Mental Health and Community Support Services guide

Saving families, saving lives and making our community whole

226 S. Jefferson Street | Frederick, MD 21701 | 301-663-0011
www.fcmha.org
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THIS INFORMATION AND REFERRAL HANDBOOK DOES NOT REFLECT ANY RECOMMENDATIONS OR ENDORSEMENT FOR THE FACILITIES AND PROFESSIONALS LISTED. THE MENTAL HEALTH ASSOCIATION OF FREDERICK COUNTY ASSUMES NO LIABILITY FOR ANY ACT OR OMISSIONS OF SUCH FACILITIES OR PROFESSIONALS.
Saving lives, saving families, and making our community whole—that’s MHA.

Through education, advocacy, empowerment, and treatment, MHA helps everyone face their challenges and make lasting positive changes. Since 1965, we’ve been the leading provider of mental health services for our neighbors in Frederick and beyond. Through divorce and stress, loss of a job or a loved one, trauma, abuse, anxiety and hopelessness...

We’ve been there.

Our programs meet you wherever you are in life—from before birth to old age. We’re the first place to turn, 24 hours a day.
Supporting Our Whole Community

Through education and advocacy, we promote mental health awareness and services for the benefit of the community we share.

Preparing Resilient Children

We work with parents, educators, and child care providers to develop mentally and emotionally strong children.

Securing Vulnerable Families

In troubled family situations and for children facing an overburdened system, we ensure safety, stability, and supportive relationships.

Facing Crises Together

In the most difficult moments we face—when suicidal thoughts, incidents of abuse and other life-changing crises arise—MHA is there to make sure no one has to face them alone.
Our Vision

A community where children can grow and thrive without fear, where good mental health is valued, where people of all ages know when and how to seek help for emotional or family problems without shame, and where everyone will have access to the services they need without barriers.

Because mental health matters.
Programs and Services

PREPARING RESILIENT CHILDREN

Helping children learn mental and emotional resilience now will help them adapt to the situations and setbacks they’ll face throughout life, and to become the strong, stable citizens our community needs. To prepare them for success and stability, we work in a few different ways:

- Providing guidance and information to first-time parents;
- Making sure every child has a developmentally appropriate learning environment; and
- Working with parents and educators when children display behavioral issues.

These activities give children the emotional, social, and cognitive skills they’ll carry throughout their lives into the classroom, the workplace, and the home.

SECURING VULNERABLE FAMILIES

Many family situations present pressing challenges that affect everyone in them. They not only disrupt entire families; they can leave children without a stable or permanent home and can increase a child’s risk for struggles later in life like mental illness, unemployment, even prison.

So to help these children and families now, and in the future, MHA:

- Provides a safe location where parents and children can spend time together to renew or sustain supportive relationships;
- Makes sure children in difficult circumstances are able to get from one parent to the other safely; and
- Works to find the loving, permanent homes for children caught in an overburdened court system deserve.

Through all this work with vulnerable families, we provide support, stability, and the promise of a better tomorrow.

Mental health matters to me because

“You were there when my sister attempted suicide and we didn’t know where to turn”
FACING CRISES TOGETHER

We can encounter moments and challenges that we struggle to face alone. These are more than urgent challenges. They’re the pivot points of life. Because no one should have to face these struggles alone MHA is here- 24 hours a day, 7 days a week:

- Intervening and offering a supportive voice at the moment of crisis;
- Providing resources and information that show you the way forward; and
- Offering sustained counseling and assistance for the weeks and months ahead.

We’re helping our community—we’re saving lives—every single day.

SUPPORTING OUR WHOLE COMMUNITY

MHA does more than support the thousands of individuals who seek out our services each year—we provide mental health education and advocacy on a community-wide level, raising awareness of the importance of mental health - and of mental health services.

This works strengthens our whole community by encouraging those who feel alone to seek out support; promoting understanding; and bolstering mental and emotional well-being in schools, businesses, and homes.

Mental health matters to me because

“MHA Walk-in Behavioral Health Services were available to me when I was in crisis at 6:30 on a Wednesday evening; when receiving help was critical”
Professional Affiliations

Alliance of Information and Referral Systems
American Association of Suicidology
Association of Fundraising Professionals – Western Maryland Chapter
Child Care Aware of America
Frederick County Chamber of Commerce
Healthy Families America
Maryland Child Care Resource Network
Maryland Nonprofits
Mental Health America
Mental Health Association of Maryland
National Court Appointed Special Advocates (CASA)

Special Events

LEGISLATIVE BREAKFAST

This annual MHA event brings together elected officials representing Frederick and Maryland on a local, state, and national level with consumers, service providers, and representatives of our business community. A featured speaker addresses current and relevant issues, advocating for the mental health needs of Frederick County.

MENTAL HEALTH MATTERS HOUR

A free, one hour presentation to inform and engage the greater community. Participants learn about the programs and services available at MHA and why mental health matters to each of us and to the community as a whole. Mental Health Matters Hours are held regularly throughout the year. For more information or for a list of upcoming dates, please call 301-663-0011.

THE CATOCTIN AFFAIR

A Party with a Purpose! For more than 20 years, the business, entertainment, and philanthropic community have come together to produce an evening dedicated to saving lives, saving families and making our community emotionally and mentally well. Enjoy dinner as well as a complimentary bar throughout the evening. Following dinner be inspired by a brief program celebrating MHA’s resources and its impact on the community. Share your commitment to building a strong and resilient community by participating in our Live Appeal and Live Auction. The night will end with entertainment and dancing. All proceeds will benefit MHA’s Crisis Services and vital programs that are essential to the day to day operations of MHA’s lifesaving organization.
Mental Health Professionals

THE ROLE OF COUNSELING AND THE LICENSED SPECIALITIES

Professional counseling or therapy is a valuable part of growth and treatment for a variety of circumstances individuals face – from coping with everyday events to managing severe emotional problems. Each situation is unique and may be treated in a variety of manners. Therapy can improve quality of life and life choices; it can provide new alternatives for old behaviors; and it may identify more serious mental illnesses and offer specific treatments for emotional wellness and a quality life.

Common problems leading people to seek professional help are depression, anxiety, inability to concentrate, suicidal thoughts, changeable moods, problems with others, lack of self-confidence, family, and marital problems, and physical issues such as not sleeping, chronic tiredness, upset stomach, headaches and substance use or dependence.

All persons in counseling professions must be licensed in the state of Maryland and should have their credentials displayed. Professionally trained and licensed therapists will openly discuss their qualifications and specializations and provide you with their credentials if requested.

When choosing a therapist, it is important to know the training, educational background, experience, and treatment approach utilized by the therapist. Briefly listed below are the variety of mental health professionals who provide counseling and psychotherapy.

**Psychiatrist, M.D.**: Medical doctor with special training in psychiatry (study of the mind). Can prescribe medications. Must be a licensed physician in the state in which he/she practices, board eligible, or certified by the American Board of Psychiatry.

**Licensed Psychologist (Ph.D. or Psy.D.)**: Holds a doctorate (Ph.D. or Psy.D.) in clinical psychology. The psychologists must be licensed by the Maryland Board of Psychologists in order to practice independently.

**Licensed Clinical Social Worker (LBSW, LMSW, LCSW, LCSW-C)**: Holds a Master of Social Work (MSW) with specialization in clinical practice. A social worker must be licensed as a Licensed Certified Social Worker – Clinical by the Maryland Board of Social Work Examiners. Clinical social workers may hold additional licenses such as A.C.S.W. from the Academy of Certified Social Workers through the National Association of Social Workers. An LBSW or LMSW can provide therapy only under the supervision on an LCSW-C.
Board Certified Diplomat in Clinical Social Work (BCD): Clinical social workers holding a Master Degree, more than five years of experience in mental health assessment, diagnosis, and treatment; they must pass an examination and meet other rigorous requirements for national certification by the American Board of Examiners in Social Work.

Licensed Clinical Professional Counselor (LCPC) / Licensed Professional Counselor (LPC) / Licensed Graduate Professional Counselor (LGPC): Holds a Master Degree or doctorate in professional counseling, psychology, or rehabilitation counseling and must be licensed by the Maryland State Board of Professional Counselors and Therapists. An LGPC practices under the license of an LCPC or LCSW-C.

Licensed Clinical Drug and Alcohol Counselor (LCADC): Holds a Master Degree in health and human services or counseling. He or she has completed two years of direct counseling experience under the supervision of a licensed mental health professional. They must pass the exam for master's addictions counselors of the National Board for Certified Counselors, and are licensed by the Maryland State Board of Professional Counselors and Therapists.

Psychiatric and Mental Health Nurse Specialist (M.A., A.P.R.N.): Holds a Master Degree in psychiatric nursing: certification requires two years of supervised clinical practice and licensed by the State of Maryland.

Nationally Certified Counselor (N.C.C.): Holds a Master Degree or doctorate in professional counseling, and are certified by the National Board for Certified Counselors.

Certified Alcohol, Drug, and Chemical Dependency Counselor (CAC, CCDC, CDC): Holds a Bachelor's Degree in counseling, social work, psychology, or applicable field of study. Certification by the Maryland Addictions Professional Certification Board requires a minimum of two years direct work experience with alcohol and/or drug clients.

Pastoral Counselor: Clinicians that offer faith-based therapy services to clients of all ages, across a diverse range of cultural and religious backgrounds and with a wide variety of therapeutic concerns. (based on client request)

Art Therapist, Registered (A.T.R.): The American Art Therapy Association, Inc. (AATA) defines entry level into the profession at the Master Degree level. The art therapists will have graduated from a minimum of a two-year master’s program, or the equivalent, which will have included a minimum of 600 hours of supervised practicum experience. Those masters, institute, or clinical programs which are approved by AATA meet educational standards set forth by the association.

For referrals to local mental health professionals, contact MHA’s 24-Hour Call Center at 301-662-2255. This is a confidential service available 24 hours a day.
For additional information about Maryland State Licensing and procedures, you may contact the following:

Maryland Addictions Professional Certification Board............................866-537-5340

Maryland State Board of Examiners of Professional Counselors and Therapists.................................................................410-764-4732

Maryland State Board of Examiners of Psychologists.................................410-764-4787

Maryland State Board of Social Work Examiners ........................................410-764-4788

Maryland Professional Boards
201 West Preston Street
Baltimore, MD 21201

**NOTE:** This Guide provides an explanation for the commonly used degrees affixed to the names of credentialed professionals and is not a complete list. If a degree is not listed, the Mental Health Association suggests the consumer ask the professional about his/her specific qualifications.
Experiencing an emotional, mental, family or relationship crisis? Suicidal thoughts? Anxiety, grief or depression?

Help is here.

Walk-In Behavioral Health Services is a free service where a Crisis Specialist will meet with you to help resolve a current crisis or concern and assist with connections to ongoing support. Available to adults, youth and children (under the age of 18 must be accompanied by a guardian).

Location:
226 South Jefferson Street, Frederick MD 21701

Hours of Operation:
Monday - Friday 10am - 10pm, Saturday and Sunday 10am-6pm
No appointment is necessary

For more information:
Dial 2-1-1 or 301-662-2255 or visit our website at www.fcmha.org
BANNON, VERONICA, LCPC, NCC, BC-DMT
Creative Therapeutic Connections, LLC
3522 Worthington Boulevard, Unit 201, Frederick, MD 21704
Telephone: 301-693-5931
Email: ctcbannon@comcast.net
AGE RANGE SERVED: Ages 6 to 65
TREATMENT MODALITY: Individuals, groups, children, adolescents, families, teletherapy
LANGUAGES OFFERED: English
SERVICES: Individual Therapy, Group and Family Therapy. Creative Therapeutic Connections, LLC specializes in Friendship Clubs and Therapeutic Social Skills Groups for children and adolescents utilizing both verbal and non-verbal interventions to address attention deficits, anxiety, frustration tolerance, impulsivity, intrusive behaviors, bullying issues, developmental delays, learning disabilities and emotional challenges. CTC also services adults with challenges with anxiety, mood, self-esteem, communication, parenting, family and/or work related stressors.
**Currently offering virtual teletherapy sessions.
SPECIALTIES/CERTIFICATIONS: Licensed Clinical Professional Counselor, National Board Certified Counselor, Board Certified Dance/Movement Therapist, Play Therapist training, CBT training, Certified in Mindful Practice for Children and Teens, Approved Licensed Clinical Counselor Supervisor.
HOURS: M-F 11:30 a.m. - 6:30 p.m.
FEES: Primarily set rates OON, super bills provided for claim submission and reimbursement

BOMBA, ALISON J., PSY.D.
Alison J. Bomba, Psy.D., LLC
PO Box 3615, Frederick, MD 21705
Telephone: 240-405-9661 Fax: 301-732-4459
Email: contact@drbomba.com Website: www.drbomba.com
AGE RANGE SERVED: 3 - 25
TREATMENT MODALITY: Individuals, groups, children, families, telehealth
LANGUAGES OFFERED: English
SERVICES: Individual and family therapy for children, adolescents, and young adults
SPECIALTIES/CERTIFICATIONS: Grief/loss therapy, Cognitive Behavioral Treatment (CBT) of anxiety disorders and obsessive-compulsive disorder (OCD)
HOURS: M, T 11:00 a.m. - 5:00 p.m.; W 10:00 a.m. - 4:00 p.m.; Th 9:00 a.m. - 2:00 p.m.
FEES: Fee-for-service, out of network
CAPPUCCI, SKY, LCSW-C
200 East Patrick Street, Suite 1, Frederick, MD 21701
Telephone: 301-788-1132
Email: scappucci969@gmail.com
AGE RANGE SERVED: Adolescents and adults
TREATMENT MODALITY: Individuals
LANGUAGES OFFERED: English
SERVICES: Solution-Focused Cognitive Behavioral Therapy and Dialectical Behavioral Therapy for the treatment of anxiety, depression and other problems in life. Telehealth available.
HOURS: M-Sat by appointment
FEES: Sliding scale, HSA

FAW, BERNADINE C., M.D.
140 Fairview Avenue, Frederick, MD 21701
Telephone: 301-471-7482; 410-235-5020
Email: bfa140@msn.com
AGE RANGE SERVED: 19-25, 26-64, 65+
TREATMENT MODALITY: Individuals, couples
LANGUAGES OFFERED: English
SERVICES: Adult psychiatric services, including evaluation, consultation, and treatment. Brief and long-term psychotherapy and pharmacotherapy.
SPECIALTIES/CERTIFICATIONS: Special interest: women’s issues and survivors of abuse.
HOURS: By appointment.
FEES: Set rates, third party payments

FRAZEE, KATIE, LCPC, NCC, MAC
Guiding Paths Counseling
93 South McCain Drive, Suite 1, Frederick, MD 21703
Telephone: 240-415-8777 Fax: 240-444-8075
Email: kfrazee@guidingpaths.com
Website: www.guidingpaths.com
AGE RANGE SERVED: Adults
TREATMENT MODALITY: Individuals, groups, couples, families
LANGUAGES OFFERED: English
SERVICES: Provide psychotherapy for clients dealing with PTSD, sexual assault, substance use, chronic pain, childhood trauma, co-occurring disorders, anxiety, depression, Bipolar disorder, and stress.
SPECIALTIES/CERTIFICATIONS: National Certified Counselor (NCC), Master Addiction Counselor (MAC), Ability to supervise LGPC, LGADC, LGMFT
HOURS: By appointment.
FEES: CareFirst BlueCross BlueShield, CareFirst Bluechoice, UnitedHealthcare, UMR, Cigna, Tricare, Humana
MILNE-GLASSER, KRISTIN L., LCADC, SAP

*Allied Counseling LLC*

308 West Patrick Street, Suite 2-B, Frederick, MD 21701

Telephone: 301-698-7077  Fax: 301-698-5671

Email: kristin@alliedcounselinggroup.com

**AGE RANGE SERVED:** 12-18, 19-25, 26-64, 65+

**TREATMENT MODALITY:** Individuals, couples, families, groups, adolescents

**SERVICES:** Chemical dependency, domestic violence, custody evaluations, batterers’ group, internet addiction, anger management, urinalysis, family/marital, depression, adult ADHD, divorce recovery, infidelity, step families, compulsive spending, gambling, dual diagnosis, family interventions, substance-abuse related custody evaluations, urine and hair follicular drug testing.

**HOURS:** M-Th 12:00 p.m. - 8:00 p.m.

**FEES:** Set rates, third party payment, insurance, by arrangement, credit cards
MORAN, LINDA, LCSW-C  
*Center for Mind-Body Therapies*  
5 North Bentz Street, Frederick, MD 21701  
Telephone: 301-631-2936 ext. 304  
Website: www.cmbt.net  
**AGE RANGE SERVED:** 21-75+  
**TREATMENT MODALITY:** Individuals, couples  
**SERVICES:** Specializes in issues related to chronic illness, caregiving, aging and loss. Relationship issues for individuals and couples, and depression and anxiety. Telehealth available.  
**HOURS:** By appointment.  
**FEES:** By arrangement

ROGERS-SENUTA, KATHLEEN, PH.D., LCPC, S.E.P  
*Practice Promoting Resilience*  
22 East 2nd Street, Frederick, MD 21701  
Telephone: 301-514-5959  
**AGE RANGE SERVED:** 10+  
**TREATMENT MODALITY:** Individuals, couples, groups, supervision and case consultation  
**SERVICES:** Promoting healthy development through treatment of trauma, depression, anxiety, grief/bereavement, and transition/adjustment problems (e.g. relationships, school, work). Body-mind oriented approach to healing trauma and other stress disorders.  
**HOURS:** M-Th 9:00 a.m. - 9:00 p.m.  
**FEES:** Set rates, insurance (out of network benefits), by arrangement
WARD, MELISSA, MS, LCPC, NCC

Melissa Ward Counseling Services
5 North Bentz Street, Frederick, MD 21701
Telephone: 301-514-1993  Fax: 301-631-2951
Email: melissa@melissawardcounselingservices.com
Website: www.melissawardcounselingservices.com

AGE RANGE SERVED: 12+

TREATMENT MODALITY: Individuals, groups, couples, adolescents, families

LANGUAGES OFFERED: English

SERVICES: MWCS offers individual counseling for adolescents and adults, couples counseling, as well as skills groups and workshops for employees, schools, and organizations.

