

## 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 required 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](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 Drive  
Towson, Maryland 21204  
(410) 337-1118

### **Medical-Psychiatry Service**

#### **Greater Baltimore Medical Center (GBMC)**

6701 North Charles Street  
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 Parkway  
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

### **Crisis Walk-In Clinic (CWIC)**

**Sheppard Pratt**  
6501 N. Charles Street  
Towson, MD 21204  
(410) 938-5302  
Direct Admission, Evaluation, Inpatient/ Intensive  
Outpatient, No for medication evaluation

### **Scheduled Crisis Intervention Program (SCIP)**

**Sheppard Pratt**  
6501 N. Charles Street  
Towson, MD 21204  
(410) 938-5302  
Monday-Friday 8:30am – 4:30pm

### **Baltimore County Crisis Response System (BCCRS)**

(410) 931-2214  
Urgent Medication Assessments, Emergency  
Appointments, Urgent Care Clinics and Mobile  
Crisis Team

## 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

### **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

### **Maryland Youth Crisis Hotline**

(1-800) 422-0009

### **Grass Roots 24 hour Crisis Counseling Hotline**

Howard County  
(410) 531-6677

## 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 Drive, Suite 315  
Towson, MD 21204  
(410) 823-1600  
Insurance: Out of Network

### **Andrew G. Feinberg, MD**

1104 Kenilworth Drive, Suite 209  
Towson, MD 21204  
(410) 825-6666  
Insurance: Out of Network

### **Dr. Mohamad Haerian, MD**

Psychiatrist  
(410) 245-1304  
Insurance: Out of Network

### **Brian Siegel, MD**

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

### **Lisa Swords, CRNP-PMH**

Psychiatric Nurse Practitioner  
8501 LaSalle Road  
Towson, MD 21286  
(410) 337-7772  
Insurance: Aetna, Cigna, Carefirst BC/BS, EHP

### **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

# 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 Road, Suite A302  
Lutherville, MD 21093

[www.cbtsolutions.com](http://www.cbtsolutions.com)

Specialties: OCD Spectrum, Anxiety Disorders, Autism Spectrum, Phobias

Insurance: Out of Network

### **Sheppard Pratt Health Services**

6501 N. Charles Street  
Towson, MD 21204

(410) 938-3000

### **The Resource Group**

8501 LaSalle Road, 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

### **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

### **Trauma Disorders Program**

#### **Sheppard Pratt**

6501 N Charles Street

Towson, MD 21204

(410) 938-3584

Traumaatp.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, **Psychiatry**

Insurance: Most major insurances, sliding fee scale

### **The Women's Growth Center**

5209 York Road, #B12

Baltimore, MD 21212

(410) 532-2476

[www.womensgrowthcenter.com](http://www.womensgrowthcenter.com)

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

Insurance: Low cost, sliding fee scale

### **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

### **Greater Baltimore Counseling Center**

1850 York Rd, Suite K

Timonium, Maryland 21093

(410) 760-9079

[www.gbcc.com](http://www.gbcc.com)

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

Insurance: Most major insurances, sliding scale fee

### **Everly Hildreth & Platman Behavioral Services, LLC**

3333 N. Calvert Street  
Baltimore, MD 21218

(410) 933-9000

[www.ehpllc.net](http://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 Street, Suite 224

Towson, MD 21204

(410) 938-8449

[www.anxietyandstress.com](http://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/>

Free for financially eligible people

### **Renfrew Center**

1122 Kenilworth Drive

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 Street

Towson, MD 21204

(410) 938-5242

Expressive & Motivational Therapy, CBT, DBT,  
Intensive Outpatient, Partial Hospitalization

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

### **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

Student Counseling Services

1021 Dulaney Valley Road Baltimore, MD 21214

Heubeck Hall

Phone: 410-337-6481 Fax: 410-337-6051

Updated 1/2017

# Understanding Campus and Community Counseling Services

## 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.*

### **Jeffrey Barnett, PsyD**

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

### **Kara Bolling, LCSW-C**

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

### **Jennifer Buerger, LCSW-C**

Roland Park, Baltimore  
410-299-9711  
DBT, eclectic  
Insurance: Out of Network

