



St. Mary's County Behavioral Health

Telehealth Resource Guide



ST. MARY'S COUNTY
HEALTH DEPARTMENT

Funded by SAMHSA and MDH

The pandemic of coronavirus disease 2019 (COVID-19) may be overwhelming for some and can cause strong feelings of fear, anxiety, sadness and uncertainty. Everyone reacts differently to stressful situations. Older people, people with chronic illnesses, children, teens, health care workers and first responders, and people with mental health conditions may be particularly vulnerable to stress due to the outbreak.

This resource guide was developed to provide information on local behavioral health resources (mental health, substance use, and crisis services) that are providing tele-health support through phone or video during this pandemic.

Crisis Services >

The Southern Maryland Center for Family Advocacy

Free legal advocacy, case management, crisis management, and emergency shelter services for victims of domestic violence and sexual assault in St. Mary's County.

24/7 Crisis Hotline: (240)-925-0084

www.smcfa.net

Maryland's Helpline

Available 24 hours/7 days a week to callers in need of crisis intervention, risk assessment for suicide, homicide or overdose prevention, support, guidance, and information or linkage to community behavioral health providers.

Call 2-1-1

www.211md.org

National Suicide Prevention Lifeline

Available 24 hours/7 days a week and provides free and confidential support for people in distress and crisis. Online chat feature and language services available.

Call 1-800-273-8255

www.suicidepreventionlifeline.org

For more information visit: www.smchd.org/coronavirus

Behavioral Health Providers >

Center for Children

Mental health services for children and families including psychiatric assessment, medication management, and family counseling.

301-475-8860

www.center-for-children.org

Pathways

Mental health services for adults and adolescents including psychiatric assessment, medication management, supportive employment and therapeutic counseling.

301-373-3065

www.pathwaysinc.org

Project Chesapeake

Substance abuse treatment and recovery support services for adults.

240-309-4015

www.projectchesapeake.com

Pyramid Walden

Substance abuse treatment, mental health, and recovery support services for adults.

301-997-1300

www.pyramidwalden.com

Southern Maryland Community Network

Mental health services for adults and children including psychiatric rehabilitation programs, case management, supportive employment and in-home intervention program.

301-475-9315

www.somdnetwork.org

Vesta, Inc.

Mental health services for adults including psychiatric assessment, therapy, counseling, and medication management.

301-863-4543

www.vesta.org

Private Practices

A New Hope Family Therapeutic Services, LLC

Insurance accepted: None
240-718-4823

Bowes & Associates Psychotherapy, LLC

Insurance accepted: BCBS, Carefirst, Medicaid, Magellan, Cigna, Aetna, Medicare as a secondary insurance to those insurances accepted
301-904-3757

Chesapeake South Therapeutic Group, LLC

Insurance accepted: BCBS, CareFirst, Tricare
240-237-8338

Debbie Flerlage, LCPC, LCADC

Insurance accepted: BC/BS CareFirst
240-431-1151

Doris McDonald, LCPC, LCADC

BC/BS Carefirst, Triwest
301-750-2659

Empowered Connections, LLC

Insurance accepted: None
301-690-0779

Hope and Healing Psychotherapy, LLC

Insurance accepted: Tricare East, TriWest
301-690-8404

Inner Peace Therapeutic Services, LLC

Insurance accepted: Tricare, Triwest, Aetna, Cigna, BCBS, BCBS Fed, Compsych, Magellan, Medstar.
301-866-6333

Kathy Donigan, LCSW-C, LLC

Insurance accepted: BCBS, Carefirst, Tricare.
240-431-1151

Psychological Services Center, LLC

Insurance accepted: Medicare, Tricare, Carefirst and Federal BCBS, Cigna, Medicare, Tricare, Carefirst and Federal BCBS, Cigna
301-475-9660

