

Guide to **MENTAL HEALTH AND COMMUNITY SUPPORT SERVICES**

Peace of mind through
education, prevention
and intervention

2012
EDITION



263 W. Patrick Street, Frederick, MD 21701
Ph: 301.663.0011 • mha@fcmha.org • www.fcmha.org



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Thank you for supporting MHA in our mission to the community!

TABLE OF CONTENTS

| SECTION..... | PAGE |
|--|-------------|
| Table of Contents | 1 |
| 24-Hour Hotline Services | 2 |
| Quick Reference Numbers | 3 |
| About Mental Health Association of Frederick County | 4 |
| 2011 Mental Health Association of Frederick County Statistics | 5 |
| Mental Health Association of Frederick County Programs and Services | 6 |
| Descriptions of Mental Health Professional Credentials..... | 8 |
| How Do I Know If I Need Professional Counseling? | 10 |
| Mental Health Professionals Section | 11 |
| Mental Health Group Practices Section | 37 |
| Behavioral Health Facilities and Services Section..... | 49 |
| In-Patient Facilities | 50 |
| Mental Health Services | 59 |
| Community Support Services Section..... | 71 |
| Consumer Information and Advocacy | 73 |
| Developmental Disabilities | 76 |
| Employment, Vocational Rehabilitation, and Education..... | 80 |
| Family and Children's Services | 87 |
| Education Resources | 89 |
| Family and Children's Support Services | 96 |
| General Services | 112 |
| Health Care Services and Information | 119 |
| AIDS Services | 121 |
| General Health Care Information and Services | 122 |
| In-Home/Respite Care | 130 |
| Housing and Emergency Services | 132 |
| Law Enforcement/Legal Assistance | 147 |
| Senior Services | 150 |
| Support Groups | 158 |
| Substance Abuse Services Section | 171 |
| Guía de Servicios Sociales Básicos en el Condado de Frederick | 179 |
| Index Section..... | 195 |

THIS INFORMATION AND REFERRAL HANDBOOK DOES NOT REFLECT ANY RECOMMENDATIONS
OR ENDORSEMENT FOR THE FACILITIES AND PROFESSIONALS LISTED. THE MENTAL HEALTH
ASSOCIATION OF FREDERICK COUNTY ASSUMES NO LIABILITY FOR ANY ACT OR
OMISSIONS OF SUCH FACILITIES OR PROFESSIONALS.

TWENTY-FOUR HOUR HOTLINE SERVICES

2-1-1 (1-866-411-6803)

Available FREE, 24/7 for information and referrals on health and human services such as basic human needs, physical and mental health, employment support, support for seniors, children, youth and families, mobile crisis services, and suicide prevention and intervention services. **Airtime and other charges may apply for cell phone users.*

Alcohol Hotline – 1-800-Alcohol (1-800-252-6465)

Helpline for alcohol and drug abusers.

Americans with Disabilities Act Hotline – 1-800-514-0301

Provides information on Americans with Disabilities Act, technical information and referral.

Child Help USA Hotline – 1-800-4-A-CHILD (1-800-422-4453)

Crisis counseling for abused youth and for abused parents. Referrals to local programs, legal assistance, and information on prevention.

Covenant House Nineline – 1-800-999-9999 – National

24-hour, toll-free crisis hotline which provides crisis intervention, referral and information services to the homeless, runaways, troubled teens and families.

Epilepsy Foundation of America Hotline – 1-800-332-1000

Assist individuals with Epilepsy and other neurological disabilities. Vocational and residential support services are provided to adults and youth.

Frederick County Hotline – 301-662-2255

Crisis intervention, support, information and referrals for all types of issues and situations to anyone in need.

National Poison Center – 1-800-222-1222

Routes to closest poison control center. Emergency information.

Maryland Youth Crisis Hotline – 1-800-422-0009

Crisis intervention, support, and referrals serving the western Maryland region.

National AIDS Spanish Hotline Sponsored by the CDC – 1-800-344-7432

Focusing on AIDS, HIV, and related issues in Spanish language.

National Center for Missing & Exploited Children – 1-800-THE-LOST (1-800-843-5678)

Clearinghouse for information regarding missing and exploited children.

National Suicide Prevention Lifeline – 1-800-273-8255 (1-800-273-TALK)

Nationwide network of local crisis centers committed to suicide prevention and intervention.

Operation Runaway – 1-800-204-8600

Hotline and 24 hour local crisis walk-in center for runaways, at-risk youth, and their caregivers. Free crisis counseling/evaluation offered.

Parent Information/Stress Line – 301-662-2255

Telephone support line for parents. Provides listening support, information and referral, and crisis intervention.

Phone Friend – 301-694-8255

Telephone support and assistance hotline for children at home alone.

Rape Crisis Hotline – 301-662-8800

Crisis intervention for victims of rape, assault, or family violence; emergency shelter available.

QUICK REFERENCE NUMBERS

| | |
|---|----------------------------------|
| 2-1-1 - Referrals for Health & Human Services..... | Dial 2-1-1 (1-866-411-6803) |
| Advocates for Homeless Families | 301-662-2003 |
| Alzheimer's Association | 301-696-0315 |
| American Red Cross | 301-662-5131 |
| ARC of Frederick County | 301-663-0909 |
| Child Find (Frederick Co. Public Schools)..... | 301-644-5292 |
| Child Protective Services (DSS) | 301-600-2464 |
| Cold Weather Shelter | 301-631-2670 ext. 112 |
| Community Agency School Services (CASS) | 301-644-5238 |
| Counseling Services | 301-663-6135 |
| Communication Services for the Deaf of Maryland | 301-695-1109 TTY/V; 301-696-1550 |
| Daybreak Adult Day Services, Inc. | 301-696-0808 |
| Family Partnership of Frederick County | 301-600-2206 |
| Frederick Police Department | 301-600-2100 |
| Frederick Community Action Agency..... | 301-600-1506 |
| Frederick County Department of Juvenile Services | 301-600-2970 |
| Frederick County Department of Social Services | 301-600-4555 |
| Frederick County Developmental Center and Infants and Toddlers Program | 301-600-1612 |
| Frederick County Head Start | 301-600-1024 |
| Frederick County Health Department Nursing Division | 301-600-1739 |
| Frederick County Hotline..... | 301-662-2255; 1-866-411-6803 |
| Frederick County Mental Health Services (Health Department) | 301-600-1029 |
| Frederick County Department of Aging | 301-694-1605 |
| Frederick County Sheriff's Office | 301-600-1046 |
| Frederick Memorial Hospital | 240-566-3300 |
| Goodwill Industries | 301-662-0622 |
| Healthy Families Frederick..... | 301-696-2058 |
| Heartly House | 301-662-8800 |
| Hospice..... | 240-566-3030 |
| Jeanne Bussard Center, Inc. | 301-663-9588 |
| Business and Employment Center | 301-600-2255 |
| Maryland Poison Center | 800-222-1222 |
| Maryland State Police | 301-600-4151 |
| Mental Health Association of Frederick County | 301-663-0011 |
| Mission of Mercy | 301-682-5683 |
| Religious Coalition for Emergency Human Needs | 301-631-2670 |
| Salvation Army | 301-662-2311 |
| Way Station, Inc. | 301-662-0099 |
| YMCA of Frederick County | 301-663-5131 |

About MHA

Serving Frederick County for 47 years, the Mental Health Association of Frederick County (MHA) provided services for an estimated 41,000 residents in 2011. As the demand on our services in the community continues to grow, so too have the programs within MHA.

Since MHA's launch in 1965 there has been incredible progress in the mental health field, as well as the public perception regarding the value of mental health. MHA's services have expanded to focus on what we believe has the greatest long-term impact on our community.

Our services include:

- 24/7 phone support, referrals, and suicide intervention
- Provision of professional therapy services regardless of ability to pay
- Prevention of child abuse through education and family support
- Creation of quality childcare environments ensuring young children receive adequate nurturing and stimulation during their most formative years
- Education and advocacy regarding mental illness and the promotion of good mental health.

We believe that teaching good mental health practices at a young age is the way to change behaviors long-term.

With that said, knowledge is the key to growth at any age. All of our programs aspire to promote positive mental health and offer not just education, but the support and compassion needed to make real and lasting change in the lives of those we serve.

We encourage people to understand that seeking and accepting help, at any age, is the single most mentally healthy behavior there is.

Our Mission

To build a strong foundation of emotional wellness by educating, empowering and advocating for children, adults, and families through a wide array of services. MHA is always available, accessible and responsive to the changing needs of our community.

In 2011, MHA:

- Provided children and families with 2,945 hours of therapy regardless of ability to pay
- Answered over 22,854 calls for support and referrals, of which 1,404 were suicide-related
- Conducted training for 10,243 children on personal body safety/child abuse prevention, bullying, internet safety, and stress and anger management for teens
- Advocated for 85 foster children in the Frederick County court system
- Presented 235 classes on early education topics to 2,870 child care providers
- Made 1,551 calls to homebound seniors, offering support, and checking on their well-being
- Trained 316 non-mental health professionals on skills they can use to help someone experiencing a mental health crisis
- Distributed 2,500 copies of the *Guide to Mental Health and Community Support Services*

MHA's Programs & Services

FREDERICK COUNTY HOTLINE provides information and referrals, support, and crisis intervention 24 hours a day, 365 days a year. Trained and caring staff and volunteers handle more than 19,000 calls to the Hotline each year. Call 2-1-1 or 301-662-2255

TELEPHONE REASSURANCE PROGRAM provides elderly, homebound clients with support and referrals through daily scheduled calls.

COUNSELING SERVICES offers professional outpatient therapy for individuals, couples, children and adolescents, families, and groups without regard to ability to pay. 301-663-6135

CHILD CARE CHOICES promotes quality child care experiences for children by providing a supporting link between parents, providers, and the community. 301-662-4549 (*Frederick*), 410-751-2917 (*Carroll*)

HEALTHY FAMILIES FREDERICK assists pregnant and first-time parents with individualized services based on the needs of the family – assessments, referrals, and home-visits that provide information and guidance to parents about child development, parenting skills, parentchild bonding, and access to medical care/immunizations for children.

CHILD CARE PROVIDER TRAINING AND TECHNICAL ASSISTANCE conducts continuing education opportunities for prospective and current early childhood professionals. Provides assistance with start up or operation of child care.

PARTNERSHIP FOR EMOTIONALLY RESILIENT KIDS (PERKS) provides on-site assistance for programs with children, age birth through four years old, who exhibit social, emotional or behavioral issues. Partners with parents to offer strategies, resources, and support to develop resilient children.

MENTAL HEALTH FIRST AID is a training course designed to educate non-mental health professionals and the general public on skills they can use to help someone who is experiencing a mental health problem or experiencing a mental health crisis before appropriate professional or family support arrives.

CHILD ABUSE PREVENTION increases awareness of-and empowers families to deal with-child abuse, neglect, and social issues. 301-663-0011

YOUTH EDUCATION PROGRAMS include the Kids on the Block, provides educational programs in schools, camps and other youth venues that address social issues children face in today's society such as bullies and school safety, personal body safety, the dangers of tobacco use, improper use of medications, and the benefits of eating right and exercising. In addition, our Youth Educator offers programs on internet safety, conflict resolution, bullying, and stress and anger management to children and teens.

SUPERVISED VISITATION AND MONITORED TRANSFER provides a safe environment for children and non-custodial parents to develop or strengthen relationships.

21ST CENTURY COMMUNITY LEARNING CENTERS provide students in Thurmont and Walkersville Middle Schools with academic enrichment opportunities as well as additional services designed to complement their regular academic program. Funding for this program is provided by the Maryland State Department of Education.

SYSTEMS NAVIGATION provides an experienced family resource counselor to assist children and families with intensive needs to navigate systems of care in Maryland. Call 2-1-1 or 1-800-422-0009.

CASA-COURT APPOINTED SPECIAL ADVOCATES-is part of a national program to ensure that abused and neglected children have a voice in the court system. Trained volunteers advocate for the best interest of children.

PUBLIC INFORMATION AND ADVOCACY provides the Annual Guide to Mental Health & Community Support Services referral source, on-site speaker service, Legislative Breakfast, and ongoing community education. 301-663-0011

MENTAL HEALTH PROFESSIONALS

Who are the people who provide counseling?

When choosing a therapist, it is important to know the training, educational background, experience and treatment approach utilized by the therapist. Briefly listed below are the variety of mental health professionals who provide counseling and psychotherapy.

Mental health professionals must be licensed by the State of Maryland in order to practice independently.

All persons in counseling professions should have their credentials displayed. If credentials are not displayed, it may indicate a possible lack of training. No person may use the title “professional counselor,” “professional rehabilitation counselor,” “vocational rehabilitation counselor,” “rehabilitation counselor,” or any similar title unless the Professional Counselor Section of the examining board certifies the person as a professional counselor.

If you feel uncomfortable with a therapist for any reason, do not hesitate to seek another who specializes in your particular problem.

Psychiatrist, M.D.: Medical doctor with special training in psychiatry (study of the mind). This is the only mental health professional who can prescribe drugs. Must be a licensed physician in the state in which he/she practices, board eligible, or certified by the American Board of Psychiatry.

Licensed Psychologist (Ph.D. or Psy.D.): Holds a Doctorate (Ph.D. or Psy.D.) in clinical psychology. The psychologist must be licensed by the Maryland Board of Psychologists in order to practice independently.

Licensed Clinical Social Worker (ACSW, LGSW, LCSW, LCSW-C): Holds a Master of Social Work (M.S.W.) with specialization in clinical practice. A social worker must be licensed as a Licensed Certified Social Worker – Clinical by the Maryland Board of Social Work Examiners. Clinical Social Workers may hold additional licenses such as A.C.S.W. from the Academy of Certified Social Workers through the National Association of Social Workers. A LCSW or LGSW can provide therapy only under the supervision of an LCSW-C.

Board Certified Diplomat in Clinical Social Work (BCD): Clinical social workers holding a master’s degree, more than five years of experience in mental health assessment, diagnosis, and treatment; they must pass an examination and meet other rigorous requirements for national certification by the American Board of Examiners in Social Work.

Licensed Clinical Professional Counselor (LCPC) /Licensed Professional Counselor (LPC): Holds a Master’s degree or doctorate in professional counseling, psychology, or rehabilitation counseling. Must be licensed by the Maryland State Board of Professional Counselors and Therapists.

Licensed Clinical Drug and Alcohol Counselor (LCADC): Holds a Master's degree in health and human services or counseling. He or she has completed two years of direct counseling experience under the supervision of a licensed mental health professional. They must pass the exam for Master's Addictions Counselors of the National Board for Certified Counselors, and are licensed by the Maryland State Board of Professional Counselors and Therapists.

Psychiatric and Mental Health Nurse Specialist (M.A., A.P.R.N.): Holds a Master's degree in psychiatric nursing; certification requires two years of supervised clinical practice and licensed by the State of Maryland.

Nationally Certified Counselor (N.C.C.): Holds a Master's Degree or Doctorate in professional counseling, and are certified by the National Board for Certified Counselors.

Certified Alcohol, Drug, and Chemical Dependency Counselor (CAC, CCDC, CDC): Holds a Bachelor's degree in counseling, social work, psychology, or applicable field of study. Certification by the Maryland Addictions Professional Certification Board requires a minimum of two years direct work experience with alcohol and/or drug clients.

Pastoral Counselor: Clergy with training in Clinical Pastoral Education, usually trained in social work, psychology or nursing; certification from American Association for Clinical Pastoral Education; certification optional in Maryland.

Art Therapist, Registered (A.T.R.): The American Art Therapy Association, Inc. (AATA) defines entry level into the profession at the Master's Degree level. The art therapists will have graduated from a minimum of a two-year Master's program, or the equivalent, which will have included a minimum of 600 hours of supervised practicum experience. Those Master's, institute, or clinical programs which are approved by AATA meet educational standards set forth by the Association.

For referrals to local mental health professionals contact the Frederick County Hotline at 301-662-2255 or 1-866-411-6803. The Hotline is a confidential service available 24 hours a day, or visit www.fcmta.org for a list of professionals and their areas of expertise.

NOTE: This Guide provides an explanation for the commonly used degrees affixed to the names of credentialed professionals and is not a complete list. If a degree is not listed below, the Mental Health Association suggests the consumer ask the professional about his/her specific qualifications.

HOW DO I KNOW IF I NEED PROFESSIONAL COUNSELING

For referrals to local mental health professionals contact the Frederick County Hotline at 301-662-2255 or 1-866-411-6803. The Hotline is a confidential service available 24 hours a day.

Therapy is important for the growth and treatment of a variety of persons, varying from people who wish to better understand themselves and develop interpersonal skills, to those with severe emotional problems. Therapy can improve the quality of life and life choices a person makes – broadening possible decisions and helping to determine new alternatives for old behaviors and feelings that may cause emotional discomfort.

Common problems that lead people to seek help are the following: depression, anxiety, inability to concentrate, suicidal thoughts, changeable moods, problems with others, lack of self-confidence, family marital problems, and physical problems such as not sleeping, constantly feeling tired, upset stomach, headaches, and substance abuse and/or dependence.

Professionally trained therapists are willing to openly discuss their qualifications and areas of specialization. They should not hesitate to tell you about their qualifications and where they received their training.

COMPLAINTS AND INFORMATION

If you wish to file a complaint against a mental health practitioner or receive information about Maryland State licensing procedures, you can contact the following numbers:

| | |
|---|--------------|
| Maryland State Board of Examiners of Professional Counselors | 410-764-4732 |
| Board of Examiners of Psychologists | 410-764-4787 |
| Board of Physicians Quality Assurance | 410-764-4777 |
| Board of Social Work Examiners | 410-764-4788 |
| Maryland Addictions Professional Certification Board..... | 866-537-5340 |

Address for the above

Professional Boards:

4201 Patterson Avenue
Baltimore, MD 21215-2299

Art Therapy

Professional Board:

11160-C1 South Lakes Drive,
Suite 813
Reston, VA 20191

MENTAL HEALTH PROFESSIONALS

ABROMSON, ELISE, PSY.D.

Elise G. Abromson, Psy.D., LLC

Healing Circles Wellness Center

620 W. Patrick Street, Frederick, MD 21701

Telephone: 301-712-9015 ext. 1018

Email: drelise@doctorelise.com www.doctorelise.com

Age Range Served: 1-4, 5-11, 12-18, 19-25

Treatment Modality: Individuals, families, groups, other (parents)

Area of Expertise: Children, adolescents, and teens experiencing anxiety, depression, adjustment problems, difficulties relating to divorce, school issues, attention and behavior problems, social skills development, and more.

Also work on parenting skills and family issues.

Hours: Days and evenings by appointment

Fees: Set

ADAMS, M. ANN, L.C.S.W.-C., B.C.D.

Psychotherapy Services, LLC

41 N. Market Street, Frederick, MD 21701

Telephone: 301-662-6226 Fax: 301-682-6040

Email: ann.adams@frederickpsychotherapy.com

Age Range Served: 12-18, 19-25, 26-64, 65+

Treatment Modality: Individuals, couples, families

Area of Expertise: Treatment of stress, anxiety, depression and problems in living for individuals, couples, adolescents, parents, and families. Psychodynamic and behavioral approach.

Hours: M-Th and some evenings

Fees: Set/third party payments/by arrangement



ALBERTSON, NICOLE K., PSY.D.

65 Thomas Johnson Drive, Ste. A, Frederick, MD 21702

Telephone: 301-663-3350 Fax: 301-695-9694

Age Range Served: 12-18, 19-25, 26-64

Treatment Modality: Individuals, couples, families

Area of Expertise: Women's Issues such as trauma, body-image, and eating disorders.

Hours: M, W, Th **Fees:** Set/insurance

ALTMAN, AMY SEED, L.C.S.W.-C.

8222 Skipwith Drive, Frederick, MD 21702

Telephone: 301-662-9124 Fax: 301-662-9124

Email: altman8222@comcast.net

Age Range Served: 1-4, 5-11, 12-18, 19-25, 26-64, 65+

Treatment Modality: Individuals, couples, families

Area of Expertise: Specializes in treatment of depression, anxiety, and addiction-ACOA issues, parenting issues, addictions and infertility.

Hours: M-F, days and evenings by appointment

Fees: Set/third party payments/most managed care plans

ANZALONE, NINA M., L.C.S.W.-C, PA

Center for Mind-Body Therapies

5 N. Bentz Street, Frederick, MD 21701

Telephone: 301-631-2936 ext. 240 Fax: 301-631-2937 www.cmbt.net

Age Range Served: 19-25, 26-64, 65+

Treatment Modality: Individuals, couples, groups

Area of Expertise: Specializes in addictions, codependency, issues of life transitions, mood disorders, separation and divorce, grief work, spirituality, trauma issues, stress reduction, and mindfulness-based practices - all utilizing a holistic approach.

Hours: Days and some evenings by appointment

Fees: Set/third party payment/sliding scale

ASHMAN, ELIZABETH A., L.C.S.W.-C.

Blue Ridge Behavioral Health Services

170 Thomas Johnson Drive, Ste. 200, Frederick, MD 21702

Telephone: 301-695-8390 Fax: 301-694-7906

www.blueridgebehavioralhealth.com

Age Range Served: 5-11, 12-18, 19-25, 26-64, 65+

Treatment Modality: Individuals and families

Area of Expertise: Individual and family therapy for adults, children, and adolescents. Specialties include child and adolescent emotional and behavioral difficulties, parent-child relatedness, anxiety, and depression. Expertise in eating disorders, abuse issues, and trauma

Hours: By appointment

Fees: Set/ third party payments

AUSTIN, MARY LIZ, L.C.P.C.

22 E. 2nd Street, Frederick, MD 21701

Telephone: 301-788-2663 Fax: 301-698-5548

Email: marylizaustin@comcast.net

Age Range Served: 12-18, 19-25, 26-64, 65+

Treatment Modality: Individuals, couples, families

Area of Expertise: Post traumatic stress, depression, anxiety, relationship issues, parenting concerns and adolescent behavioral issues.

Hours: M-F 9:00am-7:00pm

Fees: Insurance/by arrangement

BANNON, VERONICA, L.C.P.C., N.C.C., D.M.T.-B.C.

Creative Therapeutic Connections

164 W. Main Street, Ste. 4, New Market, MD 21774

P.O. Box 277, New Market, MD 21774

Telephone: 301-693-5931

Email: ctcbannon@comcast.net www.linganorecandw.com

Age Range Served: 1-4, 5-11, 12-18, 19-25, 26-64, 65+

Treatment Modality: Individuals, families, therapeutic social groups

Area of Expertise: 20 years experience with children, adolescents and their families. Licensed Clinical Counselor and Movement Therapist. Specializes in therapeutic social groups utilizing both verbal and nonverbal interventions to address attention deficits, anxiety, frustration tolerance, impulsivity, boundary issues, bullying issues, developmental delays and emotional challenges.

Currently offering Therapeutic Social Groups for children and adolescents ages 5-18 diagnosed with ADD, ADHD, Oppositional Defiance, Social Anxiety, and Aspergers/PDD. Parenting support available.

Hours: Days and evenings by appointment

Fees: Out of Network insurance/sliding scale

BERLIN, ALICE, L.C.S.W.-C, B.C.D.

Psychotherapy Services, LLC

41 N. Market Street, Frederick, MD 21701

Telephone: 301-662-6226 Fax: 301-682-6040

Email: alice.berlin@frederickpsychotherapy.com

Age Range Served: 19-25, 26-64, 65+


Treatment Modality: Individuals, couples

Area of Expertise: Depression, anxiety, phobias, relationship issues, couples therapy, cognitive behavioral therapy, problems related to abuse, life transition issues, and family of origin issues.

Hours: Days and evenings by appointment

Fees: Set/third party payment/insurance

Creative Therapeutic Connections
Individual, Group & Family Therapy



Veronica Bannon, LCPC, NCC, ADTR
Licensed Clinical Professional Counselor, Dance/Movement Therapist

Spaces currently available in
Therapeutic Social Skills Groups
for children and adolescents struggling with:
ADHD • LD • PDD • Aspergers • Anxiety
Mood Disorders • Bullying Issues

Call for an individual intake assessment.
301-693-5931 • ctcbannon@comcast.net

BIGGER, ANITA, M.S.W., L.C.S.W.-C.

Delta Holistic Therapy Center

245 W. Patrick Street, Frederick, MD 21701

Telephone: 301-663-8901

Email: biggeranita@hotmail.com

Age Range Served: 12-18, 19-25, 26-64, 65+

Treatment Modality: Individuals, couples, families

Area of Expertise: Ericksonian/Jungian holistic approach for relationship difficulties, life transitions, and recovery from trauma utilizing psychotherapy, hypnotherapy, bioenergetics methodologies, Thought Field Therapy (TFT), Eye Movement Desensitization and Reprocessing (EMDR), and couple/family therapies. Goal-focused personal coaching also available.

Hours: By appointment

Fees: Set/limited sliding scale/third party payments

BLISS, ETHAN, PH.D.

Center for Integrative Healthcare

340 Park Avenue, Frederick, MD 21701

Telephone: 301-508-0102 Fax: 301-663-3792

Age Range Served: 6-11, 12-18, 19-25, 26-64, 65+

Treatment Modality: Individuals, couples, families

Area of Expertise: Depression, anxiety, transition issues, and addictive/compulsive behaviors.

Hours: By appointment **Fees:** Third party payment/by arrangement

BOGGS, KATHLEEN, L.C.P.C., C.C.D.C., C.A.C.-A.D.

9093 Ridgefield Drive, Ste. 201, Frederick, MD 21701

Telephone: 301-518-2289 Fax: 240-387-6091 www.kathleenboggs.com

Age Range Served: 12-18, 19-25, 26-64, 65+

Treatment Modality: Individuals, couples, families

Area of Expertise: Couples and relational issues, Emotionally Focused Therapy and Imago therapy for couples, addictions specialization, certification in Hypnosis; (to treat anxiety, anger, depression, addictions, eating disorders, and self-esteem issues), Certification in Advanced trauma treatment.

Hours: Daytime and evenings

Fees: Set/insurance/by arrangement

BOLTON, VICTORIA, L.C.S.W.-C., SEP

723 N. Market Street, Frederick, MD 21701

Telephone: 240-409-5615

Email: vebolton@earthlink.net www.traumahealing.com

Age Range Served: 19-25, 26-64

Treatment Modality: Individuals, couples

Area of Expertise: Anxiety, depression, trauma, grief, relationships, and self-esteem. Specializations: conscious living and somatic experiencing, a naturalistic approach to resolving trauma.

Hours: M, Tu, Th, F **Fees:** Sliding scale/Medicare/insurance

BORCHERDING, BRECK, M.D.

Blue Ridge Behavioral Health Services

170 Thomas Johnson Drive, Ste. 200, Frederick, MD 21702

Telephone: 301-695-8390 Fax: 301-694-7906

www.blueridgebehavioralhealth.com

Age Range Served: 1-4, 5-11, 12-18

Treatment Modality: Evaluations and Medication Management

Area of Expertise: Child and adolescent psychiatry evaluations and treatment in concert with other Blue Ridge clinicians only.

Hours: By appointment **Fees:** Set

BROMBERG, GAYLE, L.C.S.W.-C.

Blue Ridge Behavioral Health Services

170 Thomas Johnson Drive, Ste. 200, Frederick, MD 21702

Telephone: 301-695-8390 Fax: 301-694-7906

www.blueridgebehavioralhealth.com

Age Range Served: 5-11, 12-18, 19-24, 26-64

Treatment Modality: Individuals, couples, families, groups

Area of Expertise: Attention Deficit/Hyperactivity Disorders, school problems, eating disorders, relationship problems, depression, post-traumatic stress disorders, dissociative disorder, adult survivors of child abuse, and difficulties with life transitions. Seminar for separated and divorcing parents.

Hours: M-F by appointment

Fees: Set/third party payment/insurance/credit cards



Jill B. Cody, M.A.

TRANSFORMING PERSPECTIVES



Changing Minds – Achieving Goals
Jill B. Cody, M.A.
Licensed Clinical Professional Counselor

- Goal-oriented Counseling and Clinical Hypnosis
- Win Your Weight War
- Stress-Less Strategies That Work!
- Influential Communication

800-287-4448 • 301-662-2266
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www.JillCody.com • e-mail: jill@jillcody.com

MEMBER NSA
NATIONAL SOCIETY OF PROFESSIONAL COUNSELORS

128768

CAPPUCCI, SKY, L.C.S.W.-C.

Harper and Associates

13 E. 2nd Street, Frederick, MD 21701

Telephone: 301-694-8684

Age Range Served: 14-18, 19-25, 26-64

Treatment Modality: Individuals, couples, and families

Area of Expertise: Focus on depression and anxiety, trauma and abuse issues, grief, substance abuse, and gay and lesbian concerns.

Hours: By appointment only

Fees: Set/insurance/credit cards/EAP

CODY, JILL B., M.A., L.C.P.C.

Goal Oriented Counseling & Clinical Hypnosis

186 Thomas Johnson Drive, Ste. 200, Frederick, MD 21702

Telephone: 301-662-2266 Fax: 301-662-4448

Email: jill@jillcody.com www.jillcody.com

Age Range Served: 12-18, 19-25, 26-64

Treatment Modality: Individuals, couples, groups

Area of Expertise: Clinical hypnosis; solution-focused counseling and "Personal Excellence Coaching"; habit modification and treatment of anxieties, phobias and depression; grief management, and sexual abuse survivors. Weight control.

Hours: By appointment

Fees: Set/credit cards/sliding scale/credit cards

COSTELLO, LAWRENCE, M.D.

Psychotherapy Services, LLC

41 N. Market Street, Frederick, MD 21701

Telephone: 301-662-6226 Fax: 301-682-6040

Age Range Served: 19-25, 26-64, 65+

Treatment Modality: Individuals

Area of Expertise: Adult Psychiatry

Hours: By appointment **Fees:** Set/third party payments/insurance

CUSTER, KAREN, L.C.S.W.-C.

208 W. Patrick Street, Frederick, MD 21701

Telephone: 301-663-9535

Age Range Served: 18-25, 26-64, 65+

Treatment Modality: Individuals, families, groups

Area of Expertise: Holistic approach to life transitions, relationship issues, spirituality, grief, loss, trauma, depression and anxiety. Utilizes Eye Movement Desensitization and Reprocessing (EMDR), Emotional Freedom Technique (EFT), guided imagery, dreams and cognitive/behavioral methodologies.

Hours: Days and evenings by appointment

Fees: By arrangement

DAFFERN, JANICE E., MDIV, L.C.S.W.-C.

Fredericktowne Pastoral Counseling Center

2 E. Church Street, Frederick, MD 21701

Telephone: 301-695-5073 Fax: 301-695-7573

Email: jandaffernfpcc@aol.com

Age Range Served: 19-25, 26-64, 65+

Treatment Modality: Individuals, couples

Area of Expertise: Depression, anxiety, divorce recovery, bereavement, spiritual issues, couples conflict and intimacy issues, parenting and step-parenting issues.

Hours: By appointment **Fees:** By arrangement

DERBYSHIRE, WILLIAM, L.C.S.W.-C.

Blue Ridge Behavioral Health Services

170 Thomas Johnson Drive, Ste. 200, Frederick, MD 21702

Telephone: 301-695-8390 ext. 308 Fax: 301-694-7906

www.blueridgebehavioralhealth.com

Age Range Served: 12-18, 19-25, 26-64, 65+

Treatment Modality: Individuals, couples, families

Area of Expertise: Focus on issues around parenting, adolescent development, problems with school, couples conflict, conflicts around work relationships, and personal development. Psychiatric services (evaluation and medication monitoring available in practice).

Hours: Afternoon and evenings **Fees:** Set/third party payments

EVANS, CEDONIA, L.C.S.W.-C, RPT

Evans Creative Clinical Therapies, LLC

65 Thomas Johnson Drive, Ste. A, Frederick, MD 21702

Telephone: 301-624-0058

Age Range Served: 1-4, 5-11, 12-18, 19-25, 26-64

Treatment Modality: Individuals, couples, families

Area of Expertise: Registered Play Therapist; specializing in work with children and adolescents, as well as families and couples. Sandtray therapy. Also, depression, anxiety, grief/loss for adults and children, life transitions, women's issues, and lesbian/gay/bisexual/transgender (LGBT) issues.

Hours: By appointment **Fees:** Set/sliding scale

FARRELL, JOHN P., PH.D.

Clinical Psychologist

97 McCain Drive, Frederick, MD 21703

Mail: P.O. Box 45, Braddock Heights, MD 21714

Telephone: 301-371-8491 Fax: 301-371-6975

Email: jacknan@comcast.net

Age Range Served: Adults 19-65+ and adolescent males 12-18

Treatment Modality: Individuals, couples

Area of Expertise: Psychotherapy and counseling for individuals & couples.

Therapy for females or males. Specialties include anxiety, anger management, acting out, depression, as well as general psychotherapy.

Hours: Late afternoons and evenings

Fees: Third party payment/insurance/sliding scale

FAW, BERNADINE C., M.D.

140 Fairview Avenue, Frederick, MD 21701-4052

Telephone: 301-471-7482, 410-235-5020

Age Range Served: 19-25, 26-64, 65+

Treatment Modality: Individuals, couples

Area of Expertise: Adult psychiatric services, including evaluation, consultation, and treatment. Brief and long-term psychotherapy and pharmacotherapy.

Special interest: women's issues and survivors of abuse.

Hours: By appointment **Fees:** Set/third party payments

FEIFER, DARCI, M.ED., M.S., L.C.P.C.

176 Thomas Johnson Drive, Ste. 105, Frederick, MD 21702

Telephone: 301-682-9220 Fax: 301-698-9746

Email: feifer@comcast.net

Age Range Served: 1-4, 5-11, 12-18

Treatment Modality: Individuals, families, groups

Area of Expertise: Specializing in play therapy for children ages 2-15, people of all ages with developmental disabilities, clients with Autism Spectrum Disorders. Offer counseling as well as availability for speaking at workshops on child-related or special needs topics.

Hours: By appointment

Fees: Set/third party payment/insurance/sliding scale

FEIFER, STEVEN G., D.ED., N.C.S.P., A.B.S.N.P., PH.D.

Monocacy Neurodevelopmental Center

65 Thomas Johnson Drive, Ste. A, Frederick, MD 21702

Telephone: 301-662-3808 Fax: 301-695-9694 <http://monocacycenter.com>

Age Range Served: 5-11, 12-18, 19-25, 26-64, 65+

Treatment Modality: Individual

Area of Expertise: School based neuropsychological evaluations for learning disabilities, emotional disorders, developmental challenges, and attention issues. Professional consultation for all school-based issues. Manager and director of Neuro Feedback Clinic.

Hours: By appointment only; 9:00am-5:00pm

Fees: Fee for service practice

FRITZ, JO ANN, L.C.S.W.-C.

317 Adam Road, Frederick, MD 21701

Telephone: 301-788-3640 Fax: 240-575-9747

Age Range Served: 19-25, 26-64, 65+

Treatment Modality: Individuals, couples

Area of Expertise: Individual therapy for depression, adjustment disorders, adult children of alcoholics, and couples therapy. Primarily cognitive/behavioral therapy.

Hours: By appointment

Fees: Set/third party payment/insurance/by arrangement

GIBIAN, TIMOTHY, PSY.D.

Frederick Psychology Center

97 Thomas Johnson Drive, Ste. 202 Frederick, MD 21702

Telephone: 301-695-6455 Fax: 301-695-6456

www.frederickpsychologycenter.com

Age Range Served: 0-5, 6-11, 12-18, 19-25, 26-64

Treatment Modality: Individuals, couples, families

Area of Expertise: Individual therapy, psychodynamic therapy, couples therapy, divorce, loss issues (including grief), adolescent development, and psychological assessment.

Hours: M-F variable **Fees:** Set/credit cards accepted

GOVOTSOS, SHARON, MSW, L.G.S.W.

Licensed Graduate Social Worker under the supervision of Linda Ullom

L.C.S.W.-C., Rings of Life Therapy

307 E. 9th Street, Frederick, Maryland 21701

Telephone: 240-397-7023 Fax: 888-986-7658

Email: sharon@ringsoflifetherapy.com www.ringsoflifetherapy.com

Age Range Served: 3-4, 5-11, 12-18, 19-25, 26-64

Treatment Modality: Individuals, families, groups

Area of Expertise: Children, adolescents, family therapy, adult survivors of childhood abuse, child-centered play therapy, and sand tray therapy.

Hours: By appointment

Fees: By arrangement/sliding scale/credit cards



Sharon K. Govotsos, LGSW
Psychotherapist

307 East 9th Street
Frederick, MD 21701
240-397-7023
888-9To-RoLT (Fax)
(888-986-7658)
sharon@RingsofLifeTherapy.com
www.RingsofLifeTherapy.com

GREEN, CYNTHIA, L.C.P.C.

344 W. Patrick Street, Frederick, MD 21701

Telephone: 301-662-7270 or 301-471-5886 Fax: 301-694-8226

Age Range Served: 1-4, 5-11, 12-18, 19-25, 26-64, 65+

Treatment Modality: Individuals, couples, families

Area of Expertise: Relationship and communication issues, stress, anxiety, life transitions, and personal growth based on an Existential approach.

Certified mediator.

Hours: By appointment **Fees:** Set/third party/by arrangement

HALLMAN, KRISTI, L.C.S.W.-C.

Healing Circles Wellness Center

620 W. Patrick Street,
Frederick, MD 21701

Telephone: 301-712-9015 ext. 1012

Email: kristi@kristihallman.com

www.kristihallman.com

Age Range Served: 1-4, 5-11, 12-18,
19-24, 25-64

Treatment Modality: Individuals, families,
groups

Area of Expertise: Children and adolescents experiencing anxiety, depression, adjustment issues, low self-esteem, social skills issues, school difficulties, attention and executive function challenges, and Tourette Syndrome. Support groups, educational seminars, and individual counseling are also available for parents and caregivers.

Hours: Day and evening hours by appointment

Fees: Set/credit cards/insurance reimbursement

Kristi Hallman, LCSW-C
Psychotherapist

Individual & Group
Counseling for
Children,
Adolescents &
Families

(301) 712-9015 ext. 1012
kristi@kristihallman.com

www.KristiHallman.com

Healing Circles Wellness Center
620 W. Patrick Street
Frederick, Maryland 21701

HALPIN, PERETTE, L.C.S.W.-C

New Day Counseling

178 Thomas Johnson Drive, Ste. 205, Frederick, MD 21702

Telephone: 301-830-8320

Email: perette@new-day-counseling.com www.new-day-counseling.com

Age Range Served: 12-18, 19-25, 26-64

Treatment Modality: Individuals, families

Area of Expertise: Anxiety, depression, addiction-chemical, OCD, life transition, grief/loss, relationships, ADHD, and stress management.

Hours: Tu-F 8:30am-6:00pm

Fees: Third party payment/insurance/by arrangement/credit cards

PERETTE HALPIN, LCSW-C
COUNSELING FOR ADOLESCENTS & ADULTS

NEW DAY COUNSELING
178 THOMAS JOHNSON DRIVE
SUITE 205
FREDERICK, MD 21702

(301) 830-8320

WWW.NEW-DAY-COUNSELING.COM
PERETTE@NEW-DAY-COUNSELING.COM



HAMMETT, PATRICK T., L.C.S.W.-C.

Harper and Associates

13 E. Second Street, Frederick, MD 21701

Telephone: 301-694-8684 Fax: 301-694-2984

Age Range Served: 19-25, 26-64, 65+

Treatment Modality: Individuals, couples, families

Area of Expertise: Depression, anxiety, step-parenting, life transitions, cognitive and solution oriented therapy.

Hours: By appointment **Fees:** Set/third party payment/insurance/credit cards

HARMAN, JANE M., PSY.D., PC

65 Thomas Johnson Drive, Ste. A, Frederick, MD 21702

Telephone: 301-662-8900 Fax: 301-695-4371

Email: drjaneharman@yahoo.com

Age Range Served: 12-18, 19-25, 26-64, 65+

Treatment Modality: Individuals, couples, families

Area of Expertise: Marital and relationship counseling, women's issues, self esteem, depression, grief/loss, stress management, chronic pain and life transitions.

Hours: Days and evenings by appointment **Fees:** Set/insurance

jane m. harman
LICENSED PSYCHOLOGIST

*individual & relationship
psychotherapy*

PSY. D., PC

65 thomas johnson dr.
suite a
frederick, md 21702
telephone: 301.662.8900
billing: 301.695.3171
fax: 301.695.4371

HARPER, LARRY, L.C.S.W.-C.

Harper and Associates

13 E. 2nd Street, Frederick, MD 21701

Telephone: 301-694-8684 Fax: 301-694-2984

Age Range Served: 5-11, 12-18, 19-25, 26-64, 65+

Treatment Modality: Individuals, couples, families, groups

Area of Expertise: Mental health services for children, families, couples, and individuals.

Hours: By appointment **Fees:** Third party payment/insurance/credit cards

HARRISON, RACHEL, L.C.P.C., N.C.C.

65 Thomas Johnson Drive, Ste. A, Frederick, MD 21702

Telephone: 301-524-5991

Email: counselorrachel@gmail.com www.counselorrachel.com

Age Range Served: 12-18, 19-25, 26-64

Treatment Modality: Individuals, couples, families

Area of Expertise: Working with adolescents and their families, early adulthood issues, Bipolar Disorder, depression, anxiety, and relational conflicts. Special interest in working with individuals and families who have been involved with adoption.

Hours: By appointment **Fees:** Set

HAYDEN, TREVIA F., M.D.

Vitality Health Associates

97 Thomas Johnson Drive, Ste. 102, Frederick, MD 21702

Telephone: 301-846-0434 Fax: 301-846-0143

Age Range Served: 13-18, 19-25, 26-64, 65+

Treatment Modality: Individuals, couples, families

Area of Expertise: Mood disorder, Psychopharmacology, anxiety disorders, cognitive - behavioral psychiatry, forensic psychiatry, pain management, psychiatric aspect of care for the medically ill, social/cultural psychiatry, women's health issues, work place psychology, and complementary medicine.

Hours: Tu-F by appointment

Fees: Set/third party payment/insurance/credit cards



Vitality Health Associates

*Integrated Conventional &
Complementary Behavioral Health*

Trevia F. Hayden, M.D.

CEO, Founder

97 Thomas Johnson Dr. Ste. 102

Frederick, MD. 21702

Tel: (301) 846-0434 Fax: (301) 846-0143

HEGER, TERI A., L.C.S.W.-C.

Associated Family Counseling, PA

306 W. Patrick Street, Ste. 2B, Frederick, MD 21701

Telephone: 301-228-2303 Fax: 301-228-2731

Email: associatedfamilycounseling@yahoo.com

www.associatedfamilycounseling.com

Age Range Served: 1-4, 5-11, 12-18, 19-25, 26-64, 65+

Treatment Modality: Individuals, couples, families, groups

Area of Expertise: Anxiety disorders, attachment issues, ADHD, anger management, depression, divorce, grief and loss, trauma, stress management, relationship issues, parenting coordination, collaborative divorce coaching, and mediation.

Hours: 9:00am-6:00pm **Fees:** Third party payment/insurance/credit cards

HENRY, LEE C., L.C.S.W.-C.

Blue Ridge Behavioral Health Services

170 Thomas Johnson Drive, Ste. 200, Frederick, MD 21702

Telephone: 301-695-8390 Fax: 301-694-7906

www.blueridgebehavioralhealth.com

Age Range Served: 5-11, 12-18, 19-25, 26-64, 65+

Treatment Modality: Individuals, couples, families, groups

Area of Expertise: Individual, family, group, and couples therapy for adults, children, and adolescents. Specialties include adolescent and child emotional and behavioral difficulties, parent-child relatedness, relationship building, social skills, anxiety, and depression. Member of eating disorder program.

Hours: By appointment **Fees:** Set/third party payment

HERRING, MARGARET L. (PEG), L.C.S.W.-C.

176 Thomas Johnson Drive, Ste. 203, Frederick, MD 21702

Telephone: 240-409-1122 Fax: 301-631-5884

Age Range Served: 16-18, 19-25, 26-64, 65+

Treatment Modality: Individuals, couples, families

Area of Expertise: Depression, grief, adjustment and communication issues marital conflict, anger management, and parenting.

Hours: M-F 10:00am-8:00pm; Sat. Hours - Emergency Only

Fees: Set/insurance



Peg Herring, LCSW-C

Psychotherapist

176 Thomas Johnson Drive
Suite 203
Frederick, MD 21702

Phone: 240-409-1122
Fax: 301-631-5884
Email: peggh@earthlink.net

HOFFMAN, JOAN, PH.D.

Hoffman Psychotherapy & Master Couples Workshops

24 N. Court Street, Westminster, MD 21157

Telephone: 410-876-1994

Email: workshops@mastercouples.com www.mastercouples.com

www.hoffmanpsychotherapy.com

Age Range Served: 1-4, 5-11, 12-18, 19-25, 26-64, 65+

Treatment Modality: Individuals, couples, families

Area of Expertise: Gottman Method couples therapy, emotion coaching, relationship enrichment, and couples workshops (Gottman Method).

Hours: Variable **Fees:** Set/credit cards/personal checks

HUDAK, DAVID, L.C.S.W.-C.

Blue Ridge Behavioral Health Services

170 Thomas Johnson Drive, Ste. 200, Frederick, MD 21702

Telephone: 301-695-8390 Fax: 301-694-7906

www.blueridgebehavioralhealth.com

Age Range Served: 1-4, 5-11, 12-18, 19-24, 25-64, 65+

Treatment Modality: Individuals, families, groups

Area of Expertise: Psychotherapy with children, adolescents and families.

Hours: By appointment **Fees:** Set/insurance

IPSAN, JULIEANN, L.C.S.W.-C.

Frederick Psychology Center

97 Thomas Johnson Drive, Ste. 202, Frederick, MD 21702

Telephone: 301-695-6455 Fax: 301-695-6456

www.frederickpsychologycenter.com

Age Range Served: 5,11, 12-18, 19-25, 26-64

Treatment Modality: Individuals, couples, families

Area of Expertise: Teenage girls; children with mood and behavior issues and home and/or school, children and families coping with separation and divorce, families coping with chronic illness, and adults with mood disorders.

Hours: By appointment **Fees:** Set/credit cards

JAMES, MARY HELD, M.D.

Psychotherapy Services, LLC

41 N. Market Street, Frederick, MD 21701

Telephone: 301-662-6226 Fax: 301-682-6040

Email: PSLLC41@comcast.net

Age Range Served: 19-25, 26-64, 65+

Treatment Modality: Adults

Area of Expertise: Integrated psychopharmacology and psychotherapy, treatment of full range of anxiety disorders, panic, depression/mood disorders, trauma, disorders of attention, concentration and memory difficulties.

Hours: Tu-F 8:00am-5:00pm, by appointment

Fees: Set/third party payment/insurance

KEYSOR, CYNTHIA S., PH.D.

