

The DC Collaborative for Mental Health in Pediatric Primary Care's Child & Adolescent Mental Health Resource Guide

The DC Collaborative for Mental Health in Pediatric Primary Care aims to improve the integration of mental health in pediatric primary care for children in the District of Columbia. We have a strong commitment to addressing the mental health needs of diverse children, from birth through 20, and their families, through culturally competent, family-focused initiatives. The Collaborative is a multidisciplinary group, comprised of the following lead organizations, and guided by a Community Advisory Board: Children's Law Center, Children's National Health System, DC Chapter of the American Academy of Pediatrics, DC Department of Behavioral Health, DC Department of Health, DC Department of Health Care Finance, and Georgetown University.

As part of our work, we have compiled the following **mental health resource guide for use by pediatric primary care providers in the Washington, DC area**. We intend to update this working guide regularly, and if you have suggestions, questions or comments, please contact Sarah Barclay Hoffman, Project Associate with the DC Collaborative for Mental Health in Pediatric Primary Care, at sbhoffma@childrensnational.org.

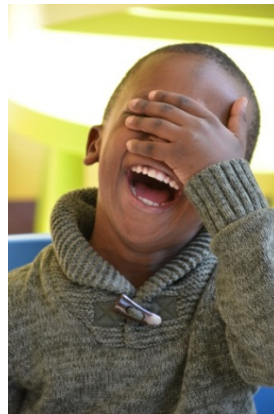


Table of Contents

OVERVIEW OF GUIDE AND REFERRAL PATHS	4
QUICK REFERENCE SHEET FOR REFERRALS	7
CRISIS SERVICES & INPATIENT HOSPITAL UNITS	8
EARLY CHILDHOOD (Perinatal – 5yrs).....	14
EVALUATION, THERAPY AND MEDICATION MANAGEMENT SERVICES FOR CHILDREN ≤ 5	14
DEVELOPMENTAL DELAY	29
HOME VISITING	40
SCHOOL AND CHILD DEVELOPMENT CENTER MENTAL HEALTH PROGRAMS	43
DEVELOPMENTAL PLAYGROUPS.....	45
PERINATAL MENTAL HEALTH	46
THERAPY/PSYCHOLOGY SERVICES	48
THERAPY SERVICES IN NORTHEAST	48
THERAPY SERVICES IN NORTHWEST	50
THERAPY SERVICES IN SOUTHEAST.....	62
THERAPY SERVICES IN MARYLAND & VIRGINIA	68
PSYCHIATRISTS	71
CORE SERVICE AGENCIES.....	78
CORE SERVICE AGENCIES IN NORTHEAST	78
CORE SERVICE AGENCIES IN NORTHWEST	80
CORE SERVICE AGENCIES IN SOUTHEAST	83
CORE SERVICE AGENCIES IN MARYLAND	87
SCHOOL-BASED MENTAL HEALTH SERVICES	88
ALCOHOL AND SUBSTANCE ABUSE	89

4/11/14

PARENTING RESOURCES.....	97
COMMON DISORDERS & TREATMENT MODALITIES	103
OTHER HELPFUL RESOURCES AND WEBSITES	105
ALPHABETICAL INDEX OF RESOURCES.....	106

OVERVIEW OF GUIDE AND REFERRAL PATHS ¹

Introduction

This guide aims to provide a comprehensive listing of community behavioral health resources for children and adolescents in the District of Columbia. While comprehensive, the listing is not exhaustive. This is a working document, and will continually be updated. The main scope is on those providers in the District of Columbia that serve children and families on Medicaid. However, some providers in Maryland and Virginia are included, as well as a few providers across the D.C. area that offer services on a sliding fee scale or accept commercial insurance.

Organization of Guide

The guide is organized by the following main sections:

- Crisis Services/Inpatient Hospital Units
- Early Childhood (Perinatal – 5 yrs)
- Therapy/Psychology Services
- Psychiatrists
- Core Service Agencies
- School-Based Mental Health Services
- Alcohol and Substance Abuse
- Parenting Resources
- Common Disorders and Treatment Modalities
- Other Helpful Resources and Websites
- Alphabetical Index

Each major section and sub-section includes the following information about each organization:

- **Organization:** Address, phone number, website and public transportation access.
- **Services:** Brief description of services provided and languages other than English available.
- **Ages Served:** The age ranges of children and adolescents the organization serves.
- **Insurance, Referral and Availability:** Insurances accepted, whether a referral is required and general appointment availability. Given that this information can change quickly, and sometimes daily, we strongly recommend calling to verify.

¹ Information for parts of this section were provided by the DC Behavioral Health Association (DCBHA), and is available in their Membership Directory. More information about DCBHA is available at their website, <http://www.dcbbehavioralhealth.org/>.

Referral and Treatment Paths:

The D.C. Medicaid program has different paths for accessing mental health treatment, depending on the severity of a beneficiary's mental health condition. Based on a positive behavioral health screen indicating the need for further assessment, a primary care provider may make a referral to a behavioral health care provider in a Medicaid managed care organization or Medicaid fee-for-service network, or to a Core Service Agency (CSA). Please see below for further information.

1. ***Medicaid Managed Care Organization Beneficiaries.*** People enrolled in a Medicaid managed care organization can receive office-based treatment through mental health providers who are in the managed care organization's provider network. Office-based treatment includes therapy, medication management, and day treatment programs. ***All beneficiaries can obtain up to 10 lifetime visits for services including assessment, outpatient therapy and medication without referral or prior authorization; in practice, some of these services may require prior authorization.*** Beneficiaries must locate a provider who participates in each MCO's network:
 - **AmeriHealth/Performcare:** Call Member Services at 202-408-4720 or 1-800-408-7511. A provider directory is available here, although not searchable by specialty: <http://amerihealthdc.com/apps/provider-directory/index.asp>
 - **MedStar/ValueOptions:** Call Member Services Department at 1-888-404-3549 or search for a behavioral health provider here: http://www.medstarfamilychoice.com/hf_body.cfm?id=151&UserAction=PlanSelected&SelectedPlanId=02&action=
 - **Trusted/Beacon:** Call Member Services at 202-821-1100 or toll free at 1-855-326-4831 or search for a behavioral health provider here: <http://www.trustedhp.com/provider-locator.php>
 - **Health Services for Children with Special Needs (HSCSN):** Call 202-467-2737 or search the provider directory: <http://www.hscsn-net.org/node/15>
2. ***Core Service Agencies:*** A primary care provider may make a referral to a Core Service Agency (CSA) for a diagnostic assessment. Generally, to then receive services at the CSA, a child must be given a severe social/emotional disorder diagnosis. The Department of Behavioral Health

(DBH) administers different types of therapeutic interventions delivered by its contract providers – Core Service Agencies, sub-providers and specialty providers. These are known as Mental Health Rehabilitation Services (MHRS), and provide community-based or in-home services for children with severe social/emotional disorder diagnoses. Available services include diagnostic assessments, medication management, counseling, community support, community-based interventions, day services, and crisis intervention. Providers who offer the four “core services” (diagnostic assessments, medication management, community support, and counseling) are classified as CSAs; those providers who offer a subset of these core services (e.g., assessment and counseling) can be certified as a sub-provider or specialty.

3. Fee-for-Service Beneficiaries. People with disabilities and children in formal state custody (such as Child and Family Services Agency (CFSA) or Department of Youth Rehabilitation Services (DYRS)) may be enrolled in fee-for-service Medicaid (or known as Straight/Regular Medicaid). These individuals can receive all of their mental health services through the Department of Behavioral Health’s provider network of core service agencies, or they can connect to free-standing mental health clinics for office-based services.

Acknowledgements: *We would like to gratefully acknowledge the generous support of the Howard and Geraldine Polinger Family Foundation, with which we were able to create this guide. We are also thankful for the assistance of undergraduate students Yooni Choi of Health Leads, and Kelsey Mauro of The George Washington University, for their immense help in conducting outreach to confirm information. This guide was strengthened by the ability to use resource guides published by the DC Behavioral Health Association, DC Lawyers for Youth, DC Public Defender Service, and Student Support Center, and review by the DC Behavioral Health Association, Department of Behavioral Health, and Department of Health Care Finance. We are also very grateful for input, review, and resources provided by the members of our Community Advisory Board and Working Group, and other community organizations.*

Disclaimer: *The resources contained in this document are for informational purposes only. It is not intended to diagnose or treat any medical or psychological condition. Please consult a health care provider for individual advice regarding specific situations and needs.*

QUICK REFERENCE SHEET FOR REFERRALS

MEDICAID MCO REFERRAL

To locate a network behavioral health care provider, call the following member services numbers:

- **AmeriHealth/Performcare:** 202-408-4720 or 1-800-408-7511.
- **MedStar/ValueOptions:** 1-888-404-3549
- **Trusted/Beacon:** 202-821-1100 or 1-855-326-4831.
- **Health Services for Children with Special Needs (HSCSN):** 202-467-2737 or 1-(866)-WE-R-4-KIZ (937-4549).

CORE SERVICE AGENCY REFERRAL

Provide at least the four core services:

- Diagnostic assessment
- Community support
- Medication management
- Counseling (select CSAs also provide evidence-based practices such as Trauma-Focused CBT and Child Parent Psychotherapy)

After an assessment, generally to continue receiving services at a CSA, the child must have a serious emotional disturbance diagnosis.

To connect a patient with a CSA, call the Access HelpLine at 1-888-793-4357

CRISIS SERVICES & INPATIENT HOSPITAL UNITS

The following services are available for children and adolescents who are in need of immediate, emergency services.

CRISIS AND INPATIENT			
Organization	Services Provided	Ages Served	Insurance, Referral & Availability
<p>ChAMPS (Child and Adolescent Mobile Psychiatric Service) of Catholic Charities</p> <p><u>24/7 Crisis line: 202-481-1440</u></p> <p>Service comes to child wherever they are.</p> <p>1001 Lawrence St., NE WDC 20017</p> <p>http://www.catholiccharitiesdc.org/ChAMPS</p>	<ul style="list-style-type: none"> • Mobile emergency service for families and children experiencing an emotional or mental health crisis in DC. • Provides in-home assistance when appropriate or arrange temporary placement in a respite home or other emergency setting as needed. • Assess whether a child's behavior poses a danger, requiring possible psychiatric inpatient hospitalization. 	<p>Up to age 18 years And up to 21 years for CFSA involved youth</p>	<ul style="list-style-type: none"> ▪ No cost regardless of insurance status. ▪ Referral: No referral necessary. ▪ Available 24/7.
<p>DC Child and Family Services Agency (CFSA) Mobile Crisis Stabilization Services</p> <p>During the business day, call the child's social worker. He/she will contact CFSA Placement Services.</p> <p>At night and on weekends, call CFSA Placement Services directly at 202-497-2486.</p>	<ul style="list-style-type: none"> • Call 24/7 when you need help managing a crisis with a child or youth placed in your home. • During the business day, call the child's social worker. He/she will contact CFSA Placement Services. • At night and on weekends, call CFSA Placement Services directly at 202-497-2486. • CFSA contacts the MCS service, provides information, and dispatches a Catholic Charities MCS professional to your home. The goal is for Catholic Charities to arrive at your home within one hour of your call. • The Catholic Charities professional partners with you to de-escalate the situation and to help the 	<p>CFSA children and youth</p>	<ul style="list-style-type: none"> ▪ Free for CFSA families

CRISIS AND INPATIENT			
Organization	Services Provided	Ages Served	Insurance, Referral & Availability
	<p>child/youth re-stabilize.</p> <ul style="list-style-type: none"> The Catholic Charities professional reports back to CFSA after the event. The first goal is to support you in working through the crisis so the child/youth can stay in your home. When that isn't possible, CFSA will take the necessary next steps for the child/youth. 		
<p>DC Department of Behavioral Health Access HelpLine</p> <p>1-888-7WE-HELP or 1-888-793-4357</p>	<ul style="list-style-type: none"> Determine what services are available and get connected with CSA if appropriate Get emergency psychiatric care Determine whether to seek ongoing mental health services or other types of services 	Any age	<ul style="list-style-type: none"> Free. Referral: No referral necessary. Available 24/7.
<p>Adventist Behavioral Health</p> <p>14901 Broschart Road Rockville, MD 20850 Bus: Available from Rockville Metro</p> <p>P: 301-251-4545 http://www.adventisthealthcare.com/locations/adventist-behavioral-health/services/acute-inpatient-services/#Children</p>	<ul style="list-style-type: none"> Provides inpatient treatment for children and adolescents whose acute mental illnesses require immediate stabilization, accomplished through medication management, group therapy, family meetings, expressive therapy (art, movement and music) and pastoral care. Provide treatment for range of illnesses, including schizophrenia; schizoaffective disorder; mood disorder; PTSD; bipolar disorder; depression; chronic substance abuse; trauma and ADHD. 	Separate units for 8-12 and 13-17	<ul style="list-style-type: none"> Accept most major commercial insurances; MD Medicaid; call to verify re: DC Medicaid/MCOs. Patients are admitted to inpatient unit after being referred from an emergency room department and evaluated.
<p>Brook Lane</p> <p>13218 Brook Lane Drive Hagerstown, MD 21742</p> <p>P: 301-733-0330 http://www.brooklane.org/index.aspx</p>	<ul style="list-style-type: none"> Provides an inpatient, partial hospitalization, and outpatient program. The Partial Hospitalization Program offers intensive, psychotherapeutic treatment in a less restrictive setting than inpatient care. Offered in two locations; on the Brook Lane campus and in Frederick. Allows a child or adolescent to attend a structured therapeutic program during the day and return 	Early childhood-18	<ul style="list-style-type: none"> Most major commercial insurance and MD Medicaid. Patients are admitted to inpatient unit after being referred from an emergency room department and evaluated.

CRISIS AND INPATIENT			
Organization	Services Provided	Ages Served	Insurance, Referral & Availability
	home at night.		
Calvert Hospital 100 Hospital Road Prince Frederick, MD 20678 P: 410-535-8144 http://www.calverthospital.org/landing.cfm?id=34	<ul style="list-style-type: none"> Provides adolescent day treatment (partial hospitalization). 	13-18	<ul style="list-style-type: none"> MD Medicaid and most major commercial insurance; generally not out of state Medicaid. Patients either transferred from referring facility or need referral from ED psych worker/physician.
Children's National Health System – Inpatient Psychiatry Unit 111 Michigan Avenue NW WDC 20010 Shuttles from Union Station, Brookland and Columbia Heights Bus: 80, D8, H1, H2, H3, H4 P: 202-476-4085 http://www.childrensnational.org/departmentsandprograms/default.aspx?Type=Program&Id=6124&Name=Inpatient%20Psychiatry	<ul style="list-style-type: none"> Provides inpatient psychiatric care for children and adolescents with illnesses including anorexia, bulimia, ADHD, bipolar disorder, major depression, schizophrenia and obsessive-compulsive disorder. Care provided by a multidisciplinary team of pediatric psychiatrists, nurses, social workers, academic counselors, psychologists, and expressive art therapists. 	Separate units for 4-13 and 14-17.	<ul style="list-style-type: none"> DC Medicaid, AmeriHealth, MedStar, Trusted, MD Medicaid, VA Medicaid (not straight Medicaid), most major commercial insurance. Referrals may come from ED, outpatient clinics, other medical floors/facilities
Dominion Hospital 2960 Sleepy Hollow Road Falls Church, VA 22044 Bus from East Falls Church Metro P: 703-538-2872 http://dominionhospital.com/service/line/ch	<ul style="list-style-type: none"> The children and adolescent mental health services include pediatric inpatient and partial hospitalization. The partial hospitalization program is incorporated into the inpatient unit, but allows for the child to go return home for the evening. Also includes eating disorders treatment center. Specialty track for eating disorders, dual diagnosis and self-injurious behaviors. 	5-18	<ul style="list-style-type: none"> Accept most major commercial insurances, most VA Medicaid plans. Generally do not accept out of state Medicaid. Call admissions at 703-538-2872 and if warranted, will schedule in person assessment.

CRISIS AND INPATIENT			
Organization	Services Provided	Ages Served	Insurance, Referral & Availability
ildrens-mental-health-care			
Inova Kellar 11204 Waples Mill Road Fairfax, VA 22030 P: 703-218-8500 http://www.inova.org/healthcare-services/inova-kellar-center/index.jsp	<ul style="list-style-type: none"> Provides partial hospitalization; intensive substance abuse program; intensive mental health outpatient program; in-home services. 	Unable to verify.	<ul style="list-style-type: none"> Unable to verify.
Johns Hopkins Psychiatry and Behavioral Services - Inpatient The Johns Hopkins Hospital 1800 Orleans St. Baltimore, Maryland 21287 P: 410-955-5280 http://www.hopkinsmedicine.org/psychiatry	<ul style="list-style-type: none"> Inpatient Service offers comprehensive diagnostic evaluation and treatment of children and adolescents with a variety of emotional and behavioral problems including mood disorders, anxiety disorders, psychotic disorders, severe disruptive behavior, and suicide attempts. 	5-18	<ul style="list-style-type: none"> Accept most major commercial insurance, but not carveouts. MD Medicaid, no out of state Medicaid. Referral must come from ED or direct admit from psychiatrist or therapist
MedStar Montgomery Medical Center 18101 Prince Philip Drive Olney, Maryland 20832 Crisis intervention: 301-774-8888 Non-emergency evaluation/info: 301-774-8800 https://www.medstarhealth.org/Pages/Services/Mental-Health/Mental-Health-at-MedStar-Montgomery-Medical-Center.aspx	<ul style="list-style-type: none"> The Addiction and Mental Health Center provides inpatient mental health, partial hospitalization, and an adolescent outpatient program, including substance abuse program. 	13-18	<ul style="list-style-type: none"> Accept MD and DC Medicaid, call regarding carve-outs. Most major commercial insurance. Call crisis intervention, for 24-hour assessment services in the Emergency department: 301-774-8888. For non-emergency evals, call 301-774-8800.
MSA – The Adolescent Center	<ul style="list-style-type: none"> Provide partial hospitalization program. 	17 and under	<ul style="list-style-type: none"> Most major commercial insurance and MD Medicaid.

CRISIS AND INPATIENT			
Organization	Services Provided	Ages Served	Insurance, Referral & Availability
10005 Old Columbia Road, Suite L-260, Columbia, MD 21046 P: 443-259-0400 http://www.msachild.com/			<ul style="list-style-type: none"> ▪ No referral necessary.
Psychiatric Institute of Washington (PIW) 4228 Wisconsin Avenue NW WDC 20016 Tenleytown-Red Line Bus: 30, 32, 34, 35, 36 and H4 P: 202-885-5610 http://www.psychinstitute.com/	<ul style="list-style-type: none"> • Provides inpatient services for children 5-12 and adolescents 13-17. The Children's Program specializes in the evaluation and intensive treatment of children ages 5 through 12 who suffer from developmental and/or psychiatric illnesses. • For adolescents, services are available to address issues such as drug and alcohol abuse, self-destructive, defiant or anti-social behavior and mental health crises such as anxiety, depression or suicide. 	5-12 and 13-17	<ul style="list-style-type: none"> ▪ DC and MD Medicaid, AmeriHealth, HSCSN, Medstar, Trusted, Acordia, Aetna, Anthem, APS, Blue Cross Blue Shield, CareFrist, Cigna, Chickering/student, First Health, GEHA, Guardian/Alliance, Coventry Iner/American Bank, Gita, Kaiser, Magellan, Malihandlers, MAMSI, Managed Health Network, MDIPA/Alliance, NCAS, NCPPO/IBC, Optium Choice, QualCare, Tricare, Unicare/NCPPO, Unison Health Plan, United Healthcare, ValueOptions ▪ Can call Clinical Assessment Center (CAC) 24 hours/7 days. ▪ No referral is necessary to call for an assessment.
Sheppard and Enoch Pratt Hospital 6501 North Charles Street	<ul style="list-style-type: none"> • 16-bed child unit provides rapid assessment and stabilization for children ages 4 to 12. • Two gender specific adolescent units of 20 beds 	3-23	<ul style="list-style-type: none"> ▪ Accept all major commercial insurances and MD Medicaid.

CRISIS AND INPATIENT			
Organization	Services Provided	Ages Served	Insurance, Referral & Availability
P.O. Box 6815 Baltimore, Maryland 21285 P: 410-938-3800 http://www.sheppardpratt.org	each for the multi-disciplinary assessment, evaluation, crisis intervention, and stabilization of adolescents. <ul style="list-style-type: none"> • Child and adolescent neuropsychiatry inpatient program, consisting of 14 beds, and designed to serve psychiatric disorders in developmentally disabled youngsters ages 6 to 18. • Child and adolescent unit of 11 beds for patients with complex eating disorders. • Sheppard Pratt Child and Adolescent Day Hospital: A clinically intensive day program for children (ages 5-12) and adolescents (ages 13-18) with serious psychiatric problems. 		<ul style="list-style-type: none"> ▪ A psychologist or psychiatrist ONLY can call the Admission Department for patient admission: 410-938-3800.

EARLY CHILDHOOD (Perinatal – 5yrs)

This section contains resources for treating children in early childhood, generally 0-5, and includes therapists, psychiatrists, home visiting programs, developmental delay resources, school-based resources, perinatal mental health/postpartum depression resources, and developmental playgroups.

EVALUATION, THERAPY AND MEDICATION MANAGEMENT SERVICES FOR CHILDREN ≤ 5

Organization	Services Provided	Ages Served	Insurance, Referral & Availability
<p>Affordable Behavioral Consultants</p> <p>1400 Merchantile Lane Suite 206 Largo, MD 20774 Largo Town Center – Blue Line</p> <p>P: 301-386-7722 www.abccares.net</p>	<ul style="list-style-type: none"> ABC, Inc. is a DMH-certified sub-provider and the child-serving arm of the CSA, Life Stride, and provides diagnostic assessments, psychotherapy/counseling, medication management and community support. Provide parenting support groups when demand is high enough. Will not provide medication management for child without child also receiving either therapy or community support. <p>Languages: English only.</p>	5-21	<ul style="list-style-type: none"> Insurance: DC and MD Medicaid; no DC Medicaid MCOs Referral: Call Access Helpline at 1-888-793-4357. Availability: Assessment available within 1 week; services within 2 weeks.
<p>API Associates</p> <p>7826 Eastern Avenue NW Suite 201 WDC 20012 Bus: S2, 70, 79</p> <p>P: 202-291-0912 www.apiassociatesinc.com</p>	<ul style="list-style-type: none"> Provide diagnostic assessments, including psychological and psycho-educational evaluations, and counseling services for children and families, including individual, play and family therapy for conditions including anxiety, depression, conduct difficulties, trauma, ADHD. Provides home and office-based services. The organization has specific experience evaluating the needs of children with developmental disabilities and special education needs. 	3+	<ul style="list-style-type: none"> Insurance: AmeriHealth, DC Medicaid, HSCSN, Trusted Referral: Call Access Helpline at at 1-888-793-4357. Availability: Intake usually occurs within one week of contacting agency.

EVALUATION, THERAPY AND MEDICATION MANAGEMENT SERVICES FOR CHILDREN ≤ 5

Organization	Services Provided	Ages Served	Insurance, Referral & Availability
<p>The Capital Region Children’s Center</p> <p>Home Based Care</p> <p>P: 202-596-5951</p> <p>www.dccrcc.com</p>	<p>Languages: Spanish</p> <ul style="list-style-type: none"> • Provides individual, family and group therapy, academic tutoring, art therapy, intensive clinical mentoring (CBI), organizational coaching, respite, and supervised visitation. <p>Languages: Spanish offered for individual and family therapy.</p>	3+	<ul style="list-style-type: none"> ▪ Insurance: No private insurance accepted; HSCSN only ▪ Referral: Can be accessed online. ▪ Availability: Depends on family needs. Immediate intake, then someone staffed within two weeks.
<p>Center for Child Protection and Family Support</p> <p>714 G Street SE WDC 20003 Eastern Market – Blue/Orange Lines Bus: 90, 92, 93, DCN22</p> <p>P: 202-544-3144</p> <p>www.centerchildprotection.org</p>	<ul style="list-style-type: none"> • Provides parent education, school-based programs, therapeutic services and professional training. Services include play therapy, group therapy, and parent support for children and youth ages 4-17 who are victims or have been witness to abuse or domestic violence. <p>Languages: Unable to verify.</p>	4-17 years	<ul style="list-style-type: none"> ▪ Insurance: Unable to verify. ▪ Referral: Unable to verify. ▪ Availability: Unable to verify.
<p>Children’s National Health System - Child Development Clinic</p> <p>111 Michigan Avenue NW WDC 20010 Shuttles from Union Station, Brookland and Columbia Heights Bus: 80, D8, H1, H2, H3, H4</p> <p>P: 202-476-5405</p>	<ul style="list-style-type: none"> • Evaluates children from birth to 4 years of age with developmental concerns, including: <ul style="list-style-type: none"> • Delays in cognitive, language, motor skills, and attention • High risk for delay due to birth-related complications, medical or environmental circumstances • Common behavioral problems such as feeding, sleep, and temper tantrums or self-regulation 	0-4	<ul style="list-style-type: none"> ▪ Insurance: AmeriHealth, HSCSN, MedStar, Trusted and most major commercial plans. ▪ Referral: Generally need referral from PCP; some Medicaid plans do not require referral. ▪ Availability: 1-2 months.

