAND & VIRGINIA

Organization	Services Provided	Ages Served	Insurance, Referral & Availability
<p>903 Brightseat Rd Landover, MD 20785 Bus from Largo Metro-Blue/Silver Line</p> <p>P: 301-333-2980 <a href="http://www.mfrinconline.com/">http://www.mfrinconline.com/</a></p>	<p>services; counseling services; community-based intervention and medication and somatic treatments. This agency provides on-site and off-site services. Provide Trauma-Focused CBT and CBI levels II &amp; III.</p> <p>Languages: English only.</p>		<p>Medicaid MCOs.</p> <ul style="list-style-type: none"> <li>▪ Referral: DC residents, call Access Helpline at 1-888-793-4357. MD residents, call main office number, Or 301-333-2980, ext. 115 --Anthony Pinkney, intake coordinator</li> <li>▪ Availability: Intake appointments within one week. Second appointment psychiatry, then therapy services begins 2-3 week later.</li> </ul>
<p><b>Mary's Center</b></p> <p>8709 Flower Avenue Silver Spring, MD 20901 Bus: 12, 13, 14, 15, 16, 19, 20, 24, J4</p> <p>8908 Riggs Road Adelphi, MD 20783 Bus: R1, R2, C8</p> <p>P: 202-846-8053 <a href="https://www.maryscenter.org/BehavioralHealthOverview">https://www.maryscenter.org/BehavioralHealthOverview</a></p>	<ul style="list-style-type: none"> <li>• Provides psychiatric and therapeutic services, including Parent Child Interaction Therapy (PCIT) and Child Parent Psychotherapy (CPP) for children. Will conduct psychiatric assessments and med management for children under 5.</li> </ul> <p>Languages: English, Spanish.</p>	<p>Therapy 2+ Psychiatry 3+</p>	<ul style="list-style-type: none"> <li>▪ Insurance: DC and MD Medicaid, Trusted, HSCSN, AmeriHealth, Aetna, Blue Cross Blue Shield, Cigna, Tricare. Discount services available for uninsured--sliding scale base on income (Initial appointment is \$24-\$145, mental health from \$10-\$65 per session)</li> <li>▪ Referral: PCIT referral from primary Care helpful. Call mental health #: 202-420-7122, or call Access Helpline at 1-888-793-4357.</li> </ul>

THERAPY SERVICES IN MARYLAND & VIRGINIA

Organization	Services Provided	Ages Served	Insurance, Referral & Availability
			<ul style="list-style-type: none"> <li>▪ Appointment Line: 1-844-796-2797 24/7</li> <li>▪ Availability: Availability depends on site. Call Friday mornings for next week's schedule. With referral, patients under 5 and parents under 25 can get into PCIT program within 1 week.</li> </ul>
<p><b>Montgomery County Child &amp; Adolescent Mental Health Program</b></p> <p>7300 Calhoun Pl., Suite 600 Rockville, MD 20855 Bus: 45,46,55,59,Q1, Q2</p> <p>P: 240-777-1432</p> <p><a href="http://www.montgomerycountymd.gov/HS-Program/Program.aspx?id=BHCS/BHCSChildAdolMentalHealth-p471.html">http://www.montgomerycountymd.gov/HS-Program/Program.aspx?id=BHCS/BHCSChildAdolMentalHealth-p471.html</a></p>	<ul style="list-style-type: none"> <li>• Provides family-focused outpatient mental health services to children, adolescents, and their families to help address severe emotional, behavioral, substance abuse, and victimization issues. Services include mental health screening &amp; assessment; diagnostic evaluation, family, individual and group psychotherapy; clinical case management; drug and alcohol assessment, and education; behavioral and medication management and follow up services; and outreach treatment and support services in the selected school sites for children and adolescents who are involved with Montgomery County Public Schools, ED (Emotionally Disabled) classrooms.</li> </ul> <p>Language: English, Spanish</p>	<p>5-18</p>	<ul style="list-style-type: none"> <li>▪ Insurance: Sliding scale payment and MD Medicaid</li> <li>• Referral: Not needed. Must be a resident of Montgomery County to receive services.</li> <li>• Availability: Typically 4 week wait.</li> </ul>
<p><b>Ms &amp; Mr Little Ones</b></p> <p>5210 Auth Rd, Suite 205 Suitland, MD 20746 Bus: C12, C13, C14, K12 Branch Ave - green line</p> <p>P:240-249-8699</p>	<ul style="list-style-type: none"> <li>• Play therapy; trauma therapy, behavioral therapy</li> </ul> <p>Language: English</p>	<p>1+</p>	<ul style="list-style-type: none"> <li>▪ Insurance: DC Medicaid AmeriHealth; MD Medicaid (all MCOs); BCBS, Carefirst, Cigna</li> <li>• Referral: Unable to verify</li> <li>▪ Availability: 1-2 weeks for intake</li> </ul>