SPECIALTIES/CERTIFICATIONS: Anxiety, communication, depression, issues of adolescence, parenting, transitions

HOURS: Varied

FEES: Set rates, by arrangement
Group Practices

ALLIED COUNSELING LLC
308 West Patrick Street, Suite 2-B, Frederick, MD 21701
Telephone: 301-698-7077    Fax: 301-698-5671
Website: www.alliedcounselinggroup.com
AGE RANGE SERVED: 12-18, 19-25, 26-64, 65+
TREATMENT MODALITY: Individuals, couples, families, groups, transitional sober living program
SERVICES: Chemical dependency, domestic violence batterers’ group, Internet addiction, anger management, urinalysis, family/marital, depression, adult ADHD, divorce recovery, infidelity, step families, compulsive spending, and gambling; Dual Diagnosis Program, SMART non-12-step recovery treatment (not free support group); substance-abuse related custody evaluations; urine and hair follicular drug testing
HOURS: M-Th 12:00 p.m. - 8:00 p.m.
FEES: Set rates, third party payment, insurance, by arrangement, credit cards

Kristin L. Milne-Glasser, LCADC, SAP
Allied Counseling LLC

308 West Patrick Street, Suite 2-B, Frederick, MD 21701
Telephone: 301-698-7077    Fax: 301-698-5671
www.alliedcounselinggroup.com
Serving individuals, couples, families, groups and adolescents 12+

SPECIALTIES

- Chemical dependency
- Domestic violence
- Custody evaluations
- Batterers’ group
- Internet addiction
- Anger management
- Urinalysis
- Family/marital
- Depression
- Adult ADHD
- Divorce recovery
- Infidelity
- Step families
- Compulsive spending
- Gambling
- Dual diagnosis
- Family interventions
- Substance-abuse related custody evaluations
- Urine and hair follicular drug testing

Hours: M-Th 12:00 p.m. - 8:00 p.m.
Fees: Set rates, third party payment, insurance, by arrangement, credit cards
AUSTIN ADDICTION & MENTAL HEALTH CENTER

27 WEST 7TH STREET
FREDERICK, MARYLAND 21701
www.substanceabusecounselingfrederick.com
(240) 457-4151 • Fax (240) 439-4957

INTENSIVE OUTPATIENT TREATMENT
RELAPSE PREVENTION PROGRAM
DUI EDUCATION
12-STEP RECOVERY MEETINGS
ANGER MANAGEMENT
FREE FAMILY SUPPORT GROUP
ALL WELCOME

AUSTIN ADDICTION AND MENTAL HEALTH CENTER (AAMHC)

27 West 7th Street, Frederick, MD 21701
Telephone: 240-457-4151    Fax: 240-439-4957
Email: admin@austinaddiction.net
Website: www.substanceabusecounselingfrederick.com

AGE RANGE SERVED: 12-70+ and up
TREATMENT MODALITY: Individuals, groups, couples, children, families
LANGUAGES OFFERED: English


HOURS: M-Th 9:00 a.m. - 9:00 p.m., F 9:00 a.m. - 5 p.m., Sat and Sun closed
FEES: Medicaid/Medicare, Commercial Insurances, Sliding Scale, Self-Pay, All major Credit Cards

BLUE RIDGE BEHAVIORAL HEALTH

170 Thomas Johnson Drive, Suite 200, Frederick, MD 21702
Telephone: 301-695-8390    Fax: 301-694-7906
Website: www.blueridgebehavioralhealth.com

AGE RANGE SERVED: 3-65+
TREATMENT MODALITY: Individuals, couples, children, families

SERVICES: Outpatient therapy is available for addressing anxiety and mood disorders, disruptive behaviors, trauma, eating disorders, relational issues, codependency, grief, parenting stress, and various adjustment issues.

SPECIALTIES/CERTIFICATIONS: A range of specialties is represented throughout the practice and include work with individuals on the Autism Spectrums; those with developmental disabilities/delays, young children, individuals with gender dysphoria and those who could benefit from EMDR or EFT.

HOURS: By appointment.
FEES: Set rates, third party
CONTINUUM RECOVERY CENTER

10 West College Terrace, Suite 200, Frederick, MD 21701
Telephone: 301-637-0222  Fax: 301-637-0389
Email: info@crc-md.com
Website: www.continuumrecoveryofmaryland.com

AGE RANGE SERVED: 18 and older
TREATMENT MODALITY: Individuals, groups, couples, families
LANGUAGES OFFERED: English
SERVICES: Mental Health, Addiction Recovery & Treatment Services
HOURS: M-F 9:00 a.m. - 5:00 p.m.
FEES: Medicare/Medicaid, Sliding Scale, Set Rates, Third Party, By Arrangement
**FAMILY PARTNERSHIP OF FREDERICK COUNTY**

Commitment to Parent and Child Learning and Growing Together

- Family Literacy
- Lifeskills Education
- Diploma Completion
- Parent & Child Activities
- Health Education
- Home Visiting Services
- Mothers and Fathers Support Groups

**SERVICES:** A community-based organization providing family support, education, and assistance.

**SPECIALTIES/CERTIFICATIONS:** Services include Self-Sufficiency Programs, Parent Education, Child Development, Services Coordination, Home Visitation, Youth Services, Health Education and Peer Support. Details of programs may be found on their website.

**HOURS:** M-F 8:00 a.m. - 4:00 p.m. Support groups: Tues, 6-8 p.m.

**FEES:** None

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**Frederick Institute**

Outpatient opioid treatment program

5716-C Industry Lane
Frederick, MD 21704
Phone: 301-663-4130
Fax: 301-663-4169

**Hours of Operation:**
Mon-Fri 5:30am-1:30pm
Sat. 7:00am-11:00am

**Services we provide include:**
- Methadone and Suboxone Dosing
- Individual and Group Counseling
- Case Management
- Family Involvement
- Same Day Admissions

**Medication Hours:**
Mon-Fri 5:30am-10:00am
Sat. 7:00am-10:00am

New client intake hours are available Mon-Fri 5:30am-10:30am
FREDERICK INSTITUTE
5716-C Industry Lane, Frederick, MD 21704
Telephone: 301-663-4130 Fax: 301-663-4169
Website: www.addictiontreatmentsystems.com

AGE RANGE SERVED: 18+
TREATMENT MODALITY: Individuals, groups, families
LANGUAGE OFFERED: English

SERVICES: Opioid maintenance therapy, individual counseling, group counseling, drug screens. Provide methadone and buprenorphine.
SPECIALTIES/CERTIFICATIONS: CARF accredited. Ability to intake new clients

HOURS: Business HOURS: M-F 5:30 a.m. - 1:30 p.m., Sat 7:00 a.m. - 11:00 a.m.
Dosing: M-F 5:30 a.m. - 10:00 a.m., Sat 7:00 a.m. - 10:00 a.m.
FEES: Medicaid, Medicare, self pay
MEDPSYCH HEALTH SERVICES

An integrated mental health service provider where psychiatrists, psychologists, and psychotherapists collectively treat mental illnesses with complete consideration of your medical, psychological, social, and family history.

Fees: Set, Commercial insurances, Medicaid, Self Pay

www.medpsychmd.com

HIPAA Compliant

Services:

- Psychotropic medicines and injectables
- Ketamine Treatments
- Genetic Testing
- Anxiety/depression/OCD
- Bipolar disorder
- Postpartum depression
- PTSD
- Grief Counseling
- Anger/Stress management
- Domestic violence batterers and perpetrators
- Marriage/couples counseling
- Family therapy
- Individual/Group therapy

Locations:

7101 Guilford Drive, Suite 100, Frederick MD 21704

6237 Executive Blvd. Rockville MD 20852

Phone: 240-464-8000
Fax: 240-383-3439
Email: cs@medpsychmd.com
KOLMAC OUTPATIENT RECOVERY CENTERS
5301 Buckeystown Pike, Suite 215, Frederick, MD 21704
Telephone: 301-589-0255 Fax: 240-651-3443
Website: www.kolmac.com

AGE RANGE SERVED: 18+
TREATMENT MODALITY: Groups
SERVICES: Kolmac offers online recovery therapy that has the same success rate as its pioneering IOP program, making real-world recovery from SUDs even more available to patients who can remain at home with their families and continue to work. Evening hours accommodate work schedules. No admission delays so that patients can start the same day. Weekly meetings for loved ones to participate in patients’ recovery. Appointments can be booked online. Since Dr. George Koldner created the nation’s first IOP program in 1973, Kolmac has treated over 30,000 patients.
SPECIALTIES/CERTIFICATIONS: Specializes in treating adults 18 and older who suffer from chemical dependency and/or have a co-occurring chemical dependency and mental health diagnosis
HOURS: M-F 12:00 p.m. - 8:00 p.m.
FEES: Our program accepts most major insurance plans, so you pay only your deductible and co-pay. We do not accept Medicaid or Medicare.

MEDPSYCH HEALTH SERVICES, LLC
7101 Guilford Drive, Suite 100, Frederick, MD 21704
Telephone: 240-464-8000 Fax: 240-383-3439
Email: customerservice@medpsychmd.com
Website: www.medpsychmd.com

AGE RANGE SERVED: 5-65
TREATMENT MODALITY: Individuals, groups, couples, children, families
LANGUAGES OFFERED: English, Spanish, Mandarin, Hindi, Punjabi, Urdu
SERVICES: Medpsych is an integrated mental health service provider, where the psychiatrist, psychologists and psychotherapists collectively treat mental illnesses with complete consideration of full medical and psychiatric history. The clinicians at Medpsych offer complete range of services from psychiatric evaluations/consultations, medication management, Suboxone maintenance, bariatric evaluations, psychological testing and counseling/psychotherapy services.
SPECIALTIES/CERTIFICATIONS: Medication Management, Ketamine Treatment, Genetic Testing, Holistic Counseling, Individual/family/couples therapy, EMDR, DBT and more.
HOURS: M-F 8:30 a.m. - 7:00 p.m.
FEES: Medicaid, Commercial insurances, Sliding Scale, Fee for Service, Third Party
MIDDLETON PSYCHOLOGY SERVICES
176 Thomas Johnson Drive, Suite 204, Frederick, MD 21702
Telephone: 301-360-5859
Email: middletonpsychology@comcast.net
Website: www.middletonpsychologyservices.com
AGE RANGE SERVED: Adults
TREATMENT MODALITY: Individuals, couples
LANGUAGES OFFERED: English
SERVICES: Cognitive Behavioral Therapy. Teletherapy provided and available.
HOURS: Variable
FEES: CareFirst and BlueChoice accepted

POTOMAC CASE MANAGEMENT SERVICES, INC.
FREDERICK OFFICE: 1446 West Patrick Street, Suite 16, Frederick, MD 21701
Telephone: 443-244-4113
HAGERSTOWN OFFICE: 324 East Antietam Street, Suite 301, Hagerstown, MD 21740
Telephone: 301-791-3087 Fax: 301-393-0730
TANEYTOWN OFFICE: 417 East Baltimore Street, Suite B, Taneytown, MD 21787
Telephone: 301-791-3087
CUMBERLAND OFFICE: 29 Baltimore Street, Cumberland, MD 21502
Telephone: 301-791-3087
Email: info@pcmsinc.org
Website: www.pcmsinc.org
AGE RANGE SERVED: All ages
TREATMENT MODALITY: Individuals, children, families, seniors
LANGUAGES OFFERED: English, Spanish
SERVICES: FREDERICK OFFICE: Targeted Case Management (TCM) for adults and Mental Health Care Coordination (MHCC) for children and youth. TCM plays a vital role in assisting in obtaining needed benefits (food stamps, apply for TDAP, SSI/SSDI, and housing, etc.) and linking to community-based supports to allow individuals to be more independent. MHCC connects families with local resources; assists children in the home, school, and community setting to meet goals identified by the child and family. Additional services include geriatric care management (private pay).
HOURS: M-F 8:00 a.m. - 4:30 p.m., on-call services
FEES: Medicaid, by arrangement
SHEPPARD PRATT BEHAVIORAL HEALTH PARTNERS OF FREDERICK

A Program of Sheppard Pratt Health System
219 West Patrick Street, Suite A, Frederick, MD 21701
604 Solarex Court, Frederick, MD 21703 (Ste 100—Family Clinic; Ste 201—Main Center)
Telephone: 301-663-8263 (All Offices)
Website: www.sheppardpratt.org

AGE RANGE SERVED: 1-4, 5-11, 12-18, 19-25, 25-64, 65+
TREATMENT MODALITY: Individuals, couples, groups, families, children
SERVICES: Provides comprehensive outpatient mental health services for children, adolescents, adults and seniors to include individual, group, family and couples therapy, psychiatric assessments, groups and medication evaluation and management. Offsite counseling program services children and adolescents (Medicaid only). Telehealth services are available for most insurances.

HOURS: West Patrick Office: M-F 8:30 a.m. - 5:00 p.m.
Solarex Office: M-Th 8:00 a.m. - 8:00 p.m. and Fri 8:00 a.m. - 5:00 p.m.
FEES: Most insurance, Medicare/Medicaid, Self-pay, Credit Cards

TRAUMA SPECIALISTS OF MARYLAND

124 North Court Street, Frederick, MD 21701
3534 Urbana Pike, Suite C, Frederick, MD 21704
5216 Chairmans Court, Unit 104, Frederick, MD 21703
Telephone: 301-304-7108 Fax: 301-304-7108
Website: www.traumaspecialistsofmd.com

AGE RANGE SERVED: 1-100
TREATMENT MODALITY: Individuals, groups, couples, children, families
LANGUAGES OFFERED: ASL, English, Spanish
SERVICES: Treatment for depression, anxiety, trauma, PTSD, bipolar, relationship struggles. Group, Individual, and Family Therapy are available as well as EMDR, Neurofeedback, DBT, Alpha-Stim, Equine Therapy and Yoga. SPECIALTIES/CERTIFICATIONS: All of our therapists are EMDR trained. In addition, many utilize IFS, DBT, and Neurofeedback. We have DBT groups as well as trauma-informed Yoga groups, Equine Therapy and an Alpha-Stim clinic.

HOURS: M-F 8:00 a.m. - 8:00 p.m., Sat by appointment
FEES: Set rates, in network with BCBS plans
What is CASE MANAGEMENT?

Have you ever wondered what it would be like to have someone walk by your side during times when you feel overwhelmed, alone or anxious?

Wonder no more.

PCMS case managers are here to help YOU!

A range of services are available, designed to help each individual function at the highest level of independence as possible.

The overall goal of the program is to empower each person to become integrated into the community with services and supports that help build safe bridges.

The services are offered at varying levels dependent upon the person’s strengths, needs and goals.

Case managers assist and support individuals with a severe or persistent mental health illness to enjoy a better quality of life.

Serving Carroll, Frederick & Washington Counties
(800) 975-2086  F: (301) 393-0730  www.pcmsinc.org
Influencing Generations...One Life at a Time
TRINITY PASTORAL COUNSELING CENTER
703 West Patrick Street, Frederick, MD 21701
Telephone: 301-662-8908 Fax: 301-662-3308
Email: TPCC@TrinityFrederick.org
Website: www.trinityfrederick.org/counseling-center
AGE RANGE SERVED: 18-65+
TREATMENT MODALITY: Individuals, couples
SERVICES: Counseling for adults of all or no faith with licensed counselors trained in psychology and theology. Focus on relationships, caregiving, ACOA/codependency, loss/grief, anxiety, depression, ACE/PTSD/abuse, work-life balance, “faith & life”.
SPECIALTIES/CERTIFICATIONS: EMDR trauma-informed counselors available, mindfulness, Imago Couples Therapy
HOURS: M-Th, days and evenings by appointment
FEES: Sliding scale, Health Savings, fee for service, billing statements available for client submission to insurance

VILLA MARIA BEHAVIORAL HEALTH SERVICES OF FREDERICK COUNTY
300 West 9th Street, Frederick, MD 21701
Telephone: 667-600-3110 Fax: 667-600-4060
Email: mshay@cc-md.org
Website: www.cc-md.org
AGE RANGE SERVED: All ages
TREATMENT MODALITY: Individuals, groups, couples, children, families
LANGUAGES OFFERED: English, Spanish
SERVICES: We provide clinical services to individuals, children and families with the overall goal of enhancing skills required to be successful in their respective communities, building more successful relationships and exercising better problem-solving capabilities.
SPECIALTIES/CERTIFICATIONS: Substance Use Disorders (including MAT) services.
HOURS: M-F 9:00 a.m. - 5:00 p.m., other hours by appointment
FEES: Medicare, Medicaid
VITAL SOURCES PSYCHOLOGICAL SERVICES
116 Record Street, Frederick, MD 21701
Telephone: 301-620-8700       Fax: 301-620-8710
Email: info@vitalsources.org
Website: https://vitalsources.org/

AGE RANGE SERVED: 5-11, 12-18, 19-25, 26-64, 65+

TREATMENT MODALITY: Individuals, groups, couples, children, families

LANGUAGES OFFERED: American Sign Language

SERVICES: Vital Sources offers comprehensive psychological services with Christian professionals. Our clinically educated, trained and professionally licensed psychologists and counselors provide therapy and assessment services across the lifespan. Serving Frederick and the surrounding area since 2002, pastors, priests and physicians have confidently made referrals to the VS team for mental health services. Second-year master’s and doctoral student interns under the supervision of our clinical staff, often allow us to serve those with financial challenges. We are prepared to meet clients in their struggles to address life transition issues, mood disorders, adjustment disorders, trauma, healing, grief, loss, personal growth, family and marital issues. Clinical perspectives include integrative, cognitive-behavioral, family systems, short term therapy, and long term depth psychotherapy.

SPECIALTIES/CERTIFICATIONS: Licensed Psychologists and Masters Level Therapists. See website for clinician bios and specialties/certifications listed.

HOURS: M-F by appointment

FEES: Set, Medicare, Tricare, Out of network insurances provider
COMPREHENSIVE PSYCHOLOGICAL SERVICES

with CHRISTIAN PROFESSIONALS

FAMILIES • INDIVIDUALS • CHILDREN • ADOLESCENTS • GROUPS • COUPLES

VITAL SOURCES
PSYCHOLOGICAL SERVICES

Toward resilient and hopeful individuals, families and communities

116 Record Street • Frederick, MD • 301.620.8700 • vitalsources.org

Serving the greater Frederick community since 2002
211
Maryland

Need Help? Call 2-1-1

2-1-1 Maryland offers guidance and support to help teens, adults, families, seniors, veterans, caregivers, clergy and professionals find the services they need.

Free, Confidential & Multi-Lingual
Information and Referral 24/7 for:

- **BASIC NEEDS**
  Utility assistance, food, housing and shelter, transportation and employment

- **HEALTH CARE**
  Health and dental clinics, drug and alcohol programs and mental health

- **FAMILY RESOURCES**
  Child care, parenting programs, elder care and literacy

In some circumstances, 3 digit dialing does not work.
If you are unable to connect with us by dialing 2-1-1 on your phone, please contact us at **866-411-6803**

*Normal airtime and other charges apply for cell users.*

www.211md.org
Community Support Services

ADVANCED BEHAVIORAL HEALTH
WEBSITE:  www.abhmaryland.com
MAIN:  301-375-1143
ADDRESS:  1003 West 7th Street, Suite 500, Frederick 21702
HOURS:  Mon - Fri: 9am-5pm. Psychiatrist appointments are available on Mon, Tue, Thu and Fri only. Off-site appointments for therapy or PRP can be scheduled outside of regular office hours.
SERVICES:  MENTAL HEALTH: Provides a range of mental health services for children and adults. Services include on-site and off-site counseling, medication management, and a psychiatric rehabilitation/mentorship program for children and adolescents.
ELIGIBILITY:  Persons in need of mental health treatment with Medical Assistance (MA) or private insurance.
FEES:  Medical assistance, private insurance

ADVOCATES FOR HOMELESS FAMILIES
WEBSITE:  www.afhf88.org
MAIN:  301-662-2003
ADDRESS:  216 Abrecht Place, Frederick 21701
HOURS:  Mon - Fri: 9am-5pm, by appointment
SERVICES:  HOMELESS SUPPORTS: Pairs homeless or at-risk families with case manager who helps identify problems and find solutions. Program requires six-month commitment from participants and they must be abstinent from substances for at least six months prior to entry.
ELIGIBILITY:  Low-income, at risk, or homeless families.
FEES:  None.

