



**PROVIDER
INFORMATION
BOOKLET
FOR
GARRETT COUNTY**



GARRETT COUNTY
HEALTH DEPARTMENT

INFORMATION MAY NOT BE CURRENT. CONTACT INDIVIDUAL PROVIDER FOR UP TO DATE DETAILS.

SUICIDE PREVENTION LIFELINE 988 FREE 24 HOUR CONFIDENTIAL CRISIS

The information provided is a brief overview of Public Behavioral Health Providers in Garrett and Allegany Counties as well as Other Service Provider Agencies.

For more specific information on particular services please contact the provider directly.

(List may not be inclusive of all providers)

| PROVIDER NAME | CONTACT INFORMATION | SERVICE | ACCEPTING NEW PATIENTS | TELEHEALTH | SAME DAY INTAKE | AGES SERVED | INSURANCES ACCEPTED | OFFICE HOURS | ADDITIONAL INFORMATION |
|---|---|---|------------------------|----------------------------------|--|---------------------|--|---|--|
| Appalachian Parent Association | 3 S Third Street, Oakland, MD 21550 301-334-8449 www.appalachiancrossroads.com | Supported Employment Services, Job Coaching for persons with disabilities | Yes | Yes | No | 16+ | Medicare, Medicaid, Maryland Physicians Care, and Uninsured | 7:30am - 3:30pm but also based on work and client needs. | Must be enrolled in counseling program |
| CAPEs for kidsa program of APPLES for Children, Inc | 301-733-0000 capes@applesforchildren.org www.applesforchildren.org | Targeted social-emotional and behavioral support. Services include development screenings, modelingstrategies, and co-regulation | Contact office | Contact office | Contact office | Birth - 5 years old | Contact office | Contact office for details. | Contact office for further information. |
| Baltimore Crisis Response | BCRI Garrett Office 301-783-0010 Allegany Office 301-783-0011 Westernmd@bcresponse.org | Mobile Crisis Response for behavioral health crisis Peer Support | Yes | Not Currently, but in the future | For Crisis clients | Birth - 18, 18+ | Insurances can be billed, but there is no fee for those who are uninsured | Tuesday and Thursday 7am - 3pm for Mobile Crisis Response. Monday - Friday 7am - 11pm for Peer Support Services and follow-up. Saturday and Sunday 7am - 3pm Peer Support Services. | Availability will change periodically as staffing increases. Please check the digital resource guide on mygarrettcountry.com for the most up to date hours |
| Burlington United Methodist Family Services, Inc. | 316 E. Oak Street Oakland, MD 21550 301-334-1285 www.bumfs.org | Targeted Case Management, Care Co-ordination for children and adults and Wraparound | Yes | Yes | Once a referral is received and approved | 18+ | Medicaid | Contact office for details. | Presently all services are virtual. |
| CARE 1st Wellness Virtual Only | 301-616-5707 Email: mlfriend@shentel.net care1st@shentel.net http://www.care1stwellness.com/ | Individual, Couples, Family Behavioral Health Therapy. Children, adolescents and adults. Also, Substance Abuse Treatment Services. | Yes | Yes | Can do same day intakes if urgent. Program has a flexible schedule, patients are scheduled based on needs. | Birth - 18, 18+ | Medicaid, United Health, Aetna, Anthem Blue Cross Blue Shield, CareFirst Blue Cross Blue Shield, CIGNA, Highmark Blue Cross Blue Shield, Maryland Physicians Care, WV Medicaid | Hours set to patient needs | Contact office for further information. |
| Charlie Health | www.CharlieHealth.com Admissions Line: (986)-206-0414 Fax: (406) 720-7793 Fully Virtual, no brick & Mortar location samantha.reed@charliehealth.com | Virtual Intensive Outpatient (IOP) which includes weekly group therapy & individual therapy. Otional add ons available for their program include family therapy sessions & medication management. | Yes | Yes | Please contact office | Nov-50 | Maryland Medicaid, TriCare, United Healthcare/Optum, Aetna, Cigna, Kaiser, Blus Cross/Carefirst. Humana & More. Do not accept Medicare | Admissions Line is live 8:am - Midnight Monday - Friday 10:am - 10 pm Saturday and Sunday | The purpose of an IOP is to receive short term intensive treatment while maintaining your daily activities and responsibilities. They offer flexible scheduling Monday - Saturday for group therapy, family yherapy & med management appointments are offered 7 days per week. All groups are matched based on age, primary condition & lived experiences (ex. LGBTQIA+m Neurodivergence, New Mom's, Military & more)Fully Virtual, No brick & Mortar Location |
| Christian Counseling Services | 1100 W. Industrial Blvd. Cumberland, MD 21502 301-895-3117 | Individual, marital, family, children/adolescent, Sexual Abuse and Substance Abuse Counseling. | Yes | No | Yes, with an appointment | 5 - 18, 18+ | All Insurances Except MD Medicaid | Wednesday & Thursday by appointment 9:00 - 7:00 | All insurances accepted Except MD Medicaid |