## THERAPY SERVICES IN MARYLAND &amp; VIRGINIA

Organization	Services Provided	Ages Served	Insurance, Referral & Availability
<p><a href="http://www.msandmrlittleones.com">http://www.msandmrlittleones.com</a></p> <p><b>Multicultural Counseling</b></p> <p>5010 Sunnyside Avenue Suite 201 Beltsville, MD 20705 Bus: 86, 89, 89M</p> <p>P: 301- 474-0060</p> <p><a href="http://www.mcccenter.com/default.html">http://www.mcccenter.com/default.html</a></p>	<ul style="list-style-type: none"> <li>Individual, family and group therapy. Social skills groups for kids.</li> </ul> <p>Language: English, Spanish, French</p>	2+	<ul style="list-style-type: none"> <li>Insurance: MD Medicaid, commercial insurance</li> <li>Referral: Call (301) 474-0060 or send an email to: <a href="mailto:mcccenter1@gmail.com">mcccenter1@gmail.com</a></li> <li>Availability: English sessions available &gt;1wk. Spanish-speaking therapist only accepts cash currently.</li> </ul>
<p><b>National Therapy Center</b></p> <p>5606 Shields Drive Bethesda, MD 20817</p> <p>P: 301-493-0023</p> <p><a href="http://www.nationaltherapycenter.com/">http://www.nationaltherapycenter.com/</a></p>	<ul style="list-style-type: none"> <li>Helps children with speech and language disorders, as well as children found to be on the Autism spectrum. Offers diagnostic evaluations and treatment of speech and language disorders, as well as Applied Behavioral Analysis (ABA) therapy.</li> </ul> <p>Languages: English, Spanish, Farsi.</p>	0-21	<ul style="list-style-type: none"> <li>Insurance: Commercial insurance (Carefirst and Aetna - ABA only, Tricare, Kaiser), MD Medicaid, Trusted, Amerigroup, AmeriHealth, HSCSN health insurance.</li> <li>Referral: Not needed</li> <li>Availability: Call</li> </ul>
<p><b>Campbell Psychological Services, LLC</b></p> <p>8607 Second Ave, Suite 506-A Silver Spring, MD 20910</p> <p>P: 301-589-5533</p> <p><a href="http://www.camppsychserv.com/">http://www.camppsychserv.com/</a></p> <p>Red Line</p>	<ul style="list-style-type: none"> <li>Individual, family, group, and play therapy.</li> </ul>	6+	<ul style="list-style-type: none"> <li>Self-Pay does not accept insurance</li> <li>Availability – within one to two weeks</li> </ul>