AL-ANON & ALATEEN GROUPS
WEBSITE:  www.al-anon.org
MAIN:  757-563-1600
ADDRESS:  PO Box 28259, Frederick 21701
HOURS:  Hotline is available 24 hours/day, 7 days/week.
Mon - Fri: 8am-6pm
SERVICES:  ALCOHOL USE DISORDER SUPPORT GROUPS: Offers confidential, anonymous, non-professional, mutual support program of recovery for relatives and friends of alcoholics.
ELIGIBILITY:  No age limit for Al-Anon. Alateen is for teenagers, 13-18.
FEES:  None. Voluntary contributions of members.
ALCOHOLICS ANONYMOUS

WEBSITE:   www.aa.org
MAIN:      301-662-0544
ADDRESS:   22 South Market Street, Frederick 21701
HOURS:     24 hours/day, 7 days/week. Call or check website for meeting location and times.
SERVICES:  SUPPORT GROUP: Anonymous, non-professional program of recovery to help individuals attain and maintain sobriety through sharing of personal experiences. Offers peer support and community health education.
ELIGIBILITY: Persons of any age who want to stop drinking.
FEES:       None. Voluntary donation basket passed at meetings.

ALZHEIMER’S ASSOCIATION, WESTERN MARYLAND

WEBSITE:   www.alz.org/maryland
MAIN:      301-696-0315
ADDRESS:   108 Byte Drive, Suite 103, Frederick 21702
HOURS:     Mon: 9am-5pm, Tue – Fri: 8:30am-4:30pm
SERVICES:  ADVOCACY: Provides individuals with Alzheimer's and related dementia, their families and caregivers a 24-hour Helpline, information and referral, support groups, and safety services. Grant funding may also be available so support caregivers. Also opportunities for engagement in advocacy and special events.
ELIGIBILITY: Person with Alzheimer’s Disease and related dementia, their families, care providers, and all interested persons.
FEES:       Most are free however there are a few with minimal cost.

AMERICAN ASSOCIATION OF RETIRED PERSONS

WEBSITE:   www.aarp.org
MAIN:      888-687-2277
SERVICES:  OVERVIEW: Offers insurance, pharmacy services, benefits screening, advocacy, grandparent support and education on issues related to aging.
ELIGIBILITY: Adults age 50 years and older
FEES:       Annual fee of $16
THE ARC OF FREDERICK COUNTY

WEBSITE:  www.arcfc.org
MAIN:  301-663-0909
ADDRESS:  620-A Research Court, Frederick 21703
HOURS:  Mon – Fri: 9am-5pm
SERVICES:  INTELLECTUAL DISABILITY SERVICES: Provides advocacy, access to resources, and community connections for people with developmental disabilities and their families. Seeks solutions to help people with developmental disabilities attain their goals.
ELIGIBILITY:  Residents of the county who have developmental disabilities and their families.
FEES:  None.

ASIAN AMERICAN CENTER OF FREDERICK

WEBSITE:  www.aacfmd.org
MAIN:  301-694-3355
ADDRESS:  1306 West Patrick Street, Suite 16, Frederick 21701
HOURS:  Mon – Fri: 9:30am – 6pm
SERVICES:  OUTREACH/ADVOCACY: Helping to build a stronger community through integration of services. Offer a diverse range of services and events, including interpretation, assistance in obtaining citizenship, language and culture education, health and human services advocacy, free education classes for expectant mothers, outreach programs, and training classes for people to become community health workers.
ELIGIBILITY:  Open to public.
FEES:  Some services are free; some material fees may apply.
Interpretation services have fees.

AUTISM SOCIETY OF AMERICA, FREDERICK COUNTY CHAPTER

WEBSITE:  www.asafrederickmd.org/
ANSWERING MACHINE:  301-746-8080
ADDRESS:  PO Box 456, Buckeystown 21717
HOURS:  No set hours. Please call and leave a message and call will be returned within 24 hours.
SERVICES:  ADVOCACY: Provides support groups, advocacy, community awareness and education for professionals, parents, and caregivers of people with autism.
ELIGIBILITY:  Persons and families affected by Autism.
FEES:  None.
BETTER TOMORROW STARTS TODAY

WEBSITE:  www.btstservices.com
MAIN:  301-898-2205
ADDRESS:  5950 Frederick Crossing Lane, Suite 102, Frederick 21704
HOURS:  Mon – Fri: 9am-5pm
SERVICES:  MENTAL HEALTH: Offers psychiatric diagnostic and evaluation, individual, family, and group therapy as well as medication monitoring and psychiatric rehabilitation services.
ELIGIBILITY:  Individuals 5-60 years old.
FEES:  Medical assistance, private pay.

BIRTHRIGHT OF FREDERICK

WEBSITE:  www.birthright.org
MAIN:  301-663-0111
ADDRESS:  250 West Patrick Street, Frederick 21701
HOURS:  Mon, Tue, Thu, Fri: 11am-2pm, Wed: 4pm-7pm
SERVICES:  PREGNANCY SUPPORT: Provides support to girls and women who are in a pregnancy crisis and in need of a pregnancy testing and support. Services include right-to-life counseling, maternity and baby clothes, and 24-hour pregnancy hotline.
ELIGIBILITY:  Women and girls who are in a crisis situation with their pregnancy, are in need of information or pregnancy services.
FEES:  None.

BOYS AND GIRLS CLUBS OF FREDERICK COUNTY

WEBSITE:  www.bgfcfc.org
MAIN:  301-600-1875
ADDRESS:  413 Burck Street, Frederick 21701
HOURS:  Mon - Fri: 9am-6pm. Program hours: Mon-Fri, 3-6:30PM. Teen Center: 6PM-8:30PM. Call for summer hours. Follows FCPS school schedule during school year.
SERVICES:  AFTER SCHOOL PROGRAMS: Provides a safe place for area children ages 6 to 18 to go after school and during the summer. Offer various types of academic and recreational activities, educational tutoring and help in making appropriate choices in their physical, educational, personal, social, emotional, vocational, and spiritual lives
ELIGIBILITY:  Youth ages 6 to 12
FEES:  Annual fee of $15 and $35 monthly. Scholarships and financial aid available. Teen Center membership is $10 a year.
BROWNSVILLE CHURCH OF THE BRETHREN, FOOD PANTRY

MAIN: 301-432-8354
HOURS: 2nd & 4th Tuesdays of the month: 3:30pm-5:30pm
ADDRESS: 1911 Rohresville Rd, Knoxville 21758
SERVICES: FOOD PANTRY: Offers staples, canned goods, fresh produce when available, canned meats, and eggs to people in need. Services can be accessed one time per month.
ELIGIBILITY: Must be a resident of the Pleasant Valley area.

BRUNSWICK ECUMENICAL ASSISTANCE COMMITTEE ON NEED

MAIN: 301-834-9718
HOURS: Mon – Fri: 9am - 5pm. Leave message and call will be returned within 24 hours. Food Bank: Thu: 6:30pm-8pm and 1st Saturday of each month: 9:30am - 11am.
ADDRESS: 601 East Potomac Street, Brunswick 21716
SERVICES: OVERVIEW: Provides a food pantry, financial assistance, information and referral as well as holiday assistance to residents of the Brunswick School District.
ELIGIBILITY: Low income residents of the Brunswick School District.
FEES: None.

CARE NET PREGNANCY CENTER OF FREDERICK

WEBSITE: www.carenetfrederick.org
MAIN: 301-662-5300
ADDRESS: 707 North Market Street, Frederick 21701
HOURS: Mon, Wed, Fri: 10am – 2pm, Tue: 11am – 5pm, Thu: 1pm-7pm
Tue and Thu: medical and support services only.
SERVICES: OVERVIEW: A medical pregnancy resource center for women and teens that offers a variety of support services. All services are confidential and free.
ELIGIBILITY: Open to the public.
FEES: None.

CATOCTIN COUNSELING CENTER

WEBSITE: www.catoctincounseling.com
MAIN: 301-631-1304
HOURS: Mon – Fri: 9am-5pm. Appointment hours vary.
ADDRESS: 309 East Patrick Street, Frederick 21701
SERVICES: COUNSELING: Provides individual, family, couples, and adolescents counseling regarding various issues including but not limited to domestic violence, mental and sexual abuse, grief, trauma, and anger management. Offers batterers counseling, sex offender counseling, abuse survivor support groups, a substance abuse, and chemical dependency program, DUI and DWI program, substance abuse relapse prevention.
ELIGIBILITY: Open to public.
FEES: Private pay; Medicaid; Tricare; and some insurance.
CELEBRATE RECOVERY FREDERICK, GRACE COMMUNITY CHURCH
WEBSITE: www.gracetoday.org/ministries/celebrate-recovery
CHURCH OFFICE: 301-473-4337
ADDRESS: 5102 Old National Pike, Frederick 21702
HOURS: Church: Mon – Fri: 9am-4pm. Group meets Thu: 7pm
SERVICES: SUPPORT GROUP: A Christ centered program that gives people the resources and relationships to help recover from life’s hurts, habits, and hang-ups.
ELIGIBILITY: Open to the public 18 and older.
FEES: None.

CENTER FOR INTEGRATIVE HEALTHCARE
WEBSITE: www.pathforhealing.com
MAIN: 301-663-1683
ADDRESS: 247 West Patrick Street, Frederick 21701
HOURS: Mon - Fri: 9am-5pm. Evening appointments are available.
SERVICES: MENTAL HEALTH: Offers individuals, families and couples an array of both traditional and non-traditional methods of professional health care for the mind and body.
ELIGIBILITY: Ages 5 and up
FEES: Accepts Medicaid, private pay and some insurance

CENTER FOR MIND-BODY THERAPIES
WEBSITE: www.cmbt.net
MAIN: 301-631-2936
ADDRESS: 5 North Bentz Street, Frederick 21701
HOURS: Call and leave a message. Call will be returned.
SERVICES: MENTAL HEALTH CARE: Focuses on integrating conventional mental health care with complimentary healing modalities such as acupuncture, message, naturopathy, and medicine. Special emphasis is placed on teaching skills and practices that enhance awareness, relaxation, and psycho-spiritual growth.
ELIGIBILITY: Open to the public.
FEES: Please call for information as the individual practitioners fees and insurance varies. Some therapist offer sliding scale. Call for details.
CENTRO HISPANO DE FREDERICK
WEBSITE: www.centrohispanodefrederick.org
MAIN: 301-668-6270
ADDRESS: 5 Willowdale Drive, Suite 16-18, Frederick 21702
HOURS: Mon - Thu: 10am-7pm, Fri: 9am-1pm, Sat: Golden Years program 9am-12pm. Tax assistance: Mon-Fri 10am-6pm, Family Attorney: Tue: 5-7pm, Immigration Attorney: Wed & Thu: 5-7pm.
SERVICES: SUPPORT SERVICES: Offers free legal clinics, classes to educate residents in English and citizenship, computers, parent outreach, employment skill development programs, information and referrals to health and human services within the community, public notary, documentation translation, quarterly informational workshops, and mediation services. Also offers tax assistance.
ELIGIBILITY: Targets the Hispanic and immigrant community.
FEES: Mostly free, some fees vary depending upon services needed.

CHILDREN OF INCARCERATED PARENTS PARTNERSHIP
WEBSITE: www.coipp.org
MAIN: 240-578-5662
ADDRESS: Frederick
HOURS: Mon – Fri: 8am-4pm
SERVICES: CAREGIVER SUPPORT: Provides resources to caregivers and children with family members that are incarcerated, promotes awareness of incarcerated children’s and caregivers’ needs via presentations and training to stakeholders in the community.
ELIGIBILITY: Educators, criminal justice staff, service club members, and the general public.
FEES: None.

COMMUNITY LIVING, DAY PROGRAM AND SUPPORTIVE HOUSING
WEBSITE: www.communitylivinginc.org/
MAIN: 301-663-8811
ADDRESS: 620 B Research Court, Frederick 21703
HOURS: Operations: 24 hours day/7days week. Mon - Fri: 8am – 5pm
SERVICES: INTELLECTUAL DISABILITY SERVICES: Provides supervised housing and day support services to adults with intellectual and developmental disabilities. Seeks to help residents meet their maximum potential for independent living. Residents grouped by compatibility, share household responsibilities, and participate in a work or day program according to their abilities and interests.
ELIGIBILITY: Adults with developmental disabilities.
FEES: SSI, Sliding Scale, or persons who are DDA funded.
COMPASSIONATE FRIENDS, FREDERICK

WEBSITE: tcffrederickmd.com
MAIN: 301-305-6378
ADDRESS: 705 West Patrick Street, Frederick 21701
HOURS: 1st Wed of month: 7pm. Call anytime. If no answer, leave message and call will be returned.

SERVICES: SUPPORT GROUPS: Provides monthly support groups for bereaved families, parents, grandparents, and siblings (18 and older) who have lost a child of any age. Helps to work through their grief with others who have lost a child. Offers educational information on parental and sibling grief to the community through publicity, speaking engagements, and distribution of material including a chapter newsletter.

ELIGIBILITY: Adults 18 and older including grandparents.

FEES: None.

CONCERTED CARE GROUP

WEBSITE: www.concertedcaregroup.com
MAIN: 240-815-7300
ADDRESS: 300-B Scholls Lane, Frederick 21701
HOURS: Mon – Fri: 6:30am – 3pm, Sat: 6:30am-10:30am, Dispensing hours: Mon-Sat: 6:30am – 10:30am

SERVICES: MEDICATION ASSISTED MAINTENANCE: Provides outpatient medication maintenance for methadone, suboxone and vivitrol.
OUTPATIENT MENTAL HEALTH: Provides mental health evaluations, individual, group and family psychotherapy and medication management.
OUTPATIENT SUBSTANCE USE DISORDER TREATMENT: Provides an Intensive Outpatient program (IOP) for nine hours weekly of group and individual counseling. Also offers overdose prevention services.

ELIGIBILITY: Adults, 18 and older with substance use disorder or seeking mental health services.

FEES: Accepts Medicaid/MA, self-pay, reduced fees, sliding fee scale and offers uninsured grants for individuals 250% below federal poverty level.
CROSSROADS CENTERS, FREDERICK

WEBSITE: www.crossroadscenteroffrederick.com
MAIN: 301-696-1950
ADDRESS: 511 West South Street, Frederick 21701
HOURS: Mon – Fri: 9am – 9pm, Sat: 8am-12pm
SERVICES: SUBSTANCE USE: Offers treatment for adults and adolescents with co-occurring mental and substance use disorders, persons with HIV/AIDS, and DUI/DWI offenders intensive out-patient counseling. Provides confidential assessments, evaluations, and referrals as well as education and prevention services, family counseling programs, urine screenings and intervention services.
ELIGIBILITY: Individuals and families experiencing difficulty associated with chemical dependency.
FEES: All insurances

DAYBREAK ADULT DAY SERVICES

WEBSITE: www.daybreakadultdayservices.org
MAIN: 301-696-0808
ADDRESS: 7819 Rocky Springs Road, Frederick 21702
HOURS: Mon – Fri: 8am-4pm
SERVICES: ADULT DAY PROGRAM: Offers comprehensive, structured medical and non-medical day programs for adults 55 and older. Admission of younger adults is reviewed on a case-by-case basis.
ELIGIBILITY: Seniors, ages 55 and older, needing medical oversight, socialization and meals.
FEES: Medicaid, VA benefits, long term care insurance and private pay.

DELTA HOLISTIC THERAPY CENTER

WEBSITE: www.deltaholistic.com
MAIN: 301-663-8901, EX 2
ADDRESS: 245 West Patrick Street, Frederick 21701
HOURS: Call and leave message. Call will be returned.
Mon-Fri: 9am-5pm
SERVICES: THERAPY: Works with individuals, couples, families, older adults and groups. Provides therapy for life transitions, grief and bereavement, couples work, anxiety, PTSD, depression and specializes in LGBTQ.
ELIGIBILITY: Adults 18 and older.
FEES: Medicare, set and private pay.
DEVOTION ASSISTED LIVING

WEBSITE: www.devotioncare.wordpress.com
MAIN: 240-476-4729
ADDRESS: 8531 Inspiration Avenue, Walkersville 20853
HOURS: Operation: 24 hours day/7 days week.
        Mon - Fri: 8am – 9pm
SERVICES: ELDER CARE: Offers 24 hour staffing, Alzheimer’s/Dementia care, private and semi-private bedrooms, medications supervision and management, doctor appointments upon request, daily housekeeping and respite care.
ELIGIBILITY: Adults 55 and older. Specializing in Alzheimer’s/Dementia care.
FEES: Varies, call for details.

EDENTON RETIREMENT COMMUNITY

WEBSITE: www.edenton-retirement.com
MAIN: 301-694-3100
ADDRESS: 5800 Genesis Lane, Frederick 21703
HOURS: Evening and weekend appointments available.
        Mon-Fri: 8am-5pm
SERVICES: RETIREMENT COMMUNITY: Offers independent living, assisted living, and individual care including dementia care. Services offered include various types of recreation, health care, dining and meal planning. Also offers in home personal care for individuals needing a helping hand.
ELIGIBILITY: Seniors needing assistance with daily living in the retirement community as well as their private homes.
FEES: Varies depending upon need.

EMMITSBURG FOOD PANTRY, RELIGIOUS COALITION FOR EMERGENCY HUMAN NEEDS

MAIN: 717-642-6963
HOURS: Tue, Wed: 7pm-8pm. Fri: 1pm-2pm. Sat: 10am-11am.
ADDRESS: 502 East Main Street, Emmitsburg 21727
SERVICES: FOOD PANTRY: Distributes government food supplies for qualified individuals and families. May access service once a month. Donation of food, toiletries and money are welcomed.
ELIGIBILITY: Low income and homeless residents in Emmitsburg school district with photo ID and proof of residency.
FEES: None.
EXCEL YOUTH

WEBSITE:  www.excelyouthfrederick.com
MAIN:  301-898-2205
ADDRESS:  5950 Frederick Crossing Lane, Frederick 21703
HOURS:  Mon – Fri: 10am–7pm

Appointments can be scheduled outside of normal office hours.

SERVICES:  PSYCHIATRIC REHABILITATION: Provides services to children and teens with mental illness as they work with a mentor to form an individual plan of recovery based on existing symptoms and diagnoses. Counselors meet with clients at least weekly at home, in the community, and in the office. Offers group activities on anger management, art expression, homework/study skills, social skills, hygiene development, money management, workforce readiness, and community outings.

ELIGIBILITY:  Must be referred by a licensed therapist. Serves Frederick and Washington County residents, ages 5-17.

FEES:  Medical Assistance (Medicaid/MA).