Sabrina Sepulveda, CRNP-PMH

Insurance accepted: BCBS, Tricare, Aetna, Medicare
301-494-1009

Serenity Place, LLC

Insurance accepted: BCBS, Tricare East, Cigna, Medicaid
301-690-8008

Sherrye Urtz, LCPC

Insurance accepted: BCBS
240-587-3132

S.J. Woodward Psychotherapy, LLC

Insurance accepted: Carefirst, self pay, out of network
240-561-9559

Therapy Café®

Insurance accepted: BC/BS Carefirst, BC/BS Federal, Aetna, Cigna, Medicaid, Tricare East, Triwest, UHC
(443) 295-8955

Tides of Change Therapeutic Services, LLC

Insurance accepted: BCBS, UHC, Medicaid.
240-309-2351



Additional Resources & Support Services

St. Mary's County Health Department

Overdose Response Program

The Overdose Response Program is a FREE training for community members to learn about the impact of opioids, how to recognize signs of opioid overdose, and how to care for someone experiencing an overdose until emergency help arrives. Scheduled curbside pickup for naloxone (Narcan®), peer recovery specialist support, and other prevention programs are also available.

www.smchd.org/overdose

Harm Reduction Program

The Harm Reduction Program provides a broad range of services to community members, including: collection and safe disposal of used syringes, distribution of sterile needles, screening for HIV, hepatitis C and other sexually transmitted infections, referral to needed care and support services, education, and resources.

www.smchd.org/harmreduction

Strong Beginnings Program

The Strong Beginnings Program provides intensive case management services for women of reproductive age who are facing issues related to behavioral health, including mental health and substance use concerns for themselves or a partner. Peer recovery support, care coordination, linkage to services, resources for positive child development, and more are available.

www.smchd.org/strongbeginnings

Alcoholics Anonymous (AA)

AA is an international fellowship of men and women who have had a drinking problem. It is nonprofessional, self-supporting, multiracial, apolitical, and available almost everywhere. Membership is open to anyone who wants to do something about their drinking problem.

www.marylandaa.org/find-a-meeting

Narcotics Anonymous (NA)

NA is a nonprofit fellowship of men and women for whom drugs had become a major problem. We are recovering addicts who meet regularly to help each other stay clean. This is a program of complete abstinence from all drugs. There is only one requirement for membership, the desire to stop using.

www.cprna.org/our-areas/meetings/tri-county-of-southern-maryland-area

On Our Own of St. Mary's, Inc.

A peer run organization for individuals with lived experience with mental health and/or substance use issues.

Email : oooinsmc@verizon.net

Pyramid Walden

Beacon of Hope Recovery & Wellness Center

The Beacon of Hope Recovery & Wellness Community Center is a peer-operated community center offering free services to the public. Here you will find a team of recovery coaches and peer support specialists who can help you or a loved one begin the recovery journey, maintain sobriety, and keep moving towards new goals in recovery.

www.pyramidwalden.com/community-support/beacon-of-hope

The COVE/DFZ Adolescent Clubhouse

Free support and help for children and adolescents ages 12 to 17 who have been impacted by drug addiction, whether by misusing a substance themselves or encountering a family member who is struggling with addiction. The Cove serves as a safe, sober, and fun place for adolescents to receive counseling and support.

www.pyramidwalden.com/community-support/cove

Celebrate Recovery

Celebrate Recovery is a Christ-centered, 12 step recovery program for anyone struggling with hurt, pain or addiction of any kind. Celebrate Recovery is a safe place to find community and freedom from the issues that are controlling our life.

Faith Bible Church - Mechanicsville, MD
Email: wot103@gmail.com

Our Father's House - California, MD
Email: Pmcgown@md.metrocast.net

Maryland Coalition of Families (MCF)

MCF helps families who care for someone with behavioral health needs. Using personal experience, we connect, support and empower Maryland's families. Our staff provide one-to-one support to parents and caregivers of young people with mental health issues and to any loved one who cares for someone with a substance use or a gambling issue.

Call: 410-730-8267 or Email: referral@mdcoalition.org