## THERAPY SERVICES IN MARYLAND &amp; VIRGINIA

Organization	Services Provided	Ages Served	Insurance, Referral & Availability
<p>Bus: 80, H2, H3, H4</p> <p><b>Multicultural Human Services</b></p> <p>Locations throughout Northern Virginia. Please call for more information.</p> <p>P: 571-748-2800  <a href="http://www.nvfs.org/">http://www.nvfs.org/</a></p>	<ul style="list-style-type: none"> <li>Provides Individual, Couples, Group, &amp; Family Therapy ; Domestic Violence Counseling; Anger Management Counseling; Batterer's Intervention Program; Program for Survivors of Torture &amp; Severe Trauma (PSTT); Parenting Classes; Substance Abuse Education &amp; Counseling ; Medication Management/Consultation with Psychiatrist.</li> </ul> <p>Languages: English, Spanish, French, Arabic, Portuguese, Farsi, Vietnamese.</p>	Unable to verify.	<ul style="list-style-type: none"> <li>Insurance: Self-Pay, Sliding Scale, Insurance.</li> <li>Referral: For referral form: <a href="http://www.nvfs.org/pages/page.asp?page_id=91704">http://www.nvfs.org/pages/page.asp?page_id=91704</a></li> <li>Availability: Call to confirm.</li> </ul>
<p><b>Outreach Solutions</b></p> <p>14760 Main Street Suite 117 Upper Marlboro, MD 20772</p> <p>P: 301-574-8027</p>	<ul style="list-style-type: none"> <li>Certified Specialty provider to provide Community-Based Intervention: Intensive Home and Community-based Services (IHCBS) and supports.</li> </ul> <p>Languages: English only.</p>	6-21	<ul style="list-style-type: none"> <li>Insurance: Medicaid</li> <li>Referral: Call directly.</li> <li>Availability: Contact Access HelpLine.</li> </ul>
<p><b>Pathways</b></p> <p>44101 Airport View Drive Hollywood, MD 20636</p> <p>P:301.373.3065 Ext 241  <a href="http://www.pathwaysinc.org/index.html">http://www.pathwaysinc.org/index.html</a></p>	<ul style="list-style-type: none"> <li>Specializes in a range of services, including psychiatric consultation and medication management, outpatient treatment and counseling for individuals, couples, and families, recovery supports and supportive living arrangements for persons with a mental illness, and vocational support for persons with a mental illness and/or brain injury.</li> </ul> <p>Language: English only.</p>	7+	<ul style="list-style-type: none"> <li>Insurance: MD Medicaid (7yo+), Commercial insurance (12yo+): BCBS, UHC, Cigna, Tricare, Aetna</li> <li>Referral: Not needed.</li> <li>Availability: MD Medicaid patients can use walk-in hours Monday through Thursdays at 10am. Intake appointments within 1 week, therapy following, and 2-3 week wait for psychiatry. For urgent</li> </ul>

THERAPY SERVICES IN MARYLAND & VIRGINIA

Organization	Services Provided	Ages Served	Insurance, Referral & Availability
			<p>outpatient requests, staff can prioritize a patient and make every attempt to have the patient seen within 24 hours (except weekends) for psychiatric evaluation, crisis stabilization, and urgent medication treatment.</p>
<p><b>Pinnacle Center</b>                      603 Post Office Rd., Suite 210                      Waldorf, MD 20602                       P:301-705-7593   <a href="http://www.pinnaclecenter.com">www.pinnaclecenter.com</a></p>	<ul style="list-style-type: none"> <li>Offers individual psychotherapy, group and family therapy, anger management and parent consultation classes.</li> </ul> <p>Language: English only.</p>	<p>6+</p>	<ul style="list-style-type: none"> <li>Insurance: Carefirst, Tricare, Aetna, Cigna (not Medicaid)</li> <li>Referral: Not needed.</li> <li>Availability: Unable to verify.</li> </ul>
<p><b>Progressive Life Center</b>                      8800 Jereicho City Drive                      Landover, MD 20785                       P: 301-773-1700  <a href="http://www.plcntu.org/">http://www.plcntu.org/</a></p>	<ul style="list-style-type: none"> <li>Services include: Individual Therapy; Group Therapy; Marital Therapy; Family Therapy; Critical Incidence Stress Debriefing; Parent Training; Psychological Testing; Psycho-educational Testing.</li> </ul> <p>Languages: English.</p>	<p>10+</p>	<ul style="list-style-type: none"> <li>Insurance: OptumHealth and AmeriHealth, United Healthcare, United Behavior Health, Carefirst, Beacon Healthcare, Emdeon, OptumHealth, Cigna, Unison, MHN.</li> <li>Referral: Dependent upon insurance provider requirements.</li> <li>Availability: Immediate</li> </ul>



