



**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.	Availibility will change periodically as staffing increases. Please check the digital resource guide on mygarretcounty.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 Garrettcountylighthouse.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-wumedicine.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-wumedicine.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.clientssecure.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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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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