Blue Ridge Behavioral Health Services

170 Thomas Johnson Drive, Ste. 200, Frederick, MD 21701

Telephone: 301-695-8390 Fax: 301-694-7906

www.blueridgebehavioralhealth.com

Age Range Served: 1-4, 5-11, 12-18, 19-25, 26-64

Treatment Modality: Individuals, families

Area of Expertise: Emotional and behavioral issues, developmental disabilities, parenting issues, relationship issues, and grief/loss.

Hours: By appointment **Fees:** Set/third party/credit cards

KHAN, AURANGZEB, M.D.

Blue Ridge Behavioral Health Services

170 Thomas Johnson Drive, Ste. 200, Frederick, MD 21702

Telephone: 301-695-8390 Fax: 301-694-7906

www.blueridgebehavioralhealth.com

Age Range Served: 5-11, 12-18, 19-25, 26-50

Area of Expertise: Child and adolescent Psychopharmacology, adult Psychopharmacology, and child developmental disabilities.

Hours: Tu-F days and evenings by appointment

Fees: Set

KISH, MARIE, L.C.P.C.

Healing Circles Wellness Center

620 W. Patrick Street, Frederick, MD 21701

Telephone: 240-505-1552

Email: marie@mlkcounseling.com www.mlkcounseling.com

Age Range Served: 19-25, 26-64, 65+

Treatment Modality: Individuals, couples

Area of Expertise: Couples therapy, anxiety, depression, relationships and communication. Pre-marital counseling, and Enneagram therapy.

Hours: By appointment **Fees:** Set/credit cards

KUEBBING, SHARON L., PH.D.

Psychotherapy Services, LLC

41 N. Market Street, Frederick, MD 21701

Telephone: 301-662-6226 Fax: 301-682-6040

Email: sharon.kuebbing@frederickpsychotherapy.com

Age Range Served: 19-25, 26-64, 65+

Treatment Modality: Individuals, couples

Area of Expertise: Treatment of depression, anxiety, stress, relationship issues and personality related disorders. Specialties include treatment of sexual disorders, work with gay and lesbian relationships, sexual orientation issues, sexual addictions, and work with survivors of sexual abuse. Diplomate of Sex Therapy by AASECT (American Association of Sexuality Educators, Counselors and Therapists).

Hours: M-Th, days and some evenings

Fees: Set/third party payments/insurance

LAWLOR, KEVIN, PSY.D.

Frederick Psychology Center

97 Thomas Johnson Drive, Ste. 202, Frederick MD 21702

Telephone: 301-695-6455 Fax: 301-695-6456

www.frederickpsychologycenter.com

Languages Spoken: Spanish

Age Range Served: 12-18, 19-25, 26-64, 65+

Treatment Modality: Individuals, couples, families, groups

Area of Expertise: Health psychology and behavioral medicine. Gay, lesbian, bisexual and transgendered issues. Pain evaluation and management.

Hours: Variable

Fees: Set/third party payment/insurance/credit cards

LOHMAN-FLYNN, BARBARA, L.C.S.W.-C, B.C.D.

Psychotherapy Services, LLC

41 N. Market Street, Frederick, MD 21701

Telephone: 301-662-6226 Fax: 301-682-6040

Email: barbara.lohmanflynn@frederickpsychotherapy.com

Age Range Served: 17-25, 26-64, 65+

Treatment Modality: Individual, couples, emotionally focused couples therapy, families and hypnosis

Area of Expertise: Full range of psychotherapy, individual, couples, and families. Issues of grief, abuse, trauma, separation and divorce, emotionally focused couples therapy, marriage counseling, depression, and anxiety.

Hours: Days and evenings by appointment

Fees: Set/insurance

MACPHERSON, B. LYNN, L.C.S.W.-C.

22 E. Second Street, Frederick, Maryland 21701

Telephone: 240-344-7383

Email: blmacpherson@yahoo.com

Age Range Served: 12-18, 19-25, 26-64, 65+

Treatment Modality: Individuals, couples, families

Area of Expertise: Relationship issues, anxiety, self-esteem, work stress, depression, trauma, and grief.

Hours: By appointment

Fees: By arrangement/insurance/EAP

"Bringing heart and mind together for healthy living"

SouthMountainCounseling



SMCS offers individual, couples, child and adolescent, family and group therapy.

Maxwell Manning, PhD LCSW-C

Wendy Miller LCSW-C

Phone: 301-371-3707

Fax: 240-449-3337

Cognitive-Behavioral, Psychodynamic and Family Systems Approaches

MANNING, MAXWELL, PHD, L.C.S.W.-C.

South Mountain Counseling Services

16 Walnut Street, Middletown, MD 21769

Telephone: 301-371-3707 Fax: 240-449-3339

Age Range Served: 12-18, 19-25, 26-64

Treatment Modality: Individuals, couples, families, adolescents, group

Area of Expertise: PTSD, mood disorders, depression, grief, anxiety disorders, life stage adjustments, couples therapy, conflict containment/conflict resolution, and anger management.

Hours: M-F 9:00am-5:00pm, evenings with appointment

Fees: Insurance/Medicaid/Tricare/credit cards/set fees

MCADAM, MEREDITH, L.C.S.W.-C.

22 E. 2nd Street, Frederick, MD 21701

Telephone: 240-575-1810 Fax: 301-591-4114

Email: meredith.mcadam@fredericktherapy.org

Age Range Served: 19-25, 26-64, 65+

Treatment Modality: Individuals, couples, families

Areas of Expertise: Specializes in relationship issues, grief and loss, depression, codependence and recovery, anxiety, conflicts around work, life transition issues, and stress reduction.

Hours: By appointment

MCDONALD, PAMELA, L.C.S.W.-C.

Healing Circles Wellness Center

620 W. Patrick Street, Frederick, MD 21701

Telephone: 301-712-9015 ext. 1022 Fax: 301-846-4915

Email: pmmcdnld@gmail.com

www.healingcirclesfrederick.com/clinicians/mcdonald.php

Age Range Served: 12-18, 19-25, 26-64, 65+

Treatment Modality: Individuals, couples, families, groups

Areas of Expertise: Anxiety, depression, life transitions, coping skills, stress management, eating disorders, loss or grief, self-esteem issues, Asperger's experienced in teaching, mindfulness and cognitive behavior therapy.

Hours: Flexible **Fees:** Set/credit cards/Medicare

MILNE-GLASSER, KRISTIN L., L.C.A.D.C., SAP

Allied Counseling Group, LLC

306 W. Patrick Street, Frederick, MD 21701

164-A W. Main St., New Market, MD 21774

Telephone: 301-698-7077 Fax: 301-698-5671

Email: kristin@alliedcounselinggroup.com

Age Range Served: 12-18, 19-25, 26-64, 65+

Treatment Modality: Individuals, couples, families, groups, adolescents

Area of Expertise: Chemical dependency, domestic violence, custody evaluations, batterers group, Internet addiction, anger management, urinalysis, family/marital, depression, adult ADHD, divorce recovery, step families, compulsive spending, gambling, dual diagnosis, family interventions, D.O.T. Certified SAP.

Hours: M-F 10:00am-7:00pm

Fees: Set/third party payment/insurance/by arrangement/credit cards

MIRABELLI, L. ALEXANDRA, PSY.D

Frederick Psychology Center

97 Thomas Johnson Drive, Ste. 202, Frederick, MD 21702

Telephone: 301-695-6455 Fax: 301-695-6456

www.frederickpsychologycenter.com

Age Range Served: Any age

Treatment Modality: Individuals

Area of Expertise: Psychoeducational testing, ADHD evaluations, anxiety, and depression.

Hours: M-F, Sat. (testing only) **Fees:** Set/credit cards

MORAN, LINDA, L.C.S.W.-C.

Center for Mind-Body Therapies

5 N. Bentz Street, Frederick, MD 21701

Telephone: 301-631-2936 ext. 304 Fax: 301-631-2937

Age Range Served: 19-25, 26-64, 65+

Treatment Modality: Individuals, couples, families

Area of Expertise: Couples therapy and individual therapies related to chronic illness, loss, depression, and life transitions. Parenting issues specific to separation and divorce. Also, monthly seminars and parent conditioning services.

Hours: By appointment **Fees:** By arrangement

OWENS, MARY, L.C.S.W.-C.

Clinical Social Worker

1311 Orchard Way, Frederick, MD 21702

Telephone: 301-473-4789

Age Range Served: 12-18, 19-25, 26-64, 65+

Treatment Modality: Individuals, couples, and families

Area of Expertise: Relationship issues, depression, anxiety, abuse, separation/divorce, infertility and adoption. Six-week pre-marital program. Six-week marriage enrichment program.

Hours: M, W, Th **Fees:** Set

Jennifer Pierce, LCPC

240-347-4845



Hagerstown Counseling Center, LLC

5 Public Square Suite # 205
South Potomac St.
Hagerstown, MD 21740

Fax: 240-347-4847
info@HagerstownCounselingLLC.com
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Hagerstown Counseling, LLC

5 Public Square, Ste. 205, Hagerstown, MD 21710

Telephone: 240-347-4845 Fax: 240-347-4847

Email: info@hagerstowncounselingllc.com

www.HagerstownCounselingLLC.com

Age Range Served: 12-18, 19-25, 26-64, 65+

Treatment Modality: Individuals, couples, families, and groups

Area of Expertise: Military, stress, trauma, PTSD, anxiety, depression, Bipolar, addiction, sexual issues, and marriage counseling. Parenting and marriage workshops are also offered.

Hours: M-F 10:00am-8:00pm

Fees: Set/insurance/credit cards

POLLACK, ELIZABETH, L.C.S.W.-C

Blue Ridge Behavioral Health Services

170 Thomas Johnson Drive, Ste. 200, Frederick, MD 21702

Telephone: 301-695-8390 Fax: 301-694-7906

www.blueridgebehavioralhealth.com

Age Range Served: 19-25, 26-64, 65+

Treatment Modality: Individuals, couples

Area of Expertise: Individual and couples therapy with adults. Treatment of mood disorders, anxiety, relationship difficulties, and grief. Certified cognitive/behavioral therapist.

Hours: By appointment **Fees:** Insurance

POLLACK, THOMAS, PSY.D.

Blue Ridge Behavioral Health Services

170 Thomas Johnson Drive, Ste. 200, Frederick, MD 21702

Telephone: 301-695-8390 Fax: 301-694-7906

www.blueridgebehavioralhealth.com

Age Range Served: 19-25, 26-64, 65+

Treatment Modality: Individuals, couples, families, groups

Area of Expertise: Individual and couples therapy with adults.

Treatment of mood disorders, anxiety, relationship difficulties and grief.

Hours: By appointment **Fees:** Set/third party payment/credit cards

POWELL, GREGORY H., PH.D

Frederick Psychology Center

97 Thomas Johnson Drive, Ste. 202, Frederick, MD 21702

Telephone: 301-695-6455 Fax: 301-695-6456

www.frederickpsychologycenter.com

Age Range Served: 12-18, 19-25, 26-64

Treatment Modality: Individuals, couples, families

Area of Expertise: Marital therapy; mood and adjustment difficulties for adults and adolescents; family therapy, and managing job stress.

Hours: By appointment **Fees:** Set/credit cards

POWELL, LINDA C., M.S., L.C.P.C., N.C.C.

9093 Ridgefield Drive, Ste. 201, Frederick, MD 21701

Telephone: 301-514-1602 www.lindacpowellcounseling.com

Age Range Served: 6-11, 12-18, 19-25, 26-64, 65+

Treatment Modality: Individuals, couples, families, groups

Area of Expertise: Depression, shame/abuse issues, relationship problems, grief/loss, addictions, and anxiety. Advanced trauma treatment certification.

Hours: By appointment **Fees:** Some insurance/by arrangement

RABINOVE, AMY, PH.D.

Blue Ridge Behavioral Health Services

170 Thomas Johnson Drive, Ste. 200, Frederick, MD 21702

Telephone: 301-695-8390 Fax: 301-694-7906

www.blueridgebehavioralhealth.com

Age Range Served: 12-18, 19-25, 26-64, 65+

Treatment Modality: Individuals

Area of Expertise: Individual therapy with adolescents and adults. Treatment of mood disorders, eating disorders, and anxiety disorders. Evaluations for Bariatric surgery. Cognitive behavioral orientation.

Hours: By appointment **Fees:** Set

RICHMOND, LAUREY, L.C.P.C.

22 E. 2nd Street, Frederick, MD 21701

Telephone: 301-514-2739

Age Range Served: 5-11, 12-18, 19-25, 26-64, 65+

Treatment Modality: Individuals, couples

Area of Expertise: Trauma, dissociation, depression, and chronic mental illness.

Hours: By appointment **Fees:** Set

ROESSLER, ANNE M., L.C.S.W.-C.

Blue Ridge Behavioral Health Services

170 Thomas Johnson Drive, Ste. 200, Frederick, MD 21702

Telephone: 301-695-8390 Fax: 301-694-7906

www.blueridgebehavioralhealth.com

Age Range Served: 5-11, 12-18, 19-25, 26-64

Treatment Modality: Individuals, families, groups

Area of Expertise: Individual, family, and group therapy. Specializes in children with anxiety disorders and/or developmental issues.

Hours: By appointment

Fees: Third party payment/insurance/by arrangement/credit cards

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|  | <p>LEASE PROFESSIONAL OFFICES In Beautiful Historic Building Downtown <i>Handicap Accessible</i> <i>AC</i> <i>Conference Room</i> <i>Waiting Room</i> 22 East Second Street 301-514-5959</p> |
|---|--|

ROGERS-SENUTA, KATHLEEN, PH.D., L.C.P.C.

Practice Promoting Resilience

22 E. 2nd Street, Frederick, MD 21701

Telephone: 301-514-5959

Age Range Served: 5-11, 12-18, 19-25, 26-64, 65+

Treatment Modality: Individuals, couples, families (particularly adolescents), and groups, supervision and care consultation.

Area of Expertise: Promoting healthy development through treatment of childhood and adult trauma, depression, anxiety, grief/bereavement, and transition/adjustment problems (e.g. relationships, school, work).

Hours: 8:00am-9:00pm

Fees: Set/insurance (out of network benefits)/by arrangement

ROTHER, RAY, PH.D., L.C.S.W.-C

Center for Integrative Healthcare

340 Park Avenue, Frederick, MD 21701

Telephone: 301-663-1683 Fax: 301-663-3792

Age Range Served: 12-18, 19-25, 26-64, 65+

Treatment Modality: Individuals, couples, families

Area of Expertise: Short-term psychodynamic/behavioral approach to treatment of stress, depression, loss, marital/relationship problems, and parenting issues.

Hours: By appointment (day and evenings)

Fees: Set/third party payment/insurance/credit cards

SACHS, JANE E., J.D., PH.D.

702 N. Market Street, Frederick, MD 21701

Telephone: 301-676-1617 Fax: 301-271-3230

Age Range Served: 16-18, 19-25, 25-64, 65+

Treatment Modality: Individuals

Area of Expertise: Psychodynamic psychotherapy and psychological testing.

Hours: By appointment

Fees: Set/Medicare/medical assistance/Aetna

SCHIFTER, BARBARA, L.C.S.W.-C

6114-B Woodville Road, Mt. Airy, MD 21771

Telephone: 301-829-2572, 301-829-9521

Age Range Served: 1-4, 5-11, 12-18, 19-25, 26-64

Treatment Modality: Individuals, couples, families

Area of Expertise: Anxiety, depression, behavioral problems in children and adolescents.

Hours: M-Th, days and evenings **Fees:** Set/insurance

SHAFFER, SUE A., L.C.S.W.-C.

Blue Ridge Behavioral Health Services

170 Thomas Johnson Drive, Ste. 200, Frederick, MD 21702

Telephone: 301-695-8390 ext. 216 Fax: 301-694-7906

www.blueridgebehavioralhealth.com

Age Range Served: 1-4, 5-11, 12-18, 19-25, 26-64, 65+

Treatment Modality: Individuals, families, groups

Area of Expertise: Relationship issues, sexual abuse, trauma and loss, parent-child issues, and play therapy for young children. Provides divorce coaching in Collaborative Divorce, as well, as Parenting Coordination.

Hours: By appointment

Fees: Set/third party payment/insurance/credit cards

SHOEMAKER, TAMARA, PH.D

8219 Skipwith Drive, Frederick, MD 21702

Telephone: 301-471-3557 Fax: 301-663-4061

Email: drtamara shoemaker@gmail.com www.drtamarashoemaker.com

Age Range Served: 19-25, 26-64, 65+

Treatment Modality: Individuals

Area of Expertise: Anxiety, depression, geriatrics/aging, self-esteem, women's issues, life transitions, stress, work concerns, fears/phobias, grief/loss, and college-related issues.

Hours: M-Th by appointment

Fees: Set/insurance/by arrangement/credit cards

SHUMAN, ROBERT J., L.C.S.W.-C., C.A.C.

Psychotherapy Services, LLC

41 N. Market Street, Frederick, MD 21701

Telephone: 301-662-6226 Fax: 301-682-6040

Email: robert.shuman@frederickpsychotherapy.com

Age Range Served: 5-11, 12-18, 19-25, 25-64, 65+

Treatment Modality: Individuals, couples, families, groups

Area of Expertise: Individuals, couples, family, short and long term psychodynamic psychotherapy. Addictions and co-dependency issues. Adult group working on relationship issues. Financial counseling for budgeting and money management.

Hours: M-F 10:00am-6:00pm or 12:00pm-9:00pm; by appointment

Fees: Set/third party payments/insurance

SOISSON, ANNA, L.C.P.C., C.S.C.-A..D.

Linganore Counseling and Wellness

164 W. Main Street, Ste. A, New Market, MD 21774

Telephone: 301-502-7015

Email: annaksoisson@gmail.com www.lingamorecandw.com

Age Range Served: 14-18, 19-25, 26-64

Treatment Modality: Individuals, families

Area of Expertise: Anxiety, depression, addiction, life transitions, self-esteem, anger, adolescent issues, parenting concerns, grief and loss, and cognitive-behavioral therapy.

Hours: Days, evenings, weekends

Fees: Set/insurance/sliding scale/credit cards

SOWBEL, LYNDIA R., PH.D, L.C.S.W.-C., B.C.D.

Delta Holistic Therapies

245 W. Patrick Street, Frederick, MD 21701

Telephone: 301-663-8901 Email: lsowbel@gmail.com

Age Range Served: 19-25, 26-64, 65+

Treatment Modality: Individuals, couples, families, groups

Area of Expertise: Licensing supervision, life transitions, grief and bereavement, LGBT, population, couples work, anxiety, PTSD, depression, and older adults.

Hours: By appointment **Fees:** Set

STANZIONE, RICHARD, L.C.S.W.-C.

318 N. Potomac Street, Hagerstown, MD 21740

1311 Orchard Way, Frederick, MD 21701

Telephone: 301-797-3004 Fax: 301-797-3438

Email: stanzion@mip.net

Languages Spoken: Spanish

Age Range Served: 12-18, 19-25, 26-64, 65+

Treatment Modality: Individuals, couples, families

Area of Expertise: Various types of codependency addictions, grief and loss, marital/couple issues, depression, anxiety, and adult ADHD.

Hours: M-Sat (2 offices) days and evenings, Sat. mornings only

Fees: Third party payment/insurance/by arrangement

TANNER, CHRISTIE L., PH.D.

Blue Ridge Behavioral Health Services

170 Thomas Johnson Drive, Ste. 200, Frederick, MD 21702

Telephone: 301-695-8390 Fax: 301-694-7906

www.blueridgebehavioralhealth.com

Age Range Served: 1-4, 5-11, 12-18, 19-25, 26-64, 65+

Treatment Modality: Individuals, families

Area of Expertise: Mood disorders, anxiety disorders, behavioral disorders, Autism Spectrum Disorders, and parent-child relationships.

Hours: By appointment **Fees:** Set

ULLOM, LINDA, L.C.S.W.-C.

Center for Mind-Body Therapies

5 N. Bentz Street, Frederick, MD 21701

Telephone: 301-631-2936 ext. 302 Fax: 301-631-2937

Email: lindaullom@verizon.net www.cmbt.net

Age Range Served: 12-18, 19-25, 26-64, 65+

Treatment Modality: Individuals, couples

Area of Expertise: Specialties include treatment of depression, anxiety, relationship issues, and adult survivors of childhood abuse. Trained and experienced in EMDR (Eye Movement Desensitization Reprocessing).

Hours: Tu-Th 10:00am-7:00pm, F 12:00pm-5:00pm

Fees: Set/sliding scale/some insurance

VARGAS, LAURETHA, M.A., L.C.P.C., C.A.C.A.D., C.C.J.S., B.C.P.C.C

P.O. Box 3527, Frederick, MD 21705

Telephone: 240-344-5413

Email: lauretha@comcast.net www.lauretha.com

Age Range Served: 18-25, 26-64, 65+

Treatment Modality: Individuals, couples, families, groups

Area of Expertise: Anxiety, depression, addictions, anger management, transitioning from incarceration, transitioning from divorce, faith-based counseling, sponsored training and educational workshops.

Hours: By appointment **Fees:** Set

WEITZEL-NICOLL, LESLIE, L.C.S.W.-C.

IMAGO Relationship Therapist, Certified

119 E. Patrick Street, 2nd Fl., Frederick, MD 21701

Telephone: 301-873-2348

Age Range Served: 19-25, 26-64, 65+

Treatment Modality: Individuals, couples, families, groups

Area of Expertise: Relationship counseling using techniques of IMAGO relationship therapy focusing on improving talking and listening skills while decreasing reactivity creating better connectedness and a joyful partnership; military issues.

Hours: M-F 8:30am-3:00pm; by appointment

Fees: Set/third party payment/some insurance/by arrangement.

LESLIE WEITZEL-NICOLL, LCSW-C

Imago Relationship Therapist

Couples' Counseling using IMAGO Relationship Therapy is right for you if:

- You want to enrich a good relationship
- You are beginning a relationship you want to keep
- You are in a difficult relationship and want to resolve long-standing conflicts
- You are near break-up or divorce and want to decide if the relationship can be saved

301-873-2348

WILHIDE, CLAIRE M., L.C.P.C.

Healing Circles Wellness Center

620 W. Patrick Street, Frederick, MD 21701

Telephone: 240-409-0932 Email: cmwilhide@comcast.net

Age Range Served: 19-25, 26-64, 65+

Treatment Modality: Individuals, couples, groups

Areas of Expertise: Integration of mind/body/spirit approach for treatment of mood disorders, anxiety, life transitions, relational difficulties, adult ADD, loss and grief, Emotion Focused Couples Therapy, guided imagery, and EFT/Meridian Tapping.

Hours: By appointment **Fees:** Set/sliding scale

WINGET, SCOTT, PSY.D., ABSNP

Monocacy Neurodevelopmental Center, LLC

65 Thomas Johnson Drive, Ste. A, Frederick, MD 21702

Telephone: 301-662-3808 Fax: 301-695-9694

Age Range Served: 1-4, 5-11, 12-18

Treatment Modality: Individuals, families

Area of Expertise: Learning and developmental challenges/disorders, emotional and behavioral disorders, parenting issues, psychological evaluations, consultations, ADHD, LD Autism, and Asperger's.

Hours: 8:00am-6:00pm

Fees: Set

WORRELL, ZOE A., L.C.S.W.-C.

Healing Circles Wellness Center

620 W. Patrick Street, Frederick, MD 21702

Telephone: 301-712-9015 ext. 1301 Fax: 301-846-4915

www.therapywithzoe.com

Age Range Served: 19-25, 26-64, 65+

Treatment Modality: Individuals, couples, groups

Area of Expertise: Relationship concerns, depression and anxiety, addiction, and issues related to experienced trauma. Also provides supervision for LCSW-C applicants.

Hours: By appointment **Fees:** Set/sliding scale

Having Trouble Making Friends?

Just for Guys is an activity-based group that fosters life skills and improves social interactions for boys ages 9–17.

www.way2grow.com
info@way2grow.com

301•846•4769



When Kids Need Extra Help

OT and Speech Therapy Services

Social Skills Groups for kids of all ages
Sensory Integrative & Developmental Approaches
Evaluation and Treatment

www.way2grow.com
info@way2grow.com

301•846•4769



GROUP PRACTICES

ALLIED COUNSELING GROUP, LLC

306 W. Patrick Street, Frederick, MD 21701

164-A W. Main Street, New Market, MD 21774

Telephone: 301-698-7077 Fax: 301-698-5671

Age Range Served: 12-18, 19-25, 26-64, 65+

Treatment Modality: Individuals, couples, families, groups, transitional sober living program

Area of Expertise: Chemical dependency, domestic violence batterers' group, Internet addiction, anger management, urinalysis, family/marital, depression, adult ADHD, divorce recovery, step families, compulsive spending, and gambling; Dual Diagnosis Program, SMART non-12-step recovery treatment (alternative to AA), D.O.T certified SAP, Mission Ridge: Sober Living Home and Program.

Hours: M-F 10:00am-7:00pm, Sat. by appointment

Fees: Set/third party payment/insurance/by arrangement/credit cards

ASSOCIATED FAMILY COUNSELING, PA

306 W. Patrick Street, Ste. 2B, Frederick, MD 21701-3019

Telephone: 301-228-2303 Fax: 301-228-2731

Email: associatedfamilycounseling@yahoo.com

www.associatedfamilycounseling.com

Age Range Served: 1-4, 5-11, 12-18, 19-25, 26-64, 65+

Treatment Modality: Individuals, couples, families, groups

Area of Expertise: Clinicians include the following: Teri Heger LCSW-C, Donna Grossnickle LCSW-C, Rosemary Thomas LCPC, and Barbara Arner Ph.D, LCPC. Anxiety disorders, attachment issues, ADHD, anger management, depression, divorce, grief and loss, trauma, stress management, relationship issues, parenting coordination, collaborative divorce coaching, and meditation.

Hours: M-Sat 9:00am-8:00pm

Fees: Third party payment/insurance/credit cards



306 308 West Patrick Street, Suite 2B, Frederick, MD 21701

Phone: 301-228-2303 Fax: 301-228-2731

www.associatedfamilycounseling@yahoo.com

Donna Grossnickle, LCSW-C

Rosemary Thomas, LCPC

Teri Heger, LCSW-C

Barbara Arner, Ph.D., LCPC

Children & Adolescents, Couples, Individual & Family Therapy
Medication, Parent Coordination & Collaborative Divorce Coaching

Kristin L. Milne-Glasser, M.S., L.C.A.D.C., S.A.P.

Allied Counseling Group

Telephone: 301-698-7077


Fax: 301-698-5671

Website: www.alliedcounselinggroup.com



SERVICES

*Comprehensive mental health services including
state licensed and certified treatment for:*

- Drug & Alcohol Abuse
- Urinalysis/Drug Testing
- Relapse Prevention
- Continuing Care
- In-Patient Referrals
- Outpatient Treatment
- Dual Diagnosis Program
- Family Interventions
- Pre-Trial Evaluations
- Crisis Intervention
- D.O.T. Certified
- Family/Marital Counseling
- Bereavement/Grief Counseling
- Anger/Stress Management Program
- Domestic Violence Batterers' Program
- Depression/Anxiety Disorders
- Divorce & Step-Family Counseling
- Phone & Online Counseling
- Individual & Group Counseling
- 12-Step &  SMART Recovery® (non-12-Step) Offered
- Mission Ridge: Recovery House Program

Group Locations: Frederick and New Market

Office Hours: Mon 9a.m. - 7:30p.m.;

Tues.- Fri 9am - 5:00pm

Fees: Sct, third party payment, insurance, Visa/MasterCard, Fully HIPPA Compliant

BEHAVIORAL HEALTH PARTNERS OF FREDERICK

A program of Frederick Memorial Health Care Systems & Sheppard Pratt Health System

604 Solarex Court, Ste. 100 (Family Center) and

Ste. 201 (Main Center), Frederick, MD 21703

219 W. Patrick Street, Suite A, Frederick, MD 21701

New Appointments: 301-663-8263 ext. 264 (All Offices) www.sheppardpratt.org

Age Range Served: 1-4, 5-11, 12-18, 19-25, 26-64, 65+

Treatment Modality: Individuals, families, groups

Area of Expertise: Provides full range of psychiatric and counseling services to children and adults with behavioral health problems. Staff consists of child and adult psychiatrists, social workers, and professional counselors. Services include psychiatric assessment, medication management, individual, family, and group therapy.

Hours: M-Th 8:30am-8:30pm, F 8:30am-5:00pm, Sat 9:00am-1:00pm

Fees: Most insurance/Medicare/Medicaid/self-pay/credit card

BLUE RIDGE BEHAVIORAL HEALTH SERVICES

170 Thomas Johnson Drive, Ste. 200, Frederick, MD 21702

Telephone: 301-695-8390 Fax: 301-694-7906

www.blueridgebehavioralhealth.com

Age Range Served: 1-4, 5-11, 12-18, 19-25, 26-64, 65+

Treatment Modality: Individual, couples, families, groups

Area of Expertise: Specialized services for children and adolescents including treatment for Autism and Asperger's syndrome, anxiety disorders, depression, sexual abuse treatment, and Post-Traumatic Stress Disorders. Eating disorder programs offered.

Hours: By appointment

Fees: Set/third party payments/credit cards

BROOK LANE HEALTH SERVICES

5300 Westview Drive, Ste. 108, Frederick, MD 21703

Telephone: 301-733-0330; 1-800-342-2992 Fax: 301-733-4038

www.brooklane.org

Area of Expertise: Full range of outpatient mental health services for children and adolescents including the following: evaluation, individual therapy, family therapy and medication management with psychiatrists, licensed social workers and professional counselors.

Hours: M-Th 8:30am-7:00pm, F 8:30am-5:00pm

Fees: Vary/most insurances/Medicare/Medicaid

CATOCTIN COUNSELING CENTER, INC.

309 E. Patrick Street, Frederick, MD 21701

112 E. Main Street, Thurmont, MD 21788

Telephone: 301-631-1304, 301-271-4870 Fax: 301-739-0041

Email: catoctinstouter@aol.com www.catoctincounseling.com

Age Range Served: 5-11, 12-18, 19-25, 26-64, 65+

Treatment Modality: Individuals, couples, families, groups

Area of Expertise: CCC offers a full range of family mental health services.

A wide selection of therapists are available that include licensed clinical professional counselors and licensed social workers. Clinical specialties include family therapy, oppositional defiant teenagers and couples, and depression and anxiety issues. Group therapies available including substance abuse, domestic violence perpetrator and victim, and sexual inappropriateness. Alternative approaches available including massage therapy.

Hours: M-Th 9:00am-9:00pm, Fri 9:00am-5:00pm

Fees: By arrangement/third party payments/insurance/sliding scale

CENTER FOR INTEGRATIVE HEALTH CARE

340 Park Avenue, Frederick, MD 21701

Telephone: 301-663-1683 Fax: 301-663-3792

Email: info@pathforhealing.com www.pathforhealing.com

Languages Spoken: English, Spanish

Age Range Served: 4-11, 12-18, 19-25, 26-64, 65+

Treatment Modality: Individuals, couples, families

Area of Expertise: Psychotherapy for adults, children, couples, and families working through grief, depression, anxiety, eating disorders, life transitions, adoptions, chronic pain, illness, relationship and marital issues, ADD, addictions, trauma, school problems. Natural alternatives to psychiatric medicines and neurotransmitter testing available when appropriate. Psychological testing and assessment, Healing touch Therapy, EMDR, Nutritional therapies. Professional massage therapy for acute and chronic pain, TMJ, Fibromyalgia, and other neuromuscular disorders. Classes in meditation and mindfulness practice. Yoga classes.

Hours: By appointment 8:00am-9:00pm

Fees: Set/third party payments/most insurances accepted including Medicare/Tricare

Center for Integrative Healthcare

Serving the community for 20 years
With professional and conscientious care for mind and body.

Psychotherapists:

Ted Cmarada, LCSW-C
Susan Spangler, LCSW-C
Ethan L. Bliss, LIC. PSCH., Ph.D
Ray Rother Ph.D., LCSW-C
Kevin Graditor, LCSW-C
Carol Miller MSN, APRN-PMH
Mary deRosa, MSN, RN, APRN
Laura First, LCSW-C
Murray Kramer, LCSW-C

Serving Adults, Children, Couples, and Families:

*Depression *Anxiety
*Life Transitions *Trauma
*Addictions *ADD *Adoptions
*Eating Disorders *Grief
*Chronic Illness & Pain
*Relationship and Marital Issues
*School Problems and Assessments

*Neurotransmitter testing and natural alternatives to prescription medications are available.

* Spanish speaking therapists

We accept Medicare, Tricare, and most other insurances

Psychological Testing

Classes in Yoga & Mindfulness Meditation

Healing Touch Therapy, EMDR

Massage Therapy and Neuromuscular Therapy

Don Klein, CMT

301-663-1683 www.pathforhealing.com
340 Park Avenue Frederick, Maryland 21701

CENTER FOR MIND-BODY THERAPIES

5 N. Bentz Street, Frederick, MD 21701

Telephone: 301-631-2936 Fax: 301-631-2937 www.CMBT.net

Age Range Served: 1-4, 5-11, 12-18, 19-25, 26-64, 65+

Treatment Modality: Individuals, couples, families, groups

Area of Expertise: Treatment center integrating conventional mental health care with complementary healing modalities to address addictions, anxiety, depression, marital difficulties, personal growth, co-parenting after divorce, chronic illness, life transitions, and grief. Complementary modalities that are offered alone or as part of comprehensive treatment include acupuncture, therapeutic massage and bodywork, yoga therapy, yoga, mindfulness meditation, and imagery. Special emphasis is placed on teaching skills and practices that enhance body, mind, and spirit. Therapist available for the hearing impaired.

Hours: By appointment

Fees: Set/third party payments/some sliding scale

COUNSELING SERVICES

A program of the Mental Health Association of Frederick County

263 W. Patrick Street, Frederick, MD 21701

Telephone: 301-663-6135 Fax: 301-663-5738

Age Range Served: 5-11, 12-18, 19-25, 26-64, 65+

Treatment Modality: Individuals, couples, families, groups

Area of Expertise: Offers professional outpatient therapy for individuals, couples, children and adolescents, families, and groups. Handicap accessible.

Hours: Days and evenings by appointment

Fees: Sliding scale/medical assistance



MHA *Mental Health Association* **Counseling Services**

**Professional therapy
for children,
adolescents, adults,
and families.**

*All services available
on a sliding scale*

**Monday- Friday from 9:00 am to 4:00 pm
301-663-6135**

FREDERICK PSYCHOLOGY CENTER

97 Thomas Johnson Drive, Ste. 202, Frederick, MD 21702

Telephone: 301-695-6455 Fax: 301-695-6456

www.frederickpsychologycenter.com

Age Range Served: 1-4, 5-11, 12-18, 19-25, 26-64

Treatment Modality: Individuals, couples, families

Area of Expertise: Children, adolescents, and adults; individual, family, and couples therapy; play therapy; mood and adjustment difficulties; anxiety; loss, including grief and divorce issues; trauma/abuse experiences; and psychological testing.

Hours: By appointment **Fees:** Set/credit cards

HARPER AND ASSOCIATES

13 E. 2nd Street, Frederick, MD 21701

Telephone: 301-694-8684 Fax: 301-694-2984

Age Range Served: 5-11, 12-18, 19-25, 26-64, 65+

Treatment Modality: Individuals, couples, families, groups

Area of Expertise: Provides mental health services to children, families, couples, and individuals; 11 licensed providers.

Hours: By appointment **Fees:** Third party payment/insurance/credit cards

HEALING CIRCLES WELLNESS CENTER

620 W. Patrick Street, Frederick, MD 21701

Telephone: 301-712-9015 Fax: 301-846-4915

Age Range Served: 1-4, 5-11, 12-18, 19-25, 26-64, 65+

Treatment Modality: Individual, couple, families, and groups

Area of Expertise: Healing Circles Wellness Center provides a full range of psychotherapy and psychological services for children and adults, along with complementary modalities such as massage. Mental health services include counseling for depression, anxiety, relationship concerns, addictions, trauma, stress management, marital and family issues, parenting, loss and grief, and personal growth. On staff is a child psychologist, and experienced psychotherapists who treat a wide array of issues.

Hours: By appointment **Fees:** Set/sliding scale/by arrangement

MEDPSYCH HEALTH SERVICES

700 Montclair Avenue, Ste. C, Frederick, MD 21701

Telephone: 240-464-8000 Fax: 240-383-3439

Email: info@medpsychmd.com www.medpsychmd.com

Language Spoken: English, Hindi, Punjabi, Urdu, Chinese

Age Range Served: 12-18, 19-25, 25-64, 65+

Treatment Modality: Pharmacology, Psychotherapy, Psychological testing

Area of Expertise: Provide thoughtful, competent and compassionate care in a confidential and caring environment with special consideration to biological, psychological and physical health. Specializes in behavioral issues associated with medical problems (stroke, cardiac diseases, cancer, chronic health issues). Provide full range of psychiatric services to adolescents and adults including evaluation, consultation, medications, psychotherapy, as well as psychological testing

Locations: Frederick, Rockville

Hours: Day & evening by appointment

Fees: Insurance/Medicare/Medicaid/cash

MONOCACY COUNSELING CENTER, LLC

1207 N. East Street, Frederick, MD 21701

Telephone: 301-846-0967 Fax: 301-846-0443

Age Range Served: 19-25, 26-64, 65+

Treatment Modality: Individuals, groups

Area of Expertise: Adult and adolescent outpatient treatment for substance abuse, gambling, and mental health problems. Assessments, individualized treatment plans, group and individual counseling available plus support group for families/friends of the client.

Hours: By appointment

Fees: Third party payments/by arrangement/payment plans

MONOCACY NEURODEVELOPMENTAL CENTER

65 Thomas Johnson Drive, Ste. A, Frederick, MD 21702

Telephone: 301-662-3808 Fax: 301-695-9694 www.monocacycenter.com

Age Range Served: All ages

Treatment Modality: Individuals, families, groups

Area of Expertise: MNDC offers a wide range of services for individuals with disorders of communicating, relating, learning, and behavior. We offer specialized services for children and families affected by Autism Spectrum Disorders (Pervasive Developmental Disorder, Autism, Asperger's), attention disorders (ADD/ADHD) including parent-training, social skills groups, in home ABA programming, home based ADHD coaching, and respite care. In addition, we offer a variety of psychological and educational assessments for children, teens, and adults.

Hours: By appointment

Fees: Set/insurance (Medicaid Autism Waiver Provider)

PSYCHOTHERAPY SERVICES, LLC

41 N. Market Street, Frederick, MD 21701

Telephone: 301-662-6226 Fax: 301-682-6040

Email: info@frederickpsychotherapy.com

Age Range Served: 5-11, 12-18, 19-25, 26-64, 65+

Treatment Modality: Individuals, couples, families, groups

Area of Expertise: Depression, anxiety, and panic disorders. Brief and longer term psychotherapy, psychiatric evaluation, and medication treatment. Individual, couples and family therapy. Treatment of sexual dysfunctions and recovery from sexual abuse. Hypnosis and stress reduction. Gay and lesbian issues. Treatment of addictions.

Hours: By appointment

Fees: Set/third party payment/insurance

ROXBURY TREATMENT CENTER

Specializes in the treatment of adults
with co-occurring disorders

Offering

- Inpatient acute psychiatric treatment
- Inpatient chemical dependency treatment
- Inpatient chemical dependency treatment for active duty military
- Outpatient chemical dependency treatment



7 Day a Week Psychiatry Services

Co-occurring disorder treatment
in all levels of care

Outpatient programs located in
Carlisle and Chambersburg

Admissions accepted 24/7
Most insurances accepted

Contracted Tri-Care Provider



ROXBURY

Treatment Center

601 Roxbury Road • Shippensburg PA

1-800-648-HOPE (4673)

www.roxburyhospital.com

ROXBURY TREATMENT CENTER

601 Roxbury Road, Shippensburg, PA 17257 (Main Facility)
401 E. Louther Street, Carlisle, PA 17013 (Outpatient Site)
25 Penn Craft Avenue, Suite 312, Chambersburg, PA 17201 (Outpatient Site)
Telephone: 800-648-HOPE (4673) Fax: 717-532-2109
Email: staci.duppstadt@uhsinc.com www.roxburyhospital.com

Age Range Served: 12-18, 19-25, 26-64, 65+

Treatment Modality: Individuals, families, groups

Area of Expertise: Roxbury Treatment Center is well known for co-occurring disorders treatment programs on its chemical dependency and acute psychiatric units as well as a dedicated inpatient chemical dependency program for active duty service men and women, reservists and retirees who are in network with Tricare.

Hours: 24-Hour Admissions (Inpatient), M, W, Th 9:00am-8:00pm,
Tu 9:00am-6:00pm, F by appointment (Outpatient)

Fees: Most insurances accepted/TriCare/self-pay/Pennsylvania Medicaid/Medicare (Inpatient Psychiatric Unit Only)

SOUTH MOUNTAIN COUNSELING SERVICES

16 Walnut Street, Middletown, MD 21769
Telephone: 301-371-3707 Fax: 240-449-3337

Age Range Served: 5-11, 12-18, 19-25, 26-64, 65+

Treatment Modality: Individuals, couples, families, groups, child/adolescent

Area of Expertise: Depression, grief, mood disorders, PTSD, anxiety disorders, individual substance abuse, play therapy, child and adolescent weight management program, individual life stage adjustments, anger management, relationship counseling, conflict containment, and conflict resolution.

Hours: M-F 9:00am-5:00pm, evenings and Saturdays by appointment

Fees: Set/credit cards/insurance/Medicaid/Tricare

THE MENTAL HEALTH CENTER OF WESTERN MARYLAND

1180 Professional Court, Hagerstown, MD 21710
Telephone: 301-791-3045 Fax: 240-313-3071

Languages Spoken: Spanish translation services available

Age Range Served: 1-4, 5-11, 12-18, 19-25, 26-64, 65+

Treatment Modality: Individuals, couples, families, groups

Area of Expertise: Children and families with serious and persistent mental illness.

Hours: M, W, Th 8:00am-6:00pm, Tu 8:00am-8:00pm, F 8:00am-5:00pm

Fees: Third party/insurance/by arrangement/credit cards

TRINITY PASTORAL COUNSELING CENTER

703 W. Patrick Street, Frederick, MD, 21701
Telephone: 301-662-8908 Fax: 301-662-3308

Age Range Served: 19-25, 26-64, 65+

Treatment Modality: Individual, couples

Area of Expertise: Individuals and couples counseling for people of all faiths with licensed counselors trained in the interdisciplinary use of insights from psychology and theology. Pastoral counseling for relationship issues, parenting issues, loss and grief issues, ACOA and codependent issues, separation, divorce and divorce recovery, anxiety, depression, PTSD and abuse, and "faith and life" issues.

Hours: M-Th days and evenings by appointment

Fees: Sliding scale/third party payment



The Mental Health Center

We offer for people of all ages a comprehensive and coordinated menu of outpatient treatment and psychiatric rehabilitation provided by our licensed psychiatrists, social workers, professional counselors and nurses.

We also provide Employee Assistance Assessments.

The Mental Health Center is here to help and can make a difference. Asking for help is the first step!

For admission and fee information,
please call (301) 791-3045 Option 112.

1180 Professional Court, Hagerstown, MD 21740

Telephone (301) 791-3045 www.thementalhealthcenter.net

VILLA MARIA OF FREDERICK COUNTY

A Behavioral Health Program of Catholic Charities

111 E. Church Street, Frederick, MD 21701

Telephone: 301-694-6654 Counseling Intake: 301-898-7900

Fax: 301-694-8221

Email: rrother@catholiccharities-md.org

Age Range Served: 5-11, 12-18, 19-25, 26-64, 65+

Treatment Modality: Individuals, couples, families

Area of Expertise: Family and individual counseling through offices in Emmitsburg, Frederick, Brunswick, Middletown, and many area schools. Continuum of services available, including psychiatric and in-home "skills for success." Spanish-speaking and ASL counseling available. All are eligible regardless of religion.

Hours: Days and evenings by appointment.

Fees: Medicaid (including MCHP)/MHP gray zone-PAC/some sliding scale/limited subsidy is available for families without insurance

VITAL SOURCES, LLC

10 N. Jefferson Street, Ste. 403, Frederick, MD 21701

Telephone: 301-620-8700 Fax: 301-620-8710 www.vitalsources.org

Age Range Served: 5-11, 12-18, 19-25, 26-64, 65+

Treatment Modality: Individual, couple, children, families, psychological assessments

Area of Expertise: Vital Sources is staffed to meet the needs of all age groups.

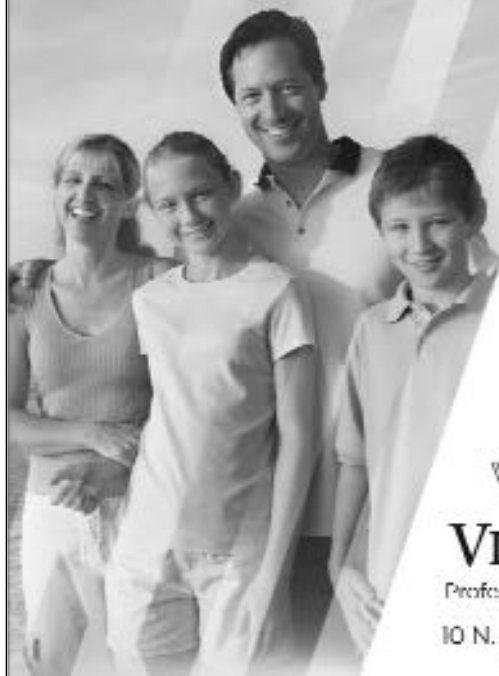
Hours: M-F by appointment **Fees:** Set

Improving and Enriching Lives

Vital Sources offers professional therapy services that value your personal faith. We can help you find new hope when life takes an unexpected turn.

Our therapists work with...

FAMILIES • INDIVIDUALS • CHILDREN • ADOLESCENTS



Jim Roombke, Psy.D.

Margie Brubaker, M.A., LCPC

Jocyoung Ahn, Psy.D.

Mary-Eileen Hahn, M.S., LCPC

Anron Henton, Psy.D.



VITAL SOURCES

Professional Psychological Services

10 N. Jefferson Street, Suite 103
Frederick, Maryland

301.620.8700

vitalsources.org

Recommended by pastors throughout the Frederick community.