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| Garrett County Center for Behavioral Health/Garrett County Health Department | 1025 Memorial Drive, Oakland, MD 21550 Oakland 301-334-7680 Grantsville 301-895-5458 www.garretthealth.org | Outpatient, Individual, Family, and Group Therapy; Psychiatric Services; Substance Abuse Treatment; Geriatric Outreach. | Yes | Yes | Yes, for Crisis after referral received. | 3 - 18 18+ | Medicaid, Medicare, AARP, Aetna, Anthem Blue Cross Blue Shield, CareFirst Blue Cross Blue Shield, CIGNA, Highmark Blue Cross Blue Shield, Maryland Physicians Care, One Net, TRICARE Health Net Federal. | Monday & Wednesday 8:00 am - 6:00pm Tuesday, Thursday & Friday 8:00am-5:00pm | No additional information provided |
| Garrett County Lighthouse A division of Archway Station | 20 E. Oak Street, Oakland, MD 21550 301-334-9126 Garrettcoun tylighthouse.org | Adult, Child & Adolescent Psychiatric, Rehabilitation, Day program, Assertive Community Treatment and Residential Rehabilitation Services. Residential Crisis Services, Non Emergency medical transportation services. | Yes | Yes | After a referral is received from Mental Health Professional | 6+ | Medicare, Medicaid, CIGNA | Monday - Friday 8:00 - 3:00 | Crisis services available 24 hours, 7 days a week, with a referral |
| Garrett Regional Medical Center | 251 N. 4th Street, Oakland, MD 21550 301-533-4000 www.grmc-wvumedicine.org | Acute Crisis Emergency Room | Yes | Yes | On demand Crisis Services | Birth- 18 18+ | Varies depending on service provider | 24 hours, 7 days a week | Referrals to outpatient/outpatient services |
| Harmony Tree Counseling & Wellness, Andrea Opel, LCSW-C, LICSW | 12582 National Pike Grantsville, MD 21536 301-381-0743 harmonytreecounseling@gmail.com | Individual and Family Therapy for ages 10+ | Yes | Please contact office. | Please contact office | 10+ | MD Medicaid, United Health Care, UMR, Peak Health, BCBS, Carefirst, Aetna, Cigna. Self-pay and out-of-network. | Monday-Tuesday: 9:00 am - 6:00 pm Wednesday - Thursday: 9:00 am - 5:00 pm Friday: 9:00 am - 12:00 pm | Member of Open Path Collective for clients who are uninsured or underinsured. |
| Health and Wellness Center of Garrett Regional Medical Center | 69 Wolf Acres Drive, Oakland, MD 21550 301-533-2190 grmc-wvumedicine.org/behavioral health | Outpatient Behavioral Health Counseling for children, adolescents, and adults and Substance Abuse Counseling services. | No | Yes | For Crisis clients | 5 - 18 18+ | Varies, depending on service provider | Varies, depending on service provider | Most insurances accepted. See provider for more details. Kennedy Krieger and Sheppard Pratt services are offered at this office. Providers may see clients under 5, depending on the client. |
| Lukas Behavioral Health | 257 Oakland Drive, Suit 103 Oakland, MD 21550 618 N Mechanic Street Cumberland, MD 21502 1305 Pennsylvania Ave Hagerstown, MD 21742 17 Main St Lonaconing, MD 21539 301-876-4889 | Virtual and in-person visits, evidence-based holistic behavioral health care | Yes | Yes | Yes | 12+ | Medicare, Medicaid and most all major insurances | Monday - Thursday 8:30 am - 4:30 pm Friday 9:00 am - 1:00 pm | Currently accepting new patients in all locations. Intakes are usually completed the same day (no referrals necessary), see the provider within 7 days after referral completion. Medication management for ages 5 - 11 and all services for ages 12 and older. |
| Maryland Wellness | 232 E Alder Street, Oakland, MD 21550 301-777-9600 | In home services for adults and children who need assistance developing everyday skills to function independently at home, school, and work. | Yes | Yes | Once a referral is received and approved. | Birth - 18 18+ | Maryland Physicians Care | By appointment only | Medicare and private insurance accepted when certain criteria are met. Clients must also meet diagnosis criteria to qualify for services. |
| Maryland Treatment Centers | 3800 Frederick Avenue Baltimore Maryland 21229 | Statewide Service for family members or other concerned significant others of young people with opioid addiction | Yes | Yes | Please contact office | <30 | Free | Please contact office | Free Service Statewide |

