

Understanding Campus and Community Counseling Services

Counseling provides a wonderful opportunity to increase self-awareness, improve how you feel, and provide skills to help tackle situations that may arise in the future. At Goucher College, our services are designed for immediate problems and short-term therapy (typically 1-12 sessions). Services here are ideal for issues that have arisen recently or that are expected to resolve quickly. If you are facing ongoing difficulties (6 months or longer) or if you have attended ongoing therapy in the past, it is likely that Counseling Services will recommend that you establish a relationship with a provider in the community to ensure you have access to mental health treatment that is not limited.

If you will be joining the Goucher community as a new student, anticipate what your needs may be as you make this transition. While often exciting, this transition may also be stressful. If you have had the ongoing support of a counselor, psychologist, or psychiatrist in the past, please anticipate that you will likely benefit from continued treatment at least during the first semester. In these instances, it is recommended you establish a relationship with a provider in the community. We encourage you to identify a provider before you arrive to ensure you have access to support in your first weeks of classes. An online resource that may be useful is <http://www.transitionyear.org/>.

Finding a Community Provider

In the Towson area, there are many sources of high quality mental health treatment including private practitioners (licensed counselors, social workers, psychologists, and psychiatrists), as well as larger establishments including Sheppard Pratt Health System and mental health programs affiliated with community hospitals.

The internet provides an amazing opportunity for you, as a consumer, to seek out a provider who best meets your needs. If using your health insurance, it may be best to start by contacting your insurance provider (call “Member” # on back of card; there may be a separate number for Behavioral Health/Mental Health) or searching their online database of paneled mental health providers. Therapists who are not paneled by your insurance company are often able to submit necessary documentation to help you get reimbursed through “out-of-network” benefits. To find a provider within walking distance of Goucher College, search based on the following zip codes: 21204, 21252, 21212, 21286

In addition, the following may be helpful search engines to locate a provider:

Psychology Today: http://therapists.psychologytoday.com/rms/prof_search.php

Maryland Psychological Association: <http://www.marylandpsychology.org/public/findapsychologist.cfm>

GoodTherapy: <http://www.goodtherapy.org/>

The listing is not exhaustive, but may provide a starting point in your search for a provider. **Please note that any inclusion here is not an endorsement.** These are clinicians in close proximity to Goucher’s campus who have expressed a willingness to work with Goucher students.

Understanding Campus and Community Counseling Services

Crisis Intervention & Emergencies

Office of Public Safety

Goucher College
(410) 337-6112

St. Joseph's Emergency Department

7601 Osler Dr
Towson, Maryland 21204
(410) 337-1118

Medical-Psychiatry Service

Greater Baltimore Medical Center (GBMC)

6701 North Charles St
Baltimore, MD 21204
(443) 849-2226
Crisis Team:
(443) 849-3172

Access and Crisis Intervention Service (ACIS)

Medstar Union Memorial Medical Center
201 East University Pkwy
Baltimore, MD 21218
(410) 554-6444 M-F, 8:30-5:00p,
(410) 554-2626 Access after hours
Walk In, Outpatient Services, Evaluations and Referrals

Baltimore County Crisis Response System

(410) 931-2214
Urgent Medication Assessments, Emergency Appointments, Urgent Care Clinics and Mobile Crisis Team, **Psychiatry**, 24/7 Hotline Support

Sheppard Pratt Health Systems

6501 N. Charles St
Towson, MD 21204
(410) 938-5302

Crisis Walk-In Clinic (CWIC)

Direct Admission, Evaluation, Inpatient/ Intensive Outpatient, No for medication evaluation

Scheduled Crisis Intervention Program (SCIP)

Monday-Friday 8:30am – 4:30pm

Hotlines

Baltimore County Crisis 24 hour Hotline for Emergency Mental Health Services

(410) 931-2214

Baltimore Crisis Response, Inc.

Baltimore City 24 hour Crisis Intervention Hotline
(410) 433-5175

Maryland Youth Crisis Hotline

(1-800) 422-0009

National Suicide Prevention Lifeline

1-800-273-8255

The Trevor Project Hotline

LGBTQIA 24/7 Crisis Intervention

Text, Call, Online Chat
1-866-488-7386
www.thetrevorproject.org

Grass Roots 24 hour Crisis Counseling Hotline

Howard County
(410) 531-6677

Goucher Student Counseling Afterhours Line

(855) 236-4278

Available to all Goucher Students after 7pm and on weekends.