BEHAVIORAL HEALTH FACILITIES AND SERVICES

In-Patient Facilities50

Mental Health Services59

*A Trusted Name in
Mental Health Care
For Over 60 Years*



Programs & Services

- **Outpatient Treatment** for people of all ages
with locations in *Elgerstown* and *Fishersville*
- **Short-term Hospitalization** for people of all ages
with individual rooms — *Main Campus*
- **Partial Hospitalization Programs**
 - *Children and Adolescents*
Main Campus and Fishersville
 - *Senior Adults* — *Age 50+* — *Main Campus*
- **Day and Half-School** special education programs
with locations in *Elgerstown* and *Fishersville*
- **Residential Services** for children and adolescents
 - *Stone Bridge* — *Short-term* — *Main Campus*
 - *Stone House* — *Intermediate-term for juvenile adolescents* — *Main Campus*
- **Abundant Life Counseling**
Religiously Informed — *Elgerstown*
- **Speakers** available on mental health topics or our programs and services — *Call ext. 225*

For more information or to refer contact our
admissions office

301-733-0530 + 800-342-2791

www.brooklane.org

Elgerstown, Maryland

A Non-for-Profit Organization Serving the Region Since 1949

In-Patient Facilities

ADVENTIST BEHAVIORAL HEALTH*Adventist HealthCare*

14901 Broschart Road, Rockville, MD 20850

Telephone: 301-251-4500; 1-800-204-8600 Fax: 301-424-3841

www.adventisthealthcare.com/abh

SERVICES: Potomac Ridge Behavioral Health is the most comprehensive provider of mental health services in the National Capital area, with facilities in both Montgomery and Anne Arundel counties. As a member of Adventist HealthCare, Potomac Ridge Behavioral Health provides a wide-ranging spectrum of services and treatment options for children, adolescents, adults, and seniors. Services are provided in a variety of settings, including inpatient hospital-based programs, such as our dedicated child, adolescent, and adult units. In addition, residential treatment centers, school programs, residential group homes, outpatient services, and community-based services are available.

LANGUAGES SPOKEN: French, Spanish, and numerous African dialects.

No appointment is needed. Handicap accessible.

HOURS: 24 hrs/7 days a week **FEES:** Set/vary by program

BEHAVIORAL HEALTH SERVICES OF MERITUS MEDICAL CENTER*Washington County Hospital*

24 North Walnut Street, # 300, Hagerstown, MD 21740

Telephone: 301-766-7600 Fax: 301-797-4976

www.meritushealth.com/behavior/

SERVICES: Emergency Psychiatric Services, Inpatient for Detox or Mental Health, Partial Hospitalization and Intensive Outpatient, Dual Diagnosis, Senior/Older Adults Program. Employee Assistance Program, Outpatient Addictions Program, Outpatient psychiatrist, psychologist, and counselors for all ages – individuals, couples, families, and groups. Wheelchair accessible.

HOURS: Office: M-F 8:00am-4:30pm, Operations: 24 hrs/7 days a week

FEES: All payment methods

BROOK LANE HEALTH SERVICES

13218 Brook Lane Drive, P.O. Box 1945, Hagerstown, MD 21742-1945

Telephone: 301-733-0330; 1-800-342-2992 Fax: 301-733-4038

www.brooklane.org

SERVICES: Brook Lane is a not-for-profit hospital system with a 115-acre campus and several locations. Brook Lane provides a continuum of services for children, adolescents, adults, and elder adults. Services include short-term hospitalization, special education services program, C&A partial hospital, outpatient treatment, and transitional care home (C&A). Brook Lane works with the CASS Agency in Frederick County schools. American Sign Language (ASL) interpretation available - Spanish for inpatients. Appointment is needed. All services are confidential.

HOURS: M-F 8:00am-7:00pm; Admissions: 24 hrs/7 days a week

FEES: Medical assistance/Medicare/self

BEHAVIOR HEALTH SERVICES

We offer a full continuum of Adult Services,
including:

- Crisis Intervention Services
- Adult Inpatient Hospitalization Program
- Intensive Outpatient Program
- Psychiatric Outpatient Services

Call for more information about
Behavioral Health Services at FMH
240-566-3504

EMERGENCIES 240-566-3500



Frederick Memorial Hospital and Mental Health Center

400 West Greenwich Street
Frederick, Maryland 21701
www.fmh.org

In-Patient Facilities (Continued)

BROOK LANE PARTIAL HOSPITALIZATION PROGRAM FOR CHILDREN AND ADOLESCENTS (FREDERICK)

4540 B Mack Avenue, Frederick, MD 21703

Telephone: 301-733-0330; 1-800-342-2992 Fax: 301-698-5663

www.brooklane.org

SERVICES: Offers children and adolescents ages 5-18 with behavioral problems or mental illness the opportunity to attend a structured therapeutic educational day program. Wheelchair accessible.

HOURS: M-F 9:00am-3:30pm

FEES: Most insurances/Medicaid

CRISIS SERVICES

Frederick Memorial Healthcare System

400 W. 7th Street, Frederick, MD 21701

Telephone: 240-566-3521 www.fmh.org

SERVICES: Staffed 24/7 by a team of physicians, psychiatrists and experienced clinicians who provide psychiatric assessments, interventions, and referrals to appropriate agencies and or hospitals. Patients receive a medical workup and stabilization of condition by the Emergency Physicians prior to Crisis Assessments. Patients are maintained in the new 5-bed state of the art Psychiatric Emergency Department. We work closely with external community agencies and hospital systems to assure patients receive the appropriate treatment and level of psychiatric care.

HOURS: 24 hrs/7 days a week

FREDERICK MEMORIAL HOSPITAL BEHAVIORAL HEALTH SERVICES

Frederick Memorial Healthcare System

400 W. 7th Street, Frederick, MD 21701

Telephone: 240-566-3904 www.fmh.org

SERVICES: Frederick Memorial Hospital and Sheppard Pratt Hospital, both not-for-profit health care systems combine their expertise in the field of Behavioral Health to provide a continuum of services for transitional aged adults, adults and elder adults. Services include short-term hospitalization, Adult Psychiatric Partial Hospital, and an Intensive Psychiatric Outpatient Program. Outpatient therapy is provided through Behavioral Health Partners, Inc. located at offices on Patrick Street and Solarex Court in Frederick.

HOURS: 24 hrs/7 days a week **FEES:** Set/third party/medical assistance

In-Patient Facilities (Continued)

FREDERICK MEMORIAL HOSPITAL PSYCHIATRIC SERVICES

Frederick Memorial Healthcare System

400 W. 7th Street, Frederick, MD 21701

Telephone: 240-566-3904 Fax: 240-566-3018

SERVICES: We provide assessment, medical stabilization, education and individualized treatment using a spectrum of modalities including cognitive, behavioral, supportive, family, individual and group therapies. Hospital based treatments involve an interdisciplinary approach using psychiatrists, social workers, case managers, psychiatric nurses, and mental health technicians who work with each individual patient and his or her family. Our 20 bed-state of the art unit provides a safe and healing environment close to home, which affords convenience for family visitation. We treat primary psychiatric and co-occurring substance abuse disorders. We are affiliated with Sheppard Pratt and as such provide referrals to their specialized units as indicated. Admissions are arranged by private physicians or through the FMH Crisis Services, telephone: 240-566-3521.

HOURS: 24 hrs/7 days a week

FEES: Set/medical assistance/Medicare/commercial/private pay/uninsured

GRAFTON INTEGRATED HEALTH NETWORK

Residential Treatment Center

120 Bellview Avenue, Winchester, VA 22601

Telephone: 1-888-955-5205 ext. 6460 or 6461 Fax: 540-542-1722

Email: admissions@grifton.org

SERVICES: Offers behavioral health services to children, adolescents, and families who reside in the Mid-Atlantic region of the United States. They have treatment centers and administrative offices in Richmond and the northern Shenandoah Valley of Virginia. Provides 24-hour support to adults and children with Autism, behavioral or mental health. They are well known for their ability to work with individuals who can be difficult challenges and offer a range of services including: day support, residential support, behavioral consultation and customized treatment for adults ages 23 and older and clinical services, educational services, vocational training, residential (including a secure residential treatment center and group homes) and customized treatment services for children ages 5 to 22. They help individuals to become more independent in their daily living and to be included in their regular community activities by working with families, guardians and public agency personnel to identify the appropriate goals for each student to return home or to a less restrictive level of care. The treatment team emphasizes the behavioral changes and the learning needed for students to meet their goals. The team strengthens the support circles for these individuals as well. In addition, consultation, technical assistance, training and evaluation services are offered through the Virginia Autism Resource Center (VARC), which was established by Grafton and is funded in part by the Commonwealth of Virginia. Wheelchair accessible.

HOURS: M-F 9:00am-5:00pm

FEES: Fees vary. Call for details.

In-Patient Facilities (Continued)

LINWOOD CENTER, INC.*MACS, MANSEF*

3421 Martha Bush Drive, Ellicott City, MD 21043

Telephone: 410-465-1352 Fax: 410-461-1161

Email: admin@linwoodcenter.org www.linwoodcenter.org

SERVICES: Incorporated in 1955, Linwood Center operates a nonpublic educational program, providing full day and residential special education and related services for students with Autism Spectrum Disorder, ages 9 through 21. Additionally, Linwood is licensed to provide adult community-based residential, supported employment and day rehabilitation services. Appointment needed.

HOURS: M-F 9:00am-5:00pm **FEES:** None

MOUNTAIN MANOR TREATMENT CENTER, EMMITSBURG*Maryland Treatment Centers, Inc*

9701 Keysville Road, Emmitsburg, MD 21727

Telephone: 301-447-2361 or 800-537-3422 Fax: 301-447-6463

www.mactn.vcu.edu/mountain.htm

SERVICES: A short term, high intensity adult residential substance abuse treatment facility. **SERVICES:** *Inpatient Adult Substance Abuse Program:* A high intensity 12-step based program that includes a detox track, relapse prevention, full medical and nursing services, and psychiatric support for dual diagnosis patients. Must be 21 and older. *Safe Harbor:* Residential treatment program for chemically dependent pregnant or post-partum women (16 and over) and their children. Women can bring up to two of their children under age 10 in addition to the newborn or expected infant. A treatment plan is developed for each woman.

HOURS: M-F 9:00am-4:30pm Facility: 24 hrs/7 days a week

FEES: Private insurance/medical assistance (Medicare)

PSYCHIATRIC INSTITUTE OF WASHINGTON

4228 Wisconsin Avenue NW, Washington, D.C. 20016

Telephone: 202-885-5600; 1-800-369-2273 Fax: 202-966-7374

www.psychinstitute.com

SERVICES: The Psychiatric Institute of Washington provides comprehensive behavioral healthcare for children, adolescents, adults, and senior adults suffering from emotional and addictive illnesses. We offer inpatient, outpatient, partial hospitalization, as well as specialized treatment programs for chemical dependency. PIW is a short-term, acute care hospital helping people deal with a wide variety of psychiatric and addictive problems.

LANGUAGES SPOKEN: Spanish, French, Polish, German, Arabic, and ASL.

No appointment needed. Handicap Accessible.

HOURS: 24 hrs/7 days a week

FEES: Medical assistance/Medicare/self pay/various insurance

Behavioral Health Partners of Frederick, Inc.

A PROGRAM OF FREDERICK MEMORIAL HEALTHCARE SYSTEM
& SHEPPARD PRATT HEALTH SYSTEM

Behavioral Health Partners of Frederick combines the quality and experience of two century-old institutions, Sheppard Pratt Health System and Frederick Memorial Healthcare System, to provide outpatient care for children, adolescents, adults and the elderly meeting all their mental health needs at convenient locations.

Centerpark Medical &
Professional Center
604 Solarex Ct., Suite 201
Frederick, MD 21703

Patrick Street Office
219 W. Patrick Street
Suite A
Frederick, MD 21701

301-663-8263

• The Jefferson School

A Program of Sheppard Pratt Health System

Special Education School and Residential Treatment Center

240-315-0200

www.thejeffersonschool.org



An Affiliate of Sheppard & Fnoch Pratt Foundation

Housing & Rehabilitation Services

301-662-0099

www.waystationinc.org

Frederick Memorial Healthcare System

Comprehensive Psychiatric Care

Inpatient, Crisis Management, Partial Hospitalization & Intensive Outpatient

Psychiatric Services Managed by Sheppard Pratt Health System

240-566-3990

www.fmh.org

In-Patient Facilities (Continued)

PSYCHIATRIC PARTIAL AND INTENSIVE OUTPATIENT HOSPITAL PROGRAMS

Frederick Memorial Healthcare System

400 W. 7th Street, Frederick, Maryland 21701

Telephone: 240-566-3900

SERVICES: Our new location in the hospital provides treatment for transitional age adults, adults and elder adults who require a higher level of intensive care than provided through traditional outpatient care. The Partial Hospital and Intensive Outpatient Programs are designed to provide additional support to patients being discharged from an inpatient unit or to prevent the need for inpatient treatment. Our programs provide medication management, education, individual, family and group therapy. The duration of treatment is variable and based on individual response. We also provide treatment for patients with co-occurring substance abuse disorders. Treatment involves an interdisciplinary approach involving psychiatrists, social workers, and psychiatric nurses who work with each individual patient, and his or her family.

HOURS: M-F 9:00am-3:15pm

FEES: Set fees/MA/Medicare/commercial/private pay

SHEPPARD PRATT HEALTH SYSTEM

6501 N. Charles Street, Baltimore, MD 21204

Telephone: 410-938-3000 Fax: 410-938-4532

Email: info@sheppardpratt.org www.sheppardpratt.org

SERVICES: Inpatient psychiatric hospitals, outpatient, special education schools, day hospitals, residential treatment, and psychiatric rehabilitation, and housing.

HOURS: 24 hrs/7 days a week **FEES:** Vary

SPRINGFIELD HOSPITAL CENTER

6655 Sykesville Road, Sykesville, MD 21784

Telephone: 410-970-7000 Toll Free: 800-333-7564,

TTY for Deaf: 410-549-7950 Toll Free TTY: 800-249-4347

www.dhmmh.state.md.us/springfield

SERVICES: Public inpatient facility providing psychiatric services to adults, geriatric, and deaf clients. Multi-therapeutic treatment plan ranging from family therapy to individual therapy.

HOURS: 8:30am-4:30pm

FEES: Medical assistance/sliding scale/private insurance

In-Patient Facilities (Continued)

THE JEFFERSON SCHOOL AND RESIDENTIAL TREATMENT CENTER

A Program of Sheppard Pratt Health System

2940 Point of Rocks Road, Jefferson, MD 21755

Telephone: 301-624-8400 Fax: 301-624-8404 www.thejeffersonschool.org

SERVICES: The Jefferson School provides day special education and related services to up to 120 day and residential students at its main campus school. Students receive academic psychosocial and psychiatric care. The main campus contains six houses with up to nine children each in its Psychiatric Residential Treatment Center. The Jefferson School provides some very specialized treatments to children with emotional and behavioral disorders including equine assisted therapy, expressive therapies through drama and the arts, and the use of outdoor adventure programs for self discovery. The Jefferson School also operates two non-residential special education satellite programs. The Jefferson School at Finan in Cumberland in Allegany County at the Thomas B. Finan Center provides special education and mental health services daily to up to 24 students ages 9-18. The Jefferson School at Eckhart provides therapeutic services to students in an alternative school setting.

HOURS: M-F 8:00am-7:00pm **FEES:** Varies depending upon services

THOMAS B. FINAN CENTER

Mental Hygiene Administration

P.O. Box 1722, Country Club Road, SE, Cumberland, MD 21501

Telephone: 301-777-2405; 1-888-854-0035 Fax: 301-777-2364

Email: JHott@dhmh.state.md.us www.dhmh.state.md.us/finan

SERVICES: An inpatient facility for mentally ill adults 18 and older that offers a comprehensive psychiatric program that is designed to help individuals return to the most appropriate community setting.

HOURS: M-F 8:00am-4:30pm **FEES:** Third party/medical assistance



Mental Health Services

ADULT EVALUATION AND REVIEW SERVICES

Frederick County Health Department

350 Montevue Lane, Frederick, MD 21702

Telephone: 301-600-1736 Fax: 301-600-3548

SERVICES: Nurse and social workers provide home visits and a free evaluation to discuss different services within the county available to the elderly. Agency refers individuals to programs such as Meals on Wheels, Adult Medical Daycare, nursing homes, and forwards paperwork to the appropriate agencies needed. Handicap accessible.

HOURS: M-F 8:00am-5:00pm by appointment

FEES: None

BEHAVIORAL HEALTH PARTNERS OF FREDERICK

A Program of Frederick Memorial Healthcare System and Sheppard Pratt Health System

604 Solarex Court, Ste. 100 (Family Center) and Ste. 201 (Main Center),
Frederick, MD 21703

219 W. Patrick Street, Ste. A, Frederick, MD 21701

New Appointments: 301-663-8263 (All Offices) www.sheppardpratt.org

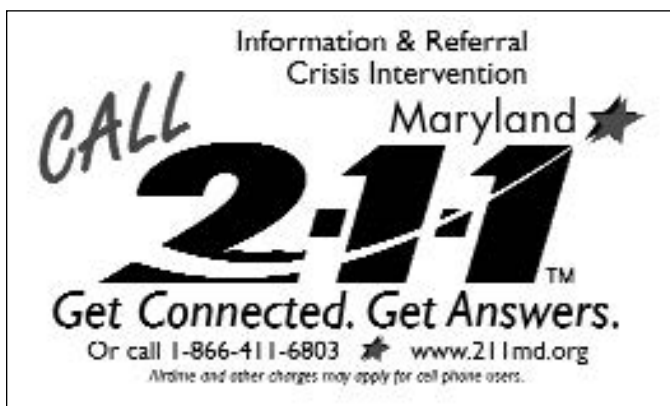
AGE RANGE SERVED: 1-4, 5-11, 12-18, 19-25, 26-64, 65+

SERVICES: Provides comprehensive outpatient mental health services for children, adolescents, adults and seniors. Services include individual, group, family and couples therapy, psychoeducational groups, and medication evaluation and management.

HOURS: W. Patrick Office: M-F 8:30am-5:00pm,

Solarex Office: M-F 8:30am-8:00pm and Fri 8:30am-5:00pm

FEES: Most insurance/Medicare/Medicaid/self-pay/credit cards



Mental Health Services (Continued)

CATOCTIN COUNSELING CENTER

309 E. Patrick Street, Frederick, MD 21701

228 E. Washington Street, Hagerstown, MD 21740

112 E. Main Street, Thurmont, MD 21788

63 E. Main Street, Suite 8/9, Westminster, MD

Telephone: Frederick 301-631-1304, Hagerstown 301-745-6687,

Thurmont 301-271-4870, Westminster 410-848-9091

Fax: 301-631-1384 www.catocincounseling.com

SERVICES: Provides individual, family, couples, and adolescents counseling regarding various issues including but not limited to domestic violence, mental and sexual abuse, grief, trauma, and anger management. Offers batterers counseling, sex offender counseling, abuse survivor support groups, a substance abuse and chemical dependency program, DUI and DWI program, substance abuse relapse prevention. Also offers mental health referrals, mediation, yoga, acupuncture, and therapeutic massage. Locations vary in services provided. Call for details.

HOURS: M-F 9:00am-4:30pm. Appointment hours vary.

FEES: Sliding scale/private pay

COUNSELING SERVICES

A program of the Mental Health Association of Frederick County

263 W. Patrick Street, Frederick, MD 21701

Telephone: 301-663-6135 Fax: 301-663-5738

SERVICES: Offers professional outpatient therapy for individuals, couples, children and adolescents, families, and groups. Handicap accessible.

HOURS: Daytime and evenings, by appointment

FEES: Sliding scale/medical assistance

CRISIS SERVICES

Frederick Memorial Healthcare System

400 W. 7th Street, Frederick, MD 21701

Telephone: 240-566-3521 www.fmh.org

SERVICES: Staffed 24/7 by a team of physicians, psychiatrists and experienced clinicians who provide psychiatric assessments, interventions, and referrals to appropriate agencies and or hospitals. Patients receive a medical workup and stabilization of condition by the Emergency Physicians prior to Crisis Assessments. Patients are maintained in the new 5-bed state of the art Psychiatric Emergency Department. We work closely with external community agencies and hospital systems to assure patients receive the appropriate treatment and level of psychiatric care.

HOURS: 24 hrs/7 days a week

Mental Health Services (Continued)



MA **Counseling Services**
Mental Health Association of Frederick County

**Professional therapy
for children,
adolescents, adults,
and families.**

*All services available
on a sliding scale*

**Monday- Friday from 9:00 am to 4:00 pm
301-663-6135**

EXCEPTIONAL FAMILY MEMBER PROGRAM AT FORT DETRICK

Bldg. 1520, Rm. 126, Fort Detrick, Frederick, MD 21702

Telephone: 301-619-3385 Email: usagfamilyreadiness@amedd.army.mil

SERVICES: Provides information, referral, advocacy, short-term counseling, and support services to active duty military and their families with any physical, emotional, or intellectual disability that may require special treatment, therapy, education, training, and counseling. Confidential Services. Files are secured.

HOURS: M-F 7:30am-4:30pm

FEES: None

FREDERICK COUNTY HOTLINE

A program of the Mental Health Association of Frederick County

Telephone: 301-662-2255 Fax: 301-695-4747 www.fcmha.org

SERVICES: Provides information and referrals, support, and crisis intervention 24 hours a day, 365 days a year. Trained and caring staff and volunteers handle more than 22,000 calls to the Hotline each year. Call 2-1-1 or 301-662-2255.

HOURS: 24 hrs/7 days a week

FEES: None

Mental Health Services (Continued)

FREDERICK COUNTY HOTLINE

301-662-2255

Information, Referrals, and
Suicide/Crisis Intervention
A 24 Hour Service / Confidential / TTY



SUICIDE PREVENTION HOTLINES

NATIONAL SUICIDE PREVENTION LIFELINE

1-800-273-TALK (1-800-273-8255)

1-800-SUICIDE (1-800-784-2433)

MARYLAND CRISIS HOTLINE

1-800-422-0009

Toll free hotline throughout Maryland

2-1-1 WESTERN MARYLAND

Dial 2-1-1 or 1-866-411-6803

Free, 24/7 information and referral service for all health
and human services in Western Maryland.

**Airtime and other charges may apply for cell phone users.*

PHONE FRIEND

301-694-8255

A support line for children home alone

A program of the Mental Health Association of Frederick County
301-663-0011 • www.fcmha.org

Mental Health Services (Continued)

FREDERICK COUNTY MENTAL HEALTH SERVICES

Frederick County Health Department

350 Montevue Lane, Frederick, MD 21702

Telephone: 301-600-1755 Fax: 301-600-3214

www.FrederickCountyMD.gov/healthdept/mentalhealth

SERVICES: Outpatient mental health center housed in the Frederick County Health Department. Provides services for children, adolescents, and adults. Treatment for mild to severe chronic mental illness. Staffed by psychiatrists, psychologists, and social workers.

HOURS: M, W 7:30am-9:00pm; Tu, Th, F 7:30am-5:00pm; Sat 8:00am-12:00pm

FEES: Medical assistance/Medicare/private pay

FREDERICK MEMORIAL BEHAVIORAL HEALTH SERVICES

Frederick Memorial Healthcare System

400 W. 7th Street, Frederick, MD 21701

Telephone: 240-566-3904 www.fmh.org

SERVICES: Frederick Memorial Hospital and Sheppard Pratt Hospital, both not-for-profit health care systems combine their expertise in the field of Behavioral Health to provide a continuum of services for transitional aged adults, adults and elder adults. Services include short-term hospitalization, Adult Psychiatric Partial Hospital, and an Intensive Psychiatric Outpatient Program. Outpatient therapy is provided through Behavioral Health Partners, Inc. located at offices on Patrick Street and Solarex Court in Frederick.

HOURS: 24 hrs/7days a week **FEES:** Set/third party/medical assistance

GRAFTON INTEGRATED HEALTH NETWORK

Residential Treatment Center

120 Bellview Avenue, Winchester, VA 22601

Telephone: 1-888-955-5205 ext. 6460 or 6461 Fax: 540-542-1722

Email: admissions@grifton.org

SERVICES: Offers behavioral health services to children, adolescents, and families who reside in the Mid-Atlantic region of the United States. They have treatment centers and administrative offices in Richmond and the northern Shenandoah Valley of Virginia. Provides 24-hour support to adults and children with Autism and behavioral or mental health issues. They are well known for their ability to work with individuals who can be difficult challenges and offer a range of services including: day support, residential support, behavioral consultation and customized treatment for adults ages 23 and older and clinical services, educational services, vocational training, residential (including a secure residential treatment center and group homes) and customized treatment services for children ages 5 to 22. They help individuals to become more independent in their daily living and to be included in their regular community activities by working with families, guardians and public agency personnel to identify the appropriate goals for each student to return home or to a less restrictive level of care. The treatment team emphasizes the behavioral changes and the learning needed for students to meet their goals. The team strengthens the support circles for these individuals as well. In addition, consultation, technical assistance, training and evaluation services are offered through the Virginia Autism Resource Center (VARC), which was established by Grafton and is funded in part by the Commonwealth of Virginia. Wheelchair accessible.

HOURS: M-F 9:00am-5:00pm **FEES:** Fees vary. Call for details.

Mental Health Services (Continued)

LAUREL HALL SCHOOL IN FREDERICK

Brook Lane Health Services

4540 B Mack Avenue, Frederick, MD 21704

Telephone: 301-698-5665 Fax: 301-698-5663 www.brooklane.org

SERVICES: A non-public special education program certified by the Maryland State Department of Education. We provide education services for special needs students, grades 1–12, with autism spectrum disorders, emotional disturbance, and students needing a life skills program. Our program is highly structured with individualized academic, behavioral, and therapeutic supports. Our professional staff includes certified teachers, behavior specialists, licensed mental health professionals and nurses. We are committed to providing services that foster the intellectual, social, and emotional growth of our students so that, to the greatest extent possible, they may return to the mainstream of regular education.

HOURS: M-F 8:00am-5:00pm **FEES:** Call for information

MARYLAND COALITION OF FAMILIES FOR CHILDREN'S MENTAL HEALTH

10632 Little Patuxent Parkway, Ste. 119, Columbia, MD 21044

Telephone: 410-730-8267; 888-607-3637 Fax: 410-730-8331

Email: info@mdcoalition.org www.mdcoalition.org

SERVICES: A grassroots coalition of family and advocacy organizations dedicated to improving services for children with mental health needs and their families; and building a network of information and support for families across Maryland. No appointment is needed.

HOURS: Call for hours

MARYLAND YOUTH CRISIS HOTLINE

Frederick County Hotline/Mental Health Association of Frederick County

Telephone: 1-800-422-0009 Fax: 301-695-4747 www.fcmha.org

SERVICES: 24-hour information and referral, support and suicide prevention, and crisis intervention for callers of all ages. Toll-free decentralized hotline available statewide. Frederick County Hotline handles calls from Frederick, Washington, Allegany, and Garrett counties.

HOURS: 24 hrs/7 days a week **FEES:** None

Mental Health Services (Continued)

MENTAL HEALTH ASSOCIATION OF FREDERICK COUNTY, INC.

263 W. Patrick Street, Frederick, MD 21701

Telephone: 301-663-0011 Fax: 301-695-4747

Email: mha@fcmha.org www.fcmha.org

SERVICES: A leader in creating services that respond to the changing mental health needs in our community, the Mental Health Association of Frederick County is a place where people can be heard and receive support. All of the programs aspire to promote positive mental health and offer not just education, but the support and compassion needed to make real and lasting changes in the lives of those we serve. We are ready to serve you with information and services 24-hours a day. Through Public Information & Advocacy provides community education through the Annual Guide to Mental Health & Community Support Services referral source in paperback and on our website, annual Legislative Breakfast, on-site speaker's service and ongoing community training and outreach through many local events. If you have questions, we have answers--call 2-1-1 or 301-663-0011--we are always available, accessible and responsive to your needs. See separate program listings.

HOURS: M-F 8:30am-4:30pm **FEES:** Many services are free/some vary

MENTAL HEALTH CASE MANAGEMENT

Keystone Services of Maryland

255 Clifton Boulevard, Ste. 309, Westminster, MD 21157

Telephone: 410-875-4694 Fax: 410-875-4699

Email: mgrier@keystonehumanservices.org www.keystonehumanservices.org

SERVICES: Provide mental health case management to adults with serious and persistent mental illness and to children and adolescents with serious emotional disturbance. The purpose is to maintain consumers at their highest level of functioning and independence through empowerment and family enhancement. Individuals served by this program meet specific diagnostic criteria, display ongoing impaired role functioning resulting from mental illness, and have a history of needing emergency and inpatient psychiatric care. Consumers receive assistance in accessing services related to employment, school, mental/somatic health care, transportation, housing, and entitlements.

HOURS: M-F 9:00am-4:30pm **FEES:** None

MENTAL HEALTH MANAGEMENT AGENCY OF FREDERICK COUNTY, INC.

22 S. Market Street, Ste. 8, Frederick, MD 21701

Telephone: 301-682-6017 Fax: 301-682-6019 www.mhma.net

SERVICES: Responsible for planning, evaluating, developing and managing the public funded mental health system of the county. Provides advocacy, education, support, promotes mental health services, and acts in an advisory capacity to local providers.

HOURS: M-F 8:00am-4:00pm **FEES:** None

Mental Health Services (Continued)

NAMI OF FREDERICK COUNTY

4 E. Church Street, Frederick, MD 21701

Telephone: Helpline: 240-379-6186 (24 hours)

Email: Remo.Molino@namifcmd.org www.namifcmd.org

SERVICES: Provide information, understanding, education and support for persons experiencing mental illness and their families. Publishes a quarterly Newsletter and offers the following support groups and educational classes:

Family-to-Family Education - This free NAMI twelve-week (30-hour) course is given twice a year by trained volunteers and is open to family members, caretakers, and friends of those with a mental illness. This course teaches skills that are needed to cope more effectively with ill family members. Next class is spring 2012. Call Mike Neely at 301-371-6784 or email him at Mike.Neely@namifcmd.org for more information and to register for the class.

Public Education - NAMI of Frederick County sponsors educational programs throughout the year which are open to the public. These programs feature experts on topics related to mental illness. See website or call 240-379-6186 for the dates, times, and locations.

In Our Own Voice - This one-and-a-half hour interactive, multimedia presentation by consumers offers hope and provides insight into the recovery now possible for people with mental illness. Call Dave Stant at 240-446-6207 or email him at Dave.Stant@namifcmd.org for more information.

Peer-to-Peer Education - This free NAMI nine-week course is taught by consumers for consumers, all of whom are recovering from mental illness. The classes are about recovery and hope. Call Dave Stant at 240-446-6207 or email him at Dave.Stant@namifcmd.org for more information.

Connection Recovery Support Group - This is a recovery support group program for adults living with mental illness that is expanding in communities throughout the country. These groups provide a place that offers respect, understanding, encouragement and hope. Group meets at 4 E. Church Street community room from 7:30-9:00pm. Meetings are held the 2nd and 4th Tuesday of the month. Call Dave Stant at 240-446-6207 or email him at Dave.Stant@namifcmd.org for more information.

Family and Caregiver Support Group - Meetings on the 1st Thursday and 3rd Wednesday of each month. Visit web site, call or e-mail Curt Kohlheyer at curt.kohlheyer@namifcmd.org for dates, times, and locations. Also has a helpline (240-379-6186) that is answered by trained volunteers who offer their assistance seven days a week between 9:00am and 9:00pm.

Email support is available through Remo Molino at the following email address: info@namifcmd.org and NAMI volunteers visit the Psychiatric Unit at Frederick Memorial Hospital to share resources with the patients and their families.

For more information about volunteering e-mail Margie Van Dyke at Margie.vandyk@namifcmd.org.

FEES: None

Mental Health Services (Continued)

NATIONAL SUICIDE PREVENTION LIFELINE

Frederick County Hotline/Mental Health Association of Frederick County

Telephone: 1-800-273-TALK or 1-800-784-2433 (1-800-suicide)

www.fcmha.org www.nationalsuicidepreventionlifeline.org

SERVICES: Toll-free, nationwide decentralized hotline providing suicide prevention and intervention.

HOURS: 24 hrs/7 days a week **FEES:** None

ON OUR OWN OF FREDERICK COUNTY, INC.

217 N. Market Street, Frederick, MD 21701

Telephone: 301-620-0555 Fax: 301-620-0555 www.onourownmd.org

Email: onourownfrederick@xecu.net

SERVICES: Provides peer support, advocacy training, education, and activities to any member of the community who has serious mental illness including those with co-occurring disorders, their families and caregivers. Services include a newsletter, recreation groups and a support group for depression and bipolar called Depression and Bipolar Support Alliance (DBSA). Support group meets at 217 N. Market Street, Frederick MD 21701 every Thursday at 7:30pm.

HOURS: W-Th 9:00am-5:00pm. Call anytime and leave a message and someone will get back with you.

FEES: None

PRO BONO COUNSELING

Maryland Chapter, NASW & Maryland Psychological Association

Maryland Society for Clinical Social Work, Maryland Psychiatric Society, Psychiatric Advanced Practice Nurses of Maryland, and Licensed Clinical Professional Counselors of Maryland.

110 W. Road, Ste. 202, Baltimore, MD 21204

Telephone: 410-825-1001; 301-805-8191; Toll Free: 877-323-5800

Fax: 410-825-1388 www.probonocounseling.org

SERVICES: Offers referrals to licensed therapist in your area of Maryland.

Services are typically free for uninsured and under-insured families and individuals who have limited income. No referrals for alcohol or drug abuse. An appointment is needed; handicap accessible.

LANGUAGES SPOKEN: French and Spanish

HOURS: M-F 9:00am-5:00pm **FEES:** None

Mental Health Services (Continued)



**Our Vision is the availability of quality
mental health care for all those in need.**

1-877-323-5800

www.probonocounseling.org

PSYCHIATRIC PARTIAL AND INTENSIVE OUTPATIENT HOSPITAL PROGRAMS

Frederick Memorial Healthcare System

400 W. 7th Street, Frederick, Maryland 21701

Telephone: 240-566-3900

SERVICES: Our new location in the hospital provides treatment for transitional age adults, adults and elder adults who require a higher level of intensive care than provided through traditional outpatient care. The Partial Hospital and Intensive Outpatient Programs are designed to provide additional support to patients being discharged from an inpatient unit or to prevent the need for inpatient treatment. Our programs provide medication management, education, individual, family and group therapy. The duration of treatment is variable and based on individual response. We also provide treatment for patients with co-occurring substance abuse disorders. Treatment involves an interdisciplinary approach involving psychiatrists, social workers, and psychiatric nurses who work with each individual patient, and his or her family.

HOURS: M-F 9:00am-3:15pm

FEES: Set fees/MA/Medicare/commercial/private pay

Mental Health Services (Continued)

THE SUCCESS PROGRAM AT EDENTON

Edenton Retirement Community

5800 Genesis Lane, Frederick, MD 21703

Telephone: 301-694-3100 Fax: 301-694-0745

Email: Rbutler@tjrock.com www.edenton-retirement.com

SERVICES: The Success Program is offered for assisted and independent living residents of Edenton. Edenton is a residential community that offers an affordable continuum of care between independent living and assisted living. The 3 small assisted living facilities have a 1 to 7 staff/resident ratio and provide specialized services to adults with dementia, mental illness, and emotional and behavioral disabilities. Various services are available including meals, housekeeping, laundry, medication supervision, activity programs, beauty/barber services and transportation. On-site physician and psychiatric visits.

HOURS: M-F 8:00am-5:00pm; evenings/weekends by appointment

FEES: Varies

VILLA MARIA OF FREDERICK COUNTY

A Behavioral Health Program of Catholic Charities

111 E. Church Street, Frederick, MD 21701

Counseling Intake: 301-898-7900 Fax: 301-694-8221

Email: rrother@catholiccharities-md.org www.catholiccharities-md.org

SERVICES: Offers family and individual counseling through offices in Frederick, Emmitsburg, and many area schools. Continuum services available including psychiatric and residential treatment. Also offers information and referrals for other needed services.

HOURS: M-F 8:00am-8:00pm, by appointment only

FEES: Medicaid/MDCHP/PAC/limited subsidies available

WAY STATION, INC.

A subsidiary of the Sheppard and Enoch Pratt Foundation

230 W. Patrick Street, P.O. Box 3826, Frederick, MD 21705

Telephone: 301-662-0099 Fax: 301-694-9932 www.waystationinc.org

SERVICES: Mental health organization providing rehabilitation services and treatment services for children, veterans, adolescents, and adults. WSI serves adults with mental illness including persons with co-occurring disorders (substance abuse, developmental disabilities). *Adult programs include the following:* day programming (Life Skills groups, Employment Preparation); residential rehabilitation and supported housing; vocational support and placement, mobile treatment, and Mobile Crisis and Residential Crisis services. WSI offers specialized programming for different populations: seniors, veterans, transition age youth, developmental disabilities and substance abuse. WSI serves children and adolescents with emotional and behavioral difficulties, who may be at risk of out-of-home placement or are having difficulty with school or involvement with the juvenile services system. *Child and Adolescent Services include the following:* overnight and hourly facility-based respite (Camp Journey), family preservation services, multi-systemic Therapy, Community Services Initiative (wrap-around, return/diversion services for children & adolescents), and Intensive Behavioral Support. All services are confidential; clinical information not released without consent. Handicap accessible. ASL translation available.

HOURS: Office: M-F 9:00am-5:00pm **FEES:** Vary

Mental Health Services (Continued)

FREDERICK COUNTY HOTLINE

301-662-2255

Information, Referrals, and
Suicide/Crisis Intervention
A 24 Hour Service / Confidential / TTY



SUICIDE PREVENTION HOTLINES

NATIONAL SUICIDE PREVENTION LIFELINE

1-800-273-TALK (1-800-273-8255)

1-800-SUICIDE (1-800-784-2433)

MARYLAND CRISIS HOTLINE

1-800-422-0009

Toll free hotline throughout Maryland

2-1-1 WESTERN MARYLAND

Dial 2-1-1 or 1-866-411-6803

Free, 24/7 information and referral service for all health
and human services in Western Maryland.

**Airtime and other charges may apply for cell phone users.*

PHONE FRIEND

301-694-8255

A support line for children home alone

A program of the Mental Health Association of Frederick County
301-663-0011 • www.fcmha.org

COMMUNITY SUPPORT SERVICES

| | |
|---|-----|
| Consumer Information and Advocacy | 73 |
| Developmental Disabilities | 76 |
| Employment, Vocational Rehabilitation, and Education | 80 |
| Family and Children's Services..... | 87 |
| Education Resources | 89 |
| Family and Children's Support Services | 96 |
| General Services | 112 |
| Health Care Services and Information | 119 |
| AIDS Services | 121 |
| General Health Care Information and Services | 122 |
| In-Home Respite Care..... | 130 |
| Housing and Emergency Services | 132 |
| Law Enforcement and Legal Assistance | 147 |
| Senior Services..... | 150 |
| Support Groups | 158 |

Mental Health First Aid

(A program of the Mental Health Association)

Training course designed to educate the general public on skills they can use to identify the early stages of mental health problems and be effective first responders to a mental health crisis situation.

For more information, call
301-663-0011



Consumer Information and Advocacy

BETTER BUSINESS BUREAU OF GREATER MARYLAND

1414 Key Highway, Ste. 100, Baltimore, MD 21230-5189

Telephone: 410-347-3990 Fax: 410-347-3936 www.baltimore.bbb.org

SERVICES: Offer pre-purchase consumer information, handle complaints, and provide information on charities and free speakers to the community.

HOURS: M-Th 8:00am-4:30pm, F 8:00am-2:30pm

FEES: None

FREDERICK COUNTY MEDICAL SOCIETY

127 Fairview Ave, Frederick, MD 21701

P.O. Box 1094, Frederick, MD 21705

Telephone: 301-663-3399 Email: fpdelrose@msn.com

SERVICES: As the local representative of the State Medical Society, we acknowledge grievances against local physicians when they involve treatment in the office (not hospital) setting. Grievances must be submitted to the Society in writing. No complaints handled over the phone.

HOURS: M-F 9:00am-4:30pm **FEES:** None

FREDERICK COUNTY PUBLIC LIBRARIES

110 E. Patrick Street, Frederick, MD 21701

Telephone: C. Burr Artz Public 301-600-1630 TTY: 301-600-3787

Fax: 301-600-1374 www.fcpl.org

SERVICES: Maintains a database of agencies and organizations serving residents of Frederick County. Provides information to persons who call or visit the library.

This service may be accessed through the website. The library provides an adult and children's services reference staff to assist patrons in finding information and locating materials. Resources available at Frederick County Public Libraries include business information, health and medical information, job search aids, home schooling materials, internet access, online databases, and a technology center with word processing software available. Books, e-books, books on tape, CD or digital format, music CDs and periodicals are available to check out for a 21 day circulation period. Videos and DVDS circulate for 7 days. Offers programs for children and adults. Provides interlibrary loan services, operates book mobile and provides Books-by-Mail service for the homebound.

BRANCHES: C. Burr Arts: M-Th 10:00am-8:00pm, F-Sat 10:00am-5:00pm, Sun 1:00pm-5:00. Brunswick: 301-600-7250, M-Th 10:00am-8:00pm, Sat 10:00am-5:00pm, Closed F, Sun. Emmitsburg: M, W, 10:00am-6:00pm, Tu, Th 10:00am-8:00pm, Sat 10:00am-5:00pm, Closed F, Sun.

Middletown: M, W 10:00am-6:00pm, Tu, Th 10:00am-8:00pm, Sat 10:00am-5:00pm, Closed F, Sun. Edward F. Fry Library Point of Rocks: M, W 3:00pm-8:00pm, Tu, Sat 10:00am-3:00pm, Closed Th, F, Sun.

Thurmont: 76 E. Moser Road, 301-600-7200, M-Thu 10:00am-8:00pm, F, Sat, 10:00am-5:00pm, Sun 1:00pm-5:00pm. Urbana: M-Th 10:00am-8:00pm, F, Sat 10:00am-5:00pm, Sun 1:00pm-5:00pm. Walkersville: M, W 10:00am-6:00pm, Tu, Thu 10:00am-8:00pm, Sat 10:00am-5:00pm, Closed F, Sun.

FEES: No cost to borrow library materials

Consumer Information and Advocacy (Continued)

FREDERICK COUNTY SHERIFF'S OFFICE

110 Airport Drive East, Frederick, MD 21701

Telephone: 301-600-1046 Fax: 301-600-1527

www.co.frederick.md.us/sheriff

SERVICES: Full-service law enforcement agency providing victim services, Crime Prevention Education Programs, Prevention Awareness Programs addressing frauds and scams against seniors, Highway Safety Programs, and Neighborhood Watch Programs.

HOURS: 24 hrs/7 days a week **FEES:** None

HUMAN RELATIONS DEPARTMENT, FREDERICK COUNTY

520 N. Market Street, Frederick, MD 21701

Telephone: 301-600-1109 Fax: 301-600-2085 www.co.frederick.md.us

SERVICES: Investigates alleged complaints of discrimination in areas of housing, public accommodations, and employment. Provides assistance to employers who wish to voluntarily comply with the equal opportunity laws. Discrimination must have taken place in Frederick County and be reported within six months of the incident.

HOURS: M-F 8:00am-4:00pm. Other hours by appointment.

FEES: None

MONEY MANAGEMENT INTERNATIONAL/CCCS, FREDERICK

1003 W. 7th Street #404, Frederick, MD 21701

Telephone: 866-336-0624 Fax: 301-695-4878

www.moneymanagement.org

SERVICES: Provides counseling services on money management. Offers help with budgeting, money management, and credit issues through online, telephone, and in-person counseling. Wheelchair accessible.

HOURS: M-F 7:00am-7:00pm **FEES:** Vary

SOCIAL SECURITY ADMINISTRATION

10 N. Jefferson Street, Ste. 204, Frederick, MD 21701

Telephone: 301-682-6765 Toll Free: 800-772-1213 TTY: 800-325-0778

www.ssa.gov

SERVICES: Assists individuals in filing for cash benefits from Social Security retirement, survivors' and disability programs, handles Medicare applications and problems and assists individuals in filing for federal Supplemental Security Income benefits if over 65 or under 65 and blind or disabled regardless of age.

Also completes applications for Social Security numbers. Also processes applications for Social Security numbers. Prefers applicants apply on line however if computer is not available a visit to the office is appropriate.

HOURS: M-F 9:00am-4:00pm **FEES:** None

Consumer Information and Advocacy (Continued)

U.S. DEPARTMENT OF VETERANS AFFAIRS

31 Hopkins Plaza, Federal Building, Baltimore, MD 21201

Telephone: 1-800-827-1000 Fax: 410-230-4541 www.va.gov

SERVICES: Provides assistance and guidance with veterans benefits including the following: disability compensation and pension; Montgomery GI Bill; home loan program; vocational rehabilitation and employment; VA medical care; VA life insurance; burial benefits; death benefits; and assistance to homeless veterans.

HOURS: M-F 8:00am-4:00pm **FEES:** None

Developmental Disabilities

ABILITIES NETWORK AND EPILEPSY FOUNDATION

5104 Pegasus Court, Ste. E, Frederick, MD 21704

Telephone: 301-695-9505; 1-800-394-9504 Fax: 301-695-3340

www.abilitiesnetwork.org

SERVICES: Assists people with disabilities to achieve their personal goals and integration into the community. Services are customized to each individual and family. Services include information and referral to other programs as needed, assistance with application for services, independent living skills and job readiness training. Also presents epilepsy awareness workshops to the general public to help dispel the myths and misunderstandings concerning epilepsy.

HOURS: M-F 8:30am-5:30pm

FEES: Must be approved by the Developmental Disabilities Administration (DDA)

ARC OF FREDERICK COUNTY

620 A Research Drive, Frederick, MD 21703

Telephone: 301-663-0909 Fax: 301-695-6454

Email: info@arcfc.org www.arcfc.org

SERVICES: The Arc of Frederick County provides advocacy, access to resources, assistance in increasing individual and family connections for people with developmental disabilities. The organization seeks creative solutions to help people with developmental disabilities to attain their goals. The Support Services division provides a variety of local services including the following:

- * Information and referral to services in the community for anyone who contacts The Arc.
- * Individual assistance to plan for and obtain needed services.
- * Fiscal intermediary services for adults who live on their own or with families.
- * Autism Waiver Service Coordination for children and families to receive therapy, respite care, and other services.
- * Assistance for students and their families to plan for the services they need when they graduate from Special Education services to ensure their transition to work programs and other community resources.
- * Partnership with local service providers on services for children and adults with cognitive impairments and mental illness.
- * Collaboration with community agencies and volunteers to offer programs such as adult education, art classes, cooking classes and a monthly Parents Day Out respite program.
- * Lending library of professional literature on disability-specific topics.

HOURS: M-F 9:00am-5:00pm

FEES: None

Developmental Disabilities (Continued)

COMMUNITY LIVING, INC.

620-B Research Drive, Frederick, MD 21703

Telephone: 301-663-8811; 301-663-0476

Email: info@communitylivinginc.org www.communitylivinginc.org

SERVICES: Residential and support services for individuals with developmental disabilities. Also a community-based retirement program. Confidential services and no appointment needed.