FAMILY RESOURCE, INFORMATION AND EDUCATION NETWORK FOR DOWN SYNDROME

WEBSITE:  www.friendsoffredco.org
MAIN:  301-788-6806
ADDRESS:  PO Box 641, Middletown 21769
HOURS:  2nd Fri of month: 6:30pm at United Methodist Church in Middletown, MD 21769. Call for further details.

SERVICES:  SUPPORT GROUP: Offers a monthly support and resource group for expectant parents, new parents and extended families of Down syndrome babies.

ELIGIBILITY:  Expectant parents, new parents and extended families of Down syndrome babies.

FEES:  None.

FAMILY SERVICE FOUNDATION

WEBSITE:  www.fsfinc.org
MAIN:  240-575-2367
ADDRESS:  6910 Bowers Road, Suite A, Frederick 21702
HOURS:  Mon – Fri: 9am-5pm

SERVICES:  MENTAL HEALTH: Provides residential and day program services for individuals with mental illness. Offers outpatient mental health clinic.

ELIGIBILITY:  Individuals with a priority mental health diagnosis including schizophrenia, schizoaffective disorder, delusional disorder, bipolar disorder, or major depressive disorder.

FEES:  Medicaid, Medicare, Uninsured.
FORT DETRICK VOLUNTEER PROGRAM
WEBSITE: www.myarmyonesource.com
MAIN: 301-619-2208
ADDRESS: Army Community Service, 1520 Freedman Drive, Fort Detrick 21702
HOURS: Mon – Fri: 8am – 4:30pm
SERVICES: VOLUNTEER PROGRAM: Offers a variety of volunteer opportunities on and off base to military and civilians such as clerical/receptionist, sporting events, and assisting with special events, etc. Must register online at www.myarmyonesource.com
ELIGIBILITY: Open to public ages 16 and older.
FEES: None.

THE FREDERICK CENTER, HIV COALITION
WEBSITE: www.thefrederickcenter.org
MAIN: 240-415-8327
ADDRESS: 25 East 2nd Street, Frederick 21701
HOURS: Call for appointment.
SERVICES: TEST KITS: Offers OraQuick Home HIV test kits free of charge to individuals who want to take a test in the privacy of their own home.
ELIGIBILITY: Maryland residents who would like to know their HIV status
FEES: None

THE FREDERICK CENTER, TRANSGENDER AND GENDER EXPANSIVE PEER SUPPORT GROUP
WEBSITE: www.thefrederickcenter.org
MAIN: 240-415-8327
ADDRESS: Evangelical Reformed United Church of Christ, 15 West Church Street, Frederick 21701
HOURS: Meets 3rd Thursday of month: 7pm-9pm. Check calendar on web site for the date each month or call.
SERVICES: SUPPORT GROUP: This peer support group is a monthly topic-driven meeting that is open for all adults (18+) that identify as gender non-conforming in any way. A safe space to discuss issues of identity, coming out, transition, and to support one another in gender exploration. See calendar at thefrederickcenter.org for dates and times.
ELIGIBILITY: Adults 18 and older.
FEES: None.
THE FREDERICK CENTER, YOUNG ADULT GROUP

WEBSITE:  www.thefrederickcenter.org
MAIN:  240-415-8327
ADDRESS:  Grace United Church of Christ, 25 E 2nd St, Frederick 21701
HOURS:  Meets 1st and 3rd Monday of month: 7pm-8:30pm
SERVICES:  SUPPORT GROUP: This peer support group is a twice monthly topic-driven meeting that is open for LGBTQ young adults ages 18-26. Topics include education, support, friendship-building, skill-sharing, and more.
ELIGIBILITY:  Adults 18 and older.
FEES:  None.

THE FREDERICK CENTER, YOUTH SUPPORT GROUPS

WEBSITE:  www.thefrederickcenter.org
MAIN:  240-415-8327
ADDRESS:  Grace United Church of Christ (meeting times only), 25 East 2nd Street, Frederick 21701
HOURS:  Meets Wed: 7pm-8:30pm. Youth Group Jr. meets 1st and 3rd Wed: 4:30pm-6pm. Call anytime leave message and call will be returned.
SERVICES:  SUPPORT GROUP: Peer support groups for youth (8-13 & 14-18) that identify as LGBTQ, plus their youth allies. For youth, run by youth, with adult supervision. Topic-driven meetings: education, support, friendship-building, skill-sharing, community involvement.
ELIGIBILITY:  Youth: High school and college age youth (14-18) LGBTQ and allies. Youth Jr: ages 8-13
FEES:  None.

FREDERICK CHRISTIAN FELLOWSHIP CARE MINISTRIES

WEBSITE:  www.fcffchurch.com
MAIN:  301-620-2255
ADDRESS:  10142 Hansonville Road, Frederick 21702
HOURS:  Mon – Fri: 9am-5pm
SERVICES:  GRIEF SHARE: Provides a special seminar and support group for people grieving the loss of someone else. This group is sponsored by people who understand what you are experiencing and want to offer you comfort and encouragement during this difficult time.
DIVORCE CARE: Provides a support group for people recovering from the hurt of separation and divorce. Please call for days and times of meetings. Church office hours do not reflect support group dates and times, please call for further information. Child care available. Must call at least 1 week prior to meeting for childcare.
ELIGIBILITY:  Open to the public.
FEES:  None or small material fee.
FREDERICK CITY DEPARTMENT OF CODE ENFORCEMENT
WEBSITE:  www.cityoffrederick.com/157/Code-Enforcement
MAIN:  301-600-3825
ADDRESS:  140 West Patrick Street, Frederick 21701
HOURS:  Mon – Fri: 7am-4pm
SERVICES:  GOVERNMENT CODE: Enforces laws and codes such as International Property Maintenance Code, Frederick City Code, and the Land Management Code. To report a code violation, please visit our website at www.cityoffrederick.com.
ELIGIBILITY:  Open to the public.
FEES:  Varies upon need.

FREDERICK CITY DEPARTMENT OF COMMUNITY DEVELOPMENT
WEBSITE:  www.cityoffrederick.com
MAIN:  301-600-2842
ADDRESS:  140 West Patrick Street, Frederick 21701
HOURS:  Mon – Fri: 8am-4:30pm
SERVICES:  HOUSING: Works to provide community with decent housing, a suitable living environment, and expanding economic opportunities. Serves low and moderate income families.
ELIGIBILITY:  Open to the public.
FEES:  Varies or none.

FREDERICK CITY DEPARTMENT OF ECONOMIC DEVELOPMENT
WEBSITE:  www.businessinfrederick.com
MAIN:  301-600-6360
ADDRESS:  101 North Court Street, Frederick 21701
HOURS:  Mon – Fri: 8am – 5pm
SERVICES:  GOVERNMENT OFFICE: Works to increase economic opportunity for residents through job creation revitalization and re-investment. The priority to achieve this is to create business attraction retention and expansion, business structure advocacy, downtown revitalization, and corridor revitalization.
ELIGIBILITY:  Open to the public.
FEES:  Vary.

FREDERICK CITY GOVERNMENT
WEBSITE:  www.cityoffrederick.com
MAIN:  301-600-1380
ADDRESS:  101 North Court Street, Frederick 21701
HOURS:  Mon – Fri: 8am-4:30pm
SERVICES:  GOVERNMENT OFFICE: Responsible for the safety and well being of city residents by overseeing all departments within the city government.
ELIGIBILITY:  Open to the public.
FEES:  Varies depending upon service.
FREDERICK CITY HOUSING AUTHORITY

WEBSITE:  www.hacfrederick.org
MAIN:  301-662-8173
ADDRESS:  209 Madison Street, Frederick 21701
HOURS:  Mon – Fri: 8am – 4:30pm. Section-8 housing applications: Tue: 9am - 2:45pm.
SERVICES:  HOUSING: Provides affordable housing for low-to-moderate income families, senior citizens and some disabled. Owns and manages public housing rental units throughout the county. Oversees the housing choice voucher program for Frederick City.
ELIGIBILITY:  Determined by family size and income level. Background checks are done. Call or apply online, may also check application status online as well.
FEES:  None.

FREDERICK CITY PARKS AND RECREATION

WEBSITE:  www.cityoffrederick.com
MAIN:  301-600-1492
ADDRESS:  121 North Bentz Street, Frederick 21701
HOURS:  Park Hours are Dawn - 10PM.
Mon – Fri: 8am – 4:30pm
SERVICES:  OVERVIEW: Utilizes and maintains parks, swimming, pools, and sports facilities as well as provide recreation opportunities to city residents. Offers a variety of summer camps for children ages 4-12.
ELIGIBILITY:  Open to the public.
FEES:  None or minimal depending upon activities.

FREDERICK CITY POLICE DEPARTMENT

WEBSITE:  www.cityoffrederick.com
NON-EMERGENCY NUMBER:  301-600-2100
ADDRESS:  100 West Patrick Street, Frederick 21701
HOURS:  Operations 24hours/day 7days/week.
SERVICES:  LAW ENFORCEMENT: Assures the safety and general welfare of the residents of Frederick City by preventing and detecting crime and enforcing laws 24 hours a day, 7 days a week.
ELIGIBILITY:  Open to the public.
FEES:  None.
FREDERICK CITY POLICE DEPARTMENT, VICTIM SERVICES UNIT
WEBSITE: www.cityoffrederick.com
MAIN: 301-600-2101
ADDRESS: 100 West Patrick Street, Frederick 21701
HOURS: Mon – Fri: 8am-4pm
SERVICES: Services: Provides immediate support to victims of crime in the City of Frederick assessing needs, providing information, crisis intervention and links to community resources. Offers support from crisis period through investigative process.
ELIGIBILITY: Crime victims of all ages.
FEES: None.

FREDERICK COMMUNITY ACTION AGENCY, COMMUNITY HEALTH CARE CENTER
WEBSITE: www.cityoffrederick.com
MAIN: 301-600-1506
ADDRESS: 100 South Market Street, Frederick 21701
HOURS: Mon – Fri: 8:30am-5pm
SERVICES: Medical Care: Provides needed medical care to low income adults and children.
ELIGIBILITY: Adults and children who are homeless, uninsured meeting income guidelines, or Medical Assistance recipients who are enrolled with participating MCO.
FEES: Sliding scale

FREDERICK COMMUNITY ACTION AGENCY, FREDERICK FOOD BANK
WEBSITE: www.cityoffrederick.com
MAIN: 301-600-1506
ADDRESS: 14 East All Saints Street, Frederick 21701
HOURS: Mon, Tue, Thu and Fri: 2pm-4pm, Wed: 7pm-9pm
SERVICES: Food Pantry: Provides a 3-5 day supply of food to individuals and families that are experiencing an economic crisis and cannot afford their groceries. Donations of food or grocery gift cards accepted.
ELIGIBILITY: Individuals or families in need of food.
FEES: None.
FREDERICK COMMUNITY ACTION AGENCY, HOUSING COUNSELING SERVICES

WEBSITE: www.cityoffrederick.com
MAIN: 301-600-1506
ADDRESS: 121 South Market Street, Frederick 21701
HOURS: Mon – Sat: 8:30am - 5pm
SERVICES: HOMEOWNERSHIP COUNSELING: Offers low and moderate income individuals and families homeownership counseling, credit counseling, reverse mortgage counseling, default and foreclosure counseling, post-purchase programs. Seminars, home buyer and other related workshops are offered throughout the year. All services are done face to face. Call for appointment.
ELIGIBILITY: Open to the public and caters to low and moderate income individuals and families.
FEES: Free

FREDERICK COMMUNITY ACTION AGENCY, OUTREACH AND TRANSPORTATION SERVICES

WEBSITE: www.cityoffrederick.com
MAIN: 301-600-1506
ADDRESS: 100 South Market Street, Frederick 21701
HOURS: Mon – Fri: 8:30am – 12pm
SERVICES: OUTREACH: Workers perform outreach to local shelters, streets, woods, and other areas where people that are homeless can be found in order to familiarize them with available resources.
TRANSPORTATION: Operates a free van run to transport clients to a variety of local human service agencies.
ELIGIBILITY: Homeless, low to moderate income individuals and families.
FEES: None.

FREDERICK COMMUNITY ACTION AGENCY, SOAR PROGRAM

WEBSITE: www.cityoffrederick.com
MAIN: 301-600-3941
ADDRESS: 100 South Market Street, Frederick 21701
HOURS: Mon – Fri: 8:30am – 12pm
SERVICES: SOCIAL SECURITY APPLICATIONS: Helps homeless or those at risk of homelessness, and disabled to apply for disability benefits available through the Social Security Administration. Assists people with obtaining necessary documents, such as birth certificates and photo identification cards, needed to apply for benefits.
ELIGIBILITY: Disabled individuals residing in Frederick and Washington Counties who are homeless or at risk of homelessness and in need of assistance to apply for disability benefits.
FEES: None.
FREDERICK COMMUNITY ACTION AGENCY, SOUP KITCHEN
WEBSITE:  www.cityoffrederick.com/362/Soup-Kitchen-Program
MAIN:  301-600-1506
ADDRESS:  100 South Market Street, Frederick 21701
HOURS:  7 days/week, 5:30pm - 6:30pm
SERVICES:  SOUP KITCHEN: Serves one meal daily to persons in need.
ELIGIBILITY:  Open to public.
FEES:  None.

FREDERICK COMMUNITY ACTION AGENCY, TRANSITIONAL HOUSING SERVICES
WEBSITE:  www.cityoffrederick.com/183/Frederick-Community-Action-Agency
MAIN:  301-600-1506
ADDRESS:  100 South Market Street, Frederick 21701
HOURS:  Mon – Fri: 8:30am – 5pm
SERVICES:  TRANSITIONAL HOUSING: Offers a 31-bed shelter with case management and supportive services to homeless families with children and adults with physical disabilities. Families can transition into the 24 month transitional apartment program as space allows.
ELIGIBILITY:  Homeless families and disabled individuals
FEES:  None.

FREDERICK COMMUNITY ACTION AGENCY, WEATHERIZATION ASSISTANCE
WEBSITE:  www.cityoffrederick.com
MAIN:  301-600-1506
ADDRESS:  121 South Market Street, Frederick 21701
HOURS:  Mon – Fri: 8:30am - 5pm
SERVICES:  WEATHERIZATION ASSISTANCE PROGRAM: Provides a housing conservation program to reduce home energy consumption. Provides home energy inspection and may provide the following treatments: air leak identification, insulation, hot water system improvements, energy efficient lighting, and furnace cleaning/repairs.
ELIGIBILITY:  Open to low income individuals and families, homeowners or renters and receiving energy assistance. Must apply for energy assistance at Department of Social Services.
FEES:  None.
FREDERICK COMMUNITY COLLEGE
WEBSITE: www.frederick.edu
MAIN: 301-846-2400
ADDRESS: 7932 Opossumtown Pike, Frederick 21702
HOURS: Class schedules vary.
Mon - Thu: 8:30am-8pm, Fri: 8:30am-4:30pm
SERVICES: OVERVIEW: A 2-year college, offering associate degrees, as well as certificates with more than 85 programs available. Offers flexible schedules featuring evening, weekend, weekday, and online options. Provides facilities and services that are open to the community, e.g. the library and bookstore.
ELIGIBILITY: Open to the public.
FEES: Varies depending upon classes and residency.

FREDERICK COMMUNITY COLLEGE, OFFICE OF ADULT SERVICES
WEBSITE: www.frederick.edu/adultservices
MAIN: 301-846-2483
ADDRESS: Frederick Community College, Annapolis Hall, A-103, 7932 Opossumtown Pike, Frederick 21702
HOURS: By appointment only, Mon: 8:30am-7pm, Tue-Fri: 8:30am–4:30pm
SERVICES: ADULT SERVICES: Offers a wide variety of supportive services for adults returning to college including counseling, support, and referrals through its five programs, Project Forward Step, the Allied Health Academy, Adult Ed STARS, the Women’s Center, and the Anne-Lynn Gross Breast Cancer Resource Center.
ELIGIBILITY: Adults in transition.
FEES: None.

FREDERICK COUNTY 4-H THERAPEUTIC RIDING PROGRAM
WEBSITE: www.fc4htrp.org
MAIN: 301-898-3587
ADDRESS: 11515 Angleberger Road, Thurmont 21788
HOURS: Mon - Fri: 8:30am - 4:30pm. If no answer, leave message and call will be returned.
SERVICES: OVERVIEW: Offers a therapeutic horseback riding program for children and adults with disabilities. Rider activities off the premises include a show at the Frederick Fairgrounds during the Great Frederick Fair.
ELIGIBILITY: Disabled persons of all ages.
FEES: $245 for 7 week session; Private start at $60
FREDERICK COUNTY ADULT DETENTION CENTER
WEBSITE:  www.frederickcountymd.gov
MAIN:  301-600-2550
ADDRESS:  7300 Marcie’s Choice Lane, Frederick 21704
HOURS:  Operations are 24 hours/day, 7 days/week.
SERVICES:  CORRECTIONAL FACILITY: A full service correctional facility offering all available alternatives to incarceration to include: pretrial services, home detention, alternative sentencing/community service and work release, as well as traditional incarcerations and imprisonment for offenders either awaiting trial or who have been sentenced.
ELIGIBILITY:  Individuals involved with the criminal justice system
FEES:  None unless you are on work release.

FREDERICK COUNTY ANIMAL CONTROL AND PET ADOPTION CENTER
WEBSITE:  www.frederickcountymd.gov
MAIN:  301-600-1546
ADDRESS:  1832 Rosemont Avenue, Frederick 21702
HOURS:  Mon, Tue, Fri: 8am-5pm, Wed, Thu: 12pm-8pm, Sat: 9am-4pm
Animal Viewing: Mon, Tue, Fri: 10am-5pm, Wed, Thu 10am-8pm, Sat: 10am-4pm. Animal Intake: Mon, Tue, Fri: 8am-5pm, Wed, Thu: 12pm-8pm, Sat: 9am-4pm.
SERVICES:  ANIMAL ADOPTION: Cares for abandoned and relinquished animals through funding from Frederick County Government. Offers dogs, cats, and small animals for adoption to caring homes. Animal control and licensing is also available.
ELIGIBILITY:  Open to the public.
FEES:  Vary call for details.

FREDERICK COUNTY CHILD ADVOCACY CENTER
WEBSITE:  www.frederickcountymd.gov/481/Child-Advocacy-Center-CAC
MAIN:  301-600-1758
ADDRESS:  12 E Church Street, Frederick 21702
HOURS:  Mon – Fri: 8am – 4pm.
SERVICES:  CHILD ADVOCACY: Provides multidisciplinary services to child abuse victims and their families. Services include child abuse interviews; coordination of investigation; legal, medical, and mental health services; on-site medical examination; linkage to service providers for victims; information and referrals to other community agencies.
ELIGIBILITY:  Must be referred by CPS or local law enforcement.
FEES:  Free
FREDERICK COUNTY COMMISSION FOR WOMEN

WEBSITE: www.frederickcountymd.gov/1520/Commission-For-Women
MAIN: 301-600-1066
ADDRESS: 401 Sagner Ave, Room 141, Frederick 21701
HOURS: Meetings: 2nd Tuesday each month: 7PM in Winchester Hall (3rd floor).

