Community Mental Health Resources

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 the Goucher Student Counseling Center, our services are designed for immediate problems and short-term therapy (typically 1-12 sessions). If you are facing ongoing difficulties (6 months or longer) or if you have attended ongoing therapy in the past, it is likely that the Counseling Center 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 even under the best of circumstances. 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 and greater Baltimore area, there are many sources of high quality mental health treatment including private practitioners (licensed counselors, social workers, psychologists, psychiatrists, and psychiatric nurse practitioners), 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 the zip codes 21204 zip code.

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

- 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.
Community Mental Health Resources

Crisis Intervention, Emergencies, and Urgent Care

Office of Public Safety
Goucher College – Heubeck Hall
(410) 337 – 6111/6112

St. Joseph’s Emergency Department
7601 Osler Dr
Towson, Maryland 21204
(410) 337-1118
Medical and Psychiatric Emergencies, Inpatient Psychiatric Care

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

St. Joseph’s Emergency Department
7601 Osler Dr
Towson, Maryland 21204
(410) 337-1118
Medical and Psychiatric Emergencies, Inpatient Psychiatric Care

Medical-Psychiatry Services of Greater Baltimore Medical Center (GBMC)
6701 North Charles St
Baltimore, MD 21204
(443) 849-2226
Crisis Team: (443) 849 - 3172

Hotlines

Goucher Student Counseling
Afterhours Line
(855) 236-4278
Available to all Goucher Students after 5pm and on weekends.

National Suicide Prevention Lifeline
1-800-273-8255

Maryland Youth Crisis Hotline
1-800-422-0029

National Crisis Textline
Text 741741

Baltimore County Crisis Response
24 hour Hotline for Emergency Mental Health Services in Baltimore County
(410) 931-2214

Baltimore Crisis Response, Inc.
24 hour Crisis Intervention Hotline for Baltimore City
(410) 938-5302

The Trevor Project Hotline
LGBTQIA 24/7 Crisis Intervention
Text, Call, Online Chat
1-866-488-7386
www.thetrevorproject.org

Maryland Youth Crisis Hotline
1-800-422-0029

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
Community Mental Health Resources

