

RESOURCE LIST

Community Services

Community Action Center (Main Office)

251 West Street

Annapolis, MD 21401

(410)-626-1900

Hours: Monday – Friday: 8:30am – 5pm

North County (Satellite Office)

117 Delaware Avenue

Glen Burnie, Maryland

(410)-626-1900, x1200

Hours: Monday – Friday, 8:30am – 5pm

Unity Tabernacle of Restoration (Satellite Office)

1419 Annapolis Road

Odenton, MD

Hours: Thursday: 10am – 12pm & Saturday: 10am – 12pm

Heritage Crest and Overlook (Satellite Office) – ***RESIDENTS ONLY***

125 Loyd Lane

Glen Burnie, Maryland

Hours: First Thursday of each month: 1:30pm – 4pm

Anne Arundel County Department of Health (Satellite Office)

791 Aquahart Road

Glen Burnie, Maryland

Hours: Thursday, 9am – 11:30am

COVID-19 Resources

<https://www.aacounty.org/coronavirus/>

<https://docs.google.com/document/d/1qj4B2TKjRI72eOf20PCevmLFIZHqGxAfPOSiwiHuv94/edit?usp=sharing>

Food Services

<https://www.aacounty.org/coronavirus/food/index.html>

[COVID-19 Food Pantry List 033020-2 NEWEST \(002.pdf\)](#)

Food Stamps: https://dhs.maryland.gov/documents/COVID-19/FIA_FAQ_V9.pdf

Internet Services

- Comcast Xfinity Free WiFi network
 - <https://corporate.comcast.com/covid-19>
 - Comcast Xfinity has turned on a Wi-Fi sub-network on all of their home/business internet routers and made it free to access for anyone within range.
 - Comcast removed data plan caps for 60 days, making all connections unlimited.
 - Frozen disconnects and lat fees
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- Comcast Internet Essential Program
 - <https://www.internetessentials.com/covid19>
 - Two free months for families that apply before April 30th, 2020
 - Network speed performance increased
 - Comcast is waiving the outstanding debt satisfaction requirement for Households with debt owed to Comcast for applications approved prior to May 13th, 2020
- Verizon Wireless
 - <https://www.verizonwireless.com/support/covid-19-faqs/>
 - Waving new line activation fees, late fees, and service terminations through May 13th, 2020
 - Free international calling until April 30th, 2020
 - Additional 15GB of mobile hotspot data has been added for all customers and data plans.
- T-Mobile
 - <https://www.t-mobile.com/brand/ongoing-updates-covid-19>
 - All smartphone data plans are unlimited through May 13th, 2020
 - All smartphone hotspot plans can add an additional 10GB per month for two months free
 - Free unlimited international calling
- AT&T wireless
 - <https://about.att.com/pages/COVID-19.html>
 - All late fees for wireless, home phone and broadband residential customers are waived until May 13, 2020
 - Domestic wireless plan overage charges for data, voice and text for residential customers are waived until May 13, 2020

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Mental Health Resources

Anne Arundel Counseling, Inc.
7310 Ritchie Highway
Empire Towers Suite 1009

Glen Burnie, 21061
(410) 768-5988

- Overview: Provides outpatient mental health and substance abuse services for adolescents and adults.
- Services: Psychological evaluations, medication monitoring, individual therapy, family therapy, group therapy. Online counseling is also available.
- Insurance: Many private insurance plans are accepted, and flexible payment plans are available. **Medical assistance and state-sponsored insurance plans are not accepted.**

Relational Excellence, LLC
1412 Crain Highway, Suite 5B
Glen Burnie, 21061
(410) 768-4386

- Overview: Provides person-centered and trauma-informed mental health counseling services for adolescents aged 14 and up.
- Services: Counseling services are available. Specializations listed include depression, anxiety, bullying, relational concerns, sexual orientation concerns, ADHD, anger management, and trauma or stressor related concerns.
- Insurance: **Accepted plans include CareFirst, Aetna, and Medicaid.**

Thrive Behavioral Health
1114 G Benfield Boulevard
Millersville, 21108
(410) 780-4320

- Overview: Provides mental health services in the home to individuals, families, and couples.
- Services: Medication management, transportation to psychiatric appointments, treatment for anxiety, depression, PTSD, mood disorders, ADHD, behavioral problems, and crisis management.
- Insurance: **Medical Assistance is accepted.**
- Special Notes: Referrals can be made online at www.ThriveBH.com

Villa Maria Community Resources – ***SCHOOL COUNSELOR CAN COMPLETE REFERRAL WITH GUARDIAN CONSENT & STUDENT'S INSURANCE ID NUMBER***

- Overview: Individual counseling services are provided to students with mental health concerns. These services are provided in the school building during the regular school day.
- Services: Individual counseling and medication management are provided.
- Insurance: **Only students with Medical Assistance will be accepted.**
- Special Notes: Talk to a school counselor for more information about accessing this resource.

Other Local Mental Health Resources

Anne Arundel County Department of Health: Adolescent & Family Services
122 Langley Road North, Suite A
Glen Burnie, 21060
(410) 222-6785

- **Overview:** Provides outpatient mental health and substance abuse services for children, adolescents (ages 5-18), and families.
- **Services:** Psychological evaluations, medication monitoring, individual therapy, family therapy, group therapy.
- **Insurance:** **Medical Assistance is accepted.** Sliding scales can also be calculated based on income.
- **Special Notes:** There is one Spanish speaking counselor on staff.