Call and leave message and call will be returned.

SERVICES: VOLUNTEER: Consists of a group of volunteer citizens dedicated to advocating and promoting the economic, social and political equality of women.

ELIGIBILITY: Open to public. Woman 18 and older.

FEES: None.

FREDERICK COUNTY DEPARTMENT OF HOUSING

WEBSITE: www.frederickcountymd.gov/housing
MAIN: 301-600-1061
ADDRESS: 401 Sagner Avenue, Frederick 21701
HOURS: Mon – Fri: 8am-4pm

SERVICES: HOUSING: Assists in the provision of affordable housing for Frederick County residents with an emphasis on special needs populations, senior citizens, persons with disabilities, and low to moderate income workforce households.

ELIGIBILITY: Low to moderate income individuals, families, and seniors who meet income guidelines.

FEES: None.

FREDERICK COUNTY DEPARTMENT OF SOCIAL SERVICES, ADOPTION

WEBSITE: www.dhs.maryland.gov/adoption
MAIN: 301-600-4522
ADDRESS: 1888 N. Market Street, Frederick 21701
HOURS: Mon – Fri: - 8am-4pm

SERVICES: ADOPTION SERVICES: Enables children to become free for adoption and release may be a direct request from the child’s birth parents or initiated by foster care staff for children who have been abandoned or have no chance of returning to their families. Children are placed with adoptive parents who have previously applied to adopt and have been approved to do so through a home study process. Most of the children freed for adoption have special needs or are in sibling groups.

ELIGIBILITY: Must be 21 and older to adopt.

FEES: None.
FREDERICK COUNTY DEPARTMENT OF SOCIAL SERVICES,
ADULT FOSTER CARE

WEBSITE: www.dhs.maryland.gov
Intake: 301-600-2635
ADDRESS: 1888 North Market Street, Frederick 21701
HOURS: Mon – Fri: 8am-4:30pm
SERVICES: ADULT FOSTER CARE: Provides supportive housing with a pre-qualified foster family for adults in need of housing. Adults may be at risk, have no relatives or families, families are unable to adequately provide for them or unable to accept the responsibility, needs an alternative to independent living in the community or an institution. Recruits and counsels foster families and adult in care and obtains special services that may be needed.
ELIGIBILITY: Low income frail, elderly and disabled adults 18 and older, including HIV/AIDS patients.
FEES: None.

FREDERICK COUNTY DEPARTMENT OF SOCIAL SERVICES,
ADULT PROTECTIVE SERVICES

WEBSITE: www.dhs.maryland.gov
MAIN: 301-600-2635
ADDRESS: 1888 North Market Street, Frederick 21701
HOURS: Mon – Fri: 8am – 4:30pm
SERVICES: ADULT PROTECTION: Provides professional services to protect the health, safety, and welfare of endangered, vulnerable adults. Prevents or remedy abuse, neglect, self-neglect, or exploitation of adults who are unable to protect their own interests and at risk of immediate harm to their own person or to others. Risk factors identified and service plans developed to prevent further risk of harm to the adult.
ELIGIBILITY: Vulnerable adults age 18 or over that lack physical or mental capacity to provide own daily needs that are or believed to be abused, neglected or exploited.
FEES: None.

FREDERICK COUNTY DEPARTMENT OF SOCIAL SERVICES,
BURIAL ASSISTANCE

WEBSITE: www.dhs.maryland.gov/local-offices/frederick-county/
MAIN: 301-600-4555
ADDRESS: 1888 North Market Street, Frederick 21701
HOURS: Mon - Fri: 8am – 4:30pm Walk-in interviews: 8am-12pm ONLY.
SERVICES: BURIAL ASSISTANCE: Provides limited financial help with funeral expenses of deceased recipients of public assistance programs when their families cannot afford funeral costs.
ELIGIBILITY: Family members of a recipient of public benefits or person qualified to receive public benefits.
FEES: None.
FREDERICK COUNTY DEPARTMENT OF SOCIAL SERVICES, CHILD PROTECTIVE SERVICES

WEBSITE:  www.dhs.maryland.gov/child-protective-services/contact-us/
MAIN:  301-600-2464
ADDRESS:  1888 North Market Street, Frederick 21701
HOURS:  Mon – Fri: 8am-4pm
SERVICES:  CHILD PROTECTIVE SERVICES: Investigates allegations of physical or sexual abuse and neglect. Legal mandates require children in neglect cases to be seen within 5 days and in abuse cases within 24 hours. Emergency services may include placement in sheltered care or court involvement, or may involve counseling with the family to rectify the situation. Provides continuing services to families.
ELIGIBILITY:  Neglected or abused children under age 18.
FEES:  None.

FREDERICK COUNTY DEPARTMENT OF SOCIAL SERVICES, CHILD SUPPORT SERVICES

WEBSITE:  www.dhs.maryland.gov/local-offices/frederick-county/
MAIN:  800-332-6347
ADDRESS:  1888 North Market Street, Frederick 21701
HOURS:  Mon – Fri: 8am – 4:30pm
SERVICES:  CHILD SUPPORT ENFORCEMENT: Provides services to establish and enforce child support orders, including location of the absentee parent and court order for wage withholding. Establishes paternity, collects and distributes child support and reviews and modifies the court orders.
ELIGIBILITY:  Open to persons seeking assistance obtaining child support.
FEES:  If you are not receiving cash assistance or medical assistance there is a $15 application fee.

FREDERICK COUNTY DEPARTMENT OF SOCIAL SERVICES, EMERGENCY ASSISTANCE TO FAMILIES WITH CHILDREN

WEBSITE:  www.dhs.maryland.gov/local-offices/frederick-county/
MAIN:  301-600-2410
ADDRESS:  1888 North Market Street, Frederick 21701
HOURS:  Mon – Fri: 8am-4:30pm Walk-in interviews: 8am-12pm ONLY.
SERVICES:  FINANCIAL ASSISTANCE: Provides emergency cash assistance to families who need help paying an eviction notice, emergency fuel/heating shortage.
ELIGIBILITY:  Residents 18 and older with at least one related child under age of 21 living in home. Must provide proof household can maintain on-going monthly rent and utilities. Available to household once in a 24-month period.
FEES:  None.
FREDERICK COUNTY DEPARTMENT OF SOCIAL SERVICES,
FOSTER CARE FOR CHILDREN AND LICENSING

WEBSITE: www.dhs.maryland.gov/foster-care
MAIN: 301-600-4555
ADDRESS: 1888 North Market Street, Frederick 21701
HOURS: Mon – Fri: 8am-4:30pm
SERVICES: FOSTER CARE: Provides temporary homes for children to live until they are able to be reunited with their own families, placed with relatives, or adopted. Helps individuals and families become foster parents.
ELIGIBILITY: Families willing and able to provide temporary care for children in need while working towards reunification with family members.
FEES: None.

FREDERICK COUNTY DEPARTMENT OF SOCIAL SERVICES,
MEDICAL ASSISTANCE

WEBSITE: www.dhs.maryland.gov
MAIN: 301-600-4575
ADDRESS: 1888 North Market Street, Frederick 21701
HOURS: Mon – Fri: 8:30am-3:30pm
SERVICES: MEDICAL ASSISTANCE: Provides assistance with screening and applying for Medical Assistance/Medicaid/MA. Assists with questions/concerns regarding Medicare beneficiary programs.
ELIGIBILITY: Low-income, uninsured individuals and families, older adults, people with disabilities. Must meet income guidelines.
FEES: None.

FREDERICK COUNTY DEPARTMENT OF SOCIAL SERVICES,
SOCIAL SERVICES TO ADULTS

WEBSITE: www.dhs.maryland.gov/office-of-adult-services/
MAIN: 301-600-2635
ADDRESS: 1888 North Market Street, Frederick 21701
HOURS: Mon – Fri: 8am-4:30pm
SERVICES: ADULT CARE: Provides services to citizens 18 and older who are mentally, physically, or developmentally disabled, in order to enable them to remain independent.
ELIGIBILITY: Senior citizens and individuals ages 18 to 64 who are mentally, developmentally, or physically disabled.
FEES: None.
FREDERICK COUNTY DEPARTMENT OF SOCIAL SERVICES,
SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM

WEBSITE:  www.dhs.maryland.gov
MAIN:  301-600-4575
ADDRESS:  1888 North Market Street, Frederick 21701
HOURS:  Mon – Fri: 8am-4:30pm
SERVICES:  SUPPLEMENTAL FOOD: Offers free food benefits provided monthly to eligible low-income households that allows them to purchase food from participating stores. Clients are given an independence card similar to a bank debit card to access benefits.
ELIGIBILITY:  Applicants must file an application, be interviewed, and meet all financial and technical eligibility factors.
FEES:  None.

FREDERICK COUNTY DEPARTMENT OF SOCIAL SERVICES,
TEMPORARY CASH ASSISTANCE

WEBSITE:  www.dhs.maryland.gov
MAIN:  301-600-4575
ADDRESS:  1888 North Market Street, Frederick 21701
HOURS:  Mon – Fri: 8am – 4:30pm
SERVICES:  CASH ASSISTANCE: Helps families become independent of welfare support through work, personal responsibility and community involvement. Clients are required to participate in some sort of work activities for a minimum of 30 hours per week, in exchange for temporary cash assistance, child care, and training.
ELIGIBILITY:  Low-income families with children age 17 and under.
FEES:  None.

FREDERICK COUNTY DEPARTMENT OF SOCIAL SERVICES,
TEMPORARY DISABILITY ASSISTANCE PROGRAM

WEBSITE:  www.dhs.maryland.gov/weathering-tough-times/temporary-disability-assistance/
MAIN:  301-600-4575
ADDRESS:  1888 North Market Street, Frederick 21701
HOURS:  Mon – Fri: 8am – 4:30pm
SERVICES:  CASH ASSISTANCE: A cash assistance program, for disabled adults with no dependent children that provides up to $215 per month for emergency needs such as rent, mortgage assistance, prescription expenses, and medical bills.
ELIGIBILITY:  Must be a single adult disabled for at least 3 months, as verified by a doctor, have no dependent children, and meet income guidelines.
FEES:  None.
FREDERICK COUNTY DIVISION OF UTILITIES AND SOLID WASTE MANAGEMENT, REGULATORY COMPLIANCE

WEBSITE: www.frederickcountymd.gov
MAIN: 301-600-1825
ADDRESS: 4520 Metropolitan Court, Frederick 21704
HOURS: Mon – Fri: 8am - 4pm
SERVICES: GOVERNMENT OFFICE: Coordinates compliance with state and local regulations related to the operation of public water supplies, wastewater collection systems, and solid waste disposal facilities.
ELIGIBILITY: Open to the public.
FEES: Call for details.

FREDERICK COUNTY GOVERNMENT INFORMATION LINE

WEBSITE: www.frederickcountymd.gov
MAIN: 301-600-9000
ADDRESS: 12 East Church Street, Frederick 21701
HOURS: Mon – Fri: 8am – 4pm
SERVICES: HELP LINE: Provides phone numbers, information, and services for Frederick County and City government offices, state agencies as well as Frederick tourism.
ELIGIBILITY: Open to public.
FEES: None.

FREDERICK COUNTY HEALTH DEPARTMENT, ADMINISTRATIVE CARE COORDINATION AND OMBUDSMAN

WEBSITE: www.health.frederickcountymd.gov/483/Administrative-Care-Coordination-Unit-AC
MAIN: 301-600-3348
ADDRESS: 350 Montevue Lane, 1st Floor, Entrance “B”, Frederick 21702
HOURS: Mon – Fri: 8am – 4:30pm
SERVICES: INSURANCE CONCERNS: Assists Frederick County Medicaid (MA) recipients to locate providers, navigate the MA system, and connect to community resources. Ombudsman services available to advocate and help solve complex medical issues.
ELIGIBILITY: Frederick County residents who receive or are eligible to receive Medical Assistance benefits.
FEES: None.
FREDERICK COUNTY HEALTH DEPARTMENT, ADULT EVALUATION AND REVIEW SERVICES

WEBSITE: www.health.frederickcountymd.gov/207/Adult-Evaluation-Review-Services
MAIN: 301-600-1736
ADDRESS: 350 Montevue Lane, Frederick 21702
HOURS: Mon – Fri: 8am – 4:30pm
SERVICES: SENIOR and DISABLED ADULTS CARE: An evaluation and assessment program with nursing, social, and psychiatric components to assist at risk adults to plan and receive appropriate care. Services include coordinating in-home services and long-term care as needed.
ELIGIBILITY: At risk and/or disabled adults who live in the county who need help in identifying resources to assist them in planning for their care needs.
FEES: None.

FREDERICK COUNTY HEALTH DEPARTMENT, ADULT SUBSTANCE USE SCREENING

WEBSITE: www.frederickcountymd.gov
MAIN: 301-600-1775
ADDRESS: 350 Montevue Lane, Frederick 21702
HOURS: Mon, Wed: 8am-8pm, Tue, Thu, Fri: 8am – 5pm
SERVICES: SCREENING AND REFERRAL UNIT: Serves as a first step for individuals seeking substance use treatment. Provides clinical assessment of the person’s recovery needs, followed by referrals and linkages to community treatment providers at the appropriate level of care.
ELIGIBILITY: Adults 18 and over who struggle with substance use.
FEES: Medical assistance

FREDERICK COUNTY HEALTH DEPARTMENT, CANCER SCREENING PROGRAMS

WEBSITE: www.health.frederickcountymd.gov/218/Preventive-Health-Services
MAIN: 301-600-3362
ADDRESS: 350 Montevue Lane, Frederick 21702
HOURS: Mon – Fri: 8am-5pm
SERVICES: HEALTHCARE: Provides eligible individuals with services for prevention, diagnosis, and treatment of breast, cervical, colorectal cancers and chronic disease prevention and education. Offers literature, information and speakers at health fairs, workshops, community or professional events.
ELIGIBILITY: Count residents who are under insured or uninsured and meet income guidelines. Colorectal screening: age 50+. Breast and cervical screening: age 40-64. 65+ may qualify if receiving Medicare Part A.
FEES: None if meet income guidelines. Accepts Medicare, and some insurance.
FREDERICK COUNTY HEALTH DEPARTMENT, COMMUNITY HEALTH SERVICES DIVISION

WEBSITE: www.frederickcountymd.gov
MAIN: 301-600-1733
ADDRESS: 350 Montevue Lane, Frederick 21702
HOURS: Mon – Fri: 8am-5pm
SERVICES: HEALTH CARE: Offers HIV testing and care, immunizations, tuberculosis treatment, contagious disease tracking/investigation/control, maternal/infant/young child support and education including the WIC Program, screening for breast, cervical and colon cancer, cancer resources and work site wellness activities.
ELIGIBILITY: Varies depending on the service provided. Call for further information.
FEES: Many services are no cost or on sliding scale. No one is denied access to services due to inability to pay.

FREDERICK COUNTY HEALTH DEPARTMENT, COMMUNITY ORGANIZED RECOVERY EFFORTS

WEBSITE: www.health.frederickcountymd.gov/459/Adult-Recovery-Supports
MAIN: 301-600-3289
ADDRESS: 350 Montevue Lane, Frederick 21702
HOURS: Mon – Fri: 8am–12pm
SERVICES: COMMUNITY ORGANIZED RECOVERY EFFORTS (CORE): The center offers a variety of recovery supports to include peer-led discussion groups, a wellness program, life-skills classes, speech craft, art classes, recovery coaches, telephone recover support, sober social activities and more.
ELIGIBILITY: Must be Frederick County resident age 18 or older and have unmet substance abuse and or mental health treatment needs or in recovery from these issues.
FEES: None

FREDERICK COUNTY HEALTH DEPARTMENT, DEVELOPMENTAL CENTER

WEBSITE: www.frederickcountymd.org
MAIN: 301-600-1611
ADDRESS: 350 Montevue Lane, Frederick 21702
HOURS: Mon – Fri: 8am-4pm
SERVICES: DEVELOPMENTAL SERVICES: Provides specialized health and education-related services, including an infants and toddlers program, audiological services, dental clinic, school-based occupational/ physical therapy, and respite care when funds are available.
ELIGIBILITY: 25% delay or greater in any one area of development, a medical diagnosis, or atypical development identified based on a comprehensive evaluation.
FEES: None.
FREDERICK COUNTY HEALTH DEPARTMENT, ENVIRONMENTAL HEALTH

WEBSITE: www.frederickcountymd.gov
MAIN: 301-600-1719
ADDRESS: 350 Montevue Lane, Frederick 21702
HOURS: Mon – Fri: 8am – 5pm
SERVICES: ENVIRONMENTAL SERVICES: Responsible for food control, individual well and septic as well as community services and development review of land plats.
ELIGIBILITY: Residents of the county.
FEES: Vary upon service required.

FREDERICK COUNTY HEALTH DEPARTMENT, HARM REDUCTION SERVICES

WEBSITE: www.health.frederickcountymd.gov/540/Harm-Reduction-Services
MAIN: 301-600-1755
ADDRESS: 350 Montevue Lane, Frederick 21702
HOURS: Mon – Fri: 8am – 5pm. Program hours may vary. Call for more info. NALOXONE TRAINING (entrance C): 2nd Wed of month: 6pm. Fri: 1pm
SERVICES: OVERVIEW: Promotes strategies to reduce negative consequences associated with drug use and unprotected sex. Offers tools to inform, educate, and empower both those who inject drugs and the community. Services include overdose response training and Narcan distribution, HIV and Hepatitis C education, testing and linkage to care, syringe services program, sexual health and referrals to community resources.
ELIGIBILITY: Open to public.
FEES: None.

FREDERICK COUNTY HEALTH DEPARTMENT, KIDS LIKE US

WEBSITE: www.health.frederickcountymd.gov/212/Kids-Like-Us
MAIN: 301-600-3281
ADDRESS: 350 Montevue Lane, Frederick 21702
HOURS: Mon – Fri: 8:30am-4:30pm  Meeting times vary per school. Groups are scheduled so that academic time is not adversely impacted.
SERVICES: SCHOOL BASED SUPPORTS: A free, confidential, school-based program for students in grades 4 and above who are affected by the addiction or substance abuse of a close family member. Students participate in initial 12-week group with a trained Kids Like Us counselor. Meetings continue bi-monthly through 8th or 12th grade. Free summer day camp program and annual art show of participant art available to school based participants.
ELIGIBILITY: Students at participating schools who are impacted by familial substance use. Permission from parent or guardian.
FEES: Free
FREDERICK COUNTY HEALTH DEPARTMENT, MARYLAND
CHILDREN’S HEALTH PROGRAM
WEBSITE:  www.mmcp.health.maryland.gov
HOURS:  Mon – Fri: 8am – 4:30pm
ADDRESS:  350 Montevue Lane, Frederick 21702
SERVICES:  HEALTH INSURANCE: Provides health benefits for children up to age 19, pregnant women of any age, or family members caring for children who meet the income guidelines.
ELIGIBILITY:  Single adults (under 65), caretaker relatives, parents, children and pregnant women of any age who meet the income guidelines. See website for additional information.
FEES:  None. If qualify for MCHP Premium a monthly fee is required depending upon income.