Psychiatrists and Psychiatric Nurse Practitioners

Psych. Associates of Maryland, LLC

120 Sister Pierre Dr.

Suite 403

Towson, MD 21202

410-823-6408

Insurance: Most major insurances

Baltimore Suburban Psychiatric Associates LLC

828 Dulaney Valley Rd, Suite 14

Towson, MD 21204

Dr. Anson Liu, MD

(410) 575-4202

Dr. Emily Gavett

(410) 678-8247

Counseling, Medication Management, Forensic Evaluations

Insurance: Out of Network

Joan Bielefeld, MD

1122 Kenilworth Dr, Suite 315

Towson, MD 21204

(410) 823-1600

Insurance: Out of Network

Charlotte Coates-Wilkes, MD

8417 Bellona Ln, Suite 102

Towson, MD 21204

(410) 449-4915

Insurance: Aetna, United Health Care, Private Health Care Systems

Andrew G. Feinberg, MD

1104 Kenilworth Dr, Suite 209

Towson, MD 21204

(410) 825-6666

Insurance: Out of Network

Brian Siegel, MD

205 E. Joppa Rd, Suite 103

Towson, MD 21286

(410) 296-3448

Insurance: Out of Network

Elizabeth Hughes, CRNP

Psychiatric Nurse Practitioner

309 W Pennsylvania Ave

Towson, MD 21204

(443) 844 -4886

Counseling & Acudetox

Insurance: Sliding Scale Fee and Out of Network

Dr. Mohamad Haerian, MD

Psychiatrist

(410) 245-1304

Insurance: Out of Network

Understanding Campus and Community Counseling Services

Group Practices and Clinical Centers

*Multiple mental health professionals and possibly **psychiatric** services available in one location. Some centers offer expertise in certain clinical presentations. *Italicized centers accept United Health Care.*

Psych Associates of Maryland, LLC

120 Sister Pierre Dr

Suite 403

Towson, MD 21204

(410) 823-6408

<http://www.pamllc.us/index.htm>

Psychiatry, Counseling, Psychological Testing

Insurance: Accepts United Health Care and most

insurances

CBT Solutions of Baltimore

1212 York Rd, Suite A302

Lutherville, MD 21093

www.cbtbaltimore.com

(443) 470-9815

Specialties: OCD Spectrum, Anxiety Disorders, Autism

Spectrum, Phobias

Insurance: Out of Network

The Resource Group

8501 LaSalle Rd, Suite 115

Towson, MD 21286

(410) 337-7772

<http://www.resourcegrp.org>

Psychotherapy, DBT, Trauma, **Psychiatry**, Connected

with Resource Connect

Specialty: Addiction, Mood Disorders, Trauma

Insurance: Carefirst BC/BS PPO, Cigna, Aetna

Chase Brexton

Therapy, **Psychiatry**, Groups and Substance Abuse

Locations in Baltimore & Randallstown

(410) 837-2050

<http://www.chasebrexton.org/>

Therapy, Psychiatry, Groups and Substance Abuse

LGBTQIA Affirming

Insurance: Most major insurances, no insurance needed

Positive Changes Counseling Center

Ruxton Towers

8415 Bellona Ln, Suite 203

Towson, MD 21204

Debbiedisney.com

(443) 377-3145

Individual & Group Therapy, Art-based, Emerging

Adulthood, Eating Disorders

Insurance: Most major insurances, sliding scale fee

Pro Bono Counseling Project

110 West Rd #202

Towson, MD 21204

(410)825-1001

<http://probonocounseling.org/>

Trauma Disorders Program

Sheppard Pratt

6501 N Charles Street

Towson, MD 21204

(410) 938-3584

Traumaatsp.org

Individual & Group Counseling, Inpatient treatment,

Medication Management

Specialties: Trauma, PTSD, Dissociative Symptoms

The Stone Foundation

320 E Towsontown Blvd, 2W

Towson, MD 21286

(410) 296-2004

Thestonefoundation.com

Individual, Group, Couples Counseling

Insurance: Most major insurances, sliding fee scale

The Women's Growth Center

5209 York Rd, #B12

Baltimore, MD 21212

(410) 532-2476

www.womensgrowthcenter.com

Individuals, couples, family and groups therapy for all on the gender continuum.