EVALUATION, THERAPY AND MEDICATION MANAGEMENT SERVICES FOR CHILDREN ≤ 5

Organization	Services Provided	Ages Served	Insurance, Referral & Availability
http://childrensnational.org/departmentsandprograms/default.aspx?Type=Program&Id=6180&Name=Child%20Development%20Program	<ul style="list-style-type: none"> Atypical or uncommon patterns of development <p>Languages: Spanish</p>		
<p>Children’s National Health System – Division of Psychiatry and Psychology</p> <p>111 Michigan Avenue NW WDC 20010 Shuttles from Union Station, Brookland and Columbia Heights Bus: H1, H2, H3, H4</p> <p>P: 202-476-2118 – Front Desk P: 202-476-4733 – Intake www.cnmc.org</p>	<ul style="list-style-type: none"> The Division of Psychiatry and Psychology offers assessment, diagnosis, and care for children and teens with behavioral, emotional, and developmental disorders. Specialty clinics/programs include: Anxiety; Attention Deficit and Hyperactivity Disorders Clinic; Bullying Related Health Risks; Gender and Sexuality Psychosocial Programs; Infant and Toddler Mental Health Program (ITP); Mood Disorders Clinic; Neurobehavior Program. <p>Languages: Access to multiple languages through interpreter service.</p>	<p>Infants – 17 yrs and 6 mos</p>	<ul style="list-style-type: none"> Insurance: Aetna, BlueCross BlueShield, DC Medicaid (only MDs), AmeriHealth, HSCSN, MedStar, Trusted, Tricare, United, MD Medicaid – ValueOptions, VA Medicaid MCOs (not straight VA Medicaid). Referral: No referral necessary. Family should call intake coordinator, who will mail packet to family, which they must complete and mail or fax back. Coordinator will call to confirm receipt, and follow up call will be made after info reviewed to schedule appointment. Availability: Currently closed to new patients until July.
<p>Children’s National Health System – The Freddie Mac Child and Adolescent Protection Center (CAPC)</p> <p>111 Michigan Avenue NW WDC 20010 Shuttles from Union Station, Brookland and</p>	<ul style="list-style-type: none"> Located within the Children’s National Medical Center, the CAPC offers mental health assessments, physical examinations, long-term therapy and juvenile offender therapy. <p>Languages: English only.</p>	<p>5-16 (case by case basis)</p>	<ul style="list-style-type: none"> Insurance: Aetna, Anthem Blue Cross Blue Shield of VA, Beech Street (includes Viant), CareFirst Blue Cross Blue Shield, Choicecare (Humana), Cigna Healthcare of the Mid Atlantic (includes Great West

EVALUATION, THERAPY AND MEDICATION MANAGEMENT SERVICES FOR CHILDREN ≤ 5

Organization	Services Provided	Ages Served	Insurance, Referral & Availability
<p>Columbia Heights Bus: H1, H2, H3, H4</p> <p>P: 202-476-4100 www.cnmc.org</p>			<p>Healthcare), Coventry Health Care of VA, Coventry National PPO, First Health (owned by Coventry), GMC Healthcare, InforMed (owned by Conifer Health Solutions), Kaiser Permanente, Multiplan/Private Healthcare Systems (PHCS), United Healthcare (all except Medicare)</p> <ul style="list-style-type: none"> ▪ Medicaid not accepted for mental health services. ▪ Referral: Dependent upon insurance provider requirements. ▪ Availability: Dependent upon individual therapist and treatment services.
<p>Community Connections</p> <p>801 Pennsylvania Avenue SE Suite 201 WDC 20003 Eastern Market – Blue/Orange Lines Bus: 90, 92, 93, 32, 34, 36, 39</p> <p>P: 202-546-1512 www.communityconnectionsdc.org</p>	<ul style="list-style-type: none"> • Core Service Agency that provides comprehensive mental health services including assessment of needs and life domains; individualized treatment planning; community support services; in home and/or office based counseling; community-based interventions; psycho-educational training and support; medication management. • Provide Trauma-Focused Cognitive Behavioral Therapy, Transition to Independence Process (TIP) and Functional Family Therapy. <p>Languages: Spanish; Amharic; Hindi; Korean and others</p>	5+	<ul style="list-style-type: none"> ▪ Insurance: DC Medicaid, AmeriHealth, MedStar, Trusted and HSCSN. ▪ Referral: Call Access Helpline at 1-888-793-4357. ▪ Availability: Call Access Helpline.

EVALUATION, THERAPY AND MEDICATION MANAGEMENT SERVICES FOR CHILDREN ≤ 5

Organization	Services Provided	Ages Served	Insurance, Referral & Availability
<p>Congress Heights Life Skills Center</p> <p>3029 Martin Luther King Jr. Avenue SE #300 WDC 20032 Bus: A2, A4, A6, A7, A8, A9, A42, A46, A48, W2, W3, W4</p> <p>P: 202-971-4055</p>	<ul style="list-style-type: none"> Provides outpatient mental health services; psychiatrist for med management; social workers for therapy (in-home and group-based); and behavioral specialists. Groups for anger management, social skills and bereavement. <p>Languages: English only.</p>	1-26	<ul style="list-style-type: none"> Insurance: HSCSN only Referral: Must go through Cathy Ruffin at HSCSN at 202-495-7715 Availability: Generally immediate availability.
<p>Contemporary Family Services</p> <p>3300 Pennsylvania Avenue SE WDC 20020 Bus: 36, 39, A11, J13, K11, M6</p> <p>P: 202-735-0761 http://www.contemporaryservices.net/</p>	<ul style="list-style-type: none"> Provides four core services of diagnostic and assessment services; community support services; counseling services; and medication and somatic treatments. <p>Languages: English only.</p>	5+	<ul style="list-style-type: none"> Insurance: DC Medicaid; in process of paneling with all DC Medicaid MCOs. Referral: Call Access Helpline at 1-888-793-4357. Availability: Intake available within one week.
<p>Crawford Mental Health</p> <p>2412 Minnesota Avenue SE Suite 303 WDC 20020 Bus: 32, 34, 36, 39, B2, K11, M6, U2</p> <p>P: 202-688-3580 www.crawfordconsulting.org</p>	<ul style="list-style-type: none"> Offers clinical services including individual, family, group, and relationship/marriage counseling. They also provide psychological services, psychiatric services, individual and group substance abuse treatment, grief therapy, insight oriented therapy, play therapy, NTU psychotherapy, child and adolescent group therapy, and adult groups therapy. <p>Languages: No services in other languages offered but Spanish-speaking doctor available for medication management.</p>	5+ (children must be accompanied by an adult)	<ul style="list-style-type: none"> Insurance: DC and MD Medicaid, HSCSN, AmeriHealth, Trusted. Sliding scale fee available. Referral: No referral needed Availability: Appointment for new patients should be made about one week after intake.
<p>Creative Ways Therapy</p>	<ul style="list-style-type: none"> Bilingual mental health practice serving a diverse community of children, teens, adults, and families. 	All ages	<ul style="list-style-type: none"> Insurance: AmeriHealth. Offer sliding scale fee for qualifying

EVALUATION, THERAPY AND MEDICATION MANAGEMENT SERVICES FOR CHILDREN ≤ 5

Organization	Services Provided	Ages Served	Insurance, Referral & Availability
1443 Euclid Street NW WDC 20009 Bus: 52, 53, 54 P: 202-670-5947 (English); 202-413-7837 (Spanish)	Their team of licensed therapists specializes in trauma recovery, life transitions, and the dynamics of immigration and bi-culturalism. Play therapy and expressive therapy offered for children. Languages: All therapy services offered in Spanish		families. <ul style="list-style-type: none"> ▪ Referral: No referral needed, unless required by insurance provider. ▪ Availability: About 1-2 weeks for new patients.
DC Department of Behavioral Health Parent Infant Early Childhood Enhancement Program (PIECE) and Child Psychiatric Practice Group 821 Howard Road SE WDC 20020 Anacostia – Green Line Bus: P18, W14, B2, W2, W4, 90, 94, A42, A46, A48, P6, A2, A7, A8, A4, W5, W6, W8, W2, W3, A9, Circulator P: 202-698-1838	<ul style="list-style-type: none"> • The Parent Infant Early Childhood Enhancement Program (PIECE) has two components: 1) <i>Early Intervention</i> provides screening, assessment, individual, family, and art therapy, Parent Child Interaction Therapy (PCIT) and Child Parent Psychotherapy for Family Violence; and 2) <i>Healthy Start</i> works with moms with depression/other mental health issues who have a child birth-3 years. Includes psycho-educational parenting group, and home visits if mother is too ill for office-based services. • Child Psychiatric Practice Group (PPG) includes 3 child psychiatrists that provide psychotropic medication assessment and management. • Same day urgent care is available under certain circumstances for youth already prescribed psychotropic medication, but is not intended for psychiatric emergencies (e.g., suicidal). Languages: Can utilize interpreter service if necessary.	PIECE: 3 – 7.5 Healthy Start: Mother and child 0-3 PPG: 6-18	<ul style="list-style-type: none"> ▪ Insurance: Accepts all DC Medicaid MCOs and DC Medicaid. Serves all individuals regardless of ability to pay. ▪ Referral: Referral from physician not necessary, but helpful. Referral form obtained by calling 202-698-1838. ▪ Availability: 1-2 weeks, including psychiatrists.
Edward C. Mazique Parent Child Center 1719 13th Street NW	<ul style="list-style-type: none"> • Child development program includes educational, medical, nutrition, and parent support services. They 	0-5	<ul style="list-style-type: none"> ▪ Insurance: Unable to verify. ▪ Referral: Needed from primary

EVALUATION, THERAPY AND MEDICATION MANAGEMENT SERVICES FOR CHILDREN ≤ 5

Organization	Services Provided	Ages Served	Insurance, Referral & Availability
<p>WDC 20009 U Street – Green/Yellow line Bus: 63, 64, 52, 53, 54</p> <p>P: 202-462-3375 www.ecmpcc.org</p>	<p>also provide on-site mental health/family counseling services, with a “play therapy” room for children.</p> <p>Languages: Spanish and Amharic translations available.</p>		<p>care physician.</p> <ul style="list-style-type: none"> ▪ Availability: Immediate availability.
<p>Family Matters of Greater Washington</p> <p>1509 16th Street NW WDC 20036 Bus: G2, S1, S2, S4, S9</p> <p>P: 202-289-1510 ext. 1118 www.familymattersdc.org</p>	<ul style="list-style-type: none"> • Provides Play therapy for children, individual and family therapy, medication management, and psychiatric evaluation, and case managers (community support workers) available. <p>Languages: Counseling services offered in Spanish</p>	4+	<ul style="list-style-type: none"> ▪ Insurance: DC Medicaid, Trusted, AmeriHealth, HSCSN, United Behavioral Health ▪ Referral: No referral needed, unless required by insurance provider. ▪ Availability: About 2 weeks for new patients.
<p>First Home Care</p> <p>1012 14th Street NW WDC 20005 McPherson Square – Blue/Orange Lines Bus: 80, D1, D3, D6, 52, 53, 54</p> <p>P: 202-737-2554 http://www.firsthomecare.com/</p>	<ul style="list-style-type: none"> • A CSA that provides services to children and youth with serious emotional disturbances and persons with serious mental illness. Services include diagnostic assessments, medication/somatic treatment, individual, family and group counseling, community support, which includes skills training (anger management, coping skills, study skills, stress management, etc.) and community based intervention (CBI). • Provide Trauma-Focused Cognitive Behavioral Therapy (TF-CBT), Transition to Independence Process (TIP), and Functional Family Therapy (FFT). 	5-21	<ul style="list-style-type: none"> ▪ Insurance: HSCSN, AmeriHealth, Trusted, MedStar, Medicaid ▪ Referral: Call Access HelpLine at 1-888-793-4357. ▪ Availability: Call Access HelpLine.

EVALUATION, THERAPY AND MEDICATION MANAGEMENT SERVICES FOR CHILDREN ≤ 5

Organization	Services Provided	Ages Served	Insurance, Referral & Availability
<p>George Washington University - The Metzler Psychological Services Center</p> <p>2125 G Street NW #101K WDC 20052 (Located on the first floor of the Psychology Building at GWU) Foggy Bottom – Orange and Blue Lines Bus: 31, 32, 36, 80, H1, L1, N3, X1</p> <p>P: 202-994-9072 http://meltzercenter.wordpress.com/</p>	<ul style="list-style-type: none"> • Languages: English only. • Assessment services to children and adolescents (intellectual, psycho-educational, or comprehensive assessments). Therapy services offered to individuals, family, and groups for children, adolescents, and adults. • NOTE: The Meltzer Center is housed in the Department of Psychology at the George Washington University and is a training center for the Clinical Psychology Program. The clinicians are advanced students in the doctoral training program, and are supervised by adjunct and full-time members of the clinical psychology faculty, all of whom are licensed clinical psychologists. <p>Languages: English only.</p>	Pre K and up	<ul style="list-style-type: none"> ▪ Insurance: Does not accept insurance. Fees are due at time of service by cash or check only. Fees are set based on a sliding scale, and payment plans are available if necessary. Must bring proof of income or student status to first appointment to confirm fees set on the sliding scale. ▪ Referral: No referral needed. ▪ Availability: Depends on services required. Waitlist available when services become full.
<p>Hillcrest Children and Family Center</p> <p>915 Rhode Island Avenue NW WDC 20001 Shaw – Green/Yellow Lines Bus: G8</p> <p>P: 202-232-6100 http://www.hillcrest-dc.org/</p>	<ul style="list-style-type: none"> • Provides individual, group, and family therapy, psychiatric evaluation, parenting education, anger and stress management services, a youth substance abuse treatment program (Turning Point), a youth substance abuse prevention program (Project Success), community support services, community-based interventions, a depression intervention program, and crisis intervention and emergency services. Children, adolescent, and teen services include community support, individual counseling, and medication management. <p>Languages: English only.</p>	3-21	<ul style="list-style-type: none"> ▪ Insurance: DC Medicaid only, Medstar, Trusted, AmeriHealth, HSCSN, ValueOptions ▪ Referral: Call Access HelpLine at 1-888-793-4357. ▪ Availability: Call Access HelpLine.

EVALUATION, THERAPY AND MEDICATION MANAGEMENT SERVICES FOR CHILDREN ≤ 5

Organization	Services Provided	Ages Served	Insurance, Referral & Availability
<p>Inner City Family Services</p> <p>2307 Martin Luther King Jr. Avenue SE WDC 20020 Anacostia – Green Line Bus: 90, A42, A46, A48, B2, P6, U2, W2, W3, W8, 93</p> <p>P: 202-525-4855 http://www.innercityfamilyservices.com/</p>	<ul style="list-style-type: none"> Provides individual counseling, family counseling and training, community support, crisis intervention, diagnostic assessments, psychological evaluation, behavioral aid, community transition and medical management. <p>Languages: English only.</p>	4+	<ul style="list-style-type: none"> Insurance: DC Medicaid, AmeriHealth, Trusted, MedStar Referral: Recommended form primary care provider or other source. Availability: Intake currently closed for new clients.
<p>Jewish Social Service Agency</p> <p>200 Wood Hill Road Rockville, MD 20850 There is no Metro station within walking distance. RideOn buses can be boarded from the Shady Grove, Rockville, or Twinbrook Metro stations.</p> <p>P: Main: 301-838-4200/Inquiry and Screening: 301-816-2633 http://www.jssa.org/web/guest</p>	<ul style="list-style-type: none"> Provides psychological, psychiatric, educational and neuropsychological evaluations, care coordination, individual, couple, family, sibling and group counseling, social skills therapy groups, medication management, parenting and family support groups and training and services for children and adolescents with disabilities. Specific center for Autism Spectrum Disorders. <p>Languages: English only.</p>	Infants-young adult	<ul style="list-style-type: none"> Insurance: Aetna, BlueCross BlueShield, MAMSI/MDIPA/Optimum Choice, Medicare, Medicaid (Maryland only), Tricare, United Behavioral Health, United HealthCare. A reduced fee may be available for those clients without insurance or for services not covered by insurance based on financial need. Referral: No referral necessary Availability: Generally within one month; sometimes sooner dependent on client availability.
<p>Latin American Youth Center</p> <p>1419 Columbia Road NW WDC 20009</p>	<ul style="list-style-type: none"> Core Service Agency that provides assessment; individual, group, and family counseling; crisis intervention; psychiatric evaluations, medication management; and community support. 	0-5 & 12-21	<ul style="list-style-type: none"> Insurance: Unable to verify. Referral: Call Access Helpline at 1-888-793-4357.

EVALUATION, THERAPY AND MEDICATION MANAGEMENT SERVICES FOR CHILDREN ≤ 5

Organization	Services Provided	Ages Served	Insurance, Referral & Availability
Columbia Hgts Metro Station – Green/Yellow Bus: 52, 54, H4 P:202-319-2225 or 202-319-2229 http://www.layc-dc.org/	<ul style="list-style-type: none"> Provides Child-Parent Psychotherapy (CPP). Language: Spanish		<ul style="list-style-type: none"> Availability: Unable to verify.
Love Your Life Healthcare (LYLE) 1628 11th Street NW WDC 20001 U Street-Green/Yellow Lines Bus: 63, 64 P: 202-232-4270 http://www.lylehealthcare.com	<ul style="list-style-type: none"> Provide assessments, psychotherapy/counseling, positive behavior support, and medication management for children and adolescents with serious disorders such as autism, anxiety, depression, attention deficit and hyperactivity disorder (ADHD), and bipolar disorder. Languages: Arabic, Creole, French, Spanish	4+	<ul style="list-style-type: none"> Insurance: DC Medicaid, AmeriHealth, Trusted, HSCSN, BCBS, Cigna, United, Humana, not Magellan. Referral: No referral necessary. Availability: Immediate availability for assessments and therapy; 1-2 weeks for psychiatrists.
Mary's Center 508 Kennedy Street NW WDC 20011 (MH therapists) Bus: 62, 63, E2, E3, E4 3912 Georgia Avenue NW WDC 20011 (Psychiatry) Georgia/Petworth – Green/Yellow Lines Bus: 60, 62, 63, 64, 70, 79, H8 P: 202-483-8319 http://www.maryscenter.org/	<ul style="list-style-type: none"> Core Service Agency that provides psychiatric and therapeutic services, including Parent Child Interaction Therapy (PCIT), for children. Will conduct psychiatric assessments and med management for children under 5. Languages: Spanish	Therapy 2+ Psychiatry 3+	<ul style="list-style-type: none"> Insurance: DC and MD Medicaid, Trusted, Medstar, HSCSN, AmeriHealth, Aetna, Blue Cross Blue Shield, Cigna Referral: Call Access Helpline at 1-888-793-4357. Availability: Approximately 2-3 month wait for psychiatric and therapeutic services.
Maryland (MD) Family Resource	<ul style="list-style-type: none"> Core Service Agency that provides four core services of diagnostic and assessment services; community 	5+	<ul style="list-style-type: none"> Insurance: DC Medicaid and all MD Medicaid, no DC Medicaid

EVALUATION, THERAPY AND MEDICATION MANAGEMENT SERVICES FOR CHILDREN ≤ 5

Organization	Services Provided	Ages Served	Insurance, Referral & Availability
903 Brightseat Road Landover, MD Bus from Largo Metro-Blue/Orange Line P: 301-333-2980	support services; counseling services; community-based intervention and medication and somatic treatments. <ul style="list-style-type: none"> • Provide Trauma-Focused CBT. Languages: English only.		MCOs. <ul style="list-style-type: none"> ▪ Referral: DC residents, call Access HelpLine at 1-888-793-4357. MD residents, call main office number. ▪ Availability: Intake appointments within one week.
MBI Health Services 2041 Martin Luther King Jr. Avenue SE WDC 20020 Anacostia – Green Line Bus: 90, 93, A9, A42, A46, A48, B2, P6, U2 P: 202-547-8450 http://www.mbihealthservices.com/general/index.php	<ul style="list-style-type: none"> • Provides four core services of diagnostic and assessment services; community support services; counseling services; Transition to Independence Process (TIP); and medication and somatic treatments. • 2 child psychiatrists on staff. • Developing specialty services for LGBT youth. Languages: English only.	5+	<ul style="list-style-type: none"> ▪ Insurance: AmeriHealth, DC Medicaid, HSCSN, MedStar, Trusted ▪ Referral: Call Access Helpline at 1-888-793-4357. ▪ Availability: When open for intake, immediate availability.
MedStar Georgetown University Hospital - H.O.Y.A. Clinic 2nd floor, Pasquerilla Healthcare Center Georgetown University Hospital 3800 Reservoir Road NW WDC 20007 Bus: D1, D2, D6 P: 202-687-7447 http://gucchd.georgetown.edu/	<ul style="list-style-type: none"> • Provides individual and family therapy for children from birth to adolescence. Neuropsychological, social-emotional and learning disability evaluations are also offered. Approaches used include cognitive-behavioral therapy, collaborative problem-solving, dyadic therapy, and family therapy. Languages: Unable to verify.	Birth-adolescence	<ul style="list-style-type: none"> ▪ Insurance: Fee-for-service clinic, and insurance is not accepted. A down payment of approximately half the charges expected prior to rendering services. ▪ Referral: Unable to verify. ▪ Availability: Unable to verify.

EVALUATION, THERAPY AND MEDICATION MANAGEMENT SERVICES FOR CHILDREN ≤ 5

Organization	Services Provided	Ages Served	Insurance, Referral & Availability
<p>MedStar Georgetown University Hospital - Psychiatry Department</p> <p>2115 Wisconsin Avenue NW Suite 200 WDC 20007 Bus: 31, 32, 36</p> <p>P: 202-944-5400 https://www.medstarhealth.org/Pages/Services/Mental-Health/Psychiatry-at-MedStar-Georgetown-University-Hospital.aspx</p>	<ul style="list-style-type: none"> • Provides comprehensive outpatient evaluation and treatment for children and their families. The program offers individual psychotherapy, family therapy and medication treatments. • Treat children who have mood disorders, anxiety disorders, post-traumatic stress disorder, attention-deficit/hyperactivity disorder, disruptive behavior disorders, learning disorders and autism-spectrum disorders, among others. • Includes 2 specialty clinics: Autism and Communications and Mood and Anxiety. <p>Languages: Spanish and interpreter service available</p>	<p>Early childhood-17</p>	<ul style="list-style-type: none"> ▪ Insurance: Aetna, DC Medicaid, HSCSN (w referral only), Care First PPO (some plans), MedStar (DC only), and United ▪ Referral: No referral necessary ▪ Availability: Status of whether accepting new patients changes daily, and often not accepting new patients.
<p>Psychiatric Institute of Washington (PIW)</p> <p>4228 Wisconsin Avenue NW WDC 20016 Tenleytown – Red Line Bus: 31, 32, 36, 96, H2, H3, H4, X3</p> <p>P: 202-885-5600 www.psychinstitute.com</p>	<ul style="list-style-type: none"> • Child services (ages 5-12) include evaluation and individualized treatment plans that involve medical, psychological developmental, educational, social and family assessment; psychotherapy, education sessions, and support groups involve parents and other family members. • Adolescent services (ages 13-17) include individual, group, and family therapy to address issues such as drug and alcohol abuse, self-destructive, defiant or anti-social behavior and mental health crises such as anxiety, depression, or suicide. <p>Languages: Translation services available (particularly Spanish).</p>	<p>5+</p>	<ul style="list-style-type: none"> ▪ Insurance: DC and MD Medicaid, AmeriHealth, HSCSN, Medstar, Trusted, Acordia, Aetna, Anthem, APS, Blue Cross Blue Shield, CareFrist, Cigna, Chickering/student, First Health, GEHA, Guardian/Alliance, Coventry Iner/American Bank, Gita, Kaiser, Magellan, Malihandlers, MAMSI, Managed Health Network, MDIPA/Alliance, NCAS, NCPPO/IBC, Optium Choice, QualCare, Tricare, Unicare/NCPPO, Unison Health Plan, United Healthcare, ValueOptions ▪ Referral: No referral needed,

EVALUATION, THERAPY AND MEDICATION MANAGEMENT SERVICES FOR CHILDREN ≤ 5			
Organization	Services Provided	Ages Served	Insurance, Referral & Availability
			<p>unless required by insurance provider.</p> <ul style="list-style-type: none"> ▪ Availability: Immediate availability.
<p>Psychological Group of Washington</p> <p>1707 L Street Suite 220 WDC 20036 Farragut North – Red Line Bus: 42, 43, L2, N2, N4, N6</p> <p>P: 202-223-9844 www.psychgroupdc.com</p>	<ul style="list-style-type: none"> • Individual therapy for children, adolescents and seniors, family therapy, couples therapy, emotional testing, psychoeducational testing, group psychotherapy, education courses and training, and admissions testing. <p>Languages: English only.</p>	4+	<ul style="list-style-type: none"> ▪ Insurance: Blue Cross Blue Shield, United, Aetna, Cigna; Medicaid not accepted. Sliding scale available if requested ▪ Referral: No referral needed, unless required by insurance provider. ▪ Availability: About one week wait for new patients
<p>The Ross Center for Anxiety and Related Disorders</p> <p>5225 Wisconsin Avenue NW Suite 400 WDC 20015 Friendship Heights-Red Line Bus: 31, 32, 36, N2</p> <p>P: 202-363-1010 http://www.rosscenterdc.com/</p>	<ul style="list-style-type: none"> • Provides treatment by child and adolescent psychiatrists and psychologists. In addition to individual and group therapy, the Center offers family therapy and parenting skills training. <p>Languages: French</p>	Early childhood-18	<ul style="list-style-type: none"> ▪ No insurance accepted. ▪ Referral: Referral not necessary. ▪ Availability: Approximately 1 month.
<p>Safe Shores – The DC Children’s Advocacy Center</p> <p>429 O Street NW WDC 20001</p>	<ul style="list-style-type: none"> • Services offered for child victims of physical/sexual abuse. Child therapists available to assess impact of abuse and provide treatment recommendations, which may include additional sessions with the therapist. Play, art, and other expressive therapy 	5-18	<ul style="list-style-type: none"> ▪ Insurance: No payment needed for services ▪ Referral: Must have been an investigation to receive services.

EVALUATION, THERAPY AND MEDICATION MANAGEMENT SERVICES FOR CHILDREN ≤ 5

Organization	Services Provided	Ages Served	Insurance, Referral & Availability
<p>Mt. Vernon/Convention Ctr - Green/Yellow Lines Bus: New Jersey Ave and O Street - 96 P Street and 5th Street – G2</p> <p>P: 202-671-7233 (to report a concern about child abuse or neglect) 202-645-3200 (to set up an appointment) www.safeshores.org</p>	<p>techniques used to create a safe and supportive environment. Additional services include long-term therapy, crisis intervention, and pretrial support.</p> <p>Languages: English only.</p>		<p>An investigator, ongoing social worker, or hospital worker usually provides referral.</p> <ul style="list-style-type: none"> ▪ Availability: Depends on urgency of the situation.
<p>Wendt Center for Loss and Healing</p> <p>4201 Connecticut Avenue NW Suite 300 WDC 20008 Van Ness/UDC – Red Line Bus: H2, L1, L2</p> <p>P: 202-624-0010 www.wendtcenter.org</p>	<ul style="list-style-type: none"> • The Wendt Center offers counseling for dealing with grief and loss issues, support groups, children’s services, crime victim services, professional training and community education, crisis response and Recover: Support for Survivors of Sudden Traumatic Death. They also offer Camp Forget-Me-Not during the summer. <p>Languages: Spanish services offered for individual therapy.</p>	3+	<ul style="list-style-type: none"> ▪ Insurance: Aetna, Blue Cross Blue Shield, DC Medicaid, Trusted, MedStar, AmeriHealth, HSCSN. Sliding scale available for qualifying individuals and families ▪ Referral: No referral needed, unless required by insurance provider. ▪ Availability: Waitlist – about 2-3 weeks, dependent upon client availability.
<p>Universal Healthcare Management Services</p> <p>3230 Pennsylvania Avenue SE Suite 213 WDC 20020 Bus: 36, 39, A11, J13, K11, M6</p> <p>P: 202-583-1181 http://www.uhmsdc.com/</p>	<ul style="list-style-type: none"> • Provides four core services of diagnostic and assessment services; community support services; counseling services; and medication and somatic treatments. • Provides Transition to Independence Process (TIP) and Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) (4-18). 	Early childhood-21	<ul style="list-style-type: none"> ▪ Insurance: AmeriHealth, DC Medicaid, HSCSN, MedStar, Trusted ▪ Referral: Call Access Helpline at 1-888-793-4357. ▪ Availability: Generally one week

EVALUATION, THERAPY AND MEDICATION MANAGEMENT SERVICES FOR CHILDREN ≤ 5

Organization	Services Provided	Ages Served	Insurance, Referral & Availability
	Languages: English only.		