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| Mindfulness Therapy | 3473 Chestnut Ridge Rd. Suite 104 Grantsville, MD 21536 302-723-2855 www.mindfulnesstherapy.me | Behavioral Health Services utilizing the Mindfulness Stress Based Reduction models. | Yes | Information unavailable | Every effort will be made for a same day appointment | Children & Adults Call for specific age group served | Insurance coverage will be verified by provider prior to appointment | Monday - Friday. Contact office for hours | Office will respond to all inquiries, either welcoming you into their services or making a more suitable referral. |
| Mountain Laurel Medical Center | 1027 Memorial Drive, Oakland, MD 21550 301-533-3300 Grantsville - 844-652-8735 Westernport - 240-774-0204 Bruceton Mills - 304-379-7600 www.mtnlaurel.org | Advanced primary care, behavioral health and psychiatry (including school-based services for students in Garrett and Allegany counties), on-site pharmacy, laboratory, and diagnostic imaging, insurance navigation, transportation, diabetes self-management and weight management programs, and chronic care coordination. | Yes | Yes | Same-day appointment availability varies by site and provider. Every effort will be made to schedule as soon as possible | All ages | Medicare, Medicaid, and most commercial insurances accepted. Sliding fee scales available. Care is provided regardless of ability to pay. | Oakland: Monday - Thursday 7:00 am - 7:00 pm Friday 7:00 am - 5:00 pm Grantsville: Monday & Tuesday 7:00 am - 7:00 pm Wednesday - Friday 7:00 am - 5:00 pm Westernport: Monday & Tuesday 7:00 am - 7:00 pm Wednesday - Friday 7:00 am - 5:00 pm Bruceton Mills: Monday & Tuesday 7:00 am - 7:00 pm Wednesday - Friday 7:00 am - 5:00 pm | Provider on-call (available 24/7) and transportation services available for established patients only. |
| Mountaintop Counseling and Wellness | 12584 National Pike Grantsville, MD 21536 https://mountaintop-counseling-and-wellness.clientsecure.me/ 301-895-8047 | Behavioral Health Services for children, adolescents and adults. | Yes | Please contact office | Please contact office | 1st Grade - Adolescents Adults | Carelon, Medicare, Cigna, BC/BS, UPMC, United Healthcare | Monday - Friday. By appointment only | Insurance navigation and pharmacy services available to all, regardless of patient status. |
| Quest for Hope Counseling Services | 1720 Chesnut Ridge Road, Grantsville, MD 21536 Phone: 301-450-7274 Fax: 301-238-8044 info@questforhopecounseling.com www.questforhopecounseling.com | Counseling Services for individuals and families | Currently have a waiting list | Yes under certain circumstances | No | 5+ | 90 Degree Benefits, Aetna, Allstate Self Funded, Carefirst, Cigna, Community Care (Bedford and Somerset Counties), Maryland Medicaid, Maryland Medicare, Optum HealthCare Solutions, Peak Health, The Health Plan, UMR, United Healthcare, UPMC Health Pla. | Monday, Tuesday and Thursday 8:00 am - 8:00 pm Wednesday and Friday 8:00 am - 4:30 pm By appointment only | Please check with office for current office hours and insurances accepted. |
| Sewell Psychiatry LaToya Sewell | 443-459-1624 Admin@sewellpsychiatry.com sewellpsychiatry.com | Medication Management and Psychotherapy, Anxiety, Depression, PTSD | Yes | Telehealth Only | No Same day consultations are available | 16+ | Aetna, Cigna, Carefirst BCBS, Tricare, UHC (Optum), Oscar (Optum), Carelon, Qest Behavioral Health | Monday - Thursday 5:00 pm - 7:30 pm Friday 9:00 am - 12:00 pm Saturday 9:00 am - 2:00 pm Select non major holidays | Please check with office for current office hours and insurances accepted. |
| Safe Harbor | 18 E. Oak Street, Oakland, MD 21550 301-334-1642 www.garrettkountyighthouse.org | Residential Crisis and Respite services for Adult Consumers | Yes | Yes | Once a referral is received and approved. | 18+ | Medicare, Medicaid, Cigna | 24/7 seven days a week | Residential Crisis |
| Thomas B. Finan Center State Hospital | 10102 Country Club Rd. SE, Cumberland, MD 21502 301-777-2240 www.health.maryland.org/finan | In-patient psychiatric Treatment and Court Ordered Evaluations | Yes | Information unavailable | As directed by the court | As directed by Court | Information unavailable | 24/7, seven days a week | Court ordered/competency evaluations |