Insurance: Low cost, sliding fee scale

Chesapeake Mental Health Collaborative

1010 Dulaney Valley Rd

Towson, MD 21204

(410) 567-1117

<http://www.chesapeakementalhealthcollaborative.com/>

Individuals, Couples, Groups, Stress Reduction

Courses, Yoga

Insurance: Blue Cross Blue Shield, Cigna

Within walking distance

The Mandala Center: Behavioral Health & Wellness

540 E Belvedere Ave, Suite 203

Baltimore, MD 21212

(443) 926-9115 ext. 1

<http://themandalacenter.net/>

Psychiatry, Psychotherapy, Yoga, Acupuncture

Insurance: Accepts most major insurances, sliding scale fee

Loyola Clinical Center

5911 York Rd, Baltimore, MD 21212

(410) 617-1200

<http://www.loyola.edu/department/clinical-centers>

Counseling & Psychoeducational Testing

Insurance: Sliding Scale Fee

Everly Hildreth & Platman Behavioral Services, LLC

3333 N. Calvert St

Baltimore, MD 21218

(410) 933-9000

www.ehpllc.net

Therapy, **Psychiatry**, Psychological Testing

Insurance: United Health Care, Carefirst BC/BS,

Cigna, Medical Assistance

Anxiety and Stress Disorders Institute (ASDI)

Gibson Building

6525 N. Charles St, Suite 224

Towson, MD 21204

(410) 938-8449

www.anxietyandstress.com

Anxiety disorders, OCD, phobias, panic, trauma and stress related disorders

Insurance: Medicare and Out of Network

Renfrew Center

1122 Kenilworth Dr

Suite 105

Towson, MD 21204

1-800- RENFREW(736-3739)

Specialties: Eating disorders, Females Only

Residential, Intensive Outpatient

Insurance: Most major insurance companies, PPO

The Center for Eating Disorders at Sheppard Pratt

Physician's Pavilion North

6535 N. Charles St

Towson, MD 21204

(410) 938-5242

Expressive & Motivational Therapy, CBT, DBT,

Intensive Outpatient, Partial Hospitalization

Insurance: Carefirst BC/BS, Tricare, Aetna, Out of

Network

LifeSpring Counseling Services

828 Dulaney Valley Rd, Suite 12

Towson, MD 21204

410-657-2324

LSCSBaltimore@gmail.com

Group therapy, anger management, walk & talk, trauma, EMDR, depression, anxiety, ADHD, life transitions.

Within walking distance

Understanding Campus and Community Counseling Services

Group Practices and Clinical Centers

DBT of TOWSON

408 Allegheny Ave
Towson, MD 21204
(410) 583-2367

Dbtoftowson.com

Skills Groups & Individual Therapy

Insurance: Blue Cross Blue Shield, Cigna, Johns Hopkins EHP, and Johns Hopkins US Family Health Plan

Greater Baltimore Counseling Center

1850 York Rd, Suite K
Timonium, Maryland 21093
(410) 760-9079

www.gbcc.com

*Individual & Group Therapy, Assessment & Testing
LGBTQIA Affirming, Gender-confirming surgery
evaluations*

Insurance: Most major insurances, sliding scale fee

The Counseling Center

602 Providence Rd
Towson, MD 21286
(410) 583-7443

www.towsoncounselingcenter.com

Group counseling, anxiety, depression, trauma, EMDR
Insurance: Out of Network

New Perspectives

Galleria Towers
1447 York Rd, Suite 802
Lutherville, MD 21093
www.nperspectives.com

Community Clinicians

*Independently practicing social workers, counselors, and psychologists with differing areas of expertise and theoretical approaches to counseling. Italicized individuals accept United Health Care.