DEVELOPMENTAL DELAY

Organization	Services Provided	Ages Served	Insurance, Referral & Availability
<p>The following are many of the developmental delay resources available in DC, but is not intended to be a comprehensive list. For further information on developmental delay and children with special health care needs, please visit the DC Resource Center for Children with Special Health Care Needs at http://dccshcn.org/community.html.</p> <p>For evaluation and assessment, DC Strong Start (0-3) can be reached at 202-727-3665 and DC Early Stages (~3-6) can be contacted at 202-698-8037.</p>			
<p>A Piece of Mind</p> <p>713 17th Street SE WDC 20003 Potomac Ave – Blue, Orange Line</p> <p>P: 202-549-0797 www.apieceofmindonline.org</p>	<ul style="list-style-type: none"> Provides home-based ABA services and home- or school-based FBA/BIP services. Ongoing behavioral coaching of families. Sleep and potty training coaching. <p>Languages: English only</p>	1-18	<ul style="list-style-type: none"> Insurance: HSCSN Referral: No referral necessary. Availability: There is currently a waitlist for home-based services.
<p>Care Resources</p> <p>1026 Crowell Bridge Road Baltimore, MD 21286</p> <p>P: 410-583-1515 www.careresourcesinc.com</p>	<ul style="list-style-type: none"> Provides occupational therapy, physical therapy, speech-language pathology, and special instruction therapy services <p>Languages: English only</p>	Any age	<ul style="list-style-type: none"> Insurance: Blueshield and Bluecross. Does not accept Medicaid. Referral: No referral necessary. Availability: Appointments within 2 weeks.
<p>Center for Autism and Related Disorders (C.A.R.D.)</p> <p>5400 Shawnee Road Suite #208 Alexandria, VA 22312 Pentagon – Blue, Yellow Line and then Ride-On Bus 17M, 18E</p> <p>P: 703-750-0633 ext. 25</p>	<ul style="list-style-type: none"> Provides applied behavior analysis (ABA) in the treatment of autism, Asperger's syndrome, PDD-NOS, and other related disorders. <p>Languages: Unable to verify.</p>	Unable to verify.	<ul style="list-style-type: none"> Insurance: Unable to verify. Referral: Unable to verify. Availability: Unable to verify.

DEVELOPMENTAL DELAY			
Organization	Services Provided	Ages Served	Insurance, Referral & Availability
http://dcwashington.centerforautism.com/			
Chatterbox PT LC 231 44th Street NE WDC 20019 Benning Road – Blue/Orange Line P: 240-604-8559 http://chatterboxpllc.com	<ul style="list-style-type: none"> Provides home-based services (office is currently closed) for Articulation and language therapy; children with all developmental disabilities are accepted Languages: English only.	0-21	<ul style="list-style-type: none"> Insurance: Medicaid only (with referral) Referral: No referral necessary Availability: Appointments within 1-2 weeks.
Chattering Children 4880 MacArthur Boulevard NW WDC 20007 Bus: D6 P: 202-333-1403 http://www.chatteringchildren.org/	<ul style="list-style-type: none"> Provides auditory-verbal therapy services to children of all ages. Languages: Spanish	0-18	<ul style="list-style-type: none"> Insurance: Medicaid, Aetna, Bluecross and Blueshield. Referrals: No referral necessary Availability: Appointments within 1 week.
Children's National Health System - Center for Autism Spectrum Disorders 15245 Shady Grove Road Suite 350 (South Building) Rockville, MD 20850 Rockville – Red Line and then Ride-On Bus 54 P: 301-765-5432 http://www.childrensnational.org/DepartmentsandPrograms/default.aspx?Type=Program&Id=6092&Name=Autism%20Spectrum%20Disorders%20(CASD)	<ul style="list-style-type: none"> Provides evaluation and treatment of children from infancy to young adulthood who may have autism, Asperger syndrome, or other disorders of social development. Languages: Unable to verify.	Unable to verify.	<ul style="list-style-type: none"> Insurance: Unable to verify. Referral: Unable to verify. Availability: Unable to verify.
Children's National Health System- Child	<ul style="list-style-type: none"> Evaluates children from birth to 4 years of age with 	0-4	<ul style="list-style-type: none"> Insurance: AmeriHealth, HSCSN,

DEVELOPMENTAL DELAY			
Organization	Services Provided	Ages Served	Insurance, Referral & Availability
<p>Development Clinic</p> <p>111 Michigan Avenue NW WDC 20010 Shuttles from Union Station, Brookland and Columbia Heights Bus: 80, D8, H1, H2, H3, H4 P: 202-476-5405 http://childrensnational.org/departmentsandprograms/default.aspx?Type=Program&Id=6180&Name=Child%20Development%20Program</p>	<p>developmental concerns, including:</p> <ul style="list-style-type: none"> • Delays in cognitive, language, motor skills, and attention • High risk for delay due to birth-related complications, medical or environmental circumstances • Common behavioral problems such as feeding, sleep, and temper tantrums or self-regulation • Atypical or uncommon patterns of development <p>Languages: Spanish</p>		<p>MedStar, Trusted and most major commercial plans.</p> <ul style="list-style-type: none"> ▪ Referral: Generally need referral from PCP; some Medicaid plans do not require referral. ▪ Availability: 1-2 months.
<p>Children's National Health System - Hearing and Speech Center</p> <p>111 Michigan Avenue NW WDC 20010 Shuttles from Union Station, Brookland and Columbia Heights Bus: 80, D8, H1, H2, H3, H4</p> <p>Services also available at some outpatient locations.</p> <p>P: 202-476-5600 http://www.childrensnational.org/departmentsandprograms/default.aspx?Type=Dept&Id=382&Name=Hearing%20and%20Speech</p>	<ul style="list-style-type: none"> • Provide diagnostic, treatment, and group therapy services for children with audiology (hearing) and communication disorders. • Services include screenings for age-appropriate hearing, speech, and language milestones; hearing tests for newborns, infants and children; testing for hearing loss in babies; and evaluations of feeding/swallowing conditions. <p>Languages: Translator services are available and Bilingual Spanish/English language services are offered at Scottish Rite Center in DC.</p>	0-18	<ul style="list-style-type: none"> ▪ Insurance: Most major commercial insurances and DC Medicaid and MCOs. ▪ Referral: If with Medicaid MCO, must go through PCP. ▪ Availability: Approximately 4 month wait list.
<p>Children's National Health System- Physical Medicine and Rehabilitation</p>	<ul style="list-style-type: none"> • Provides diagnostic evaluations and comprehensive rehabilitation services for neurological conditions, 	0-18	<ul style="list-style-type: none"> ▪ Insurance: Most major commercial providers and

DEVELOPMENTAL DELAY			
Organization	Services Provided	Ages Served	Insurance, Referral & Availability
111 Michigan Avenue NW WDC 20010 Shuttles from Union Station, Brookland and Columbia Heights Bus: 80, D8, H1, H2, H3, H4 P: 202-476-3094 http://www.childrensnational.org/DepartmentsandPrograms/default.aspx?Type=Dept&Id=384&Name=Pediatric%20Rehabilitation%20Medicine	traumatic injuries, and congenital physical disabilities. Languages: Translator services available.		Medicaid. <ul style="list-style-type: none"> ▪ Referral: Unable to verify. ▪ Availability: Unable to verify.
Clear Communication 3414 Hampton Hollow Drive #H Silver Spring, MD 20904 Bus: Z6, Z8, Z11, 39 P: 202-486-5339	<ul style="list-style-type: none"> • Provides speech-language pathology therapy services as well as consultation for parents and tritherapy. Languages: English only	0-3	<ul style="list-style-type: none"> ▪ Insurance: Does not accept insurance. ▪ Referrals: No referral necessary. ▪ Availability: Appointments within 24 hours.
Coastal Healthcare 3801 Connecticut Avenue NW Suite #100 WDC 20008 Cleveland Park – Red Line P: 202-525-1641	<ul style="list-style-type: none"> • Provides children with physical therapy, occupational therapy, and speech-language pathology services to infants and toddlers. Languages: Spanish	0-13	<ul style="list-style-type: none"> ▪ Insurance: Medicaid, NCO and Bluecross/Blueshield. ▪ Referrals: No referral necessary, but expected for frequent use of services. ▪ Availability: Appointments within 3 weeks.
Connections Therapy Center 9470 Annapolis Road Suite #416	<ul style="list-style-type: none"> • Provides occupational therapy, physical therapy, speech-language pathology and special instruction treatment services, and reassessments for infants, 	0-18	<ul style="list-style-type: none"> ▪ Insurance: Accepts most insurance including Medicaid.

DEVELOPMENTAL DELAY			
Organization	Services Provided	Ages Served	Insurance, Referral & Availability
<p>Lanham, MD 20706 New Carrollton – Orange Line and then Ride-On Bus B24, B25 P: 301-577-4333</p> <p>DC Location: 3849 Alabama Avenue SE WDC 20020 Congress Heights – Green Line and then Ride-On Bus W4</p> <p>P: 202-561-1110 www.thectcenter.com</p>	<p>toddlers, and their families.</p> <p>Languages: Spanish</p>		<ul style="list-style-type: none"> ▪ Referral: Referral needed. ▪ Availability: Appointments depend on availability
<p>Early Stages Center – District of Columbia Public Schools</p> <p>Early Stages Center at Walker Jones Education Campus 1125 New Jersey Avenue, NW, 3rd Floor WDC 20001 Mt. Vernon/ Convention Center – Green/Yellow Lines and Union Station - Red Line. Bus: 96, P6, X2</p> <p>P: 202-698-8037</p> <p>Early Stages Center at Minnesota Ave 4058 Minnesota Avenue NE WDC 20019 Minnesota Avenue - Orange Line</p>	<ul style="list-style-type: none"> • Early Stages is a DC Public Schools diagnostic center for children between the ages of 2 years 8 months and 5 years 10 months. • Early Stages helps identify any delays a child may have and arranges services to address them. • They can serve any child who goes to a DC public school, is home-schooled or has not yet entered the school system, and will also help connect parents with appropriate resources if a child attends a charter school. 	<p>2 years 8 months and 5 years 10 months</p>	<ul style="list-style-type: none"> ▪ All services are free. ▪ Referral: Visit http://www.earlystagesdc.org/or-professionals/referrals or call 202-698-8037

DEVELOPMENTAL DELAY			
Organization	Services Provided	Ages Served	Insurance, Referral & Availability
Bus: U2, U4, U5, U6, U7, V8, X1, X2, X3, X9			
<p>The HSC Pediatric Center</p> <p>1731 Bunker Hill Road NE WDC 20017 Brookland/CUA – Red line then Ride-On Bus R4, E2, E3, or 80</p> <p>P: 202-832-4400 or 1-800-226-4444 (Toll Free) www.hscpediatriccenter.org</p>	<ul style="list-style-type: none"> Provides rehabilitative and transitional care to children who have complex disabilities that include developmental delays, cerebral palsy, and brain injuries. Children come to HSC when they are released from intensive care but still not ready to go home. <p>Languages: Spanish and interpreter service available</p>	0-23	<ul style="list-style-type: none"> Insurance: DC & MD Medicaid, Medstar, HSCSN, Amerihealth, and NCOs. Does not accept Cigna, VA Medicaid, Trusted Referral: No referral necessary but required for inpatients Availability: Appointments depends on availability.
<p>It Takes a Village</p> <p>4415 3rd Street NW WDC 20011 Brookland/CUA – Red line then Ride-On Bus H8 or 64</p> <p>P: 202-423-3939 yolandalusane8@msn.com</p>	<ul style="list-style-type: none"> Provides physical therapy, special instruction, and infant massage therapy services at the patient's location. <p>Languages: English only.</p>	0-21	<ul style="list-style-type: none"> Insurance: Does not accept insurance. Referral: No referral necessary but accepts from DC Early Intervention Program. Availability: Appointments within 1-2 weeks
<p>Jewish Social Service Agency</p> <p>200 Wood Hill Road Rockville, MD 20850 There is no Metro station within walking distance. RideOn buses can be boarded from the Shady Grove, Rockville, or Twinbrook Metro stations.</p> <p>P: Main: 301-838-4200/Inquiry and Screening: 301-816.2633</p>	<ul style="list-style-type: none"> Specific center for Autism Spectrum Disorders. Provides psychological, psychiatric, educational and neuropsychological evaluations, care coordination, individual, couple, family, sibling and group counseling, social skills therapy groups, medication management, parenting and family support groups and training and services for children and adolescents with disabilities. <p>Languages: English only.</p>	Infants-young adult	<ul style="list-style-type: none"> Insurance: Aetna, BlueCross BlueShield, MAMSI/MDIPA/Optimum Choice, Medicare, Medicaid (Maryland only), Tricare, United Behavioral Health, United HealthCare. A reduced fee may be available for those clients without insurance or for services not covered by insurance based on financial need.

DEVELOPMENTAL DELAY			
Organization	Services Provided	Ages Served	Insurance, Referral & Availability
http://www.jssa.org/web/guest			<ul style="list-style-type: none"> ▪ Referral: No referral necessary ▪ Availability: Generally within one month; sometimes sooner dependent on client availability.
Kennedy Krieger Institute Multiple locations in greater Baltimore area. P: 443-923-9400 http://www.kennedykrieger.org/	<ul style="list-style-type: none"> • Provides care related to disorders of the brain, spinal cord, and musculoskeletal system. Languages: Translation services available.	0+	<ul style="list-style-type: none"> ▪ Insurance: DC Medicaid, some MD Medicaid programs, and most major commercial insurance companies. ▪ Referral: If insurance requires it. ▪ Availability: Dependent on clinic.
Mary's Center – Early Intervention Program 508 Kennedy Street NW WDC 20011 Bus: 62, 63, E2, E3, E4, 70, 79 P: 202-483-8196 http://www.maryscenter.org/content/social-services	<ul style="list-style-type: none"> • Provides education, service coordination, advocacy, psychosocial support, home visits, and translation/interpretation services for parents of children up to three years old with disabilities or developmental delays and who are eligible for D.C. Strong Start. Languages: Spanish	0-3	<ul style="list-style-type: none"> ▪ Services are free if eligible for Strong Start.
MedStar Georgetown University Hospital – Developmental Evaluation Clinic 4200 Wisconsin Avenue NW 4 th Fl WDC 20016 Tenleytown – Red Line Bus: 31, 32, 36	<ul style="list-style-type: none"> • 2 developmental pediatricians provide developmental evaluations and services. Multiple clinics see children 0-12 mos; 12-24 mos; 2-5 yrs; 5-8 yrs; and specialty clinic for adopted children. Team developmental clinic of ped, physical therapist and psychologist provide evals for 6 mos-2 yrs. 	0-8	<ul style="list-style-type: none"> ▪ Insurance: DC Medicaid, MedStar, United, Anthem Health Keepers Plus and most major commercial insurances ▪ Referral: No referral necessary, though PCP calling directly speeds up process

DEVELOPMENTAL DELAY			
Organization	Services Provided	Ages Served	Insurance, Referral & Availability
P: 202-444-8569 http://gucchd.georgetown.edu/	Languages: French, Arabic, Hungarian		<ul style="list-style-type: none"> Availability: Most clinics not available until Fall 2014
MedStar Georgetown – Psychiatry Department 2115 Wisconsin Avenue Suite #200 WDC 20007 Bus: 31, 32, 36, D2 P: 202-944-5400 https://www.medstarhealth.org/Pages/Services/Mental-Health/Psychiatry-at-MedStar-Georgetown-University-Hospital.aspx	<ul style="list-style-type: none"> Includes specialty clinic on Autism and Communications. Child/Adolescent Psychiatry provides comprehensive outpatient evaluation and treatment for children and their families. The program offers individual psychotherapy, family therapy and medication treatments. Specialists treat children who have mood disorders, anxiety disorders, post-traumatic stress disorder, attention-deficit/hyperactivity disorder, disruptive behavior disorders, learning disorders and autism-spectrum disorders, as well as children struggling to adjust to stressful life situations and coping with medical illnesses. <p>Languages: Spanish and interpreter service available</p>	3-17	<ul style="list-style-type: none"> Insurance: Aetna, DC Medicaid, HSCSN (w referral only), Care First PPO (some plans), MedStar (DC only), and United Referral: No referral necessary Availability: Status of whether accepting new patients changes daily, and often not accepting new patients.
National Speech and Language Therapy Center Bethesda Office: 5606 Shields Drive Bethesda, MD 20817 P: 301-493-0023 Bethesda – Red Line and then Ride-On Bus 70, J2, J3, or 30 Capitol Hill Office 412 First Street SE	<ul style="list-style-type: none"> Helps children with speech and language disorders, as well as children found to be on the Autism spectrum. Offers diagnostic evaluations and treatment of speech and language disorders, as well as Applied Behavioral Analysis (ABA) therapy. <p>Languages: Spanish, Farsi</p>	All ages	<ul style="list-style-type: none"> Insurance: MD Medicaid for all three offices, Trusted, MedStar, AmeriHealth, and/or HSCSN health insurance. Does not accept VA or DC Medicaid. Referrals: No referral necessary Availability: Appointments depend on availability; must call.

DEVELOPMENTAL DELAY			
Organization	Services Provided	Ages Served	Insurance, Referral & Availability
<p>WDC 20003 Farragut West – Blue, Orange Line P: 202-570-4185</p> <p>Germantown Office 13238 Executive Park Terrace Germantown, MD 20874 Shady Grove – Red Line and then Ride-On Bus 100 P: 301-897-3245</p> <p>www.nationalspeech.com</p>			
<p>Out Came the Sun</p> <p>P.O. Box 1687 Rockville, MD 20899</p> <p>P: 301-649-7170 Email: loriannmadhok@outcamethesun.com</p>	<ul style="list-style-type: none"> Provides variety of developmental therapies. <p>Languages: Unable to verify.</p>	Unable to verify.	<ul style="list-style-type: none"> Insurance: Unable to verify. Referral: Unable to verify. Availability: Unable to verify.
<p>PSI</p> <p>770 M Street SE WDC 20003 Navy Yard-Green; Eastern Market-Blue/Org Bus: A42, A46, A48, P6, V7, V8, V9</p> <p>P:202-547-3870 http://www.psiservicesinc.net/pages/ChildServices/ede.html</p>	<ul style="list-style-type: none"> The Early Developmental Enrichment Program enhances development of young children who have special medical and educational needs. Follow an inclusion model in which children with different needs play and learn together. The Program developmental areas are Social - Emotional Development Cognitive Development; Speech and Language Development; Perceptual Development Gross and Fine Motor Skills. <p>Languages: Unable to verify.</p>	3 months to 3 years old have dev. delay, physical disability, or behavioral disorder	<ul style="list-style-type: none"> Insurance: Unable to verify. Referral: Unable to verify. Availability: Unable to verify.
Strong Start	<ul style="list-style-type: none"> Strong Start DC Early Intervention Program is a 	0-3	<ul style="list-style-type: none"> Federal law requires that

DEVELOPMENTAL DELAY			
Organization	Services Provided	Ages Served	Insurance, Referral & Availability
<p>Office of the State Superintendent of Education 810 1st Street NE 5th Floor WDC 20002 Union Station – Red Line Bus: 80, D3, D4, X2, X9, 96 P: 202-727-3665 http://osse.dc.gov/service/strong-start-dc-early-intervention-program-dc-eip</p>	<p>statewide, comprehensive, coordinated, multidisciplinary system that provides early intervention therapeutic and other services for infants and toddlers with disabilities and developmental delays and their families.</p> <ul style="list-style-type: none"> The Strong Start DC Early Intervention Program serves as the single point of entry for infants and toddlers in Washington DC whose families have concerns about their development. 		<p>specific services be provided at public expense to children and families who are eligible.</p> <ul style="list-style-type: none"> Referral: Call The DC EIP Child Find Hotline at (202) 727-3665 between the hours of 8:15 AM and 4:45 PM. Referrals can also be emailed to osse.dceip@dc.gov or faxed to (202) 724-7230. Link to referral forms (English and Spanish): http://osse.dc.gov/publication/strong-start-dc-early-intervention-program-dc-eip-referral-form
<p>University of the District of Columbia – Speech and Hearing Clinic</p> <p>University of the District of Columbia 4200 Connecticut Avenue NW Bldg 41, Rm 306 WDC 20008 Van Ness/UDC – Red Line Bus: H2, L1, L2 P: 202-274-6161 (Main); Intake coordinator: 202-274-6157 http://www.udc.edu/cue/udc_speech_and</p>	<ul style="list-style-type: none"> Provide hearing screenings and comprehensive audiological and speech-language evaluations to support the identification of communication disorders. Provide intervention services that address all areas of communication including articulation/phonology, voice, stuttering, oral and written language. Individual and group sessions are available for children. Services are a part of the clinical training for students in the Speech Pathology Master's program. Services are supervised by clinical faculty who are fully licensed and certified Speech-Language Pathologists and Audiologists. 	<p>Infants-adults</p>	<ul style="list-style-type: none"> Insurance: All services are free. Referral: No referral necessary. Availability: There is currently a waiting list; most individuals are seen within 2 months.

4/11/14

DEVELOPMENTAL DELAY			
Organization	Services Provided	Ages Served	Insurance, Referral & Availability
hearing_clinic			

HOME VISITING			
Organization	Services Provided	Ages Served	Insurance, Referral & Availability
For more information about Home Visiting, please visit the Home Visiting Council webpage at: http://www.dchomevisiting.org/programs/			
<p>DC Healthy Start</p> <p>Call 1 (800) MOM-BABY or 1 (800) 666-2229 for information on enrolling in Healthy Start.</p>	<ul style="list-style-type: none"> Offers home visiting services from nurses and family support workers, as well as screenings and assessments, case management, and health and parenting education. Serves District of Columbia residents from Wards 5, 6, 7, and 8. Women who are pregnant or who have infants up to 3 months old can enroll, and can receive services until the child is 2 years old. 	<p>Women who are pregnant or who have infants up to 3 months old can enroll, and can receive services until the child is 2 years old.</p>	<ul style="list-style-type: none"> All services are free. Referral: Call 1 (800) MOM-BABY or 1 (800) 666-2229 for information on enrolling in Healthy Start.
<p>Family Place - Home Instruction for Parents of Preschool Youngsters (HIPPY)</p> <p>3309 16th Street NW WDC 20010 Columbia Heights – Yellow and Green Lines Bus: S1, S2, S4, 52, 53, 54, H8</p> <p>P: 202-265-0149 http://www.thefamilyplacedc.org</p>	<ul style="list-style-type: none"> Home Instruction for Parents of Preschool Youngsters (HIPPY) program is a 30 week home visit program for parents with children ages 3 to 5. The program follows a 30 week curriculum with weekly educational material and activities provided by home visitors to parents to teach their children. <p>Languages: English and Spanish</p>	<p>3-5 years and their parents</p>	<ul style="list-style-type: none"> All services are free. Referral: No referral necessary. Availability: Current home visiting cycle is full, unless resident of Ward 7 or 8. <p>Next program cycle begins Sept 2014. Call main number to be put on waiting list-ask for Lydia or Ingrid.</p>
<p>Healthy Babies Project - Home Visiting/Family Support Program</p> <p>4501 Grant Street NE WDC 20019</p>	<ul style="list-style-type: none"> Home visits to pregnant and postpartum women and families with a nurse or social worker facilitates access to health care, health education, and practical support. 	<p>Only for parents ages 12-21, must enroll during prenatal or</p>	<ul style="list-style-type: none"> All services are free. Referral: Either walk-in or provider/agency referral. PCP can call agency directly.

HOME VISITING			
Organization	Services Provided	Ages Served	Insurance, Referral & Availability
Minnesota Avenue-Orange Line P: 202-396-2809 http://www.healthybabiesproject.org/	Languages: French, Creole, Spanish	postpartum period up to 3 months. Can receive services until child is 3 yrs.	<ul style="list-style-type: none"> Availability: Currently no waiting list.
Mary's Center – Father-Child Program 2333 Ontario Road NW Washington, DC 20009 Bus: 90, 93, 96, X3, S1, S2, S4, S9 P: Contact Fernanda Ruiz at 202-420-7178 or fruiz@maryscenter.org http://www.maryscenter.org/content/social-services	<ul style="list-style-type: none"> Provides home visiting services for fathers, including education and parenting resources. 	Fathers in any ward.	<ul style="list-style-type: none"> All services are free. Referral: No referral necessary. Availability: Immediately; currently no waiting list.
Mary's Center – Healthy Start Healthy Families and Father-Child Program 2333 Ontario Road NW WDC 20009 Bus: 90, 93, 96, X3, S1, S2, S4, S9 P: Contact Fernanda Ruiz at 202-420-7178 or fruiz@maryscenter.org http://www.maryscenter.org/content/social-services	<ul style="list-style-type: none"> Provides intensive, long-term home visitation services to pregnant and post-partum women and their families. Focus on parenting skills, parent/child interaction, and school readiness. To enroll, moms must be either 1) pregnant or have infant under 3 months; or 2) have infant up to 11 months. Father-Child provides home visiting and parenting services for fathers. Available to fathers with children 0-5 and in any city ward. 	Pregnant and postpartum women & families; children 0-5 years in Wards 1, 4, 5, 6, 7, 8.	<ul style="list-style-type: none"> All services are free. Referral: No referral necessary. Availability: Immediately; currently no waiting list.
Perry School Community Services Center 128 M Street NW WDC 20001	<ul style="list-style-type: none"> Home Instruction for Parents of Preschool Youngsters (HIPPY) program is a 30 week home visit program. The program follows a 30 week curriculum with 	3-5	<ul style="list-style-type: none"> All services are free. Referral: No referral necessary.

HOME VISITING			
Organization	Services Provided	Ages Served	Insurance, Referral & Availability
NoMa – Red Line Bus: 96, P6 P: 202-312-2446 http://www.perryschool.org/	weekly educational material and activities provided by home visitors to parents to teach their children. Languages: English only.		<ul style="list-style-type: none"> ▪ Availability: Open enrollment occurs in August and September.

