



**PROVIDER  
INFORMATION  
BOOKLET  
FOR  
GARRETT COUNTY**



**GARRETT COUNTY**  
HEALTH DEPARTMENT

**INFORMATION MAY NOT BE CURRENT DUE TO COVID-19. CONTACT INDIVIDUAL PROVIDER FOR UP TO DATE DETAILS.**

SUICIDE PREVENTION LIFELINE 1-800-273-TALK(8255) 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	18+	Medicare, Medicaid, Maryland Physicians Care, and Uninsured	7:30 - 3:30 but also based on work and client needs.	Must be enrolled in counseling program
Baltimore Area Community Health Services (BACHS) Healthcare	232 E, Alder Street, Oakland, MD 21550 301-876-5327 www.bachshealthcare.com	In-home services for adults and children who need assistance developing everyday skills to function independently at home, school and work. Psychiatric Rehabilitation	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. Client must also meet diagnosis criteria to qualify for services.
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	Birth - 18, 18+	Medicaid	Contact office for details.	Presently all services are virtual.
CARE 1st Wellness	13180-F, Garrett Hwy, PMB-46, Oakland, MD 21550 301-616-5707 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.
Christian Counseling Services	1100 W. Industrial Blvd. Cumberland, MD 21502 301-895-3117 mdcsl-dpccs.org	Individual, marital, family, children/adolescent, Sexual Abuse and Substance Abuse Counseling.	Yes	No	No	5 - 18, 18+	All Insurances	Wednesday & Thursday by appointment 9:00 - 7:00	All insurances accepted

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Dr. Robert Lynn	134 Baltimore Street, Cumberland, MD 21502 301-777-0620	Child & Adolescent Psychiatry	Yes	No	No	5+	Medicare, Medicaid. Maryland only. Please check with Dr.'s office for other insurances as they change frequently.	Monday-Wednesday 7:30- 4:00 Thursday 7:30 - 2:00	Medication Assisted Treatment
Garrett County Center for Behavioral/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.	Birth - 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 - Friday 8:00 - 7:00	No additional information provided
Garrett County Lighthouse	20 E. Oak Street, Oakland, MD 21550 301-334-9126 Garrettcountylighthouse.org	Psychiatric, Rehabilitation, Day program, case management and Residential Rehabilitation Services.	Yes	Yes	After a referral is received from Mental Health Professional	18+	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

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Health and Wellness Center of Garrett Regional Medical Center	69 Wolf Acres Drive, Oakland, MD 21550 301-533-2190 gmc-wvmedicine.org/ behavioral health	Outpatient Behavioral Health Counseling for children, adolescents, and adults and Substance Abuse Counseling services.	Yes	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.
Mindful Roots LLC	23789 Garrett Hwy. Suite 4, McHenry, MD 21541 304-435-8892 mindfulrootsllc@outlook.com	Parent/Child Interactive Therapy with Children ages 2 - 7. Behavioral Health Care with a specific focus on trauma for all ages.	Yes	Yes	Once a referral is received.	18 Months - Age 7 Older children assessed for appropriate - ness	Medicare, Medicaid, AETNA, Anthem Blue Cross Blue Shield, Care First Blue Cross Blue Shield, CIGNA, Highmark Blue Cross Blue Shield, Maryland Physicians Care, TRICARE Health Net Federal, Uninsured.	Monday - Tuesday 6:00 p.m.- 9:00 p.m. Thursday 5:00 p.m. - 9:00 p.m.	Provides Parent Child Interaction Therapy (PCIT), Eye Movement Desensitization and Reprocessing (EMDR), Certified Trauma Therapist, Energy Psychology Student, Geriatric Practitioner Certificate Candidate WVU.
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.

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Mountain Laurel Medical Center	1027 Memorial Drive, Oakland, MD 21550 301-334-3300 Grantsville - 844-652-8735 McCoole - 240-774-0204 www.mtnlaurel.org	Behavioral Health Services, Family practice - Primary Health Care Services for all ages.	Yes	Yes	Once a referral is received and approved.	Birth - 18, 18+	Medicare, Medicaid, 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, Uninsured	Monday - Saturday 8:00 - 5:00	Crisis on call via phone consultation only
Pressley Ridge/Maryland	23789 Garrett Hwy. Suite 1, McHenry, MD 21541	Therapeutic Foster Care and Children's Clinical Therapy	Yes	Yes	No	Birth - 18, 18+	MD Medicaid	Not known	Specialty in Trauma Recovery
Safe Harbor	18 E. Oak Street, Oakland, MD 21550 301-334-1642 www.garrettcountylighthouse.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
UPMC- Western Maryland Center for Hope and Healing	10700 Leslie Lane, Cumberland, MD 21502 240-362-7588	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.

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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 SERVICE PROVIDER'S AND AGENCIES**

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	206 E. Alder Street, Oakland, MD 21550 301-334-1314 mhwrc315@outlook.com	Consumer Run Wellness and Recovery Center
UPMC Western Maryland	12500 Willowbrook Road, Cumberland, MD 21502 240-964-7000 www.wmhs.com	Adult Psychiatric Inpatient Unit

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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 Maintenance		
Provider Name	Contact Information	Address
Cumberland Treatment Center	301-687-0940	14701 National Highway, LaVale, MD 21502
Dr. Robert Lynn	301-777-0620	134 Baltimore Street, Cumberland, 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, Kelly Rock	301-533-2190	69 Wolf Acres Drive, Oakland, MD 21550
Outreach outreachrecovery.com	1-800-217-6407 410-800-4466	127 S. Smallwood Street, Cumberland, MD 21502
UPMC - Western Maryland Occupational Health Center, James Deren, MD	240-964-9355	1050 West Industrial Boulevard, 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