David O. Avruch, LCSW-C

The Counseling Center
602 Providence Rd
Towson, MD 21286
(410)583-7443

www.TCCTowson.com

Specialties: Depression, anxiety, emerging adulthood, marginalized communities
CBT, Skills-building

Insurance: Out of network, Cigna, Sliding Scale

Katia Callan, LCSW-C

Insight Wellness of Maryland
1122 Kenilworth Dr, Suite 109
(443) 470-9297

<http://www.callancounseling.com/>

Specialties: Anxiety, Depression, Eating Disorders, Personality-related Disorders
Crisis Intervention, Trauma-Informed CBT, Relational Therapy

Insurance: Carefirst BC/BS, Cigna, Magellan, Sliding fee scale

Sam Chan, LCSW

New Perspectives
Galleria Towers
1447 York Rd, Suite 802
Lutherville, MD 21093
(410) 429-3483

www.nperspectives.com

Jackie Dressel, LCPC

Towson, MD 21204
(410) 469-6217
Specialties: Trauma, Substance Abuse, Relationships, Life transitions, DBT
Insurance: Carefirst BC/BS, Cigna, Sliding Scale

Jeffrey Barnett, PsyD

1104 Kenilworth Dr, Suite 301
Towson, MD 21204
(410) 938-7311 ext. 4
Specialties: Depression, Anxiety, ADHD
CBT, integrative therapy
Insurance: Out of network

Claudia Cameron, LCSW-C

205 E Joppa Rd, Suite 103
Towson, MD 21286
(410) 983-3722 ext. 3
Specialties: Anxiety, depression, women's issues, trauma
Art Therapy, EMDR
Insurance: Out of Network

Jaime Fenton, PhD

Towson Therapy Collaborative
405 Allegheny Ave
Towson, MD 21204
(443) 602-6424
jfentonphd@gmail.com
<http://www.towsontherapycollaborative.com/>
Specialties: Anxiety, Body image, Eating disorders, Depression, Self-esteem, Relationships, LGBTQIA
CBT, Interpersonal, Psychodynamic, Mindfulness
Insurance: EHP, BC/BS, Magellan

Kara Bolling, LCSW-C

1501 Sulgrave Ave, Suite 209
Baltimore, MD 21209
(240) 377-0753
www.karabolling.com
kara@karabolling.com
Specialties: Identity, Relationships, Young-Adults, trauma, anxiety, LGBTQIA individuals
Trauma-informed, CBT, eclectic
Insurance: Out of Network

Kerri Chambers, LCPC

305 W Chesapeake Ave, 504
Towson, MD 21204
(410) 981-9908
Specialties: Anxiety, Mood Disorders, women's issues, sexual assault, LGBTQIA individuals
Eclectic, CBT, Mindfulness, Solution-focused therapy
Insurance: Carefirst BC/BC, Medicaid, Out of Network

Nancy Fiorentino, PsyD

28 Allegheny Ave, Suite 507
Towson, MD 21204
(410) 296-7098
Specialties: Trauma Expert, Relationship Issues, Depression, Anxiety, CBT, Solution-focused, Psychodynamic, Interpersonal

Understanding Campus and Community Counseling Services

Community Clinicians (cont)

Lauren Gilbert, LCPC

28 Allegheny Ave, Suite 507

Towson, MD 21204

(410)417-7464

laurengilbertcounseling@gmail.com

Specialties: Anxiety, Depression, Life transitions, College, PTSD

CBT, Psychodynamic, DBT, Attachment Theory

Jon Gorman, PsyD

Towson Therapy Collaborative

405 Allegheny Ave

Towson, MD 21204

(443) 608-5600

drjongorman@gmail.com

<http://www.towsontherapycollaborative.com/>

Specialties: College students, anxiety, depression, bod image

Insurance: Carefirst Plans

Kathy Haerian, LCSW-C

744 Dulaney Valley Rd, Suite 9

Towson, MD 21204

(410)245-1304

Specialties: Eating Disorders, General Mental Health Concerns

Within walking distance

Tavi Hawn (they/them)

405 Allegheny Ave

Towson, MD 21204

(919) 282-7376

Hawnterapyandconsulting.com

Specialties: Trans and gender non-conforming individuals, trauma

DBT, EMDR

Insurance: Out of Network, limited sliding scale slots for trans POC

Beth Katz, LCSW

1205 York Road, Suite 30A

Lutherville-Timonium, 21093

410-371-2728

Insurance: Carefirst, Cigna, ValueOptions, Johns Hopkins, BlueCross Blue Shield

Jonathan Mattanah, PhD

28 Allegheny Ave, Suite 507

Towson, MD 21252

(410) 704-3208

www.jonathanmattanah.com

Specialties: Anxiety Disorders, Transitions, Mood Disorders, Substance-Related Disorders