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| UPMC Western Maryland | 12500 Willowbrook Road, Cumberland, MD 21502 240-964-7000 www.wmhs.com | Adult Psychiatric Inpatient Unit | | | | | | | |
| UPMC- Western Maryland Center for Hope and Healing | 12500 Willowbrook Road, Cumberland, MD 21502 240-964-7000 www.wmhs.com | Residential Crisis and Respite services for Adult Consumers | Yes | Yes | Yes, for Crisis after referral is received. | 18+ | MD Medicaid | 24/7, seven days a week | Referral must come from licensed Mental Health Professional. For additional information please call 240-362-7588 |
| UPMC- Western Maryland Behavioral Health Services | 12502 Willowbrook Rd, Suite 380, Cumberland, MD 21502 240-964-8585 www.wmhs.com | Individual, Couple, and Family Counseling; Psychiatric Services; Substance Abuse Treatment Services. Medication Management Services | Yes | Yes | No | 18+` | Medicare, Medicaid, Care First, Cigna, Aetna, United Health Care. | Monday-Thursday 8:00-5:00 Friday 8:00-1:30 | Intensive Outpatient Group Therapy is offered Monday through Friday from 9:30 a.m. to 12:30 p.m. |
| Zimela Wellness Center, LLC | 11602 Bedford Road NE, Cumberland, MD 21502 240-362-7077 zimelawellness.com | Behavioral Health & Addiction Services, 24-hour hotline. | Information unavailable | Information unavailable | Contact office | Contact office | Most insurances accepted. Call for updates | Monday - 8:00- 5:00 Tuesday 8:30- 3:45 Wednesday 8:30 - 3:00 Thursday 9:00 - 5:00 Friday 8:30 - 2:45 Saturday 9:00 - 2:45 | Medication Assisted Treatment |

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(List may not be inclusive of all providers)

| OTHER AVAILABLE SERVICES | | |
|---|---|--|
| Provider Name | Contact Information | Service |
| Department of Social Services (Dept. of Human Resources) | 12578 Garrett Hwy, Oakland, MD 21550 301-533-3000 www.dhs.maryland.gov | Food supplement program, temporary cash assistance and TDAP, homelessness prevention program, in home family services. Protective Services, Foster Care, Child Support Services and adult services. |
| Dove Center | 301-334-9000 dovecenter@gcdovecenter.org | Domestic Violence/Sexual Assault Counseling. Crisis Housing 24 Hour Helpline |
| Garrett County Community Action Committee | 104 E. Center Street, Oakland, MD 21550 301-334-9431 www.garrettcac.org | Energy Assistance, Food Resources, Head Start, Housing Services and Senior Citizens Resources |
| Garrett County Behavioral Health Authority/Local Management Board | 1025 Memorial Drive, Suite 104, Oakland, MD 21550 301-334-7440 gccsa.gchd@maryland.gov | Facilitate the continuance of a consumer focused behavioral health system in Garrett County. Work with community partners to plan, coordinate and monitor health and human service programs to improve outcomes for children and families. |
| Maryland Coalition of Families | 410-730-8267 www.mdcoalition.org | Family Peer Support |
| Mountain Haven | 535 Main Street, Oakland, MD 21550 301-334-1314 mhwrc315@outlook.com | Consumer Run Wellness and Recovery Center |
| REACH Behavioral Health Garrett County SUD Resource Center | 301-859-0290 Email: SUDRC@ReachMaryland.com | LOCAL Peer Support, Outreach Specialists, and RESOURCES that will help to navigate recovery. Staff are dedicated to addressing the recovery needs of those who struggle with addiction. |
| My Garrett County | mygarrettcountry.com | A behavioral health resource and other community supports for everyone, including a provider service network, a medical library resource/Veteran's links and support/advocacy contacts. |

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| Substance Abuse Treatment & Medication Services | | |
|--|--------------------------------|--|
| Provider Name | Contact Information | Address |
| Cumberland Treatment Center | 301-687-0940 | 14701 National Highway, LaVale, MD 21502 |
| Garrett County Center for Behavioral Health/Garrett County Health Department | 301-334-7680 | 1025 Memorial Drive, Oakland, MD 21550 |
| Garrett Treatment Center, Dr. Perry | 301-533-2888 | 233 East Alder Street, Suite A, Oakland, MD 21550 |
| Health & Wellness Services of GRMC, | 301-533-2190 | 69 Wolf Acres Drive, Oakland, MD 21550 |
| Maryland Treatment Centers | 410-233-1400 | 3800 Frederick Avenue Baltimore, Maryland 21229 |
| Outreach outreachrecovery.com | 1-800-217-6407 410-800-4466 | 127 S. Smallwood Street, Cumberland, MD 21502 |
| UPMC Western Maryland - Behavioral Health Program | 240-964-7000 | 12500 Willowbrook Road, Cumberland, MD 21502 |
| Western MD Recovery Services | 301-724-1144 | 11604 Bedford Road NE, Cumberland, MD 21502 |

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