



Contents

Crisis Services	2
Behavioral Health Services	2
Financial Assistance	7
Employment & Education	8
Housing Assistance	9
Pregnancy & Parenting	10
Child Development Services	11
Food	12
Transportation	13
Insurance	13
Clothing	14
Legal Assistance	14
Child Care	15
Youth Resources	15
Prevention & Wellness	16

Crisis Services

The Southern Maryland Center for Family Advocacy

Free legal advocacy, case management, crisis management, and emergency shelter services for victims of domestic violence and sexual assault in St. Mary's County.

24/7 Crisis Hotline: (240) 925-0084

smcfa.net

Maryland 2-1-1

Available 24 hours/7 days a week to callers in need of crisis intervention, risk assessment for suicide, homicide or overdose prevention, support, guidance, and information or linkage to community behavioral health providers.

Call: 2-1-1

211md.org

National Suicide Prevention Lifeline

Provides free and confidential support for people in distress and crisis 24 hours/7 days a week. Online chat feature and language services available.

Call: 1 (800) 273-8255

suicidepreventionlifeline.org

St. Mary's County Health Hub

Crisis Counseling Services to help individuals with substance use disorder and/or mental health needs by providing mental health assessments, care coordination with behavioral health services, and linkages to peer recovery specialists and other community supports.

Call: (301) 904-8949

smchd.org/hub

Behavioral Health Services

Accepts Youth:

Barstow Acres Children's Center

Provides mental health services for children, adolescents, adults and families.

Call: (410) 414-9901

childrencenter.net

Center for Children

Mental health services for children and families, including: case management, co-parenting education, psychiatric rehabilitation program, group therapy, trauma focused cognitive behavioral therapy, functional family therapy, and child parent psychotherapy.

Call: (301) 475-8860

center-for-children.org

Community Counseling Center

Provides Mental Health Counseling services for children, adults, families and older adults.
Call: (301) 934-3103

Counseling Services of Hollywood

Holistic Outpatient substance abuse treatment for adolescents, adults and families.
Call: (301) 373-4215
counselsvcs.hollywood.wixsite.com/counselingservices

Pathways

Psychiatric assessment, medication management, therapeutic counseling, brain injury rehabilitation, psychiatric rehabilitation, supported employment and housing assistance.
Call: (301) 373-3065
pathwaysinc.org

Project Chesapeake

Substance Use Disorder Assessments, Intensive Outpatient and Traditional Outpatient Substance Use Treatment Program (Group and Individual Sessions), 30-90 Day Residential Substance Abuse Treatment Program, Medication-Assisted Treatment, Residential Recovery Housing Individual Therapy.
Call: (240) 309-4015
projectchesapeake.com

Southern Maryland Community Network

Psychiatric rehabilitation program for adults and children, targeted case management, supported employment program, in-home intervention program, adult crisis program, and community behavioral health liaison services.
Call: (301) 475-9315
smdnetwork.org

QCI Behavioral Health

Group therapy, mobile treatment services, outpatient mental health clinic.
Call: (240) 427-3554
qcihealth.com

Tri-County Youth Services Bureau

Counseling and case management for individuals and families with children from birth to 18 years old, anger management, life skills training and youth development programs.
Call: (301) 866-5332
tcysb.org

Vesta, Inc.

Psychiatric assessment, therapy and counseling services, medication management, diagnosis evaluation and court ordered services.

Call: (301) 863-4543
vesta.org

YouMe Healthcare

Online individualized mental health services for children and young adults. Family therapy is also offered and accepts medicaid.
Call: (866) 968-6342
youmehealthcare.com

Accepts Adults:

The Jude House, Inc

Substance abuse services for adults including residential, outpatient and DWI/DUI services.
Call: (301) 932-0700
thejudehouse.org

Pyramid Walden

Walk-in assessments, therapy, medication-assisted treatment, recovery centers, outpatient, residential, and inpatient treatment.
Call: (301) 997-1300
pyramidwalden.com

Fleet and Family Support Center

Provides services to military affiliated individuals and their families.
Call: (301) 342-4911
navymwrpaxriver.com

Outlook Recovery

Medication assisted treatment (Methadone and Buprenorphine) and counseling services specific to opiate addiction.
Call: (240) 237-8325
outlookrecoveryllc.com