## THERAPY SERVICES IN MARYLAND &amp; VIRGINIA

Organization	Services Provided	Ages Served	Insurance, Referral & Availability
<p><b>Regenerations Counseling Services, Inc.</b></p> <p>4600 Forbes Blvd. Suite 202 Lanham, MD 20706</p> <p>P:240-542-9535</p> <p><a href="https://www.regencs.com/services/">https://www.regencs.com/services/</a></p>	<ul style="list-style-type: none"> <li>Outpatient psychiatry and (bilingual) therapy services for children, adolescents, and adults. In home services and psychiatric rehabilitation program available.</li> </ul> <p>Languages: English, Spanish</p>	3+	<ul style="list-style-type: none"> <li>Insurance: MD Medicaid</li> <li>Referral: Unable to verify</li> <li>Availability: Immediate availability, but wait for bilingual therapist</li> </ul>
<p><b>RIMS Center for Enrichment and Development</b></p> <p>95 Office Park, 1895 Brightseat Road Landover, MD 20785</p> <p>P: (301) 773-8201</p> <p><a href="https://www.rimsenrichmentcenter.com/">https://www.rimsenrichmentcenter.com/</a></p>	<ul style="list-style-type: none"> <li>RIMS Center for Enrichment &amp; 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), a Therapeutic Afterschool Program (TASP), and support groups for parents, women, and teens.</li> </ul> <p>Language: English</p>	All ages	<ul style="list-style-type: none"> <li>Insurance: MD Medicaid and self-pay</li> <li>Referral: Unable to verify</li> <li>Availability: Unable to verify</li> </ul>
<p><b>Sante Out-Patient Services</b></p> <p>4372 Lottsford Vista Rd Lanham, MD 20706 P: 301-429-2171</p> <p>1400 Spring St. Ste 100 Wilver Spring, MD 20910 P: 301-589-2303</p> <p><a href="https://www.thesantegroup.org/outpatient-behavioral-services">https://www.thesantegroup.org/outpatient-behavioral-services</a></p>	<ul style="list-style-type: none"> <li>Outpatient services: DBT, CBT, support group for parents; med mgt and psychiatric eval; individual and group therapy. Serves adults with developmental disabilities and mental illness.</li> </ul> <p>Language: Unable to verify</p>	18-99	<ul style="list-style-type: none"> <li>Insurance: MD Medicaid, private insurance (Aetna, Carefirst, BCBS, United Healthcare, Amerigroup)</li> <li>Referral: Unable to verify</li> <li>Availability: Unable to verify</li> </ul>

