

Howard County Behavioral Health Providers – COVID-19

The Howard County Health Department Bureau of Behavioral Health is putting forth effort to keep this sheet up to date. Information may change depending on availability of services. To ensure accuracy, please reach out to the individual behavioral health practices. If you are a behavioral health provider in Howard County & would like to be added to this list, please send information to Kayla Blasher-Burch, Behavioral Health Navigator, at kblasher@howardcountymd.gov.
[Click here to access the online Behavioral Health Navigation referral form.](#)

Behavioral Health Practice	Contact Information	Description of Services	Insurance / Payment	Accepting New Clients During COVID-19	Free Services during COVID-19	Providing Telehealth
A Better Way Counseling Services	9017 Red Branch Road, Columbia, MD 21045 410-730-4500	Provides outpatient substance abuse and mental health program for adults & adolescents. Individual, group and family therapy, state certified program, drunk driving, DWI offenders, anger management.	Aetna, Cigna, Self-pay	Unknown	No	Yes - in office & telehealth
A Healing Place	7050 Oakland Mills Road, Suite 140, Columbia, MD 21046 410-309-0909 www.ahealingplaceincolumbia.com	Outpatient counseling services to adults. Areas of interest include trauma, both childhood trauma and recent single incident experiences. Trained in EMDR, EFT (Emotion Free Technique) and TAT (Tapas Acupressure Technique).	Medicaid	Unknown	No	Yes - switch due to COVID-19
Anne Arundel Counseling	Columbia Corporate Park II, 8840 Stanford Boulevard, Suite 1700, Columbia, MD 21045 410-768-5988 www.annearundelc	Individual counseling for ADD/ADHD, Medication Management, social skill development, depression, loneliness, isolation, stress management, addictions, eating disorders. Family counseling for parent/child relationships & marital counseling. Group counseling for DWI/DUI program, substance abuse education & treatment, anger management, domestic violence, abuser intervention program, & parenting education.	Most private & commercial insurance plans	Yes	No	Yes - clinical & forensic services.

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	ounseling.com info@annearundelcounseling.com	Assessments include bariatric/gastic bypass, educational, military fitness, psychiatric, psycho-social, psychological, & substance use/abuse				
Anxiety Treatment Center of Maryland	7130 Minstrel Way, Suite 125, Columbia, MD 21045 410- 800-7591 www.anxietymaryland.com	A specialty behavioral health clinic offering cognitive and behavioral treatments for anxiety and related disorders. Provides treatment to children, adolescents, and adults experiencing problems with: selective mutism, social anxiety, separation anxiety, generalized anxiety, specific phobias, panic, agoraphobia, obsessive compulsive disorder, chronic tics or Tourette syndrome, hair-pulling or skin-picking conditions, depression, disruptive behavior, elimination disorders (toilet training difficulties), sleep problems, and co-occurring medical problems such as GI/urological problems, headaches, chronic pain, kidney disease, and diabetes.	Self-Pay	Unknown	No	Yes
Blake Psychotherapy & Associates	10632 Little Patuxent Parkway #340, Columbia, MD 21044 410-988-4002 sblake@blaketherapy.com www.blaketherapy.com	Outpatient therapy & nutrition center specializing in Eating Disorders, Addictions, Asperger's, Mood disorders and Trauma. We utilize therapies such as Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), Psychodynamic Therapy, Person Centered Therapy, Mindfulness and Short-Term Solution Based Counseling. Our nutritionists can work with all of the mental health issues, as well as working with individuals with medical issues. Serves children, adolescents and adults ages 10 and above.	Self-Pay	Unknown	Case-by-case basis depending on individual providers at the practice	Yes
Cheryl Duffy-Williams, LCSW-C	3525H Ellicott Mills Drive, Suite A. Ellicott City, MD 21043 443-224-8634	Works with children experiencing anxiety, depression, ADHD, oppositional defiant disorder, and general behavior difficulties. Counsels adults with depression, anxiety, ADHD, and relationships issues.	Aetna, Medicare, CareFirst, BCBS, Johns Hopkins,	Unknown	No	Yes