Private Practices

A New Hope Family Therapeutic Services, LLC

Assessments, individual therapy, family therapy and group therapy.
Insurance accepted: None
Call: (240) 718-4823
anewhopefamilytherapy.com

BeLite Horizon Medical Center

Provides psychiatric services to children, adolescents and adults.
Insurance accepted: Private Insurance, Medicare, Private Pay, Sliding Fee Scale, Medicaid
Call: (301) 997-0125

donaldhuohamd.com

Bowes & Associates Psychotherapy, LLC

Provides services to adolescents and adults experiencing mental illness or substance abuse issues.

Insurance accepted: Private Insurance, Medicaid, Private Pay
Call: (301) 904-3757

Chesapeake South Therapeutic Group, LLC

Provides individual, marital, play, and family therapy.

Insurance accepted: BCBS, CareFirst, Tricare
Call: (240) 237-8338

chesapeakesouththerapeuticgroupllc.com

Coaching the Voyage

Provides Life Coaching and ADHD coaching for children and adults. Psychotherapy for children and adults.

Insurances accepted: Some Private, Private Pay
Call: (240) 538-2577

coachingforthevoyage.com

Empowered Connections, LLC

For women, girls, and the LGBTQ+ community focusing on mood disorders and suicidal ideation.

Insurance accepted: None
Call: (301) 690-0779

empoweredconnections.net

Hope and Healing Psychotherapy, LLC

Provides CBT, family counseling, christian, and marital therapy to youth ages 4-19 and adults.

Insurance accepted: Tricare East, TriWest
Call: (301) 690-8404

hopehealingtherapy.com

Inner Peace Therapeutic Services, LLC

Specialization therapy focusing on mood disorders, traumatic experiences, family and military issues, and anger management.

Insurance accepted: Tricare, Triwest, Aetna, Cigna, BCBS, BCBS Fed, Compsych, Magellan, Medstar.

Call: (301) 866-6333
innerpeacets.org

Pastoral Counseling Center of St. Mary's

Provides marriage, individual and family counseling services utilizing family systems approach.

Insurance accepted: Private Pay, Sliding Fee Scale, Uninsured

Call: (301) 863-9333

pfccsomd.org

Psychological Services Center, LLC

Provides psychological evaluations and psychotherapy services to clients of all ages.

Insurance accepted: Medicare, Tricare, Carefirst and Federal BCBS, Cigna.

Call: (301) 475-9660

psycsvcs.com

Serenity Place, LLC

Specialties include mood disorders, relationship and DV, chronic illness, TBI, sexual abuse, self esteem, traumatic experiences, and PPD.

Insurance accepted: BCBS, Tricare East, Cigna, Medicaid.

Call: (301) 690-8008

serenityplacellc.com

S.J. Woodward Psychotherapy, LLC

Specialized services for children, teens, and young adults focusing on life transitions, social skills, traumatic experiences and more.

Insurance accepted: Carefirst, self pay, out of network.

Call: (240) 561-9559

sjwpsychotherapy.com

Tides of Change Therapeutic Services, LLC

Practice uses a Dialectic Behavior Therapy (DBT) Program, which includes 24/7 on call services, hospital aversion, individual therapy sessions, family therapy sessions, skills groups and care coordination with other treatment providers.

Insurance accepted: BCBS, UHC, Medicaid.

Call: (240) 309-2351

tidesofchangewellness.com

Support Groups

Marijuana Anonymous

marijuana-anonymous.org

Al-Anon and Alateen

Fellowship of relatives and friends of alcoholics who share their experience, strength, and hope in order to solve their common problems.

Call: 1(800) 425-2666 or (301) 934-4086

somidintergroup.org/alanon

Alcoholics Anonymous

Fellowship resource for those recovering from alcohol use disorder; based upon principles of abstinence.

Call: 1(800) 492-0209

somidintergroup.org

Narcotics Anonymous

Fellowship resource for those recovering from opioid drug use disorder; based upon principles of abstinence.

cprna.org/our-areas/info/tri-county-of-southern-maryland-area

Good Grief Support Group (Hospice of St.Mary's)

Grief support groups and services.