## THERAPY SERVICES IN MARYLAND &amp; VIRGINIA

Organization	Services Provided	Ages Served	Insurance, Referral & Availability
<p><b>SMR Counseling</b></p> <p>11705 Berry Road, Suite 104 Waldorf, MD 20603</p> <p>P: 301-374-8926 Office</p> <p><a href="http://www.smrounselingservices.com/WaldorfMarylandOffice.en.html">http://www.smrounselingservices.com/WaldorfMarylandOffice.en.html</a></p>	<ul style="list-style-type: none"> <li>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 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.</li> </ul> <p>Language: Unable to verify</p>	11+	<ul style="list-style-type: none"> <li>Insurance: Aetna, Cigna, Tricare, Carefirst</li> <li>Referral: Unable to verify</li> <li>Availability: Evening and Saturday hours</li> </ul>
<p><b>Synergy Family Services</b></p> <p>1425 University Blvd, Suite 245 Hyattsville, MD 20783</p> <p>P: 240-752-2767</p> <p><a href="http://www.synergyfamilyservices.org">http://www.synergyfamilyservices.org</a></p>	<ul style="list-style-type: none"> <li>Outpatient Mental Health Center focused on providing strengths based, culturally proficient services to enhance the social, emotional, behavioral health and wellness of individuals and families. Offers individual, family, and group therapy, psychiatric services, psychiatrist</li> </ul> <p>Language: English, Spanish</p>		<ul style="list-style-type: none"> <li>Insurance: MD Medicaid, sliding scale</li> <li>Referral: Unable to verify</li> <li>Availability: Immediate openings.</li> </ul>
<p><b>Tausha G Watson, PysD</b></p> <p>8730 Georgia Avenue, Suite 212 Silver Spring, MD, 20910 Bus: 1, 5, 11, 28 (+ buses that stop at Silver Spring/ Paul S. Sarbanes Transit Center) Metro: Silver Spring – Red line</p> <p>301-273-7567</p>	<ul style="list-style-type: none"> <li>Play therapy, trauma therapy, yoga, CBT, EMDR</li> </ul> <p>Language: English</p>	2+	<ul style="list-style-type: none"> <li>Insurance: MD Medicaid, Carefirst, UHC, Tricare, Cigna</li> <li>Referral: Not necessary.</li> <li>Availability: Appointments available within 1 week. Sees Clients until 7pm and has Saturday hours.</li> </ul>

## THERAPY SERVICES IN MARYLAND &amp; VIRGINIA

Organization	Services Provided	Ages Served	Insurance, Referral & Availability
<p><b>UMD Psychology Clinic</b></p> <p>2114 Biology-Psychology Building, University of MD College Park, MD 20742 Bus: C2, C8, F6, J4 College Park - green line</p> <p>P: 301-405-4808</p> <p><a href="https://psyc.umd.edu/clinics/landingtopic/clinical-psychology-clinic">https://psyc.umd.edu/clinics/landingtopic/clinical-psychology-clinic</a></p>	<ul style="list-style-type: none"> <li>The Psychology Clinic offers year-round, sliding-fee scale services for children, adolescents, and adults in the suburban Maryland and greater Washington DC metro area. Services include individual and couples/marital psychotherapy and psychoeducational assessment, such as LD/IQ/ADHD.</li> <li>Specialty services also available are Behavioral Parent Training, Diagnostic Consultation, Parent-Child Interaction Therapy (PCIT), and Behavioral School Consultation. Note: The Psychology Clinic at the University of Maryland is the primary training forum for doctoral students in the Clinical Psychology Doctoral Program in the Department of Psychology</li> </ul> <p>Language: English</p>	1+	<ul style="list-style-type: none"> <li>Insurance: MD Medicaid, Carefirst, UHC, Tricare, Cigna</li> <li>Referral: Not necessary.</li> <li>Availability: Current waitlist for PCIT. Call for availability</li> </ul>
<p><b>Universal Healthcare Management Services</b></p> <p>2810 Walters Lane District Heights, MD 20747 P: 301-735-1635 ext. 1636 for intake</p> <p><a href="http://www.uhmsdc.com/">http://www.uhmsdc.com/</a></p>	<ul style="list-style-type: none"> <li>Private Practice of diagnostic and assessment services; group/individual therapy, counseling services; and medication and somatic treatments.</li> <li>Provides Transition to Independence Process (TIP) and Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) (4-18).</li> <li>Outpatient mental health services.</li> </ul> <p>Languages: English only.</p>	6+	<ul style="list-style-type: none"> <li>Insurance: MD Medicaid and most commercial plans.</li> <li>Referral: No referral needed. Must be MD resident.</li> <li>Availability: Immediate openings for intake and services. Call 301-735-1635 (call ext.1636) to schedule. Psychiatry only available on Wednesdays.</li> </ul>