FREDERICK COUNTY HEALTH DEPARTMENT, MATERNAL AND CHILD HEALTH PROGRAM
WEBSITE:  www.frederickcountymd.gov
MAIN:  301-600-3379
ADDRESS:  350 Montevue Lane, Frederick 21702
HOURS:  Mon – Fri: 8am-5pm
SERVICES:  EDUCATION: Offers education and support for pregnant women, new moms and infants. Serves to educate and inform the pregnant woman and families of the county about health and safety. Services include case management that assists girls and women throughout their pregnancy and until their baby’s first birthday to connect with appropriate resources.
ELIGIBILITY:  Open to low income families and pregnant women and teens.
FEES:  None.

FREDERICK COUNTY HEALTH DEPARTMENT, ON THE MARK
ADOLESCENT CLUBHOUSE
WEBSITE:  www.md-frederickcountyhealth.civicplus.com/562/On-the-Mark-Adolescent-Clubhouse
MAIN:  301-600-1122
ADDRESS:  350 Montevue Lane, Frederick 21702
HOURS:  Mon – Fri: 3:30pm-7pm, Sat: 11am-5pm
SERVICES:  YOUTH BEHAVIORAL HEALTH: Offers sober activities for youth ages 12-17 who are recovering from substance use problems or at risk of using substances. Services include educational, recreational, and peer recovery led support groups for maintaining a substance free lifestyle.
ELIGIBILITY:  Youth between the ages of 12-17 who are in recovery from substance use/addiction, have experimented or are at risk of using substances.
FEES:  Membership is free for all county youth ages 12-17 years old.
FREDERICK COUNTY HEALTH DEPARTMENT, SCHOOL HEALTH DIVISION

WEBSITE: www.frederickcountymd.gov  
MAIN: 301-600-3312  
ADDRESS: 350 Montevue Lane, Frederick 21702  
HOURS: Mon – Fri: 8am – 4pm  
SERVICES: SCHOOL HEALTH: Working in conjunction with county school system promotes healthy lifestyles, illness and injury prevention, assist students who have health needs, facilitates access to primary health care, and educates students, staff and the community regarding health care needs.  
ELIGIBILITY: Students in the county school system.  
FEES: None.

FREDERICK COUNTY HEALTH DEPARTMENT, SCOTT KEY CENTER

WEBSITE: www.scottkeycenter.org  
MAIN: 301-600-1600  
ADDRESS: 1050 Rocky Springs Road, Frederick 21702  
HOURS: Mon – Fri: 8am – 3pm  
SERVICES: SUPPORTED EMPLOYMENT: Fosters person-centered, integrated employment opportunities and community involvement for individuals with developmental disabilities in Frederick County.  
ELIGIBILITY: Persons ages 21 and older with a developmental disability and have been approved by DDA.  
FEES: State-funded.

FREDERICK COUNTY HEALTH DEPARTMENT, SEASONAL FLU CLINIC

WEBSITE: www.health.frederickcountymd.gov/285/Immunizations-Clinic  
MAIN: 301-600-1733  
ADDRESS: 350 Montevue Lane, Frederick 21702  
HOURS: Mon, Tue, Thu, Fri: 8am – 5pm, Wed: 8:30am - 3:30pm  
Call for appointment  
SERVICES: IMMUNIZATIONS: Offers FREE flu vaccinations for uninsured and underinsured children 6 months-17 years of age BY APPOINTMENT ONLY.  
ELIGIBILITY: Uninsured or underinsured children 6 months to 17 years of age.  
FEES: None.
FREDERICK COUNTY HEALTH DEPARTMENT, STATE CARE COORDINATION, SUBSTANCE USE

**WEBSITE:** www.health.frederickcountymd.gov/459/Adult-Recovery-Supports

**MAIN:** 301-600-3289

**ADDRESS:** 350 Montevue Lane, Frederick 21702

**HOURS:** Mon – Fri: 8am – 5pm

**SERVICES:** CARE COORDINATION: Available to Frederick County residents who are receiving outpatient substance use treatment services at local outpatient. Assists individuals in gaining access to necessary care such as counseling, medical, transportation, and social services.

**ELIGIBILITY:** Must be Frederick County resident age 18 or older and have unmet substance use needs, and currently enrolled in outpatient treatment OR transitioning out of a State Inpatient Substance Use Facility.

**FEES:** None

FREDERICK COUNTY HEALTH DEPARTMENT, STOP SMOKING FOR LIFE

**WEBSITE:** www.health.frederickcountymd.gov/558/Tobacco-Prevention-and-Cessation-Program

**MAIN:** 301-600-1755

**ADDRESS:** 350 Montevue Lane, Frederick 21702

**HOURS:** Mon - Fri: 8am - 5pm. Program hours may vary. Call for more info.

**SERVICES:** TOBACCO CESSATION: Offers classes for all ages to help them stop smoking. Class meets once a week for 6 weeks. Nicotine patches and gum are available with physician approval. One on one counseling available. Call for appointment.

**ELIGIBILITY:** Open to the public who wish to stop smoking. Must be 18 to receive nicotine replacements.

**FEES:** None.

FREDERICK COUNTY HEALTH DEPARTMENT, UNDERAGE PARTY TIP HOTLINE

**WEBSITE:** www.frederickcountymd.gov

**MAIN:** 301-600-1318

**ADDRESS:** 350 Montevue Lane, Frederick 21702

**HOURS:** Operates 24 hours/day, 7 days/week.

**SERVICES:** HOTLINE: A tip line for anyone who suspects a party is going on involving underage drinking or drugs. Please give the address of the party, the time and date. Police will check out the situation. Callers are NOT required to give their names and all information is confidential.

**ELIGIBILITY:** Open to the public.

**FEES:** None.
FREDERICK COUNTY HEALTH DEPARTMENT, WOMEN, INFANTS AND CHILDREN PROGRAM

WEBSITE:  www.frederickcountymd.gov
MAIN:  301-600-2507
ADDRESS:  350 Montevue Lane, Frederick 21702
HOURS:  Mon, Tue, Thu, Fri: 8am – 5pm. Wed: 8am – 7pm.
SERVICES:  NUTRITIONAL ASSISTANCE: Provides supplemental food vouchers and a nutrition education program.
ELIGIBILITY:  Pregnant women, new mothers, nursing mothers and households with children up to five years old who meet income guidelines. Families already receiving Social Service benefits (food stamps, medical assistance, temporary cash assistance) are automatically eligible.
FEES:  None

FREDERICK COUNTY HUMAN RELATIONS DEPARTMENT

WEBSITE:  www.frederickcountymd.gov/humanrelations
MAIN:  301-600-1110
ADDRESS:  401 Sagner Ave, Frederick 21701
HOURS:  Mon – Fri: 8am – 4pm. Meeting hours are by appointment.
SERVICES:  DISCRIMINATION COMPLAINT INVESTIGATIONS:
Investigates alleged complaints of discrimination in areas of housing, public accommodations and employment, based on age, race, sex, religion, marital status, disabilities and source of income brought under Frederick County code.
ELIGIBILITY:  Discrimination must have taken place in Frederick County and be reported within six months of the incident.
FEES:  None.

FREDERICK COUNTY HUMANE SOCIETY

WEBSITE:  www.fchs.org
MAIN:  301-694-8300
ADDRESS:  550 Highland Street, Suite 200, Frederick 21701
HOURS:  Tue – Fri: 9am - 4pm. Sat: 9am - 1pm
SERVICES:  PET CARE ASSISTANCE: Helps with meeting the needs of pet owners and finding available resources for their pets. Services include financial assistance for veterinary care, a pet food bank.
ELIGIBILITY:  Open to public living in Frederick County, MD.
FEES:  Varies depending upon service.
FREDERICK COUNTY OFFICE FOR CHILDREN AND FAMILIES

WEBSITE:  www.frederickcountymd.gov/ocf
MAIN:  301-600-1063
ADDRESS:  5370 Public Safety Place, Frederick 21704
HOURS:  Mon – Fri: 8am – 4pm
SERVICES:  LOCAL MANAGEMENT BOARD: Facilitates inter agency coordination; creates a vision for local government in achieving results for children and families; makes decisions on standards, goals, and priorities; determine service delivery needs; approves grants; contracts for service, reviews outcomes; establishes policy guidance, engage commitment and board collaboration.
ELIGIBILITY:  Open to the public.
FEES:  None.

FREDERICK COUNTY OFFICE OF THE PUBLIC DEFENDER

WEBSITE:  www.opd.state.md.us
INTAKE:  301-600-1988
ADDRESS:  100 West Patrick Street, Frederick 21701
HOURS:  Mon – Fri: 8am – 5pm. Apply Mon – Fri: 8:30-11am and 1-4pm.
SERVICES:  LEGAL SERVICES: Provides legal representation for individuals with low or no income, who have been arrested or summoned for a jail able offense.
ELIGIBILITY:  Low to moderate income individuals who have committed a crime or misdemeanor. See Notes.
FEES:  Free

FREDERICK COUNTY PARKS AND RECREATION

WEBSITE:  www.recreater.com
MAIN:  301-600-1646
ADDRESS:  355 Montevue Lane, Suite 100, Frederick 21701
HOURS:  Mon – Fri: 8am – 4pm
SERVICES:  RECREATION PROGRAMS: Responsible for operating a variety of parks, facilities, and recreation programs within the County. Also offers summer camps for children.
ELIGIBILITY:  Residents of all ages.
FEES:  Fixed fees. Call for details.
FREDERICK COUNTY PLANNING AND PERMITTING DIVISION
WEBSITE: www.frederickcountymd.gov
MAIN: 301-600-1138
ADDRESS: 30 North Market Street, Frederick 21701
HOURS: Mon – Fri: 8am – 4 pm
SERVICES: GOVERNMENT OFFICE: Provides short and long range land use planning and development that ensures the health, safety, and wellbeing of county citizens and the communities they live in.
ELIGIBILITY: Open to the public.
FEES: Fees vary depending upon service needed.

FREDERICK COUNTY PUBLIC LIBRARIES
WEBSITE: www.fcpl.org
MAIN: 301-600-1630
ADDRESS: 110 East Patrick Street, Frederick 21701
HOURS: Mon – Thu: 10am-9pm. Fri, Sat: 10am-5pm. Sun: 1pm-5pm
SERVICES: LIBRARY SERVICES: Provides various adult and children’s programs and a reference staff to assist patrons in finding information and locating materials. Also provides meeting space, study rooms, public computer access, and WiFi.
ELIGIBILITY: Open to the public.
FEES: None.

FREDERICK COUNTY PUBLIC SCHOOLS
WEBSITE: www.fcps.org
MAIN: 301-644-5000
ADDRESS: 191 South East Street, Frederick 21701
HOURS: Mon – Fri: 8:30am-4:30pm
SERVICES: SCHOOL: Offers traditional education from kindergarten through high school as well as continuing and special education programs.
ELIGIBILITY: Children ages Pre-k to High School and individuals interested in an education.
FEES: None.
FREDERICK COUNTY PUBLIC SCHOOLS, COMMUNITY AGENCY SCHOOL SERVICES PROGRAM

WEBSITE: www.fcps.org
MAIN: 301-644-5000
ADDRESS: 191 South East Street, Frederick 21701
HOURS: Mon – Fri: 8am-4pm
SERVICES: PUPIL SERVICES: Promotes school success by providing support services to middle school students experiencing social, emotional or behavioral challenges. Provides clinical case management services, which are voluntary and confidential.

ELIGIBILITY: Families with children from birth -18 years of age needing support and access to resources within the community.
FEES: None.

FREDERICK COUNTY PUBLIC SCHOOLS, FAMILY SUPPORT SERVICES (SPECIAL EDUCATION)

WEBSITE: www.fcps.org
MAIN: 240-236-8744
ADDRESS: 191 Waverley Drive, Frederick 21702
HOURS: Mon – Fri: 9am – 4pm
SERVICES: FAMILY SUPPORT: Offers a full range of support for families of children and young adults age 3-21 years of age with special needs. Provides information and referrals and serves as a link between family, school and community.

ELIGIBILITY: Families with children ages 3-21 who have special needs.
FEES: None.

FREDERICK COUNTY PUBLIC SCHOOLS, JUDY CENTER

WEBSITE: www.fcps.org/judycenter
MAIN: 240-236-8771
ADDRESS: 201 Waverly Drive, Frederick 21702
HOURS: Mon – Fri: 8:30am – 4pm
SERVICES: PARENT EDUCATION: Provides early intervention and comprehensive services to families with a child or children between the ages of birth to 5 years old.

ELIGIBILITY: Families with a child or children between the ages of birth through 5 years old and who reside in the Waverly, or Lincoln Elementary school districts.
FEES: Free
FREDERICK COUNTY PUBLIC SCHOOLS, SCHOOL SUPPLIES
WEBSITE:  www.fcps.org/about/news/1642419/help-with-school-supplies
ADDRESS:  191 South East Street, Frederick 21701
HOURS:    none
SERVICES:  SCHOOL SUPPLIES: Provides students in need of assistance with school supplies. Donations are accepted at multiple locations in the county. Additional information can be found online at https://www.unitedwayfrederick.org/StuffTheBus
ELIGIBILITY:  Families with school age children.
FEES:      None.

FREDERICK COUNTY PUBLIC SCHOOLS, SPECIAL EDUCATION PROGRAMS.
WEBSITE:  www.fcps.org
MAIN:  301-644-5295
ADDRESS:  191 South East Street, Frederick 21701
HOURS: Mon – Fri: 8:30am – 4:30pm
SERVICES:  OVERVIEW: Provides appropriate education for children from birth to age 21 who are in need of special services due to cognitive, emotional, or physical disabilities. Identified students receive special services for part or all of the school day, as needed.
ELIGIBILITY:  Children ages birth to 21 in need of a special education program.
FEES:      None.

FREDERICK COUNTY PUBLIC SCHOOLS, VIRTUAL SCHOOL
WEBSITE:  www.fcps.org
MAIN:  240-236-8450
ADDRESS:  1799 Schifferstadt Boulevard, Frederick 21701
HOURS: Mon – Thu: 8am – 4pm. Fri: 8am – 3pm
Summer Hours: Mon-Thu: 8am-3pm. Evening High: Tue, Thu: 12pm – 7pm
SERVICES:  EDUCATION: Provides high quality and rigorous courses as an alternative for students whose instructional needs cannot be met at their home school.
ELIGIBILITY:  Individuals who are at least 16 years of age and currently attending FCPS
FREDERICK COUNTY SENIOR SERVICES DIVISION, MARYLAND ACCESS POINT

WEBSITE:  www.frederickcountymd.gov/54/Senior-Services
MAIN:  301-600-1234
ADDRESS:  1440 Taney Avenue, Frederick 21702
HOURS:  Mon - Fri: 8:30am – 4pm
SERVICES:  OVERVIEW: Offers assistance for seniors 50 and older and individuals, 18 and older with disabilities. It is a statewide resource for information and assistance about health related services and supports to allow individuals to remain at home and plan for future needs.
ELIGIBILITY:  Seniors ages 60 and older and those with disabilities.
FEES:  Nominal.

FREDERICK COUNTY SENIOR SERVICES DIVISION, SENIOR CENTERS

WEBSITE:  www.frederickcountymd.gov/54/Senior-Services
MAIN:  301-600-1234
HOURS:  Mon - Fri: 8:30am – 4pm.
Hours vary at each senior center. Call for details.
SERVICES:  SENIOR CENTERS: Offers educational programs, health and fitness activities, recreation and social opportunities.
BRUNSWICK SENIOR CENTER: 12 East A Street, Brunswick MD 21716.
Call 301-834-8115.
EMMITSBURG SENIOR CENTER: 300 South Seton Ave. Emmitsburg MD 21727.
Call 301-600-6350.
FREDERICK SENIOR CENTER: 1440 Taney Ave., Frederick MD 21702.
Call 301-600-3525.
URBANA SENIOR CENTER: 9020 Amelung Street, Frederick MD 21704.
Call 301-600-7020
ELIGIBILITY:  Seniors age 60 and older and those with disabilities
FEES:  Nominal.

FREDERICK COUNTY SENIOR SERVICES DIVISION, STATE HEALTH INSURANCE PROGRAM

WEBSITE:  www.frederickcountymd.gov/304/Medicare-Senior-Health-Insurance-SHIP
MAIN:  301-600-1234
ADDRESS:  1440 Taney Avenue, Frederick 21702
HOURS:  Mon - Fri: 8:30am – 4pm
SERVICES:  OVERVIEW: Provides assistance in understanding health insurance benefits, bills, and client’s rights, including Medicare D and Pharmacy Assistance Programs. Investigates complaints of Medicare fraud and abuse as well as educate the public about such topics.
ELIGIBILITY:  Anyone who has or is entitled to Medicare
FEES:  None.
FREDERICK COUNTY SHERIFF’S OFFICE

WEBSITE: www.frederickcountymd.gov
NON-EMERGENCY: 301-600-1046
ADDRESS: 110 Airport Drive East, Frederick 21701
HOURS: 24 hours/day, 7 days/week
SERVICES: LAW ENFORCEMENT: Ensures the safety and general welfare of the public by preventing and detecting crime, apprehending criminals, enforcing laws, and protecting lives and property.
VICTIMS SERVICE UNIT: Provides crisis intervention and referral services to victims and witnesses of crime. Contact Theresa Higel @ 301-600-1290.
FINGERPRINTING: Offered Tue – Thu: 11am-5pm. No appointment needed.
ELIGIBILITY: Open to public.
FEES: None. Copies of reports are reproduced at $5 each.

FREDERICK COUNTY SOLID WASTE MANAGEMENT AND RECYCLING

WEBSITE: www.frederickcountymd.gov
MAIN: 301-600-2890
ADDRESS: 9031 Reichs Ford Road, Frederick 21704
HOURS: Facility hours are Monday - Saturday from 7am-4:30pm.
        Mon - Fri: 7:30am-4:30pm
SERVICES: GOVERNMENT OFFICE: Operates landfill sites “A” and “B”, waste management facilities and programs. Manages county waste stream including curbside recycling, recycling drop-off center, grinding services for the cities yard waste recycling center, waste-oil recycling center, management of county government office recycling program and provision of other allied county-wide recycling services including the Household Hazardous Waste Drop-Off Events.
ELIGIBILITY: Open to the public.
FEES: Varies depending upon service.

FREDERICK COUNTY STATE’S ATTORNEY’S OFFICE

WEBSITE: www.frederickcountymd.gov
MAIN: 301-600-1523
ADDRESS: 100 West Patrick Street, Frederick 21701
HOURS: Mon – Fri: 8am – 4pm
SERVICES: STATE REPRESENTATION: Enforces laws established by the Maryland General Assembly and upheld by the courts. Represents the citizens of Frederick County in all criminal matters in which the state has an interest, including the enforcement of child support.
ELIGIBILITY: Victims of crimes committed in Frederick County.
FEES: None.
FREDERICK COUNTY WATER AND WASTE-WATER MAINTENANCE

WEBSITE: www.frederickcountymd.gov
MAIN: 301-600-1825
ADDRESS: 4520 Metropolitan Court, Frederick 21704
HOURS: Mon – Fri: 7am – 3:30pm
SERVICES: GOVERNMENT OFFICE: Preforms preventative and recurring maintenance on the county’s water and sewer lines, treatment works and buildings. Includes leak detection and corrosion surveys, repair water mains and fire hydrants, sanitizing sewers, grinder pump systems, electrical and mechanical equipment, and the installing reading and repair of residential and commercial water meters.
ELIGIBILITY: Open to the public.
FEES: None.