Call: (301) 994-3078

hospiceofstmarys.org

Community Mediation Center

Provides free, confidential and neutral mediation.

Call: (301) 475-9118

smcmediation.org

Celebrate Recovery

A 12-step recovery program for anyone struggling with hurt, pain, or addiction of any kind.

Call: (301) 862-9200

celebraterecovery.com

On Our Own

Information, outreach, peer support, socialization, and educational resources for individuals and groups within the community who are working toward wellness and recovery.

Call: (301) 997-1066

onourownmd.org

Smart Recovery

A mutual support group focused on participants helping each other resolve problems with any addiction. Program uses a science-based 4-point program called SMART.

Call: Lexington Park: (240) 298-0212

Call: Leonardtown: (301) 997-1066

Lexington Park: local.smartrecovery.org/meeting/lexington-park

Leonardtown: smartrecoverytest.org/local/leonardtown

Harm Reduction Program

HIV Testing and referral to treatment, distribution of sterile needles and injection equipment, tips on safer injection, outreach and peer education, overdose response training and naloxone distribution, and many more!

Call: (301) 904-8949

smchd.org/harmreduction

Financial Assistance

Cash Assistance

Temporary Cash Assistance (TCA), Maryland's Temporary Assistance to Needy Families (TANF) program, provides cash assistance to families with dependent children when available resources do not fully address the family's needs.

Call: 1(800) 997-2222

dhs.maryland.gov

Unemployment

Unemployment Insurance

Call: (667) 207-6520

dllr.state.md.us/employment/unemployment.shtml

St. Mary's County Health Hub

Free financial education and coaching services offered by PNC bank.

Call: (301) 904-8949

smchd.org/hub

Employment & Education

Literacy Council of St. Mary's County

Provides basic education tutoring, including reading, English as a new language and math for adults

Call: (301) 863-4847

literacysmc.org

College of Southern Maryland- Leonardtown

A community college in Southern Maryland with various associate degree programs, credit programs, and continuing education courses.

Call: (240) 725-5300

csmd.edu

CSM GED Adult Learning Center

Provides low/no cost education courses focusing on GED preparation and English as a Second Language (ESL). A diploma program is offered as well.

Call: (301) 475-0242 ext.28132

csmd.edu/programs-courses/non-credit/adult-basic-education/index.html

Job Source

Assists job seekers with career exploration, resume development, and various workshops to ensure workforce readiness.

Call: (240) 725-5785

dllr.state.md.us/county/smd

St Marys County Health Hub

Maryland Department of labor is at the Health Hub on the second & fourth Wednesday of every month offering career counseling, resume assistance, and professional skills workshops.

Call: (301) 904-8949

smchd.org/hub

Housing Assistance

Division of Rehabilitation Services (DORS)

Provides vocational and independent living services to individuals with disabilities. To be eligible – individuals must be 16 years of age with physical, mental or emotional disability.

Call: (301) 475-9612

dors.maryland.gov/Pages/default.aspx

Angel's watch regional shelter – Catholic Charities (NEED DSS Referral)

Provides emergency shelter and transitional housing services to women and women with children.

Call: (301) 274-0680

catholiccharitiesdc.org/housinghelp/angelswatch

Three Oaks Center

Provides the homeless in St. Mary's County with housing, stabilization, assessment, and referral to appropriate resources including veterans resources and emergency shelter.

Call: Shelter: (301) 863-9535, Admin: (301) 863-7361

threeoakscenter.org

Housing Authority

Resources and programs available for housing assistance, community development, and community activities. Offers education centers, voucher programs, and rental assistance.

Call: (301) 866-6590

stmaryshousing.org

LifeStyles

Supports individuals and families in crisis services by providing emergency shelter, clothing and food, financial assistance, transportation, and domestic violence services from October 1 - Mid- April.

Call: (301) 301-609-9900

lifestylesofmd.org

WARM Shelter Program

Referrals through Department of Social Services

Call: (240) 895-7000

Pregnancy & Parenting

Care Net Pregnancy Center of Southern Maryland

Provides free education and supportive services for women and families during and after their pregnancy. Offers free pregnancy testing, free limited ultrasounds, abortion recovery counseling, parenting classes, education, testing for STDs and infant care items.