CBT, Exposure Therapy, Mindfulness, Insight-oriented

Insurance: Out of Network

Tanya Morrel, PhD

222 Bosley Ave., Suite A5

Towson, MD 21204

(443) 722-6700

<http://www.acceptandcommit.com/>

Specialties: Anxiety, Depression, ADHD, Chronic Pain, Life Transitions

Mindfulness-based, CBT, ACT

Insurance: Medicare, Out of Network

Anthony Parente, LCPC

1402 Front Ave

Lutherville, MD 21204

(410) 321-7753

Specialties: Depression, Anxiety, Pain Management, Grief & Loss, Substance Abuse

Insurance: EHP, Value Options, Tricare

Alyssa Quenzel, MS

Psychology Associate

Quenzel.alyssa@gmail.com

828 Dulaney Valley Rd

Towson, MD 21214

Specialties: LBGQTQA affirming

Within walking distance

Emily Samuelson, Ph.D.

28 Allegheny Ave

Towson, MD 21204

(410) 296-7715

Specialties: Trauma Expert, Relationship Issues, Coping Skills, Self-Esteem

EMDR, EFT, Family Systems

Insurance: Out of Network

Dustin Sentz, PsyD

Drs. Olsson & Levinson, LLC

2360 W. Joppa Rd, Suite 318

Lutherville, MD 21093

(410) 825-3646 ext. 2

Specialties: Depression, Anxiety, Grief & Bereavement, Relationships

CBT, ACT, Interpersonal, Humanistic

Insurance: Carefirst BC/BS, Cigna, EHP, Medicare

Jacqueline Stilling, LCPC

Towson, MD 21204

(443) 752-0521

jstillinglcpc@gmail.com

Specialties: Transitions, Anxiety, Past Trauma, Depression, Grief, Women's Issues

Insurance: Carefirst BC/BS PPO, Cigna, EHP

Bobby E. Vann, Jr.

8415 Bellona Ln, Suite 215

Towson, Maryland 21204

(410) 844-5192

<http://bobbyvanncounseling.com/>

Specialties: Emerging adulthood, performance, social anxiety

Insurance: Out of Network, sliding scale fee

Judy Ward, PsyD

The Gibson Building

6501 N. Charles St

Towson, MD

(410) 938-4989

Specialties: Panic Disorders, Phobias, Eating Disorders, Trauma, Behavioral, Relational, Solution-focused, CBT, eclectic

Insurance: United Health Care, Most Major Insurances

Understanding Campus and Community Counseling Services

Domestic Violence & Sexual Assault

House of Ruth

For Appointments: (410) 889-0840
24 Hour Hotline: (410)889-7884
Domestic Violence, Individual & Group Counseling,
Advocacy Services, Shelter
<http://www.hruth.org>

TurnAround, Inc.

8503 LaSalle Rd, 2nd floor
Towson, MD 21286
For Appointments: (410)377-8111
24 Hour Hotline: (443) 279-0379
Individual & group counseling, Advocacy Services,
Education
<http://www.turnaroundinc.org/>

GBMC S.A.F.E.

6701 N. Charles St
Baltimore, MD 21204
(443) 849-3323
Forensic Exams, STI prevention, emergency
contraception, MH referrals

Substance Abuse & Addiction

Resource Connect

1615 York Rd, Suite 105
Lutherville, MD 21093
(443)275-7046
www.connect.resourcegrp.org
Detox, Assessments, Medication Management, DBT
Groups
Insurance: Medical Assistance, Carefirst BC/BS,
Cigna, Aetna, Out of Network

Kolmac Outpatient Recovery Centers

The Gibson Building
6525 N. Charles St, Suite 085
Towson, MD 21204
(410) 296-2232
*Detox, Rehab, Group Counseling, Medication
Management*
*Insurance: United Health Care, most major
insurances*

Chase Brexton

Therapy, **Psychiatry**, Groups and Substance Abuse
Locations in Baltimore & Randallstown
(410) 837-2050
<http://www.chasebrexton.org/>
Therapy, Psychiatry, Groups and Substance Abuse
LGBTQIA Affirming
Insurance: Most major insurances, no insurance
needed

The Bergand Group

1300 York Rd
Building C, Suite 300
Lutherville, MD 21093
(410) 853-7691
Bergandgroup.com
Accepts most private insurances

Alcoholics Anonymous (AA)

www.baltimoreaa.org
(410) 663-1922

Narcotics Anonymous (NA)

www.baltoareaana.org
1-800-317-3222