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	Cheryl_Duffy@verizon.net		Medicaid, USFHP			
Chun-Shin Taylor, PH.D, LCPC	3355 St. Johns Lane, Suite J. Ellicott City, 21042 479-445-2634 www.livingharmony.com ctaylorlcpc@gmail.com	Individual, couples and family counseling. Specializes in mental illness, cross-cultural couples and families and the integration of religion/spirituality into psychology. *****Organizing a FREE online peer support group for Korean/Asian American teens + those who reported to having increased incidents of microaggression & racial discrimination following COVID-19 outbreak.	Sliding Scale Fee, Self-pay, Pro-bono, Medicaid	Yes	Yes - Online peer support group for Asian American Teens	Yes - mandatory prescreening for Telehealth fitness
Collaborative Counseling Center	5560 Sterrett Place, Suite 201. Columbia, MD 21044 443-546-1100 www.collaborativecounselingcenter.com	Child, adolescent and family mental health services. Individual, group and family counseling, art therapy and cognitive behavioral therapy (CBT). Psychiatric services include Diagnostic Evaluation and medication management. **** Accepting NEW clients for all services! Also have groups for middle schoolers and high schoolers via telehealth (ZOOM) We serve children, teens and adults. Individual, Group and Medication Management Services.	Carefirst, Aetna, Optum, Medicare	Yes	No - sliding scale if possible	Yes
Community Behavioral Health	10774 Hickory Ridge Road. Columbia, MD 21044 844-224-5264 x17 www.communitybehavioralhealth.net	Comprehensive services to children, adolescents, and adults, individual and family therapy; substance abuse, mental health; and medication management.	Aetna, Amerigroup, CareFirst BCBS, Cigna, Cigna Medicare, Johns Hopkins EHP & Advantage Plan, Medicare,	Yes	No	Yes

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			Medicaid, Tricare, UBH			
Congruent Counseling & Integrative Counseling	10630 Little Patuxent Parkway, Suite 209. Columbia, MD 21044 410-740-8066 410-740-8057 www.integrative-counseling.com www.congruentcounseling.com	- Congruent Counseling offers individual, family, marital, and group counseling. Psychiatric evaluations and medication management available. Therapists specialize in working with children, teens, and adults. A broad range of issues are addressed including depression, anxiety, attention deficit, acting out behaviors, substance use and addictions, marital difficulties, and more. DBT: Dialectic Behavioral Treatment for ages 8-21. - Integrative Counseling offers Treatment Groups for Substance Use, Abuse, and Dependence; Intensive Outpatient Program (IOP) for Addiction and Dual Diagnosis for Teens and Adults; Parent Support; Relapse Prevention; Anger Management; Marriage/Couples Group; Educational and Psychological Testing. DUI/DWI Education and outpatient treatment groups continue via telehealth as well.	Aetna, United Healthcare, CareFirst/BCBS, Johns Hopkins Healthcare, Self-Pay. <u>IOP</u> covered by CareFirst/BCBS, Aetna, Johns Hopkins, UBH, Cigna, & Medicaid	Yes - for individual therapy, IOP & OP Groups, & DBT	No	Yes - individual therapy, IOP & OP groups, & DBT
Creatively LLC	5560 Sterrett Place, Suite 103 Columbia, MD 21044 443-741-2294 www.creativelyllc.com Cindy@creativelyllc.com	Artist and licensed professional counselor that provides individual therapy, creative workshops, and groups. Specializing in working with artists and creative personalities. Outpatient services for adolescents and adults, using cognitive behavioral, mindfulness, person centered and creative approaches. Diagnoses treated include anxiety, mood disorders, psychotic disorders, addictions, adjustment disorders and more.	BCBS, FEP, CareFirst, Magellan, Self-pay	Yes	No	Yes

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Crossroads Psychological Associates	10784 Hickory Ridge Rd. Columbia, MD 21044 410-964-0425 www.crossroadspych.net	Individual adolescent, child and adult therapy, adolescent group therapy, adult group therapy, middle school group therapy, social skills group, family/couples therapy, medication management, psychological testing.	Self-Pay & Out-of-Network	Yes	Able to offer limited number on a case-by-Case basis & based on family need	Yes
Cynthia Kalodner	10015 Old Columbia Road, Suite B215 Columbia, MD 21046 443-542-5855 crkalodner@gmail.com	Specializes in anxiety and mood issues, using cognitive behavioral approaches with mindfulness and positive psychology. Individuals and couples, ages 16 and up.	CareFirst/BC BS, Johns Hopkins Healthcare	Unknown	No	Yes - only with continuing clients
Deborah S. Cole, PsyD	8840 Stanford Blvd, #4000, Columbia, MD 21045 410-381-7551 www.drdeborahcole.com psychologynart@gmail.com	Provides services for ages 4-65+. Focus on Depression, Anxiety, Panic, Sexual Addiction, Obsessive Compulsive Disorder (OCD), Trichotillomania (hair pulling), Hoarding, Skin-Picking, Tics and Tourette's, Trauma and Dissociation. Treats children, adolescents, adults, and couples. Eye Movement Desensitization and Reprocessing (EMDR) for evidence-based trauma treatment (Certified in EMDR). Intensive Short-Term Dynamic Psychotherapy (Certified in ISTDP) for working through long-term personality issues which can lead to self-sabotage, depression, chronic pain, isolation, and anxiety. Home visits possible for Hoarding and OCD, when appropriate. Certified in Hypnosis.	Self-Pay, Out-of-Network	Unknown	No	Yes