Call: (301) 737-4604

carenetsomd.org

Family Leadership Institute

60 hour, six-weekend intensive training program for parents and caregivers of school age children/youth with mental health challenges.

email: dleonard@mdcoalition.org

Healthy Families

A home-visiting program dedicated to assisting families through pregnancy, childbirth, and early child development to ensure healthy, and happy family relationships.

Call: (301) 609-9887

center-for-children.org

Maternal Opioid Misuse (MOM) Model

Care coordination services for pregnant women who have been diagnosed with Opioid Use Disorder and are receiving Medicaid benefits. Program is designed to improve clinical resources for expectant mothers.

Call: (301) 475-4330

smchd.org/womens-health

Maryland Coalition of Families

Statewide nonprofit to provide free support, information and resources to Maryland families

Call: (410) 730-8267

mdcoalition.org

Nurse Family Partnership

In-home intervention services to low-income, first-time moms to provide support to first-time moms throughout their pregnancy until the child turns two years old. The home visitor coordinates prenatal care to improve pregnancy and health outcomes for the mother and child. Also works to improve the child's health, development, and self-sufficiency for the family.

Call: (301) 475-4330

smchd.org/womens-health

The Parents' Place of Maryland

Programs for parents and families of children and youth with disabilities.

Call: (301) 884-4662

ppmd.org

Thrive by Three

Program focuses on women who are uninsured, undocumented, pregnant, and a refugee. The program is designed to ensure babies are born healthy, families have the resources to support optimal development, children are safe, nurturing families, and children are happy and thriving by age 3.

Call: (301) 475-4330

smchd.org/womens-health

Strong Beginnings

Intensive case management for women of childbearing age who are or have faced issues with mental health or substance use including themselves, a partner, or household member.

Call: (301) 475-4330

smchd.org/womens-health

Women, Infants, and Children (WIC)

Provides healthy supplemental foods and nutrition counseling for pregnant women, new mothers, infants and children under age 5.

Call: (301) 475-4330

smchd.org/wic

Child Development Services

Judy Center

Provides early learning services for children from birth through kindergarten and their families living in Green Holly and George Washington Carver school zones.

Call: (301) 863-4068

smcps.org/spp/judy-center

Infants and Toddlers

An early intervention program for children from birth to age three who are experiencing developmental delays that are at least 25% below their chronological age in the areas of cognitive development, physical development, speech/language, social skills and/or self-help skills.

Call: (301) 475-5511 ext. 32223

smcps.org/se/infants-toddlers

Head Start

The SMCPS Head Start program provides services for children ages three through five and their families. Mrs. Andrea Owens is the coordinator for the St. Mary's County Schools Head Start Program. Mrs. Kelly Hall oversees this program in addition to our other early childhood development programs. We work together with our community partners to ensure that children are socially, emotionally, and physically ready to transition to Kindergarten.

Two Sites:

- Northern: Benjamin Banneker Elementary School
- Southern: Greenview Knolls Elementary School

Call: (301) 690-2441

smcps.org/ssp/head-start

Food

St. Mary's Caring Soup Kitchen

Provides meals 6 days a week to children, the homeless, struggling families, low-income elderly, and unemployed individuals.

Call: (301) 863-5700

stmaryscaring.org/

SNAP-Ed

Teaches individuals how to shop and cook healthy meals.

Call: (800) 221-5689

fns.usda.gov/snap/supplemental-nutrition-assistance-program

Church of the Ascension – HOPE

Financial Assistance, Medication Resources, Food Pantry .Offers a food pantry available for individuals in need. (HOPE can offer one-time only funding for utility assistance, eviction avoidance and medication assistance.)

Call: (301) 863-8551

ascensionlexingtonpark.org/serving-our-community

First Saints Community Church

Provides a food pantry and soup kitchen.

Call: (301) 475-7200

firstsaints.org/food-crisis

Good Samaritan Lutheran Church - Our daily bread

Provides a food pantry and soup kitchen.

Call: (301) 863-4740

goodsam.community/our-daily-bread-food-pantry

Immaculate Heart of Mary Catholic Church

Provides a food pantry. Limited funds to assist with evictions and cut-off notices.

Call: (301) 863-8193

ihmrcc.org

Lexington Park United Methodist Church

Provides prescription medication assistance and clothing.