HOURS: M-F 8:30am-5:00pm **FEES:** Sliding scale/state funded

FREDERICK COUNTY DEVELOPMENTAL CENTER

Frederick County Health Department

350 Montevue Lane, Frederick, MD 21702

Telephone: 301-600-1612 TTY: 301-600-1611 Fax: 301-600-3280

SERVICES: A comprehensive, multidisciplinary, and coordinated community agency serving Frederick County's children with special needs from birth to 21 years. Selective services for adults with developmental disabilities. Services include audiology, psychology, physical and occupational therapy, service coordination, social work, and speech/language pathology. The Center is the lead agency for the Frederick County Infants and Toddlers Program, an interagency early intervention program serving children with developmental delays (birth-kindergarten) and their families. Single point of entry for referral: 301-600-1612.

HOURS: M-F 8:00am-4:00pm **FEES:** None

FREDERICK COUNTY 4-H THERAPEUTIC RIDING PROGRAM

Silverado Stables, 11515 Angleberger Road, Thurmont, MD 21788

Telephone: 301-898-3587

Email: fc4htrp@aol.com www.fc4htrp.org

SERVICES: Provide education, recreation, and therapy through the use of the horse to mentally and physically disabled residents of Frederick County. In order for a student to ride, he/she is required to provide a physician's approval. Students are placed in small riding groups based on abilities. A registered therapist and riding instructor develop a lesson plan that includes goals set by academic teachers, other therapists, work supervisors, and physicians.

HOURS: M-F 8:30am-4:30pm **FEES:** None

HELPING HANDS HOME CARE

304 Delaware Road, Frederick, MD 21701

Telephone: 24 Hour phone line 301-662-1618 Fax: 301-695-0017

www.inhomecare.com

SERVICES: Provides in-home patient care by certified nursing assistants and home health aides. Services offered include personal care, food shopping, meal preparation, medication supervision, light housekeeping, laundry and transportation to and from medical appointments. Eligible: Adults ages 55 and older; mothers and their newborn babies; persons with chronic illnesses; persons with permanent or temporary disabilities; and persons needing convalescent or post-operative care. Wheelchair accessible.

HOURS: M-Th 9:00am-4:00pm, F 9:00am-12:30pm

FEES: Consultation \$25. Service rates vary.

Developmental Disabilities (Continued)

KEYSTONE SERVICES OF MARYLAND

255 Clifton Boulevard, Ste. 309, Westminster, MD 21157

Telephone: 410-875-4694 Fax: 410-875-4699

Email: mgrier@keystonehumanservices.org www.keystonehumanservices.org

SERVICES: Keystone provides comprehensive community-based services for children, young people, adults and families in the areas of intellectual disabilities (mental retardation), Autism, mental health, early intervention and children and family services. Keystone also provides case management, psychiatric rehabilitation and homeless-to-housing services for children, adolescents and adults.

HOURS: M-F 8:30am-4:30pm

MEDSOURCE COMMUNITY SERVICES, INC.

2090 Old Farm Drive, Ste. 1E, Frederick, MD 21702

Telephone: 301-631-6901 TTY: 800-735-2258 Fax: 301-631-6905

Email: rcmcsinc@aol.com www.ddamaryland.org/medsource.htm

SERVICES: Offers individuals with developmental disabilities supported employment, residential and respite care, individual support services, family support services, and community support living arrangements.

NOTE: Must be approved by Developmental Disabilities Administration (DDA).

HOURS: M-F 9:00am-5:00pm. Operations: 24 hrs/7 days a week

FEES: Private pay/Developmental Disabilities Administration (DDA)

SCOTT KEY CENTER

Frederick County Health Department

1050 Rocky Springs Road, Frederick, MD 21702

Telephone: 301-600-1600 Fax: 240-600-6016

Email: slore@fredco-md.net

SERVICES: Scott Key Center's mission is to provide creative and meaningful employment for employees with developmental disabilities within the Frederick community. Must be 21 and older with a developmental disability.

HOURS: M-F 8:30am-4:00pm **FEES:** None

SPECIAL OLYMPICS MARYLAND - FREDERICK COUNTY

5311 Ivywood Drive North, Frederick, MD 21703

Telephone 301-694-7779 www.somdfrederick.org

SERVICES: Special Olympics Maryland Frederick County offers a variety of year round sports to children and adults of all ages with intellectual disabilities, related disabilities with or without physical challenges. Special Olympics promotes increasing self esteem and encourages teamwork and physical fitness.

No appointments needed.

FEES: None

Developmental Disabilities (Continued)

THE FREEDOM CENTER, INC.

14 W. Patrick Street, Suite 10, Frederick, MD 21702

Telephone: 301-846-7811 Fax: 301-846-9070

Email: advocate@thefreedomcenter-md.org www.thefreedomcenter-md.org

SERVICES: Empower people with disabilities to lead self-directed, independent, and productive lives in a barrier-free community through services and supports that include advocacy, information and referral, peer counseling, and independent living skills training.

HOURS: M-F 8:00am-4:00pm

FEES: None

Employment, Vocational Rehabilitation, and Education

ADULT EDUCATION, FREDERICK COMMUNITY COLLEGE

7932 Opossumtown Pike, Frederick, MD 21701

Telephone: 240-629-7962 Email: adulthood@frederick.edu

SERVICES: Offers GED classes, English for speakers of other languages, an external diploma program, family literacy and basic adult education.

Call to ask about registration. Wheelchair accessible.

HOURS: M-Th 8:30am-7:00pm, F 8:30am-4:30pm

FEES: Vary

DORS - DEPARTMENT OF REHABILITATION

5 Public Square, Ste. 511, Professional Arts Bldg, Hagerstown, MD 21704

Telephone: 301-791-4764 TTY: 301-791-4764 Fax: 301-739-8537

Email: region1@dors.state.md.us www.dors.state.md.us/dors

SERVICES: Provide counseling and support promoting employment, economic self-sufficiency, and independence for individuals with disabilities. Services include guidance and counseling, physical restoration, and training. Wheelchair accessible.

HOURS: M-F 8:00am-5:00pm **FEES:** Sliding scale

EMPLOYMENT RESOURCE CENTER

Frederick County Department of Social Services

100 E. All Saints Street, Frederick, MD 21701

Telephone: 301-600-2652 Fax: 301-600-2408

Email: fcdssinfo@dhr.state.md.us www.fcdss.info

SERVICES: Registration and job service assistance through the Maryland Job Service. Computers available for internet job search. Assistance with cover letters, resumes, or applications. Fax service, telephone bank, and copying and message center. Self-paced tutorial programs in MS Word, Introduction to computers, Excel, and Access. Complete resource center for all job search activities.

HOURS: M-F 8:00am-4:30pm **FEES:** None



**Frederick County
Workforce Services**
RECRUITMENT • RETRAINING • RETENTION



Need a job? We can help!

Frederick County Workforce Services
5340-A Spectrum Dr. Frederick, MD 21703
(P) 301-600-2255 (Fax) 301-600-2906
Reasonable accommodations provided upon request.

www.FrederickWORKS.com EOE/M/F/D/V

Employment, Vocational Rehabilitation, and Education (Continued)

FREDERICK COUNTY PUBLIC SCHOOLS FLEXIBLE AND VIRTUAL HIGH SCHOOL

Frederick County Public Schools

44 W. Frederick Street, Walkersville, MD 21793

Telephone: 240-629-7960 Fax: 240-236-8451

Email: adult.ed@fcps.org www.fcps.edu

SERVICES: Programs are available to individuals who are at least 16 years of age and not enrolled in any K-12 school program. Offers Adult Basic Education, Adult Secondary Education, assessments, referrals, and classes at many locations throughout the county, during the day, in the evening, and on the weekend. Offers basic education including reading, writing, and math remediation, secondary education that includes GED test preparation and the External Diploma Program (EDP) and English for Speakers of Other Languages (ESOL) and English as a Second Language (ESL). Beginner ESOL and Intermediate ESL classes are free. Handicap accessible.

HOURS: M-Th 8:00am-7:00pm, F 8:00am-3:00pm

Summer Hours: M-F 8:00am-3:00pm

FEES: Costs vary

FREDERICK COUNTY WORKFORCE SERVICES

Located at the Business and Employment Center

5340-A Spectrum Drive, Frederick, MD 21703

Telephone: 301-600-2255 TTY: 301-600-1862 Fax: 301-600-2906

Email: fcws@frederickworks.com www.frederickworks.com

SERVICES: Individual Services include the following: career coaching and employment counseling, access to current labor market information, individual skill development workshops, job openings and self-marketing strategies, resume assistance, interview preparation, personalized assessment tools, fully equipped resource lab, job training, and tuition assistance.

Business Services include the following: recruitment, retention and outplacement assistance, customized training; on-site facilities and amenities, and access to current labor market information.

Youth Services include the following: summer jobs program, year-round career planning workshops, and paid internship program.

American Sign Language translation available.

HOURS: M-Th 8:00am-6:00pm, F 8:00am-4:00pm

FEES: No cost for most individual services. Fees for customized business services.

Employment, Vocational Rehabilitation, and Education (Continued)

JEANNE BUSSARD CENTER, INC.

555 S. Market Street, Frederick, MD 21701

Telephone: 301-663-9588 Fax: 301-663-0020 www.jeannebussard.org

SERVICES: Provides competitive, supportive, and transitional employment and vocational training services to individuals with disabilities. Vocational evaluations, work adjustment training, job development and placement, job coaching, and all other job support services. Sheltered employment available. Specialized comprehensive vocational and rehabilitation services as above also available for deaf and hard of hearing individuals.

LANGUAGES SPOKEN: French and ASL

HOURS: M-F 8:00am-4:00pm **FEES:** Vary

LITERACY COUNCIL OF FREDERICK COUNTY

110 E. Patrick Street, 2nd Floor, Frederick, MD 21701

Telephone: 301-600-2066 www.frederickliteracy.org

SERVICES: Provides individual tutoring in speaking, reading, writing, and spelling. Individual tutoring sessions are arranged at a time and place convenient to the student and tutor. English speaking students receive instruction in basic reading, writing, and spelling. Non-English speaking students begin with oral language and a "survival vocabulary" and then progress to basic reading and writing. Offers stroke victims programs for persons who have a need to re-learn reading and writing skills as a result of having sustained a stroke. Participants are taught by an instructor using a step-by-step computer program as a teaching tool. Council conducts literacy training workshops throughout the county and maintains a Resource Library and Reading Center for use by tutors and students located in the Main Library building. Volunteers 18 and older welcome to provide tutoring. Must complete 14 hours of training and commit to 1 year of service.

HOURS: M-F 10:00am-4:00pm. Tutoring times vary.

FEES: None

OFFICE OF ADULT SERVICES - FREDERICK COMMUNITY COLLEGE

Project Forward Step, Project ALIVE, and Women's Center

77932 Opossumtown Pike, Frederick, MD 21702

Telephone: 301-846-2483 Fax: 301-846-2599

www.frederick.edu/adultservices

SERVICES: The Office of Adult Services at Frederick Community College offers a variety of services for adults returning to college. Designed to ease the transition into the classroom for those who are returning to begin or complete a degree, acquire marketable skills or retrain for a new career, the office offers information and referrals to college and community resources; workshops on topics of interest for adult students and special services for single parents, displaced homemakers, and residents of Frederick City public housing. **Project Forward Step:** Provides career, academic, and personal adjustment counseling for single parents, displaced homemakers, and other adults in transition. Services include workshops, college and community referrals, support, job shadowing, and job placement

Employment, Vocational Rehabilitation, and Education (Continued)

referral. Financial assistance with tuition, books, materials, child care, and transportation is available to eligible single parents and displaced homemakers.

Project Alive: The Office of Adult Services, in partnership with the Housing Authority of the City of Frederick provides scholarships to individuals residing in public housing units. Scholarships may be used for tuition, books, materials, child care, and transportation. **Women's Center:** The Women's Center, located at Frederick Community College, is a partnership between the Office of Adult Services and the Frederick County Commission for Women that provides Frederick County citizens with a centralized place to access information about and referrals to community resources and services; attend workshops and join support groups; and be exposed to social and professional networking opportunities. Located within the Women's Center, the Anne-Lynne Gross Breast Cancer Resource Center provides a centralized location to access information about early detection, treatment, nutrition, and aftercare. Resources include: on-site resources and referrals; information sessions and workshops; lending library; and web access to related resource sites.

HOURS: M-F 8:30am-4:30pm, evening hours available on M, W by appointment

FEES: None

WOMAN TO WOMAN MENTORING PROGRAM

FCC Arts and Student Center, 7932 Opossumtown Pike, Frederick, MD 21702

Telephone: 301-846-2556 Fax: 301-846-2599

Email: w2wmentoring@frederick.edu www.womantowomanfrederick.org

SERVICES: The Woman to Woman Mentoring Program is an intergenerational program to assist County women ages 18-35 in need of personal and professional guidance to help transform their lives through mentoring relationships focused on career, education, and family. Provides guidance and support. Annual program begins in September through June. Wheelchair accessible.

HOURS: M-F 9:00am-4:30pm **FEES:** None



Employment, Vocational Rehabilitation, and Education (Continued)

WORKFORCE DEVELOPEMENT PROGRAM

Goodwill Industries International, Inc.

400 E. Church Street, Frederick, MD 21701

Telephone: 301-662-0622 Fax: 301-846-0940

Email: goodwill@gimv.org www.goodwill.org/frederick

SERVICES: Offers individuals including those with disabilities and other barriers to employment the opportunity to find jobs by turning monetary and usable goods donations into job training and other career services. Also, provides emergency assistance to needy individuals and families through partner agencies and operates a thrift shop that is open to the public. Client must be DDA approved for services 3, 4, and 5 listed below.

SERVICES: Job Search and Retention: Assists individuals looking for employment with preparing a resume, completing applications, job searches, placement and retention. Also provides on the job coaching to ensure that the employee understands and can perform his/her duties to the employer's satisfaction. Offers life skills, and job readiness training as well as work experience to individuals with little or no work experience and are unable to find or retain employment.

Computer Access and Classes: Learn typing and keyboard skills, how to use Microsoft Office products, and the Internet for job searches. Classes are currently offered in three formats: instructor-driven, self-paced, and online.

Supported Employment Program: Provides job coaching assistance at the job site to individuals with developmental disabilities.

Vocational Services Program: Provides employment services and community activities to individuals with developmental disabilities who are unable to obtain or maintain employment without ongoing support.

Family and Individual Support: Provides community access in a social, educational, recreational, and/or vocational setting to individuals with developmental disabilities.

Community Alliance to Request Emergency Services (C.A.R.E.S.): Certificates are given to needy individuals or families by partner agencies for clothing, furniture, household items available in the thrift shop.

Donations: Gently used clothing for all ages, furniture, and house hold items needed.

HOURS: M-Sat 9:00am-9:00pm, Sun10:00am-6:00pm

FEES: None

Mental Health First Aid

(A program of the Mental Health Association)

Training course designed to educate the general public on skills they can use to identify the early stages of mental health problems and be effective first responders to a mental health crisis situation.

For more information, call
301-663-0011



FREDERICK COUNTY HOTLINE

301-662-2255

Information, Referrals, and
Suicide/Crisis Intervention
A 24 Hour Service / Confidential / TTY



SUICIDE PREVENTION HOTLINES

NATIONAL SUICIDE PREVENTION LIFELINE

1-800-273-TALK (1-800-273-8255)

1-800-SUICIDE (1-800-784-2433)

MARYLAND CRISIS HOTLINE

1-800-422-0009

Toll free hotline throughout Maryland

2-1-1 WESTERN MARYLAND

Dial 2-1-1 or 1-866-411-6803

Free, 24/7 information and referral service for all health
and human services in Western Maryland.

**Airtime and other charges may apply for cell phone users.*

PHONE FRIEND

301-694-8255

A support line for children home alone

A program of the Mental Health Association of Frederick County
301-663-0011 • www.fcmta.org

Family and Children Services

| | |
|--|----|
| Education Resources | 89 |
| Family and Children's Support Services | 96 |



Promoting quality child care experiences by providing a supporting link between parents, child care providers and the community.

Services include:

- ◆ Conducts professional development opportunities for prospective and current family child care providers, center staff, and preschool staff.
- ◆ Offers technical assistance and support for start up or continued operation of a child care business for providers.
- ◆ Offers assistance to early education programs on improving quality including achieving state or national accreditation.
- ◆ Works with early care programs as well as individual children and families to promote the social emotional development of young children while decreasing or preventing challenging behaviors.
- ◆ Provides home visiting services to first-time parents to promote positive parenting and help build stronger families healthier children, and a better community.
- ◆ Organizes the Annual Children's Festival to celebrate the joys of childhood through a day of free, hands-on activities especially for children ages 2-8.

Call: 301-662-4549- Business Line

Call: 301-695-4508- Referral Line

Child Care Choices, a program of the Mental Health Association, a United Way Agency and a Member Agency of the Maryland Child Care Resource Network with funding provided by the Maryland State Department of Education.

Education Resources

CHILD FIND

Frederick County Public Schools

7630 Hayward Road, Frederick, MD 21702

Telephone: 301-644-5292 Fax: 301-698-2736

SERVICES: Provides for the screening, assessment, and service needs of ages 3-5 who are suspected of having an educational disability and are not yet enrolled in a public school. An appointment is needed and all services are confidential.

HOURS: M-F 8:00am-4:00pm **FEES:** None

EARLY CHILDHOOD DEVELOPMENT PROGRAM

Frederick Community College

7932 Opossumtown Pike, Frederick, MD 21702

Telephone: 301-846-2559 Fax: 301-846-2498

Email: dwelch-freas@frederick.edu www.frederick.edu

SERVICES: Early childhood degree program, including state-approved training courses for child care positions. Courses include 90-hour child care courses, 45 infant/toddler and school-age activities, in addition to specialized early childhood and general education courses.

HOURS: Class times vary **FEES:** Vary

EARLY CHILDHOOD FAMILY EDUCATION (ECFE)

1300 Baker Place East, Ste. 11, Frederick, MD 21702

Telephone: 301-846-0005

Email: info@ecfemd.org www.ecfemd.org

SERVICES: ECFE is a community-based, family education program for all expectant and parents of children from birth through kindergarten entrance. We offer the following classes: Mommy & Me, Raising Young Scientists, Raising Young Readers, Tremendous Two's, and the Children's Studio.

Summer Camp: Imagine That! Classes meet once a week during the day, evenings, and are six weeks in duration. Please call the ECFC office for registration and information. Wheelchair accessible.

HOURS: M-F 9:00am-5:00pm **FEES:** \$45 per child, scholarships available



FAMILIES PLUS!
Frederick County Public Schools

44 Paul Chambers Blvd.
Frederick, MD 21701
Phone: 301-698-2736
Fax: 301-698-2736
info@familiesplus.org
www.familiesplus.org

Providing programs and support to enhance,
improve, and enrich the lives of Frederick County
families, educators, and children.

Education Resources (Continued)

FAMILIES PLUS!

Rupp House, 33 E. Church Street , Frederick, MD 21701

Telephone: 301-694-9002 Fax: 301-694-3374

Email: info@familiesplus.org www.familiesplus.org

SERVICES: Provides educational and therapeutic programs and support groups on major life skill and health related topics. Such topics include; Parenting, Stress Management, Bullying Prevention, Youth Support Groups, Managing the Teen Years, Strengthening Your Marriage, Diabetes, Divorce, Nutrition and Obesity, and Childbirth Education. The Population served by the organization is comprised of families, individuals, and children. The programs are facilitated/instructed by credentialed individuals such as educators, psychologists, business professionals, social workers, registered nurses, and other specialists in the curriculum field areas. To ensure quality, continuity, and comprehensive programming, Families Plus partners with other non-profit organizations, human service agencies, Frederick County Public Schools, clinicians, and other businesses and professionals.

HOURS: M-F 9:00am-5:00pm **FEES:** None

FAMILY PARTNERSHIP OF FREDERICK COUNTY

8420 Gas House Pike, Ste. EE, Frederick, MD 21701

Telephone: 301-600-2206 Fax: 301-600-2209

Email: FamPart@FrederickCountyMD.gov www.frederickcountymd.gov

SERVICES: A community-based organization that provides family support and assistance to parents and their children to help them become self-sufficient. Offers parent education including adult education, child development, service coordination, home visits, youth services, health education, and peer support.

Child Development: Provides a developmentally appropriate and individualized program for infants and toddlers to maximize their development including a parent and child together (PACT) program, developmental screenings, and an individual learning plan that is developed for each child with the parent.

Parent Education: Formal parent education increases a parent's knowledge and skills regarding appropriate expectations for infants, toddlers, pre-school and school age children. Informal parent education teaches through observation and practice.

Education and Employment: Offers assessment and testing, GED, Flexible High School and English Language Learner classes, a family literacy program, career exploration, job readiness, job search skills, job retention support, computer literacy, information and referrals to specialized community services related to employment.

Service Coordination: Provides case managers to work with mothers, fathers, expectants, and youth 14-21 years of age. They assistance with identifying strengths, interests, needs and goals, offer referrals to community resources and follow up services, as well as help with the development of problem solving and conflict resolution skills.

Home Visits: Provided to expectants and/or families with children 0 to 3 years old who are unable to attend the center for variety of reasons. Limited home visits provided to families with children 4-5 years old.

Education Resources (Continued)

Youth Services: Works with Frederick County Workforce Services to provide assistance to youth between the ages of 14-21 who are facing barriers hindering them from completing a high school education and/or engaging in gainful employment.

Health Services: Provides education about those issues that are related to the physical and emotional well being of children, youth and adults. This includes generalized health, proper diet and nutrition, substance abuse, disease prevention, family planning and pregnancy prevention, prenatal care, children and adult mental health, stress, domestic violence, and healthy relationships.

Peer Support: Provided to help participants develop a wide range of skills, strengths, and interests including basic life, leadership and advocacy skills.

Empowering Mothers and Responsible Fathers: Provides weekly evening parent support and education classes designed to increase understanding, cooperation and healthy parenting and family dynamics. Classes include parent child activities, limited child care for children up to age 13 and children's activities.

Volunteers: College and high school interns, with one or a combination of majors in Early Childhood Education, Social Work, Sociology, Psychology, Business Management, Adult Education, Marketing Computer Science, Nutrition, Home Economics, and Administration.

HOURS: M-F 8:00am-8:00pm **FEES:** None

FAMILY PARTNERSHIP OF FREDERICK COUNTY

*Committed to Parent and Child Learning and Growing Together
Now in Two locations! Frederick and Emmitsburg*

- Family Literacy
- Diploma Completion
- Parent & Child Activities
- Health Education
- Home Visiting Services
- Parent Education
- Lifeskills Education
- Limited Transportation
- Employment Training
- Teen Parent Programs
- Mothers and Fathers Support Groups



8420 Gas House Pike, Ste. EE - Frederick, MD 21701, 301-600-2206 Fax: 301-600-2209

www.frederickcountymd.gov ^ FamPart@FrederickCountyMD.gov

Center Hours: 8:00 a.m. - 4:00 p.m. Monday - Friday, some evenings too!

Please call for dates and times of evening services.

One of Maryland's Family Support Centers

EOE M/FMD/V

Education Resources (Continued)

4-H DEVELOPMENT, FREDERICK COUNTY OFFICE

Maryland Cooperative Extension

5370 Public Safety Place, Frederick, MD 21702

Telephone: 301-600-1594 Fax: 301-600-1588

Email: bbounds@umd.edu www.extension.umd.edu/local/Frederick

SERVICES: Offer informal educational activities for youth ages 5-18 years.

Programs include local community clubs, special interest clubs, camping, field trips, county workshops, and recognition through the fair and county/state competitions. 4-H develops life skills to prepare youth to be productive citizens. ASL available.

HOURS: M-F 8:00am-4:30pm

FEES: Most programs free. Scholarships available.

FREDERICK COUNTY EVEN START

Frederick County Public Schools – Adult Education

Rock Creek School, 191 Waverley Drive, Frederick, MD 21702

Telephone: 240-236-8780 Fax: 240-236-8785

Email: teena.broadrup@fcps.org www.frederickcountymd.gov

SERVICES: Even Start serves English Language Learners and Adult Basic Learners and their families with young children birth through eight years old on-site at Hillcrest Elementary School. The comprehensive program offers classes in adult education, parenting, early childhood education and interactive learning activities. The staff and families work together during monthly home visits. Even Start prepares young children “to enter school ready to learn.”

HOURS: M-Th 9:00am-2:00pm **FEES:** None

FREDERICK COUNTY JUDY CENTER

Frederick County Public Schools

201 Waverly Drive, Frederick, MD 21702

Telephone: 240-236-8770 Fax: 240-236-8774

SERVICES: Provides early intervention and comprehensive services to families with a child or children between the ages of birth to 5 years old. Services include the following: parent education, family mentoring, computer classes, counseling and literacy training, early childhood educational support, health education and services, developmental screenings, a learning play time between parents and children, and a lending library with resources for children and parents.

Services Waverly, Hillcrest, and Lincoln elementary school districts. Volunteers not needed.

LANGUAGES SPOKEN: Spanish

HOURS: M-F 8:30am-4:00pm

FEES: None

Education Resources (Continued)

PARTNERS FOR SUCCESS

Resource Centers for Families and Schools/Frederick County Public Schools

Rock Creek School, 191 Waverly Drive, Frederick, MD 21702

Telephone: 240-236-8744 Fax: 240-236-8701 www.fcps.org

SERVICES: Provides a full range of support for families of children and young adults with special needs, from 3 to 21 years of age. Offers resources, referrals and trainings for families and professionals. Serves as a link between family, school and community.

HOURS: M-Th 9:00am-3:00pm **FEES:** None

THE KIDS ON THE BLOCK

A program of the Mental Health Association of Frederick County

263 W. Patrick Street, Frederick, MD 21701

Telephone: 301-663-0011 ext. 162 Fax: 301-695-4747

Email: cdeadrick@fcmha.org www.fcmha.org

SERVICES: Provide educational puppet programs addressing issues that children face in today's society. Puppet shows offered include the following: Bullies and School Safety, Child Abuse Prevention, Keeping Kids Healthy and Safe (smoking prevention), Mental Wellness, and Eat Right and Exercise. Wheelchair accessible.

HOURS: Office: M-F 8:00am-4:30pm. Performance times vary.

FEES: Voluntary donations suggested

UNIVERSITY OF MARYLAND COLLEGE OF AGRICULTURAL AND NATURAL RESOURCES

Frederick County Office

330 Montevue Lane, Frederick, MD 21702

Telephone: 301-600-1594;

Home and Garden Info Center ONLY: 800-342-2507;

TTY: 301-600-1672 Fax: 301-600-1588

Email: 1lsmith@umd.edu www.frederick.umd.edu

SERVICES: Provides education and information assistance about agriculture and agribusiness to communities and individuals including economic development, water management and community leadership. Also offers nutrition education and financial management as well as operates local 4-H clubs for youth.

LANGUAGES SPOKEN: American Sign Language

HOURS: M-F 8:00am-4:30pm **FEES:** None

Education Resources (Continued)

YOUTH EDUCATION OUTREACH

A program of the Mental Health Association of Frederick County

263 W. Patrick Street, Frederick, MD 21701

Telephone: 301-663-0011 ext. 162 Fax: 301-695-4747

Email: cdeadrick@fcmha.org www.fcmha.org

SERVICES: Provide educational programs for youth, parents, and community groups on stress management, solving conflicts, bullying and anger management, and internet safety for children in elementary and secondary grades.

Internet Safety for Parents also available.

HOURS: Performance times may vary

Teaches personal body safety to young children through music, song, and dance.
Yello Dyno teaches children to identify “tricky people” and to seek help if they are in danger.
Appropriate for pre-school age through second grade.



To book a show or to find out more information, call the Mental Health Association at 301-663-0011 x162.

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KIDS ON THE BLOCK PUPPET TROUPE

A group of life-size puppets that dress and act like real children who provide educational programs addressing social issues youth face in today's society.

Puppet Shows Available:

- ⇒ Bullies and School Safety
- ⇒ Child Abuse Prevention: Personal Body Safety
- ⇒ Up in Smoke
- ⇒ Eat Right and Exercise

The Kids on the Block



A TROUPE OF EDUCATIONAL PUPPETS

To book a performance or learn more about becoming a puppeteer, please call 301-663-0011 x162 or email cdeadrick@fcmha.org

Family and Children's Support Services

21ST CENTURY COMMUNITY LEARNING CENTER AFTER SCHOOL PROGRAM

*A program of the Mental Health Association of Frederick County and
Frederick County Public Schools*

263 W. Patrick Street, Frederick, MD 21701

Telephone: 301-663-0011 ext.154 Fax: 301-695-4747

Email: rhyllton@fcmha.org www.fcmha.org

SERVICES: After school programs at Thurmont and Walkersville Middle Schools that provide academic support, nutritional snacks, engaging activities, and transportation for participating students. Supportive services such as information and referral, parenting classes, counseling services, and educational programs are also available to students' family members.

HOURS: M-Th 2:30pm-5:30pm

FEES: \$3.00 per day (100% fee waivers are available to any family with financial hardship; no child is ever excluded from participation due to inability to pay tuition.)

ARMY COMMUNITY SERVICES (ACS)

1520 Freedman Drive, Room 124, Frederick, MD 21702

Telephone: 301-619-2197 Fax: 301-619-6288

SERVICES: Financial assistance, consumer affairs, employment assistance, relocation assistance, services for families with special needs, spouse and child abuse prevention, education, lending closet for of household items, and information and referrals. Interpreters available for Sign language, German, and Hispanic languages. Wheelchair accessible.

HOURS: M-F 7:30am-5:00pm

FEES: Free. Available to active duty and retired military individuals and families.

BIG BROTHERS BIG SISTERS OF FREDERICK COUNTY, MD, INC

2 E. Church Street, P.O. Box 442, Frederick, MD 21705

Telephone: 301-694-9455 Fax: 301-694-2709

Email: info@bbbsfrederick.org www.bbbsfrederick.org

SERVICES: Adult role models and companionship for high risk children, ages 6-14. Big Brothers Big Sisters and other mentor volunteers are mature adults, 18 years of age and older. Service learning activities like Inter-generational relationships, mentoring for special needs children at the Rock Creek School, and High School mentoring are provided by middle and high school children. After-school programs, group mentoring, summer activities, tobacco use prevention program, and group services are available for all children enrolled in the diverse programs offered by Big Brothers Big Sisters of Frederick County. Mentoring Plus, a new program to offer mentoring for children of state and federal prisoners are available for children, 6-14 years of age.

HOURS: M-F 9:00am-5:00pm, by appointment only

FEES: None

Family and Children's Support Services (Continued)

BOY SCOUTS OF AMERICA

National Capital Area Council

9190 Rockville Pike, Bethesda, MD 20814

Telephone: 301-530-9360 Fax: 301-564-9513

Email: ddigby@boyscouts-ncac.org www.boyscouts-ncac.org

SERVICES: The mission of the Boy Scouts of America is to prepare young people to make ethical choices over their lifetimes by instilling in them the values of the Scout Oath and Law.

HOURS: M-F 9:00am-5:00pm

CARROLL COUNTY DEPARTMENT OF SOCIAL SERVICES

1232 Tech Court, Westminster, MD 21157

Telephone: 410-386-3300 Fax: 410-386-3429

Email: ccdeptdss@dhrr.state.md.us www.dhrr.state.md.us/carroll

SERVICES: Provides administrative and fiscal services, adult and family services, child welfare, family investment program, and support enforcement, and purchase of day care.

CHILD ADVOCACY CENTER OF FREDERICK COUNTY (CAC)

P.O. Box 1907 Frederick, MD 21702

Telephone: 301-600-1758 Fax: 301-600-3284

Email: mdomer@frederickcountymd.gov www.frederickcountymd.gov

SERVICES: A child-friendly facility that provides comprehensive and coordinated multidisciplinary services to child abuse victims and their families. The CAC only receives referrals from the Frederick County Department of Social Services' Child Protective Services Division (CPS) or local law enforcement agencies. Child abuse interviews; coordination of investigative, legal, medical, and mental health services; on-site medical examinations; linkage to service providers for victims; and information and referrals to other appropriate community agencies.

HOURS: M-F 8:00am-4:00pm **FEES:** None

CHILD AND ADULT CARE FOOD PROGRAM (CACFP)

Frederick County Department of Social Services

100 E. All Saints Street, Frederick, MD 21701

Telephone: 301-600-2687 Fax: 301-600-2663 www.fcdss.info

SERVICES: Provides partial financial reimbursement to registered childcare providers to help them serve nutritional meals and snacks to children in their care. Must be registered as a daycare provider with DSS and meet Childcare Food Program regulations.

HOURS: M-F 8:00am-4:30pm **FEES:** None



Promoting quality child care experiences by providing a supporting link between parents, child care providers and the community.

Services include:

- ◆ Conducts professional development opportunities for prospective and current family child care providers, center staff, and preschool staff.
- ◆ Offers technical assistance and support for start up or continued operation of a child care business for providers.
- ◆ Offers assistance to early education programs on improving quality including achieving state or national accreditation.
- ◆ Works with early care programs as well as individual children and families to promote the social emotional development of young children while decreasing or preventing challenging behaviors.
- ◆ Provides home visiting services to first-time parents to promote positive parenting and help build stronger families healthier children, and a better community.
- ◆ Organizes the Annual Children's Festival to celebrate the joys of childhood through a day of free, hands-on activities especially for children ages 2-8.

Call: 301-662-4549- Business Line

Call: 301-695-4508- Referral Line

Child Care Choices, a program of the Mental Health Association, a United Way Agency and a Member Agency of the Maryland Child Care Resource Network with funding provided by the Maryland State Department of Education.

Family and Children's Support Services (Continued)

CHILD CARE CHOICES

A program of the Mental Health Association of Frederick County

263 W. Patrick Street, Frederick, MD 21701

Telephone: 301-662-4549-business

TDD: 301-695-7225 Fax: 301-695-4826

Email: childcarechoices@fcmha.org www.childcarechoices.info

SERVICES: Conducts training for prospective and current family child care providers, center staff, and preschool staff. Offers Technical Assistance for start-up or continued operation of a child care business including consultations on Maryland's quality improvement initiatives; arranging the environment, developmentally appropriate practice and improving infant and toddler care.

HOURS: M-Th 8:30am-4:30pm **FEES:** Fees vary according to service required.

CHILD PROTECTIVE SERVICES

Frederick County Department of Social Services

100 E. All Saints Street, Frederick, MD 21701

Telephone: 301-600-2464 Fax: 301-600-2639

Emergency response 24 hrs/7 days a week: Contact Frederick City Police Department at 301-600-2102

SERVICES: Investigate reports of suspected child abuse and neglect and offer a variety of services to families when these problems are found to exist. The identity of the person making the report is protected. After-hours investigator can be reached by contacting the Frederick City Police Dispatcher at 301-600-2100. All information is confidential; no appointment is needed. Wheelchair accessible.

HOURS: M-F 8:00am-4:30pm. After hours number: 301-564-8230

FEES: None

CHILD SUPPORT ENFORCEMENT PROGRAM

Frederick County Department of Social Services

100 E. All Saints Street, P.O. Box 237, Frederick, MD 21705

Telephone: 1-800-332-6347 Automated Services: 800-723-9937

SERVICES: Services include searching for the other parent; legally establishing paternity; obtaining a court order for child support and health insurance coverage; collecting support payments; enforcing the court order; and reviewing and adjusting the court order.

FEES: \$25 application fee; waived in certain circumstances

COURT APPOINTED SPECIAL ADVOCATE (CASA)

A program of the Mental Health Association of Frederick County

263 W. Patrick Street, Frederick, MD 21701

Telephone: 301-663-0011 Fax: 301-695-4747

Email: jfuss@fcmha.org www.fcmha.org

SERVICE: CASA recruits, screens, trains, and supervises volunteer advocates for abused and neglected children in the court system. Volunteers serve as best interest advocates for children removed from the home due to abuse or neglect.

HOURS: M-F 8:30am-4:30pm. No appointment needed. Flexible training hours offered.

FEES: None

A POWERFUL VOICE IN A CHILD'S LIFE

CASA of Frederick County

A Member of the National CASA Association



Court Appointed Special Advocates, "CASA Volunteers," are people from many professional and personal backgrounds who offer a voice for the best interest of abused and neglected children in Frederick County.

CASA's goal is to assist the court in pursuing a safe and permanent home for each child.

CASA of Frederick County is a program of the
Mental Health Association of Frederick County

To Become a CASA Volunteer, Call:
301-663-0011



Assisting the court in pursuing safe and
permanent homes for abused and
neglected children



Family and Children's Support Services (Continued)

FAMILY ADVOCACY PROGRAM AT FORT DETRICK

Community Support Center, 1520 Freedman Drive, Fort Detrick, MD 21702

Telephone: 301-619-2408 Detrick HOTLINE: 240-674-2802

Fax: 301-619-6288 Email: FamilyAdvocacy@amedd.army.mil

www.detrick.army.mil/familyAdvocacy

SERVICES: Responsible for the prevention, investigation, and treatment of child and spouse abuse in military families. Provides a variety of family support and intervention services such as parenting classes, couples communication groups, anger management, individual parenting education, and respite care. Individual, marital, group, and family counseling is also available for families affected by or involved in abuse.

HOURS: M-F 8:00am-5:00pm

FEES: Free to active duty and retired military and family members

FOSTER PARENTING

Maryland Department of Human Resources Social Services Administration

311 W. Saratoga Street, Baltimore, MD 21201

Telephone: Baltimore: 410-767-7130 Frederick: 301-600-4525

Email: BTerry@dhr.state.md.us www.dhr.state.md.us

SERVICES: Provides the opportunity for individuals and families to become licensed foster parents for non-related children. Applicants must be 21 years of age, in good health, meet your family's financial obligations, pass a home health and fire inspection, agree not to use physical punishment, agree to a criminal background check, and complete training requirements.

HOURS: M-F 8:00am-5:00pm **FEES:** None



Family and Children's Support Services (Continued)

FREDERICK COUNTY OFFICE FOR CHILDREN & FAMILIES

Frederick County Government, Citizens Services Divisions

520 N. Market Street, 2nd, Floor, Frederick, MD 21701

Telephone: 301-600-3533 Fax: 301-600-3400

Email: Dbelz@frederickcountymd.gov www.frederickcountymd.gov

SERVICES: Seeks to create a more efficient and effective system of care for the children and families of Frederick County through developing service, family, community, and financial partnerships; design goal-directed services that are client centered and family focused; target resources to families with greatest needs; and implement a monitoring system to determine client and cost outcomes. Includes the following: Safe & Stable Families, Healthy Families Frederick, Family Preservation, Return & Diversion Services, Community Services Initiative, Youth Strategies, After School, Child Advocacy Center (CAC), Resource Development Enhancement Fund (RDEF), and Expanded Community Partnership Agreement.

HOURS: M-F 8:00am-4:00pm **FEES:** None

FREDERICK COUNTY WIC PROGRAM (WOMEN, INFANTS, AND CHILDREN)

Frederick County Health Department

350 Montevue Lane, Frederick, MD 21702

Telephone: 301-600-2507 Fax: 301-600-3193 www.frederickcountymd.gov

SERVICES: WIC is a federally funded program that provides healthy foods and nutrition counseling to pregnant women, new mothers, infants, and children under age five. To qualify, you must meet income guidelines, have a nutritional need and live in Frederick County. Visits by appointment only.

HOURS: M-F 8:00am-4:30pm, daily and scheduled evening hours until 6:00pm

FEES: None

FREDERICK COMMUNITY ACTION AGENCY, SUMMER FOOD PROGRAM

100 S. Market Street, Frederick, MD 21701

Telephone: 301-600-6263 www.cithoffrederick.com

SERVICES: Provides a lunchtime meal for lower-income children and youth 18 and under and individuals 19 years and over who have mental or physical disabilities who would qualify for free- or reduced-price meals through the public school system. Pre-school age children can also be served through the program. Meals will be served from June 16 through August 26, 2012; meals will be served Monday through Friday (except on July 4, 2012). Wheelchair accessible.

HOURS: Call for various locations **FEES:** None

Family and Children's Support Services (Continued)

GIRL SCOUT COUNCIL OF THE NATIONS CAPITAL, FREDERICK COUNTY

3 Hillcrest Drive, A103, Frederick, MD 21703

Telephone: 301-662-5106 ext. 11 Fax: 301-695-0631

Email: ginfo@pennlaurel.org www.gscnc.org

SERVICES: In partnership with committed adults, Girl Scouts offers values-based and contemporary programs for girls, ages 5-17, where they can make friends, learn new skills, play sports, create art and travel abroad. Camp programs include day camp, resident camp, and summer activities provide leadership and character-building activities. Leadership training also available.

HOURS: M-F 9:00am-5:00pm, closed 12:30pm-1:30pm for lunch

FEES: \$10 for yearly membership. Financial concerns should never be a barrier to join Girl Scouts. Financial assistance available.

HEALTHY FAMILIES FREDERICK

A program of the Mental Health Association of Frederick County

Telephone: 301-663-6183 Fax: 301-695-4826

SERVICES: Home visiting program to assist new first time pregnant woman and parents of newborns up to 2 weeks old. Services include learning about healthy child development, positive parenting, how to strengthen family life, parent-child bonding and communication, well-baby medical care and immunizations, and help accessing community resources to meet each families needs.

HOURS: M-F 8:30am-4:30pm **FEES:** None

HEARTLY HOUSE, INC.

P.O. Box 857, Frederick, MD 21705-0857

Telephone: 301-662-8800 TTY 301- 662-1565 Fax: 301-663-4334

www.heartlyhouse.org

SERVICES: Serves residents who have been impacted by domestic violence, sexual assault, and child abuse.

24-Hour Hotline: Hotline advocates provide supportive listening, education, options and referrals to victims of domestic violence, sexual assault, and child abuse.

Counseling Services: Offers crisis appointments, ongoing counseling, and support groups. Generally offer three different groups on topics such as Breaking the Cycle for Domestic Violence Victims, Sexual Assault Support, and Adults Molested as Children. Other groups created as need arises.

Legal Services: Provides an on-site attorney and victim advocate. Staff attorney offers direct representation for Protective and Peace Order hearings and representation for a limited number of family law cases, depending on financial eligibility. Victim Advocates provide support, accompaniment to civil and criminal hearings, safety planning, referral's to other helpful agencies, hospital accompaniments and information on courthouse protocol.

Emergency Shelter: Available for victims of domestic violence who are in immediate danger. Shelter is handicap accessible and offers a Safe Pet Program

Family and Children's Support Services (Continued)

that provides a confidential shelter for family pets while clients reside in the emergency shelter.

Abuser Intervention Program: Offers groups for men to help them find alternatives to abusive behavior and anger management. Groups are held for females when the need arises. Cost per group is \$25.

Safe Exams: A 24-hour service that provides a specialty trained advocate to accompany individuals to the hospital for a SAFE Exam after an assault. Advocates support rape/sexual assault victims throughout the SAFE exam process.

Outreach and Education: Offers various presentations to schools, colleges, universities, social clubs, churches; professional agencies, and private organizations. Presentations are geared to the needs of the organization and topics may include domestic violence, sexual assault, elder abuse, and services provided by Heartly House.

HOURS: Crisis calls 24 hrs/7 days a week; Non-crisis requests 7 days a week, 8:00am-10:00pm

FEES: Sliding scale

INFANTS AND TODDLERS PROGRAM, FREDERICK COUNTY

350 Montevue Lane, Frederick, MD 21702

Telephone: 301-600-1612 Fax: 301-600-3280

www.frederickcountymd.gov

SERVICES: Provides early intervention services for children birth to three years with developmental delays, disabilities or special health needs. Offers early intervention services such as speech therapy, physical therapy occupational therapy and special instruction to infants and toddlers. Also provide service coordination and support services for the family.

HOURS: M-F 8:00am-4:00pm **FEES:** None

INSTITUTE FOR FAMILY CENTERED SERVICES

427 E. Patrick Street, Ste. B, Frederick, MD 21701

Telephone: 301-696-0726 Fax: 301-696-0727 www.ifcsinc.com

SERVICES: Must be referred by Department of Juvenile Services (DJS) or a therapist for psychiatric rehabilitation services (PRP). Offers 24 hour crisis intervention for existing clients as well as parent and youth support groups, individual and family counseling, independent living skills training and psychiatric rehabilitation.

HOURS: Office: M-F 8:30am-5:00pm. Operations: 24 hrs/7 days a week. Appointments are needed.

FEES: Medicaid/POS/private pay

Family and Children's Support Services (Continued)

LOCATE: CHILD CARE

Maryland Family Network

1001 Eastern Avenue, Second Floor, Baltimore, MD 21202

Telephone: 1-877-261-0060

SERVICES: Individual phone counseling helps parents learn about various types of child care programs and provides guidelines for selecting high-quality care.

Parents receive contact information for child care services that meet their needs – with information on hours, location, costs, and other program information.

Services are confidential.

HOURS: M-F 8:30am-3:30pm **FEES:** None

MARYLAND CHILDREN'S HEALTH INSURANCE PROGRAM (MCHP)

Frederick County Health Department

350 Montevue Lane, Frederick, MD 21702

Telephone: 301-600-3124 State Hotline: 800-456-8900 Fax: 301-600-1111

www.frederickcountymd.gov

SERVICES: Provides health insurance coverage for average to low-income children up to age 19 and pregnant women of any age. Participants are included in Health Choice, an existing statewide-managed care program. Insurance covers services such as hospital care; prescription medicine; prenatal doctor visits and check-ups; dental and vision care; shots; lab work and tests; and home health. Children not eligible for free health care services through MCHP may be eligible for MCHP Premium. A low monthly premium purchase health coverage is paid.

HOURS: Applications for programs are accepted M, W, F 8:00am-4:30pm, Tu 9:00am-12:00pm, Th 2:00pm-4:30pm

FEES: None

MARYLAND SHERIFFS' YOUTH RANCH

7902 Fingerboard Road, Buckeystown, MD 21717

Telephone: 301-874-4701 ext. 107 Fax: 301-874-4702

Email: MGrover@msyr.org www.msyr.org

SERVICES: Provides foster care to 28 males ranging in age from 10-18 years. Licensed through Maryland Department of Human Resources/Social Services. Appointments are needed and handicap accessible.

HOURS: M-F 8:00am-4:30pm **FEES:** None

Family and Children's Support Services (Continued)

MARYLAND STATE DEPARTMENT OF EDUCATION, DIVISION OF EARLY CHILDHOOD DEVELOPMENT

Maryland State Department of Education

200 W. Baltimore Street, Baltimore, MD 21201

Telephone: 1-877-605-1539 www.msde.maryland.gov

SERVICES: The Division of Early Childhood Development at the Maryland State Department of Education is responsible for early care and education in Maryland. The main mission of the Division is to improve early education in Maryland so that young children are well prepared for school. The Division is composed of the Office of Child Care, the Early Learning Branch, and the Collaboration and Program Improvement Branch.