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Delphi Behavioral Health Group	817 South Camp Meade Road, Linthicum Heights, MD 21090 www.mhdetox.com	nationwide network of substance abuse treatment facilities that aim to raise the standard of addiction treatment in the U.S. Delphi is dedicated to providing the full continuum of care across the nation. Affiliated with Maryland House Detox.	Aetna, UBH, CareFirst, BCBS, Self-pay, Medicaid, Sliding Scale Fee	Unknown	No. Only detox services at this time	Yes
Focused Solutions	5550 Sterrett Place, Suite 200. Columbia, MD 21044 410-884-6031 www.focusedsolutions.net	Outpatient counseling services to children, adolescents, and adults.	Self-pay, Aetna, UBH, Medicare, Carefirst, Cigna, Johns Hopkins, Medicaid, Tricare, BCBS	Yes	No	Yes - individuals, couples, families, adolescents, & adults
Grassroots Crisis Intervention Center	6700 Freetown Road, Columbia, MD 21044 410-531-6677 410-531-6006 www.grassrootscrisis.org	Provides telephone counseling, free walk-in counseling, emergency shelter for homeless, 24-hour suicide hotline, Mobile Crisis Team 7 days/week, and a Runaway Teen Program that provides crisis intervention for runaway youth and their families. Immediate access is available to Language Line for telephone translation into most languages. * We can provide telephonic services at this time & are looking into the possibility of telehealth solutions. Clients are welcome to call in at any time.	Free	Unknown	Yes - Phone & MCT	Yes
Gladstone Psychiatry & Wellness	9841 Broken Land Parkway, Suite 211 Columbia, MD 21046 443-708-5856 www.gladstonepsych.com	Specializes in Addictions, Adult Psychiatry, Child & Adolescent Psychiatry, Anxiety, ADD/ADHD, Bipolar Disorder, Depression, OCD, Panic Disorder. Services individuals ages 6+ for medication management. Buprenorphine, Vivitrol, Psychiatric/Medication Monitoring.	Blue Cross/Blue Shield, CareFirst, Aetna, and Cigna	Yes, ages 6+		Yes - Telemedicine services for DBT & Medication Management

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		Groups for young adolescents (11-13), adolescents (13-17), & adults. (18+) for DBT.				
Halcyon Clinical Services, LLC	6304 Woodside Court, Suite 110G, Columbia, MD 21046 410-855-4631 halcyonclinicalservices.com	Outpatient mental health services to children, adults, and families. Experts are trained in Dialectical Behavior Therapy (DBT), Cognitive Behavioral Therapy (CBT), and Motivational Interviewing (MI). Additionally, we coordinate with primary care physicians regarding behavioral health needs.	Commercial insurance & medical assistance	Yes	No	Yes - psychiatric assessment, brief therapy, & support to clients
Healing Songs Therapy	Danny Miller, LCPC - 3565 Ellicott Mills Drive, Suite 208. Ellicott City, MD 21043 240-583-0351 www.healingsongstherapy.com songs2give@gmail.com	Cognitive Behavioral Therapy (CBT), Eye movement desensitization & reprocessing (EDMR), schema therapy, prolonged exposure therapy, Exposure and Response Prevention (ERP), and dialectical behavior therapy for adults, couples, and young people. Specialties include acute stress caused by traumatic events, chronic distress caused by long-term abuse or neglect, complex grief, anxiety disorders, adolescent/young adult issues, and patterns of unhelpful behavior leading to profound distress and relational difficulties. ** Can provide solution-focused brief therapy (SFBT) with one client at 5-8 sessions. SFBT is useful for common stressors of life to high-impact life events, but is not recommended for very intense issues. I would be willing to lead a group for SFBT as well for a group of six - focused on managing stress/anxiety/worry	Self-pay & Out-of-Network insurance discount available for those who qualify	Yes	Yes	Yes