Call: (301) 863-8500

lpumchurch.org

Mt. Zion United Methodist Church

Provides a food pantry.

Call: (301) 884-4132

mtzionmech.org

Transportation

Access Health Shuttle (Lexington Park)

Call: (301) 475-6019

medstarstmarys.org/our-hospital/community-involvement/accesshealth/

SMCHD Medicaid Transportation

Call: (301) 475-4296

smchd.org/medical-transportation/

St. Mary's Transit System (STS)

Call: (301) 863-8400 ext.1120

stmarysmd.com/dpw/stsfares.asp

Insurance

Administrative Care Coordination Unit (ACCU)

Provides education and outreach to Medical Assistance recipients to increase awareness of medical assistance programs and local resources.

Call: (301) 475-4330

smchd.org

HealthChoice Enrollment

Call: 1(855) 642-8572

health.maryland.gov/mmcp/healthchoice/Pages/HealthChoice-Enrollment.aspx

Maryland Health Connection

Call: 1(855) 642-8572

marylandhealthconnection.gov

SOMD Seedco Navigator

Call: 1(855) 339-3007

seedco.org

Medical Assistance Help Line

Call: 1(800) 284-4510

Clothing

Clothes Closet

Call: (301) 863-8500

shepherdstable.org/services/clothescloset

St. Andrew's Episcopal Church

Call: (240) 925-7445

standrewsleonardtwn.org/st-andrews-thrift-shop

St. Mary's Department of Social Services

Call: (240) 895-7000

dhs.maryland.gov/local-offices/st-marys-county

Legal Assistance

MD Legal Aid Bureau

Call: 1(877) 310-1810

mdlab.org

MD Volunteer Lawyer Service

Call: 1(800) 510-0050

mvslaw.org

SoMD Center for Family Advocacy

Call: (301) 737-4141

smcfa.net

St. Mary's County Health Hub

Free legal help provided by Williams, McClearnan, and Stack, LLC to assist with expungements of certain types of criminal records. Available the first Tuesday of every month by appointment only.

Call: (301) 904-8949, Email: smchd.healthhub@maryland.gov

smchd.org/hub

Child Care

Locate Child Care

Call: 1(877) 261-0060

marylandfamilynetwork.org/for-parents/locate-child-care

Promise Resource Center

Ability to find affordable childcare for parents. Vouchers for family members watching children are also available.

Call: (301) 290-0040

thepromisecenter.org

Youth Resources

Education/Tutoring:

Willow's Rec Center

Ages 4-18, available evenings.

Call: (240) 237-8016

gowrc.com

Bright Solutions for Dyslexia

Personalized tutoring for youth who have dyslexia and need assistance with reading, math, science, and more.

Call: (408) 559-3652

dys-add.com

Mathnasium

Evening tutoring in math located in California, MD. Available for youth ages 4-18.

Call: (301) 737-1357

mathnasium.com

Prevention and Wellness

MD Tobacco Quit Line

Call: 1(800) QUIT-NOW

smokingstopshere.com/services-2/1-800-quit-now

St. Mary's County Health Department Smoking Cessation Classes

Call: (301) 475-4330

smchd.org/tobacco

St. Mary's County Health Hub

Primary and preventative health care services provided by Greater Baden Medical Services to community members 18 years or older on Wednesdays from 8:00 am - 4:00 pm. Medicaid, Medicare, and no Insurance accepted. Appointment needed.

Call: (301) 888-2233

smchd.org/hub

School Based Health Centers

Health centers that are located in Spring Ridge Middle School and Maragret Brent Middle School. Staff and students at their respective schools can be seen Monday - Friday from 8:00 am - 4:30 pm. Community members can be seen Monday - Friday from 3:00 pm - 4:30 pm for primary care, vision and hearing screenings, sports physicals, acute illness treatment, and case management. Walk-ins are welcome, however, registering in advance is highly encouraged.

- Spring Ridge Middle School Health Center
19856 Three Notch Rd
Lexington Park, MD 20653
Call: 240-434-6059
- Margaret Brent Middle School Health Center
29675 Point Lookout Rd
Mechanicsville, MD 20659
Call: (240- 434-6060

smchd.org/sbhc/