OFFICE OF CHILD CARE, FREDERICK COUNTY

5303 Spectrum Drive, Ste. G, Frederick, MD 21703

Telephone: 301-696-9766 Fax: 301-696-0629

www.marylandpublicschools.org

SERVICES: Provides information and the means for becoming a licensed day care provider in a private home or for a center. Also, investigates complaints of alleged unlicensed day care centers or home operations. Client must undergo an orientation, application process, and an inspection of day care site. Call or visit web site for further information.

HOURS: M-F 8:30am-5:00pm **FEES:** None

PARENT-CHILD CENTER - HAGERSTOWN

998 Potomac Avenue, Hagerstown, MD 21742

Telephone: 301-791-2224 Fax: 301-791-5872

SERVICES: Prevention of child abuse, parenting classes, and child advocacy program.

HOURS: M-F 9:00am-4:30pm **FEES:** None

PARTNERSHIP FOR EMOTIONALLY RESILIENT KIDS (PERKS)

A program of the Mental Health Association of Frederick County

Telephone: 301-662-4549 Fax: 301-695-4826

Email: PERKS@fcmha.org www.childcarechoices.info

SERVICES: Provides onsite assistance for early education programs with children, age birth through four years old, who exhibit social, emotional or behavioral issues. Partners with parents to offer strategies, resources, and support to develop resilient children.

HOURS: M-Th 8:30am-4:30pm **FEES:** None

Family and Children's Support Services (Continued)

Partnership for Emotionally Resilient Kids (PERKS)

Call 301-662-4549

(A program of the Mental Health Association)

A free service for early care and education programs and the families they serve.

PERKS promotes the social and emotional development and school readiness of young children birth to age five through positive behavioral interventions and supports.



"PHONEFRIEND"

Frederick County Hotline/Mental Health Association of Frederick County

Telephone: 301-694-8255

SERVICES: A help line for children who are home alone or who have a problem they would like to discuss.

HOURS: 24 hrs/7 days a week

FEES: None

PURCHASE OF CARE (POC)

Frederick County Department of Social Services

100 E. All Saints Street, Frederick, MD 21701

Telephone: 301-600-2687 Fax: 301-600-2663 www.fcdss.info

SERVICES: Provides child care vouchers for low-income families who are unable to afford day care or are having difficulty paying for child care. Vouchers are given for each child and usually don't cover the full expense of child care, therefore a co-pay is paid by client. Co-pay is based upon income and eligibility is based upon income, family size, and need. Parent or guardian must work, be in job training, or a school approved activity.

HOURS: M-F 8:00am-4:30pm

FEES: Based on income level

Family and Children's Support Services (Continued)

SCHOOL HEALTH DIVISION

Frederick County Health Department

350 Montevue Lane,
Frederick, MD 21702
Telephone: 301-600-3312
Fax: 301-600-3308
www.frederickcountymd.gov

SERVICES: Working in conjunction with the county school system promotes healthy lifestyles, illness and injury prevention, assist students who have health needs, facilitates access to primary health care, and educates students, staff and the community regarding health care needs.

HOURS: M-F 8:00am-4:30pm



SERVICE COORDINATION, INC.

FREDERICK COUNTY

5303 Spectrum Drive, Ste. I,
Frederick, MD 21703
Telephone: 301-663-8044
TTY: 301-663-9683
Fax: 301-663-9609

www.servicecoordinationinc.org

SERVICES: Provides advocacy and case management for adults and children with developmental disabilities. Coordinators visit clients and families regularly to assess their needs and help locate ongoing support services. Program identifies service gaps, advocates for improvements in the service system and provides community education. Must be referred by Developmental Disabilities Administration (DDA). Volunteers not needed.

HOURS: M-F 9:00am-5:00pm **FEES:** DDA funding

SUPERVISED VISITATION AND MONITORED EXCHANGE PROGRAM

A program of the Mental Health Association of Frederick County

263 W. Patrick Street, Frederick, MD 21701
Telephone: 301-663-0011 Fax: 301-695-4747
Email: hhodges@fcmha.org; Contact Heatherly Hodges, Family Services Coordinator

SERVICES: Supervised Visitation provides a safe environment for children and non-custodial parents to develop or strengthen relationships. The Monitored Exchange program allows for the safe exchange of children from one parent to another without either parent coming in contact with the other. Handicap accessible.

HOURS: Th, F 6:00pm-8:00pm, Sun 1:00pm-6:00pm; appointment needed.

FEES: Sliding scale

Family and Children's Support Services (Continued)

Supervised Visitation and Monitored Transfer

Provides a safe environment for children
and non-custodial parents to develop or
strengthen relationships.

Call 301-663-0011
for more information



SYSTEMS NAVIGATION

A program of the Mental Health Association of Frederick County

263 W. Patrick Street, Frederick, MD 21701

Telephone: 301-663-0011 Fax: 301-695-4747 www.fcmha.org

SERVICES: Provides an experienced family resource counselor to assist families with children 21 and younger with intensive needs to navigate systems of care in Maryland. A Systems Navigator also provides advocacy and support. Call 2-1-1 or 1-800-422-0009.

HOURS: Office: M-F 8:30am-4:00pm; appointments may vary.

FEES: None

TEMPORARY CASH ASSISTANCE

Frederick County Department of Social Services

100 E. All Saints Street, Frederick, MD 21701

Telephone: 301-600-4575 Fax: 301-600-2663 www.fcdss.info

SERVICES: Designed to help families become independent of welfare support through work, personal responsibility and community involvement. Clients are required to participate in some sort of work activities for a minimum of 30 hours per week, in exchange for temporary cash assistance, child care, and training.

HOURS: M-F 8:00am-4:30pm **FEES:** None

Family and Children's Support Services (Continued)

Systems Navigation

provides free assistance to families who have children, ages 0-21, with multiple or intensive needs.

Contact the
**Mental Health Association
of Frederick County**
for more information.

301-663-0011



THE KIDS ON THE BLOCK

A program of the Mental Health Association of Frederick County

263 W. Patrick Street, Frederick, MD 21701

Telephone: 301-663-0011 ext. 162 Fax: 301-695-4747

Email: cdeadrick@fcmha.org www.fcmha.org

SERVICES: Provide educational puppet programs addressing issues that children face in today's society. Puppet shows offered include the following: Bullies and School Safety, Child Abuse Prevention, Keeping Kids Healthy and Safe (smoking prevention), Mental Wellness, and Eat Right and Exercise. Wheelchair accessible.

HOURS: Office: M-F 8:00am-4:30pm. Performance times vary.

FEES: Voluntary donations suggested

WASHINGTON COUNTY DEPARTMENT OF SOCIAL SERVICES

Maryland Department of Human Resources

P.O. Box 1419, 122 N. Potomac Street, Hagerstown, MD 21740

Telephone: 240-420-2100 Fax: 240-420-2111

www.dhr.state.md.us/washington

SERVICES: Assist people in economic need, increase prevention efforts, and protect vulnerable children and adults. Provide a continuum of human service programs that are assured to all in need. Services include the following: Family Investment Division; Child Support Enforcement; Adult, Child, and Family Services Division; The Family Center; and Adult Protective Services.

HOURS: M-F 8:30am-4:30pm

FEES: Vary

Family and Children's Support Services (Continued)

YMCA OF FREDERICK COUNTY

1000 N. Market Street, Frederick, MD 21701

SE Branch: 11791 Fingerboard Road, #21, Monrovia, MD 21770

Telephone: Frederick Branch 301-663-5131; Southeast Branch 301-607-6900

SERVICES: Offer a wide variety of programs for all ages, including swimming, dancing, fitness, massage, youth specialty programs, camping, sports, karate, and child care.

HOURS: Frederick Branch: M-F 6:00am-10:00pm, Sat 7:30am-8:30pm, Sun 12:00pm-8:30pm in the winter. Call Southeast Branch for available hours. M-F Health and Wellness Center opens at 5:30am.

FEES: Various types of memberships and program fees. Scholarships available.

YOUTH EDUCATION OUTREACH

A program of the Mental Health Association of Frederick County

263 W. Patrick Street, Frederick, MD 21701

Telephone: 301-663-0011 ext. 162 Fax: 301-695-4747

Email: cdeadrick@fcmha.org www.fcmha.org

SERVICES: Provide educational programs for youth, parents, and community groups on stress management, solving conflicts, bullying and anger management, and internet safety for children in elementary and secondary grades.

Internet Safety for Parents also available.

HOURS: Performance times may vary

Early Educator Training and Technical Assistance

(A program of the Mental Health Association)

Offers information and technical assistance regarding starting, expanding, and/or operating a child care center or

family child care home. We also offer Information and assistance for individuals in the process of applying for their credential and/or programs seeking to become accredited.



Please contact us at
301-662-4549 in Frederick County or
410-751-2917 in Carroll County

General Services



2-1-1 MARYLAND

A service of the Mental Health Association of Frederick County

Telephone: 2-1-1 or 301-662-2255

SERVICES: 2-1-1 is answered by trained call specialists who assess the callers' needs and link them to the right health and human services using a comprehensive database of federal, state and local services. 2-1-1 cuts through the confusion and links callers to the health and human services they need. 2-1-1 services are available in over 150 languages. 2-1-1 is available from cellular phones. Standard airtime rates may apply. If you experience difficulties calling 2-1-1, you may access the identical service by calling 301-662-2255 or 1-866-411-6803 (outside of Frederick County).

HOURS: 24 hrs/7 days a week **FEES:** None

ANNE-LYNN GROSS BREAST CANCER RESOURCE CENTER

Women's Center at Frederick Community College

7932 Opossumtown Pike, Frederick, MD 21702

Telephone: 301-846-2483 www.frederick.edu/adultservices

SERVICES: The Anne-Lynn Gross Breast Cancer Resource Center provides a centralized location to access information about early detection, treatment, nutrition, and aftercare. Resources include on-site resources and referrals, information sessions and workshops, a lending library, and web access to related resource sites. In addition, a support group for breast cancer survivors, from newly diagnosed to long-term remission, meets the 2nd Thursday of each month at 7:00pm in the Arts and Student Center, Classroom/Student Center, Room H-239.

HOURS: M-F 8:30am-4:30pm; evening hours by request

FEES: None

General Services (Continued)

ARTHRITIS FOUNDATION, MARYLAND CHAPTER

9505 Reisterstown Road, Ste. 1 North, Owings Mills, MD 21117

Telephone: 800-365-3811 Fax: 410-654-9270

www.arthritis.org/chapters/maryland

SERVICES: Provides support services to people affected by or interested in learning more about arthritis. Services include but not limited to information and referrals, warm water and land exercise program throughout Maryland and professional training programs. Wheelchair accessible.

HOURS: M-F 8:30am-4:30pm

FEES: Vary from program to program. Scholarships available.

BIRTHRIGHT OF FREDERICK

216 W. Patrick Street, Frederick, MD 21701

Telephone: 301-663-0111 Hotline: (800) 550-4900 www.birthright.org

SERVICES: Caters to women in crisis, for example, with an unexpected pregnancy, emergency need for formula and diapers, etc. Agency has infant clothing and maternity wear. Spanish interpreter available.

HOURS: M, Th, F 10:00am-2:00pm, W 7:00pm-8:30pm, Tu 12:00pm-2:00pm

FEES: None

CALM, INC

THE FREDERICK COUNTY COMMUNITY MEDIATION CENTER

Bernard Brown Community Center, 629 N. Market Street, Frederick, MD 21701

Telephone: 301-631-2256 Fax: 301-620-4224 www.frederickcalm.org

SERVICES: Provides confidential mediation and community conferencing services to resolve non-violent disputes. Provides confidential mediation services to resolve conflicts. Participants in mediation take responsibility for reaching their own solutions with the help of neutral mediators. Examples includes the following: family conflict, divorce, neighbors, consumer-business, employer-employee, co-workers, room-mates, small claims, landlord-tenant, troubled relationships, school conflict, land use issues, and court referrals.

Provides a way for six or more participants to resolve an issue/conflict using a trained facilitator. Community conferencing can be effective for juvenile offenses, neighbors, school situations, or other large group issues. Volunteers ages 21 and older are welcome to serve as mediators. A one year commitment is required.

LANGUAGES SPOKEN: Spanish

HOURS: M-F 9:00am-3:00 pm. Mediation takes place during the day, evenings and weekends.

FEES: None

General Services (Continued)

COMMUNICATION SERVICE FOR THE DEAF, INC.

(CSD OF MARYLAND)

452 Prospect Boulevard, Frederick, MD 21701

Telephone: 301-696-1550 TTY: 301-695-1109 Fax: 301-695-6859

Email: ssperanza@c-s-d.org www.c-s-d.org

SERVICES: Interpreting services, community education, American Sign Language program, cultural sensitivity training, information and referrals, deaf senior citizen programs, visual smoke alarm distribution program, and youth leadership camp. Volunteer and internship program. Adult literacy classes and computer classes. Wheelchair accessible.

HOURS: M-F 8:00am-5:00pm **FEES:** Vary

FREDERICK COUNTY DIVISION OF PARKS AND RECREATION

Frederick Community College

118 N. Market Street, Frederick, MD 21701

Telephone: 301-600-1646 Fax: 301-600-2595 www.frederickcountymd.gov

SERVICES: Responsible for operating a variety of parks, facilities, and recreation programs within Frederick County and includes such amenities as athletic facilities, adult fitness, environmental and historical activities, special events, trips, sports, classes, and more. Visit web site for calendar of events and locations or brochure.

HOURS: M-F 7:30am-4:30pm **FEES:** Vary

FREDERICK COUNTY GOVERNMENT INFORMATION LINE

12 E. Church Street, Frederick, MD 21701

Telephone: 301-600-9000 Fax: 301-694-2025 www.co.frederick.md.us

SERVICES: Provides phone numbers, information, and services for Frederick County government offices.

HOURS: M-F 8:00am-4:00pm **FEES:** None

FREDERICK COUNTY HUMANE SOCIETY

5712 D Industry Lane, Frederick, MD 21704

Telephone: 301-694-8300 Fax: 301-694-8305

Email: info@fchs.org www.fchs.org

SERVICES: Offers county residents educational classes for dog obedience and problem solving, pet bereavement sessions, veterinary emergency assistance, a pet food bank, a micro-chip program, a low cost spay and neuter program, and educational programs for groups and schools. Refers pet rescue and animal cruelty issues to Animal Control. Canned and dry pet food as well as monetary donations welcomed. Volunteers 18 and older welcome to help with fund raising and educational programs.

HOURS: Tu-F 9:00am-5:00pm, Sat 9:00am-1:00pm

FEES: None

General Services (Continued)

INTERNAL REVENUE SERVICES, FREDERICK COUNTY OFFICE

U.S. Department of the Treasury

201 Thomas Johnson Drive, Frederick, MD 21701

Telephone: 301-695-7615 Federal Tax Information: 800-829-1040

Refund Hotline: 800-829-1954 TTY: 800- 829-4059

Maryland Taxpayer Service: 800-638-2937

www.irs.gov

SERVICES: For individuals with an income of \$40,000 or less. Feb 1-April 15, 2012, M-F 8:30am-4:30pm (closed during lunch 1:00pm-2:00pm and federal holidays). Walk-ins only for tax assistance. Offers e-filing. Operates on a first come first serve basis.

HOURS: M-F 8:30am-4:30pm **FEES:** None

MARYLAND ACCESSIBLE TELECOMMUNICATIONS (MAT)

301 W. Preston Street, Rm. 1008 A, Baltimore, MD 21201-2365

Telephone: Voice/TTY Customer Service: 800-552-7724 Fax: 410-767-4276

www.mdrelay.org

SERVICES: Program provides free assistive telecommunications equipment to qualifying Marylanders, such as amplified phones, TTYs (text telephones), and other assistive devices to those who have difficulty using a standard phone. To qualify applicants must currently be receiving Supplemental Security Income (SSI), Social Security Disability Income (SSDI), Temporary Disability Assistance Program (TDAP) or Temporary Cash Assistance (TCA), and may be deaf, hard of hearing, Deaf/Blind, speech or mobility disabled.

HOURS: M-F 8:30am-5:00pm **FEES:** None

MARYLAND RELAY SERVICE

301 W. Preston Street, Rm. 1008A, Baltimore, MD 21201

Telephone: 7-1-1 Customer Service: 1-800-552-7724 Fax: 410-767-4276

www.mdrelay.org

SERVICES: Free public service that enables persons to communicate with someone who is deaf, hard-of-hearing, late-deafened or speech-disabled, and who uses a TTY (Text Telephone). The spoken words are relayed by an Operator (OPR) who types them, word for word, to the person on the other end of the line. Then the OPR speaks to the hearing person everything that the TTY user types back. Either a TTY user or a person using a standard phone may initiate a call through Maryland Relay, anywhere, anytime.

HOURS: 24 hrs/7 days a week **FEES:** None for local calls

General Services (Continued)

SERVICE COORDINATION, INC.

5303 Spectrum Drive, Ste. 1, Frederick, MD 21703

Telephone: 301-663-8044 TTY: 301-663-9683 Fax: 301-663-9609

www.servicecoordinationinc.org

SERVICES: Provides advocacy and case management for adults and children with developmental disabilities. Coordinators visit clients and families regularly to assess their needs and help locate on going support services. Program identifies service gaps, advocates for improvements in the service system, and provides community education. Must be referred by Developmental Disabilities Administration (DDA). Volunteers not needed.

HOURS: M-F 9:00am-5:00pm **FEES:** None

THE METROPOLITAN WASHINGTON EAR

12061 Tech Road, Silver Spring, MD 20904

Telephone: 301-681-6636 Fax: 301-625-1986

Email: information@washear.org www.washear.org

SERVICES: Multimedia reading and information service for the blind, visually impaired, and print disabled. Dial-in news; radio reading; and web casting of newspapers, magazines, books, and shopping ads.

HOURS: 24 hrs/7 days a week **FEES:** None

TRANSIT

Services of Frederick County

1040 Rocky Spring Road, Frederick, MD 21702

Telephone: 301-600-2065 Fax: 301-600-3471

Email: transit@fredco-md.net www.co.frederick.md.us/transit

SERVICES: Public transportation serving Frederick City, Brunswick, Point of Rocks, Emmitsburg, Thurmont, Spring Ridge, Walkersville, and Route 85. Specialized county wide transportation for Senior Citizens and people with disabilities. Commuter information for ride-sharing and regional mass transit. Commuters call 301-600-RIDE.

HOURS: M-F 8:00am-4:00pm **FEES:** Set

UNITED WAY OF FREDERICK COUNTY, INC.

P.O. Box 307, Frederick, MD 21705

Telephone: 301-663-4231; 800-994-0808 Fax: 301-663-1855

Email: info@unitedwayfrederick.org www.unitedwayfrederick.org

SERVICES: Recruits people and organizations to engage in giving, advocating, and volunteering in the areas of education, income and health.

HOURS: M-F 8:30am-4:30pm **FEES:** None

General Services (Continued)

WE INTERPRET. NET

P.O. Box 250, Libertytown, MD 21762

Telephone: 877-788-8454

Email: WIN@WeInterpret.net www.weinterpret.net

SERVICES: WIN has more than 300 professional interpreters available for more than 50 languages and we specialize in American Sign Language. Our interpreters have extensive experience, including in specialized areas such as medicine, law, government, and education.

HOURS: Office: M-F 9:00am-5:00pm. Interpreters: 24 hrs/7 days a week. Emergency services available.

Mental Health First Aid

(A program of the Mental Health Association)

Training course designed to educate the general public on skills they can use to identify the early stages of mental health problems and be effective first responders to a mental health crisis situation.

For more information, call
301-663-0011



Health Care Services and Information

| | |
|--|-----|
| AIDS Services..... | 121 |
| General Health Care Information and Services | 122 |
| In-Home Respite Care | 130 |

FREDERICK COUNTY HOTLINE

301-662-2255

Information, Referrals, and
Suicide/Crisis Intervention
A 24 Hour Service / Confidential / TTY



SUICIDE PREVENTION HOTLINES

NATIONAL SUICIDE PREVENTION LIFELINE

1-800-273-TALK (1-800-273-8255)

1-800-SUICIDE (1-800-784-2433)

MARYLAND CRISIS HOTLINE

1-800-422-0009

Toll free hotline throughout Maryland

2-1-1 WESTERN MARYLAND

Dial 2-1-1 or 1-866-411-6803

Free, 24/7 information and referral service for all health
and human services in Western Maryland.

**Airtime and other charges may apply for cell phone users.*

PHONE FRIEND

301-694-8255

A support line for children home alone

A program of the Mental Health Association of Frederick County
301-663-0011 • www.fcmta.org

AIDS Services

FREDERICK COUNTY HEALTH DEPARTMENT- AIDS SERVICES

350 Montevue Lane, Frederick, MD 21702

Telephone: 301-600-3342 Fax: 301-600-1403

SERVICES: Confidential testing, counseling, and support.

HOURS: M-F 9:30am-11:00am and 1:30pm-3:00pm.

Appointment and walk-ins.

FEES: None

General Health Care Information and Services

ALZHEIMER'S ASSOCIATION, WESTERN MARYLAND

108 Byte Drive, Ste. 103, Frederick, MD 21702

Telephone: 301-696-0315 24 hr Helpline: 800-272-3900 Fax: 301-696-9061

Email: info.maryland@alz.org www.alzgmd.org

SERVICES: Provides individuals with Alzheimer's, their families and caregivers a 24-hour Helpline, information and referral, support groups, and a medic alert/safe return program. Also offers a speakers bureau and advocates for research, treatment, and prevention of Alzheimer's.

HOURS: M-F 8:30am-4:30pm **FEES:** Vary

AMERICAN CANCER SOCIETY

1393 Progress Way, Ste. 908, Eldersburg, MD 21784

Telephone: 1-800-227-2345; 410-781-4316 Fax: 410-781-4317

SERVICES: Information and guidance as well as transportation to and from treatment centers. Support programs for cancer patients. Limited financial assistance for pain and nausea medications. Grants determined on assessment of need. Cancer Education Programs, films, and brochures available.

HOURS: M-F 8:30am-4:30pm **FEES:** None

AMERICAN DIABETES ASSOCIATION

Mid-Atlantic Maryland Region

800 Wyman Park Drive, Ste. 110, Baltimore, MD 21211

Telephone: 410-265-0075 1-888-DIABETES Fax: 410-235-4048

www.diabetes.org

SERVICES: To help all people affected by diabetes through public information, advocacy, and research to find a cure.

HOURS: 24-hour answering services **FEES:** None

AMERICAN HEART ASSOCIATION

415 N. Charles Street, P.O. Box 17025, Baltimore, MD 21201

Telephone: 410-685-7074 Fax: 410-637-4550

Email: chanson@heart.org www.americanheart.org

SERVICES: Information on cardiovascular disease and stroke offered; health fairs are provided; community education through major events including Jump Rope for Heart, Hoops for Heart, and the American Heart Walk.

HOURS: M-F 8:30am-5:00pm **FEES:** None

AMERICAN RED CROSS

2 E. Frederick Street, P.O. Box 186, Walkersville, MD 21793

Telephone: 301-662-5131 (24-hr answering) Fax: 301-845-2689

Email: Frederick@frederickredcross.org www.frederickredcross.org

SERVICES: Provides Armed Forces emergency services, disaster services (house fires to hurricanes) and health and safety services that include CPR, babysitting and water safety.

HOURS: M-F 8:30am-4:30pm

General Health Care Information and Services (Continued)

BIRTHRIGHT OF FREDERICK

216 W. Patrick Street, Frederick, MD 21701

Telephone: 301-663-0111 Hotline: (800) 550-4900

www.birthright.org

SERVICES: Caters to women in crisis, for example, with an unexpected pregnancy, emergency need for formula and diapers, etc. Agency has infant clothing and maternity wear. Spanish interpreter available.

HOURS: M, Th, F 10:00am-2:00pm, W 7:00pm-8:30pm, Tu 12:00pm-2:00pm

FEES: None

CARE NET PREGNANCY CENTER OF FREDERICK

707 N. Market Street, Frederick, MD 21701

Telephone: 301-662-5300 800-395-HELP (4357) Fax: 301-631-5572

www.carenetfrederick.org

SERVICES: A medical Pregnancy resource center for women and teens that offers a variety of support services. Services include free pregnancy test, limited obstetrical ultrasound (sonograms) as medically needed (does not provide or refer for abortions), educates women and men about reproductive issues including pregnancy, parenting, adoption, abortion, sex and health as well as information and referrals to other services as needed. Offers a Earn While you Learn program by providing parenting and life skills classes and what to expect after pregnancy. As these things are learned credits are given toward the purchase of baby items that include infants/children clothing, diapers and wipes, food/formula, car seats, strollers and high chairs.

HOURS: Parent Care (material assistance) M, W, F 10:00am-2:00pm;

Medical Center (pregnancy tests, appointments) Tu 11:00am-5:00pm,

Th 1:00pm-8:00pm

FEES: None

CATOCTIN PREGNANCY CENTER

502 E. Main Street, P.O. Box 1168, Emmitsburg, MD 21727

Telephone: 301-447-3391

SERVICES: Service-oriented charitable organization to assist pregnant women, families, and children. Free pregnancy tests and counseling. Material assistance with clothing, baby furniture, diapers, and formula. Appointments are not needed.

HOURS: M, F 1:00pm-9:00pm, Tu 7:00am-8:00pm, W 12:00pm-2:00pm.

No appointments needed

General Health Care Information and Services (Continued)

COMMUNITY HEALTH CHARITIES OF MARYLAND, INC.

Headquarters: 1777 Reisterstown Road, Ste. 354, Baltimore, MD 21208

Telephone: 800-242-4356 Fax: 410-580-9324 Email: pat@chcmd.org

Regional Offices Western MD: 22 S. Market Street, Ste. 2B, Frederick, MD 21701

Telephone: 301-663-0669 Fax: 301-663-5830

Email: djones@healthcharities.org www.maryland.healthcharities.org

SERVICES: Community Health Charities of Maryland is a 501 (c) (3) non-profit federation of more than 90 national, statewide, regional and local health organizations. Our agencies have an enormous impact on your health and that of your loved ones, families, friends and the community by: providing hands-on health care programs, services and support, education and training to health professionals and the general public and engaging in medical research. CHCMD conducts workplace payroll deduction campaigns to help provide the funds necessary for its member organizations to continue their individual efforts to improve health. CHCMD encourages you to tell us which member health organization(s) should receive your donation. Designating to your preferred organization(s) allows you to have a meaningful impact on the health and well-being of your loved ones, families, friends and community. Interpretation and sign language available. Please call first so arrangements may be made.

HOURS: M-F 8:00am-5:00pm **FEES:** None

DEPAUL DENTAL

Seton Center Outreach

16840 S. Seton Avenue, Emmitsburg, MD 21727

Telephone: 301-447-6102 Fax: 301-447-1748 www.setoncenterinc.org

SERVICES: Offers dental services for low-income adults with no dental insurance. Must fall within the Federal Guidelines for low-income adults and have no dental insurance. Targets Northern Frederick County. Limited Spanish speaking.

HOURS: M-F 9:00am-4:00pm **FEES:** None

FITTINGS BY MICHELLE

Frederick Memorial Hospital, Regional Cancer Therapy Center

501 W. 7th Street, Frederick, MD 21701

Telephone: 301-418-6625 www.fmh.org

SERVICES: Private fittings for breast prostheses by appointment. Services include emotional support, patient education, and the most innovative products including Lymph Edema sleeves, wings, headwear, swimwear, and accessories.

HOURS: M-F 8:00am-4:00pm **FEES:** Vary

General Health Care Information and Services (Continued)

FMH CANCER PATIENT ASSISTANCE PROGRAM

Frederick Memorial Hospital, Regional Cancer Therapy Center

501 W. 7th Street, Frederick, MD 21701

Telephone: 240-566-3300 Fax: 240-566-3959 www.fmh.org

SERVICES: Service available to qualified cancer patients who need financial help paying for medicine, dietary supplements, and durable medical supplies until a more permanent solution can be found.

HOURS: Hospital: 24 hrs/7 days a week **FEES:** Vary

FMH WELLNESS CENTER

Frederick Memorial Hospital Health Care System

5500 Buckeystown Pike, Frederick, MD 21703

Telephone: 240-379-6000 Fax: 240-379-6010 www.fmh.org

SERVICES: Dedicated to the education and promotion of healthy lifestyles in the community. Weight management and nutrition services (including Diabetes), complimentary therapy programs such as reflexology, meditation, pre-natal massage and regular massage, acupuncture, and facials. Offers a program for seniors 55 and older called FHM select, safety and injury prevention, an extensive family program that includes birthing classes a tour of the birthing area and a Baby Bundle, as well as exercise classes that include Yoga (senior and pre-natal), Pilates, and Tai Chi.

HOURS: Use parking lot entrance: M-Th 8:00am-8:00pm, F 8:00am-4:30pm, Sat 8:00am-3:00pm, Sun 1:00pm-5:30pm

FEES: Vary

FREDERICK COUNTY HEPATITIS CLINIC, INC.

Frederick Co. Health Department

350 Montevue Lane, Entrance B, Ste. C, Frederick, MD 21702

Telephone: 301-600-3343 Fax: 301-600-3387

Email: info@FrederickCountyHepatitisClinic.org

www.FrederickCountyHepatitisClinic.org

SERVICES: Hepatitis B and C screening, diagnosis, and treatment of chronic viral hepatitis. Clinic arranges for laboratory testing and medication treatments at no charge for those who qualify. Handicap accessible. Appointments are needed. Spanish spoken.

HOURS: Clinic: Tu 12:00pm-6:00pm, W 5:00pm-8:00pm;

Business: M-F 9:00am-5:00pm

FEES: Medicare/Medicaid/most insurance/uninsured fee is \$35.

Clinic will arrange for lab testing and medication treatment at no charge for those who qualify. Persons unable to pay fee may qualify for a reduction or waiver of the fee.

General Health Care Information and Services (Continued)

HOSPICE OF FREDERICK COUNTY

A division of Frederick Memorial Hospital

516 Trail Avenue, Frederick, MD 21702

Telephone: 240-566-3030 Fax: 240-566-3601

www.Hospiceoffrederick.org

SERVICES: Provides outpatient and inpatient hospice services that include medical, emotional and spiritual support, as well as a pet visitation program to terminally ill individuals and their loved ones.

Outpatient: Nurses, home health aides, a social worker, a pastoral care counselor, and specially-trained volunteers provide medical, emotional and spiritual support to those terminally ill individuals and their families.

Inpatient: Kline Hospice House is a residence for people with a life expectancy measured in weeks that can no longer stay in their homes.

Mutual Support: Provides a variety of bereavement workshops, support groups, seminars and individual telephone or face to face support.

Camp Jamie: A weekend bereavement camp for children approximately 6-14 years of age at no cost to families.

Hospets: Certified volunteers and their pets visit hospice patients.

Volunteers: Adult volunteers needed to help with administrative duties, fundraising, bereavement calls and provide care to patients and their families.

HOURS: M-F 8:30am-4:30pm. Nurses on staff 24 hrs/7 days a week.

FEES: Medicare/Medicaid/most private insurance/free to uninsured

MARTY LYONS FOUNDATION

7194 Glenmeadow Court, Frederick, MD 21703

Telephone: 301-668-6006 Fax: 301-668-8702

Email: mlf_maryland@martylyonsfoundation.org

www.martylyonsfoundation.org

SERVICES: Provide wishes for children diagnosed with a life-threatening illness or terminal illness. Child needs to be treated in Maryland or reside in Maryland. Ages are 3-17 years of age.

HOURS: No appointment needed **FEES:** None

MARYLAND CHILDREN'S HEALTH INSURANCE PROGRAM (MCHP)

Frederick County Health Department

350 Montevue Lane, Frederick, MD 21702

Telephone: 301-600-3124 State Hotline: 800-456-8900 Fax: 301-600-1111

www.frederickcountymd.gov

SERVICES: Provides health insurance coverage for average to low-income children up to age 19 and pregnant women of any age. Participants are included in Health Choice, an existing statewide-managed care program. Insurance covers services such as hospital care; prescription medicine; prenatal doctor visits and check-ups; dental and vision care; shots; lab work and tests; and home health. Children not eligible for free health care services through MCHP may be eligible for MCHP Premium. A low monthly premium purchase health coverage is paid.

HOURS: Applications for programs are excepted M, W, F 8:00am-4:30pm, Tu 9:00am-12:00pm, Th 2:00pm-4:30pm

FEES: None

General Health Care Information and Services (Continued)

FREDERICK COMMUNITY ACTION AGENCY

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MEDBANK PROGRAM

Help for People Who Can't Afford Their Prescription Medication



The Medbank Program helps low- to moderate-income, uninsured, or underinsured people obtain the prescription medications they need, but can't afford.

The Medbank Program works by helping people to obtain free or low-cost prescription medications offered through patient assistance programs operated by pharmaceutical manufacturing companies. The prescription must be for a medical or psychiatric condition that requires medication for at least several months. The Medbank Program in Frederick County is operated by the Frederick Community Action Agency.

To be eligible for the Medbank Program, Frederick County residents must:

- Meet the financial guidelines set by the pharmaceutical companies
- Be found ineligible for other programs such as Medical Assistance, Primary Adult Care, or Medicare Part D
- Have no other prescription drug coverage
- Need medications to treat longer-term conditions

For more information contact:

**Medbank Program
100 South Market Street
Frederick, Maryland 21701
Telephone: 301-600-3972**



General Health Care Information and Services (Continued)

MEDBANK PROGRAM

Frederick Community Action Agency

100 S. Market Street, Frederick, MD 21701

Telephone: 301-600-1506 Fax: 301-662-9079 www.medbankmd.org

SERVICES: Help low-to-moderate-income people who are uninsured or underinsured obtain the prescription medications they need, but cannot afford. Will obtain free or low-cost prescription medications offered through Patient Assistance Programs operated by pharmaceutical manufacturing companies. RX must be for a medical or psychiatric condition that requires at least several months worth of medication and other eligibility requirements must be made.

HOURS: Call for hours **FEES:** Vary

MISSION OF MERCY, INC.

Main Office: 22 S. Market Street, Ste. 6D, Frederick, MD 21701

Telephone: 301-682-5683 Fax: 301-682-3499

SERVICES: Provide basic free medical, psychiatric support, and dental services and assistance with medications at various sites; site visits are scheduled either weekly or every other week, 9:00am-4:00 pm. Hispanic and Sign interpreters at Frederick site.

HOURS: Call for nearest location and clinic hours **FEES:** None

PHYSICIAN REFERRAL SERVICE

Frederick Memorial Hospital

400 W. 7th Street, Frederick, MD 21701

Telephone: 301-695-1300; 1-800-717-5324 Fax: 240-566-3969

Email: physref@fmh.org www.fmh.org

SERVICES: Physician referral to assist in finding a family physician or specialist to meet your personal needs. May access information on the website as well.

HOURS: M-F 8:30am-4:30pm **FEES:** None

PLANNED PARENTHOOD OF MARYLAND

Planned Parenthood Federation of America

170 Thomas Johnson Drive, Ste. 100, Frederick, MD 21702

Telephone: 301-662-7171 Toll Free: 800-230-7526 Fax: 301-620-9442

www.plannedparenthoodmd.org

SERVICES: Offers comprehensive reproductive health care services including the following:

Health Education: Offers information and education on approved birth control methods and sexually transmitted diseases.

Medical Services: Offers GYN exams, pregnancy testing with counseling and referral on all options for continuing or terminating pregnancy, family planning counseling and supplies, diagnosis and treatment of sexually transmitted diseases and HIV testing and counseling. Routine health screenings (physicals) available for women.

Male Services: Offers vasectomy referrals, STD, and HIV screening.

Emergency Contraception: Offered for unprotected sex and should be done within 72 hours of intercourse.

General Health Care Information and Services (Continued)

HOURS: M-Th 8:00am-7:00pm, F 8:00am-2:30pm, 2nd and 3rd Sat of month 8:00am-2:30pm

FEES: Cash/checks/Visa/Mastercard/Discover/sliding scale/Medicaid/most insurance. Call for details. **NOTE:** Checks are not accepted for termination of pregnancy.

PRIMARY ADULT CARE PROGRAM (PAC)

Frederick Community Action Agency

100 S. Market Street, Frederick, MD 21701

Telephone: 301-600-1506 TTY: 301-662-9164 Fax: 301-662-9079

www.cityoffrederick.com

SERVICES: Provides free medical care to lower-income adults (19 to 65).

Outreach Workers and Case Managers are available to help individual's complete applications. Wheelchair accessible.

HOURS: M-F 8:30am-4:30pm **FEES:** None

ROAD TO RECOVERY

Frederick Memorial Hospital, Regional Cancer Therapy Center

501 W. 7th Street, Frederick, MD 21701

Telephone: 240-566-3300 Fax: 240-566-3959 www.fmh.org

SERVICES: Volunteer drivers provide transportation assistance for cancer patients to and from cancer treatments. Patients must be ambulatory. Contact Social Work Department at 240-566-4699 to volunteer or schedule transportation.

HOURS: 24 hrs/7 days a week **FEES:** None

SAINT CATHERINE'S NURSING CENTER

331 S. Seaton Avenue, Emmitsburg, MD 21727

Telephone: 301-447-7000 TDD 301-447-7014 Fax: 301-447-7015

www.stcatherinesnursingcenter.com

SERVICES: Provides a wide range of services including 24 hour nursing care, pain management, rehabilitation, restorative care, and palliative care. Offers an Aquatic program, occupational, physical, and speech therapy.

HOURS: M-F 8:00am-4:30pm; Facility 24 hrs/7 days a week

FEES: Vary depending on services.

THE ASHLEY FOUNDATION

312 E. Church Street, Frederick, MD 21701

Telephone: 301-695-7660

Email: info@theashleyfoundation.org www.cffredco.org

SERVICES: Offers a scholarship program, a giving library, information, and referrals to teens ages 13-19 with cancer and their families.

HOURS: M-F 9:00am-5:00pm **FEES:** None

In-Home Respite Care

ADULT SERVICES

Frederick County Department of Social Services

100 E. All Saints Street, Frederick, MD 21701

Telephone: 301-600-2635 Fax: 301-600-2639

SERVICES: Provides senior citizens and individuals 18 to 64 years old that are mentally, physically, or developmentally disabled case management, assessment, referral, and continuous evaluation of their situation and needs. Services may include bathing and dressing, light housekeeping, meal preparation, transportation, shopping, and budgeting. Also provides seniors 65 and older, who have a medical condition that puts them at risk of having to enter a nursing home or other institutions, a geriatric evaluation and a case manager to locate and arrange for needed services. They continuously evaluate their situation and needs. Services may include bathing and dressing, light housekeeping, meal preparation, transportation, shopping, and budgeting.

HOURS: M-F 8:00am-4:30pm **FEES:** None/sliding fee scale

AERS AND PERSONAL CARE PROGRAM

Frederick County Health Department

350 Montevue Lane, Frederick, MD 21702

Telephone: 301-600-1736 Fax: 301-600-3548

SERVICES: Assistance with personal care and activities of daily living for individuals with a current Medical Assistance card. Personal care activities may include assistance with bathing, dressing, meal preparation and ambulation.

HOURS: M-F 8:00am-5:00pm **FEES:** None

FEDERATED CHARITIES CORPORATION

22 S. Market Street, Ste. 3, Frederick, MD 21701

Telephone: 301-662-1561 Fax: 301-662-1561

SERVICES: Free loan of homecare medical equipment to Frederick County residents for 60-day period; leasing office space at a low-cost to nonprofit agencies. Wheelchair accessible.

HOURS: M-F 8:00am-4:00pm. Appointments are needed.

FEES: None for loan closet program

TELEPHONE REASSURANCE PROGRAM

A Program of the Mental Health Association of Frederick County

263 W. Patrick Street, Frederick, MD 21701

Telephone: 301-663-0011 Fax: 301-695-4747

Email: lmyers@fcmha.org www.fcmha.org

SERVICES: Provides elderly, homebound clients with support and referrals through daily scheduled calls.

HOURS: 7 days a week, 7:00am-12:00pm **FEES:** None

In-Home Respite Care (Continued)



TELEPHONE REASSURANCE PROGRAM

Service Provided Free of Charge

"A friendly voice with your best interests at heart"

**Scheduled Phone Calls for the
Elderly and Homebound**

For more information call 301-663-0011



Housing and Emergency Services

2-1-1 MARYLAND

A service of the Mental Health Association of Frederick County

Telephone: 2-1-1 or 301-662-2255

SERVICES: 2-1-1 is answered by trained call specialists who assess the callers' needs and link them to the right health and human services using a comprehensive database of federal, state and local services. 2-1-1 cuts through the confusion and links callers to the health and human services they need. 2-1-1 services are available in over 150 languages. 2-1-1 is available from cellular phones. Standard airtime rates may apply. If you experience difficulties calling 2-1-1, you may access the identical service by calling 301-662-2255 or 1-866-411-6803 (outside of Frederick County).

HOURS: 24 hrs/7 days a week **FEES:** None

ACCESS TO CARE PROGRAM (ATC)

Frederick Community Action Agency

100 S. Market Street, Frederick, MD 21701

Telephone: 301-600-1506 TTY: 301-662-9164 Fax: 301-662-9079

www.cityoffrederick.com

SERVICES: Provides low income adults and children who are uninsured with needed medical care. Wheelchair accessible.

HOURS: M-F 8:30am-5:00pm **FEES:** Maximum \$5.00 charge

ADVOCATES FOR HOMELESS FAMILIES

216 Abrecht Place, Frederick, MD 21701

Telephone: 301-662-2003 Fax: 301-662-3689 www.afhf.org

SERVICES: Transitional housing is closed for 2012 due to a lengthy waiting list. Offers a Families Forward program connects low-income families in economic crisis with appropriate resources to help them stay in their homes. These families receive the same comprehensive services as transitional housing clients and must enroll in education or a job training program to improve employment options.

HOURS: M-F 9:00am-5:00pm, by appointment **FEES:** None



Housing and Emergency Services (Continued)

BEACON HOUSE FOR MEN

Frederick Rescue Mission

419 W. South Street, P.O. Box 3389, Frederick, MD 21701

Telephone: 301-695-6633 ext. 210 Fax: 301-695-6637

Email: kking@therescuemission.org www.therescuemission.org

SERVICES: This program accommodates over 40 residents who are without homes, and have life-damaging dependencies. Residents go through the Change Life Recovery Program which is a twelve month comprehensive residential program for men. Residents are equipped with tools needed for a successful future. Biblical understanding, recovery curriculums, computer training, and private tutoring enhance the residents' educational level. In addition, residents take classes at Frederick Community College and strive to attain their G.E.D. or equivalent. Each man participating in the program must be committed to conquering his addiction to drugs or alcohol by fully engaging in every aspect of the program.

HOURS: 24 hrs/7 days a week **FEES:** None

FREDERICK COUNTY COLD WEATHER DAY SHELTER

C/O The Religious Coalition for Emergency Human Needs

27 DeGrange Street, Frederick, MD 21701

Telephone: 301-631-2670 Fax: 240-215-3019

www.thereligiouscoalition.org

SERVICES: Provides day shelter for homeless adult males and females (no children). Does not serve meals and operates on a first come first serve basis. Check in starts at 9:00am. Must be pre-qualified by the Frederick County Cold Weather Night Shelter, Frederick Community Action Agency, or receive qualification within 24 hours after initial participation in the day shelter.

HOURS: November-March M-F 9:00am-4:30pm

FEES: None

FREDERICK COUNTY COLD WEATHER NIGHT SHELTER

C/O The Religious Coalition for Emergency Human Needs

27 Degrange Street, Frederick, MD 21701

Telephone: 301-631-2670 ext. 112 Fax: 240-215-3019

www.thereligiouscoalition.org

SERVICES: Provides night time shelter for homeless adult males and females (no children). Does not serve meals and operates on a first come first serve basis. Check-in is from 6:30pm-9:00 pm daily. Close at 9:00am on school days and at 7:00am on non school days. Donations welcomed. Call or visit web site for details. Wheelchair accessible.

HOURS: M-F 6:30pm-9:00am, weekends 6:30pm-7:00am

FEES: None

Housing and Emergency Services (Continued)

COMMUNITY ACTION COUNCIL, INC.

101 Summit Avenue, Hagerstown, MD 21740

Telephone: 301-797-4161 TDD: 301-739-3578 Fax: 301-791-9062

Email: info@wccac.org

SERVICES: Offer assistance to low income/no income families, individuals, and the homeless. Programs include the following: prevention of eviction, family shelter, energy assistance, meals on wheels, housing counseling, First-time homeowners Program, Family Self-Sufficient (FSS), and case management to work toward goals in setting up and stabilizing the family and home.

HOURS: M-F 8:30am-12:00pm, 1:00pm-4:30pm

FREDERICK COMMUNITY ACTION AGENCY

100 S. Market Street, Frederick, MD 21701

Telephone: 301-600-1506 TTY: 301-662-9164 Fax: 301-662-9079

www.cityoffrederick.com

SERVICES: Provides programs and services that assist mentally ill, disabled, homeless, and low-income residents. Services include General Education Development (GED) classes (Tu, Th 7:00pm-9:00pm), a soup kitchen (see separate listing), a food pantry (see separate listing) transitional housing to support homeless families with children and adults with physical disabilities, various health plans for the income eligible (including medication assistance), housing counseling (home ownership, reverse mortgages (face to face ONLY), default and foreclosure counseling, and other housing related services including rental counseling to current and potential renters. Also offers a case management and outreach program for people who are homeless and seriously mentally ill, a free lunch program during the summer at various locations throughout the county for school age children and a weatherization program (see separate listing).

Wheelchair Accessible.

LANGUAGES SPOKEN: Spanish and ASL

HOURS: M-F 8:30am-4:30pm **FEES:** None

FREDERICK COMMUNITY ACTION AGENCY, HOUSING COUNSELING PROGRAM

100 S. Market Street, Frederick, MD 21701

Telephone: 301-600-1506 Fax: 301-662-9079 www.cithoffrederick.com

SERVICES: Offers low and moderate income individuals and families homeownership counseling, post-purchase programs, credit counseling, reverse mortgage counseling (face to face only), default and foreclosure counseling, other housing related services including rental counseling to current and potential renters. Seminars, home buyer and other related workshops are offered throughout the year. Wheelchair accessible.

HOURS: M-F 8:30am-4:30pm. Appointments are needed.

FEES: None

Housing and Emergency Services (Continued)

FREDERICK COMMUNITY ACTION AGENCY, HOUSING COUNSELING SERVICES

100 S. Market Street, Frederick, MD 21701

Telephone: 301-600-1506 TTY: 301-662-9164 Fax: 301-662-9079

www.cityoffrederick.com

SERVICES: Offers low and moderate income individuals and families homeownership counseling, post-purchase programs, credit counseling, reverse mortgage counseling (face to face only), default and foreclosure counseling, other housing related services including rental counseling to current and potential renters.