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Hilda's Place	2480 Roxbury Mills Road, #10 Cooksville, MD 21723 410-489-3737 Emergency Phone: 443-204-6201 www.hildasplace.com	Intensive Outpatient, Outpatient, DUI/DWI education, acupuncture and meditation, grief counseling, anger management, youth services, family support services, NA and AA. Transportation Available Language: Spanish and Burmese Interpreters. Medication Assisted Treatment (MAT): Vivitrol & Buprenorphine only	Medicaid, Medicare	Yes	Unknown	Yes - Telehealth & in-person services available at this time
Jermamy & Associates, P.A.	8815 Centre Park Drive, Suite 220 Columbia, MD 21042 1829 Reisterstown Rd, Suite 350, Pikesville, MD 21208 443-272-1541	Evaluate symptoms, medical issues, & life habits prior to discussing treatment options. SERVICES include: Medication management of mental health issues, Weigh less strategies, and Outpatient medication assisted treatment (MAT) of substance use disorders. We offer Buprenorphine for Opioid dependence. We also offer medications to reduce cravings for Alcohol, Cocaine and Benzodiazepine Dependence. Dr. Jermamy is certified by the state of Maryland to recommend Medical Cannabis as outlined by the MMCC.	Medicaid, Medicare, BCBS, Self-Pay	Yes	Unknown	Yes
Kolmac Clinic	10632 Little Patuxent Parkway #410 Columbia, MD 21044 443-276-0556	Substance use treatment: Outpatient, Intensive Outpatient, detoxification, Buprenorphine, Vivitrol Adults 18+	Self-pay, commercial insurance	Yes	No	Yes
Life Renewal Services	10805 Hickory Ridge Road, Suite 103 Columbia, MD 21044 410-387-2763	Early Intervention, Outpatient (OP), Intensive Outpatient (IOP), individual and group counseling for adults and minors. PRP services available.	Medical Assistance, Medicare	Yes - Mental health therapy, medication management, PRP, & IOP	No	Yes - mental health therapy & medication management, PRP

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	www.liferenewalservices.net	For Medication Assisted Treatment (MAT): Suboxone/Buprenorphine & vivitrol. NOT METHADONE				
MAT Clinics	601 7th Street, Suite 304, Laurel, MD 20707 410-220-0720 www.matclinics.com	Counseling for individuals with substance use disorders or co-occurring disorders (substance use & mental health). Medication Assisted Treatment (MAT): All Buprenorphine products-Suboxone, Zubsolv, generic buprenorphine-naloxone, Bunavail, & buprenorphine only. Offers monthly injections of Sublocade and Vivitrol. ** Willing to help out during the crisis but would strongly prefer that the new client would be close to becoming eligible for Medicaid or Medicare.	Medicare, CareFirst, BCBS, Medicaid	Yes	Yes	Yes
MPB Group, Inc	6440 Dobbin Road, Suite D. Columbia, MD 21045 410-730-2385 14205 Park Center Dr Unit 201 & 202, Laurel, MD 20707 301.317.5800 www.mpbhealth.com program_director@mpbgroupinc.com	Individual, family & group therapy, psychological & psychiatric evaluations, medication management to children, adolescents, and adults. Offers outpatient services as well as integrated (substance abuse) treatment services. Medication Assisted Treatment (MAT): Buprenorphine Clinical issues: sexual abuse/physical abuse/neglect, attachment/bonding issues, trauma (PTSD), grief/loss & bereavement, substance abuse, anxiety/panic disorders, regulatory difficulties (ADHD, OCD), mood disorders (depression, anxiety), behavioral issues (oppositional defiant), play/therapy & parenting. We do not offer services related sex offense specific treatment.	CareFirst/BCBS, Medical Assistance, Self-pay	Yes	No	Yes