SCHOOL AND CHILD DEVELOPMENT CENTER MENTAL HEALTH PROGRAMS

Organization	Services Provided & Site Locations	
<p>Note: While a PCP would not make a direct referral for these programs, s/he may want to make a linkage or otherwise know these services are available in certain locations.</p>		
<p>DC Department of Behavioral Health - Primary Project For further information, contact: J’Wan Griffin, School Primary Project Manager, at 202-698-2469, or jwan.griffin@dc.gov.</p> <p>http://dmh.dc.gov/service/children-youth-and-family-services</p>	<ul style="list-style-type: none"> • This evidence based practice provides early intervention services to children identified with mild school adjustment issues in pre-kindergarten through first grade in select public schools and child development centers. <p><u>Primary Project Schools</u></p> <ul style="list-style-type: none"> • Beers Elementary (DCPS) • Ferebee-Hope Elementary (DCPS) • Garfield Elementary (DCPS)* • Garrison Elementary (DCPS) • Harris Elementary (DCPS) • Kenilworth Elementary (DCPS) • LaSalle-Backus Education Campus (DCPS) • Miner Elementary (DCPS) • Moten Elementary (DCPS) • Noyes Elementary (DCPS) • Simon Elementary (DCPS)* • Terell Elementary (DCPS) • Thomas Elementary (DCPS) • Turner Elementary (DCPS) • Walker-Jones Elementary (DCPS) • Howard Road Academy Charter School • Meridian Public Charter School 	<p><u>Primary Project Child Development Centers</u></p> <ul style="list-style-type: none"> • Barbara Chambers • Big Mama’s • Board of Child Care • Centro Nia • First Rock Baptist • IDEAL • Kiddie’s Kollege • Kids Are Us Learning Center • Martha’s Table • Matthews Memorial • Paramount • Randall Hyland Private School • Springfield Baptist • Step-by-Step • St. Philip • St. Timothy • Sunshine Early Learning • Wee Wisdom
<p>DC Department of Behavioral Health - Healthy Futures (Early Childhood Mental</p>	<ul style="list-style-type: none"> • Operates in 22 child development centers throughout DC and offers child and family-centered consultation services to care providers and family 	<p>Healthy Futures Child Development Centers</p> <ul style="list-style-type: none"> • Barbara Chambers • Big Mama’s

SCHOOL AND CHILD DEVELOPMENT CENTER MENTAL HEALTH PROGRAMS

Organization	Services Provided & Site Locations	
<p>Health Consultation Project) – For further information, contact: Dr. Shana Bellow, Supervisory Clinical Psychologist, at 202-698-2393 or shana.bellow@dc.gov.</p> <p>http://dmh.dc.gov/service/children-youth-and-family-services</p>	<p>members that build their skills and capacity to:</p> <ul style="list-style-type: none"> ▪ Promote social emotional development ▪ Prevent escalation of challenging behaviors ▪ Increase appropriate referrals for additional assessments and services 	<ul style="list-style-type: none"> • Board of Child Care • Centro Nia • First Rock Baptist • Happy Faces • IDEAL • Kiddie’s Kollege • Kids Are Us Learning Center (1 & 2) • Kingdom Kids • Martha’s Table • Matthews Memorial • NW Settlement Infant & Toddler • Paramount • Randall Hyland Private School • Southeast CDC (1 & 2) • Step-by-Step • St. Philip • St. Timothy • Sunshine Early Learning • Wee Wisdom • Zena’s

DEVELOPMENTAL PLAYGROUPS

Organization	Services Provided	Ages Served	Insurance, Referral & Availability
<p>Strong Start Developmental Playgroups</p> <p>Note pre-registration is REQUIRED</p> <p>For more information, or to register, please contact Jennifer Gee at Strong Start DC Early Intervention Program jennifer.gee@dc.gov or by calling 202.538.2153</p> <p>http://hillcenterdc.org/home/programs/partners/255</p>	<ul style="list-style-type: none"> • A team of Early Intervention professionals with extensive experience and understanding of infants and toddlers facilitate Strong Start Playgroups. • Playgroup sessions include songs, stories, free play, and multisensory activities geared toward your child’s developmental level. Interactions between caregivers and children are an essential part of the program, and caregivers will be asked to remain for the duration of each group. • Current Playgroups: <p>Mondays @ Tenley-Friendship Library (NW): 12 - 24 month olds @ 10 a.m. / 24 - 36 month olds @ 11 a.m.</p> <p>Tuesdays @ Anacostia Library (SE): 24 - 36 month olds @ 10 a.m. / 12 - 24 month olds @ 11 a.m.</p> <p>Wednesdays @ Hill Center (SE): 6 -12 month olds @ 11:30 a.m. / waiting list for sessions for 12 - 24 & 24 - 36 months</p> <p>Fridays @ Chevy Chase Library (NW): 24 - 36 month olds @ 10 a.m. / 12 - 24 month olds @ 11 a.m.</p> <p>Saturdays (2x/month) in NW or NE DC: 24 - 36 month olds @ 9 a.m. / 12 - 24 months @ 10:30 a.m.</p> 	<p>6 mos - 3 yrs</p>	<ul style="list-style-type: none"> ▪ Free to all DC residents ▪ Registration is required

PERINATAL MENTAL HEALTH

Organization	Services Provided	Ages Served	Insurance, Referral & Availability
<p>George Washington University Medical Center, Department of Psychiatry & Behavioral Sciences - The 5 Trimesters Clinic</p> <p>Medical Faculty Associates Building 2120 L Street NW 6th Floor WDC 20037 Foggy Bottom/GWU – Orange and Blue Bus: D1, D3, D5, D6, H1, L1, N3, 38B</p> <p>P: 202-741-2888 and specify that you want to be seen in the 5 Trimesters Clinic.</p>	<ul style="list-style-type: none"> Help women assess need for treatment before, during or after pregnancy for mood or anxiety disorder. Each woman meets once or twice with a psychiatrist-in-training; partners may be included. Each case is reviewed by senior psychiatrists specializing in perinatal mental health. Services include: outpatient evaluation and screening; short-term individual therapy and medication management; couples and family therapy; access to community resources. <p>Languages: English only.</p>	Child-bearing age women	<ul style="list-style-type: none"> Insurance: No insurance is taken. \$60 for initial assessment; \$25 for follow up appointments. If finance is an issue, please call anyways. Referral: Asks that patient tells intake coordinator the referring physician to ensure appropriate referral. Availability: Generally 1 week to 1 month.
<p>MedStar Georgetown University Hospital – Perinatal Mental Health Clinic</p> <p>2115 Wisconsin Avenue Suite 200 WDC 20007 Bus: 31, 32, 36</p> <p>P: 202-944-5400 for appointments https://www.medstarhealth.org/Pages/Services/Mental-Health/Psychiatry-at-MedStar-Georgetown-University-Hospital.aspx</p> <p>Director: Aimee Danielson, PhD. Providers may call Dr. Danielson directly with questions at 202-944-5412, or</p>	<ul style="list-style-type: none"> Offers outpatient evaluation and treatment of psychiatric disorders and adjustment problems experienced by women who are transitioning into motherhood. Provide diagnostic evaluations and multidisciplinary treatment for women experiencing mood and anxiety disorders during pregnancy and postpartum, infertility-related distress, pregnancy loss, and difficulty with the transition to motherhood. In cases where psychiatric medication is necessary, psychiatrists with expertise in use of medication in pregnant and lactating women are available. Reproductive psychiatrists on staff, as well as residents in training, and part-time therapists who specialize in perinatal mental health. Services are generally time-limited for 1 year postpartum (may be longer dependent on when woman is diagnosed) 	Child-bearing-age women	<ul style="list-style-type: none"> Insurance: Most major private insurance and MedStar. MH therapists do not accept any Medicaid plans. Referral: No referral necessary. Availability: Generally 1-2 weeks.

PERINATAL MENTAL HEALTH

Organization	Services Provided	Ages Served	Insurance, Referral & Availability
psychiatrist Dr. Cathy Roca, at 202-944-5432.	Languages: Spanish		
<p>Mary's Center - Mental Health Department</p> <p>2333 Ontario Road NW WDC 20010 Bus: 90, 93, 96, X3, S1, S2, S4, S9</p> <p>P: 202-420-7122: Cindy Flores, Program Assistant http://www.maryscenter.org/mental-health</p>	<ul style="list-style-type: none"> • Reproductive mental health specialist on staff (Lynne McIntyre) • Also run time-limited support/education/therapy groups for pregnant and postpartum women. <p>Languages: Spanish</p>	Child-bearing-age women	<ul style="list-style-type: none"> ▪ Insurance: Aetna, AmeriHealth, Beacon (Behavioral Health), CareFirst, DC Medicaid, HSCSN, Medstar, Trusted, Unison (Alliance, Medicaid), United Health Care (Optimum Choice and Mamsi). Uninsured DC residents. ▪ Referral: No referral necessary. ▪ Availability: Call Cindy Flores, MH Program Assistant
<p>Postpartum Support International</p> <p>DC Contact: 202-643-7290 info@dcpostpartum.org</p>	<ul style="list-style-type: none"> • Telephone, email and in-person supportive counseling • Referrals for reproductive mental health specialists in DC • Twice-monthly peer support group in Tenleytown neighborhood of NW DC (English) <p>Languages: Spanish & French</p>	Child-bearing-age women	<ul style="list-style-type: none"> ▪ No cost for group or other services. Email or telephone communication with PSI volunteer is necessary before attending first group.
<p>National Institute of Mental Health Division of Behavioral Endocrinology www.patientinfo.nimh.nih.gov/PostpartumDepression.aspx Contact: Annie Shellswick, LCSW-C 301-402-9207 annie.shellswick@mail.nih.gov</p>	<ul style="list-style-type: none"> • Series of outpatient studies to learn more about the cause of and effective treatments for PPD. Study participants are women with current PPD and past PPD. <p>Languages: Spanish</p>	Contact NIMH for details	<ul style="list-style-type: none"> ▪ No charge; participants may be compensated.

THERAPY/PSYCHOLOGY SERVICES

The following organizations provide therapy, counseling and psychological services for children and adolescents. This section is organized by geographic quadrant.

THERAPY SERVICES IN NORTHEAST

Organization	Services Provided	Ages Served	Insurance, Referral & Availability
<p>Comprehensive Community Health & Psychological Services LLC</p> <p>1250 H Street NE WDC 20002 Union Station – Red Line Bus: X1, X2</p> <p>P: 202-543-5830 www.cchpsonline.org/</p>	<ul style="list-style-type: none"> Provides individual therapy, cognitive-behavioral therapy, family therapy, couples therapy, group therapy, play therapy/psychodrama, psychiatric assessment & medication management, substance abuse screening/counseling, psychological/personality testing forensic evaluations, and a co-occurring disorders program, which treats clients suffering from both chemical addiction and mental illness. <p>Languages: Unable to verify.</p>	Unable to verify.	<ul style="list-style-type: none"> Forms of payment accepted include Medicaid, state financed (other than Medicaid), private health insurance, or self-payment (no sliding scale). Unable to verify further. Referral: Unable to verify. Availability: Unable to verify.
<p>Family Preservation Services</p> <p>3341 Benning Road NE WDC 20019 Minnesota Avenue – Orange Line Bus: X1, X2, X3</p> <p>P: 202-543-0387 http://www.fpsc corp.com/Locations/WashingtonDC.asp</p>	<ul style="list-style-type: none"> Specialty provider that provides diagnostic and assessment services, medication/somatic treatment, counseling and psychotherapy. Community based interventions (CBI) are also provided to children and youth age 6 to 21 and their families. Transition to Independence Process (TIP) <p>Languages: Spanish offered for community based interventions</p>	6+	<ul style="list-style-type: none"> Insurance: DC Medicaid, AmeriHealth, Trusted, MedStar Family Choice, HSCSN; United Healthcare commercial insurance, Value Options Referrals: Call Access HelpLine at 1-888-793-4357. Availability: Immediate availability.
<p>Mental Health Services Division</p> <p>35 K Street NE</p>	<ul style="list-style-type: none"> The CSA provides diagnostic and assessment services, medication/somatic treatment, counseling and psychotherapy. 	Unable to verify.	<ul style="list-style-type: none"> Insurance: Unable to verify. Referral: Call Access HelpLine at

THERAPY SERVICES IN NORTHEAST

Organization	Services Provided	Ages Served	Insurance, Referral & Availability
WDC 20002 Union Station – Red Line Bus: D3, D4, 80 P: 202-442-4876	Languages: Unable to verify.		1-888-793-4357. <ul style="list-style-type: none"> ▪ Availability: When open for intake, immediate availability.
Progressive Life 1933 Montana Avenue NE WDC 20020 Bus: E2, B2 P: 202-842-2016 http://www.plcntu.org/behavioral-wash.php	<ul style="list-style-type: none"> • Services include: Individual Therapy; Group Therapy; Marital Therapy; Family Therapy; Critical Incidence Stress Debriefing; Parent Training; Psychological Testing; Psycho-educational Testing; Psychiatric Evaluation; Medication Management. Languages: English only.	10+	<ul style="list-style-type: none"> ▪ Insurance: OptumHealth and AmeriHealth, United Healthcare, United Behavior Health, Carefirst, Beacon Healthcare, Emdeon, OptumHealth, Cigna, Unison, MHN ▪ Referral: Dependent upon insurance provider requirements. ▪ Availability: Immediate availability.

THERAPY SERVICES IN NORTHWEST

Organization	Services Provided	Ages Served	Insurance, Referral & Availability
<p>API Associates</p> <p>7826 Eastern Avenue NW Suite 201 WDC 20012 Bus: S2, 70, 79</p> <p>P: 202-291-0912 www.apiassociatesinc.com</p>	<ul style="list-style-type: none"> • Provide diagnostic assessments, including psychological and psycho-educational evaluations, and counseling services for children and families, including individual, play and family therapy for conditions including anxiety, depression, conduct difficulties, trauma, ADHD. • Provides home and office-based services. • The organization has specific experience evaluating the needs of children with developmental disabilities and special education needs. <p>Languages: Spanish</p>	3+	<ul style="list-style-type: none"> ▪ Insurance: AmeriHealth, DC Medicaid, HSCSN, Trusted ▪ Referral: Call Access HelpLine at at 1-888-793-4357. ▪ Availability: Intake usually occurs within one week of contacting agency.
<p>Andromeda Transcultural Health</p> <p>1400 Decatur Street NW WDC 20011 Bus: 52, 53, 54, S1, S2</p> <p>P: 202-291-4707 http://www.andromedatransculturalhealth.org</p>	<ul style="list-style-type: none"> • Provides substance abuse counseling, mental health counseling; individual and group therapy for the dually diagnosed; a Children’s Program, with emphasis on depression and attention deficit disorder; a Latino women’s group every Thursday evening (free for all women, conducted in Spanish); an intensive psychosocial support group every Tuesday, Wednesday, Thursday, and Friday; The Circulo de Andromeda provides alcohol and drug (non-opiate) prevention, outreach, and treatment. <p>Languages: Spanish</p>	All ages	<ul style="list-style-type: none"> ▪ Insurance: Aetna, Blue Cross Blue Shield Magellan, Cigna, AmeriHealth Caritas PerformCare, United Health, DC Medicaid only accepted for Primary Care, not Mental Health Services ▪ Offer sliding scale fee for essential services for those without insurance, depending upon family size and income. ▪ Referral: Dependent upon insurance provider requirements. ▪ Availability: About 1 week for new patients.
<p>The Capital Region Children’s Center</p>	<ul style="list-style-type: none"> • Provides individual, family and group therapy, academic 	3+	<ul style="list-style-type: none"> ▪ Insurance: No private insurance

THERAPY SERVICES IN NORTHWEST

Organization	Services Provided	Ages Served	Insurance, Referral & Availability
<p>Home Based Care</p> <p>P: 202.596.5951</p> <p>www.dccrcc.com</p>	<p>tutoring, art therapy, intensive clinical mentoring (CBI), organizational coaching, respite, and supervised visitation.</p> <p>Languages: Spanish offered for individual and family therapy.</p>		<p>accepted; HSCSN only</p> <ul style="list-style-type: none"> ▪ Referral: Can be accessed online. ▪ Availability: Depends on family needs. Immediate intake, then someone staffed within two weeks.
<p>Children’s National Health System - Child Development Clinic</p> <p>111 Michigan Avenue NW WDC 20010 Shuttles from Union Station, Brookland and Columbia Heights Bus: 80, D8, H1, H2, H3, H4</p> <p>P: 202-476-5405</p> <p>http://childrensnational.org/departmentsandprograms/default.aspx?Type=Program&Id=6180&Name=Child%20Development%20Program</p>	<ul style="list-style-type: none"> • Evaluates children from birth to 4 years of age with developmental concerns, including: <ul style="list-style-type: none"> • Delays in cognitive, language, motor skills, and attention • High risk for delay due to birth-related complications, medical or environmental circumstances • Common behavioral problems such as feeding, sleep, and temper tantrums or self-regulation • Atypical or uncommon patterns of development <p>Languages: Spanish</p>	0-4	<ul style="list-style-type: none"> ▪ Insurance: AmeriHealth, HSCSN, MedStar, Trusted and most major commercial plans. ▪ Referral: Generally need referral from PCP; some Medicaid plans do not require referral. ▪ Availability: 1-2 months.
<p>Children’s National Health System – The Freddie Mac Child and Adolescent Protection Center (CAPC)</p> <p>111 Michigan Avenue NW WDC 20010 Shuttles from Union Station, Brookland and Columbia Heights</p>	<ul style="list-style-type: none"> • Located within the Children’s National Medical Center, the CAPC offers mental health assessments, physical examinations, long-term therapy and juvenile offender therapy. <p>Languages: English only.</p>	5-16 (case by case basis)	<ul style="list-style-type: none"> ▪ Insurance: Aetna, Anthem Blue Cross Blue Shield of VA, Beech Street (includes Viant), CareFirst Blue Cross Blue Shield, Choicecare (Humana), Cigna Healthcare of the Mid Atlantic (includes Great West Healthcare), Coventry Health

THERAPY SERVICES IN NORTHWEST

Organization	Services Provided	Ages Served	Insurance, Referral & Availability
<p>Bus: H1, H2, H3, H4</p> <p>P: 202-476-4100</p> <p>www.cnmc.org</p>			<p>Care of VA, Coventry National PPO, First Health (owned by Coventry), GMC Healthcare, InforMed (owned by Conifer Health Solutions), Kaiser Permanente, Multiplan/Private Healthcare Systems (PHCS), United Healthcare (all except Medicare)</p> <ul style="list-style-type: none"> ▪ Medicaid not accepted for mental health services. ▪ Referral: Dependent upon insurance provider requirements. ▪ Availability: Dependent upon individual therapist and treatment services.
<p>Children’s National Health System – Division of Psychiatry and Psychology</p> <p>111 Michigan Avenue NW WDC 20010 Shuttles from Union Station, Brookland and Columbia Heights Bus: H1, H2, H3, H4</p> <p>P: 202-476-2118 – Front Desk P: 202-476-4733 – Intake www.cnmc.org</p>	<ul style="list-style-type: none"> • The Division of Psychiatry and Psychology offers assessment, diagnosis, and care for children and teens with behavioral, emotional, and developmental disorders. • Specialty clinics/programs include: Anxiety; Attention Deficit and Hyperactivity Disorders Clinic; Bullying Related Health Risks; Gender and Sexuality Psychosocial Programs; Infant and Toddler Mental Health Program (ITP); Mood Disorders Clinic; Neurobehavior Program. <p>Languages: Access to multiple languages through interpreter service.</p>	<p>Infants – 17 yrs and 6 mos</p>	<ul style="list-style-type: none"> ▪ Insurance: Aetna, BlueCross BlueShield, DC Medicaid (only MDs), AmeriHealth, HSCSN, MedStar, Trusted, Tricare, United, MD Medicaid – ValueOptions, VA Medicaid MCOs (not straight VA Medicaid). ▪ Referral: No referral necessary. Family should call intake coordinator, who will mail

THERAPY SERVICES IN NORTHWEST

Organization	Services Provided	Ages Served	Insurance, Referral & Availability
			<p>packet to family, which they must complete and mail or fax back. Coordinator will call to confirm receipt, and follow up call will be made after info reviewed to schedule appointment.</p> <ul style="list-style-type: none"> ▪ Availability: Currently closed to new patients until July.
<p>Columbia Road Health Services</p> <p>1660 Columbia Road NW WDC 20009 Bus: 42, 43, H1</p> <p>P: 202-328-3717 www.crhs.org</p>	<ul style="list-style-type: none"> • Columbia Road Health Services offers medical, mental health and social services. Psychotherapy offered ONLY to patients who receive primary care from a Unity Health clinic. Counseling services to cover loss and grief, depression, psychological trauma and family dysfunction. Individual counseling, couples and family counseling, and referrals to off-site psychiatric services for specialized therapy. <p>Languages: Spanish offered for psychotherapy.</p>	<p>16 and up</p>	<ul style="list-style-type: none"> ▪ Insurance: Blue Cross Blue Shield, United Healthcare, Cigna, Aetna, DC Medicaid, Trusted, Medstar, AmeriHealth, HSCSN ▪ Referral: Must have one from a primary care physician. Must be patient with Unity health. ▪ Availability: 3-4 week waitlist for new patients.
<p>Creative Ways Therapy</p> <p>1443 Euclid Street NW WDC 20009 Bus: 52, 53, 54</p> <p>P: 202-670-5947 (English); 202-413-7837 (Spanish)</p>	<ul style="list-style-type: none"> • Bilingual mental health practice serving a diverse community of children, teens, adults, and families. Their team of licensed therapists specializes in trauma recovery, life transitions, and the dynamics of immigration and bi-culturalism. Play therapy and expressive therapy offered for children. <p>Languages: All therapy services offered in Spanish.</p>	<p>All ages</p>	<ul style="list-style-type: none"> ▪ Insurance: AmeriHealth. Offer sliding scale fee for qualifying families. ▪ Referral: No referral needed, unless required by insurance provider. ▪ Availability: About 1-2 weeks for new patients.

THERAPY SERVICES IN NORTHWEST

Organization	Services Provided	Ages Served	Insurance, Referral & Availability
<p>Edward C. Mazique Parent Child Center</p> <p>1719 13th Street NW WDC 20009 U Street – Green/Yellow Lines Bus: 63, 64, 52, 53, 54</p> <p>P: 202-462-3375 www.ecmpcc.org</p>	<ul style="list-style-type: none"> Child development program includes educational, medical, nutrition, and parent support services. They also provide on-site mental health/family counseling services, with a “play therapy” room for children. <p>Languages: Spanish and Amharic translations available.</p>	0-5	<ul style="list-style-type: none"> Insurance: Unable to verify. Referral: Needed from primary care physician. Availability: Immediate availability.
<p>Family Matters of Greater Washington</p> <p>1509 16th Street NW WDC 20036 Bus: G2, S1, S2, S4, S9</p> <p>P: 202-289-1510 ext. 1118 www.familymattersdc.org</p>	<ul style="list-style-type: none"> Provides Play therapy for children, individual and family therapy, medication management, and psychiatric evaluation, and case managers (community support workers) available. <p>Languages: Counseling services offered in Spanish</p>	4+	<ul style="list-style-type: none"> Insurance: DC Medicaid, Trusted, AmeriHealth, HSCSN, United Behavioral Health Referral: No referral needed, unless required by insurance provider. Availability: About 2 weeks for new patients.
<p>First Home Care</p> <p>1012 14th Street NW WDC 20005 McPherson Square – Blue/Orange Lines Bus: 80, D1, D3, D6, 52, 53, 54</p> <p>P: 202-737-2554 http://www.firsthomecare.com/</p>	<ul style="list-style-type: none"> A CSA that provides services to children and youth with serious emotional disturbances and persons with serious mental illness. Services include diagnostic assessments, medication/somatic treatment, individual, family and group counseling, community support, which includes skills training (anger management, coping skills, study skills, stress management, etc.) and community based intervention (CBI). Provide Trauma-Focused Cognitive Behavioral Therapy (TF-CBT), Transition to Independence Process (TIP), and Functional Family Therapy (FFT). 	5-21	<ul style="list-style-type: none"> Insurance: HSCSN, AmeriHealth, Trusted, MedStar, Medicaid Referral: Call Access HelpLine at 1-888-793-4357. Availability: Call Access HelpLine.

THERAPY SERVICES IN NORTHWEST

Organization	Services Provided	Ages Served	Insurance, Referral & Availability
<p>Georgetown Family Center Clinic</p> <p>4400 MacArthur Blvd NW Suite 103 WDC 20007 Bus: Foxhall Rd and MacArthur Blvd – D5</p> <p>P: 202-965-0730 www.thebowencenter.org</p>	<ul style="list-style-type: none"> • Languages: English only. • Georgetown Family Center Clinic offers affordable psychotherapy to individuals and families and consultation to organizations in the greater Washington community. <p>Languages: All services also offered in Spanish</p>	<p>All ages (under 18 needs to be accompanied by a parent/guardian)</p>	<ul style="list-style-type: none"> ▪ Insurance: No insurance accepted. Sliding scale offered for qualifying families. ▪ Referral: No referral needed. ▪ Availability: About 1 week for new patients.
<p>George Washington University – Center Clinic</p> <p>1922 F Street NW Suite 103 WDC 20052 Foggy Bottom – Blue/Orange Lines Bus: 3Y, 11Y, 16Y, 80, S1</p> <p>P: 202-994-4937 http://programs.columbian.gwu.edu/psyd/clinic</p>	<ul style="list-style-type: none"> • Provides individual and couples therapy, group psychotherapy (adult process therapy group; lesbian, gay and bisexual support and process group; transsexual support group; adult women’s group), psychological assessment, developmental assessments for infants, young children and adolescents, and ongoing family support as needed. • Individual psychotherapy for adults, adolescents, children, and parents can focus on self-esteem, general anxiety, depression, grief and loss, stress management, family issues, relationship difficulties, trauma, sexual orientation, and cultural factors, including acculturation. <p>Languages: Spanish</p>	<p>All ages (under 16 must be accompanied by a parent/guardian)</p>	<ul style="list-style-type: none"> ▪ Insurance: Sliding scale fee offered for qualifying individuals ▪ Referral: Unable to verify. ▪ Availability: Unable to verify.
<p>George Washington University - Community Counseling Services</p> <p>2134 G Street NW Room B-11 WDC 20052 Foggy Bottom - Blue/Orange Lines</p>	<ul style="list-style-type: none"> • Community Counseling Services at GWU offers individual, couples and career therapy <p>Languages: English only.</p>	<p>18+</p>	<ul style="list-style-type: none"> ▪ Insurance: They do not accept insurance and their fees are on a sliding scale - they ask that families pay \$1 for every \$1000 of gross income they receive, but are flexible based on need.