Arundel Psychological Associates
Millersville & Columbia
(410) 987-2031

- **Overview:** Provides psychotherapy for children, adolescents, and adults.
- **Services:** Assessments are offered for various concerns, including attention skills, emotional issues, psychological issues, and substance abuse. Individual, group, family, and marriage therapy are available. Specializations include divorce, relaxation training, social skills training, stress management, mood and anxiety disorders, oppositional disorders, grief, communication disorders, ADHD, substance abuse, educational issues, executive functioning difficulties, and performance anxiety.
- **Insurance:** **Many private insurance plans are accepted.**

Board of Child Care
8028 Ritchie Highway, Suite 312
Pasadena, 21122
(410) 590-9011

- **Overview:** Provides behavioral and mental health counseling for children aged 3-18.
- **Services:** Medication monitoring, individual therapy, family therapy, group therapy. Specializations include play therapy and cognitive-behavioral therapy. Anger management, behavior management, and social skills training are also offered.
- **Insurance:** **Medicaid and sliding scale fees are accepted.**

Congruent Counseling Services
8638 Veterans Hwy, Suite 301
Millersville, 21108
(410) 740-8066

- **Overview:** Provides behavioral and mental health counseling for children, adolescents, and adults. Offers a Dialectical Behavior Therapy (DBT)-informed treatment program offering services for individuals who have not found success in decreasing emotion dysregulation, impulse control, and self-harm behaviors with other modes of treatment.
- **Insurance:** **Please contact this provider for insurance information.**

Courtney Bianchi, LCSW-C
1190 Winterson Road, Suite 160
Linthicum, 21090
(443) 354-8630

- **Overview:** Provides mental health services for adults, children, and families.
- **Services:** Counseling. Specializations include anxiety disorders, mood disorders, autism spectrum disorder, ADHD, and OCD.
- **Insurance:** **Most major insurances and Medicare are accepted.** Sliding scale fees are offered for families with financial limitations.
- **Special Notes:** A FREE 15 minute “Meet and Greet” is offered to help clients determine if they will connect, feel safe, and be able to build trust with the therapist.

Family Alliance Counseling Center
8028 Ritchie Highway, Suite 310
Pasadena, 21122
(410)-691-3538

- **Overview:** Provides counseling to help children, adolescents, and adults manage life’s challenges.
- **Services:** Individual therapy, family therapy, group therapy, couples therapy. Educational testing and diagnosis are also available. Grief counseling, relationship issues, managing transitions, and eating disorder treatment are all available.
- **Insurance:** **Please contact this provider for insurance information.**

Greater Baltimore Counseling Center
30 Greenway Street NW, Suite 5
Glen Burnie, 21061
(410)-760-9079

- **Overview:** Provides mental health evaluation and counseling services for individuals, families, and couples.
- **Services:** Comprehensive evaluations and counseling services are available via individual therapy, family therapy, and group therapy. Specializations listed include depression, anxiety, PTSD, grief,

communication problems, substance abuse, anger, ADHD, and chronic health problems.

- Insurance: **Most plans are accepted.** Sliding scale fees are available for those without insurance.
- Special Notes: Appointments can also be requested online at www.gbcc.com.

Kennedy Krieger Behavioral Psychology Institute

720 Aliceanna Street

Baltimore, 21202

(443)-923-7508

- Overview: Helps children and their families overcome a wide range of behavioral issues.
- Services: Counseling services are available to assist with aggression, eating and sleeping difficulties, medical compliance, problems at school, social skills, and self-esteem. Clinicians serve clients with autism spectrum disorders, intellectual and learning disabilities, and mood disorders.
- Insurance: **Many plans are accepted.** Families will know in the first phone call if their plan will be accepted.
- Special Notes: Counseling locations include downtown Baltimore, Columbia, or Odenton. There is only a one week waiting list for clients aged 7 – 19.

Spectrum Behavioral Health

Crofton, Arnold, & Annapolis

(410)-757-2077

- Overview: Full range of mental health services provided to people of all ages.
- Services: Medication management, psychological testing, educational assessment, and learning disorder and ADHD evaluation available. Individual therapy, family therapy, group therapy, and marital therapy are offered.
- Insurance: **Coverage is offered under a wide range of health insurance companies.**

Sheppard Pratt Mental Health Services: <https://www.sheppardpratt.org/care-finder/virtual-crisis-walk-in-clinic/>

Rental Assistance

[REFERRAL GUIDELINES/PAUTAS DE REFERENCIA](#)

<u>Agency/Agencia</u>	<u>Contact/Contacto</u>	<u>Referral Guidelines & Zip Codes/Guía de Referencia y Códigos Postales</u>
<u>Arundel Community Development Services (ACDS)</u>	<u>410-222-7600</u>	<ul style="list-style-type: none"> · <u>LDC: 21144, 21076, 21077 (either living or employed)(ya sea que viva allí sea o empleado)</u> · <u>Target Area/Área objetivo: Glen Burnie, Laurel & West County, Arnold, Severna Park, Freetown</u>
<u>Anne Arundel Partnership for Children, Youth, and Families</u>	<u>Diana Taylor 443-336-5474</u>	<ul style="list-style-type: none"> · <u>LDC: 21144, 21076, 21077</u> · <u>Target area/Área objetivo: Brooklyn Park and North County</u> · <u>Internal agency referrals/Referencias internas de la agencia</u>
<u>Community Action Agency</u>	<u>410-626-1900 Ext. 4 Housing</u>	<ul style="list-style-type: none"> · <u>LDC: 21144, 21076, 21077</u> · <u>Target Area/Área objetivo: Annapolis, South County</u> · <u>Internal agency referrals/Referencias internas de la agencia</u>
<u>Light House</u>	<u>Karen Williams 443-569-4217</u>	<ul style="list-style-type: none"> · <u>Área de Annapolis</u> · <u>Internal agency referrals/Referencias internas de la agencia</u>

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Other Services

Mobile Shower (AA)

Mobile Shower (AA #1)

Mobile Shower (BP)

Mobile Shower (GB)