FREDERICK COUNTY WORKFORCE SERVICES

WEBSITE: www.frederickworks.com
MAIN: 301-600-2255
ADDRESS: 200 Monroe Avenue, Suite 1, Frederick 21701
HOURS: Mon – Fri: 8am – 4pm.
SERVICES: EMPLOYMENT SERVICES: Provides job seekers with career management services such as career assessment and vocational counseling; a fully equipped career resource lab; individual skill development workshops; low- or no-cost career training; one-on-one assistance with resume and interview preparation; access to hundreds of current job listings; and job fairs featuring employers from select high-growth, high-demand industries.
ELIGIBILITY: Persons ages 16 and older.
FEES: Free

FREDERICK HEALTH CENTER FOR DIABETES AND NUTRITION

WEBSITE: www.frederickhealth.org
MAIN: 240-215-1474
ADDRESS: 7211 Bank Court, Suite 240, Frederick 21703
HOURS: Mon – Thu: 9:30am – 6pm. Fri: 8am-4:30pm, Sat: 8am-11:30am
SERVICES: HEALTH CARE: Provides an array of health screenings, prevention, and therapies. Services include nutrition counseling, weight management programs, and yoga, Pilates, and meditation classes. Call for details.
ELIGIBILITY: Open to public.
FEES: Fees vary.
FREDERICK HEALTH CRESTWOOD

WEBSITE: www.frederickhealth.org
HOURS: Mon – Fri: 7am-7pm
ADDRESS: 7211 Bank Court, Frederick 21703
SERVICES: HEALTH CARE: Provides advanced imaging (X-ray, bone density scan, CT, MRI, ultra sound, digital mammogram) and rehabilitation services (physical, occupational, speech and speech language therapy), as well as laboratory draw and specimen collection stations. No appointment needed for x-rays or laboratory work. Offices, medical fitness program and Promotional Fitness are located in the same building. Offers free monthly support groups for various health conditions, including diabetes, pre-diabetes, and stroke. Call for dates and times.
ELIGIBILITY: Open to public with a specialty focus on women.
FEES: Most insurances, Medicaid, Medicare and self-pay.

FREDERICK HEALTH EMPLOYER SOLUTIONS

WEBSITE: www.corpohs.com
MAIN: 240-566-3001
ADDRESS: 490-L Prospect Boulevard, Frederick 21701
HOURS: Mon – Fri: 7am – 5pm
SERVICES: HEALTH CARE: Provides work-related injury treatment and management, physical exams, drug screening, Department of Transportation (DOT) physical exams, safety and health programs, work site evaluations, immunization and wellness programs.
ELIGIBILITY: All employers and/or employees with work related injuries or questions.
FEES: Self-pay from employers and workman's compensation based upon Maryland Worker's Compensation Commission Guide.
FREDERICK HEALTH HOME CARE
WEBSITE:  www.frederickhealth.org
MAIN:  240-566-3568
ADDRESS:  605 East Church Street, Suite 2, Frederick 21701
HOURS:  Nurses on call: 24 hours/day, 7 days/week. Office: Mon - Fri: 8am – 4:30pm
SERVICES:  HOME HEALTH CARE: Home Health Professionals provide intermittent skilled care, collaborating with the patient’s physician to develop a plan of treatment specifically to meet the patient’s health care needs. Scheduled visits to the patient’s home are planned by our health care team to ensure the delivery of care ordered by the patient’s physician. Skilled services include: nursing, social workers, home health aides, and physical, occupational, and speech therapies. Therapeutic programs include: wound care, chronic care management, medication management, telehealth, infusion therapy, balance in motion, joint works program, and cognitive therapy.
ELIGIBILITY:  Open to public.
FEES:  Medicare, Medicaid, and most private insurance.

FREDERICK HEALTH HOSPICE
WEBSITE:  www.frederickhealthhospice.org
MAIN:  240-566-3030
ADDRESS:  516 Trail Ave, Suite B, Frederick 21701
HOURS:  Nurses on staff 24 hours/day, 7 days/week. Mon – Fri: 8am – 4:30pm
SERVICES:  HOSPICE CARE: Provides outpatient and inpatient hospice services that include medical, emotional, and spiritual support, as well as a pet visitation program to terminally ill individuals and their families.
OUTPATIENT: Nurses, home health aides, a social worker, a pastoral care counselor, and specialty-trained volunteers provide medical, emotional and spiritual support to those terminally ill individuals and their families.
INPATIENT: Kline Hospice House is a residence for people with a life expectancy measured in weeks that can no longer stay in their homes.
SUPPORT: Provides a variety of bereavement workshops, support groups, seminars and individual telephone or face to face support.
CAMP JAMIE: A weekend bereavement camp for children approximately 6-14 years of age at no cost to families.
ELIGIBILITY:  Persons with a life threatening illness and their families.
Individuals grieving the loss of a loved one.
FEES:  Medicare, Medicaid, and most private insurance.
FREDERICK HEALTH HOSPITAL

**WEBSITE:**  www.frederickhealth.org

**MAIN:**  240-566-3300

**ADDRESS:**  400 West 7th Street, Frederick 21701

**HOURS:**  24 hours/day, 7 days/week

**SERVICES:**  HOSPITAL: Provides general medical care including: acute care; emergency services; physician referral; maternal and child care; cardiology; laboratory services; rehabilitation services; sleep disorder center; CT scanning and x-ray services; home health, hospice care, psychiatric and behavioral services.

**ELIGIBILITY:**  Open to public.

**FEES:**  All payment methods.

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FREDERICK HEALTH HOSPITAL, ADVANCE CARE PLANNING

**WEBSITE:**  www.frederickhealth.org/Services/Advance-Directive

**MAIN:**  240-651-4541

**ADDRESS:**  400 West 7th Street, Frederick 21701

**HOURS:**  Mon – Fri: 9am-5pm

**SERVICES:**  ADVANCE CARE PLANNING: Assists with completion of advance care planning documents including drafting and completing a living will, selecting a healthcare agent or medical power of attorney, reviewing the Medical Order for Life Sustaining Treatment (MOLST) document and sharing documents with medical providers.

**ELIGIBILITY:**  Persons over the age of 18

**FEES:**  Free

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FREDERICK HEALTH HOSPITAL, AUXILIARY PRENATAL CENTER

**WEBSITE:**  www.frederickhealth.org

**MAIN:**  240-566-4444

**ADDRESS:**  400 West 7th Street, Frederick 21701

**HOURS:**  Mon – Fri: 8am – 4pm

**SERVICES:**  HEALTH CARE: Offers comprehensive prenatal care to county residents regardless of ability to pay for services.

**ELIGIBILITY:**  Early pregnancies must have positive pregnancy test from Planned Parenthood or other medical provider and be a resident of the county.

**FEES:**  Most insurances accepted and financial assistance available.
FREDERICK HEALTH HOSPITAL, EMERGENCY DEPARTMENT, CRISIS MANAGEMENT SERVICES

WEBSITE: www.frederickhealth.org
MAIN: 240-566-3521
ADDRESS: 400 West 7th Street, Frederick 21701
HOURS: 24 hours/day 7 days/week
SERVICES: MENTAL HEALTH CARE: An acute psychiatric emergency evaluation unit within the Emergency Department that utilizes a bio-psycho-social model of interviewing implemented by a variety of mental health professionals including clinical social workers, clinical counselors, and psychiatric nurses. Patients are medically screened (including toxicology and lab-work) by an emergency physician and evaluated for safety (risk to self or others). Crisis Management evaluates patients who are Petitioned for Emergency Evaluation by law enforcement, as well as by other health care officials in the community. To facilitate the most appropriate placement, Crisis Management has access to nearly every hospital in the state, including military and veteran facilities, as well as private free-standing psychiatric hospitals and substance use rehabilitation facilities.

ELIGIBILITY: All ages served. Patients will undergo full medical clearance prior to crisis evaluation.
FEES: Accepts Medicare, Medicaid, uninsured and most major insurances.
FREDERICK HEALTH HOSPITAL, INPATIENT BEHAVIORAL HEALTH UNIT

WEBSITE: www.frederickhealth.org
MAIN: Nurse’s Station: 240-566-3904 Fax: 240-566-3018
ADDRESS: 400 West 7th Street, Frederick 21701
HOURS: 24 hours/day, 7 days/week. Visiting hours: Mon-Sat: 6pm-8pm, Sun: 1pm-3pm. Professional and pastoral visiting, anytime, upon arrangement with Treatment Team.

SERVICES: MENTAL HEALTH CARE: An acute inpatient psychiatric stabilization unit accepting voluntary and involuntary admissions, ages 18-64, from Emergency Department Crisis referrals. Our 21-bed state-of-the-art unit utilizes a bio-psycho-social model of treatment implemented by a multidisciplinary treatment team including psychiatrists, clinical social workers and counselors, psychiatric nursing, case management, mental health technicians, adjunct/specialty therapists, and interventionists from our community. Patients receive individualized care through one-to-one interactions with mental health professionals, group therapies, psycho-education, family meetings, and concluding with customized, detailed, after-care plans. The FHH/BHU provides a safe and healing environment close to home, which affords convenience for family visitation and coordination of care with local providers. We treat the full range of psychiatric illnesses and individuals with co-occurring disorders. All referrals are from the Emergency Department.

ELIGIBILITY: Adults 18-64 who meet inpatient psychiatric admission criteria
FEES: Accepts Medicare, Medicaid, uninsured and most insurance plans.
FREDERICK HEALTH HOSPITAL, PSYCHIATRIC PARTIAL HOSPITALIZATION PROGRAM (PPHP) AND INTENSIVE OUTPATIENT PROGRAM (IOP)

WEBSITE: www.frederickhealth.org

MAIN: 240-566-3900

ADDRESS: 400 West 7th Street, Frederick 21701

HOURS: PPHP: 5-day a week, 6 ½ hours per day program: Mon-Fri: 8am-3:30pm. IOP: 3-5 day a week, 3 hours per day program and is typically a “step down” from PPHP. The average length of stay is 3 weeks.

SERVICES: MENTAL HEALTH CARE: Provides treatment for adults 18 and older with psychiatric disorders and co-occurring substance use disorders that require a higher level of care than outpatient psychiatric care. Provides treatment as a “step-down” from inpatient psychiatric care, or to prevent an inpatient psychiatric admission. Patients work with a multi-disciplinary team of clinicians (including psychiatrists, social workers, and nurses) to provide assessment, treatment planning, medication management, group psychotherapy and educational groups, individual therapy, family therapy, transition planning, and after care. The treatment goal is stabilization and re-integration into the family, community, and career.

HOW TO ACCESS PPHP: Patients are admitted to PPHP from the FHH Emergency Crisis Management Services and the FHH Behavioral Health Unit. Staff coordinates directly with other hospital inpatient facilities and outpatient psychiatrists and therapis to assist patients who meet criteria for this level of care to access this service. For further information about PPHP or the admissions process, please contact 240-566-3900.

ELIGIBILITY: Adults 18 and older who do not require an inpatient setting but need more intensive treatment than outpatient office visits. Referral from a licensed clinician is required.

FEES: Accepts Medical Assistance, Medicare, and most insurance plans.
FREDERICK HEALTH MEDICAL GROUP, DENTAL CLINIC

WEBSITE:  www.frederickhealth.org/dental
MAIN:  240-566-7005
ADDRESS:  516 Trail Ave, Suite B, Frederick 21701
HOURS:  Patients seen by appointment only. Call to schedule.
Closed for lunch: 12pm – 1pm
Available by phone only on Mondays.
Mon: 9-12pm, Tue – Fri: 9am-4pm

SERVICES:  OVERVIEW: Provides low-cost dental services to adults who live below 200% of Federal Poverty Level. Services conducted by senior-year dental students from the University of Maryland School of Dentistry, supervised by licensed dentists. Currently offering treatment for urgent dental needs such as assessments, extractions, fillings, as well as cleanings and dentures. Not currently able to do restorative procedures such as crowns.

ELIGIBILITY:  Frederick County residents age 18+ who make less than 200% of the Federal Poverty Level.

FEES:  Sliding scale fees. Takes medical assistance (MA, Medicaid)

FREDERICK HEALTH MEDICAL GROUP, JAMES M. STOCKMAN CANCER INSTITUTE

WEBSITE:  www.frederickhealth.org
MAIN:  240-566-4100
ADDRESS:  1562 Opossumtown Pike, Frederick 21702
HOURS:  Mon – Fri: 8am – 4:30pm

SERVICES:  OVERVIEW: Offers a comprehensive cancer treatment support program providing practical assistance, counseling, and supportive services to patients and their families during cancer treatment.


FEES:  Insurance, HMO, Medicare and Medicaid.

FREDERICK HEALTH ROSE HILL

WEBSITE:  www.frederickhealth.org
MAIN:  240-566-3100
ADDRESS:  1562 Opossumtown Pike, Frederick 21702
HOURS:  Mon – Sat: 7am – 6pm

SERVICES:  HEALTH CARE: Provides advanced imaging (X-ray, bone density scan, CT, MRI, ultra sound, digital mammogram) and laboratory draw and specimen collection stations. No appointment needed for x-rays or laboratory work.

ELIGIBILITY:  Persons are referred by a medical professional.

FEES:  Private insurance and Medicare.
FREDERICK RESCUE MISSION, BREAD OF LIFE COMMUNITY KITCHEN

WEBSITE:  www.therescuemission.org
MAIN:  301-695-6633
ADDRESS:  419 West South Street, Frederick 21701
HOURS:  Breakfast 7 days/week: 7am-8am; Lunch: Mon – Sat: 12pm - 1:30pm, Sun: 1pm-2pm
SERVICES:  COMMUNITY MEALS: Serves free breakfast and lunch every day. Nutritious meals are served to anyone in need. There are no sign-up forms or documentation needed for a meal.
ELIGIBILITY:  Anyone in need of a meal.
FEES:  None.

FREDERICK RESCUE MISSION, CHANGED LIFE RECOVERY PROGRAM

WEBSITE:  www.therescuemission.org
MAIN:  301-695-6633
ADDRESS:  419 West South Street, Frederick 21701
HOURS:  Program hours may vary Mon – Fri: 8am-5pm
SERVICES:  RESIDENTIAL RECOVERY: Provides a Christ-centered residential life recovery program designed to help men reclaim their lives following homelessness and/or addiction.
ELIGIBILITY:  Men with homelessness or addiction problems.
FEES:  Each man is required to pay $500 for their year-long stay at the Mission. Many of the men are unable to pay this fee up front but the Mission partners with Skycroft Conference Center to provide employment for program participants.

FREDERICK RESCUE MISSION, DAY SHELTER

WEBSITE:  www.therescuemission.org
MAIN:  301-695-6633
ADDRESS:  419 West South Street, Frederick 21701
HOURS:  Tues – Sun: 7am-4:30pm. Closed on Mondays.
SERVICES:  DAY SHELTER: Provides a safe place offering protection from exposure to weather conditions for individuals during the day while overnight shelter is closed.
ELIGIBILITY:  Anyone in need
FEES:  None.
FREDERICK RESCUE MISSION, FAITH HOUSE
WEBSITE:  www.therescuemission.org
MAIN:  301-695-6633 x230
ADDRESS:  731 North Market Street, Frederick 21701
HOURS:  Staffed 24 hours/day, 7 days/week Mon - Fri: 9am – 4pm
SERVICES:  WOMEN’S / FAMILY SHELTER: Provides emergency shelter for single women and women with pre-teen children. Clients participate in a personal development plan designed to help move the client toward self-sufficiency. Program length is 90 days - with extensions given to clients who are actively engaged in their personal development plan.
ELIGIBILITY:  Serves women and women with children under 10 experiencing homelessness who are employable and willing to participate in a Personal Development Plan. Women must be drug, controlled substance, and alcohol free. Unable accommodate women with severe mental or physical health issues at this time.
FEES:  For those who have income, the program fee is $50 per month for the women and $10 per month for each child.

FREDERICK RESCUE MISSION, FOOD DISTRIBUTION CENTER
WEBSITE:  www.therescuemission.org
MAIN:  301-695-6633
ADDRESS:  419 West South Street, Frederick 21701
HOURS:  Tue, Wed, Fri, Sat: 1:30pm – 3:30pm. Thu: 5pm – 7pm
SERVICES:  FOOD: Provides perishable and nonperishable foods to families and individuals in need. Photo ID needed. Must provide own bags.
ELIGIBILITY:  Anyone in need of food.
FEES:  None.

FREDERICK RESCUE MISSION, RESCUED TREASURES CLOTHING
WEBSITE:  www.therescuemission.org
MAIN:  301-695-6633
ADDRESS:  419 West South Street, Frederick 21701
HOURS:  Mon - Fri: 2:30pm – 4pm.
SERVICES:  CLOTHING: Provides free gently-used clothing to anyone in need. Once a month, guests have the opportunity to request the items they need and search the clothing “storeroom” adjacent to the Mission. Must provide ID.
ELIGIBILITY:  Anyone in need of clothing.
FEES:  None.
FREDERICK RESCUE MISSION, SHOWERS

WEBSITE: www.therescuemission.org  
MAIN: 301-695-6633  
ADDRESS: 419 West South Street, Frederick 21701  
HOURS: Men’s showers: Mon – Fri: 3pm – 4pm. Women’s showers: Mon – Fri: 2pm – 3pm.  
SERVICES: SHOWERS: Provided for anyone in need. The mission provides all items needed for the shower, including hygiene products, razors, washcloths, and towels.  
ELIGIBILITY: Open to the public  
FEES: None.

THE FREEDOM CENTER

WEBSITE: www.thefreedomcenter-md.org  
MAIN: 301-846-7811  
ADDRESS: 550 Highland Street, Suite 510, Frederick 21701  
HOURS: Mon – Fri: 8am – 4pm  
SERVICES: OVERVIEW: Provides assistance and advocacy to help individuals with disabilities lead independent and productive lives.  
ELIGIBILITY: Persons with a physical or mental disability.  
FEES: None.

GAM-ANON

WEBSITE: www.gam-anon.org  
MAIN: 718-352-1671  
ADDRESS: Evangelical Lutheran Church, 1st Floor Rupp House, 31 East Church Street, Frederick 21701  
HOURS: 24 hours/day, 7 days/week.  
SERVICES: SUPPORT GROUP: Provides a 12 step self-help program for those affected by compulsive gambling of another. Call or visit website for meeting locations and times.  
ELIGIBILITY: Families and/or friends of compulsive gamblers who are affected by gambling.  
FEES: None are required but attendees are asked for voluntary contributions.
GAMBLERS ANONYMOUS, FREDERICK CHAPTER

WEBSITE: www.gamblersanonymous.org
HOTLINE: 855-222-5542
ADDRESS: 26 East 2nd Street, Shaffer Building, Frederick 21701
HOURS: Hotline: 24 hours/day, 7 days/week. Meeting times vary, check website or call for more information.
SERVICES: SUPPORT GROUP: Mutual gamblers support group based on the 12-Step program of Alcoholics Anonymous.
ELIGIBILITY: Open to anyone who has a desire to stop gambling because it has become a problem.
FEES: None.