THERAPY SERVICES IN NORTHWEST

Organization	Services Provided	Ages Served	Insurance, Referral & Availability
Bus: 31, 32, 36, 80, H1, L1, N3, X P: 202-994-8645 http://gsehd.gwu.edu/community-counseling-services-center			<ul style="list-style-type: none"> ▪ Referral: No referral needed. ▪ Availability: Immediate availability.
George Washington University - The Metzler Psychological Services Center 2125 G St NW #101K WDC 20052 (Located on the first floor of the Psychology Building at The George Washington University) Foggy Bottom – Orange and Blue Lines Bus: 31, 32, 36, 80, H1, L1, N3, X1 P: 202-994-9072 http://meltzercenter.wordpress.com/	<ul style="list-style-type: none"> • Assessment services to children and adolescents (intellectual, psycho-educational, or comprehensive assessments). Therapy services offered to individuals, family, and groups for children, adolescents, and adults. • NOTE: The Meltzer Center is housed in the Department of Psychology at the George Washington University and is a training center for the Clinical Psychology Program. The clinicians are advanced students in the doctoral training program, and are supervised by adjunct and full-time members of the clinical psychology faculty, all of whom are licensed clinical psychologists. <p>Languages: No services offered in other languages at this time.</p>	Pre K and up	<ul style="list-style-type: none"> ▪ Insurance: Does not accept insurance. Fees are due at time of service by cash or check only. Fees are set based on a sliding scale, and payment plans are available if necessary. Must bring proof of income or student status to first appointment to confirm fees set on the sliding scale. ▪ Referral: No referral needed. ▪ Availability: Depends on services required. Waitlist available when services become full.
Hillcrest Children and Family Center 915 Rhode Island Avenue NW WDC 20001 Shaw – Green/Yellow Lines Bus: G8 P: 202-232-6100 http://www.hillcrest-dc.org/	<ul style="list-style-type: none"> • Provides individual, group, and family therapy, psychiatric evaluation, parenting education, anger and stress management services, a youth substance abuse treatment program (Turning Point), a youth substance abuse prevention program (Project Success), community support services, community-based interventions, a depression intervention program, and crisis intervention and emergency services. Children, adolescent, and teen services include community support, individual 	3-21	<ul style="list-style-type: none"> ▪ Insurance: DC Medicaid only, Medstar, Trusted, AmeriHealth, HSCSN, ValueOptions ▪ Referral: Call Access HelpLine at 1-888-793-4357. ▪ Availability: Call Access HelpLine.

THERAPY SERVICES IN NORTHWEST

Organization	Services Provided	Ages Served	Insurance, Referral & Availability
	<p>counseling, and medication management.</p> <p>Languages: English only.</p>		
<p>Howard University Outpatient Mental Health Clinic</p> <p>530 College Street NW WDC 20060 Shaw – Green/Yellow Lines Bus: 70</p> <p>P: 202-806-7981 http://huhealthcare.com/healthcare/hospital/departments/psychiatry-behavioral-sciences</p>	<ul style="list-style-type: none"> • Services include diagnostic and therapeutic management of mental illness and substances of abuse. These include but are not limited to, forensic psychiatry, cognitive behavior therapy, hypnotherapy, strategic therapy, psychoanalysis, pharmacotherapy, individual, couples, family and group therapy, and combinations of pharmaceutical and psychotherapeutic approaches. • Children and adolescent services include outpatient treatment, medication management, and individual therapy <p>Languages: English only.</p>	<p>6-17</p>	<ul style="list-style-type: none"> ▪ Insurance: DC Medicaid, Trusted, HSCSN, VA Medicaid; only PPOs, no HMOs accepted. NOTE: Besides the clinic, private doctors are available who accept all forms of insurance, including Medicaid and all MCOs ▪ Referral: No referral needed, unless required by insurance provider. ▪ Availability: About 1-2 week wait for new patients.
<p>La Clinica Del Pueblo, Inc. Mental Health and Substance Abuse Treatment</p> <p>2831 15th Street NW WDC 20009 Bus: S1, S2, S4, H1, H2</p> <p>P: 202-462-4788 www.lcdp.org</p>	<ul style="list-style-type: none"> • Individual, couple and family counseling services for a broad range of psychological problems, psycho-educational support groups through Mi Familia program, comprehensive outpatient substance abuse treatment services through Volviendo a Vivir program. Services to address depression, relationship/family conflicts, cultural adjustment, domestic violence, substance abuse and sexual abuse. <p>Languages: Most patients are Spanish speakers, but translators available for all services.</p>	<p>18+</p>	<ul style="list-style-type: none"> ▪ Insurance: For DC residents: DC Medicaid, Trusted, Medstar, AmeriHealth. For MD residents: MD Medicaid, Medstar, United Healthcare. Also CareFirst, Aetna, Cigna, United Healthcare. Sliding scale fee available or qualifying individuals. ▪ Referral: Needed from primary care physician. ▪ Availability: Waitlist – about 1-2 weeks for new patients.

THERAPY SERVICES IN NORTHWEST

Organization	Services Provided	Ages Served	Insurance, Referral & Availability
<p>Latin American Youth Center</p> <p>1419 Columbia Road NW WDC 20009 Columbia Hgts Metro Station – Green/Yellow Bus: 52, 54, H4</p> <p>P:202-319-2225 or 202-319-2229 http://www.layc-dc.org/</p>	<ul style="list-style-type: none"> Core Service Agency that provides assessment; individual, group, and family counseling; crisis intervention; psychiatric evaluations, medication management; and community support. Provides Child-Parent Psychotherapy (CPP). <p>Language: Spanish</p>	0-5 & 12-21	<ul style="list-style-type: none"> Insurance: Unable to verify. Referral: Call Access HelpLine at 1-888-793-4357. Availability: Unable to verify.
<p>Love Your Life Healthcare (LYLE)</p> <p>1628 11th Street NW WDC 20001 U Street-Green/Yellow Lines Bus: 63, 64</p> <p>P: 202-232-4270 http://www.lylehealthcare.com</p>	<ul style="list-style-type: none"> Provide assessments, psychotherapy/counseling, positive behavior support, and medication management for children and adolescents with serious disorders such as autism, anxiety, depression, attention deficit and hyperactivity disorder (ADHD), and bipolar disorder. <p>Languages: Arabic, Creole, French, Spanish</p>	4+	<ul style="list-style-type: none"> Insurance: DC Medicaid, AmeriHealth, Trusted, HSCSN, BCBS, Cigna, United, Humana, not Magellan. Referral: No referral necessary. Availability: Immediate availability for assessments and therapy; 1-2 weeks for psychiatrists.
<p>Mary's Center</p> <p>508 Kennedy Street NW WDC 20011 Bus: 62, 63, E2, E3, E4</p> <p>P: 202.483.8196 www.maryscenter.org</p>	<ul style="list-style-type: none"> Diagnostic assessments, treatment planning, medication evaluation and management by board-certified psychiatrists, individual and family therapy, play therapy, community/family support, and case management. Evidence-based practices include cognitive behavioral therapy (trauma focused), parent child interactive therapy, motivational interviewing, and solution focused counseling. <p>Languages: Spanish available for all forms of therapy</p>	All ages	<ul style="list-style-type: none"> Insurance: DC and MD Medicaid, Trusted, Medstar, HSCSN, AmeriHealth, DC Healthcare Alliance, Aetna, Blue Cross Blue Shield, Cigna Referral: No referral needed, unless required by insurance provider.

THERAPY SERVICES IN NORTHWEST

Organization	Services Provided	Ages Served	Insurance, Referral & Availability
<p>Psychiatric Institute of Washington (PIW)</p> <p>4228 Wisconsin Avenue NW WDC 20016 Tenleytown – Red Line Bus: 31, 32, 36, 96, H2, H3, H4, X3</p> <p>P: 202-885-5600 www.psychinstitute.com</p>	<ul style="list-style-type: none"> Child services (ages 5-12) include evaluation and individualized treatment plans that involve medical, psychological developmental, educational, social and family assessment; psychotherapy, education sessions, and support groups involve parents and other family members. Adolescent services (ages 13-17) include individual, group, and family therapy to address issues such as drug and alcohol abuse, self-destructive, defiant or anti-social behavior and mental health crises such as anxiety, depression, or suicide. <p>Languages: Translation services available (particularly Spanish).</p>	5+	<ul style="list-style-type: none"> Availability: 2-3 month waitlist. Insurance: DC and MD Medicaid, AmeriHealth, HSCSN, Medstar, Trusted, Acordia, Aetna, Anthem, APS, Blue Cross Blue Shield, CareFrist, Cigna, Chickering/student, First Health, GEHA, Guardian/Alliance, Coventry Iner/American Bank, Gita, Kaiser, Magellan, Malihandlers, MAMSI, Managed Health Network, MDIPA/Alliance, NCAS, NCPPO/IBC, Optium Choice, QualCare, Tricare, Unicare/NCPPO, Unison Health Plan, United Healthcare, ValueOptions Referral: No referral needed, unless required by insurance provider. Availability: Immediate availability.
<p>Psychological Group of Washington</p> <p>1707 L Street NW Suite 220 WDC 20036 Farragut North – Red Line Bus: 42, 43, L2, N2, N4, N6</p>	<ul style="list-style-type: none"> Individual therapy for children, adolescents and seniors, family therapy, couples therapy, emotional testing, psychoeducational testing, group psychotherapy, education courses and training, and admissions testing. <p>Languages: English only.</p>	4+	<ul style="list-style-type: none"> Insurance: Blue Cross Blue Shield, United, Aetna, Cigna; Medicaid not accepted. Sliding scale available if requested Referral: No referral needed,

THERAPY SERVICES IN NORTHWEST

Organization	Services Provided	Ages Served	Insurance, Referral & Availability
P: 202-223-9844 www.psychgroupdc.com			unless required by insurance provider. <ul style="list-style-type: none"> ▪ Availability: About one week wait for new patients
The Ross Center for Anxiety and Related Disorders 5225 Wisconsin Avenue NW Suite 400 WDC 20015 Friendship Heights-Red Line Bus: 31, 32, 36, N2 P: 202-363-1010 http://www.rosscenterdc.com/	<ul style="list-style-type: none"> • Provides treatment by child and adolescent psychiatrists and psychologists. In addition to individual and group therapy, the Center offers family therapy and parenting skills training. Languages: French	Early childhood-18	<ul style="list-style-type: none"> ▪ Insurance: No insurance accepted. ▪ Referral: Referral not necessary. ▪ Availability: Approximately 1 month.
Safe Shores – The DC Children’s Advocacy Center 429 O Street NW WDC 20001 Mt. Vernon/Convention Ctr - Green/Yellow Lines Bus: New Jersey Ave and O Street - 96 P Street and 5 th Street – G2 P: 202-671-7233 (to report a concern about child abuse or neglect) 202-645-3200 (to set up an appointment) www.safeshores.org	<ul style="list-style-type: none"> • Services offered for child victims of physical/sexual abuse. Child therapists available to assess impact of abuse and provide treatment recommendations, which may include additional sessions with the therapist. Play, art, and other expressive therapy techniques used to create a safe and supportive environment. Additional services include long-term therapy, crisis intervention, and pretrial support. Languages: English only.	5-18	<ul style="list-style-type: none"> ▪ Insurance: No payment needed for services ▪ Referral: Must have been an investigation to receive services. An investigator, ongoing social worker, or hospital worker usually provides referral. ▪ Availability: Depends on urgency of the situation.
Washington School of Psychiatry –	<ul style="list-style-type: none"> • Treatment options include psychiatric services, 	Unable to	<ul style="list-style-type: none"> ▪ Insurance: They accept some

THERAPY SERVICES IN NORTHWEST

Organization	Services Provided	Ages Served	Insurance, Referral & Availability
<p>Adele Lebowitz Center for Youth and Family</p> <p>5028 Wisconsin Avenue NW Suite 400 WDC 20016 Friendship Heights – Red Line Bus: 31, 32, 36, 37, N2</p> <p>P: 202-537-6050 www.wspdc.org</p>	<p>medication management, individual psychotherapy, group therapy, couples therapy, parent counseling, psychoanalysis, and appropriate referrals.</p> <p>Languages: Spanish and Portuguese</p>	<p>verify.</p>	<p>forms of insurance and offer a sliding fee scale – they assist clients regardless of their ability to pay.</p> <ul style="list-style-type: none"> ▪ Referral: Unable to verify. ▪ Availability: Unable to verify.
<p>Wendt Center for Loss and Healing</p> <p>4201 Connecticut Avenue NW #300 WDC 20008 Van Ness/UDC – Red Line Bus: H2, L1, L2</p> <p>P: 202-624-0010 www.wendtcenter.org</p>	<ul style="list-style-type: none"> • The Wendt Center offers counseling for dealing with grief and loss issues, support groups, children’s services, crime victim services, professional training and community education, crisis response and Recover: Support for Survivors of Sudden Traumatic Death. They also offer Camp Forget-Me-Not during the summer. <p>Languages: Spanish services offered for individual therapy.</p>	<p>3+</p>	<ul style="list-style-type: none"> ▪ Insurance: Aetna, Blue Cross Blue Shield, DC Medicaid, Trusted, MedStar, AmeriHealth, HSCSN. Sliding scale available for qualifying individuals and families ▪ Referral: No referral needed, unless required by insurance provider. ▪ Availability: Waitlist – about 2-3 weeks, dependent upon client availability.

THERAPY SERVICES IN SOUTHEAST

Organization	Services Provided	Ages Served	Insurance, Referral & Availability
<p>Ascensions Psychological & Community Services</p> <p>1526 Howard Road SE WDC 20020 Anacostia - Green Line Bus: W2, W3, W6, W8, & 94</p> <p>P: 202-889-4344 http://www.2ascend.org/index.html</p>	<ul style="list-style-type: none"> Provides family therapy, individual therapy for issues that require focus outside of the family unit; therapeutic groups to facilitate peer learning and psychoeducation on topics including surviving the homicide of a loved one; parenting education/support/therapy groups; clinical evaluations to assess if other community services and referrals are needed (such as special education, rehabilitation, and/or medication); home structuring visits to assist with developing house rules, consequences and reward; parenting classes to teach alternatives to physical discipline, and school based interventions. <p>Languages: English only.</p>	Not yet verified.	<ul style="list-style-type: none"> Insurance: Clients seen regardless of financial situation. Sliding scale fee available. Accept Aetna, AmeriHealth, APS, Blue Cross Blue Shield, Cigna, Healthright, Kaiser-Permanente, Magellan, Maryland Medicaid, MHN, Tricare, United Referral: No referral necessary. Availability: Immediately.
<p>Anacostia Center for Psychotherapy & Counseling</p> <p>2025 Martin Luther King Jr. Avenue SE WDC 20020 Bus: 90, 93, A9, A42, A46, A48, B2, P6, U2</p> <p>P: 202-561-1423</p>	<ul style="list-style-type: none"> Provides psychiatric, psychological and psycho-education evaluations; individual, group & family therapy; anger and stress management; parenting skills training and reunification parenting. <p>Languages: Unable to verify.</p>	Unable to verify.	<ul style="list-style-type: none"> Insurance: Unable to verify. Referral: Unable to verify. Availability: Unable to verify.
<p>Capitol Hill Center for Individual and Family Therapy</p> <p>50 E Street SE Suite 300 WDC 20003 Capitol South – Blue/Orange Lines Bus: P17, P19, W13</p> <p>P: 202-543-4645</p>	<ul style="list-style-type: none"> Provides psychotherapy services for children, adolescents and families. Individual, couples, and family therapy offered. Childhood issues addressed include learning and behavior problems, childhood depression, trauma, adjustment issues, foster care, eating and sleeping problems, abuse, and adoption. <p>Languages: Unable to verify.</p>	Unable to verify.	<ul style="list-style-type: none"> Insurance: They accept some insurances and offer a sliding fee scale. Unable to verify. Referral: Unable to verify. Availability: Unable to verify.

THERAPY SERVICES IN SOUTHEAST

Organization	Services Provided	Ages Served	Insurance, Referral & Availability
<p>http://capitolhillcenterfortherapy.net/</p> <p>Center for Child Protection and Family Support</p> <p>714 G Sreet SE WDC 20003 Eastern Market – Blue/Orange Lines Bus: 90, 92, 93, DCN22</p> <p>P: 202-544-3144 www.centerchildprotection.org</p>	<ul style="list-style-type: none"> Provides parent education, school-based programs, therapeutic services and professional training. Services include play therapy, group therapy, and parent support for children and youth ages 4-17 who are victims or have been witness to abuse or domestic violence. <p>Languages: Unable to verify.</p>	4-17 years	<ul style="list-style-type: none"> Insurance: Unable to verify. Referral: Unable to verify. Availability: Unable to verify.
<p>Community Connections</p> <p>801 Pennsylvania Ave SE Suite 201 WDC 20003 Eastern Market – Blue/Orange Lines Bus: 90, 92, 93, 32, 34, 36, 39</p> <p>P: 202-546-1512 www.communityconnectionsdc.org</p>	<ul style="list-style-type: none"> Core Service Agency that provides comprehensive mental health services including assessment of needs and life domains; individualized treatment planning; community support services; in home and/or office based counseling; community-based interventions; psycho-educational training and support; medication management. Provide Trauma-Focused Cognitive Behavioral Therapy, Transition to Independence Process (TIP) and Functional Family Therapy. <p>Languages: Spanish; Amharic; Hindi; Korean and others</p>	5+	<ul style="list-style-type: none"> Insurance: DC Medicaid, AmeriHealth, MedStar, Trusted and HSCSN. Referral: Call Access HelpLine at 1-888-793-4357. Availability: Call Access HelpLine.
<p>Congress Heights Life Skills Center</p> <p>3029 Martin Luther King Jr. Ave SE Suite 300 WDC 20032 Bus: A2, A4, A6, A7, A8, A9, A42, A46, A48, W2, W3, W4</p> <p>P: 202-971-4055</p>	<ul style="list-style-type: none"> Provides outpatient mental health services; psychiatrist for med management; social workers for therapy (in-home and group-based); and behavioral specialists. Groups for anger management, social skills and bereavement. <p>Languages: English only.</p>	1-26	<ul style="list-style-type: none"> Insurance: HSCSN only Referral: Must go through Cathy Ruffin at HSCSN at 202-495-7715 Availability: Generally immediate availability.

THERAPY SERVICES IN SOUTHEAST

Organization	Services Provided	Ages Served	Insurance, Referral & Availability
<p>Contemporary Family Services</p> <p>3300 Pennsylvania Avenue SE WDC 20020 Bus: 36, 39, A11, J13, K11, M6</p> <p>P: 202-735-0761 http://www.contemporaryservices.net/</p>	<ul style="list-style-type: none"> Provides four core services of diagnostic and assessment services; community support services; counseling services; and medication and somatic treatments. <p>Languages: English only.</p>	5+	<ul style="list-style-type: none"> Insurance: DC Medicaid; in process of paneling with all DC Medicaid MCOs. Referral: Call Access HelpLine at 1-888-793-4357. Availability: Intake available within one week.
<p>Crawford Mental Health</p> <p>2412 Minnesota Ave. SE Suite 303 WDC 20020 Bus: 32, 34, 36, 39, B2, K11, M6, U2</p> <p>P: 202-688-3580 www.crawfordconsulting.org</p>	<ul style="list-style-type: none"> Offers clinical services including individual, family, group, and relationship/marriage counseling. They also provide psychological services, psychiatric services, individual and group substance abuse treatment, grief therapy, insight oriented therapy, play therapy, NTU psychotherapy, child and adolescent group therapy, and adult groups therapy. <p>Languages: No services in other languages offered but Spanish-speaking doctor available for medication management.</p>	5 and up (children must be accompanied by an adult)	<ul style="list-style-type: none"> Insurance: DC and MD Medicaid, HSCSN, AmeriHealth, Trusted. Sliding scale fee available. Referral: No referral needed Availability: Appointment for new patients should be made about one week after intake.
<p>Francis and Associates</p> <p>601 Pennsylvania Ave SE Suite 900S WDC 20004 Eastern Market – Blue/Orange Lines Bus: 32, 34, 36</p> <p>P: 202-638-6942 www.faa-pc.org</p>	<ul style="list-style-type: none"> Provides counseling services for corporations, individuals, and families for help in depression, anxiety, and anger issues, grief and loss, separation or divorce, life stage transitions, parent-child issues, post-traumatic stress, domestic violence, couples communication, and ADD/ADHD. Father’s Support Group, sports psychology, and supervised visitation exchange aimed at providing a forum for children and their non-custodial parent to develop or re-establish an ongoing familial relationship in a safe environment. <p>Languages: English only.</p>	6+	<ul style="list-style-type: none"> Insurance: They only accept Blue Cross Blue Shield PPO insurance; otherwise fees are paid out of pocket. Referral: No referral need, unless required by insurance provider. Availability: At least two week wait for new patients.

THERAPY SERVICES IN SOUTHEAST

Organization	Services Provided	Ages Served	Insurance, Referral & Availability
<p>Inner City Family Services</p> <p>2307 Martin Luther King Jr. Avenue SE WDC 20020 Anacostia – Green Line Bus: 90, A42, A46, A48, B2, P6, U2, W2, W3, W8, 93</p> <p>P: 202-525-4855 http://www.innercityfamilyservices.com/</p>	<ul style="list-style-type: none"> Provides individual counseling, family counseling and training, community support, crisis intervention, diagnostic assessments, psychological evaluation, behavioral aid, community transition and medical management. <p>Languages: English only.</p>	4+	<ul style="list-style-type: none"> Insurance: DC Medicaid, AmeriHealth, Trusted, Medstar Referral: Recommended form primary care provider or other source. Availability: Intake currently closed for new clients.
<p>Integrated Behavioral Services Group</p> <p>2041 Martin Luther King Jr. Ave SE #201 WDC 20020 Anacostia – Green Line Bus: 90, 93, A42, A46, A48, B2, P6, U2</p> <p>P: 202-610-1444 http://www.ibsginc.com/services.html</p>	<ul style="list-style-type: none"> Diagnostic assessments, therapy and children’s day rehabilitation. Individual Therapy: Depression, Anxiety, Trauma & Post-Traumatic Stress, Sexual Abuse, Grief and Loss, Acting Out Behaviors, Anger Management, Physical and Emotional Abuse, Abusive Relationship Issues, Substance Abuse Family Therapy : RAD Therapy (Reactive Attachment Disorder), Parenting Skills Enhancement, Parent & Child Issues, Siblings, Blended Families, Adoptive Family Issues, Recovering from Divorce/Separation, Grief, Loss and Adjustment, Custody/Visitation Related Issues Children’s Group Therapy: Trauma, Sexual Abuse, Grief & Loss <p>Languages: English only.</p>	6-15	<ul style="list-style-type: none"> Insurance: DC Medicaid, Trusted, Medstar, AmeriHealth, HSCSN. Most (if not all) commercial insurance accepted and billed. Referral: No referral needed, unless required by insurance provider. Availability: Immediate availability.
<p>Life Enhancement Services</p> <p>1328 Southern Avenue SE Suite 301 WDC 20032 Southern Avenue – Green Line</p>	<ul style="list-style-type: none"> Provides medication management; diagnostic & comprehensive clinical assessments; behavioral health screenings; therapy (individual, group, family); community support; case management. Provides Transition to Independence Process (TIP). 	Unable to verify.	<ul style="list-style-type: none"> Insurance: DC Medicaid, MedStar. Referral: Call Access HelpLine at 1-888-793-4357.

THERAPY SERVICES IN SOUTHEAST

Organization	Services Provided	Ages Served	Insurance, Referral & Availability
Bus: A2, A42, D12, D13, D14, P12, W2, W15, NH3 P: 202-562-6262 http://www.lifeenhancementservices.org/dc/	Languages: Unable to verify.		<ul style="list-style-type: none"> ▪ Availability: Unable to verify.
MBI Health Services 2041 Martin Luther King Jr. Avenue SE WDC 20020 Anacostia – Green Line Bus: 90, 93, A9, A42, A46, A48, B2, P6, U2 P: 202-547-8450 http://www.mbihealthservices.com/general/index.php	<ul style="list-style-type: none"> • Provides four core services of diagnostic and assessment services; community support services; counseling services; Transition to Independence Process (TIP); and medication and somatic treatments. • 2 child psychiatrists on staff. • Developing specialty services for LGBT youth. Languages: English only.	5+	<ul style="list-style-type: none"> ▪ Insurance: AmeriHealth, DC Medicaid, HSCSN, MedStar, Trusted ▪ Referral: Call Access HelpLine at 1-888-793-4357. ▪ Availability: When open for intake, immediate availability.
PSI 770 M Street SE WDC 20003 Navy Yard-Green; Eastern Market-Blue/Orange Bus: A42, A46, A48, P6, V7, V8, V9 P:202-547-3870 http://www.psiservicesinc.net/pages/ChildServices/ede.html	<ul style="list-style-type: none"> • Provides four core services of diagnostic and assessment services; community support services; counseling services; and medication and somatic treatments. Languages: Unable to verify.	Unable to verify.	<ul style="list-style-type: none"> ▪ Insurance: Unable to verify. ▪ Referral: Call Access HelpLine at 1-888-793-4357. ▪ Availability: Unable to verify.
Universal Healthcare Management Services	<ul style="list-style-type: none"> • Provides four core services of diagnostic and assessment services; community support services; counseling services; and medication and somatic treatments. 	Early childhood-21	<ul style="list-style-type: none"> ▪ Insurance: AmeriHealth, DC Medicaid, HSCSN, MedStar, Trusted

THERAPY SERVICES IN SOUTHEAST

Organization	Services Provided	Ages Served	Insurance, Referral & Availability
<p>3230 Pennsylvania Ave. SE Suite 213 WDC 20020 Bus: 36, 39, A11, J13, K11, M6</p> <p>P: 202-583-1181 http://www.uhmsdc.com/</p>	<ul style="list-style-type: none"> Provides Transition to Independence Process (TIP) and Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) (4-18). <p>Languages: English only.</p>		<ul style="list-style-type: none"> Referral: Call Access HelpLine at 1-888-793-4357. Availability: Generally one week
<p>Zocalo Outreach Program</p> <p>745 8th Street SE WDC 20002 Potomac Ave – Blue/Orange Lines Bus: 90, 92, 93</p> <p>P: 202-675-9350 http://sashabruce.org/programs/show/healthy-lives/zocalo-outreach-program/</p>	<ul style="list-style-type: none"> Provides home-based individual and family counseling and support services to at-risk youth. Stabilizes families through home-based services, including crisis intervention, individual youth and parent/guardian counseling, family counseling, school support and advocacy, substance abuse and pregnancy prevention counseling, family activities and support groups, comprehensive case management, and referrals to additional community resources. <p>Languages: English only.</p>	5 th -9 th grade	<ul style="list-style-type: none"> Insurance: All services are free, no insurance needed. Referral: Self-referral by parent needed for services. Availability: Immediate availability.