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.*

<table>
<thead>
<tr>
<th>Name</th>
<th>Address</th>
<th>Contact Information</th>
<th>Website</th>
<th>Specialties / Services</th>
</tr>
</thead>
<tbody>
<tr>
<td>Psych Associates of Maryland, LLC</td>
<td>120 Sister Pierre Dr Suite 403</td>
<td>(410) 823-6408</td>
<td><a href="http://www.pamllc.us/index.htm">http://www.pamllc.us/index.htm</a></td>
<td>Group therapy, anger management, walk &amp; talk, trauma, EMDR, depression, anxiety, ADHD, life transitions. Within walking distance</td>
</tr>
<tr>
<td>DBT of TOWSON</td>
<td>408 Allegheny Ave</td>
<td>(410) 583-2367</td>
<td>Ddtoftowson.com</td>
<td>Group therapy, anger management, walk &amp; talk, trauma, EMDR, depression, anxiety, ADHD, life transitions. Within walking distance</td>
</tr>
<tr>
<td>The Stone Foundation</td>
<td>320 E Towsontown Blvd, 2W</td>
<td>(410) 296-2004</td>
<td>Thestonefoundation.com</td>
<td>Group therapy, anger management, walk &amp; talk, trauma, EMDR, depression, anxiety, ADHD, life transitions. Within walking distance</td>
</tr>
<tr>
<td>Everly Hildreth &amp; Platman Behavioral Services, LLC</td>
<td>8814 Sandpiper Cr, Suite 215</td>
<td>(410) 657 - 2324</td>
<td><a href="mailto:LSCSBaltimore@gmail.com">LSCSBaltimore@gmail.com</a></td>
<td>Group therapy, anger management, walk &amp; talk, trauma, EMDR, depression, anxiety, ADHD, life transitions. Within walking distance</td>
</tr>
<tr>
<td>LifeSpring Counseling Services</td>
<td>828 Dulaney Valley Rd, Suite 12</td>
<td>(410) 657 - 2324</td>
<td><a href="http://www.ehplc.net">www.ehplc.net</a></td>
<td>Group therapy, anger management, walk &amp; talk, trauma, EMDR, depression, anxiety, ADHD, life transitions. Within walking distance</td>
</tr>
<tr>
<td>Greater Baltimore Counseling Center</td>
<td>1850 York Rd, Suite K</td>
<td>(410) 760-9079</td>
<td><a href="http://www.gbcc.com">www.gbcc.com</a></td>
<td>Group therapy, anger management, walk &amp; talk, trauma, EMDR, depression, anxiety, ADHD, life transitions. Within walking distance</td>
</tr>
<tr>
<td>Jones Falls Associates</td>
<td>829 Dulaney Valley Rd Road, Suite 1</td>
<td>(410) 499 – 3324</td>
<td><a href="mailto:office@jonesfallspsych.com">office@jonesfallspsych.com</a></td>
<td>Group therapy, anger management, walk &amp; talk, trauma, EMDR, depression, anxiety, ADHD, life transitions. Within walking distance</td>
</tr>
<tr>
<td>Positive Changes Counseling Center</td>
<td>Ruxton Towers</td>
<td>8415 Bellona Ln, Suite 203</td>
<td>Debbiedisney.com</td>
<td>Group therapy, anger management, walk &amp; talk, trauma, EMDR, depression, anxiety, ADHD, life transitions. Within walking distance</td>
</tr>
<tr>
<td>Baltimore Therapy Group</td>
<td>1122 Kenilworth Dr, Suite 416</td>
<td>(410) 451 - 5122</td>
<td><a href="https://www.therapistsinbaltimore.com/">https://www.therapistsinbaltimore.com/</a></td>
<td>Group therapy, anger management, walk &amp; talk, trauma, EMDR, depression, anxiety, ADHD, life transitions. Within walking distance</td>
</tr>
</tbody>
</table>

Goucher College Student Counseling Center
1021 Dulaney Valley Road Baltimore, MD 21204
Phone: (410) 337-6481    Fax: (410) 337-6005
Updated 6.12.2019
Community Mental Health Resources

Group Practices and Clinical Centers (cont.)

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 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

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

Trauma Disorders Program
Sheppard Pratt
6501 N Charles Street
Towson, MD 21204
(410) 938-3584
Traumatasp.org
Individual & Group Counseling, Inpatient treatment, Medication Management
Specialties: Trauma, PTSD, Dissociative Symptoms

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

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

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

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

Pro Bono Counseling Project
110 West Rd #202
Towson, MD 21204
(410)825-1001
http://probonocounseling.org/

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
Community Mental Health Resources

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*

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

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

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

Cassandra Ekstrom, LCSW-C
443-451-5122
cassie@therapistsinbaltimore.com
therapistsinbaltimore.com
Specialties: CBT, mindfulness-based stress reduction, DBT, anxiety, depression, addiction, trauma, LGBTQIA affirming, IPT group

Sam Chan, LCSW
New Perspectives
Galleria Towers
1447 York Rd, Suite 802
Lutherville, MD 21209
(410) 429-3483
www.nperspectives.com

Corey M. Davis, Psy, D
1400 Front Ave. Suite 305
Lutherville, MD 21209
(908) 489-0551
coreydavispsyd@gmail.com
Insurance: BlueCross BlueShield

Jaime Fenton, PhD
Towson Therapy Collaborative
405 Allegheny Ave
Towson, MD 21204
(443) 602-6424
jfentonphd@gmail.com
towsontherapycollaborative.com
Specialties: Anxiety, Body image, Eating disorders, Depression, Self-esteem, Relationships, LGBTQIA affirming
Insurance: EHP, BC/BS, Magellan