Seminars for home buyers and other related workshops are offered throughout the year. Wheelchair accessible.

HOURS: M-F 8:30am-4:30pm **FEES:** None

FREDERICK COUNTY DIVISION OF FIRE AND RESCUE SERVICES

Frederick County Government

340 Montevue Lane, Frederick, MD 21702

Telephone: 301-600-1536 Fax: 301-600-2592

Email: dmetcalf@fredco-md.net www.frederickcountymd.gov

SERVICES: The overall mission of the Division of Fire and Rescue Services is to provide life and property saving emergency needs of all County citizens and visitors in a timely and professional manner. Emergencies: Call 911

HOURS: M-F 8:00am-4:00pm

FREDERICK COUNTY HOTLINE

A program of the Mental Health Association of Frederick County

Telephone: 301-662-2255 Fax: 301-695-4747 www.fcmha.org

SERVICES: Provides information and referrals, support, and crisis intervention 24 hours a day, 365 days a year. Trained and caring staff and volunteers handle more than 22,000 calls to the Hotline each year. Call 2-1-1 or 301-662-2255.

HOURS: 24 hrs/7 days a week **FEES:** None

FREDERICK COUNTY DEPARTMENT OF HOUSING AND COMMUNITY DEVELOPMENT

520 N. Market Street, Frederick, MD 21701

Telephone: 301-600-1061 Fax: 301-600-3585

www.frederickcountymd.gov

SERVICES: Housing Choice Voucher Program (Section 8), Rental Allowance Program, rehabilitation, Livability Code Inspections, Bell Court Facility, emergency and state loans, Moderately Priced Dwelling Units (MPDU) Program, and Building Fee Program. Appointments are needed. Handicap accessible.

HOURS: M-F 8:00am-4:00pm **FEES:** None

FREDERICK COUNTY HOTLINE

301-662-2255

Information, Referrals, and
Suicide/Crisis Intervention
A 24 Hour Service / Confidential / TTY



SUICIDE PREVENTION HOTLINES

NATIONAL SUICIDE PREVENTION LIFELINE

1-800-273-TALK (1-800-273-8255)

1-800-SUICIDE (1-800-784-2433)

MARYLAND CRISIS HOTLINE

1-800-422-0009

Toll free hotline throughout Maryland

2-1-1 WESTERN MARYLAND

Dial 2-1-1 or 1-866-411-6803

Free, 24/7 information and referral service for all health
and human services in Western Maryland.

**Airtime and other charges may apply for cell phone users.*

PHONE FRIEND

301-694-8255

A support line for children home alone

A program of the Mental Health Association of Frederick County
301-663-0011 • www.fcmta.org

Housing and Emergency Services (Continued)

FREDERICK RESCUE MISSION

Beacon House for Men

419 W. South Street, P.O. Box 3389, Frederick, MD 21701

Telephone: 301-695-6633 ext. 203 Fax: 301-695-6637

Email: emoore@therescuemission.org www.therescuemission.org

SERVICES: Offers a long-term residential recovery from chemical dependency program for men. Operates a daily soup kitchen that includes holiday meals are served from 6:00-7:00am and 12:00pm-1:00pm. Sunday are 7:00am-8:00am; and 1:00pm-2:00pm. Vouchers for gently used clothing and furniture may be obtained via the Religious Coalition, 301-631-2670 or the Community Action Agency, 301-600-1506. Items may be obtained M-F 10:00am-4:00pm at the Rescue Mission, 419 W. South Street, Frederick. If interested in donating gently used clothing or furniture, contact the Recycling Department at 301-695-6633 ext. 107.

HOURS: M-F 8:00am-4:30pm. Program hours vary. Call for details.

FEES: None

FREEDOM CENTER, INC.

14 W. Patrick Street, Ste. 10, Frederick, MD 21701

Telephone: 301-846-7811 Fax: 301-846-9070

www.thefreedomcenter-md.org

SERVICES: Empower people with disabilities to lead self-directed, independent, and productive lives in a barrier-free community through services and supports that include advocacy, information and referral, peer counseling, and independent living skills training. Adult volunteers welcomed.

HOURS: M-F 8:00am-4:00pm **FEES:** None

GLADE VALLEY COMMUNITY SERVICES, INC.

Churches in Walkersville Area

P.O. Box 655, Walkersville, MD 21793

Telephone: Office: 301-845-0213 Food Pantry: 301-845-4229

Fax: 301-845-9811 www.gladevalley.org

SERVICES: Glade Valley Community Services, Inc. works to meet the needs of individuals and families in the Glade Valley area through coordinating donations of time, money, and resources. Offers a relief fund that provides financial assistance for rent, utilities, oil heat, medical care, and prescription purchases. Provides a food bank that provides free dry goods to low-income residents and a thrift shop that offers gently used clothes at no or minimal cost. Monetary donations and clothes are needed. NOTE: Targets Glade Valley area (area that feeds Walkersville schools) and must have prove of address (utility bill).

HOURS: Office: M-F 9:00am-1:00pm. Leave message and someone will return call. Food Pantry: M 6:00pm-8:00pm, Th 1:00pm-3:00pm

FEES: None

Housing and Emergency Services (Continued)

GOODWILL INDUSTRIES OF MONOCACY VALLEY, INC.

Goodwill Industries International, Inc.

400 E. Church Street, Frederick, MD 21701

Telephone: Office: 301-663-6893 Store: 301-662-0622 Fax: 301-846-0940

Email: goodwill@gimv.org www.gimv.org

SERVICES: Goodwill® strives to bring responsive programs and services to these areas to help meet the needs of individuals facing challenges to employment. Whether those challenges include physical, psychological and/or social disabilities; lack of training or sufficient skills to qualify and/or advance in the workplace; those with criminal records and victims of domestic abuse. Services include resume writing, interviewing tips and mock interviews, job searching, volunteer, and internship experience, referral to appropriate community resources, life and job skills workshops and support to maintain employment. Offers a mentoring program for youth ages 12-17 by providing role models and career development resources to encourage their planning for productive futures. Provide resources to individuals needing items on an emergency basis. Operates 4 retail stores within Frederick county of which 3 are also drop of places for donations. 1) 400 E. Church Street, Frederick, MD 21701, M-Sat 9:00am-9:00pm, Sun 9:00am-7:00pm. This location also has a 24 hour donation bin 2) 5831 Buckeystown Pike, Units A/B/C, Frederick, MD 21704, M-Sat 9:00am-9:00pm, Sun 8:00am-8:00pm. This location also has a 24 hour donation bin 3) 101 Willowdale Drive, Frederick, MD 21702, M-Sat 9:00am-9:00pm, Sun 8:00am-8:00pm. 4) 202 E Main Street, Thurmont, MD 21788, M-Sat 9:0am-7:00pm, Sun 9:00am-7:00pm.

HOURS: Office: M-F 8:00am-4:30pm. Class times vary.

FEES: Some fees apply

HABITAT FOR HUMANITY OF FREDERICK COUNTY MARYLAND

2 E. Church Street, 3rd Floor, Frederick, MD 21701

Telephone: 301-698-2449 Fax: 301-698-1697

Email: info@frederickhabitat.org www.frederickhabitat.org

SERVICES: Works with low-income resident families who cannot qualify for a conventional mortgage and have no other way of owning their own home. Families that meet the homeownership criteria become "partner" families and work side-by-side with volunteers from the community to build their home. Adult volunteers 18 and older are needed to help build homes, with events, clean up, and clerical activities. Limited opportunities for teens 16 and up, with guardian's permission to help with landscaping, clean up, and basic construction. Volunteers may register on web site.

HOURS: M-F 9:00am-5:00pm. Appointments are needed.

FEES: None

Housing and Emergency Services (Continued)

HABITAT FOR HUMANITY RESTORE, FREDERICK COUNTY

622 N. Market Street, Frederick, MD 21701

Telephone: 301-662-2988 www.frederickhabitat.org

SERVICES: Sells used quality building materials and furniture at a reduce cost to the public. Donations of housing fixtures, doors, windows, and other housing material welcomed. Volunteers 16 and older needed to work with stock and in customer service.

HOURS: Tu-Sat 9:00am-5:00pm **FEES:** Vary

HOPE ALIVE, INC.

P.O. Box 140, 17645 Harbaugh Valley Road, Sabillasville, MD 21780

Telephone: 301-241-4005 Fax: 301-241- 3994

Email: info@hopealiveministries.org www.hopealiveministries.org

SERVICES: Offers homeless mothers and their children a Christian based four-phase transitional housing program that includes comprehensive support services to address the issues at the root of each family's homelessness. Provides spiritual, physical, emotional, and social support while clients learn new skills and work toward self-sufficiency. Adult volunteers welcomed.

HOURS: M-F 9:00am-5:00pm

FEES: Once income is established, a \$50 per month program fee is required.

HOUSING AUTHORITY OF THE CITY OF FREDERICK

209 Madison Street, Frederick, MD 21701

Telephone: 301-662-8173 Fax: 301-663-1464 www.hacfrederick.org

SERVICES: Offers a voucher program to assist section 8 participants wanting to purchase a home and is designed to help them set goals, clear their credit report, and assist them through the process of purchasing a home. Call Janet Fogle Homeownership Coordinator at 301-682-3493 for an eligibility assessment. Provides a computer learning center that offers free high speed internet computer access, various classes and other training opportunities to the community including job training for adults, GED classes, computer classes, leadership academy training for kids, Head Start Partnership, Homework Club, game night for kids, job shadowing, senior activities, woman's groups and a lending library. Also offers free tax assistance for households with income of \$52,000 or below on Tuesday's and Saturday's, by appointment only starting February 6-April 13, 2012. E-filing is available. Call 301-662-0294 for appointment.

HOURS: M-F 8:00am-4:30pm

FEES: 30% of Income

Housing and Emergency Services (Continued)

HUD (U.S. DEPARTMENT OF HOUSING & URBAN DEVELOPMENT)

10 S. Howard Street, 5th Floor, Baltimore, MD 21201-2505

Telephone: 410-962-2520 Fax: 410-209-6670 www.hud.gov

SERVICES: HUD increases homeownership, supports community development, and increases access to affordable housing free from discrimination. HUD embraces high standards of ethics, management, and accountability and forges new partnerships - particularly with faith-based and community organizations - that leverage resources and improve HUD's ability to be effective on the community level.

INTERFAITH HOUSING ALLIANCE, INC.

731 N. Market Street, Frederick, MD 21701

Telephone: 301-662-4225 Fax: 301-662-6477

Email: iha@interfaithhousing.org www.interfaithhousing.org

SERVICES: Builds and rehabilitates homes and apartments to sell or rent to low or moderate income individuals with or without disabilities, families, and senior citizens. Offers pre homeownership counseling and rental counseling to current and potential renters. Seminars, home buyer and other related workshops are offered throughout the year. Volunteers 16 and older are welcomed. Those eligible are low or moderate income individuals with or without disabilities, families, and senior citizens.

HOURS: M-F 8:30am-5:00pm **FEES:** None

JEFFERSON FOOD PANTRY

St. Paul's Lutheran Church

3864 Jefferson Pike, Jefferson, MD 21755

Telephone: 301-473-8626 www.stpauljeff.org

SERVICES: Provides a food bank, clothing and limited financial assistance. Targets residents in the Jefferson (21755) area of Frederick County. Donations welcomed.

HOURS: 1st & 3rd Saturday of the month, 10:00am-11:30am

FEES: None

KEYSTONE SERVICES OF MARYLAND

255 Clifton Boulevard, Ste. 309, Westminster, MD 21157

Telephone: 410-875-4694 Fax: 410-875-4699

Email: mgrier@keystonehumanservices.org www.keystonehumanservices.org

SERVICES: Keystone provides comprehensive community-based services for children, young people, adults and families in the areas of intellectual disabilities (mental retardation), Autism, mental health, early intervention and children and family services. Keystone also provides case management, psychiatric rehabilitation and homeless-to-housing services for children, adolescents and adults.

HOURS: M-F 8:30am-4:30pm

Housing and Emergency Services (Continued)

MARYLAND YOUTH CRISIS HOTLINE

Frederick County Hotline/Mental Health Association of Frederick County

Telephone: 1-800-422-0009 Fax: 301-695-4747 www.fcmha.org

SERVICES: 24-hour information and referral, support and suicide prevention, and crisis intervention for callers of all ages. Toll-free decentralized hotline available statewide. Frederick County Hotline handles calls from Frederick, Washington, Allegany, and Garrett counties.

HOURS: 24 hrs/7 days a week **FEES:** None

MEALS ON WHEELS, FREDERICK COUNTY

Frederick County Department of Aging

1440 Taney Avenue, Frederick, MD 21702

Telephone: 301-600-3524 Fax: 301-600-3554

www.frederickcountymd.gov

SERVICES: Volunteers deliver two meals each day at midday, Monday through Friday. To individuals who are homebound, have no family in the area, and are mentally or physically unable to prepare meals. Meals are not delivered on major holidays. Special diets, including low fat, low sodium and diabetic diets, may be accommodated. Volunteers 18 and older are welcome to help deliver meals.

A classroom and ride along orientation are required. Volunteers must have a valid Maryland driver's license, good driving record, and be willing to go through a back ground check. Contributions towards the \$10 per day cost of meals is strongly suggested, however, no one over the age of 60 is denied service due to inability to pay.

HOURS: Office M-F 8:30am-4:00pm. Meals are delivered M-F.

FEES: Vary

MIDDLETOWN FOOD BANK

Religious Coalition for Emergency Human Needs

301 W. Main Street, Middletown, MD 21769

Telephone: 301-371-4886; Religious Coalition: 301-631-2670

SERVICES: Offers non-perishable food and gently used clothing to low-income residents. Also makes referrals to other community services based upon need. Targets the Middletown, Myersville, Burkittsville, and Jefferson areas. Must show 1st page of previous year tax return as ID. Non-perishable food, gently used clothing, and monetary donations welcomed.

HOURS: W 1:00pm-3:00pm, Sat 9:00am-12:00pm

FEES: None

Housing and Emergency Services (Continued)

MT. AIRY NET

403 S. Main Street, Mt. Airy, MD 21771

Telephone: 301-829-0472 www.calvary-mtairy.org

SERVICES: Provide support and emergency assistance in obtaining food, shelter, and other essentials. Resource and referral for support groups, job training, health care, and transportation. Aids in financial assistance for emergency utility bills, medical expenses, or transportation costs. Assistance is targeted to 21771 area residents and is short term. Wheelchair accessible.

HOURS: M-F 10:00am-2:00pm, by appointment

FEES: None

NATIONAL SUICIDE PREVENTION LIFELINE

Frederick County Hotline/Mental Health Association of Frederick County

Telephone: 1-800-273-TALK or 1-800-784-2433 (1-800-suicide)

www.fcmlha.org www.nationalsuicidepreventionlifeline.org

SERVICES: Toll-free, nationwide decentralized hotline providing suicide prevention and intervention.

HOURS: 24 hrs/7 days a week **FEES:** None

OFFICE OF HOME ENERGY PROGRAMS (OHEP)

Frederick County Department of Social Services

100 E. All Saints Street, Frederick, MD 21701

Telephone: 301-600-2410 Fax: 301-600-2639 www.fcdss.info

SERVICES: Provides eligible families, renters, boarders and homeowner's financial assistance with heating, utilities, and weatherization of their homes. It is a one-time only payment per heating season and covers only part of the heating costs.

SERVICES:

MEAP (Maryland Energy Assistance Program): Offers assistance with heating bill in the winter and is based on the type of fuel used, household size, household income and annual consumption.

EUSP (Electrical Universal Service Program): Offers year round assists with electric utility bill payments. Client is required to have bill in his/her own name and be on a monthly budget billing plan. Some funds are available for a one time only benefits for past due bill payments.

Weatherization Assistance Program: Refers eligible families and individuals to this program to help make their homes more energy efficient. Application: Need to submit a copy of photo identity, proof of residence, copies of Social Security cards for all household members (including children), proof of household's total gross income for 30 days prior to application date (from all sources), name of home energy supplier and account number, a copy of the most recent utility bill and a copy of the lease (if renting).

HOURS: M-F 8:00am-4:00pm **FEES:** None

Housing and Emergency Services (Continued)

OPERATION RUNAWAY

Adventist Behavioral Health

14901 Broschart Road, Rockville, MD 20850

Telephone: 1-800-204-8600 www.adventistbehavioralhealth.com

SERVICES: A community-based, family-focused, and crisis-oriented program to assist at-risk runaway youth and their families. Operation Runaway provides free, therapeutic support services, education and advocacy in an effort to prevent and reduce runaway behavior. Telephone crisis intervention and brief counseling for youth on the run or youth considering running away. Services include but not limited to a 24 hour hotline, crisis walk-in services, a safe meeting place for parents to be reunited with runaways, discuss strategies for coping with situation, provides parents with specific recommendations and referrals for treatment, and weekly meeting for parents and runaways. For more information, to sign up for the Operation Runaway support group, to make a referral, or to schedule a free evaluation, please call 1-800-204-8600. Handicap Accessible.

HOURS: 24 hour hotline and crisis walk-in service.

FEES: None

OUTREACH FOR THE NEEDY

St. Peter the Apostle Catholic Church

9201A Church Street, Libertytown, MD 21762

Telephone: 301-898-5111 Fax: 301-898-0465 www.stpeter-libertytown.org

SERVICES: Provides area residents with financial assistance, a thrift shop, food pantry, and holiday assistance. Financial assistance is for eviction prevention, utility turn-offs and to help pay cost of prescriptions, medical or dental bills. Must have bill or other paperwork as proof of need. Food pantry is open every Friday 3:30pm-4:30pm. Need ID or prove of current address. Walk-ins are welcome. Clients are given a 2-3 day supply of groceries. Formula is sometimes available. Thrift shop is open to public on Monday, Wednesdays and Saturdays from 10:00am-1:00pm. Offers bags of clothing for \$1.00. Non-perishable food, gently used clothing, small household goods, and monetary donations welcomed. NO FURNITURE. Holiday assistance offered for Thanksgiving, Christmas, and Easter. ID and address verification required for all holiday baskets. Call for further details. Holiday donations of food, toiletries and monetary gifts accepted. Targets the Libertytown, Mt.Airy, New Windsor, and Union Bridge area.

HOURS: M-F 9:00am-5:00pm **FEES:** None

Housing and Emergency Services (Continued)

PEOPLE HELPING PEOPLE

31 W. Main Street, P.O. Box 4477, Middletown, MD 21769

Telephone: 301-371-3119 www.middletown.md.us

SERVICES: Must be resident of Middletown Valley. Provides emergency financial assistance, drivers for medical appointments, coordinates holiday assistance, contributes to local school supply drive, supports exercise classes for 50 and older seniors, as well as local senior group, and offers information and referrals to other programs as needed. Must show proof of address. Donations of school supplies, holiday contributions, and financial aid is welcome including gift cards to various grocery stores or department stores.

HOURS: M-Sun 9:00am-7:00pm **FEES:** None

RELIGIOUS COALITION FOR EMERGENCY HUMAN NEEDS

27 Degrange Street, Frederick, MD 21701

Telephone: 301-631-2670 Fax: 240-215-3019

www.thereligiouscoalition.org

SERVICES: Provides emergency food, clothing, cold weather shelter, energy, security deposit and rent assistance. Provides help with rent including security deposits, utility assistance, prescriptions, and hygiene supplies and referrals for other needed services such as clothing, food and transitional shelter. Operates evening (check in from 6:00-9:00pm / 1st come 1st served) and day (must be pre-approved) cold weather shelters from mid November to March for adults ONLY. No appointment needed to apply for services. Wheelchair accessible.

LANGUAGES SPOKEN: Spanish and American Sign Language.

HOURS: Walk-ins Only; M, W, Th, F 10:00am-2:00pm, Tu 10:00am-4:00pm

FEES: None

SALVATION ARMY, FREDERICK COUNTY

223 W. 5th Street, Frederick, MD 21701

Telephone: 301-662-2311 Thrift shop 301-631-2489 Fax: 240-420-2111

www.dhr.state.md.us/washington

SERVICES: Offers mid to low-income resident's emergency financial assistance, holiday assistance and a thrift store. Financial assistance is offered to residents who have a utility turn-off notice, notice of legal eviction, or in need of a prescription. Applicants need to provide proper identification, proof of income and proof of need. Assistance is provided based on the availability of funds.

Appointment needed. *Thrift Shop:* Offers gently used clothing, furniture, and household items to the public at minimal prices. Located at 467 W. Patrick Street #8, Frederick, 301-631-2489 and hours are Tu-Sat 10:00am-6:00pm.

Donations: Monetary donations and donations of clothing, furniture, and household items needed. Drop off at 467 W. Patrick Street, Frederick (W. Patrick Street Shopping Center) or you may call to have furniture items picked-up.

HOLIDAY ASSISTANCE: A Thanksgiving lunch/dinner is provided to residents in need on November 25 from 12:00pm-6:00pm at the W. 5th Street address.

Christmas: Provides gift items such as food baskets, toys and clothing (for children 12 and under) to eligible households. Sign-up starts early October and runs a few weeks. Contact the office for eligibility details.

HOURS: M-F 9:00am-4:00pm **FEES:** Vary

Housing and Emergency Services (Continued)

SETON CENTER, INC.

16840 S. Seton Avenue, Emmitsburg, MD 21727

Telephone: 301-447-6102 Fax: 301-447-1748

Email: setoncenterinc@doc.org www.setoncenterinc.org

SERVICES: Targets northern Frederick County (Emmitsburg and Thurmont) residents. Provides emergency financial assistance, holiday assistance, a thrift shop, and supportive visits to low income residents.

HOURS: Outreach office: M-F 9:00am-12:00pm, 1:00pm-4:00pm.

Appointment recommended.

Thrift Shop: Tu-F 10:00am-4:00pm, Sat 8:00am-2:00pm

FEES: None or low-cost for items in thrift shop.

SOUP KITCHEN

Frederick Community Action Agency

100 S. Market Street, Frederick, MD 21701

Telephone: 301-600-1506 TTY: 301-662-9164 Fax: 301-662-9079

www.cityoffrederick.com

Soup Kitchen: Provide an evening meal seven days a week.

Wheelchair accessible.

HOURS: 5:30pm-6:30pm

Food Bank: Provide food to persons in need. Wheelchair accessible.

14 E. All Saints Street, Frederick, MD 21701

HOURS: M, Tu, Th, F 2:00pm-4:00pm, W 7:00pm-9:00pm

FEES: None

WEATHERIZATION ASSISTANT PROGRAM

Frederick Community Action Agency

100 S. Market Street, Frederick, MD 21701

Telephone: 301-600-2070 TTY: 301-662-9164 Fax: 301-600-2067

www.cityoffrederick.com

SERVICES: Provides home weatherization services for income-eligible households throughout Frederick County. Households eligible for weatherization must have incomes at or below 150% of the federal poverty level (approx. \$30,000 for a family of four) and meet other criteria. The family may rent or own their home, but renters must obtain the permission of their landlord. Wheelchair Accessible.

HOURS: M-F 8:30am-4:30pm **FEES:** None

FREDERICK COUNTY HOTLINE

301-662-2255

Information, Referrals, and
Suicide/Crisis Intervention
A 24 Hour Service / Confidential / TTY



SUICIDE PREVENTION HOTLINES

NATIONAL SUICIDE PREVENTION LIFELINE

1-800-273-TALK (1-800-273-8255)

1-800-SUICIDE (1-800-784-2433)

MARYLAND CRISIS HOTLINE

1-800-422-0009

Toll free hotline throughout Maryland

2-1-1 WESTERN MARYLAND

Dial 2-1-1 or 1-866-411-6803

Free, 24/7 information and referral service for all health
and human services in Western Maryland.

**Airtime and other charges may apply for cell phone users.*

PHONE FRIEND

301-694-8255

A support line for children home alone

A program of the Mental Health Association of Frederick County
301-663-0011 • www.fcmta.org

Law Enforcement and Legal Assistance

CRIME VICTIMS & WITNESSES ASSISTANCE PROGRAM

State's Attorney's Office

100 W. Patrick Street, Frederick, MD 21701

Telephone: Main Office: 301-600-1523 Fax: 301-600-2195

Circuit Court Division: 301-600-1523 Fax: 301-600-2195

District Court Division: 301-600-2573

Domestic Violence Division: 301-600-1520

Juvenile Division: 301-600-2970

SERVICES: Provide a link of communication between victims, witnesses, and the court system by offering support and information throughout all phases of the legal process; protects the legal rights of all concerned; explains court procedures; notifies victims of court dates, accompanies victims to court and makes appropriate referrals. Crisis intervention at all hours through the police departments.

HOURS: M-F 8:00am-4:30pm **FEES:** None

DEPARTMENT OF JUVENILE SERVICES

801 N. East Street, Ste. 3, Frederick, MD 21701

Telephone: 240-629-3030 Fax: 240-629-3040 www.djs.state.md.us

SERVICES: Court services, intake, probation, and aftercare for juveniles. No appointment needed. All services are confidential according to law.

HOURS: M-F 8:00am-5:00pm **FEES:** None

FREDERICK COUNTY ADULT DETENTION CENTER

Frederick County Sheriff's Department

7300 Marcie's Choice Lane, Frederick, MD 21704

Telephone: 301-600-2550 Fax: 301-600-3066

SERVICES: Provide crisis intervention, individual and group counseling, and work release programs for persons incarcerated in Frederick County. Social workers, psychologist, and psychiatrists are available.

HOURS: 24 hrs/7 days a week **FEES:** None

FREDERICK COUNTY SHERIFF'S OFFICE

110 Airport Drive East, Frederick, MD 21701

Telephone: 301-600-1046 Fax: 301-600-1527

www.co.frederick.md.us/sheriff

SERVICES: Full-service law enforcement agency providing victim services, Crime Prevention Education Programs, Prevention Awareness Programs addressing frauds and scams against seniors, Highway Safety Programs, and Neighborhood Watch Programs.

HOURS: 24 hrs/7 days a week **FEES:** None

Law Enforcement and Legal Assistance (Continued)

FREDERICK POLICE DEPARTMENT

100 W. Patrick Street, Frederick, MD 21701

Telephone: Non-emergency: 301-600-2100 Spanish: 301-600-6062

Emergency number: 911 Fax: 301-696-6201

SERVICES: Assures the safety and general welfare of the residents of Frederick City by preventing and detecting crime and enforcing laws 24 hours a day, 7 days a week. **SERVICES:** Some services include but not limited to investigating child abuse and domestic violence reports, emergency commitment of mentally ill persons, obtains an emergency petition when an individual is harmful to himself or others, and notification of death to next of kin. Volunteers welcomed for various duties. Call for further information.

HOURS: 24 hrs/7 days a week **FEES:** None

HUMAN RELATIONS DEPARTMENT, FREDERICK COUNTY

520 N. Market Street, Frederick, MD 21701

Telephone: 301-600-1109 Fax: 301-600-2085 www.co.frederick.md.us

SERVICES: Investigates alleged complaints of discrimination in areas of housing, public accommodations, and employment. Provides assistance to employers who wish to voluntarily comply with the equal opportunity laws. Discrimination must have taken place in Frederick County and be reported within six months of the incident.

HOURS: M-F 8:00am-4:00pm. Other hours by appointment.

FEES: None

LEGAL AID BUREAU, INC.

22 S. Market Street, Ste. 11, Frederick, MD 21701

Telephone: 301-694-7414; 1-800-679-8813 TTY: 301-695-0713

Fax: 301-698-2636

Email: midwestern@mdlab.org www.mdlab.org

SERVICES: Provide free legal representation in Frederick, Carroll, and Washington Counties in certain civil cases for low-income persons, involving public benefits, housing, family, and consumer law, including referrals and advice whenever possible. Applicant must be financially eligible and have legal problem within case acceptance guidelines; information and referral also provided. Interpreters available for ASL and Spanish. No appointment is needed.

HOURS: M-F 9:00am-5:00pm; Intake: 9:00am-12:00pm

FEES: None

Law Enforcement and Legal Assistance (Continued)

MARYLAND VOLUNTEER LAWYERS SERVICE

One N. Charles Street, Ste. 222, Baltimore, Maryland 21201

Telephone: 800-510-0050 Fax: 410-837-0431

Email: info@mvslaw.org www.mvslaw.org

SERVICES: Match low-income individuals with volunteer lawyers for legal assistance in civil legal matters. Assistance with housing problems, consumer rights, bankruptcy, tax problems, private pensions, deed transfers, guardianship, and power of attorney.

HOURS: M-Th 9:00 am-1:00pm **FEES:** None/reduced

OFFICE OF THE PUBLIC DEFENDER

100 W. Patrick Street, Frederick, MD 21701

Telephone: 301-600-1988 Toll-free: 887-430-5187 Fax: 301-600-1986

SERVICES: Provides legal representation for persons going to court on aailable offense who cannot afford legal representation. Wheelchair accessible.

HOURS: M-F 8:00am-5:00pm

FEES: Administrative: Juvenile \$25 and Adult \$50

VITA PROGRAM

Frederick County Department of Social Services

100 E. All Saints Street, Frederick, MD 21701

Telephone: 301-631-2652

SERVICES: Offers free tax assistance to individuals and families with an income of \$40,000 or less per household. Assistance is available starting in February through April, by appointment ONLY. Offers E-filing and you must have the following information: valid photo ID for self and spouse, social security numbers for everyone in household including children, any related tax documents including deductions and W2's for all jobs worked in 2011, as well as a copy of last year's tax return. Call in February for specific dates of service.

HOURS: M-F 9:00am-4:00pm, by appointment only

FEES: None

Senior Services

ARTHRITIS FOUNDATION, MARYLAND CHAPTER

9505 Reisterstown Road, Ste. 1 North, Owings Mills, MD 21117

Telephone: 800-365-3811 Fax: 410-654-9270

www.arthritis.org/chapters/maryland

SERVICES: Provides support services to people affected by or interested in learning more about arthritis. Services include but not limited to information and referrals, warm water and land exercise program throughout Maryland and professional training programs. Wheelchair accessible.

HOURS: M-F 8:30am-4:30pm

FEES: Vary from program to program. Scholarships available.

CITIZENS CARE AND REHABILITATION CENTER

1900 Rosemont Avenue, Frederick, MD 21702

Telephone: 301-600-1550 Fax: 301-600-3548 www.citizenscenter.org

SERVICES: Citizens Care and Rehabilitation Center's highly-trained nursing professionals are available 24 hours a day, seven days a week to ensure that each resident's needs are met. The excellent staff-to-patient ratio allows for each resident to receive the best possible care.

HOURS: M-F 8:00am-4:00pm **FEES:** Vary

DAYBREAK ADULT DAY SERVICES, INC.

7819 Rocky Springs Road, Frederick, MD 21702

Telephone: 301-696-0808 Fax: 301-696-1164

Email: daybreakdirector@comcast.net www.daybreakadulthoodservices.org

SERVICES: Offers comprehensive, structured medical and non-medical day programs for disabled adults 55 and older. Admission of younger disabled adults is reviewed on a case-by-case basis.

HOURS: M-F 8:00am-4:00pm

FEES: Medicare/Medicaid/VA benefits/long term care insurance/private pay

ELDER SERVICES PROVIDER COUNCIL

Telephone: 301-663-9260; 301-644-5628

SERVICES: Networking group for providers serving Frederick's seniors. Monthly meetings held in varying locations (Sept.-June) featuring guest speakers. Hosts of the Annual Elder Expo.

HOURS: Call for time

Senior Services (Continued)

FREDERICK COUNTY DEPARTMENT OF AGING

1440 Taney Avenue, Frederick, MD 21702

Telephone: 301-600-1605 Fax: 301-600-3554

www.frederickcountymd.gov/doa

SERVICES: Provides seniors 60 and older nutritional, educational, and social programs, computer classes, and strength-training classes, the senior information and assistance program at senior centers throughout the county. Food 'n' Friends serve lunch at the centers as clients participate in various activities. There is health insurance counseling, an Ombudsman advocate for residents of long term care facilities and investigates complaints and confidential nursing home resolution. A visitor program promotes the well being and quality of life for residents in nursing homes. Meals on Wheels and Home Delivered Meals provide meals at home to eligible persons. Offers a senior phone loan program that provides cell phones on a short and long-term basis. The Caregiver Support Group offers support to individuals who are providing care for those over age 60. They also assist eligible seniors to receive services in their home or in an assisted living facility and legal services assists with specific services for seniors.

HOURS: M-F 8:30am-4:00 pm **FEES:** Call for Information

FREDERICK COUNTY SENIOR RECREATION COUNCIL

118 N. Market Street, Frederick, MD 21701

Telephone: 301-662-6148 www.seniorrecreationcouncil.homestead.com

SERVICE: Sponsor exercise classes, hiking, softball, basketball, bowling, badminton, bridge, computer class, chorus, bicycling, and trips.

MEETING TIMES: 2nd Tu of month, 11:00am, Winchester Hall, 1st floor

FREDERICK MEMORIAL HEALTHCARE SELECT!

FMH Wellness Center at FSK Mall

5500 Buckeystown Pike, Frederick, MD 21703

Telephone: 240-379-6000; 240-379-6010 www.fmh.org

SERVICES: Services and benefits for joyous living and healthy aging for seniors. Insurance claims assistance, living wills, advanced medical directives, quarterly newsletter, discount in FMH cafeteria, and reduced price on non-prescription drugs in community pharmacy. Free and low-cost blood pressure, diabetes, cholesterol, and other health screenings. Monthly luncheons with special "Members Only" pricing and priority seating featuring health and wellness programs by local doctors and professionals. All persons must be over 55 years of age.

HOURS: Use parking lot entrance: M-Th 8:00am-8:00pm, F 8:00am-4:30pm, Sat 8:00am-3:00pm, Sun 1:00pm-5:30pm

FEES: Annual membership \$10.00

Senior Services (Continued)

FREDERICK POLICE DEPARTMENT VICTIM SERVICES UNIT

100 W. Patrick Street, Frederick, MD 21701

Telephone: 301-600-2104 Fax: 301-694-2148

SERVICES: A program dedicated to to advocate for crime victims' rights and services regardless of incident type. Provides information and referrals to appropriate resources, offers crisis response, support and assistance in obtaining civil orders and citizen generated criminal charges.

HOURS: M-F 8:00am-4:00pm **FEES:** None

HEARTFIELD ASSISTED LIVING

1820 Latham Drive, Frederick, MD 21701

Telephone: 301-663-8800 Fax: 301-663-8801

SERVICES: Assisted living community for the elderly with a full array of health care services provided by trained professionals, including an Alzheimer's unit and short-term respite stays.

HOURS: M-F 8:30am-4:30pm **FEES:** Varies depending upon need

HOME INSTEAD SENIOR CARE, FREDERICK AND CARROLL COUNTIES

174 Thomas Johnson Drive, Ste. 201, Frederick, MD 21702

Telephone: Frederick: 301-846-9922, Carroll: 443-918-3100

Fax: 301-846-9944 www.homeinstead.com

SERVICES: Provides affordable, non medical companionship and care for seniors who remain at home. Services include companionship; cooking; light housework; shopping; transportation to church, social events and medical appointments; organizing mail, bank statements and other information; and help with personal care such as bathing, toileting, eating, grooming, and medication reminders. Seniors, 65 and older. Wheelchair accessible.

HOURS: Office: M-F 7:30am-5:00pm. Operations: 24 hrs/7 days a week

FEES: Fees vary depending upon services required

OPEN DOORS CAREER CENTER, FREDERICK OFFICE

5340 A Spectrum Drive, DLLR Office, Frederick, MD 21703

Telephone: 301-600-3480 Fax: 301-600-7916

www.opendoorscareercenter.org

SERVICES: Places low income adults, 55 and older, in non-profit and public organizations for employment training and assistance with job search.

HOURS: M, Tu, Th, F 8:30am-3:00pm **FEES:** None

PARTNERS IN CARE, INC., FREDERICK COUNTY

1440 Taney Avenue, Frederick, MD 21702

Telephone: 301-600-6008 Fax: 301-600-3554 www.partnersincare.org

SERVICES: Volunteers provide community residents who are elderly (55+) or elderly and disabled (50+) with non-medical services. Services include but not limited to transportation to and from appointments, running errands, grocery shopping, companionship, handyman help, and yard work. First time clients must go through an interview process. Not able to transport clients in wheelchairs at this time. Wheelchair accessible.

HOURS: M-F 9:00am-4:00pm **FEES:** None

Senior Services (Continued)

PEOPLE HELPING PEOPLE

31 W. Main Street, P.O. Box 4477, Middletown, MD 21769

Telephone: 301-371-3119 www.middletown.md.us

SERVICES: Must be resident of Middletown Valley. Provides emergency financial assistance, drivers for medical appointments, coordinates holiday assistance, contributes to local school supply drive, supports exercise classes for 50 and older seniors, as well as local senior group, and offers information and referrals to other programs as needed. Must show proof of address. Donations of school supplies, holiday contributions, and financial aid is welcome including gift cards to various grocery stores or department stores.

HOURS: M-Sun 9:00am-7:0pm **FEES:** None

RIGHT AT HOME OF CENTRAL MARYLAND

550 N. Highland Street, Frederick, MD 21701

Telephone: 301-696-1122 Fax: 301-696-1373

Email: info@rightathomemd.net www.rightathome.net/centralmd

SERVICES: Provides elderly and disabled individuals with in home care and assistance with tasks such as medication monitoring, meal preparation and diet monitoring, shopping and errands, transportation, light housekeeping, accompanying client on walks, set up social functions and entertainment, Alzheimer and Dementia care, Parkinson's care, and assistance with Arthritis limitations. Provides hospice supportive care, family respite care, discounted 24-hour live-in services, couples care, enhanced living and share care services for assisted independent and continuing care communities.

HOURS: M-F 8:30am-5:00 pm, Services 24 hrs/7 days a week

FEES: Ranges from \$19 to \$22 per hour.

Couples services are \$24 to \$27 per hour.

ROSEBUD ENTERPRISES

7517 Picnic Woods Road, Middletown, MD 21769

Telephone: 301-473-4100 Fax: 301-620-0555

www.rosebudenterprises.googlepages.com

SERVICES: A team of professionals providing in home care services to the adult community in need of assistance.

HOURS: M-F 9:00am-4:30pm **FEES:** Depends on service

SOCIAL SERVICES FOR ADULTS

Frederick County Department of Social Services

100 E. All Saints Street, Frederick, MD 21701

Telephone: 301-600-2635 Fax: 301-600-2639

www.dhr.state.md.us/adultser

SERVICES: Provides senior citizens and individuals that are mentally, physically, or developmentally disabled services to enable them to remain independent.

HOURS: M-F 8:00am-4:30pm **FEES:** None

SOMERFORD ASSISTED LIVING AND ALZHEIMER'S CARE



OFFERING 'THE FINEST' CARE IN FREDERICK!

Somerford, a longstanding and respected member of the community, has worked hard to offer an uncompromising standard in assisted living and Alzheimer's/memory care services.

Our standard of quality care in assisted living and Alzheimer's/memory care includes:

- Spacious studio and one bedroom apartments
- Exceptional dining
- Housekeeping and linen service
- Recreational programs and activities
- Monthly support groups
- Educational workshops



Assisted Living & Alzheimer's Care
FIVE STAR SENIOR LIVING, INC.

2100 Whittier Drive • Frederick, MD 21702
301-668-3930

www.somerfordplacefrederick.com
www.somerfordhousefrederick.com



Senior Services (Continued)

SENIOR HOME CARE OF FREDERICK

6910 Bowers Road, Ste. C, Frederick, MD 21701

Telephone: 301-473-8500 Fax: 301-473-8585 www.shcfmd.com

SERVICES: A non-profit health and human needs provider that helps design a program according to clients needs through their intake process. Services are available to all ages for as little as an hour and up to 24 hours a day, 7 days a week. Services include private duty nursing or nurse's aide care in a hospital, nursing or assisted living facilities and residential in-home care including personal hygiene, meal preparation, light housekeeping, medication monitoring, companionship, and respite for caretakers.

HOURS: M-F 9:00am-4:30pm. Operations: 24 hrs/7 days a week

FEES: None

SENIOR INFORMATION AND ASSISTANCE OF FREDERICK COUNTY

Frederick County Department of Aging

1440 Taney Avenue, Frederick, MD 21702

Telephone: 301-600-1605 Fax: 301-600-3554

www.co.frederick.md.us/doa

SERVICES: Helps link seniors with available services, including congregate meals, senior housing, home delivered meals, support groups for care givers, transportation and nursing home ombudsman. Also, offers assistance filling out forms and provides general information on any subject relative to elder care. Wheelchair accessible.

HOURS: M-F 8:30am-4:00pm **FEES:** None

SENIORS AND LAW ENFORCEMENT TOGETHER

Frederick SALT Council

110 Airport Drive East, Frederick, MD 21701

Telephone: 301-600-1356 Dave Schultz

SERVICES: The SALT Council is comprised of senior citizens who work with law enforcement officers to offer input on community programs and also provide information and workshops on safety throughout the community, including senior citizen summits, senior fraud and scams. Court accompaniment is provided for senior crime victims. Assistance with the preparation of victim impact statements is provided. Meets 10:00am the 2nd Wednesday of each month at the Law Enforcement Center.

HOURS: M-F 8:00am-4:00pm **FEES:** None

Senior Services (Continued)

SUNRISE ASSISTED LIVING

990 Waterford Drive, Frederick, MD 21702

Telephone: 301-663-9500 Fax: 301-696-5886

www.sunriseassistedliving.com

SERVICES: Offers a variety of living arrangements including assisted living, Alzheimer's care, nursing and rehabilitative care, hospice care, and short-term stays with many amenities, services, meal plans, and social activities.

HOURS: M-F 9:00am-5:00 pm. Some evening and weekend appointments available. Operations: 24 hrs/7 days a week.

FEES: Vary depending upon services

TELEPHONE REASSURANCE PROGRAM

A Program of the Mental Health Association of Frederick County

263 W. Patrick Street, Frederick, MD 21701

Telephone: 301-663-0011 Fax: 301-695-4747

Email: Imyers@fcmha.org www.fcmha.org

SERVICES: Provides elderly, homebound clients with support and referrals through daily scheduled calls.

HOURS: 7 days a week, 7:00am-12:00pm

FEES: None

VINDABONA NURSING HOME

6012 Jefferson Boulevard, Braddock Heights, MD 21704

Telephone: 301-371-7160 Fax: 301-371-5921

SERVICES: Provides comprehensive short term rehabilitation and long term care for adult and elderly patients. Volunteers welcome. Contact activities director for details.

HOURS: M-F 8:00am-7:00pm **FEES:** Vary

WESTWOODS GERIATRIC CARE SERVICES, LLC

3 Main Street, Myersville, MD 21773

Telephone: 240-674-1389 Fax: 301-293-3416

SERVICES: Provides in home physical therapy by qualified professionals. Offers wheelchair accessible vans to transport individuals to and from most any destination. Call at least 24 hours in advance to schedule transportation.

HOURS: M-F 9:00am-5:00pm

FEES: Vary depending upon services

Senior Services (Continued)

How to choose a senior community

Sunrise of Frederick can help

It's been over 30 years since Sunrise Senior Living started giving seniors more choices about the way they want to live. At Sunrise of Frederick we offer:

- Beautifully appointed living spaces
- Housekeeping and linen service
- Engaging social activities
- Transportation options
- Nutritious meals
- A pet friendly environment
- Round the clock personal/medical care



Service offered at: 201 663-0500 29800 State Rd 150 (at Tanglemore Lane) Frederick

Website: www.sunrise.com 800-451-5151

For more information, call 1-800-451-5151 or visit www.sunrise.com for more information and to schedule your tour.



Celebrating 19 years of serving seniors in Frederick County. Call today for information or to schedule your tour.



TELEPHONE REASSURANCE PROGRAM

Service Provided Free of Charge

"A friendly voice with your best interests at heart"

Scheduled Phone Calls for the Elderly and Homebound

For more information call 301-663-0011



Support Groups



AL-ANON & ALATEEN GROUPS, FREDERICK & WASHINGTON COUNTIES

Alanon Family Groups, Inc.

P.O. Box 28259, Frederick, MD 21701

Telephone: 301-663-6626; Meeting Information: 800-344-2666

www.AL-ANON.Alateen.org

SERVICES: Anonymous, non-professional, self-help program of recovery for family and friends of alcoholics or drug users as well. Alateen is for teens affected by someone's alcoholism. One-hour meetings in which members share experience are available daily in various locations. Practice of Al-Anon's Twelve Steps is encouraged, and Al-Anon literature is available.

NOTE/WHEELCHAIR ACCESSIBILITY: Location specific. Check directory or website for details

HOURS: M-F 9:00am-9:00pm

FEES: None

ALCOHOLICS ANONYMOUS

2 E. Church Street, P.O. Box 1771, Frederick, MD 21701

Telephone: 301-662-0544 www.westcentralaa.org

SERVICES: An anonymous, non-professional program of recovery based on fellowship among those who feel they have lost the ability to control their consumption of alcohol. Small groups meet regularly for the purpose of attaining and maintaining sobriety by sharing personal experiences. Practice of AA's Twelve Steps is suggested, and AA literature is available.

HOURS: See website for meeting times, or call number 24 hours a day.

FEES: None

Support Groups (Continued)

AUTISM SOCIETY OF AMERICA - FREDERICK COUNTY CHAPTER

Janet & Steve Cobourn, Co-Presidents

P.O. Box 456 Buckeystown Pike, MD 21717

Telephone: 301-746-8080 Fax: 301-695-1250 www.asafrederickmd.org

SERVICES: Provides community awareness, education for professionals and parents, maintain supportive informative networks comprised of parents, professionals, and community leaders. Activities include but are not limited to the following: support meetings, seminars, fundraisers, community awareness events, fun activities for families, grassroots advocacy. No appointment needed. Handicap accessible.

HOURS: M-F 9:00am-5:00pm

FEES: None

BREAST CANCER SUPPORT GROUP

Women's Center at Frederick Community College

7932 Opossumtown Pike, Arts & Student Center, F104A, Frederick, MD 21702

Telephone: 301-846-2483 www.frederick.edu

SERVICES: Support group for all breast cancer survivors from newly diagnosed to long-term remission/survival are encouraged to attend. Group meets 2nd Thursday of each month at 7:00pm in the Arts & Student Center, Classroom/Student Center, Room H-239.

HOURS: Office: M-F 8:30am-4:30pm

FEES: None

CARE PAGES

Frederick Memorial Hospital, Regional Cancer Therapy Center

400 W. 7th Street, Frederick, MD 21701

Telephone: 240-566-3300 Fax: 240-566-3959 www.fmh.org

SERVICES: Patients in the Frederick Memorial Health Care System have access to an internet service that allows patients to stay in touch with family and friends before, during, and after hospitalization by having their own private secure page. Call toll free 888-852-5521 for further details.