THERAPY SERVICES IN MARYLAND & VIRGINIA

Organization	Services Provided	Ages Served	Insurance, Referral & Availability
<p>Affordable Behavioral Consultants</p> <p>1400 Merchantile Lane, Suite 206 Largo, MD 20774 Largo Town Center – Blue Line</p> <p>P: 301-386-7722 www.abccares.net</p>	<ul style="list-style-type: none"> • ABC, Inc. is a DMH-certified sub-provider and the child-serving arm of the CSA, Life Stride, and provides diagnostic assessments, psychotherapy/counseling, medication management and community support. • Provide parenting support groups when demand is high enough. • Will not provide medication management for child without child also receiving either therapy or community support. <p>Languages: English only.</p>	5-21	<ul style="list-style-type: none"> ▪ Insurance: DC and MD Medicaid; no DC Medicaid MCOs ▪ Referral: Call Access HelpLine at 1-888-793-4357. ▪ Availability: Assessment available within 1 week; services within 2 weeks.
<p>Jewish Social Service Agency</p> <p>200 Wood Hill Road Rockville, MD 20850 There is no Metro station within walking distance. RideOn buses can be boarded from the Shady Grove, Rockville, or Twinbrook Metro stations.</p> <p>P: Main: 301-838-4200/Inquiry and Screening: 301-816-2633 http://www.jssa.org/web/guest</p>	<ul style="list-style-type: none"> • Provides psychological, psychiatric, educational and neuropsychological evaluations, care coordination, individual, couple, family, sibling and group counseling, social skills therapy groups, medication management, parenting and family support groups and training and services for children and adolescents with disabilities. • Specific center for Autism Spectrum Disorders. <p>Languages: English only.</p>	Infants- young adult	<ul style="list-style-type: none"> ▪ Insurance: Aetna, BlueCross BlueShield, MAMSI/MDIPA/Optimum Choice, Medicare, Medicaid (Maryland only), Tricare, United Behavioral Health, United HealthCare. A reduced fee may be available for those clients without insurance or for services not covered by insurance based on financial need. ▪ Referral: No referral necessary. ▪ Availability: Generally within one month; sometimes sooner dependent on client availability.
<p>Maryland (MD) Family Resource</p>	<ul style="list-style-type: none"> • Core Service Agency that provides four core services of 	5+	<ul style="list-style-type: none"> ▪ Insurance: DC Medicaid and all

THERAPY SERVICES IN MARYLAND & VIRGINIA

Organization	Services Provided	Ages Served	Insurance, Referral & Availability
<p>903 Brightseat Road Landover, MD Bus from Largo Metro-Blue/Orange Line</p> <p>P: 301-333-2980</p>	<p>diagnostic and assessment services; community support services; counseling services; community-based intervention and medication and somatic treatments.</p> <ul style="list-style-type: none"> • Provide Trauma-Focused CBT. <p>Languages: English only.</p>		<p>MD Medicaid, no DC Medicaid MCOs.</p> <ul style="list-style-type: none"> ▪ Referral: DC residents, call Access HelpLine at 1-888-793-4357. MD residents, call main office number. ▪ Availability: Intake appointments within one week.
<p>Multicultural Human Services</p> <p>Locations throughout Northern Virginia. Please call for more information.</p> <p>P: 571-748-2800 http://www.nvfs.org/</p>	<ul style="list-style-type: none"> • Provides Individual, Couples, Group, & Family Therapy ; Domestic Violence Counseling; Anger Management Counseling; Batterer’s Intervention Program; Program for Survivors of Torture & Severe Trauma (PSTT); Parenting Classes; Substance Abuse Education & Counseling ; Medication Management/Consultation with Psychiatrist. <p>Languages: English, Spanish, French, Arabic, Portuguese, Farsi, Vietnamese</p>	Unable to verify.	<ul style="list-style-type: none"> ▪ Insurance: Self-Pay, Sliding Scale, Insurance ▪ Referral: For referral form, click here: http://www.nvfs.org/pages/page.asp?page_id=91704 ▪ Availability: Unable to verify.
<p>Outreach Solutions</p> <p>14760 Main Street Suite 117 Upper Marlboro, MD 20772</p> <p>P: 301-574-8027</p>	<ul style="list-style-type: none"> • Certified Specialty provider to provide Community-Based Intervention: Intensive Home and Community-based Services (IHCBS) and supports. <p>Languages: English only.</p>	6-21	<ul style="list-style-type: none"> ▪ Insurance: Medicaid. ▪ Referral: Call Access HelpLine at 1-888-793-4357. ▪ Availability: Contact Access HelpLine.
<p>Youth Villages</p> <p>1911 Fort Myer Drive, Suite 305 Arlington VA 22209</p>	<ul style="list-style-type: none"> • Provides intensive in-home treatment programs for troubled teenagers, children and families only within the District of Columbia. 	8-17	<ul style="list-style-type: none"> ▪ Insurance: DC Medicaid, AmeriHealth, Medstar, HSCSN, Trusted.

THERAPY SERVICES IN MARYLAND & VIRGINIA

Organization	Services Provided	Ages Served	Insurance, Referral & Availability
Rosslyn – Orange Line Bus: 3A P: 703-516-6940 www.youthvillages.org	Languages: Spanish offered for intensive in-home treatment.		<ul style="list-style-type: none"> ▪ Referral: No referral necessary. ▪ Availability: Immediate availability.

PSYCHIATRISTS

This section provides information on psychiatric providers located in hospitals, health systems, and nonprofits.

PSYCHIATRISTS			
Organization	Services Provided	Ages Served	Insurance, Referral & Availability
<p>Aetna Pediatric Behavioral Health Management Program</p> <p>For more info, including how to participate, see: http://www.aetna.com/healthcare-professionals/tools/Pediatric-Behavioral-Health.html</p>	<ul style="list-style-type: none"> The Aetna Pediatric Behavioral Health Management Program is designed to support pediatricians in the diagnosis and treatment of mood and behavior problems. The program is open to Aetna participating pediatricians treating any Aetna member 5 to 18 years of age who has Aetna medical and behavioral health benefits. 	5-18	<ul style="list-style-type: none"> Insurance: Aetna Referral: Provider contacts Aetna directly. Availability: Contact Aetna.
<p>Children's National Health System – Division of Psychiatry and Psychology</p> <p>111 Michigan Avenue NW WDC 20010 Shuttles from Union Station, Brookland and Columbia Heights Bus: H1, H2, H3, H4</p> <p>P: 202-476-2118 – Front Desk P: 202-476-4733 – Intake www.cnmc.org</p>	<ul style="list-style-type: none"> The Division of Psychiatry and Psychology offers assessment, diagnosis, and care for children and teens with behavioral, emotional, and developmental disorders. Specialty clinics/programs include: Anxiety; Attention Deficit and Hyperactivity Disorders Clinic; Bullying Related Health Risks; Gender and Sexuality Psychosocial Programs; Infant and Toddler Mental Health Program (ITP); Mood Disorders Clinic; Neurobehavior Program. <p>Languages: Access to multiple languages through interpreter service.</p>	Infants – 17 yrs and 6 mos	<ul style="list-style-type: none"> Insurance: Aetna, BlueCross BlueShield, DC Medicaid (only MDs), AmeriHealth, HSCSN, MedStar, Trusted, Tricare, United, MD Medicaid – ValueOptions, VA Medicaid MCOs (not straight VA Medicaid). Referral: No referral necessary. Family should call intake coordinator, who will mail packet to family, which they must complete and mail or fax back. Coordinator will call to confirm receipt, and follow up call will be made after info

PSYCHIATRISTS			
Organization	Services Provided	Ages Served	Insurance, Referral & Availability
			<p>reviewed to schedule appointment.</p> <ul style="list-style-type: none"> Availability: Currently closed to new patients until July.
<p>Comprehensive Community Health & Psychological Services LLC</p> <p>1250 H Street NE WDC 20002 Union Station – Red Line Bus: X1, X2</p> <p>P: 202-543-5830 www.cchpsonline.org/</p>	<ul style="list-style-type: none"> Provides individual therapy, cognitive-behavioral therapy, family therapy, couples therapy, group therapy, play therapy/psychodrama, psychiatric assessment & medication management, substance abuse screening/counseling, psychological/personality testing forensic evaluations, and a co-occurring disorders program, which treats clients suffering from both chemical addiction and mental illness. <p>Languages: Unable to verify.</p>	Unable to verify.	<ul style="list-style-type: none"> Forms of payment accepted include Medicaid, state financed (other than Medicaid), private health insurance, or self-payment (no sliding scale). Unable to verify further. Referral: Unable to verify. Availability: Unable to verify.
<p>Congress Heights Life Skills Center</p> <p>3029 Martin Luther King, Jr. Ave SE Suite 300 WDC 20032 Bus: A2, A4, A6, A7, A8, A9, A42, A46, A48, W2, W3, W4</p> <p>P: 202-971-4055</p>	<ul style="list-style-type: none"> Provides outpatient mental health services; psychiatrist for med management; social workers for therapy (in-home and group-based); and behavioral specialists. Groups for anger management, social skills and bereavement. <p>Languages: English only.</p>	1-26	<ul style="list-style-type: none"> Insurance: HSCSN only Referral: Must go through Cathy Ruffin at HSCSN at 202-495-7715 Availability: Generally immediate availability.
<p>DC Department of Behavioral Health Child Psychiatric Practice Group</p> <p>821 Howard Road SE WDC 20020 Anacostia – Green Line Bus: P18, W14, B2, W2, W4, 90, 94,</p>	<ul style="list-style-type: none"> Child Psychiatric Practice Group (PPG) includes 3 child psychiatrists that provide psychotropic medication assessment and management. Same day urgent care is available under certain circumstances for youth already prescribed psychotropic medication, but is not intended for psychiatric emergencies (e.g., suicidal). 	6-18	<ul style="list-style-type: none"> Insurance: Accepts all DC Medicaid MCOs and DC Medicaid. Serves all individuals regardless of ability to pay. Referral: Referral from physician not necessary but

PSYCHIATRISTS			
Organization	Services Provided	Ages Served	Insurance, Referral & Availability
A42, A46, A48, P6, A2, A7, A8, A4, W5, W6, W8, W2, W3, A9, Circulator P: 202-698-1838	Languages: Can utilize interpreter service if necessary.		helpful. ▪ Availability: 1-2 weeks, including for psychiatrists.
DC Department of Behavioral Health Core Service Agencies Please see page 78 for full listing of child-serving CSAs or call Access HelpLine at 1-888-793-4357	<ul style="list-style-type: none"> CSAs offer diagnostic assessments; medication management, community support, and counseling. 	Variable	Please see individual listings.
Howard University Outpatient Mental Health Clinic 530 College Street NW WDC 20060 Shaw – Green/Yellow Lines Bus: 70 P: 202-806-7981 http://huhealthcare.com/healthcare/hospital/departments/psychiatry-behavioral-sciences	<ul style="list-style-type: none"> Children and adolescent services include outpatient treatment, medication management, and individual therapy Languages: English only.	6-17	<ul style="list-style-type: none"> Insurance: DC Medicaid, Trusted, HSCSN, VA Medicaid; only PPOs, no HMOs accepted. NOTE: Besides the clinic, private doctors are available who accept all forms of insurance, including Medicaid and all MCOs Referral: No referral needed, unless required by insurance provider. Availability: About 1-2 week wait for new patients.
Jewish Social Service Agency 200 Wood Hill Road Rockville, MD 20850 There is no Metro station within walking distance. RideOn buses can be	<ul style="list-style-type: none"> Provides psychological, psychiatric, educational and neuropsychological evaluations, care coordination, individual, couple, family, sibling and group counseling, social skills therapy groups, medication management, parenting and family support groups and training and services for children and adolescents with disabilities. 	Infants- young adult	<ul style="list-style-type: none"> Insurance: Aetna, BlueCross BlueShield, MAMSI/MDIPA/Optimum Choice, Medicare, Medicaid (Maryland only), Tricare, United Behavioral Health,

PSYCHIATRISTS			
Organization	Services Provided	Ages Served	Insurance, Referral & Availability
<p>boarded from the Shady Grove, Rockville, or Twinbrook Metro stations.</p> <p>P: Main: 301-838-4200/Inquiry and Screening: 301-816-2633 http://www.jssa.org/web/guest</p>	<ul style="list-style-type: none"> Specific center for Autism Spectrum Disorders. <p>Languages: English only.</p>		<p>United HealthCare. A reduced fee may be available for those clients without insurance or for services not covered by insurance based on financial need.</p> <ul style="list-style-type: none"> Referral: No referral necessary Availability: Generally within one month; sometimes sooner dependent on client availability.
<p>Love Your Life Healthcare (LYLE)</p> <p>1628 11th Street NW WDC 20001 U Street-Green/Yellow Lines Bus: 63, 64</p> <p>P: 202-232-4270 http://www.lylehealthcare.com</p>	<ul style="list-style-type: none"> Provide assessments, psychotherapy/counseling, positive behavior support, and medication management for children and adolescents with serious disorders such as autism, anxiety, depression, attention deficit and hyperactivity disorder (ADHD), and bipolar disorder. <p>Languages: Arabic, Creole, French, Spanish</p>	4+	<ul style="list-style-type: none"> Insurance: DC Medicaid, AmeriHealth, Trusted, HSCSN, BCBS, Cigna, United, Humana, not Magellan. Referral: No referral necessary. Availability: Immediate availability for assessments and therapy; 1-2 weeks for psychiatrists.
<p>MedStar Georgetown University Hospital - Psychiatry Department</p> <p>2115 Wisconsin Avenue Suite 200 WDC 20007 Bus: 31, 32, 36</p>	<ul style="list-style-type: none"> Child/Adolescent Psychiatry provides comprehensive outpatient evaluation and treatment for children and their families. The program offers individual psychotherapy, family therapy and medication treatments. Specialists treat children who have mood disorders, anxiety disorders, post-traumatic stress disorder, attention-deficit/hyperactivity disorder, disruptive behavior disorders, learning disorders 	Early childhood-17	<ul style="list-style-type: none"> Insurance: Aetna, DC Medicaid, HSCSN (w referral only), Care First PPO (some plans), MedStar (DC only), and United Referral: No referral necessary.

PSYCHIATRISTS			
Organization	Services Provided	Ages Served	Insurance, Referral & Availability
P: 202-944-5400 https://www.medstarhealth.org/Pages/Services/Mental-Health/Psychiatry-at-MedStar-Georgetown-University-Hospital.aspx	and autism-spectrum disorders, as well as children struggling to adjust to stressful life situations and coping with medical illnesses. <ul style="list-style-type: none"> Includes 2 specialty clinics: Autism and Communications and Mood and Anxiety. Languages: Spanish and interpreter service available		<ul style="list-style-type: none"> Availability: Status of whether accepting new patients changes daily, and often not accepting new patients.
Mary's Center 3912 Georgia Avenue NW Washington, DC 20011 (Psychiatry) Georgia Ave/Petworth – Green/Yellow Bus: 60, 62, 63, 64, 70, 79, H8 P: 202-483-8319 http://www.maryscenter.org/	<ul style="list-style-type: none"> Provides psychiatric and therapeutic services, including Parent Child Interaction Therapy (PCIT), for children. Will conduct psychiatric assessments and med management for children under 5. Languages: Spanish	3+ years	<ul style="list-style-type: none"> Insurance: Aetna, AmeriHealth, Beacon (Behavioral Health), CareFirst, DC Medicaid, HSCSN, Medstar, Trusted, Unison (Alliance, Medicaid), United Health Care (Optimum Choice and Mamsi) Referral: No referral necessary. Availability: Approximately 2-3 months for psychiatric and therapeutic services.
Psychiatric Institute of Washington (PIW) 4228 Wisconsin Avenue NW WDC 20016 Tenleytown – Red Line Bus: 31, 32, 36, 96, H2, H3, H4, X3 P: 202-885-5600 www.psychinstitute.com	<ul style="list-style-type: none"> Child services (ages 5-12) include evaluation and individualized treatment plans that involve medical, psychological developmental, educational, social and family assessment; psychotherapy, education sessions, and support groups involve parents and other family members. Adolescent services (ages 13-17) include individual, group, and family therapy to address issues such as drug and alcohol abuse, self-destructive, defiant or anti-social behavior and mental health crises such as anxiety, depression, or suicide. 	5+	<ul style="list-style-type: none"> Insurance: DC and MD Medicaid, AmeriHealth, HSCSN, Medstar, Trusted, Acordia, Aetna, Anthem, APS, Blue Cross Blue Shield, CareFrist, Cigna, Chickering/student, First Health, GEHA, Guardian/Alliance, Coventory Iner/American Bank, Gita, Kaiser, Magellan, Malihandlers, MAMSI, Managed Health

PSYCHIATRISTS			
Organization	Services Provided	Ages Served	Insurance, Referral & Availability
	Languages: Translation services available (particularly Spanish).		<p>Network, MDIPA/Alliance, NCAS, NCPPO/IBC, Optium Choice, QualCare, Tricare, Unicare/NCPPO, Unison Health Plan, United Healthcare, ValueOptions</p> <ul style="list-style-type: none"> ▪ Referral: No referral needed, unless required by insurance provider. ▪ Availability: Immediate availability.
<p>The Ross Center for Anxiety and Related Disorders</p> <p>5225 Wisconsin Avenue NW Suite 400 WDC 20015 Friendship Heights - Red Line Bus: 31, 32, 36, N2</p> <p>P: 202-363-1010 http://www.rosscenterdc.com/</p>	<ul style="list-style-type: none"> • Provides treatment by child and adolescent psychiatrists and psychologists. In addition to individual and group therapy, the Center offers family therapy and parenting skills training. <p>Languages: French</p>	Early childhood-18	<ul style="list-style-type: none"> ▪ No insurance accepted. ▪ Referral: Referral not necessary. ▪ Availability: Approximately 1 month.
<p>Washington School of Psychiatry – Adele Lebowitz Center for Youth and Family</p> <p>5028 Wisconsin Avenue NW Suite 400 WDC 20016 Friendship Heights – Red Line Bus: 31, 32, 36, 37, N2</p>	<ul style="list-style-type: none"> • Treatment options include psychiatric services, medication management, individual psychotherapy, group therapy, couples therapy, parent counseling, psychoanalysis, and appropriate referrals. <p>Languages: Spanish and Portuguese</p>	Unable to verify.	<ul style="list-style-type: none"> ▪ Insurance: They accept some forms of insurance and offer a sliding fee scale – they assist clients regardless of their ability to pay. ▪ Referral: Unable to verify.

4/11/14

PSYCHIATRISTS			
Organization	Services Provided	Ages Served	Insurance, Referral & Availability
P: 202-537-6050 www.wspdc.org			<ul style="list-style-type: none">▪ Availability: Unable to verify.

CORE SERVICE AGENCIES

DBH contracts with a number of agencies to deliver Mental Health Rehabilitation Services, and provide community-based or in-home services for children with severe social/emotional disorder diagnoses. Providers who offer the four core services (diagnostic assessments, medication management, community support, and counseling) are classified as CSAs; those providers who offer a subset of these core services (e.g., assessment and counseling) can be certified as a sub-provider or specialty provider. The following list includes child-serving agencies that are CSAs, as well as agencies that are certified as sub-providers of MHRS. CSAs are noted with an asterisk. This section is organized by geographic quadrant.

Call the 24/7 Access Helpline 1-888-793-4357 to connect with one of the CSAs.

CORE SERVICE AGENCIES IN NORTHEAST

Organization	Services Provided	Ages Served	Insurance, Referral & Availability
<p>Family Preservation Services</p> <p>3341 Benning Road NE WDC 20019 Minnesota Avenue – Orange Line Bus: X1, X2, X3</p> <p>P: 202-543-0387 http://www.fpscorp.com/Locations/WashingtonDC.asp</p>	<ul style="list-style-type: none"> Specialty provider that provides diagnostic and assessment services, medication/somatic treatment, counseling and psychotherapy. Community based interventions (CBI) are also provided to children and youth age 6 to 21 and their families. Transition to Independence Process (TIP) <p>Languages: Spanish offered for community based interventions</p>	6+	<ul style="list-style-type: none"> Insurance: DC Medicaid, AmeriHealth, Trusted, MedStar Family Choice, HSCSN; United Healthcare commercial insurance, Value Options Referrals: Call Access HelpLine at 1-888-793-4357. Availability: Immediate availability.
<p>Mental Health Services Division*</p> <p>35 K Street NE WDC 20002 Union Station – Red Line</p>	<ul style="list-style-type: none"> The CSA provides diagnostic and assessment services, medication/somatic treatment, counseling and psychotherapy. <p>Languages: Unable to verify.</p>	Unable to verify.	<ul style="list-style-type: none"> Insurance: Unable to verify. Referral: Call Access HelpLine at 1-888-793-4357.

4/11/14

CORE SERVICE AGENCIES IN NORTHEAST

Organization	Services Provided	Ages Served	Insurance, Referral & Availability
Bus: D3, D4, 80 P: 202-442-4876			<ul style="list-style-type: none">▪ Availability: When open for intake, immediate availability.

CORE SERVICE AGENCIES IN NORTHWEST

Organization	Services Provided	Ages Served	Insurance, Referral & Availability
<p>API Associates</p> <p>7826 Eastern Avenue NW Suite 201 WDC 20012 Bus: S2, 70, 79</p> <p>P: 202-291-0912 www.apiassociatesinc.com</p>	<ul style="list-style-type: none"> • Provide diagnostic assessments, including psychological and psycho-educational evaluations, and counseling services for children and families, including individual, play and family therapy for conditions including anxiety, depression, conduct difficulties, trauma, ADHD. • Provides home and office-based services. • The organization has specific experience evaluating the needs of children with developmental disabilities and special education needs. <p>Languages: Spanish</p>	3-adult	<ul style="list-style-type: none"> ▪ Insurance: AmeriHealth, DC Medicaid, HSCSN, Trusted ▪ Referral: Call Access HelpLine at 1-888-793-4357. ▪ Availability: Intake usually occurs within one week of contacting agency.
<p>Family Matters of Greater Washington*</p> <p>1509 16th Street NW WDC 20036 Bus: G2, S1, S2, S4, S9</p> <p>P: 202-289-1510 ext. 1118 www.familymattersdc.org</p>	<ul style="list-style-type: none"> • Provides Play therapy for children, individual and family therapy, medication management, and psychiatric evaluation, and case managers (community support workers) available. <p>Languages: Counseling services offered in Spanish</p>	4+	<ul style="list-style-type: none"> ▪ Insurance: DC Medicaid, Trusted, AmeriHealth, HSCSN, United Behavioral Health ▪ Referral: Call Access HelpLine at 1-888-793-4357. ▪ Availability: About 2 weeks for new patients.
<p>First Home Care*</p> <p>1012 14th Street NW WDC 20005 McPherson Square – Blue/Orange Lines Bus: 80, D1, D3, D6, 52, 53, 54</p> <p>P: 202-737-2554 http://www.firsthomecare.com/</p>	<ul style="list-style-type: none"> • A CSA that provides services to children and youth with serious emotional disturbances and persons with serious mental illness. Services include diagnostic assessments, medication/somatic treatment, individual, family and group counseling, community support, which includes skills training (anger management, coping skills, study skills, stress management, etc.) and community based intervention (CBI). • Provide Trauma-Focused Cognitive Behavioral Therapy (TF-CBT), Transition to Independence Process (TIP), and Functional Family Therapy (FFT). 	5-21	<ul style="list-style-type: none"> ▪ Insurance: HSCSN, AmeriHealth, Trusted, MedStar, Medicaid ▪ Referral: Call Access HelpLine at 1-888-793-4357. ▪ Availability: Call Access HelpLine.

CORE SERVICE AGENCIES IN NORTHWEST

Organization	Services Provided	Ages Served	Insurance, Referral & Availability
<p>Hillcrest Children and Family Center*</p> <p>915 Rhode Island Avenue NW WDC 20001 Shaw – Green/Yellow Lines Bus: G8</p> <p>P: 202-232-6100 http://www.hillcrest-dc.org/</p>	<ul style="list-style-type: none"> Languages: English only. Provides individual, group, and family therapy, psychiatric evaluation, parenting education, anger and stress management services, a youth substance abuse treatment program (Turning Point), a youth substance abuse prevention program (Project Success), community support services, community-based interventions, a depression intervention program, and crisis intervention and emergency services. Children, adolescent, and teen services include community support, individual counseling, and medication management. <p>Languages: English only.</p>	3-21	<ul style="list-style-type: none"> Insurance: DC Medicaid only, Medstar, Trusted, AmeriHealth, HSCSN, ValueOptions Referral: Call Access HelpLine at 1-888-793-4357. Availability: Call Access HelpLine.
<p>Latin American Youth Center*</p> <p>1419 Columbia Road NW WDC 20009 Columbia Hgts Metro Station – Green/Yellow Lines Bus: 52, 54, H4</p> <p>P: 202-319-2225 or 202-319-2229 http://www.layc-dc.org/</p>	<ul style="list-style-type: none"> Core Service Agency that provides assessment; individual, group, and family counseling; crisis intervention; psychiatric evaluations, medication management; and community support. Provides Child-Parent Psychotherapy (CPP). <p>Language: Spanish</p>	0-5 & 12-21	<ul style="list-style-type: none"> Insurance: Unable to verify. Referral: Call Access HelpLine at 1-888-793-4357. Availability: Unable to verify.
<p>Mary's Center*</p> <p>508 Kennedy Street, NW WDC 20011 (MH therapists) Bus: 62, 63, E2, E3, E4</p> <p>3912 Georgia Avenue NW</p>	<ul style="list-style-type: none"> Core Service Agency that provides psychiatric and therapeutic services, including Parent Child Interaction Therapy (PCIT), for children. Will conduct psychiatric assessments and med management for children under 5. <p>Languages: Spanish</p>	Therapy 2+ Psychiatry 3+	<ul style="list-style-type: none"> Insurance: DC and MD Medicaid, Trusted, Medstar, HSCSN, AmeriHealth, Aetna, Blue Cross Blue Shield, Cigna Referral: Call Access HelpLine at 1-888-793-4357.

CORE SERVICE AGENCIES IN NORTHWEST

Organization	Services Provided	Ages Served	Insurance, Referral & Availability
WDC 20011 (Psychiatry) Georgia/Petworth – Green/Yellow Lines Bus: 60, 62, 63, 64, 70, 79, H8 P: 202-483-8319 http://www.maryscenter.org/			<ul style="list-style-type: none"> ▪ Availability: Approximately 2-3 month wait for psychiatric and therapeutic services.