Jayme Fund, LCSW
Garnering Change Psychotherapy
304 East Pennsylvania Avenue 2nd Floor
Towson, MD 21286
(410) 616-1834
garneringchange.net
Specialties: Anxiety, Body image, Eating disorders, Depression, Self-esteem, Relationships, LGBTQIA affirming
Insurance: EHP, BC/BS, Magellan

Jon Gorman, PsyD
Towson Therapy Collaborative
405 Allegheny Ave
Towson, MD 21204
(443) 608-5600
drjrongorman@gmail.com
www.towsontherapycollaborative.com

Robin Ciotti, PhD
1104 Kenilworth Dr, Suite 301
Towson, MD 21204
410-583-8892
http://robinciottiphd.com/
Specialties: Eating Disorders, Anxiety
LGBTQIA affirming, learning disorders
Insurance: Out of Network

Candace Ellrich, LCPC
1400 Front Ave, Suite 305
Lutherville, MD 21093
410-292-1115
candance@charmcitycounseling.com
Specialties: PTSD, LGBTQIA affirming, relationship, identity, grief, life transitions, IPT, Psychodynamic, CBT, DBT, Mindfulness
Insurance: EHP, out of network billing

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

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

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

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

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

Cassandra Ekstrom, LCSW-C
443-451-5122
cassie@therapistsinbaltimore.com
therapistsinbaltimore.com
Specialties: CBT, mindfulness-based stress reduction, DBT, anxiety, depression, addiction, trauma, LGBTQIA affirming, IPT group

Sam Chan, LCSW
New Perspectives
Galleria Towers
1447 York Rd, Suite 802
Lutherville, MD 21209
(410) 429-3483
www.nperspectives.com

Corey M. Davis, Psy, D
1400 Front Ave. Suite 305
Lutherville, MD 21209
(908) 489-0551
coreydavispsyd@gmail.com
Insurance: BlueCross BlueShield

Jaime Fenton, PhD
Towson Therapy Collaborative
405 Allegheny Ave
Towson, MD 21204
(443) 602-6424
jfentonphd@gmail.com
towsontherapycollaborative.com
Specialties: Anxiety, Body image, Eating disorders, Depression, Self-esteem, Relationships, LGBTQIA affirming
Insurance: EHP, BC/BS, Magellan

Jayme Fund, LCSW
Garnering Change Psychotherapy
304 East Pennsylvania Avenue 2nd Floor
Towson, MD 21286
(410) 616-1834
garneringchange.net
Specialties: Anxiety, Body image, Eating disorders, Depression, Self-esteem, Relationships, LGBTQIA affirming
Insurance: EHP, BC/BS, Magellan

Jon Gorman, PsyD
Towson Therapy Collaborative
405 Allegheny Ave
Towson, MD 21204
(443) 608-5600
drjrongorman@gmail.com
www.towsontherapycollaborative.com
# Community Mental Health Resources