THERAPY SERVICES IN MARYLAND & VIRGINIA

Organization	Services Provided	Ages Served	Insurance, Referral & Availability
<p><b>University Psychological Center Inc.</b></p> <p>6201 Greenbelt Rd. Suite U-18 College Park, MD 20740</p> <p>P: 301-345-1919</p>	<ul style="list-style-type: none"> <li>• Individual Therapy, Family Therapy, Assessment/Evaluation, Psychological Testing, Medication Evaluation/Management</li> </ul> <p>Languages: English only.</p>	<p>5+</p>	<ul style="list-style-type: none"> <li>▪ Insurance: APS, Aetna, BHS, BC/BS, Ceridian, ChoiceCare, Cigna, Kaiser, MAMSI, MA, Tricare, UHC</li> <li>▪ Referral: Unable to verify.</li> <li>▪ Availability: The adolescent clinician can only see patients Tues. and Saturdays. Wait time for adults may be shorter.</li> </ul>
<p><b>Utopia Health Services</b></p> <p>7317 Hanover Parkway, Suite A Greenbelt, MD 20770 Bus: 11, 16, G12, 11</p> <p>P: 301. 220.2842</p> <p><a href="https://www.aboututopia.com/">https://www.aboututopia.com/</a></p>	<p>Utopia Health Center offers clinical services and individual, couple, family and/or group counseling by one of our accomplished clinicians. Also offers a wide variety of groups including:</p> <ul style="list-style-type: none"> <li>• Acculturation Workshop</li> <li>• Cancer Journey</li> <li>• Cinamatic Psychotherapy</li> <li>• Drum Therapy</li> <li>• Dui/DWI</li> <li>• Healthy Relationships</li> <li>• Healing Through Arts</li> <li>• I'm Sober, Now What (Social Skills)</li> <li>• Intimacy After Infidelity</li> <li>• Life skills</li> <li>• Pet Therapy for PTSD</li> </ul> <p>Languages: English and Spanish</p>	<p>4+</p>	<ul style="list-style-type: none"> <li>▪ Insurance: Commercial insurance (Aetna, Cigna, Tricare, BCBS), MD Medicaid</li> <li>▪ Referral: Unable to verify.</li> <li>▪ Availability: No wait for new patient therapy appointments.</li> </ul>

## THERAPY SERVICES IN MARYLAND &amp; VIRGINIA

Organization	Services Provided	Ages Served	Insurance, Referral & Availability
<p><b>Urban Behavioral Associates</b></p> <p>50001 Silver Hill Rd. Suitland, MD 20746            Bus: 25, J12            P: 202-836-7776  <a href="http://ubawellness.org/">http://ubawellness.org/</a></p>	<p>The Psychiatric Rehabilitation Program (PRP) assists clients in the development of independent living and social skills. PRP services are conducted in the client's natural environment such as home, other community sites and onsite at our facility. Outpatient Mental Health Clinic is licensed by the state of Maryland and offers a range of services for adults, children and adolescents including: Mental health assessments, Individual and group therapies, Family therapy, Pastoral Counseling, Therapy for chronic disorders and the severely mentally ill.</p> <p>Language: English only.</p>	6+	<ul style="list-style-type: none"> <li>▪ Insurance: Maryland Medicaid, Blue Cross Blue Shield, Medicare.</li> <li>▪ Referral: Call 202-836-7776.</li> <li>▪ Availability: 2-3 weeks</li> </ul>
<p><b>Vance Mental Health</b></p> <p>601 Post Office Rd            Waldorf, MD 20602</p> <p>P: 301-848-0461</p> <p><a href="https://www.counselingwaldorfmd.com">https://www.counselingwaldorfmd.com</a></p>	<ul style="list-style-type: none"> <li>• Individual, couples, and family therapy.</li> </ul> <p>Language: English only and Spanish.</p>	5+	<ul style="list-style-type: none"> <li>▪ Insurance: Most commercial insurance plans are in-network (except for UHC)</li> <li>▪ Referral: Unable to verify</li> <li>▪ 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.</li> </ul>
<p><b>Vesta, Inc.</b></p> <p>9301 Annapolis Rd            Lanham, MD 20706            P: (240) 296-6323</p> <p>20410 Observation Drive, Suite 108</p>	<ul style="list-style-type: none"> <li>• Outpatient mental health clinic</li> </ul> <p>Language: English, Spanish, Farsi.</p>	6+	<ul style="list-style-type: none"> <li>▪ Insurance: MD Medicaid, self-pay</li> <li>▪ Referral: Unable to verify</li> <li>▪ Availability: Walk-in intake: Tuesdays 9am-4pm. For intake questions, please call (240) 296-</li> </ul>