HOURS: Hospital 24 hrs/7 days a week

FEES: Free

Support Groups (Continued)

CELEBRATE RECOVERY

- 1) Grace Community Church, 5102 Old National Pike, Frederick, MD 21702
301-473-4337 drhaffey@aol.com www.gbcbfred.org
- 2) Centennial Methodist Church, 8 W. 2nd Street, Frederick MD 21701
301-663-5273 lindaskg@hotmail.com www.centennial-umc.org
- 3) Harvest Christian Fellowship, 807 Indian Spring Road Frederick MD 21702
301-662-0206 mvairio@hcfchurch.org www.hcfchurch.org

SERVICES: A Christ centered program that gives people the resources and relationships to help recover from life's hurts, habits, and hang-ups. This program is for anyone who is struggling with past dysfunctions or compulsions whether they are affecting their life or those around them. Offers fellowship and a time to celebrate God's healing powers through Eight Recovery Principles found in the Beatitudes and Christ Centered 12 Steps. Wheelchair accessible.

HOURS: Call anytime and leave a message and someone will return your call. Groups meet at the churches.

- 1) Thursdays at 7:00pm (child care available)
- 2) Wednesdays at 7:00pm
- 3) Mondays at 7:00pm

FEES: None

CENTRAL MARYLAND PFLAG

(PARENTS, FAMILIES, AND FRIENDS OF LESBIANS AND GAYS)

National Office PFLAG

1606 New York Avenue, Ste. 400, Knoxville, MD 21758

Telephone: 301-834-5096 Helpline: 301-439-FLAG

Email: pflagcentralmd@yahoo.com www.pflagcentralmd.org

SERVICES: A non-profit, tax exempt, volunteer, local community-based organization of parents, relatives, and friends of lesbians, gays, bisexuals, and transgendered persons. We offer support groups and a helpline; send speakers to corporate, civic, religious, and government groups; work with schools to create safe and welcoming learning environments for gay, lesbian, bisexual, and transgendered people; and conduct advocacy to end discrimination.

FEES: None

COMPASSIONATE FRIENDS, FREDERICK COUNTY

Trinity Methodist Church, 705 W. Patrick Street, Frederick, MD 21701

Mailing Address: 701 E. Main Street, Middletown, MD 21769

Telephone: 301-305-6378

Email: TCF.Frederick@att.net www.compassionatefriends.org

SERVICES: Provides monthly support group where bereaved families, parents, grandparents, siblings and friends can work through their grief with the help of others who have lost a loved one. Provides educational information on parental and sibling grief to the community through publicity, speaking engagements, and distribution of material including a chapter newsletter. NOTE: Meeting is 7:30pm the 1st Wednesday of each month at The Trinity United Methodist Church, 705 W. Patrick Street, Frederick. NO MEETING MONTH OF JULY.

HOURS: Call anytime and leave message if no answer.

FEES: None

Support Groups (Continued)

CONSTANT HOPE

Frederick Christian Fellowship Care Ministries

10142 Hansonville Rd, Frederick, MD 21702

Telephone: 301-620-2255 Fax: 240-529-1640 www.fcfchurch.com

SERVICES: Provides support for parents with children suffering from a wide array conditions ranging from asthma, severe food allergies, and diabetes to spina bifida, cerebral palsy, autism, and down syndrome.

HOURS: M-F 9:00am-5:00 pm **FEES:** Materials fee

DEPRESSION AND BIPOLAR SUPPORT ALLIANCE (DBS)

217 N. Market Street, Frederick, MD 21701

Telephone: 301-620-0555

Email: onourownfrederick@xecu.net www.onourownmd.org

SERVICES: A support group for adults with depression and bipolar called Depression and Bipolar Support Alliance (DBSA). Support group meets at 217 N. Market Street, Frederick MD 21701, every Thursday at 7:30pm.

HOURS: First Thursday of each month from 7:00pm-8:30pm

FEES: None

DIVORCE CARE

Calvary Assembly of God

8234 Woodsboro Pike, Walkersville, MD 21793

Telephone: 301-898-7811 www.cafrederick.com

SERVICES: Provides support for those experiencing the trauma of martial separation or divorce. This 13-week series uses a combination of weekly video presentations and small group interaction to both educate and provide emotional support needed during this difficult time. Participants may join the group at anytime. Call our office for meeting days and times.

HOURS: M-F 9:00am-4:00pm **FEES:** \$15 for the entire series

DIVORCE CARE FOR KIDS

Frederick Christian Fellowship Care Ministries

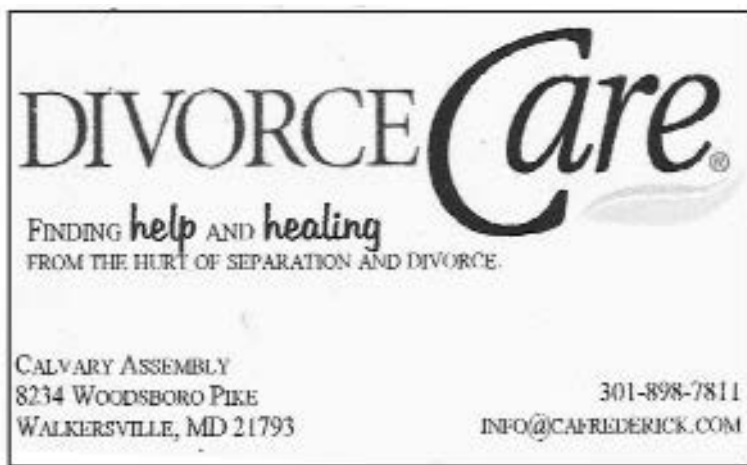
10142 Hansonville Rd, Frederick, MD 21702

Telephone: 301-620-2255 Fax: 240-529-1640 www.fcfchurch.com

SERVICES: Provides support for children struggling with the emotions of divorce. Contact the main office about Divorce Care for adults.

HOURS: M-F 9:00am-5:00pm **FEES:** Materials fee

Support Groups (Continued)



EMPOWERING MOTHERS

Family Partnership of Frederick County

8420 Gas House Pike, Ste. EE, Frederick, MD 21701

Telephone: 301-600-2206 Fax: 301-600-2209

www.frederickcountymd.gov

SERVICES: Support group for mothers to enhance and support their ability to nurture themselves and support healthy growth and development of their children. Call for further details.

HOURS: 6:00pm-8:00pm **FEES:** None

FAMILY RESOURCE & INFORMATION NETWORK FOR DOWN SYNDROME (F.R.I.E.N.D.S.)

National Down Syndrome Society

7211 Mountain Church Road, Middletown, MD 21769

Telephone: 301-834-6848 www.friendsoffredco.org

SERVICES: Offers a monthly support and resource group for expectant parents, new parents and extended families of Down Syndrome babies. Provides age-appropriate activities for children and their friends. Advocates for community awareness and acceptance. Quarterly meetings are held with professional speakers regarding issues related to Down Syndrome. Wheelchair accessible.

HOURS: 1st Tu of the month at the United Methodist Church in Middletown, MD 21769

FEES: None

Support Groups (Continued)

FOSTER/ADOPTIVE PARENT ASSOCIATION

Frederick County Department of Social Services

100 E. All Saints Street, Frederick, MD 21701

Telephone: 301-600-4544

SERVICES: Provide a supportive network that enriches the lives of foster and adoptive families Frederick County; facilitate training; assist with the recruitment and retention of resource families and, advocate for the needs of its members.

HOURS: M-F 8:00am-4:30pm **FEES:** None

FOSTER/ADOPTIVE PARENT SUPPORT GROUP

Frederick County Department of Social Services

100 E. All Saints Street, Frederick, MD 21701

Telephone: 301-600-4544 Fax: 301-600-2726 www.fcdss.info

SERVICES: A monthly support group offering supportive services for resource parents, especially in regard to the adoption process and post adoptive issues. The sessions are held the third Wednesday of each month from 7:00 to 8:30pm at Frederick County Department of Social Services. A local, licensed, therapist facilitates the group. Childcare is available.

FEES: None

FREDERICK COUNTY PARENTS OF MULTIPLES

National Organization of Mother of Twins Club, Inc.

3356 Stuart Court, Adamstown, MD 21710

Telephone: 301-865-9100 www.fcpom.org

SERVICES: Provides a support group for parents, grandparents, caregivers, guardians, or anyone interested in multiple births. Speakers present information on health topics each month. Offers play groups, Mom's Night Out, day trips, summer picnics and holiday events, a lending library of books to guide you through pregnancy, parenting, or just a good read. Wheelchair accessible.

HOURS: 1st W of each month, 7:00pm-9:00pm at Monocacy Valley Church, 9861 Old National Pike, Ijamsville, MD 21754

FEES: Membership \$22 yearly

FRIENDS IN FREDERICK

Parkinson Disease Support Group

Affiliated with the American Parkinson Disease Association

P.O. Box 213, Walkersville, MD 21793

Telephone: 301-845-6514

SERVICES: Support and assistance to people with Parkinson Disease, caregivers, and their families. No appointment needed and handicap accessible.

MEETING TIMES: 3rd W of each month 1:00pm-3:00pm

FEES: \$15 annual per family

Support Groups (Continued)

GLADE VALLEY HEALTH CARE

Genesis Healthcare

Glade Valley Nursing Home, 56 W. Frederick Street, Walkersville, MD 21793

Telephone: 301-898-4321

SERVICES: The group provides support and education to stroke survivors and their families about strokes through small group discussions led by social workers, videos and an occasional speaker. Also organizes times for holiday parties and summer picnics.

HOURS: Meet 2nd Tu of each month 4:30pm-6:00pm

FEES: None

GRIEF SHARE

Calvary Assembly of God

8234 Woodsboro Pike, Walkersville, MD 21793

Telephone: 301-898-7811 Fax: 301-845-0070

Email: info@cafederick.com www.cafederick.com

SERVICES: A friendly, caring group of people who will walk alongside you through one of life's most difficult experiences. You don't have to go through the grieving process alone. Provides a safe environment, facilitated by people who understand what you're going through. Group meets weekly, on Thursdays at 7:00 pm. For more information, please call the church office at 301-898-7811 or email info@cafederick.com.

HOURS: M-F 9:00am-4:00pm, by appointment

GRIEF SHARE

Frederick Christian Fellowship Care Ministries

10142 Hansonville Rd, Frederick, MD 21702

Telephone: 301-620-2255 Fax: 240-529-1640 www.fcfchurch.com

SERVICES: Provides a special seminar and support group for people grieving the loss of someone close. This group is sponsored by people who understand what you are experiencing and want to offer you comfort and encouragement during this difficult time. Child care available.

HOURS: M-F 9:00am-5:00pm **FEES:** Materials fee

HOSPICE OF FREDERICK COUNTY – SUPPORT GROUPS

A division of Frederick Memorial Hospital

516 Trail Avenue, Frederick, MD 21702

Telephone: 240-566-3030 Fax: 240-566-3601 www.Hospiceoffrederick.org

SERVICES: Provides outpatient and inpatient hospice services that include medical, emotional and spiritual support, as well as a pet visitation program to terminally ill individuals and their loved ones.

Outpatient: Nurses, home health aides, a social worker, a pastoral care counselor, and specially-trained volunteers provide medical, emotional and spiritual support to those terminally ill individuals and their families.

Support Groups (Continued)

Inpatient: Kline Hospice House is a residence for people with a life expectancy measured in weeks that can no longer stay in their homes.

Mutual Support: Provides a variety of bereavement workshops, support groups, seminars and individual telephone or face to face support.

Camp Jamie: A weekend bereavement camp for children approximately 6-14 years of age at no cost to families.

Hospets: Certified volunteers and their pets visit hospice patients.

Volunteers: Adult volunteers needed to help with administrative duties, fundraising, and bereavement calls and provide care to patients and their families.

HOURS: M-F 8:30am-4:30pm. Nurses on staff 24 hrs/7 days a week.

FEES: Medicare/Medicaid/most private insurance/free to uninsured

LOOK GOOD / FEEL BETTER SUPPORT GROUP

Frederick Memorial Hospital, Regional Cancer Therapy Center

501 W. 7th Street, Frederick, MD 21701

Telephone: 240-566-4699 or 888-227-6333 Fax: 240-566-3959

www.fmh.org

SERVICES: This program is to assist female cancer patients in coping with appearances related to side effects of cancer treatment. For monthly meeting day and times please contact Sharon Evans, LCSW at 240-566-4699 or American Cancer Society at 888-227-6333.

HOURS: M-F 8:00am-4:30pm **FEES:** Vary

MAN TO MAN SUPPORT GROUP

Frederick Memorial Hospital, Regional Cancer Therapy Center

501 W. 7th Street, Frederick, MD 21701

Telephone: 240-566-4715 Fax: 240-566-3959 www.fmh.org

SERVICES: This support group is for prostate cancer patients and family members. It provides information and support with practical and personal issues that often accompany treatment. Also host a variety of special speakers and events.

Contact Bert Hauver, group president at 240-566-4715 for further information.

HOURS: Group meets 4th W of each month at 6:30pm (January thru October)

FEES: None

MARRIAGE SAVERS OF FREDERICK COUNTY

10105 Kelly Road, Walkersville, MD 21793

Telephone: 301-898-8917 Fax: 301-898-8917

Email: bob@marriagefrederick.org www.marriagefrederick.org

SERVICES: Provides resources needed to help prepare, strengthen and restore marriages within the community including step families. Visit website for further details.

HOURS: M-Sat 8:00am-5:00pm **FEES:** None

Support Groups (Continued)

MULTIPLE SCLEROSIS SUPPORT GROUP, FREDERICK COUNTY

National Multiple Sclerosis Society

5138 Dartmoor Place, Frederick, MD 21703

Telephone: 301-363-5035 www.msfocus.org

SERVICES: A support group for people with multiple sclerosis, their family members, and caregivers. Group meets 1st M of each month at Roy Rogers, 1990 Riverside Way in Frederick from 6:30pm-8:30pm.

FEES: None

NARCOTICS ANONYMOUS

P.O. Box 4233, Frederick, MD 21705

CONFIDENTIAL HELPLINE: 800-543-4670 or 800-317-3222

www.cprna.org

SERVICES: Support groups held seven days a week for persons recovering from substance abuse. Call the HELPLINE for information on times and locations. Confidential services.

HOURS: Call for information **FEES:** None

OVEREATERS ANONYMOUS

P.O. Box 1366, Frederick, MD 21702

Telephone: 301-694-3554

Email: tatabubu@earthlink.net www.FrederickRegionOA.org

SERVICES: Overeaters anonymous is a fellowship of individuals who through shared experience, strength and hope, are recovering from compulsive overeating. Our primary purpose is to abstain from compulsive overeating and to carry this message of recovery to those that still suffer. Wheelchair accessible.

HOURS: See website for meeting times or call number 24 hours a day.

FEES: None

PARKINSON SUPPORT GROUP, FREDERICK COUNTY

National Parkinson Foundation, Inc

P.O. Box 213, Walkersville, MD 21793

Telephone: 301-845-6514 www.parkinson.org

SERVICES: A support group for people with Parkinson, their family, and caregivers. Group meets 1:00pm-3:00pm, 3rd W of each month at Mt. Pleasant Ruritan Club. Call for directions. Wheelchair accessible. Call anytime for directions.

FEES: None

Support Groups (Continued)

RESPONSIBLE FATHERS*Family Partnership of Frederick County*

8420 Gas House Pike, Ste. EE, Frederick, MD 21701

Telephone: 301-600-2206 Fax: 301-600-2209

Email: stoms@fredco-md.net www.frederickcountymd.gov

SERVICES: Assist men in becoming responsible fathers and reconnecting with their children. These goals are accomplished in group settings and with individual assistance and referral. A father's support group in an environment that is conducive to discussion of manhood issues that consist of emotional and physical support of his child, relationships, life skills, and financial support of his child.

HOURS: Tu 6:00pm-8:00pm **FEES:** None

SMART RECOVERY

306 W. Patrick Street, Frederick, MD 21701 (Rear Entrance)

Telephone: 301-869-2305 www.smartrecovery.org

SERVICES: Free support group for overcoming addictive/compulsive behaviors. Self-help meetings focus on exploring problems and solutions, applying cognitive-behavioral techniques and tools developed by professionals. Cross-talk, questions, suggestions, and interactions are used to discuss emotions that trigger addictive behavior.

HOURS: Meets every Tu from 7:00pm-8:30pm **FEES:** None

STOP SMOKING FOR LIFE*Behavioral Health Services Division/Prevention Services**Frederick County Health Department*

350 Montevue Lane, Frederick, MD 21701

Telephone: 301-600-1755 Fax: 301-600-3298

www.FrederickCountyMD.gov/healthdept/substanceabuse.com

SERVICES: Smoking cessation classes for all ages. Meets two times a week for four consecutive weeks. Nicotine patches and gum available with physician approval. Support group meetings are held regularly. Call for more information and new class dates.

HOURS: M-F 8:00am-4:30pm **FEES:** None

SURVIVORS OF SUICIDE SUPPORT GROUP*Mental Health Association of Frederick County*

263 W. Patrick Street, Frederick, MD 21701

Telephone: 301-663-0011 Fax: 301-695-4747

Email: sborg@fcmha.org www.fcmha.org

SERVICES: A support group for those who have lost a loved one to suicide. Support group is led by a professionally-trained facilitator. Offered once a month. Intake required. Contact Suzi Borg at 301-663-0011 for more information.

HOURS: By appointment **FEES:** None

Support Groups (Continued)

Survivors of Suicide Support Group

Provides a safe place for those who have lost a loved one to suicide. For more information call 301-663-0011.





SURVIVORS OFFERING SUPPORT

Frederick Memorial Hospital, Regional Cancer Therapy Center

501 W. 7th Street, Frederick, MD 21701

Telephone: 240-566-4694 or 301-694-5880 ext. 491 Fax: 240-566-3959

www.fmh.org

SERVICES: The Survivors Offering Support (SOS) Program pairs informed and trained cancer survivor volunteers with newly diagnosed breast cancer patients. Volunteers are matched with new patients of the same age range, lifestyle, and stage of breast cancer. Volunteers share their personal breast cancer experiences and provide emotional support to new patients. Contact Denise O'Neill, Volunteer Coordinator, 301-694-5880 ext. 491.

HOURS: M-F 8:00am-4:30pm **FEES:** None

Support Groups (Continued)

THE COMPASSIONATE FREINDS

Trinity Methodist Church, 705 W. Patrick Street, Frederick, MD 21701

Mailing Address: 303 Upper College Terrace, Frederick, MD 21701

Telephone: 301-305-6378 www.compassionatefriends.org

SERVICES: Provides monthly support group where bereaved families, parents, grandparents, siblings and friends can work through their grief with the help of others who have lost a loved one. Provides educational information on parental and sibling grief to the community through publicity, speaking engagements, and distribution of material including a chapter newsletter. NOTE: Meeting is 7:30pm the 1st W of each month at The Trinity United Methodist Church, 705 W. Patrick Street, Frederick. NO MEETING MONTH OF JULY.

MEETING TIMES: 1st W of every month, except July, 7:30pm. There are no dues or religious affiliation.

UNITED OSTOMY ASSOCIATION

Frederick County Chapter

United Ostomy Association and Frederick Memorial Hospital

400 W. 7th Street, Frederick, MD 21701

Telephone: 301-662-8477

SERVICES: Provide education and support group for people who have or may have ostomy surgery. Families are welcome to attend.

HOURS: Call for meeting times and dates.

FEES: No fee to attend; national dues optional.

FREDERICK COUNTY HOTLINE

301-662-2255

Information, Referrals, and
Suicide/Crisis Intervention
A 24 Hour Service / Confidential / TTY



SUICIDE PREVENTION HOTLINES

NATIONAL SUICIDE PREVENTION LIFELINE

1-800-273-TALK (1-800-273-8255)

1-800-SUICIDE (1-800-784-2433)

MARYLAND CRISIS HOTLINE

1-800-422-0009

Toll free hotline throughout Maryland

2-1-1 WESTERN MARYLAND

Dial 2-1-1 or 1-866-411-6803

Free, 24/7 information and referral service for all health
and human services in Western Maryland.

**Airtime and other charges may apply for cell phone users.*

PHONE FRIEND

301-694-8255

A support line for children home alone

A program of the Mental Health Association of Frederick County
301-663-0011 • www.fcmta.org

SUBSTANCE ABUSE SERVICES

ALCOHOLICS ANONYMOUS

2 E. Church Street, P.O. Box 1771, Frederick, MD 21701

Telephone: 301-662-0544 www.westcentralaa.org

SERVICES: An anonymous, non-professional program of recovery based on fellowship among those who feel they have lost the ability to control their consumption of alcohol. Small groups meet regularly for the purpose of attaining and maintaining sobriety by sharing personal experiences. Practice of AA's Twelve Steps is suggested, and AA literature is available.

HOURS: See website for meeting times or call number 24 hours a day.

FEES: None

BEHAVIORAL HEALTH/ADOLESCENT SERVICES

Frederick County Health Department, Behavioral Health Services Division

350 Montevue Lane, Frederick, MD 21702

Telephone: 301-600-1755

www.FrederickCountyMD.gov/healthdept/substanceabuse

SERVICES: Adolescent high risk, outpatient, intensive outpatient, family counseling, and smoking cessation and tobacco education.

HOURS: M-Th 8:00am-8:00pm, F 8:00am-5:00pm

FEES: Sliding scale/Medicaid

BEHAVIORAL HEALTH SERVICES DIVISION/ADOLESCENT SERVICES

Frederick County Health Department

350 Montevue Lane, Frederick, MD 21702

Telephone: 301-600-1755 Fax: 301-600-3298

www.frederickcountymd.gov/healthdept/substanceabuse

SERVICES: Adolescent high risk, outpatient, intensive outpatient, family counseling, smoking cessation and tobacco education.

HOURS: M-Th 8:00am-8:00pm, F 8:00am-5:00pm

FEES: Sliding scale/medical assistance/insurance

BEHAVIORAL HEALTH SERVICES DIVISION/ADULT SERVICES

Frederick County Health Department

300 B Scholl's Lane, Frederick, MD 21701

Telephone: 301-600-1775 Fax: 301-600-1781

www.FrederickCountyMD.gov/healthdept/substanceabuse

SERVICES: Adult outpatient, IOP, outpatient detoxification, in-house psychiatric consultations and assessments, methadone maintenance treatment program, men's recovery groups, women's recovery groups, and other specialty groups.

HOURS: M-Th 8:00am-8:00pm, F 8:00am-5:00pm

FEES: Sliding scale/medical assistance/insurance

Substance Abuse Services (Continued)

BEHAVIORAL HEALTH SERVICES DIVISION/ ADULT SUBSTANCE ABUSE SERVICES

Frederick County Health Department

300 B Scholl's Lane, Frederick, MD 21701

Telephone: 301-600-1775 Fax: 301-600-1781

www.co.frederick.md.us/healthdept

SERVICES: Provides adults 18 and older who struggle with substance abuse outpatient treatment, IOP, outpatient detoxification, in-house psychiatric consultations and assessments, methadone maintenance treatment program, and Buprenorphine (suboxone) prescribed. Also offers men's recovery groups, woman's recovery groups, other specialty groups as well as acupuncture.

HOURS: M-Th 8:00am-8:00pm, F 8:00am-5:00pm

FEES: Sliding scale/medical assistance/insurance

BEHAVIORAL HEALTH SERVICES DIVISION/PREVENTION SERVICES

Frederick County Health Department

350 Montevue Lane, Frederick, MD 21702

Telephone: 301-600-1755 Fax: 301-600-3298

www.FrederickCountyMD.gov/healthdept/substanceabuse

SERVICES: Offers free smoking cessation courses. Prevention materials, literature and other resources are available upon request.

HOURS: M-F 8:00am-5:00pm

FEES: None

BEHAVIORAL HEALTH SERVICES OF MERITUS MEDICAL CENTER

Washington County Hospital

24 N. Walnut Street, #300, Hagerstown, MD 21740

Telephone: 301-766-7600 Fax: 301-797-4976

www.meritushealth.com/behavior/

SERVICES: Emergency Psychiatric Services, Inpatient for Detox or Mental Health, Partial Hospitalization and Intensive Outpatient, Dual Diagnosis, Senior/Older Adults Program. Employee Assistance Program, Outpatient Addictions Program, Outpatient psychiatrist, psychologist, and counselors for all ages – individuals, couples, families, and groups. Wheelchair accessible.

HOURS: Office: M-F 8:00am-4:30pm; Operations: 24 hrs/7 days a week

FEES: All payment methods

CROSSROADS CENTERS

203 Broadway Street, Ste. A, Frederick, MD 21701

Telephone: 301-696-1950 Fax: 301-698-2661

Email: xroadsfrederick@verizon.net www.recoveryatcrossroads.com

SERVICES: Adult intensive outpatient counseling for persons with alcohol and drug problems, abuse, and dependence. Both 12-hour and 26-week programs. Specialize in treating chemically dependent adolescents and adults. JCAHO, State of MD certified, and MVA-approved DWI programs.

HOURS: M-Th 9:00am-9:00pm, F 9:00am-5:00pm, Sat 8:00am-noon

FEES: Third party payments/insurance/by arrangement/credit cards



Frederick County Health Department Behavioral Health Services

Public Health
Prevent. Promote. Protect.

The Behavioral Health Services Division provides a wide array of alcohol and drug treatment and prevention services for individuals, families, and the community.

Adolescent Treatment Services Include:

- ◆ Assessments
- ◆ Outpatient and Intensive Outpatient Treatment
- ◆ High-Risk, Family, and Smoking Cessation Groups
- ◆ Individual, Family, and Group Therapy

Adult Treatment Services Include:

- ◆ Assessments and Psychiatric Consultations
- ◆ Outpatient and Intensive Outpatient Treatment
- ◆ Outpatient Detox and Medication-Assisted Treatment
- ◆ Individual, Family, and Group Therapy

Prevention Services Include:

- ◆ Educational Programs for Youth, Parents, and Families
- ◆ Services for High-Risk Youth
- ◆ Tobacco Education and Adult Cessation Groups
- ◆ Technical Assistance and Resources for Community Groups

Adult Treatment Services: 301-600-1775

300 B Scholl's Lane, Frederick, Maryland 21701

Adolescent Treatment and Prevention Services: 301-600-3293

350 Montevue Lane, Frederick, Maryland 21702

www.FrederickCountyMD.gov/healthdept/substanceabuse

All services are delivered by professionals with dignity, respect and compassion. Services are confidential.



Frederick County Health Department Behavioral Health Services

Public Health
Prevent. Promote. Protect.

The Behavioral Health Services Division works to create and manage a comprehensive, accessible, culturally sensitive system of publicly funded services for individuals who have psychiatric and/or substance use disorders. Services are provided in a variety of settings to include the Health Department, FC school system, the local detention center and in homes.

Mental Health Services Include:

- ◆ Diagnostic Evaluations
- ◆ Psychiatric Evaluations
- ◆ Medication Management
- ◆ Individual, Family, and Group therapy

We specialize in:

- ◆ Childhood ADHD and Psychotic Disorders
- ◆ Childhood Reactive Attachment Disorders
- ◆ Adult Schizophrenia
- ◆ Anxiety and Mood Disorders
- ◆ Characterological Disorders

Outpatient Mental Health Clinic: (301) 600-1755
350 Montevue Lane, Frederick, MD 21702

www.FrederickCountyMD.Gov/mentalhealth

All services are delivered by professionals with dignity, respect and compassion. Services are confidential.

Substance Abuse Services (Continued)

FREDERICK INSTITUTE

Substance Abuse Services

5716-C Industry Lane, Frederick, MD 21704

Telephone: 301-663-4130 Fax: 301-663-4169

www.addictiontreatmentsystems.com

SERVICES: An adult, private outpatient drug treatment program specializing in methadone maintenance and detoxification for patients who are addicted to opiates. Our program provides education, individual and group counseling, family involvement and psychiatric consultations.

HOURS: M-F 6:00am-2:00pm, Sat 7:00am-11:00am

FEES: Self pay/insurance/Medicaid (MCD Priority Partners)

GALE RECOVERY, INC.

336 N. Market Street, Frederick, MD 21701

Telephone: 301-662-2303 Fax: 301-694-8527

Email: info@galehousesinc.org www.galehousesinc.org

SERVICES: Operates a halfway house for women that offers structured alcohol and chemical dependency rehabilitation. Provides individual and group counseling, Alcoholics Anonymous (AA) and/or Narcotics Anonymous (NA) meetings 4 times a week, and referrals to job training programs as well as other resources as needed. No self-referrals. Must be referred by professional addiction counselor of an inpatient or intensive outpatient substance abuse program or facility. Female volunteers 30 and older are welcomed for various duties.

HOURS: Office: M-F 8:30am-4:30pm; Intake Hours: M-F 9:00am-3:00pm; Operating Hours: 24 hrs/7 days a week

FEES: Sliding scale

KIDS LIKE US

Frederick County Health Department, Substance Abuse Division

350 Montevue Lane, Frederick, MD 21702

Telephone: 301-600-3281 Fax: 301-600-3298

SERVICES: Kids Like Us (KLU) is a multi-year prevention program offered at no cost to students in grades 4-8 currently impacted by the substance abuse or addiction of an immediate family member. Program is held in elementary and middle schools throughout Frederick County. KLU's overall focus is to build resiliency and prevent substance abuse by engaging these youth in group counseling activities that build self worth; increase social support and social skills; foster effective emotional expression and management and promote health coping skills (especially those related to managing situations and feelings commonly associated with family substance abuse). KLU is a collaborative program between the Frederick County Health Department and the Frederick County Public Schools. Services are confidential and require parent/guardian permission. To enroll, contact the school counselor or call KLU.

HOURS: School hours **FEES:** None

Substance Abuse Services (Continued)



Frederick Institute

5716-C Industry Lane Phone: 301-663-4130

Frederick, MD 21704-5185 Fax: 301-663-4169

www.addictiontreatmentsystems.com

A private outpatient drug treatment program specializing in the treatment of patients who are addicted to opiates such as prescription pain medications and heroin with the approved treatment narcotic methadone.

Services we provide include:

- Daily methadone dosing
- Individual counseling
- Group counseling
- Substance abuse education
- Family involvement
- Referral and coordination service

Hours of Operation:

M-F 6:00am - 2:00pm

Sat. 7:00am - 11:00am

Medication Hours:

M-F 6:00am - 10:00am

Sat. 7:00am - 10:00am

Fees: Cash/MC/Visa/Medical Assistance/PAC

Call for Details

Substance Abuse Services (Continued)

MONOCACY COUNSELING CENTER, LLC

1207 N. East Street, Frederick, MD 21701

Telephone: 301-846-0967 Fax: 301-846-0443

SERVICES: Adult and adolescent outpatient treatment for substance abuse, gambling, and mental health problems. Assessments, individualized treatment plans, group and individual counseling available plus support group for families/friends of the client.

HOURS: By appointment

FEES: Third party payments/by arrangement/payment plans

MOUNTAIN MANOR ADULT OUTPATIENT SERVICES, FREDERICK COUNTY

Maryland Treatment Centers, Inc

603 W. Patrick Street, Frederick, MD 21701

Telephone: 301-662-1407 Fax: 301-662-6989

www.mactn.vcu.edu/mountain.htm

SERVICES: Offers standard and intensive outpatient (IOP) group therapy for substance abuse and has programs for individuals on probation including DWI, DUI, aftercare, relapse recovery program, urine testing and intervention. Also offers inpatient evaluations for individuals with insurance.

HOURS: M, W, Th 9:00am-9:00pm, Tu, F 9:00am-5:00pm

FEES: Private insurance/medical assistance

OLSON HOUSE

Gale House, Inc.

608 E. Patrick Street, Frederick, MD 21701

Telephone: 301-662-2303 Fax: 301-694-8527 www.galehousesinc.org

SERVICES: Operates a halfway house for men that provides a structured alcohol and chemical dependency rehabilitation. Provides individual and group counseling, Alcoholics Anonymous (AA) and/or Narcotics Anonymous (NA) meetings 4 times a week, referrals to job training programs or other services as needed. Volunteers not needed. Those eligible are adult males with a primary diagnosis of Substance Dependency Disorder. Must be substance free and be physically and mentally able to seek and maintain employment.

HOURS: M-F 8:30am-4:30pm; Intake Hours: M-F 9:00am-3:00pm;

Operating Hours: 24 hrs/7 days a week

FEES: Sliding scale

Substance Abuse Services (Continued)

TREATMENT SOLUTIONS NETWORK

Telephone: 410-960-0969 Toll Free: 866-537-6237 Fax: 954-678-9291
www.treatmentsolutionsnetwork.com

SERVICES: The mission of Treatment Solutions Network is to provide every individual we come in contact with the opportunity to achieve a better way of life through recovery. If the individual is seeking treatment for a substance abuse or dual diagnosis problem, our goal is to find services which will best match their needs. We will strive to educate all who are involved as to how the individual can best be treated. Our primary purpose is to find help for anyone who comes to us.

LANGUAGES SPOKEN: English, Spanish

HOURS: 24 hour assistance

VICTOR CULLEN TREATMENT CENTER

Washington County Health Department

6000 Cullen Drive, Sabillasville, MD 21780

Telephone: 301-739-7543

Email: bishopm@djs.state.md.us www.djs.state.md.us › Advisory Boards

SERVICES: A regional treatment center. The Victor Cullen Center is a secure commitment facility for delinquent boys in Northwest Frederick County. As a regional center, it has the capacity to care for 48 boys between the ages of 15 and 18 in a six to nine month treatment program for issues related to mental health and substance abuse. Call for further details. Wheelchair accessible.

HOURS: Office: M-F 8:00am-5:00pm; Operations: 24 hrs/7 days a week

FEES: Call for details

Guía de Servicios Sociales Básicos en el Condado de Frederick

Guide to Essential Human Services in Frederick County (*Spanish*)

Contenido

| | |
|---|-----|
| Números de Teléfonos Importantes | 181 |
| Iglesias Locales De Habla Hispana | 181 |
| Agencia de Acción Comunitaria de Frederick | 182 |
| Comidas y Nutrición | |
| La Salud | |
| Servicios para el Desamparado | |
| Asistencia de Vivienda | |
| Consejería para Vivienda | |
| Ayuda a Personas y Transporte | |
| Asociación de Salud Mental del Condado de Frederick | 183 |
| Birthright | 184 |
| Casa Heartly..... | 185 |
| Centro Para Mujeres Embarazadas Care Net..... | 185 |
| Departamento de Salud del Condado de Frederick | |
| (Enfermería) | 186 |
| Departamento de Salud del Condado de Frederick (WIC) ... | 186 |
| Escuelas Públicas del Condado de Frederick | 187 |
| Ejercito De Salvación - Oficina De Servicios Sociales | 187 |
| Familias Saludables de Frederick | 188 |
| FCPS Educación para Adultos | 188 |
| FCPS Clases De Inglés | 189 |
| Head Start | 189 |
| Hospital Memorial de Frederick | 190 |
| Misión de Misericordia | 190 |
| Oficina de Relaciones Humanas | |
| del Condado de Frederick | 191 |
| Planificación Familiar | 191 |
| Servicios de Salud Mental | |
| del Condado de Frederick | 192 |

NÚMEROS DE TELÉFONOS IMPORTANTES

| | |
|--|--------------|
| Centro de Detención/Cárcel | 301-600-2550 |
| Corte del Condado de Frederick | 301-600-1976 |
| Servicio de Taxi "City Cab" | 301-662-2250 |
| Servicio de Autobuses "TransIT" | 301-600-2065 |
| Oficina de la Policía del Condado de Frederick | 301-600-1046 |
| Departamento de la Policía de la Ciudad de Frederick | 301-600-2100 |

| | |
|---|------------|
| AMBULANCIAS PARA EMERGENCIAS MÉDICAS | 911 |
| BOMBEROS EN CASO DE INCENDIO | 911 |
| PARA SOLICITAR LA POLICÍA | 911 |

Por favor no tenga duda en llamar al 911 en casos de emergencias médicas, incendio, o alguna situación criminal. Al llamar, dígame al operador que usted habla español y ellos lo conectarán con un intérprete.

| | |
|---|----------------|
| Centro Nacional de Envenenamiento | 1-800-222-1222 |
| Línea de Asistencia Telefónica del Condado de Frederick | 301-662-2255 |
| Departamento de Servicios Sociales | 301-600-4555 |

IGLESIAS LOCALES DE HABLA HISPANA

Frederick Hispanic Church of the Nazarene, 12350 Jesse Smith Road, Mount Airy, MD 21771, 301-865-0625, Pastor: Lionel Campo.

Adventistas del Séptimo Día de Frederick, 6437 Jefferson Pike, Frederick, MD 21701, 301-662-5254, Pastor: Robert Quintana.

Iglesia de Dios Pentecostal, "Emanuel," 7750 Kemp Lane Rd., Frederick, MD 21701, 301-473-7381, Lorenzo Ruiz.

Iglesia de Dios Pentecostal, "Ebenezer," 5665 New Design Rd., Frederick, MD 21703, 301-482-2685, José Obando.

Maranatha Community Church, 123 Byte Dr., Frederick, MD 21702, 301-663-5444, Pastor: Johnathan Whichard.

Compañerismo de Piedra Angular, 66 Waverley Dr., Suite 630, Frederick, MD 21702, 301-631-0969.

Iglesia Católica Romana de St. John, 116 E. 2nd. St. Frederick, MD, 21701 301-662-4676. Misa en Español. Rev. Dick Murphy

AGENCIA DE ACCIÓN COMUNITARIA DE FREDERICK

100 S. Market Street
Frederick, MD 21701
Teléfono: 301-600-1506 Fax: 301-662-9079

SERVICIOS:

A través de una serie de programas de la Agencia de Acción Comunitaria Federico proporciona alimentos, refugio, atención médica y otro tipo de asistencia a personas de bajos ingresos o de familias sin hogar y los individuos. Accesible silla de ruedas.

Horario: Lunes a Viernes 8:30am-4:30pm

Costo: Ninguno

Contacto: Todd Johnson

FREDERICK COMMUNITY ACTION AGENCY

100 S. Market Street
Frederick, MD 21701
Telephone: 301-600-1506 Fax: 301-662-9079

SERVICES:

Through an array of programs the Frederick Community Action Agency provides food, shelter, medical care and other assistance to low-income or homeless families and individuals. Wheelchair accessible.

Hours: M-F 8:30am-4:30pm

Fees: None

Contact: Todd Johnson



ASOCIACIÓN DE SALUD MENTAL DEL CONDADO DE FREDERICK

263 W. Patrick Street
Frederick, MD 21701
Teléfono: Call 2-I-I or 301-663-0011
Website: www.fcmha.org

SERVICIOS:

Elección de Guarderías: PADRES: Proporcionar referencias para las guarderías reguladas y educación para el consumidor relacionada con las guarderías. PROVEEDORES: Proporcionar entrenamiento y asistencia técnica.
Línea telefónica para las referencias: 301-695-4508

Horario: 8:30am-4:30pm lunes - viernes; 8:30am-2:30pm para referencias

Costo: Varía **Contacto:** Shannon Aleshire

Línea Telefónica de Asistencia del Condado de Frederick: Intervención para crisis las 24 horas, información y referencia, se da apoyo escuchando a las personas y línea telefónica de asistencia para la prevención de suicidios. Líneas adicionales: Línea telefónica de asistencia para jóvenes en crisis de MD 800-422-0009; Teléfono Amigo 301-694-8255; 1-800-SUICIDE y línea telefónica de asistencia de MD para el SIDA - 800-553-3140

Teléfono: Call 2-I-I or 301-662-2255

Horario: Las 24 horas del día **Costo:** Ninguno

MENTAL HEALTH ASSOCIATION OF FREDERICK COUNTY

263 W. Patrick Street
Frederick, MD 21701
Telephone: Call 2-I-I or 301-663-0011
Website: www.fcmha.org

SERVICES:

Child Care Choices: PARENTS: Provide referrals to regulated child care and consumer education regarding child care. PROVIDERS: Provide training and technical assistance. REFERRAL LINE: 301-695-4508; M-F 8:30am-2:30pm.

Hours: M-F 8:30am-4:30pm **Fees:** Vary **Contact:** Shannon Aleshire

Frederick County Hotline: 24-hour crisis intervention, information & referral, supportive listening, and suicide prevention hotline. Additional lines: MD Youth Crisis hotline - 800-422-0009; Phone Friend - 301-694-8255; 1-800-SUICIDE and MD AIDS hotline - 800-533-3140

Telephone: Call 2-I-I or 301-662-2255

Hours: 24-hours **Fees:** None

BIRTHRIGHT

216 W. Patrick Street

Frederick, MD 21701

Teléfono: 301-663-0111 or 800-550-4900

SERVICIOS: El Centro de Birthright es una agencia de ayuda para mujeres en crisis. Por ejemplo, mujeres con un embarazo inesperado o con una gran necesidad de obtener fórmula y pañales, etc. Las personas voluntarias que trabajan en Birthright están para ofrecer apoyo. Tenemos ropa para recién nacidos, como también ropa de maternidad para las damas. Parte de nuestro trabajo es referir a nuestras clientas a otras agencias de ayuda dentro de nuestra comunidad para obtener ayuda adicional.

Tenemos a una persona de habla española el primer y tercer jueves del mes. Se les recomienda hacer cita antes de venir.

Horario: Lunes, Jueves y Viernes, de 10:00 am hasta las 2:00 pm; Martes de 12:00 pm - 2:00 pm, y Miércoles de 6:30 pm hasta las 8:30 pm.

BIRTHRIGHT

216 W. Patrick Street

Frederick, MD 21701

Telephone: 301-663-0111 or 800-550-4900

SERVICES: Birthright is primarily an organization that caters to the woman in crisis, for example, with an unexpected pregnancy, emergency need for formula and diapers, etc. The volunteers are here to lend support and care when needed. We have infant clothing and maternity wear, and we try to direct our clients to other resources in the community for additional help. We have a Spanish interpreter available the first and third Thursday of the month. Appointments would be helpful.

Hours: M, Th, F 10:00am-2:00 pm, Tu 12:00pm-2:00 pm, W 6:30pm-8:30pm.

CASA HEARTLY

P. O. Box 857
Frederick, MD 21705
Teléfono: 301-662-8800 Fax: 301-663-4334
Email: outreach@heartlyhouse.org

SERVICIOS: Refugio - un refugio donde los sobrevivientes de la violencia doméstica y sus hijos, pueden vivir temporalmente, con alimentos y apoyo emocional. Consejería, ayuda legal, referencias, línea de teléfono de crisis accesible 24 horas al día.

Horario: 8:30am - 4pm **Costo:** Generalmente, el costo de estos servicios se basa en una escala de acuerdo con los ingresos. **Contacto:** Kelley Martin 301-696-2058 x203

HEARTLY HOUSE

P. O. Box 857
Frederick, MD 21705
Telephone: 301-662-8800 Fax: 301-663-4334
Email: outreach@heartlyhouse.org

SERVICES: HH provides comprehensive services to survivors of domestic violence, rape/sexual assault and child abuse. 24-hour hotline, individual and group counseling, abuser intervention program, emergency shelter, transitional housing, legal advocacy outreach (professional & community). Crisis services free and other services, sliding scale.

Hours: Admin 8:00am-10:00pm; Hotline 24-hours 301-662-8800 **Fees:** sliding scale
Contact: Erin Liposky; TTY 301-662-1565

CENTRO PARA MUJERES EMBARAZADAS CARE NET

707 N. Market Street
Frederick, MD 21701
Teléfono: 800-395-HELP

SERVICIOS: Care Net ofrece ayuda en forma de provisiones para bebés, como ropa, cunas, porta bebés, etc. También ofrece una variedad de programas para mujeres y familias como por ejemplo servicios de consejería, educación y pruebas de embarazo.

Horario: Martes 11am - 5pm, Jueves 1pm - 8pm; por nombramiento o a pie en
Costo: Ninguno

CARE NET PREGNANCY CENTER OF FREDERICK

707 N. Market Street
Frederick, MD 21701
Telephone: 800-395-HELP

SERVICES: Care Net offers assistance with baby supplies such as clothing, cribs, infant care seats, etc. Also offers a variety of programs for women and families such as peer counseling, education, pregnancy tests, etc.

Hours: Tu 11:00am-5:00pm, Th 1:00pm-8:00pm; By appointment or walk-ins
Cost: Free

DEPARTAMENTO DE SALUD DEL CONDADO DE FREDERICK

División de Enfermería

350 Montevue Lane

Frederick, MD 21702

Teléfono: 301-600-1733 Fax: 301-600-3310

SERVICIOS: Planificación familiar, prevención del cáncer, vacunas para los niños, información para prevenir y tratar ciertas enfermedades. Prevención y tratamiento de la tuberculosis.

Horario: 8:00am-5:00pm **Costo:** Gratis o a bajo costo

Contacto: Lourdes Quinenes

FREDERICK COUNTY HEALTH DEPARTMENT

Nursing Division

350 Montevue Lane

Frederick, MD 21702

Telephone: 301-600-1733 Fax: 301-600-3310

SERVICES: Womens Health, cancer prevention and treatment, communicable disease treatment, HIV testing and treatment, immunizations, maternal/child health, TB testing and treatment.

Hours: 8:00am-5:00pm **Fees:** Free or low cost **Contact:** Lourdes Quinenes

DEPARTAMENTO DE SALUD DEL CONDADO DE FREDERICK

WIC (Mujeres, Bebés, Niños)

350 Montevue Lane

Frederick, MD 21702

Teléfono: 301-600-2507 Fax: 301-600-3193

SERVICIOS: WIC es un programa que usa fondos federales con el fin de proveer alimentación saludable (leche, fórmula para bebé, jugos 100% naturales, mantequilla de maní, queso, huevos, granos secos & cereal) y educación en nutrición a mujeres embarazadas, nuevas madres, bebés, y niños hasta los cinco años de edad.

Horario: 8:00am-5:00pm y ciertas noches **Costo:** ninguno

Contacto: Vida Penn, RN

FREDERICK COUNTY HEALTH DEPARTMENT

WIC (Women, Infants, and Children)

350 Montevue Lane

Frederick, MD 21702

Telephone: 301-600-2507 Fax: 301-600-3193

SERVICES: WIC is a federally funded program that provides healthy foods (milk, infant formula, 100% juice, peanut butter, cheese, eggs, dried beans & peas, & cereal) and nutrition counseling to pregnant women, new mothers, infants and children under age five.

Hours: 8:00am-5:00pm, some evening hours **Fees:** None

Contact: Vida Penn, RN

ESCUELAS PÚBLICAS DEL CONDADO DE FREDERICK

Inglés Como Segundo Idioma

Rock Creek School ~ 191 Waverley Drive

Frederick, MD 21702

Teléfono: 240-236-8700 Fax: 240-236-8768

Email: elizabeth.hernandez@fcps.org

SERVICIOS: El programa de ESL (Inglés Como Segundo Idioma) enseña idioma Inglés y Cultura Norte Americana a alumnos desde pre-k hasta el grado 12. Otros servicios importantes incluyen un programa de tutores voluntarios, Club de Tareas para estudiantes del ESL, servicios de interpretación y traducción, persona de enlace para padres que hablan Español, y una variedad de programas para padres.