CORE SERVICE AGENCIES IN SOUTHEAST

Organization	Services Provided	Ages Served	Insurance, Referral & Availability
<p>Community Connections*</p> <p>801 Pennsylvania Ave SE Suite 201 WDC 20003 Eastern Market – Blue/Orange Lines Bus: 90, 92, 93, 32, 34, 36, 39</p> <p>P: 202-546-1512 www.communityconnectionsdc.org</p>	<ul style="list-style-type: none"> Core Service Agency that provides comprehensive mental health services including assessment of needs and life domains; individualized treatment planning; community support services; in home and/or office based counseling; community-based interventions; psycho-educational training and support; medication management. Provide Trauma-Focused Cognitive Behavioral Therapy, Transition to Independence Process (TIP), and Functional Family Therapy. <p>Languages: Spanish; Amharic; Hindi; Korean and others</p>	5+	<ul style="list-style-type: none"> Insurance: DC Medicaid, AmeriHealth, MedStar, Trusted and HSCSN. Referral: Call Access HelpLine at 1-888-793-4357. Availability: Call Access HelpLine.
<p>Contemporary Family Services*</p> <p>3300 Pennsylvania Ave SE WDC 20020 Bus: 36, 39, A11, J13, K11, M6</p> <p>P: 202-735-0761 http://www.contemporaryservices.net/</p>	<ul style="list-style-type: none"> Provides four core services of diagnostic and assessment services; community support services; counseling services; and medication and somatic treatments. <p>Languages: English only.</p>	5+	<ul style="list-style-type: none"> Insurance: DC Medicaid. Referral: Call Access HelpLine at 1-888-793-4357. Availability: Intake available within one week.
<p>Inner City Family Services*</p> <p>2307 Martin Luther King Jr. Avenue SE WDC 20020 Anacostia – Green Line Bus: 90, A42, A46, A48, B2, P6, U2, W2, W3, W8, 93</p> <p>P: 202-525-4855 http://www.innercityfamilyservices.com</p>	<ul style="list-style-type: none"> Provides individual counseling, family counseling and training, community support, crisis intervention, diagnostic assessments, psychological evaluation, behavioral aid, community transition and medical management. <p>Languages: English only.</p>	4+	<ul style="list-style-type: none"> Insurance: DC Medicaid, AmeriHealth, Trusted, Medstar Referral: Call Access HelpLine at 1-888-793-4357. Availability: Call Access HelpLine.
<p>Integrated Behavioral Services Group</p>	<ul style="list-style-type: none"> Diagnostic assessments, therapy and children’s day 	6-15	<ul style="list-style-type: none"> Insurance: DC Medicaid,

CORE SERVICE AGENCIES IN SOUTHEAST

Organization	Services Provided	Ages Served	Insurance, Referral & Availability
<p>2041 Martin Luther King Jr. Ave SE #201 WDC 20020 Anacostia – Green Line Bus: 90, 93, A42, A46, A48, B2, P6, U2</p> <p>P: 202-610-1444 http://www.ibsginc.com/services.html</p>	<p>rehabilitation.</p> <ul style="list-style-type: none"> • Individual Therapy: Depression, Anxiety, Trauma & Post-Traumatic Stress, Sexual Abuse, Grief and Loss, Acting Out Behaviors, Anger Management, Physical and Emotional Abuse, Abusive Relationship Issues, Substance Abuse • Family Therapy : RAD Therapy (Reactive Attachment Disorder), Parenting Skills Enhancement, Parent & Child Issues, Siblings, Blended Families, Adoptive Family Issues, Recovering from Divorce/Separation, Grief, Loss and Adjustment, Custody/Visitation Related Issues • Children’s Group Therapy: Trauma, Sexual Abuse, Grief & Loss <p>Languages: English only.</p>		<p>Trusted, Medstar, AmeriHealth, HSCSN. Most (if not all) commercial insurance accepted and billed.</p> <ul style="list-style-type: none"> ▪ Referral: Call Access HelpLine at 1-888-793-4357. ▪ Availability: Immediate availability.
<p>Life Enhancement Services*</p> <p>1328 Southern Avenue SE Suite 301 WDC 20032 Southern Avenue – Green Line Bus: A2, A42, D12, D13, D14, P12, W2, W15, NH3</p> <p>P: 202-562-6262 http://www.lifeenhancementservices.org/dc/</p>	<ul style="list-style-type: none"> • Provides medication management; diagnostic & comprehensive clinical assessments; behavioral health screenings; therapy (individual, group, family); community support; case management. • Provides Transition to Independence Process (TIP). <p>Languages: Unable to verify.</p>	Unable to verify.	<ul style="list-style-type: none"> ▪ Insurance: DC Medicaid, MedStar. ▪ Referral: Call Access HelpLine at 1-888-793-4357. ▪ Availability: Unable to verify.
<p>MBI Health Services*</p> <p>2041 MLK Avenue SE WDC 20020 Anacostia – Green Line</p>	<ul style="list-style-type: none"> • Provides four core services of diagnostic and assessment services; community support services; counseling services; Transition to Independence Process (TIP); and medication and somatic treatments. • 2 child psychiatrists on staff. 	5+	<ul style="list-style-type: none"> ▪ Insurance: AmeriHealth, DC Medicaid, HSCSN, MedStar, Trusted ▪ Referral: Call Access HelpLine at

CORE SERVICE AGENCIES IN SOUTHEAST

Organization	Services Provided	Ages Served	Insurance, Referral & Availability
Bus: 90, 93, A9, A42, A46, A48, B2, P6, U2 P: 202-547-8450 http://www.mbihealthservices.com/general/index.php	<ul style="list-style-type: none"> Developing specialty services for LGBT youth. Languages: English only.		1-888-793-4357. <ul style="list-style-type: none"> Availability: When open for intake, immediate availability.
North American Family Institute (NAFI) 720 I Street SE WDC 20003 Eastern Market – Blue/Orange Lines Bus: V7, V8, 90, 92, 93 P: 202-525-2631 http://www.nafi.com/nafinfi/	<ul style="list-style-type: none"> Certified to provide Multisystemic Therapy for Emerging Adults (MST-EA), which aims to help emerging adults with Serious Mental Health Conditions (SMHC) and justice system involvement to decrease offending and increase their involvement in the normative activities of this age group. Languages: Not yet verified.	17-21	<ul style="list-style-type: none"> Insurance: DC Medicaid. Referral: Call Access HelpLine at 1-888-793-4357. Availability: Not yet verified.
PSI* 770 M Street SE WDC 20003 Navy Yard-Green; Eastern Market-Blue/Orange Bus: A42, A46, A48, P6, V7, V8, V9 P:202-547-3870 http://www.psiservicesinc.net/pages/ChildServices/ede.html	<ul style="list-style-type: none"> Provides four core services of diagnostic and assessment services; community support services; counseling services; and medication and somatic treatments. Languages: Unable to verify.	Unable to verify.	<ul style="list-style-type: none"> Insurance: Unable to verify. Referral: Call Access HelpLine at 1-888-793-4357. Availability: Unable to verify.
Universal Healthcare Management Services* 3230 Pennsylvania Ave. SE Suite 213 WDC 20020	<ul style="list-style-type: none"> Provides four core services of diagnostic and assessment services; community support services; counseling services; and medication and somatic treatments. Provides Transition to Independence Process (TIP) and Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) 	Early childhood-21	<ul style="list-style-type: none"> Insurance: AmeriHealth, DC Medicaid, HSCSN, MedStar, Trusted Referral: Call Access HelpLine at

CORE SERVICE AGENCIES IN SOUTHEAST

Organization	Services Provided	Ages Served	Insurance, Referral & Availability
Bus: 36, 39, A11, J13, K11, M6 P: 202-583-1181 http://www.uhmsdc.com/	(4-18). Languages: English only.		1-888-793-4357. ■ Availability: Generally one week

CORE SERVICE AGENCIES IN MARYLAND

Organization	Services Provided	Ages Served	Insurance, Referral & Availability
<p>Affordable Behavioral Consultants</p> <p>1400 Merchantile Lane, Suite 206 Largo, MD 20774 Largo Town Center – Blue Line</p> <p>P: 301-386-7722 www.abccares.net</p>	<ul style="list-style-type: none"> • ABC, Inc. is a DMH-certified sub-provider and the child-serving arm of the CSA, Life Stride, and provides diagnostic assessments, psychotherapy/counseling, medication management and community support. • Provide parenting support groups when demand is high enough. • Will not provide medication management for child without child also receiving either therapy or community support. <p>Languages: English only.</p>	5-21	<ul style="list-style-type: none"> ▪ Insurance: DC and MD Medicaid; no DC Medicaid MCOs ▪ Referral: Call Access HelpLine at 1-888-793-4357. ▪ Availability: Assessment available within 1 week; services within 2 weeks.
<p>Maryland (MD) Family Resource*</p> <p>903 Brightseat Rd Landover, MD Bus from Largo Metro-Blue/Orange Line</p> <p>P: 301-333-2980</p>	<ul style="list-style-type: none"> • Core Service Agency that provides four core services of diagnostic and assessment services; community support services; counseling services; community-based intervention and medication and somatic treatments. • Provide Trauma-Focused CBT. <p>Languages: English only.</p>	5+	<ul style="list-style-type: none"> ▪ Insurance: DC Medicaid and all MD Medicaid, no DC Medicaid MCOs. ▪ Referral: DC residents, call Access HelpLine at 1-888-793-4357. MD residents, call main office number. ▪ Availability: Intake appointments within one week.
<p>Outreach Solutions</p> <p>14760 Main Street Suite 117 Upper Marlboro, MD 20772</p> <p>P: 301-574-8027</p>	<ul style="list-style-type: none"> • Certified Specialty provider to provide Community-Based Intervention: Intensive Home and Community-based Services (IHCBS) and supports. <p>Languages: English only.</p>	6-21	<ul style="list-style-type: none"> ▪ Insurance: Medicaid. ▪ Referral: Call Access HelpLine at 1-888-793-4357. ▪ Availability: Contact Access HelpLine.

SCHOOL-BASED MENTAL HEALTH SERVICES

The School Mental Health Program promotes social and emotional development and addresses psycho-social and mental health problems that become barriers to learning. The SMHP serves youth, families, teachers and school staff in the DC Public Schools and DC Public Charter Schools.

There are **tiered levels of intervention**:

Tier 1: A clinician is available to the school on a full-time basis to provide prevention, early intervention and treatment services. Existing schools that have demonstrated high utilization of the program, and new schools who have enrollment of at least 200 students, demonstrate a readiness for the SMHP program, and have identified need through a needs assessment process will qualify for consideration for tier 1 service.

Tier 2: A clinician is available to the school on a part-time basis to provide prevention, early intervention and treatment services.

School listing for SY2013-14:

DCPS Elementary Schools	DCPS Middle/Education Campuses	DCPS High Schools	DC Public Charter Schools
Aiton Elementary School (T1)	Cardozo Middle School (T1)	Cardozo Senior High School (T1)	Booker T. Washington PC School (T2)
Amidon-Bowen Elementary School (T1)	Columbia Heights Education Campus (T1)	Columbia Heights Education Campus (T1)	Center City PC School Congress Heights Campus (T2)
Beers Elementary School (T2)	Eliot-Hine Middle School (T1)	Coolidge High School (T1)	Cedar Tree Academy PC School (T2)
CW Harris Elementary School (T2)	Hart Middle School (T1)	McKinley Tech High School (T1)	Cesar Chavez-Parkside PC School (T1)
Garfield Elementary School (T1)	Jefferson Middle School Academy (T 1)	Wilson Senior High School (T1)	Eagle Academy PCS at McGogney (T1)
Garrison Elementary School (T1)	Johnson Middle School (T1)		Eagle Academy PCS at McGogney (T1)
Houston Elementary School (T2)	Kelly Miller Middle School (T1)		Eagle Academy PCS at New Jersey (T2)
Ketcham Elementary School (T2)	Kramer Middle School (T1)		E. L. Haynes PCS Ga. Ave Campus (T2)
Martin Luther King Elementary School (T1)	Sousa Middle School (T1)		E.L. Haynes PCS Kansas Ave Campus (T2)
Moten Elementary School (Tier 1)	Stuart-Hobson Middle School (T1)		Friendship Blow-Pierce Junior Academy PCS (T1)
Myrtilla Miner Elementary School (T1)	Browne Education Campus (T1)		Friendship Collegiate Academy PCS (T2)
Orr Elementary School (T1)	Langley Education Campus (T2)		Maya Angelou PC Middle/High School (T2)
Payne Elementary School (T2)	LaSalle-Backus Education Campus (T1)		Meridian PC School (T1)
Simon Elementary School (T2)	Noyes Education Campus (T1)		SELA PC School (T2)
Thomas Elementary School (T1)	Takoma Education Campus (T1)		
Turner Elementary School (T1)	Walker-Jones Education Campus (T1)		
	Wheatley Education Campus (T1)		

ALCOHOL AND SUBSTANCE ABUSE

This section provides information on outpatient and residential substance abuse treatment centers.

ALCOHOL/SUBSTANCE ABUSE			
Organization	Services Provided	Ages Served	Insurance, Referral & Availability
<p>Addiction Prevention and Recovery Administration - Adolescent Substance Abuse Treatment Expansion Program (ASTEP)</p> <p>Assessment and Referral Center (ARC) 70 N Street NE WDC 20002</p> <p>P: 202-727-8473 http://dmh.dc.gov/node/107042</p>	<ul style="list-style-type: none"> • The District of Columbia offers 4 locations where DC youth can go to seek help for a drug or alcohol issue. Through ASTEP youth may access services directly from the substance abuse treatment provider of their choice within the network. Call to schedule an appointment with the provider of your choice from the list below: <ul style="list-style-type: none"> ○ Latin American Youth Center (Ward 1) - 1419 Columbia Rd. NW – 202-319-2229 ○ Hillcrest Children’s Center (Ward 4) - 244 Taylor Street NW – 202-232-6100 ○ Federal City Recovery Services (Ward 6) - 316 F St. NE, Suite 118 – 202-548-8460 ○ Riverside Treatment Center (Ward 8) - 2041 MLK Jr. Ave. SE – 202-889-3182 	21 and under	<ul style="list-style-type: none"> ▪ All youth served regardless of ability to pay. ▪ Youth should contact one of listed service providers directly.
<p>Alcoholics Anonymous Hotline</p> <p>4530 Connecticut Avenue NW Suite 111 WDC 20008 Van Ness/UDC – Red Line Bus: L1, L2</p> <p>P: 202-966-9115 www.AA-DC.org</p>	<ul style="list-style-type: none"> • Alcoholics Anonymous is a fellowship of men and women who share their experiences, strength, and hope with each other so that they may solve their common problems and help others to recover from alcoholism. 	All ages	<ul style="list-style-type: none"> ▪ Services are free.
<p>AL-ANON Hotline</p>	<ul style="list-style-type: none"> • AL-ANON is a fellowship of relatives and friends of 	All ages	<ul style="list-style-type: none"> ▪ Services are free.

ALCOHOL/SUBSTANCE ABUSE

Organization	Services Provided	Ages Served	Insurance, Referral & Availability
P: 202-635-2023 www.al-anon-alateen-dcmd.org	alcoholics who share their experiences, strength, and hope in order to solve their common problems. Services through AL-ANON are free.		
Circles of Hope Psychotherapy and Addictions Services 3000 Connecticut Ave NW Suite #321 WDC 20008 Woodley Park – Red Line Bus: L1, L2 P: 202-265-2343 http://www.wecare44u.com/	<ul style="list-style-type: none"> Provides outpatient substance abuse care and DUI/DWI drug and education courses, as well as grief counseling, marriage and family therapy, couples counseling and individual counseling. Languages: Not yet verified.	Not yet verified.	<ul style="list-style-type: none"> Insurance: Payment assistance is available through a sliding fee scale (fee is based on income and other factors). Referral: Not yet verified. Availability: Not yet verified.
Clean and Sober Streets 425 2nd Street NW WDC 20001 Judiciary Square – Red Line Bus: D6, 13Y P: 202-783-7343 www.cleanandsobrestreets.org	<ul style="list-style-type: none"> Offers a 4 phase recovery program which includes transitional housing, AA/NA meetings, GED and/or job training and employment services. Participants can also receive help to get a birth certificate, ID card, clothing, food, and other items. Participants must agree to abide by community rules and must maintain their sobriety in order to remain eligible to live in the residence. Languages: Not yet verified.	Not yet verified.	<ul style="list-style-type: none"> Insurance: Services are free. Referral: Accepts walk-ins and referrals from APRA and other programs. Availability: Admissions is on rolling basis.
Family and Medical Counseling Service Inc. 2041 Martin Luther King, Jr. Ave SE #303 WDC 20020 Anacostia – Green Line Bus: 90, 93, A42, A46, A48, B2, P6, U2	<ul style="list-style-type: none"> Provides outpatient substance abuse treatment services to both male and female adolescents, persons with HIV/AIDS, DUI/DWI offenders, and criminal justice clients. Languages: Not yet verified.	Adolescents	<ul style="list-style-type: none"> Insurance: Methods of payment include self-payment, Medicaid, Medicare, and private health insurance. Payment assistance is available through a sliding fee scale (fee is based on income and other factors).

ALCOHOL/SUBSTANCE ABUSE

Organization	Services Provided	Ages Served	Insurance, Referral & Availability
P: 202-889-7900 www.fmcsinc.org			<ul style="list-style-type: none"> ▪ Referral: Not yet verified. ▪ Availability: Not yet verified.
Federal City Recovery Services – ASTEP Provider 316 F Street NE Suite 118 WDC 20002 Union Station – Red Line Bus: 80, 90, 92, 93, 96, 97, D1, D3, D4, D6, D8, X1, X2, X8 DC Circulator P: 202-548-8460 http://www.federalcityrecovery.org/	<ul style="list-style-type: none"> • Federal City Recovery Services applies its highly effective HYPPER (Helping Young People Perform Excel and Recover) program within a Level I Outpatient and Level II Intensive Outpatient treatment environment. Intake, assessment, orientation, individual counseling, and therapy take place Monday through Friday from 9:00 a.m. to 4:00 p.m. Group treatment takes from 3:30 pm to 8:00 pm. <p>Languages: Not yet verified.</p>	12-21	<ul style="list-style-type: none"> ▪ Insurance: Not yet verified. ▪ Referral: Not yet verified. ▪ Availability: Not yet verified.
Gospel Rescue Ministries (Merging with Central Union Mission in 2014) 810 5th Street NW WDC 20001 Gallery Place/Chinatown – Red, Green and Yellow Lines Bus: P6, 80, X2 P: 202-842-1731 http://www.grm.org/	<ul style="list-style-type: none"> • The Men's & Women's Treatment Program is a holistic, addiction treatment facility which helps its clients towards a healthy and drug/alcohol free life through spiritual direction, addiction and remedial education, psychological support, family participation, physical development, vocational support (Ready to Work), aftercare and one on one evaluation/ counseling. <p>Languages: Not yet verified.</p>	18 and over	<ul style="list-style-type: none"> ▪ Insurance: Not yet verified. ▪ Referral: Not yet verified. ▪ Availability: Not yet verified.
Harbor Lights 2100 New York Avenue NE WDC 20002 Bus: B2	<ul style="list-style-type: none"> • 136-bed facility that provides a comprehensive, six-month residential treatment program for men and women struggling with drug and alcohol addiction. Clients are primarily homeless, with limited or no access to other treatment programs. Educational assistance along with classes such as relapse prevention and anger 	18 and over	<ul style="list-style-type: none"> ▪ Insurance: Not yet verified. ▪ Referral: Not yet verified. ▪ Availability: Not yet verified.

ALCOHOL/SUBSTANCE ABUSE

Organization	Services Provided	Ages Served	Insurance, Referral & Availability
P: 202-269-6333 www.uss.salvationarmy.org For additional information contact the Intake Coordinator at Ext. 212 or the Clinical Director at Ext. 226.	management prepare graduates for independence and meaningful employment. Languages: Not yet verified.		Must be drug and alcohol free for a minimum of 72 hours, agree to a medical examination and 30 day supply of medication, and have a current TB results or chest X-Ray.
Hillcrest Children and Family Center – ASTEP Provider 915 Rhode Island Avenue NW WDC 20001 Shaw – Green/Yellow Lines Bus: G8 P: 202-232-6100 http://www.hillcrest-dc.org/	<ul style="list-style-type: none"> The program will provide accessible, culturally appropriate and multi-level intensive outpatient treatment which includes: case management, diagnosis, referral and other substance abuse support services, individual and group therapy, social services, prevention, drug education, criminal-related activities, and vocational training. The program will provide services to families to eliminate or reduce drug/alcohol use to facilitate recovery services using a holistic approach to treatment. Youth will be engaged in the Cannabis Youth Treatment Model. Languages: English only.	12-21	<ul style="list-style-type: none"> Insurance: Not yet verified. Referral: Not yet verified. Availability: Not yet verified.
Holy Comforter Saint Cyprian Community Action Group 335 Eighth Street SE (entrance on 7th Street) WDC 20003 Eastern Market – Blue/Orange Lines Bus: 32, 34, 36, A11, 90, 92, 93 P: 202-543-4558 http://www.drugrehabilitationnetwork.c	<ul style="list-style-type: none"> Drug or alcohol rehabilitation center with residential, transitional and outpatient treatment. Languages: English only.	Not yet verified.	<ul style="list-style-type: none"> Insurance: Not yet verified. Referral: Not yet verified. Availability: Not yet verified.

ALCOHOL/SUBSTANCE ABUSE

Organization	Services Provided	Ages Served	Insurance, Referral & Availability
om/treatment-directory/dc/holy-comforter-saint-cyprian-community-action-group-outpt-prg-cag.html			
<p>Howard University Hospital – Drug Abuse Institute</p> <p>2041 Georgia Ave NW Suite 6B-13 WDC 20060 Shaw-Howard U – Green/Yellow Lines Bus: 70, 90, 92, 93, 96, X3</p> <p>P: 202-865-6611</p>	<ul style="list-style-type: none"> The primary focus of the Drug Abuse Institute is outpatient substance abuse treatment. Special programs are offered for persons with co-occurring mental and substance abuse disorders. <p>Languages: Not yet verified.</p>	Not yet verified.	<ul style="list-style-type: none"> Insurance: Payment methods accepted include self-payment, Medicaid, Medicare, private health insurance, and Military insurance (e.g. VA TRICARE). Payment assistance is offered via a sliding scale. Referral: Not yet verified. Availability: Not yet verified.
<p>Kolmac Clinic</p> <p>1411 K Street NW Suite 703 WDC 20005 McPherson Square – Blue/Orange Lines Bus:D1, D3, D6, 16Y, 52, 53, 54, A9, 80</p> <p>P: 202-638-1992 http://www.kolmac.com/</p>	<ul style="list-style-type: none"> The Kolmac Clinic serves the Washington, DC metro area with six outpatient alcohol and drug treatment centers for substance abuse treatment, outpatient rehabilitation and outpatient continuing care. The treatment plan includes detoxification, rehabilitation, and continuing care. Professionals with addiction are the predominant population treated at the Kolmac Clinic DC office. Most patients come to Kolmac via their employer or Employee Assistance Program, but others through physicians, therapists or psychiatrists. <p>Languages: Not yet verified.</p>	Adults	<ul style="list-style-type: none"> Insurance: Aetna; AmericanPsychSystems; Carefirst BlueCross BlueShield (FEP, HMO, PPO); CIGNA; Kaiser; Magellan; MAMSI; National Capital PPO (NCPPO); United Behavioral Health; United Healthcare; ValueOptions Referral: Not yet verified. Availability: Not yet verified.
<p>Latin American Youth Center – ASTEP Provider</p> <p>1419 Columbia Road NW WDC 20009</p>	<ul style="list-style-type: none"> The LAYC Substance Abuse Prevention Program provides outreach, prevention and outpatient treatment services to youth and their families. Prevention, treatment and rehabilitation are accomplished through a program that combines and intake and assessment, individual, group, 	12-21	<ul style="list-style-type: none"> Insurance: Not yet verified. Referral: Not yet verified.

ALCOHOL/SUBSTANCE ABUSE

Organization	Services Provided	Ages Served	Insurance, Referral & Availability
<p>Columbia Heights – Green/Yellow Lines Bus: 52, 54, H4</p> <p>P: 202-319-2229 http://www.layc-dc.org/index.php/programs/social-services/counseling/substance-abuse.html</p>	<p>and family therapy, case management, school-based groups and referrals.</p> <p>Languages: Spanish</p>		<ul style="list-style-type: none"> ▪ Availability: Not yet verified.
<p>Mental Health and Substance Abuse Program - La Clinica del Pueblo</p> <p>2831 15th Street NW WDC 20009 Columbia Heights – Green/Yellow Lines Bus: S1, S2, S4, 52, 53, 54, H2, 42</p> <p>P: 202-462-4788 Ext 241 www.lcdp.org</p>	<ul style="list-style-type: none"> • La Clinica del Pueblo offers <i>Volviendo a Vivir</i>, an outpatient substance abuse treatment program for Latinos with drug and/or alcohol dependency. Targets recent ex-offenders and those awaiting trial in the Latino community. There are two levels of treatment, Level 1 and Level 2 (intensive). The treatment consists of individual and group therapy as well as HIV education and testing, and case management. <p>Languages: Spanish</p>	Not yet verified.	<ul style="list-style-type: none"> ▪ Insurance: Services are free, but insurance will be accepted. ▪ Referral: Walk-ins or referrals accepted. ▪ Availability: Not yet verified.
<p>Narcotics Anonymous Hotline</p> <p>P: 1-800-543-4670 or 202-399-5316 www.cprna.org</p>	<ul style="list-style-type: none"> • Narcotics Anonymous is a global, community-based organization with a multi-lingual and multicultural membership. Offer recovery from the effects of addiction through working a twelve-step program, including regular attendance at group meetings. <p>Languages: Multi-lingual.</p>	Any age	<ul style="list-style-type: none"> ▪ Services are free.
<p>Next Step Program - Foundation for Contemporary Mental Health</p> <p>2112 F Street NW Suite 404 WDC 20037</p>	<ul style="list-style-type: none"> • The Next Step Program focuses on outpatient substance abuse treatment. Special programs are offered for DUI/DWI offenders. <p>Languages: Not yet verified.</p>	21+	<ul style="list-style-type: none"> ▪ Patients who are D.C. residents and have no insurance or whose insurance does not cover substance abuse treatment services may be eligible to

ALCOHOL/SUBSTANCE ABUSE

Organization	Services Provided	Ages Served	Insurance, Referral & Availability
Foggy Bottom – Blue and Orange Lines Bus: 80, 31, 32, 36, N3, S1, X1 P: 202-296-4422 http://fcmhdc.org/			receive a paid voucher for treatment at The Next Step. In order to receive a voucher for the program of their choice, patients must first be assessed for eligibility and referred by APRA’s Assessment and Referral Center. <ul style="list-style-type: none"> ▪ Referral: Referral required. ▪ Availability: Not yet verified.
Riverside Treatment Center 2041 Martin Luther King Jr. Ave. SE WDC 20020 Anacostia – Green Line Bus: 90, 93, A9, A42, A46, A48, B2, P6, U2 P: 202-889-3182	<ul style="list-style-type: none"> • The Riverside Outpatient Program is specifically designed to provide a continuum of treatment for adolescents and young adults who are abusing or addicted to substances and who may present with co-occurring psychiatric disorders. The multidimensional modalities offered include assessment, treatment, education, prevention, case management, systems coordination, family interventions, home visits and evidence based manualized treatment approaches that include the Cannabis Youth Treatment (CYT), Motivational Enhancement Therapy (MET), and Cognitive Behavioral Therapy (CBT) 12 Series. Twelve Step A.A. /N.A. materials geared towards young people’s interest levels are utilized. Program elements also include an aggressive family outreach program, cultural enrichment activities, life skills, ethics, conflict resolution, self-esteem, anger management and socialization curricula. Transportation and meals are provided for all clients. 	12-21	<ul style="list-style-type: none"> ▪ Insurance: Not yet verified. ▪ Referral: Not yet verified. ▪ Availability: Not yet verified.