## THERAPY SERVICES IN MARYLAND &amp; VIRGINIA

Organization	Services Provided	Ages Served	Insurance, Referral & Availability
<p>Germantown, MD 20876 P: (240) 296-5862</p> <p>8737 Colesville Rd #700 Silver Spring, MD 20910 P: 240-296-5858</p> <p><a href="http://www.vesta.org/index.php?section=38">http://www.vesta.org/index.php?section=38</a></p>			<p>5858. Wait for bilingual therapists and after-school/ Saturday hours. Immediate openings for therapy depending on time of day. 5-6 week wait for psychiatry</p>
<p><b>Alexandria Youth and Family Services</b></p> <p>Alexandria City Hall 301 King Street Alexandria, VA 22314</p> <p>P: 571-213-7963</p> <p><a href="https://www.alexandriava.gov/dchs/childrenfamily/default.aspx?id=50518">https://www.alexandriava.gov/dchs/childrenfamily/default.aspx?id=50518</a></p>	<ul style="list-style-type: none"> <li>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.</li> </ul>	<p>Unable to verify</p>	<ul style="list-style-type: none"> <li>Insurance: Unable to verify</li> <li>Referral: Unable to verify</li> <li>Availability: Unable to verify</li> </ul>
<p><b>Professional Psychological Services</b></p> <p>3331 Duke St Alexandria, VA 22314</p> <p>P: 703- 879-2482</p> <p><a href="http://www.professionalpsych.com/about-us">http://www.professionalpsych.com/about-us</a></p>	<ul style="list-style-type: none"> <li>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.</li> </ul>	<p>Unable to verify</p>	<ul style="list-style-type: none"> <li>Insurance: Aetna, Anthem, Carefirst, Cigna, Magellan</li> <li>Referral: Unable to verify</li> <li>Availability: Unable to verify</li> </ul>

THERAPY SERVICES IN MARYLAND & VIRGINIA

Organization	Services Provided	Ages Served	Insurance, Referral & Availability
<p><b>Virginia Home-Based Counseling, P.C. (VHBC)</b></p> <p>Various locations and home-based services</p> <p><a href="http://www.chooseyourprovider.org/locations/">http://www.chooseyourprovider.org/locations/</a></p>	<ul style="list-style-type: none"> <li>This service is for individuals with developmental delays, autism, and intellectual disabilities. This service is provided by VHBC to individuals ranging from the ages of 4-20. VHBC's Behavioral Therapy Program services are intended to improve the functional behaviors of the enrollee by integrating multi-disciplinary clinical and medical services with the behavioral therapy protocol to increase the enrollee's adaptive functioning and communicative abilities. Family training and counseling related to the implementation of the behavioral therapy is included as part of the service. Services include: Assessments, Crisis guidance and resource management, Individual and family counseling, Life skills training, Positive Parenting Training, Communication and relationship enhancement, Individual Case Coordination, and 24-hour emergency response.</li> </ul> <p>Language: English and Spanish</p>	<p>4-20</p>	<ul style="list-style-type: none"> <li>Insurance: Unable to verify</li> <li>Referral: Unable to verify</li> <li>Availability: Unable to verify</li> </ul>