### **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

### **Claudia Cameron, LCSW-C**

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

### **Jackie Dressel, LCPC**

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

### **Lauren Gilbert, LCPC**

28 Allegheny Ave, Suite 507  
Towson, MD 21204  
(410)417-7464  
[laurengilbertcounseling@gmail.com](mailto:laurengilbertcounseling@gmail.com)  
Specialties: Anxiety, Depression, Life transitions,  
College, PTSD  
CBT, Psychodynamic, DBT, Attachment Theory

### **Jon Gorman, PsyD**

Towson Therapy Collaborative  
405 Allegheny Avenue  
Towson, MD 21204  
(443) 608-5600  
[drjongorman@gmail.com](mailto:drjongorman@gmail.com)  
<http://www.towsontherapycollaborative.com/>  
Specialties: College students, anxiety, depression,  
bod image  
Insurance: Carefirst Plans

### **Jaime Fenton, PhD**

Towson Therapy Collaborative  
405 Allegheny Avenue  
Towson, MD 21204  
(443) 602-6424  
[jfentonphd@gmail.com](mailto: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

### **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  
Insurance: Medicare

### **Kathy Haerian, LCSW-C**

744 Dulaney Valley Rd, Suite 9  
Towson, MD 21204  
(410)245-1304  
Specialties: Eating Disorders, General Mental Health  
Concerns

### **Jonathan Mattanah, PhD**

28 Allegheny Ave, Suite 507  
Towson, MD 21252  
(410) 704-3208  
[www.jonathanmattanah.com](http://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

Continued on next page

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## Emily Samuelson, Ph.D.

28 Allegheny Avenue  
Towson, MD 21204  
(410) 296-7715  
Specialties: Trauma Expert, Relationship Issues,  
Coping Skills, Self-Esteem  
EMDR, EFT, Family Systems  
Insurance: Out of Network

## Elizabeth Scott, LCPC

312 Wyndhurst Ave, 2<sup>nd</sup> Floor  
Baltimore, MD 21210  
(864)614-1981  
[Elizabeth.scott.lcpc@gmail.com](mailto:Elizabeth.scott.lcpc@gmail.com)  
Specialties: LGBTQIA Individuals, Depression,  
Anxiety, Stress, Test Anxiety, College-Age Women  
Psychodynamic, ACT  
Insurance: Out of Network

## Dustin Sentz, PsyD

Drs. Olsson & Levinson, LLC  
2360 W. Joppa Road, 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](mailto:jstillinglcpc@gmail.com)  
Specialties: Transitions, Anxiety, Past Trauma,  
Depression, Grief, Women's Issues  
Insurance: Carefirst BC/BS PPO, Cigna, EHP

## Stacey Uebersax, PsyD

4800 Roland Ave, Suite 300  
(410)554-0099  
Specialties: Eating Disorders  
ACT, CBT, DBT  
Insurance: Out of Network

## Bobby E. Vann, Jr.

8415 Bellona Lane, 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 Street  
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

## 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.

401 Washington Ave, Suite 300  
Towson, MD 21204  
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 Street  
Baltimore, MD 21204  
(443) 849-3323  
Forensic Exams, STI prevention, emergency  
contraception, MH referrals

## Substance Abuse & Addiction

### Resource Connect

1615 York Road, Suite 105  
Lutherville, MD 21093  
(443)275-7046  
[www.connect.resourcegrp.org](http://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 Street, 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 Road  
Building C, Suite 300  
Lutherville, MD 21093  
(410) 853-7691  
[Bergandgroup.com](http://Bergandgroup.com)  
Accepts most private insurances

### Alcoholics Anonymous (AA)

[www.baltimoreaa.org](http://www.baltimoreaa.org)  
(410) 663-1922

### Narcotics Anonymous (NA)

[www.baltoareana.org](http://www.baltoareana.org)  
1-800-317-3222