## Community Clinicians (cont.)

<table>
<thead>
<tr>
<th>Name</th>
<th>Address</th>
<th>Phone</th>
<th>Insurance</th>
<th>Specialties</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tavi Hawn (they/them)</td>
<td>405 Allegheny Ave, Towson, MD 21204</td>
<td>(919) 282-7376</td>
<td>Out of Network, limited sliding scale slots for trans POC</td>
<td>Trans and gender non-conforming individuals, trauma DBT, EMDR</td>
</tr>
<tr>
<td>Julie McKenna, PhD</td>
<td>828 Dulaney Valley Rd, Suite 4, Towson, MD 21204</td>
<td>443-386-0535</td>
<td>Out of Network</td>
<td>Depression, Anxiety, Relationships, Sexual Assault, Trauma, IPT, CBT</td>
</tr>
<tr>
<td>Mary Seidel, LCPC</td>
<td>204 E Joppa Road, Towson, MD 21286</td>
<td>(443) 495 – 7551</td>
<td>Out of Network</td>
<td>Trauma, loss, addiction, eating disorder, gender dysphoria, LGBTQIA affirming</td>
</tr>
<tr>
<td>Bobby E. Vann, Jr.</td>
<td>8415 Bellona Ln, Suite 215, Towson, MD 21204</td>
<td>(410) 844-5192</td>
<td>Out of Network</td>
<td>Emerging adulthood, performance, social anxiety</td>
</tr>
<tr>
<td>Jamie Kaplan, PsyD</td>
<td>8415 Bellona Ave, Suite 107, Towson, MD 21294</td>
<td>410-291-1779</td>
<td>Out of Network</td>
<td>Eating Disorders, College Students</td>
</tr>
<tr>
<td>Jon Gorman (cont)</td>
<td></td>
<td></td>
<td></td>
<td>College students, anxiety, depression, body image</td>
</tr>
<tr>
<td>Jonathan Mattanah, PhD</td>
<td>28 Allegheny Ave, Suite 507, Towson, MD 21252</td>
<td>(410) 704-3208</td>
<td>Out of Network</td>
<td>Anxiety Disorders, Transitions, Mood Disorders, Substance-Related Disorders</td>
</tr>
<tr>
<td>Emily Samuelson, Ph.D.</td>
<td>28 Allegheny Ave, Towson, MD 21204</td>
<td>(410) 296-7715</td>
<td>Out of Network</td>
<td>Trauma Expert, Relationship Issues, Coping Skills, Self-Esteem</td>
</tr>
<tr>
<td>Jacqueline Stilling, LCPC</td>
<td>101 W. Ridgely Road, Suite 8A, Lutherville, MD 21093</td>
<td>(410) 495 – 7551</td>
<td>United Health Care, Aetna.</td>
<td>Transitions, Anxiety, Past Trauma, Depression, Grief, Women’s Issues</td>
</tr>
<tr>
<td>Jennifer Wilson, LCSW, LCADC</td>
<td></td>
<td></td>
<td></td>
<td>Carefirst BC/BS PPO, Cigna, EHP</td>
</tr>
</tbody>
</table>

Goucher College Student Counseling Center
1021 Dulaney Valley Road Baltimore, MD 21204
Phone: 410-337-6481   Fax: 410-337-6005
Updated 6.12.2019
Community Mental Health Resources

Psychiatrists and Psychiatric Nurse Practitioners

Medical professional competent in psychopharmacology. *Italicized* individuals and practices accept United Health Care.

**Psych. Associates of Maryland, LLC**
120 Sister Pierre Dr., Suite 403
Towson, MD 21202
(410) 823-6408
*Insurance: Most major insurances*

**PsycNP Wellness Center, LLC**
658 Kenilworth Dr, Suite 206
Towson, MD 21204
(443) 847-7550
Insurance: Aetna, Cigna, EHP
Psychiatry and Psychotherapy

**White Marsh Psychiatric Associates**
5024 Campbell Blvd
Baltimore, MD 21236
(410) 931-2180
*Insurance: Most major insurances*

**Psychiatry and Psychotherapy**

**Dave Adeleye, DNP, CRNP**
828 Dulaney Valley Rd
Towson, MD 21204
443-991-8093
Insurances: BlueCross BlueShield, Medicaid, Medicare, United Health Care
Within walking distance

**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*

**Psychiatric Nurse Practitioner**

**Elizabeth Hughes, CRNP**
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*

**Brian Siegel, MD**
Psychiatrist
205 E. Joppa Rd, Suite 103
Towson, MD 21286
(410) 296-3448
*Insurance: Out of Network*

**Robert Schreter, MD**
Psychiatrist
2360 Joppa Road, #222
Timonium, MD 21093
(410) 494 – 9222
*Insurance: Out of Network*

*Questions to Consider Asking:*

Is clinician/center accepting new clients?

With what insurances are they paneled?

What is the copay for a session?

Are sliding scale fees offered?

If out of network, do they assist with reimbursement claims?