ALCOHOL/SUBSTANCE ABUSE

Organization	Services Provided	Ages Served	Insurance, Referral & Availability
<p>Samaritan Inns – Intensive Recovery Program</p> <p>2523 14th Street NW WDC 20009 Columbia Heights – Green/Yellow Lines Bus: 52, 53, 54</p> <p>P: 202-667-8831 http://www.samaritaninns.org/</p>	<p>Languages: Not yet verified.</p> <ul style="list-style-type: none"> Offers 3 phases of treatment. The first is a highly structured, 28-day residential program where men and women experiencing homelessness and addiction learn the 12-step AA/NA principles and practices, and benefit from individual and group counseling. The second stage is transitional living, a 4-6 month program that empowers residents to practice the principles learned during their 28-day treatment. The final stage is single room occupancy (SRO) housing. <p>Languages: Not yet verified.</p>	<p>18+</p>	<ul style="list-style-type: none"> Insurance: Not yet verified. Referral: Applicants must be referred for transitional living. Availability: Not yet verified.
<p>Second Genesis</p> <p>1320 Harvard Street NW WDC 20009 Columbia Heights – Green/Yellow Lines Bus: 52, 53, 54</p> <p>P: 202-222-0120 http://www.secondgenesis.org/</p>	<ul style="list-style-type: none"> Offers a residential drug rehab center as well as outpatient program. The residential program follows a therapeutic community treatment model. Also offers an Alternative to Incarceration program. Counseling services for men are available in DC and MD. Counseling services for women are available in MD. <p>Languages: Not yet verified.</p>	<p>18+</p>	<ul style="list-style-type: none"> Insurance: Payment can be out of pocket or through referee funding. Referral: Applicants must be referred for services. Availability: Not yet verified.

PARENTING RESOURCES

This section includes resources for parents/families/caregivers, including parenting classes.

PARENTING RESOURCES			
Organization	Services Provided	Ages Served	Insurance, Referral & Availability
<p>CentroNia</p> <p>1420 Columbia Road NW WDC 20009 Columbia Heights – Green/Yellow Lines Bus: H1, H2, H3, H4, H8, 52, 53, 54</p> <p>P: 202-332-4200 http://www.centronia.org/</p>	<ul style="list-style-type: none"> The Family Center offers ongoing educational opportunities to adults and the community through workshops, counseling and classes on topics such as parent leadership, crisis intervention, child abuse prevention, child safety, child development and employment readiness. <p>Languages: Spanish</p>	Parents and Caregivers	<ul style="list-style-type: none"> Not yet verified.
<p>The Columbia Heights/Shaw Family Support Collaborative</p> <p>1816 12th St NW Ste 201 WDC 20009 U Street – Green/Yellow Lines Bus: 63, 64</p> <p>P: 202-518-6737 http://chsfsc.org/</p>	<ul style="list-style-type: none"> Parenting classes available to anyone who lives in DC. For more information, contact Silvia Diaz at 202-319-7599 or sdiaz@chsfsc.org <p>Languages: Spanish</p>	Parents and Caregivers	<ul style="list-style-type: none"> All parenting classes are free. Saturday classes for Spanish speakers and Mondays for English speakers. New parenting classes to start on Wednesday March 26th from 4:00pm to 6:00 PM for English speakers.
<p>East River Family Strengthening Collaborative</p> <p>3917 Minnesota Avenue NE WDC 20019 Minnesota Ave – Orange Line</p>	<ul style="list-style-type: none"> Services include: case management, crisis intervention, and life skills/workforce development, parenting empowerment, adolescent services, housing assistance, fatherhood support, youth activities, financial education classes, community engagement, capacity building and technical assistance. 	Parents and Caregivers	<ul style="list-style-type: none"> All services are free to Ward 7 residents.

PARENTING RESOURCES			
Organization	Services Provided	Ages Served	Insurance, Referral & Availability
Bus: U2, U4, U5, U6, V7, V8, X1, X2, X3, X9 P: 202-397-7300, ext.226 http://www.erfsc.org/index.html	Languages: Unable to verify.		
Edgewood/Brookland Family Support Collaborative 1345 Saratoga Avenue NE #2 WDC 20018 Bus: D8 P: 202-832-9400 http://www.ebfsc.org/	<ul style="list-style-type: none"> Parenting Support Services provide parents with information, peer support and skill-building through parenting education seminars, workshops and support programs. The Fatherhood Education Empowerment and Development (FEED) Program is designed to support fathers' involvement in the lives of their children. FEED offers a 12-week Quenching the Father's Thirst training program for fathers interested in forming closer and more meaningful connections with their children. Languages: Unable to verify.	Parents and Caregivers	<ul style="list-style-type: none"> All services are free to families
Family Place 3309 16th Street NW WDC 20010 Columbia Heights – Yellow/Green Lines Bus: S1, S2, S4, 52, 53, 54, H8 P: 202-265-0149 http://www.thefamilyplacedc.org	<ul style="list-style-type: none"> <u>Parenting</u> classes offered in conjunction with Children’s Hospital Community Health Center at Adam’s Morgan clinic. Class covers topics such as: Parenting styles; Preparing our children for success/ Cultural values; Identifying and changing behaviors; Child development/ Teaching responsibility; Acculturation/ Risk and protective factors for violent behaviors. <u>Prenatal and infant</u> classes offered in conjunction with Children’s Hospital Community Health Center at Adam’s Morgan clinic. Prenatal class covers topics such as: what to expect in each trimester; embryotic development; breastfeeding; nutrition; what to expect when giving birth and different forms of delivery; and post-partum depression. Infant class covers healthy eating habits; the 	Parents and pregnant women for prenatal class	<ul style="list-style-type: none"> No cost for classes and no referral required. Parenting class at meets every Wednesday from 10-11:30 AM for 11 weeks and runs constantly throughout the year. Call main number to enroll. Prenatal/Infant class is offered every Wednesday from 12:30-2:00 PM for 10 weeks and runs throughout the year.

PARENTING RESOURCES			
Organization	Services Provided	Ages Served	Insurance, Referral & Availability
	<p>importance of play and safety measures; information on hygiene, etc.</p> <p>Languages: Classes only offered in Spanish.</p>		
<p>Far Southeast Family Strengthening Collaborative</p> <p>2041 Martin Luther King Jr. Ave SE #304 WDC 20020 Anacostia – Green Line Bus: 90, 93, A42, A46, a48, B2, P6, U2</p> <p>P: 202-889-1425 http://www.hftcc.org/?3e3ea140</p>	<ul style="list-style-type: none"> Men and Boys Program provides a variety of services to promote healthier functioning among African American Men and Boys. Services include Parent skills training; Life skills training; Fatherhood training; Supportive case management. <p>Languages: Unable to verify.</p>	<p>-Fathers who live in DC -Fathers with children that live within a 20 mile radius of DC -Fathers who have children under the age of 18 -Non-custodial fathers</p>	<ul style="list-style-type: none"> Classes are free of charge.
<p>Georgia Avenue Family Support Collaborative</p> <p>4420 Georgia Avenue NW WDC 20011 Bus: 70</p> <p>P: 202-722-1815 ext. 218 http://www.garcec.org/Home_Page.php</p>	<ul style="list-style-type: none"> Provide parenting classes and support. Classes are for 6 weeks, held continuously throughout the year and meet in the evenings. The Fatherhood Empowerment and Educational Development (FEED) Program is designed to support fathers' involvement in the lives of their children and includes parenting classes for DC fathers with children under 18. <p>Languages: English only.</p>	<p>Parents; any father in DC.</p>	<ul style="list-style-type: none"> Classes are free of charge.
<p>Healthy Babies Project</p> <p>4501 Grant Street NE</p>	<ul style="list-style-type: none"> Teen Parent Empowerment Program provides comprehensive health, education, and support services to young adults ages 13-21, promoting primary health 	<p>Parents ages 13-21</p>	<ul style="list-style-type: none"> All classes are free.

PARENTING RESOURCES			
Organization	Services Provided	Ages Served	Insurance, Referral & Availability
<p>WDC 20019</p> <p>P: 202-396-2809</p> <p>http://www.healthybabiesproject.org/</p>	<p>care, abstinence choices, family planning, pregnancy prevention services, HIV/STD testing, health education, counseling, case management, referrals and academic support, and college preparation. Uses the evidence-based <u>Chicago Parent curriculum</u> as core component of program.</p>		
<p>Hillcrest Children and Family Center</p> <p>915 Rhode Island Avenue NW WDC 20001 Shaw – Green/Yellow Lines Bus: G8</p> <p>P: 202-232-6100</p> <p>http://www.hillcrest-dc.org/</p>	<ul style="list-style-type: none"> Parenting Education: Individuals and groups learn and practice skills essential to successful child rearing and healthy family relationships. <p>Languages: Unable to verify.</p>	Parents and Caregivers	<ul style="list-style-type: none"> Unable to verify.
<p>Home Visiting Programs</p> <p>Please see page 40 for information on home visiting programs.</p>			
<p>Little Blue House</p> <p>524 Irving Street NW WDC 20010 Bus: H1, H2, H3, H4</p> <p>P: Contact Malca Gottlieb, Licensed Social Worker at 202-304-3661</p> <p>http://www.littlebluehouse.org/</p>	<ul style="list-style-type: none"> Provides parent social services support program and parent education program. Social services support involves working with parent(s) to identify issues which often include housing, legal issues or child-specific issue, and connecting with referrals and supporting family through process. Parent education program involves goal-directed therapeutic based process groups. <p>Languages: Spanish</p>	Parents	<ul style="list-style-type: none"> All services are free and available immediately after initial interview. To determine whether a parent is a good fit for a program, parent should contact Malca at 202-304-3661 to conduct brief interview.
<p>Male Caregivers Advocacy Support Group (HSCSN)</p>	<ul style="list-style-type: none"> Support group for male caregivers of children with special needs facilitated by HSCSN. Do not need to be HSCSN member. 	Male caregiver of child w/	<ul style="list-style-type: none"> Support group is free of charge and available to any male caregiver of a child with special

PARENTING RESOURCES			
Organization	Services Provided	Ages Served	Insurance, Referral & Availability
2124 Martin Luther King Jr. Ave SE WDC 20020 Anacostia – Green Line Bus: 90, 93, A42, A46, a48, B2, P6, U2 P: 202-580-6485	Languages: English only.	special needs	needs. Do not need to be HSCSN member. <ul style="list-style-type: none"> Meet every Wednesday from 6-9pm at MLK Jr location. Child care and dinner provided; transportation available for HSCSN members.
Parent Advocate Leaders Group (HSCSN) DC Dept of Park and Recreation Therapeutic Recreation 3030 G Street SE WDC 20019 Bus: U2, V7, V9 P: 202-580-6485	<ul style="list-style-type: none"> Support group for parents/caregivers of children with special needs. Do not need to be HSCSN member. Provides forum for support, advocacy and education. Languages: Spanish interpreter at all meetings.	Parents and caregivers of children with special needs.	<ul style="list-style-type: none"> Support group is free of charge. Do not need to be HSCSN member. Meet 3rd Saturday of every month; 10am-3pm. Parent discussion and breakfast in AM; lunch and presentation in PM. Child care and breakfast and lunch provided; transportation available for HSCSN members.
PSI 770 M Street SE WDC 20003 Navy Yard-Green; Eastern Market-Blue/Orange Lines Bus: A42, A46, A48, P6, V7, V8, V9 P:202-547-3870 http://www.psiservicesinc.net/pages/ChildServices/ede.html	<ul style="list-style-type: none"> Parenting Skills Training Group and individual 24-hour parenting classes to develop parenting skills and attitudes and prevent child abuse or neglect. Classes meet at PSI or in the home. Classes are offered for a fixed fee, and are open to all interested parents. Languages: Unable to verify.	Parents and caregivers.	<ul style="list-style-type: none"> Cost: Unable to verify.
Text4baby – Free service of nonprofit National Healthy Mothers, Healthy Babies Coalition (HMHB)	<ul style="list-style-type: none"> Text4baby is mobile information service designed to promote maternal and child health through text messaging. 	Parents and Caregivers	<ul style="list-style-type: none"> Free.

PARENTING RESOURCES			
Organization	Services Provided	Ages Served	Insurance, Referral & Availability
https://www.text4baby.org/	<ul style="list-style-type: none"> Women who text BABY (or BEBE for Spanish) to 511411 receive three free text messages a week, timed to their due date or their baby's birth date, through pregnancy and up until the baby's first birthday. The messages address topics such as labor signs and symptoms, prenatal care, urgent alerts, developmental milestones, immunizations, nutrition, birth defect prevention, safe sleep, safety, and more. <p>Languages: Spanish.</p>		
<p>Total Family Care Coalition</p> <p>1214 I Street SE Suite 11 WDC 20003 Potomac Ave – Orange/Blue Lines Bus: 32, 34, 36, V7, V9</p> <p>P: 202-758-3281 http://www.totalfamilycarecoalition.org/programs.html</p>	<ul style="list-style-type: none"> Provides a Fatherhood Initiative Workshop and Women's Support Group. Peer Support Workers work with parents and families to connect them with resources, promote healthy mental health development and educate them on how to find appropriate resources. LCSW provides crisis management and in-home mental health assessments. TFCC also provides Transition to Independence Process (TIP). <p>Languages: Unable to verify.</p>	Parents and Caregivers.	<ul style="list-style-type: none"> Free.

COMMON DISORDERS & TREATMENT MODALITIES

- 1) **ADHD** symptoms benefit most from psychopharmacological intervention (particularly **stimulant medication**) with or without behavior therapy (the latter especially beneficial in the context of comorbid psychiatric disorders, family stress or suboptimal response to medication). **Behavioral parent training** may include guidance on home token economy and enhanced school-home communication (classroom accommodations including use of daily classroom behavioral report card).

- 2) **Disruptive Behavior Disorder (including Oppositional Defiant Disorder, Conduct Disorder, and anger management problems)** include symptoms of oppositionality, angry or vindictive behavior, problems with temper control or aggression (verbal and / or physical).
 - a. **Parent Management Training**, including Parent-Child Interaction Therapy, aims to support the caregiver in reducing positive reinforcement for negative behavior, increasing positive reinforcement for prosocial and compliant behavior and providing consistent limits.
 - b. **Problem-Solving Skills Training** introduces children to five steps to handle hypothetical and real-life problematic situations.
 - c. **Multi-Systemic Therapy** provides extensive and intensive treatment (case management, family interventions, prosocial activity) in the child's own psychosocial environment.
 - d. **Functional Family Therapy** is an intervention for the treatment of violent, criminal, behavioral, school, and conduct problems with youth and their families.
 - e. Medication is ineffective as monotherapy but may be considered as an adjunctive treatment when therapies are insufficient.

- 3) **Anxiety Disorders** involve excessive fears that may be generalized or that may be focused on varying themes including separation from caregivers or social situations.
 - a. Exposure-based **Cognitive Behavioral Therapy** (CBT) equips children with coping skills and provides practice in developing a sense of mastery over anxiety triggers and symptoms.
 - b. With moderate or severe anxiety or symptoms persistent despite regular psychotherapy, **SSRIs** are considered first-line psychopharmacologic intervention.

4) Depression may manifest as depressed or irritable mood in the context of loss of interest in previously enjoyed activities or changes in sleep, appetite, energy and concentration; also of concern are suicidal ideation or attempt.

- a. **Psychoeducation, supportive management and simple case management** (relating to family or school stress) are reasonable initial interventions for mild depression.
- b. **Cognitive Behavioral Therapy (CBT)** involves cognitive restructuring (changing negative thinking patterns) and behavioral activation (engaging in positive activities).
- c. **Interpersonal Therapy (IPT)** directly addresses interpersonal conflicts or deficits, role transitions, or grief.
- d. **SSRIs** are considered first-line psychopharmacologic intervention.

5) Trauma Disorder symptom clusters include re-experiencing of the trauma, persistent avoidance of trauma reminders or negative alterations in cognitions and mood, and persistent symptoms of hyperarousal.

- a. **Trauma Focused- Cognitive Behavioral Therapy (TF-CBT)** introduces stress-management skills with exposure-based interventions with the objective of providing a sense of mastery over trauma reminders.
- b. **Child-Parent Psychotherapy** targets younger children (younger than age 7 years) and their parent with focuses on the attachment relationship, processing traumatic grief, and emotional and technical support to the dyad.

6) Autistic Spectrum Disorder symptoms include social communication deficits and restricted, repetitive behaviors in the early developmental period.

- a. **Applied Behavioral Analysis (ABA)** involves functional analysis of maladaptive behaviors and utilization of targeted behavioral techniques to provide desired behavioral alternatives generalizable to other areas of life.
- b. **Pivotal Response Treatment (PRT)** focuses upon target behaviors with a more child-driven approach (child's own interests and situation determining behavioral activities and rewards).
- c. Communication skills are enhanced and optimized in **Speech and Language Therapy**- while this intervention is widely accepted as beneficial, diversity of models lends to smaller mass of research studies and therefore weaker evidence base.
- d. Contingent upon the child's level of function, **Social Skills Groups** may provide education and practice on social reciprocity- while this intervention is widely accepted as beneficial, diversity of models lends to smaller mass of research studies and therefore weaker evidence base.

OTHER HELPFUL RESOURCES AND WEBSITES

AmeriHealth http://amerihealthdc.com/	DC Rape Crisis Center Phone: 202.232.0789 24 Hour Hotline 202.333.7273 www.dcrcc.org
Children's Law Center http://www.childrenslawcenter.org/	DC Resource Center for Children with Special Health Care Needs http://www.dccshcn.org
DC 211, Answers Please! Free service that links District residents to government and community programs. Available 24/7 202-463-6211 http://dhs.dc.gov/page/211-answers-please	Georgetown University Center for Child and Human Development http://gucchd.georgetown.edu/
DC Child and Family Services Agency http://cfsa.dc.gov/	Health Care for Children with Special Needs (HSCSN) http://www.hscsn-net.org/
DC Department of Behavioral Health http://dmh.dc.gov/page/about-dbh	Maternal and Child Library at Georgetown University http://www.mchlibrary.info/
DC Department of Health http://doh.dc.gov/	MedStar http://www.medstarfamilychoice.com/
DC Department of Health Care Finance http://dhcf.dc.gov/	Student Support Center Resource Guide – comprehensive listing of DC community resources http://www.studentsupportcenter.org/resources/commonResources/SSC_CommunityResourceGuide.pdf
DC Health Check Training and Resource Center http://www.dchealthcheck.net/	Trusted http://www.trustedhp.com/
DC Home Visiting Council http://www.dchomevisiting.org/programs/	

ALPHABETICAL INDEX OF RESOURCES

Organization and Page Number
ChAMPS (Child and Adolescent Mobile Psychiatric Service): 8
A Piece of Mind: 29
Adolescent Substance Abuse Treatment Expansion Program (ASTEP): 89
Adventist Behavioral Health: 9
Aetna Pediatric Behavioral Health Management Program: 71
Affordable Behavioral Consultants: 14, 68, 87
AL-ANON Hotline: 89
Alcoholics Anonymous Hotline: 89
Anacostia Center for Psychotherapy & Counseling: 62
Andromeda Transcultural Health: 50
API Associates: 14, 50, 80
Ascensions Psychological & Community Services: 62
Brook Lane: 9
Calvert Hospital: 10
Capitol Hill Center for Individual and Family Therapy: 62
Care Resources: 29
Center for Autism and Related Disorders (C.A.R.D.): 29
Center for Child Protection and Family Support: 15, 63
CentroNia: 97
Chatterbox PT LC: 30
Chattering Children: 30
Children's Nat'l Health System – Child Development Clinic: 15, 30, 51

Organization and Page Number
Children's Nat'l Health System – Division of Psychiatry and Psychology: 16, 52, 71
Children's Nat'l Health System – Hearing and Speech Center: 31
Children's Nat'l Health System – Inpatient Psychiatry Unit: 10
Children's Nat'l Health System – Physical Medicine and Rehabilitation: 31
Children's Nat'l Health System – Freddie Mac Child and Adolescent Protection Center (CAPC):
Children's Nat'l Health System – Center for Autism Spectrum Disorders: 16, 51
Circles of Hope Psychotherapy and Addictions Services: 90
Clean and Sober Streets: 90
Clear Communication: 32
Coastal Healthcare: 32
Columbia Heights/Shaw Family Support Collaborative: 97
Columbia Road Health Services: 53
Community Connections: 17, 63, 83
Comprehensive Community Health & Psychological Services LLC: 48, 72
Congress Heights Life Skills Center: 18, 63, 72
Connections Therapy Center: 32
Contemporary Family Services: 18, 64, 83
Crawford Mental Health: 18, 64
Creative Ways Therapy: 18, 53
DC Child and Family Services Agency (CFSA) Mobile Crisis

Organization and Page Number
Stabilization Services: 8
DC Department of Behavioral Health – Healthy Futures: 43
DC Department of Behavioral Health – Primary Project: 43
DC Department of Behavioral Health Access HelpLine: 9
DC Department of Behavioral Health Child Psychiatric Practice Group: 19, 72
DC Department of Behavioral Health Parent Infant Early Childhood Enhancement Program (PIECE): 19
DC Healthy Start: 40
Dominion Hospital: 10
Early Stages Center – District of Columbia Public Schools: 33
East River Family Strengthening Collaborative: 97
Edgewood/Brookland Family Support Collaborative: 98
Edward C. Mazique Parent Child Center: 19, 54
Family and Medical Counseling Service Inc. : 90
Family Matters of Greater Washington: 20, 54, 80
Family Place: 40, 98
Family Preservation Services: 48, 78
Far Southeast Family Strengthening Collaborative: 99
Federal City Recovery Services: 89, 91
First Home Care: 20, 54, 80
Francis and Associates: 64
George Washington University – Center Clinic: 55
George Washington University – Community Counseling Services: 55
George Washington University – The Metzler Psychological Services Center: 21, 56
George Washington University Medical Center, Department of Psychiatry & Behavioral Sciences – The 5 Trimesters Clinic: 46
Georgetown Family Center Clinic: 55

Organization and Page Number
Georgia Avenue Family Support Collaborative: 99
Gospel Rescue Ministries: 91
Harbor Lights: 91
Healthy Babies Project: 40, 99
Hillcrest Children and Family Center: 21, 56, 81, 92, 100
Holy Comforter Saint Cyprian Community Action Group: 92
Howard University Hospital – Drug Abuse Institute: 93
Howard University Outpatient Mental Health Clinic: 57, 73
HSC Pediatric Center: 34
Inner City Family Services: 22, 65, 83
Inova Kellar: 11
Integrated Behavioral Services Group: 65, 83
It Takes a Village: 34
Jewish Social Service Agency: 22, 34, 68, 73
Johns Hopkins Psychiatry and Behavioral Services – Inpatient: 11
Kennedy Krieger Institute: 35
Kolmac Clinic: 93
La Clinica Del Pueblo, Inc. Mental Health and Substance Abuse Treatment: 57, 94
Latin American Youth Center: 22, 58, 81, 89, 93
Life Enhancement Services: 65, 84
Little Blue House: 100
Love Your Life Healthcare (LYLE): 23, 58, 74
Male Caregivers Advocacy Support Group (HSCSN): 100
Mary’s Center: 23, 35, 41, 47, 58, 75, 81
Maryland (MD) Family Resource: 23, 68, 87
MBI Health Services: 24, 66, 84
MedStar Georgetown University Hospital – Developmental Evaluation Clinic: 35

Organization and Page Number
MedStar Georgetown University Hospital – Psychiatry Department: 25, 74
Medstar Georgetown University Hospital – Perinatal Mental Health Clinic: 46
MedStar Georgetown University Hospital – H.O.Y.A. Clinic: 24
MedStar Montgomery Medical Center: 11
Mental Health Services Division: 48, 78
MSA – The Adolescent Center: 11
Multicultural Human Services: 69
Narcotics Anonymous Hotline: 94
National Institute of Mental Health Division of Behavioral Endocrinology: 47
National Speech and Language Therapy Center: 36
Next Step Program - Foundation for Contemporary Mental Health: 94
Out Came the Sun: 37
Outreach Solutions: 69, 87
Parent Advocate Leaders Group (HSCSN): 101
Perry School Community Services Center: 41
Postpartum Support International: 47
Progressive Life: 49
PSI: 37, 66, 85, 101

Organization and Page Number
Psychiatric Institute of Washington (PIW): 12, 25, 59, 75
Psychological Group of Washington: 26, 59
Riverside Treatment Center: 89, 95
Ross Center for Anxiety and Related Disorders: 26, 60, 76
Safe Shores – The DC Children’s Advocacy Center: 26, 60
Samaritan Inns – Intensive Recovery Program: 96
Second Genesis: 96
Sheppard and Enoch Pratt Hospital: 12
Strong Start: 37
Strong Start Developmental Playgroups: 45
Text4baby: 101
The Capital Region Children’s Center: 15, 50
Total Family Care Coalition: 102
Universal Healthcare Management Services: 27, 66, 85
University of the District of Columbia – Speech and Hearing Clinic:
Washington School of Psychiatry – Adele Lebowitz Center for Youth and Family: 60, 76
Wendt Center for Loss and Healing: 27, 61
Youth Villages: 69
Zocalo Outreach Program: 67