Horario: 8:00am-4:30pm **Costo:** Ninguno **Contacto:** Elizabeth Hernandez

FREDERICK COUNTY PUBLIC SCHOOLS

English as a Second Language

Rock Creek School ~ 191 Waverley Drive

Frederick, MD 21702

Telephone: 240-236-8700 Fax: 240-236-8768

Email: elizabeth.hernandez@fcps.org

SERVICES: The ESL program teaches English language and American culture to students from more than 35 countries - services are provided to students in pre-k through twelfth grade. Other major services include a volunteer tutoring program, ESL homework help, interpreting and translating services, a Spanish speaking parent liaison and a variety of parent programs.

Hours: 8:00am-4:30pm **Fees:** None **Contact:** Elizabeth Hernandez

EJÉRCITO DE SALVACIÓN - OFICINA DE SERVICIOS SOCIALES

223 W. Fifth Street

Frederick, MD 21701

Teléfono: 301-662 -2311

SERVICIOS: El Ejército de Salvación, por medio de la Oficina de Servicios Sociales, ofrece ayuda con pagos de la renta o hipoteca, cuentas eléctricas, gas, o del petróleo para la calefacción, recetas médicas, estadías temporales en un hotel, y ayuda con la comida en casos de emergencia. Ciertos programas requieren comprobantes de sueldo y residencia.

Horario: 8:00am-4:00pm **Costo:** Ninguno **Contacto:** M. Raymond Pruitt

SALVATION ARMY - SOCIAL SERVICES OFFICE

223 W. Fifth Street

Frederick, MD 21701

Telephone: 301-662-2311

SERVICES: Assistance with rental/mortgage, electric or gas bill, heating oil, pre-prescriptions, temporary motel placement, emergency food assistance.

Hours: 8:00am-4:00pm **Fees:** None **Contact:** M. Raymond Pruitt

FAMILIAS SALUDABLES DE FREDERICK

22 S. Market Street, Suite 4
Frederick, MD 21701
Teléfono: 301-696-2058 Fax: 301-695-9671
Email: HFFrederick@hotmail.com

SERVICIOS: Evaluaciones, información y referencias, y visitas a domicilio para las personas que son padres por primera vez.

Horario: Flexible **Costo:** Ninguno

HEALTHY FAMILIES FREDERICK

22 S. Market Street, Suite 4
Frederick, MD 21701
Telephone: 301-696-2058 Fax: 301-695-9671
Email: HFFrederick@hotmail.com

SERVICES: Assessment, information and referral, and home visiting services for first-time parents.

Hours: Flexible **Fees:** None

FCPS EDUCACIÓN PARA ADULTOS: EVEN START

Rock Creek School
191 Waverly Drive
Teléfono: 240-236-8700 Fax: 240-236-8701
Email: teena.broadrup@fcps.org

SERVICIOS: Programa literario para familias en las escuelas de Waverley y Hillcrest. Deben tener niños de 9 años o menores, calificar económicamente y necesitar aprender inglés. Padres e hijos asistirán a la escuela de Rock Creek de lunes a viernes, desde las 9am hasta las 2pm. Se proveerá almuerzo

Horario: de Lunes a Jueves de 9 am a 2 pm, Viernes de 9am a 12pm
Costo: programa gratuito **Contacto:** Teena Broadrup

FCPS ADULT EDUCATION: EVEN START

Rock Creek School
191 Waverly Drive
Telephone: 240-236-8700 Fax: 240-236-8701
Email: teena.broadrup@fcps.org

SERVICES: Family literacy program for ESL families in Waverley and Hillcrest school districts. Must have child 9 years or younger, qualify financially and need ESL instruction. Parents and child attend Monday through Thursday, 9am-2pm. Lunch provided.

Hours: M-Th 9:00am-2:00pm, F 9:00am 12:00pm **Fees:** None
Contact: Teena Broadrup

FCPS EDUCACIÓN PARA ADULTOS: CLASES DE INGLÉS

Teléfono: 240-236-8450

SERVICIOS: Clases para adultos para aprender a hablar, leer, y escribir en inglés. Las clases se llevan a cabo en diferentes locales, y a diferentes horas del día y de la tarde. La mayoría de las clases son gratuitas. Es obligatorio asistir a la sesión de orientación para nuevos estudiantes para ser colocados en el nivel apropiado. Las sesiones de orientación están programadas para todos los martes (mientras estén abiertas las escuelas) a las 5:00 PM en el aula número 106 de la escuela intermedia de Governor Thomas Johnson. Favor llamar al 240-236-8450 para obtener más información acerca de las fechas de orientación o de las clases.

FCPS ADULT EDUCATION: ENGLISH CLASSES

Telephone: 240-236-8450

SERVICES: Classes to help adults learn to speak, read, and write English. Classes are held at many locations and at many different times of the day/evening. Most classes are free. New learners **MUST** attend an orientation for registration, testing and placement into class. Orientations are held every Tuesday (as long as schools are open) at 5:00pm in room 106 at Governor Thomas Johnson Middle School. Call 240-236-8450 for information on other orientation dates/times and/or classes.

HEAD START

401 Sagner Ave.

Frederick, MD 21701

Teléfono: 301-600-1024 Fax: 301-600-2723

Email: prosentsteel@fredco.md.net Website: co.frederick.md.us/Head-Start

SERVICIOS: Head Start ofrece un programa de intervención temprana para los niños de edad pre-escolar que pertenecen a familias de bajos recursos económicos.

Horario: Lunes, Martes, Jueves y Viernes 8:00 am - 5:00 pm, el segundo miércoles del mes de 8:00am-7:00pm, y el tercer sábado del mes 9:00am-12:00pm.

Costo: Ninguno

HEAD START

401 Sagner Ave.

Frederick, MD 21701

Telephone: 301-600-1024 Fax: 301-600-2723

Email: prosentsteel@fredco.md.net Website: co.frederick.md.us/Head-Start

SERVICES: Head Start provides an early intervention program to pre-school children from low income families

Hours: M, Tu., Th, F 8:00am-5:00pm, 2nd W of the month from 8:00am-7:00pm, and the 3rd Sat of the month 9:00am-12:00pm.

Fees: None

HOSPITAL MEMORIAL DE FREDERICK

400 W. Seventh Street

Frederick, MD 21701

Teléfono: 240-566-3300 Website: www.fmh.org

SERVICIOS: Hospital comunitario, servicios médicos para pacientes internados, ambulantes, emergencias y cuidados caseros.

Horario: 24 horas al día **Costo:** variable

FREDERICK MEMORIAL HOSPITAL

400 W. Seventh Street

Frederick, MD 21701

Telephone: 240-566-3300 Website: www.fmh.org

SERVICES: Community hospital, health care services - inpatient, outpatient, emergency, and home health.

Hours: 24 hours **Fees:** variable

MISIÓN DE MISERICORDIA

22 S. Market St. #6D

Frederick, MD 21701

Teléfono: 301-631-2670 ext. 110 Fax: 301-682-3499

Website: www.amicionofmercy.org

SERVICIOS: Servicios médicos y cuidado dental. Números de teléfono para citas: Frederick, (201 Fairview Ave., Frederick, MD) y Brunswick (2212 Jefferson Pike, Knoxville, MD) 301-631-2670 ext. 110; Mt. Airy: 301-829-0358 ext. 202

Horario: 9:00am-4:00pm **Costo:** Ninguno **Contacto:** David Liddle

MISSION OF MERCY

22 S. Market St. #6D

Frederick, MD 21701

Telephone: 301-631-2670 ext. 110 Fax: 301-682-3499

Website: www.amicionofmercy.org

SERVICES: Free medical & dental care; call for appointment
Frederick (201 Fairview Ave., Frederick, MD); Brunswick (2212 Jefferson Pike, Knoxville, MD) 301-631-2670 ext. 110; Mt. Airy 301-829-0358 ext. 202

Hours: 9:00am-4:00pm **Fees:** None **Contact:** Jennifer White

OFICINA DE RELACIONES HUMANAS DEL CONDADO DE FREDERICK

520 N. Market Street

Frederick, MD 21701

Teléfono: 301-600-1109 TDD: 301-600-1672 Fax: 301-600-2085

Website: <http://co.frederick.md.us>

SERVICIOS: Intervenir, conciliar e investigar quejas de tratos injustos en asuntos de empleo, vivienda, acomodaciones/ajustes públicos, basadas en edad, sexo, origen nacional, minusvalía, religión, raza y estado marital relacionadas con empleo, vivienda, servicios al por menor y recursos públicos dentro del Condado de Frederick.

Horario: 8:00am-4:00pm **Costo:** Gratis **Contacto:** Denise Smith

OFFICE OF HUMAN RELATIONS, FREDERICK COUNTY

520 N. Market Street

Frederick, MD 21701

Telephone: 301-600-1109 TDD: 301-600-1672 Fax: 301-604-2085

Website: <http://co.frederick.md.us>

SERVICES: Mediate, conciliate and investigate complaints of discrimination in employment, housing and public accommodations on the basis of race, age, sex, national origin, marital status, religion, and disability. You must live or work in Frederick County.

Hours: 8:00am-4:00pm, Other hours by appointment

Fees: None **Contact:** Denise Smith

PLANIFICACIÓN FAMILIAR

RoseHill Plaza

1560 Opossumtown Pike, #18

Frederick, MD 21702

Teléfono: (301) 662-7171

SERVICIOS: La oficina de Planificación Familiar ofrece una variedad de servicios de contracepción, pruebas ginecológicas (Papanicolaou), pruebas para detectar enfermedades venéreas, etc.

Horario: Lunes de 9am 5pm, Martes de 12:30pm 7:30pm, Miércoles y Jueves de 9am 4pm, Viernes de 9am 2pm, y el segundo Sábado de cada mes de 8am 12:00.

Costo: Gratis o a poco precio. Llamar para obtener más detalles.

PLANNED PARENTHOOD

Rose Hill Plaza

1560 Opossumtown Pike, #18

Frederick, MD 21702

Telephone: (301) 662-7171

SERVICES: Planned Parenthood offers services such as birth control, gynecological tests, STD testing etc. Please call for more information.

Hours: M 9:00am-5:00pm, Tu 12:30pm-7:30pm, W, Th 9:00am-4:00pm, F 9:00am-2:00 pm, and the second Sat of each month from 8:00am-12:00pm.

Cost: Free/sliding scale

SERVICIOS DE SALUD MENTAL DEL CONDADO DE FREDERICK

350 Montevue Lane

Frederick, MD 21702

Teléfono: 301-600-1755 Fax: 301-600-3214

Website: www.FrederickCountyMD.gov/healthdept/mentalhealth

SERVICIOS: Ofrecemos una gran variedad de servicios de psiquiatría y consejería a pacientes externos de todas las edades.

Horario: Lunes, Miércoles 7:30am-9:00pm; Martes, Jueves, Viernes 7:30am-5:00pm

Costo: Medical assistance/Medicare/private pay **Contacto:** 301-600-1755

FREDERICK COUNTY MENTAL HEALTH SERVICE

350 Montevue Lane

Frederick, MD 21702

Telephone: 301-600-1755 Fax: 301-600-3214

Website: www.FrederickCountyMD.gov/healthdept/mentalhealth

SERVICES: We provide a full range of outpatient psychiatric and counseling services for people of all ages.

Hours: M, W 7:30am-9:00pm, T, Th, F 7:30am-5:00pm

Fees: Medical assistance/Medicare/private pay **Contact:** 301-600-1755



MHA **Counseling Services**
Mental Health Association

**Professional therapy
for children,
adolescents, adults,
and families.**

***All services available
on a sliding scale***

**Monday- Friday from 9:00 am to 4:00 pm
301-663-6135**

FREDERICK COUNTY HOTLINE

301-662-2255

Information, Referrals, and
Suicide/Crisis Intervention
A 24 Hour Service / Confidential / TTY



SUICIDE PREVENTION HOTLINES

NATIONAL SUICIDE PREVENTION LIFELINE

1-800-273-TALK (1-800-273-8255)

1-800-SUICIDE (1-800-784-2433)

MARYLAND CRISIS HOTLINE

1-800-422-0009

Toll free hotline throughout Maryland

2-1-1 WESTERN MARYLAND

Dial 2-1-1 or 1-866-411-6803

Free, 24/7 information and referral service for all health
and human services in Western Maryland.

**Airtime and other charges may apply for cell phone users.*

PHONE FRIEND

301-694-8255

A support line for children home alone

A program of the Mental Health Association of Frederick County
301-663-0011 • www.fcmha.org

INDEX

| | |
|---|----------------------------|
| 2-1-1 MARYLAND WESTERN REGION | 11, 59, 112, 132, 158, 182 |
| 21ST CENTURY COMMUNITY LEARNING CENTER | 96 |
| 4-H DEVELOPMENT, FREDERICK COUNTY OFFICE | 92 |
| ABILITIES NETWORK AND EPILEPSY FOUNDATION | 76 |
| ABROMSON, ELISE | 11 |
| ACCESS TO CARE PROGRAM (ATC) | 132 |
| ADAMS, M. ANN | 11 |
| ADULT EDUCATION, FREDERICK COMMUNITY COLLEGE | 80 |
| ADULT EVALUATION AND REVIEW SERVICES | 59 |
| ADULT SERVICES | 130 |
| ADVENTIST BEHAVIORAL HEALTH | 51 |
| ADVOCATES FOR HOMELESS FAMILIES, INC. | 132 |
| AERS AND PERSONAL CARE PROGRAM | 130 |
| AL-ANON & ALATEEN GROUPS, FREDERICK & WASHINGTON COUNTIES | 158 |
| ALBERTSON, NICOLE K. | 12 |
| ALCOHOLICS ANONYMOUS | 158, 171 |
| ALLIED COUNSELING GROUP, LLC | 37, 38 |
| ALTMAN, AMY SEED | 12 |
| ALZHEIMER'S ASSOCIATION, WESTERN MARYLAND..... | 122 |
| AMERICAN CANCER SOCIETY | 122 |
| AMERICAN DIABETES ASSOCIATION | 122 |
| AMERICAN HEART ASSOCIATION | 122 |
| AMERICAN RED CROSS | 122 |
| ANNE-LYNN GROSS BREAST CANCER RESOURCE CENTER | 112 |
| ANZALONE, NINA M. | 12 |
| ARC OF FREDERICK COUNTY | 76 |
| ARMY COMMUNITY SERVICES (ACS) | 96 |
| ARTHRITIS FOUNDATION, MARYLAND CHAPTER | 113, 150 |
| ASHMAN, ELIZABETH A. | 12 |
| ASSOCIATED FAMILY COUNSELING | 37 |
| AUTISM SOCIETY OF AMERICA - FREDERICK COUNTY CHAPTER | 159 |
| AUSTIN, MARY LIZ | 13 |
| BANNON, VERONICA | 13, 14 |
| BEACON HOUSE FOR MEN | 133 |
| BEHAVIORAL HEALTH/ADOLESCENT SERVICES | 171 |
| BEHAVIORAL HEALTH PARTNERS OF FREDERICK | 39, 52, 56, 59 |
| BEHAVIORAL HEALTH SERVICES DIVISION/ADOLESCENT SERVICES | 171 |
| BEHAVIORAL HEALTH SERVICES DIVISION/ADULT SERVICES | 171 |
| BEHAVIORAL HEALTH SERVICES DIVISION/ADULT SUBSTANCE ABUSE | 172 |
| BEHAVIORAL HEALTH SERVICES DIVISION/PREVENTION SERVICES | 172 |
| BEHAVIORAL HEALTH SERVICES OF MERITUS MEDICAL CENTER | 51, 172 |
| BERLIN, ALICE | 13 |
| BETTER BUSINESS BUREAU OF GREATER MARYLAND | 73 |
| BIG BROTHERS BIG SISTERS OF FREDERICK COUNTY | 96 |
| BIGGER, ANITA | 14 |
| BIRTHRIGHT OF FREDERICK | 113, 123, 184 |
| BLISS, ETHAN | 14 |
| BLUE RIDGE BEHAVIORAL HEALTH SERVICES | 39 |
| BOGGS, KATHLEEN | 15 |
| BOLTON, VICTORIA | 15 |

| | |
|--|-----------------|
| BORCHERDING, BRECK | 15 |
| BOY SCOUTS OF AMERICA | 97 |
| BREAST CANCER SUPPORT GROUP | 159 |
| BROMBERG, GAYLE | 15 |
| BROOK LANE HEALTH SERVICES | 39, 50, 51 |
| BROOK LANE PARTIAL HOSPITALIZATION PROGRAM FOR CHILDREN | 53 |
| CALM, INC., THE FREDERICK COUNTY COMMUNITY MEDITATION CENTER | 113 |
| CAPPUCCI, SKY | 16 |
| CARE NET PREGNANCY CENTER OF FREDERICK | 123, 185 |
| CARE PAGES | 159 |
| CARROLL COUNTY DEPARTMENT OF SOCIAL SERVICES | 97 |
| CATOCTIN COUNSELING CENTER | 40, 60 |
| CATOCTIN PREGNANCY CENTER | 123 |
| CELEBRATE RECOVERY | 160 |
| CENTER FOR INTERGRATIVE HEALTHCARE | 40, 41 |
| CENTER FOR MIND-BODY THERAPIES | 41 |
| CENTRAL MARYLAND PFLAG | 160 |
| CHILD ADVOCACY CENTER OF FREDERICK COUNTY (CAC) | 97 |
| CHILD AND ADULT CARE FOOD PROGRAM (CACFP) | 97 |
| CHILD CARE CHOICES | 88, 98, 99 |
| CHILD FIND | 89 |
| CHILD PROTECTIVE SERVICES | 99 |
| CHILD SUPPORT ENFORCEMENT PROGRAM | 99 |
| CITIZENS CARE AND REHABILITATION CENTER | 150 |
| CODY, JILL B. | 16 |
| COMMUNICATION SERVICE FOR THE DEAF, INC. (CSD OF MARYLAND) | 114 |
| COMMUNITY ACTION COUNCIL, INC. | 134 |
| COMMUNITY HEALTH CHARITIES OF MARYLAND, INC. | 124 |
| COMMUNITY LIVING, INC. | 77 |
| COMPASSIONATE FRIENDS, FREDERICK COUNTY | 160 |
| CONSTANT HOPE | 161 |
| COSTELLO, LAWRENCE | 16 |
| COUNSELING SERVICES | 42, 60, 61, 193 |
| COURT APPOINTED SPECIAL ADVOCATE (CASA) | 99, 100 |
| CRIME VICTIMS & WITNESSES ASSISTANCE PROGRAM | 147 |
| CRISIS SERVICES | 53, 60 |
| CROSSROADS CENTERS | 172 |
| CUSTER, KAREN | 17 |
| DAFFERN, JANICE E. | 17 |
| DAYBREAK ADULT DAY SERVICES, INC. | 150 |
| DEPARTMENT OF JUVENILE SERVICES | 147 |
| DEPAUL DENTAL | 124 |
| DEPRESSION AND BIPOLAR SUPPORT ALLIANCE (DBS) | 161 |
| DERBYSHIRE, WILLIAM | 17 |
| DIVORCE CARE | 161, 162 |
| DIVORCE CARE FOR KIDS | 161 |
| DORS - DEPARTMENT OF REHABILITATION | 80 |
| E-CARE | 101 |
| EARLY CHILDHOOD DEVELOPMENT PROGRAM (FCC) | 89 |
| EARLY CHILDHOOD FAMILY EDUCATION (ECFE) | 89 |
| EARLY EDUCATOR TRAINING AND TECHNICAL ASSISTANCE | 111 |
| ELDER SERVICES PROVIDER COUNCIL | 150 |

| | |
|--|----------|
| EMPLOYMENT RESOURCE CENTER | 80 |
| EMPOWERING MOTHERS | 162 |
| EVANS, CEDONIA | 17 |
| EXCEPTIONAL FAMILY MEMBER PROGRAM | 61 |
| FAMILIES PLUS! | 89, 90 |
| FAMILY ADVOCACY PROGRAM AT FT. DETRICK | 101 |
| FAMILY PARTNERSHIP OF FREDERICK COUNTY | 90, 91 |
| FAMILY RESOURCE & INFORMATION NETWORK FOR DOWN SYNDROME (F.R.I.E.N.D.S) | 162 |
| FARRELL, JOHN P. | 18 |
| FAW, BERNADINE C. | 18 |
| FEDERATED CHARITIES CORPORATION | 130 |
| FEIFER, DARCI | 18 |
| FEIFER, STEVEN G. | 18 |
| FITTINGS BY MICHELLE | 124 |
| FMH CANCER PATIENT ASSISTANCE PROGRAM | 125 |
| FMH WELLNESS CENTER | 125 |
| FOSTER/ADOPTIVE PARENT ASSOCIATION | 163 |
| FOSTER/ADOPTIVE PARENT SUPPORT GROUP | 163 |
| FOSTER PARENTING | 101 |
| FREDERICK COMMUNITY ACTION AGENCY | 134, 182 |
| FREDERICK COMMUNITY ACTION AGENCY, HOUSING COUNSELING PROGRAM.... | 134 |
| FREDERICK COMMUNITY ACTION AGENCY, HOUSING COUNSELING SERVICES | 135 |
| FREDERICK COMMUNITY ACTION AGENCY, SUMMER FOOD PROGRAM..... | 102 |
| FREDERICK COUNTY ADULT DETENTION CENTER | 147 |
| FREDERICK COUNTY COLD WEATHER DAY SHELTER | 133 |
| FREDERICK COUNTY COLD WEATHER NIGHT SHELTER | 133 |
| FREDERICK COUNTY DEPARTMENT OF HOUSING & COMMUNITY DEVELOPMENT | 135 |
| FREDERICK COUNTY DEPARTMENT OF AGING | 151 |
| FREDERICK COUNTY DEPARTMENT OF SOCIAL SERVICES | |
| ADULT SERVICES | 130 |
| CHILD AND ADULT CARE FOOD PROGRAM (CACFP) | 97 |
| CHILD PROTECTIVE SERVICES | 99 |
| CHILD SUPPORT ENFORCEMENT PROGRAM..... | 99 |
| EMPLOYMENT RESOURCE CENTER | 80 |
| FOSTER/ADOPTIVE PARENT ASSOCIATION..... | 163 |
| FOSTER/ADOPTIVE PARENT SUPPORT GROUP..... | 163 |
| OFFICE OF HOME ENERGY PROGRAM (OHEP) | 142 |
| PURCHASE OF CARE (POC) | 107 |
| SOCIAL SERVICES FOR ADULTS | 153 |
| TEMPORARY CASH ASSISTANCE | 109 |
| VITA PROGRAM | 149 |
| FREDERICK COUNTY DEVELOPMENTAL CENTER | 77 |
| FREDERICK COUNTY DIVISION OF FIRE AND RESCUE SERVICES..... | 135 |
| FREDERICK COUNTY DIVISION OF PARKS AND RECREATION | 114 |
| FREDERICK COUNTY 4-H THERAPEUTIC RIDING PROGRAM | 77 |
| FREDERICK COUNTY EVEN START | 92 |
| FREDERICK COUNTY GOVERNMENT INFORMATION LINE | 114 |
| FREDERICK COUNTY HEAD START | 189 |
| FREDERICK COUNTY HEALTH DEPARTMENT ADULT EVALUATION AND REVIEW SERVICES | 59 |

| | |
|---|--|
| AERS AND PERSONAL CARE PROGRAM | 130 |
| AIDS SERVICES | 121 |
| BEHAVIORAL HEALTH/ADOLESCENT SERVICES | 171 |
| BEHAVIORAL HEALTH SERVICES DIVISION/ADOLESCENT SERVICES | 171 |
| BEHAVIORAL HEALTH SERVICES DIVISION/ADULT SERVICES..... | 171 |
| BEHAVIORAL HEALTH SERVICES DIVISION/ADULT SUBSTANCE ABUSE | 172 |
| BEHAVIORAL HEALTH SERVICES DIVISION/PREVENTION SERVICES | 172 |
| DEVELOPMENTAL CENTER | 77 |
| HEPATITIS CLINIC | 125 |
| KIDS LIKE US | 175 |
| MARYLAND CHILDREN'S HEALTH INSURANCE PROGRAM (MCHP) .. | 105, 126 |
| MENTAL HEALTH SERVICES | 63 |
| NURSING DIVISION | 186 |
| SCHOOL HEALTH DIVISION | 108 |
| SCOTT KEY CENTER | 78 |
| STOP SMOKING FOR LIFE | 167 |
| WIC PROGRAM (WOMEN, INFANTS, & CHILDREN) | 102, 186 |
| FREDERICK COUNTY HEPATITIS CLINIC, INC | 125 |
| FREDERICK COUNTY HOTLINE | 61, 62, 70, 86, 120, 135, 136, 147, 170, 194 |
| FREDERICK COUNTY HUMANE SOCIETY..... | 114 |
| FREDERICK COUNTY JUDY CENTER | 92 |
| FREDERICK COUNTY MEDICAL SOCIETY | 73 |
| FREDERICK COUNTY MENTAL HEALTH SERVICES | 63, 192 |
| FREDERICK COUNTY OFFICE FOR CHILDREN & FAMILIES | 102 |
| FREDERICK COUNTY PARENTS OF MULTIPLES | 163 |
| FREDERICK COUNTY PUBLIC LIBRARIES | 73 |
| FREDERICK COUNTY PUBLIC SCHOOLS | |
| 21ST CENTURY COMMUNITY LEARNING CENTER | 96 |
| CHILD FIND | 89 |
| EVEN START | 92, 188 |
| FLEXIBLE AND VIRTUAL HIGH SCHOOL | 81 |
| JUDY CENTER | 92 |
| PARTNERS FOR SUCCESS | 93 |
| ENGLISH AS A SECOND LANGUAGE | 187 |
| ENGLISH CLASSES | 189 |
| FREDERICK COUNTY SENIOR RECREATION COUNCIL | 151 |
| FREDERICK COUNTY SHERIFF'S OFFICE | 74, 147 |
| FREDERICK COUNTY WIC PROGRAM (WOMEN, INFANTS, & CHILDREN) | 102 |
| FREDERICK COUNTY WORKFORCE SERVICES | 80, 81 |
| FREDERICK INSTITUTE | 175, 176 |
| FREDERICK MEMORIAL HEALTHCARE SYSTEM | 190 |
| BEHAVIORAL HEALTH SERVICES | 52, 53, 63 |
| CANCER PATIENT ASSISTANCE PROGRAM | 125 |
| CARE PAGES | 159 |
| CRISIS SERVICES | 53, 60 |
| FITTINGS BY MICHELLE | 124 |
| HOSPICE | 126 |
| HOSPICE SUPPORT GROUPS | 164 |
| LOOK GOOD / FEEL BETTER SUPPORT GROUP | 165 |
| MAN TO MAN SUPPORT GROUP | 165 |
| PHYSICIAN REFERRAL SERVICE | 128 |
| PSYCHIATRIC PARTIAL AND INTENSIVE OUTPATIENT PROGRAM | 57, 68 |

| | |
|--|----------|
| PSYCHIATRIC SERVICES | 54 |
| ROAD TO RECOVERY..... | 129 |
| SURVIVORS OFFERING SUPPORT | 168 |
| WELLNESS CENTER | 125 |
| FREDERICK MEMORIAL HOSPITAL SELECT! | 151 |
| FREDERICK POLICE DEPARTMENT | 148 |
| FREDERICK POLICE DEPARTMENT VICTIM SERVICES UNIT..... | 152 |
| FREDERICK PSYCHOLOGY CENTER | 43 |
| FREDERICK RESCUE MISSION..... | 137 |
| FREEDOM CENTER, INC | 137 |
| FRIENDS IN FREDERICK | 163 |
| FRITZ, JO ANN | 19 |
| GALE RECOVERY, INC. | 175 |
| GIBIAN, TIMOTHY | 19 |
| GIRL SCOUT COUNCIL OF THE NATIONS CAPITAL | 103 |
| GLADE VALLEY COMMUNITY SERVICES, INC. | 137 |
| GLADE VALLEY HEALTH CARE | 164 |
| GOODWILL INDUSTRIES OF MONOCACY VALLEY, INC. | 138 |
| GOVOTSOS, SHARON | 19 |
| GRAFTON INTEGRATED HEALTH NETWORK..... | 54, 63 |
| GREEN, CYNTHIA | 20 |
| GRIEF SHARE - CALVERY ASSEMBLY OF GOD | 164 |
| GRIEF SHARE - FCF CARE MINISTRIES | 164 |
| HABITAT FOR HUMANITY OF FREDERICK COUNTY MARYLAND | 138 |
| HABITAT FOR HUMANITY RESTORE, FREDERICK COUNTY | 139 |
| HALLMAN, KRISTI | 20 |
| HALPIN, PERETTE | 20, 21 |
| HAMMETT, PATRICK T. | 21 |
| HARMAN, JANE M. | 21 |
| HARPER AND ASSOCIATES | 43 |
| HARPER, LARRY | 22 |
| HARRISON, RACHEL | 22 |
| HAYDEN, TREVIA | 22 |
| HEALING CIRCLES WELLNESS CENTER | 43 |
| HEALTHY FAMILIES FREDERICK | 103, 188 |
| HEARTFIELD ASSISTED LIVING | 152 |
| HEARTLY HOUSE, INC. | 103, 185 |
| HEGER, TERI | 23 |
| HELPING HANDS HOME CARE | 77 |
| HENRY, LEE C. | 23 |
| HERRING, MARGARET L. | 23 |
| HOFFMAN, JOAN | 24 |
| HOME INSTEAD SENIOR CARE, FREDERICK AND CARROLL COUNTIES | 152 |
| HOPE ALIVE, INC. | 139 |
| HOSPICE OF FREDERICK COUNTY | 126 |
| HOSPICE OF FREDERICK COUNTY - SUPPORT GROUPS | 164 |
| HOUSING AUTHORITY OF THE CITY OF FREDERICK | 139 |
| HUD (U.S. DEPARTMENT OF HOUSING & URBAN DEVELOPMENT) | 140 |
| HUDAK, DAVID | 24 |
| HUMAN RELATIONS DEPARTMENT, FREDERICK COUNTY | 74, 148 |
| INFANTS AND TODDLERS PROGRAM, FREDERICK COUNTY | 104 |
| INSTITUTE FOR FAMILY CENTERED SERVICES | 104 |

| | |
|---|--|
| INTERFAITH HOUSING ALLIANCE, INC. | 140 |
| INTERNAL REVENUE SERVICES, FREDERICK COUNTY OFFICE | 115 |
| IPSEN, JULIEANN | 24 |
| JAMES, MARY H. | 25 |
| JEANNE BUSSARD CENTER, INC. | 82 |
| JEFFERSON FOOD PANTRY | 140 |
| KEYSOR, CYNTHIA S. | 25 |
| KEYSTONE SERVICES OF MARYLAND..... | 78, 140 |
| KHAN, AURANGZEB | 25 |
| KIDS LIKE US | 175 |
| KISH, MARIE | 25 |
| KUEBBING, SHARON L. | 25 |
| LAUREL HALL SCHOOL IN FREDERICK | 64 |
| LAWLOR, KEVIN | 26 |
| LEGAL AID BUREAU, INC. | 148 |
| LINWOOD CENTER, INC. | 55 |
| LITERACY COUNCIL OF FREDERICK COUNTY..... | 82 |
| LOCATE: CHILD CARE .. | 105 |
| LOHMAN-FLYNN, BARBARA | 26 |
| LOOK GOOD / FEEL BETTER SUPPORT GROUP | 165 |
| MACPHERSON, B. LYNN | 26 |
| MAN TO MAN SUPPORT GROUP | 165 |
| MANNING, MAXWELL | 27 |
| MARRIAGE SAVERS OF FREDERICK COUNTY..... | 165 |
| MARTY LYONS FOUNDATION | 126 |
| MARYLAND ACCESSIBLE TELECOMMUNICATIONS..... | 115 |
| MARYLAND CHILDREN'S HEALTH INSURANCE PROGRAM (MCHP) | 105, 126 |
| MARYLAND COALITION OF FAMILIES FOR CHILDREN'S MENTAL HEALTH | 64 |
| MARYLAND RELAY SERVICE | 115 |
| MARYLAND SHERIFFS' YOUTH RANCH | 105 |
| MARYLAND STATE DEPARTMENT OF EDUCATION | |
| DIVISION OF EARLY CHILDHOOD DEVELOPMENT..... | 106 |
| MARYLAND VOLUNTEER LAWYERS SERVICE | 149 |
| MARYLAND YOUTH CRISIS HOTLINE | 64, 141 |
| MCADAM, MEREDITH | 27 |
| MCDONALD, PAMELA | 27 |
| MEALS ON WHEELS, FREDERICK COUNTY | 141 |
| MEDBANK PROGRAM | 127, 128 |
| MEDPSYCH HEALTH SERVICES | 43 |
| MEDSOURCE COMMUNITY SERVICES, INC. | 78 |
| MENTAL HEALTH ASSOCIATION OF FREDERICK COUNTY, INC. | 65, 183 |
| 2-1-1 MARYLAND WESTERN REGION..... | 11, 59, 112, 132, 158, 182 |
| 21ST CENTURY COMMUNITY LEARNING CENTER | 96 |
| CHILD CARE CHOICES | 88, 98, 99 |
| COUNSELING SERVICES | 42, 60, 61, 193 |
| COURT APPOINTED SPECIAL ADVOCATE (CASA) | 99, 100 |
| E-CARE | 101 |
| EARLY EDUCATOR TRAINING AND TECHINICAL ASSISTANCE | 111 |
| FREDERICK COUNTY HOTLINE .. | 61, 62, 70, 86, 120, 135, 136, 146, 170, 194 |
| HEALTHY FAMILIES FREDERICK | 103 |
| LOCATE: CHILD CARE | 105 |
| MARYLAND YOUTH CRISIS HOTLINE | 64, 141 |

| | |
|--|--------------------|
| MENTAL HEALTH FIRST AID | 72, 85, 118 |
| NATIONAL SUICIDE PREVENTION LIFELINE | 67, 142 |
| PARTNERSHIP FOR EMOTIONALLY RESILIENT KIDS (PERKS)..... | 106, 107 |
| “PHONEFRIEND” SUPPORT LINE..... | 107 |
| SUPERVISED VISITATION & MONITORED EXCHANGE PROGRAM | 108, 109 |
| SURVIVORS OF SUICIDE SUPPORT GROUP | 167, 168 |
| SYSTEMS NAVIGATION | 109, 110 |
| TELEPHONE REASSURANCE PROGRAM | 130, 131, 156, 157 |
| THE KIDS ON THE BLOCK..... | 93, 95, 110 |
| YELLOW DYNO | 94 |
| YOUTH EDUCATION OUTREACH | 94, 111 |
| MENTAL HEALTH CASE MANAGEMENT | 65 |
| MENTAL HEALTH FIRST AID..... | 72, 85, 118 |
| MENTAL HEALTH MANAGEMENT AGENCY OF FREDERICK COUNTY, INC. | 65 |
| MIDDLETOWN FOOD BANK | 141 |
| MILNE-GLASSER, KRISTIN | 27 |
| MIRABELL, ALEXANDRA | 28 |
| MISSION OF MERCY, INC. | 128, 190 |
| MONEY MANAGEMENT INTERNATIONAL/CCCS | 74 |
| MONOCACY COUNSELING CENTER, LLC | 44, 177 |
| MONOCACY NEURODEVELOPMENTAL CENTER..... | 44 |
| MORAN, LINDA | 28 |
| MOUNTAIN MANOR ADULT OUTPATIENT SERVICES, FREDERICK COUNTY .. | 177 |
| MOUNTAIN MANOR TREATMENT CENTER, EMMITSBURG..... | 55 |
| MT. AIRY NET | 142 |
| MULTIPLE SCLEROSIS SUPPORT GROUP, FREDERICK COUNTY | 166 |
| NAMI OF FREDERICK COUNTY | 66 |
| NARCOTICS ANONYMOUS | 166 |
| NATIONAL SUICIDE PREVENTION LIFELINE | 67, 142 |
| OFFICE OF ADULT SERVICES-FREDERICK COMMUNITY COLLEGE | 82 |
| OFFICE OF CHILD CARE, FREDERICK COUNTY | 106 |
| OFFICE OF HOME ENERGY PROGRAMS (OHEP) | 142 |
| OFFICE OF HUMAN RELATIONS, FREDERICK COUNTY | 191 |
| OFFICE OF THE PUBLIC DEFENDER | 149 |
| OLSON HOUSE | 177 |
| ON OUR OWN OF FREDERICK COUNTY, INC. | 67 |
| OPEN DOORS CAREER CENTER, FREDERICK OFFICE | 152 |
| OPERATION RUNAWAY | 143 |
| OUTREACH FOR THE NEEDY | 143 |
| OVEREATERS ANONYMOUS | 166 |
| OWENS, MARY | 28 |
| PARENT-CHILD CENTER -HAGERSTOWN..... | 106 |
| PARKINSON SUPPORT GROUP, FREDERICK COUNTY | 166 |
| PARTNERS FOR SUCCESS | 93 |
| PARTNERS IN CARE, INC., FREDERICK COUNTY | 152 |
| PARTNERSHIP FOR EMOTIONALLY RESILIENT KIDS (PERKS) | 106, 107 |
| PEOPLE HELPING PEOPLE | 144, 153 |
| “PHONEFRIEND” SUPPORT LINE | 107 |
| PHYSICIAN REFERRAL SERVICE | 128 |
| PIERCE, JENNIFER | 28, 29 |
| PLANNED PARENTHOOD OF MARYLAND | 128, 191 |
| POLLACK, ELIZABETH..... | 29 |

| | |
|---|----------|
| POLLACK, THOMAS | 29 |
| POWELL, GREGORY H. | 29 |
| POWELL, LINDA C. | 30 |
| PRIMARY ADULT CARE PROGRAM (PAC) | 129 |
| PRO BONO COUNSELING | 67, 68 |
| PSYCHIATRIC INSTITUTE OF WASHINGTON | 55 |
| PSYCHIATRIC PARTIAL AND INTENSIVE OUTPATIENT PROGRAM | 57, 68 |
| PSYCHOTHERAPY SERVICES, LLC | 44 |
| PURCHASE OF CARE (POC) | 107 |
| RABINOVE, AMY | 30 |
| RELIGIOUS COALITION FOR EMERGENCY HUMAN NEEDS | 144 |
| RESPONSIBLE FATHERS | 167 |
| RICHMOND, LAUREY | 30 |
| RIGHT AT HOME OF CENTRAL MARYLAND | 153 |
| ROAD TO RECOVERY | 129 |
| ROESSLER, ANNE M. | 30 |
| ROGERS-SENUTA, KATHLEEN J. | 31 |
| ROSEBUD ENTERPRISES | 153 |
| ROTHER, RAY | 31 |
| ROXBURY TREATMENT CENTER | 45, 46 |
| SACHS, JANE E. | 31 |
| SAINT CATHERINE'S NURSING CENTER | 129 |
| SALVATION ARMY, FREDERICK COUNTY | 144, 187 |
| SCHIFTER, BARBARA | 32 |
| SCHOOL HEALTH DIVISION | 108 |
| SCOTT KEY CENTER | 78 |
| SENIOR HOME CARE OF FREDERICK..... | 155 |
| SENIOR INFORMATION AND ASSISTANCE OF FREDERICK COUNTY | 155 |
| SENIORS AND LAW ENFORCEMENT TOGETHER..... | 155 |
| SERVICE COORDINATION, INC. | 108, 116 |
| SETON CENTER, INC. | 145 |
| SHAFFER, SUE A. | 32 |
| SHEPPARD PRATT HEALTH SYSTEM | 57 |
| SHOEMAKER, TAMARA | 32 |
| SHUMAN, ROBERT J. | 32 |
| SMART RECOVERY | 167 |
| SOCIAL SECURITY ADMINISTRATION | 74 |
| SOCIAL SERVICES FOR ADULTS | 153 |
| SOISSON, ANNA | 33 |
| SOMERFORD ASSISTED LIVING | 154 |
| SOUP KITCHEN | 145 |
| SOUTH MOUNTAIN COUNSELING SERVICES | 46 |
| SPECIAL OLYMPICS MARYLAND - FREDERICK COUNTY | 78 |
| SPRINGFIELD HOSPITAL CENTER | 57 |
| STANZIONE, RICHARD | 33 |
| STOP SMOKING FOR LIFE | 167 |
| SUNRISE ASSISTED LIVING | 156, 157 |
| SUPERVISED VISITATION & MONITORED EXCHANGE PROGRAM | 108, 109 |
| SURVIVORS OF SUICIDE SUPPORT GROUP | 167, 168 |
| SURVIVORS OFFERING SUPPORT | 168 |
| SYSTEMS NAVIGATION | 109, 110 |
| TANNER, CHRISTIE L. | 33 |

| | |
|--|---------------|
| TELEPHONE REASSURANCE PROGRAM | 130, 131, 156 |
| TEMPORARY CASH ASSISTANCE | 109 |
| THE ASHLEY FOUNDATION | 129 |
| THE COMPASSIONATE FRIENDS | 169 |
| THE FREEDOM CENTER | 79 |
| THE JEFFERSON SCHOOL | 58 |
| THE KIDS ON THE BLOCK | 93, 95, 110 |
| THE MENTAL HEALTH CENTER OF WESTERN MARYLAND | 46, 47 |
| THE METROPOLITAN WASHINGTON EAR | 116 |
| THE SUCCESS PROGRAM AT EDENTON | 69 |
| THOMAS B. FINAN CENTER | 58 |
| TRANSIT | 116 |
| TREATMENT SOLUTIONS NETWORK | 178 |
| TRINITY PASTORAL COUNSELING CENTER | 46 |
| U.S. DEPARTMENT OF VETERANS AFFAIRS | 75 |
| ULLOM, LINDA | 34 |
| UNITED OSTOMY ASSOCIATION | 169 |
| UNITED WAY OF FREDERICK COUNTY, INC. | 116 |
| UNIVERSITY OF MD COLLEGE OF AGRICULTURAL & NATURAL RESOURCES | 93 |
| VARGAS, LAURETHA | 34 |
| VICTOR CULLEN TREATMENT CENTER | 178 |
| VILLA MARIA OF FREDERICK COUNTY | 47, 69 |
| VINDABONA NURSING HOME | 156 |
| VITA PROGRAM | 149 |
| VITAL SOURCES, LLC | 47, 48 |
| WASHINGTON COUNTY DEPARTMENT OF SOCIAL SERVICES | 110 |
| WAY STATION, INC. | 69 |
| WAY TO GROW | 36 |
| WEATHERIZATION ASSISTANCE PROGRAM | 145 |
| WE INTERPRET.NET | 117 |
| WEITZEL-NICOLL, LESLIE | 34 |
| WESTWOODS GERIATRIC CARE SERVICES, LLC..... | 156 |
| WILHIDE, CLAIRE M. | 35 |
| WINGET, SCOTT | 35 |
| WOMAN TO WOMAN MENTORING PROGRAM | 83 |
| WORKFORCE DEVELOPMENT PROGRAM | 84 |
| WORRELL, ZOE A. | 35 |
| YELLO DYNO | 94 |
| YMCA OF FREDERICK COUNTY | 111 |
| YOUTH EDUCATION OUTREACH | 94, 111 |

MHA's Programs & Services

FREDERICK COUNTY HOTLINE provides information and referrals, support, and crisis intervention 24 hours a day, 365 days a year. Trained and caring staff and volunteers handle more than 19,000 calls to the Hotline each year. Call 2-1-1 or 301-662-2255

TELEPHONE REASSURANCE PROGRAM provides elderly, homebound clients with support and referrals through daily scheduled calls.

COUNSELING SERVICES offers professional outpatient therapy for individuals, couples, children and adolescents, families, and groups without regard to ability to pay. 301-663-6135

CHILD CARE CHOICES promotes quality child care experiences for children by providing a supporting link between parents, providers, and the community. 301-662-4549 (*Frederick*), 410-751-2917 (*Carroll*)

HEALTHY FAMILIES FREDERICK assists pregnant and first-time parents with individualized services based on the needs of the family – assessments, referrals, and home-visits that provide information and guidance to parents about child development, parenting skills, parentchild bonding, and access to medical care/immunizations for children.

CHILD CARE PROVIDER TRAINING AND TECHNICAL ASSISTANCE conducts continuing education opportunities for prospective and current early childhood professionals. Provides assistance with start up or operation of child care.

PARTNERSHIP FOR EMOTIONALLY RESILIENT KIDS (PERKS) provides on-site assistance for programs with children, age birth through four years old, who exhibit social, emotional or behavioral issues. Partners with parents to offer strategies, resources, and support to develop resilient children.

MENTAL HEALTH FIRST AID is a training course designed to educate non-mental health professionals and the general public on skills they can use to help someone who is experiencing a mental health problem or experiencing a mental health crisis before appropriate professional or family support arrives.

CHILD ABUSE PREVENTION increases awareness of-and empowers families to deal with-child abuse, neglect, and social issues. 301-663-0011

YOUTH EDUCATION PROGRAMS include the Kids on the Block, provides educational programs in schools, camps and other youth venues that address social issues children face in today's society such as bullies and school safety, personal body safety, the dangers of tobacco use, improper use of medications, and the benefits of eating right and exercising. In addition, our Youth Educator offers programs on internet safety, conflict resolution, bullying, and stress and anger management to children and teens.

SUPERVISED VISITATION AND MONITORED TRANSFER provides a safe environment for children and non-custodial parents to develop or strengthen relationships.

21ST CENTURY COMMUNITY LEARNING CENTERS provide students in Thurmont and Walkersville Middle Schools with academic enrichment opportunities as well as additional services designed to complement their regular academic program. Funding for this program is provided by the Maryland State Department of Education.

SYSTEMS NAVIGATION provides an experienced family resource counselor to assist children and families with intensive needs to navigate systems of care in Maryland. Call 2-1-1 or 1-800-422-0009.

CASA-COURT APPOINTED SPECIAL ADVOCATES-is part of a national program to ensure that abused and neglected children have a voice in the court system. Trained volunteers advocate for the best interest of children.

PUBLIC INFORMATION AND ADVOCACY provides the Annual Guide to Mental Health & Community Support Services referral source, on-site speaker service, Legislative Breakfast, and ongoing community education. 301-663-0011

BEHAVIOR HEALTH SERVICES

We offer a full continuum of Adult Services including:

- Crisis Intervention Services
- Adult Inpatient Hospitalization Program
- Intensive Outpatient Program
- Psychiatric Outpatient Services

Call for more information about
Behavioral Health Services at FMH
240-566-3904

EMERGENCIES 240-566-3500



FREDERICK MEMORIAL HEALTHCARE SYSTEM

400 West Seventh Street
Frederick, Maryland 21701
www.fmh.org