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<p>MSA Child & Adolescent Center</p>	<p>10005 Old Columbia Road, Suite L260. Columbia, MD 21046 866-853-4397 (toll free) or 443-259-0400 www.msachild.com</p>	<p>MSA is a comprehensive community-based outpatient treatment center servicing patient age 3-21. Services include Psychiatric Intensive Outpatient Program for adolescents and the only children's Intensive Outpatient Program in Maryland. In addition, MSA provides traditional outpatient mental health care including psychiatric evaluations and medication management by board certified child/adolescent psychiatrists along with individual, family and group therapy by licensed therapist.</p>	<p>Aetna, United Healthcare, CareFirst, BCBS, Johns Hopkins Healthcare, Medicaid</p>	<p>Unknown</p>	<p>No</p>	<p>Yes</p>
<p>New Vision Counseling, LLC</p>	<p>7360 Grace Drive, Columbia, MD 21044 410-200-9825 www.newvision-counseling.net patd.newvision@gmail.com</p>	<p>Private practice providing therapeutic services to adolescents, adults, couples, and families. Specializes in treating addiction, ADHD, anxiety, bipolar disorder, chronic pain, codependency, depression, substance abuse, women's issues, and issues related to LGBTQ+. Provides services for ages 14-62</p>	<p>Medicaid, Self-pay, Out of Network. Sliding fee scale available</p>	<p>Yes</p>	<p>Yes – Pro Bono services for 2 individuals, 1 couple, or 1 family</p>	<p>Yes</p>
<p>Peggy Montgomery, Psychologist</p>	<p>5755 Cedar Lane, Columbia, MD 21044 (HCGH) 443-621-0583 pmontgomery@iclo.com mamaosl@yahoo.com</p>	<p>Psychotherapy practice specializing in trauma and addiction for couples, families and adolescents. CBT, dialectical behavioral therapy, mindfulness and emotional freedom technique to provide individualized care to clients. Culturally sensitive serving clients of various ethnicities and the LGBTQ community.</p>	<p>(HCGH) Aetna, Medicare, UBH, Carefirst, BCBS, Cigna, Johns Hopkins Healthcare, Medicaid, Sliding Scale Fee, Self-Pay</p>	<p>Unknown</p>	<p>Yes - I would be willing to offer free phone services - 1 session per client</p>	<p>Only doing phone sessions in private practice</p>

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Psychiatry Specialties Clinics	3570 St. Johns Lane, Suite 207. Ellicott City, MD 21042	Provides treatment for all mental health and substance use concerns for youth ages 14+, adults, and older adults. Psychotherapy and medication management services available.	Aetna, Medicare, UBH, Carefirst, BCBS, Cigna. Sliding Scale Fee, Self-Pay	Unknown	No	Yes
Dr. Robert Burdette	10505 Patuxent Ridge Way, Laurel, MD 20723 301-466-0480 www.papilliocounseling.weebly.com beargarden2@verizon.net	Family and marriage relationships, human sexuality issues, spiritual formation/growth, pastoral care.	Sliding scale fee, self-pay, Pro-bono	Unknown	Case-by-case basis	No
Safe Journey House	4607 69th Avenue, Hyattsville, MD 20784 www.safejourneyhouse1.com	Provides short-term therapeutic residential treatment to address immediate crisis and prevent future crises from occurring. Inpatient admission prevention and inpatient admission alternative programs available.	Medicaid & Uninsured spans	Unknown	No	No
Sibus Treatment Services	6170 Hunt Club Rd Elkridge, MD 21075 (443) 820-3234 info@sibus-mat.com www.sibus-mat.com	Opioid Maintenance Therapy, methadone and buprenorphine, Adult males, females, and pregnant females Medication Assisted Treatment (MAT): Methadone & Buprenorphine	Medicaid & Self-pay	Yes	No	Yes – telehealth & in-person services
Silverman Treatment Solutions	M 100 8930 Stanford Boulevard, Columbia, MD 21045 443- 285-0807	Opioid Maintenance Therapy, Early Intervention, Outpatient, Intensive Outpatient, Ambulatory Detox, Methadone and Buprenorphine. Adult males and females & pregnant females.	Medical Assistance, Self-Pay	Yes	No	Yes – telehealth & in-person

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	www.silvermantreatment.com	Medication Assisted Treatment (MAT): Vivitrol, Methadone, Buprenorphine				
Stellar Marks, LLC	10440 Shaker Drive, Suite 105, Columbia, MD 21046 443-878-3544 www.samanthamar.ks.com dr.sam.marks@gmail.com	Specializes in ADHD, Autism Spectrum Disorder. Works with teenagers and young adults with all issues, including "Failure to Launch". Performance psychology with athletes, musicians, and other performers. * ProBono Counseling Project, - couple of spots for college students. I'd provide 6 individual telehealth sessions(video) to help college students get through their semesters online.	Self-pay	Yes	Yes	Yes - HIPPA Compliant Telehealth
THRIVE Emerge	6310 Stevens Forest Road, Suite 100. Columbia, MD 21046 410-740-3240 www.psychmaryland.com psc@psychmaryland.com	Therapists, Psychiatrists and Executive Function Coaches provide services for Children, Adolescents, Couples, Parents and Adults. Specialty programs in ADHD, Young Adults Struggling to Launch, Work Life mental health, Social Skills groups and Executive Function coaching.	Sliding Scale Fee, Self-Pay, instituted a reduced-rate policy for those persons in need of care but suffering financial hardship from the crisis	Unknown	No	Yes - new evaluations for medication management & talk therapy (group, family, individual)