GLADE VALLEY CENTER

WEBSITE: www.genesishcc.com
MAIN: 301-898-4300
ADDRESS: 56 West Frederick Street, Walkersville 21793
HOURS: Operations: 24 hours/day, 7 days/week. Mon - Fri: 8am – 8pm
SERVICES: MEDICAL CARE: Provides comprehensive rehabilitation care, long and short term care.
ELIGIBILITY: Open to public in need of nursing or rehabilitative services.
FEES: Medicare and Medicaid or self-pay.

GLADE VALLEY COMMUNITY SERVICES

WEBSITE: www.gladevalley.org
MAIN: 301-845-0213
ADDRESS: PO Box 655, Walkersville 21793
HOURS: Mon – Thu: 9am – 4pm. Fri: 9am - 2pm. Leave message and call will be returned.
SERVICES: LOW INCOME ASSISTANCE: Operate a food pantry, emergency relief fund, holiday assistance and a thrift shop available for residents.
ELIGIBILITY: Individuals and families in need who live in the Walkersville school feeder district. Must meet income guidelines.
FEES: None.

GLADE VALLEY FOOD PANTRY

WEBSITE: www.gladevalley.org
MAIN: 301-845-4229
ADDRESS: 21 West Frederick Street, Walkersville 21793
HOURS: Mon: 6:30pm – 8pm. Thu: 1pm – 3pm.
SERVICES: FOOD PANTRY: Offers free dry goods and some meats and frozen goods to low-income area residents. Donations of food may be dropped off throughout the year during food pantry hours.
ELIGIBILITY: Individuals and families in need who live in the Walkersville school feeder district. Must meet income guidelines.
FEES: None.
GOODWILL INDUSTRIES
WEBSITE: www.gimv.org
MAIN: 301-663-6893
ADDRESS: 5112 Pegasus Court, Suite M, Frederick 21701
HOURS: Mon – Fri: 8:30am – 5pm
Store hours: Mon-Sat: 9am-7pm. Sun: 9am-6pm.
SERVICES: OVERVIEW: Provides comprehensive job search opportunities to anyone including those with disabilities
ELIGIBILITY: Individuals and youth 16 and older with a disability or other barriers to employment. Some programs require DDA approval.
FEES: Some classes have fees and some programs are DDA or DORS funded.

GRANDFAMILIES OF AMERICA
WEBSITE: www.grandfamiliesofamerica.org
MAIN: 301-358-3911
ADDRESS: 6525 Fish Hatchery Road, Thurmont 21788
HOURS: Leave message 24 hours/day, 7 days/week.
SERVICES: ADVOCACY: A child advocacy organization that deals with child welfare issues. Provides grandparents and relative caregivers of relative children, with the necessary tools to navigate the complex government systems, as they try to provide safety and permanency for the children in their care and at the same time protect their family ties and heritage.
ELIGIBILITY: Grandparents / relative caregivers of children
FEES: Membership is free

GREATER WASHINGTON PSYCHIATRY AND COUNSELING
WEBSITE: www.gwpac.com
MAIN: 301-245-6300
ADDRESS: 1003 West 7th Street, Suite 200, Frederick 21701
HOURS: Mon – Fri: 9am – 5pm. Closed for lunch: 12:30pm – 1pm.
Evening and weekend appointments depend on provider availability.
SERVICES: MENTAL HEALTH SERVICES: Provides counseling and psychiatric services for children and adults including psychiatric evaluations, medication management, individual/family/marital therapy, child and adolescent evaluation and treatment, as well as consultation services.
ELIGIBILITY: Children and adults in need of mental health services
FEES: Medical assistance, private insurance, tricare
GREENRIDGE BEHAVIORAL HEALTH
WEBSITE: greenridgebh.com
MAIN: 240-683-6202
ADDRESS: 5216 Chairmans Court, Suite 102, Frederick 21703
HOURS: Mon, Fri: 8am-5pm. Tue, Wed, Thu: 9am-6pm
Appointments depend on provider availability
SERVICES: BEHAVIORAL HEALTH SERVICES: Provides outpatient mental
health and substance use treatment for adults and adolescents. Services
include individual counseling, medication management, psychiatric evaluation,
and suboxone treatment.
ELIGIBILITY: Adults and adolescents in need of mental health or dual
diagnosis treatment.

HABITAT FOR HUMANITY, AFFORDABLE LAND TRUST
WEBSITE: www.frederickhabitat.org
MAIN: 301-698-2449
ADDRESS: 117 East Church Street, Frederick 21701
HOURS: Mon – Fri: 8am – 4pm
SERVICES: AFFORDABLE HOUSING - Provides low and moderate income
county residents with opportunity to purchase own home. Obtains homes
throughout Frederick County that are rundown, in disrepair, or otherwise
available at a low cost. Homes are renovated by volunteers and local partners
and resold as affordable housing unit to income-qualified home buyer; however,
the Land Trust retains ownership of the land, which reduces the purchase price
to the homeowner.
ELIGIBILITY: Applicants must have experienced barriers to becoming a
home buyer. This could be difficulty qualifying for a mortgage, an inability to
save enough for a down payment and closing costs, or low credit scores. Must
currently live or work in Frederick County (for a minimum of one year). Must
have a total family income between 30% and 80% of Frederick County’s median
income.
FEES: Through a 99-year renewable lease, the homeowner pays an
annual fee to the Land Trust, which supports its operations, and the Land Trust
retains permanent ownership of the land.
HABITAT FOR HUMANITY, HOME CONSTRUCTION

WEBSITE: www.frederickhabitat.org
MAIN: 301-698-2449
ADDRESS: 117 East Church Street, Frederick 21701
HOURS: Mon – Fri: 8am – 4pm

SERVICES: HOME-OWNERSHIP: Families meeting home-ownership criteria become “partners” and work with volunteers from community to build their home. When completed, new homeowner purchases home through a low-down payment, low-interest loan. Homes are built throughout Frederick County. Homebuyers must contribute “sweat equity,” attend homeownership workshops, follow program guidelines and repay their mortgage.

ELIGIBILITY: Applicants must have experienced barriers to becoming a home buyer. This could be difficulty qualifying for a mortgage, an inability to save enough for a down payment and closing costs, or low credit scores. Must currently live or work in Frederick County (for a minimum of one year). Must have a total family income between 30% and 80% of Frederick County’s median income.

FEES: No application fee. $500 commitment fee for selected partner families.

HABITAT FOR HUMANITY, HOME REPAIR PROGRAM

WEBSITE: http://www.frederickhabitat.org/programs/neighborhood-revitalization
MAIN: 301-698-2449
ADDRESS: 117 East Church Street, Frederick 21701
HOURS: Mon – Fri: 8am – 4pm

SERVICES: HOME REPAIRS: Partners with families who cannot afford necessary repairs to their homes and are in need of assistance. Repairs range from minor clean-up efforts to major repairs to help citizens remain safe in their homes.

ELIGIBILITY: Applicants must have need for repairs beyond what can be completed by applicant. Must own and occupy the home as primary residence for at least one year and plan to remain in the home for at least three years. Total household income cannot exceed 80% of Frederick County’s median income. Proof of homeowner’s insurance.

FEES: Sliding scale dependent on client income. Varies from a minimum one-time payment of $25.00 to 5% of the total cost of project.
HABITAT FOR HUMANITY, RESTORE
WEBSITE: www.restore.frederickhabitat.org
MAIN: 301-662-2988
ADDRESS: 917 North East Street, Frederick 21701
HOURS: Mon: 11am – 4pm. Tue – Sat: 9am – 5pm.
SERVICES: OVERVIEW: New and reusable goods are sold to the public at a fraction of retail cost. Accepts donations of gently used, discontinued and overstocked building materials, home improvement items, furnishings and accessories donated by individuals, suppliers, and contractors.
ELIGIBILITY: Open to public.

HEARTFIELDS ASSISTED LIVING
WEBSITE: www.fivestarseniorliving.com/communities/md/frederick/heartfields-assisted-living-at-frederick
MAIN: 301-663-8800
ADDRESS: 1820 Latham Drive, Frederick 21701
HOURS: Mon – Fri: 8:30am – 5:30pm
SERVICES: ASSISTED LIVING: Assisted living community for adults with a full array of health care services provided by trained professionals, including an Alzheimer’s unit and short-term respite care.
ELIGIBILITY: Adults in need of short term or long term care.
FEES: Varies depending upon need.

HEARTLY HOUSE
WEBSITE: www.heartlyhouse.org
24-HOUR HOTLINE: 301-662-8800
ADDRESS: PO Box 857, Frederick 21705-0857
HOURS: Operates 24 hours/day, 7 days/week.
SERVICES: DOMESTIC VIOLENCE SUPPORT: Serves residents who have been impacted by domestic violence, sexual assault, human trafficking and child abuse. Services include a 24 hour hotline, crisis counseling, legal services, emergency shelter, medical accompaniment, and support groups.
ELIGIBILITY: Individuals or families who are victims or survivors of domestic violence, rape/sexual assault, human trafficking, child abuse and are a Frederick County Resident.
FEES: Services are free except for abuser intervention programs and they are $30 per group.
HOME INSTEAD SENIOR CARE

WEBSITE: www.homeinstead.com
MAIN: 301-846-9922
ADDRESS: 614 West Patrick Street, Frederick 21701
HOURS: Mon – Fri: 8am – 5pm
SERVICES: HOME CARE: Provides personal care, Alzheimer’s and Dementia specialized care, incidental transportation and home helper services.
ELIGIBILITY: Any adult 21 and older.
FEES: Sliding scale

HOMECALL

WEBSITE: www.lhigroup.com
MAIN: 240-215-4668
ADDRESS: 5301 Buckeystown Pike, Suite 490, Frederick 21704
HOURS: Mon – Fri: 8am – 4:30pm
SERVICES: HOME HEALTH CARE: Provides a range of homecare services for elderly and disabled individuals. Services include physical, occupational, and speech therapy, home health aides, wound care, and medical social work.
ELIGIBILITY: Primarily adults and elderly and services to youth on a case by case basis.
FEES: Medicare, Medical Assistance and some insurance.

INSTITUTE FOR FAMILY CENTERED SERVICES/ MENTOR MARYLAND PSYCHIATRIC REHABILITATION

WEBSITE: www.thementornetwork.com
MAIN: 301-696-0726
ADDRESS: 5970 Frederick Crossing Lane, Frederick 21704
HOURS: Mon – Fri: 8:30am – 5pm
SERVICES: PSYCHIATRIC REHABILITATION: Counselors work with adults and children who have been diagnosed with a mental illness to develop an individual rehabilitation plan that works on building age-appropriate skills for social functioning and independent living. Meetings can take place in the community or at participant’s home.
ELIGIBILITY: Participants must have Medical Assistance/ MA and be referred by Department of Juvenile Services or a therapist for psychiatric rehabilitation services (PRP).
FEES: Medicaid.
INTERFAITH HOUSING ALLIANCE
WEBSITE: www.interfaithhousing.org
MAIN: 301-662-4225
ADDRESS: 5301 Bukeystown Pike, Suite 320, Frederick 21704
HOURS: Mon – Fri: 8:30am – 4:30pm.
SERVICES: AFFORDABLE HOUSING: Builds and rehabilitates homes and apartments to rent to low or moderate income individuals with or without disabilities, families, and senior citizens. Offers pre home ownership and rental counseling to current and potential renters. Seminars, home buyer and related workshops are offered throughout the year. Manages income-based rental communities.
ELIGIBILITY: Low or moderate income individuals with or without disabilities, families, and senior citizens.
FEES: Based on the program/application.

JEFFERSON FOOD BANK, ST. PAUL’S LUTHERAN CHURCH
WEBSITE: www.stpauljeff.org
CHURCH: 301-473-8626
ADDRESS: 3866 Jefferson Pike, Jefferson 21755
HOURS: 1st & 3rd Sat of month: 10am-11:30am.
SERVICES: FOOD BANK: Provides a food bank for local families in need. Donations welcomed.
ELIGIBILITY: Targets residents in the Jefferson (21755) area of Frederick County.
FEES: None.

JOHNS HOPKINS COMMUNITY PHYSICIANS AT FREDERICK
WEBSITE: www.hopkinsmedicine.org/community-physicians/
MAIN: 301-696-1000
ADDRESS: 45 Thomas Johnson Drive, Suite 109, Frederick 21702
HOURS: Mon, Wed – Fri: 8am – 5pm. Tue: 11am – 8pm.
SERVICES: MEDICAL OFFICE: Offers family medicine and laboratory services.
ELIGIBILITY: Open to public.
FEES: Accepts Medicaid, Medicare, most insurance and sliding scale.

KNOXVILLE FOOD PANTRY, MT. ZION AME CHURCH
WEBSITE: www.mtzionamcchurch@verizon.net
MAIN: 301-834-7221
ADDRESS: 202 Jefferson Pike, Knoxville 21758
HOURS: Mon - Fri: 9am – 12pm. 1st Sat of month: 10am-11am.
SERVICES: FOOD PANTRY: Offers free dry goods to low-income residents.
ELIGIBILITY: Must be Brunswick and Knoxville area residents.
FEES: None.
LA LECHE LEAGUE

WEBSITE:  www.lllofmd-de-dc.org/groups/Frederick.html
MAIN:  301-639-9248
ADDRESS:  Location varies, Frederick 21701
HOURS:  Mon – Sun: 9am – 8pm
SERVICES:  SUPPORT GROUP: Provides support and education to parents who are pregnant or breast feeding to learn about breast feeding, ask questions, and voice concerns.
ELIGIBILITY:  Expectant, breast feeding, and human milk feeding parents.
Babies and children are always welcome at meetings
FEES:  No fees for local group but can become member of International Association.

LEAD4LIFE, FIRSTCHANCE4U

WEBSITE:  www.lead4lifeinc.org
MAIN:  240-629-3047
ADDRESS:  801 North East Street, Suite 3, Frederick 21701
HOURS:  Group runs 6 weeks: Tue: 3:30pm – 5pm.
Mon – Sun: 9am – 9pm
SERVICES:  YOUTH DEVELOPMENT: Provides young males positive youth development program where youth participate in weekly sessions to develop positive social skills.
ELIGIBILITY:  Males ages 12-17.
FEES:  Free

LEAD4LIFE, INDIVIDUAL AND FAMILY THERAPY

WEBSITE:  www.lead4lifeinc.org
MAIN:  240-629-3047
ADDRESS:  801 North East Street, Suite 3, Frederick 21701
HOURS:  Mon – Sun: 9am – 9pm
SERVICES:  MENTAL HEALTH SERVICES: Provides in-home and in-office therapy for individuals and families. Therapists are skilled in cognitive behavioral, individual, trauma focused, inner child, functional family, strategic family and solution focused therapies.
ELIGIBILITY:  Individuals of any age
FEES:  Accepts Maryland Medical Assistance (Medicaid/MA), Medicare and self-pay.
LEAD4LIFE, PSYCHIATRIC REHABILITATION PROGRAM
WEBSITE:  www.lead4lifeinc.org
MAIN:  240-249-2966
ADDRESS:  801 North East Street, Suite 3, Frederick 21701
HOURS:  Mon – Sun: 9am – 9pm
SERVICES:  PSYCHIATRIC REHABILITATION: Counselors work with individuals diagnosed with a mental illness to develop an individual rehabilitation plan that works on building age-appropriate skills for social functioning and independent living. Meetings can take place in community or at participant’s home.
ELIGIBILITY:  Adults and children over age 5 currently participating in outpatient therapy and enrolled in Maryland Medical Assistance (Medicaid/MA.)
FEES:  Accepts Maryland Medical Assistance (Medicaid/MA)

LITERACY COUNCIL OF FREDERICK COUNTY
WEBSITE:  www.frederickliteracy.org/
MAIN:  301-600-2066
ADDRESS:  110 East Patrick Street, Frederick 21701
HOURS:  Mon – Fri: 9am – 4pm
SERVICES:  EDUCATION: Provides individual and small group tutoring in speaking, reading, writing, spelling, and English as a second language. Provides weekly classes in beginning literacy, conversation, writing, pronunciation, civics.
ELIGIBILITY:  Ages 18 and up including persons for whom English is a second language.
FEES:  None.

MAIN PLACE TREATMENT CENTERS
WEBSITE:  www.mainplacetc.com
MAIN:  240-575-1324
ADDRESS:  915 Tollhouse Ave, Frederick 21702
HOURS:  Mon – Fri: 8am – 7pm
SERVICES:  SUBSTANCE USE SERVICES: Provides a range of outpatient addiction treatments for adults, including early intervention, outpatient counseling, intensive outpatient (IOP), suboxone treatment, and medically assisted detox.
ELIGIBILITY:  Adults in need of substance abuse treatment.
FEES:  Accepts Maryland Medicaid (MA/medical assistance), Blue Cross, Blue Shield, and self-pay for groups, IOP, counseling, and early intervention services. Suboxone treatment and detox is currently self-pay.
MANIDOKAN CAMP & RETREAT CENTER
WEBSITE: www.funfriendsfaith.org
MAIN: 410-867-0991
ADDRESS: 1600 Harpers Ferry Rd., Knoxville 20877
HOURS: Summer camp during summer months of June, July, and August.
SERVICES: SUMMER CAMP AND RETREAT: Offers 1-week long summer camp for children and youth.
ELIGIBILITY: Children and youth 5-18 years of age.
FEES: Fees range from $320-$475, partial and full scholarships available.

MARRIAGE RESOURCE CENTER OF FREDERICK COUNTY
WEBSITE: www.marriagefrederick.org
MAIN: 301-502-1660
ADDRESS: 22 South Market Street, Suite 3, Frederick 21701
HOURS: Mon – Sat: 8am – 5 pm
SERVICES: MARRIAGE RESTORATION MENTORING - Provides restoration services to couples who are experiencing marital strife or have already separated. Willing participants will meet with a couple trained in restoration mentoring who have dealt with similar issues in their relationship.
ELIGIBILITY: Open to the public.
FEES: None.

MARYLAND CENTER FOR GENDER & INTIMACY
WEBSITE: www.marylandcenterforgenderandintimacy.com
MAIN: 301-360-4349
ADDRESS: 1 West Church Street, Frederick 21701
HOURS: Hours are by appointment only.
SERVICES: MENTAL HEALTH: Provides psychotherapy specializing in care of lesbian, gay, bisexual, transgender, queer, intersex, and asexual (LGBTQIA+) individuals.
ELIGIBILITY: Individuals ages 3 and up. Couples, partners, and families.
FEES: Sliding scale and self-pay
MARYLAND COUNSELING CENTERS

WEBSITE:  www.mcc-center.org
MAIN:  301-662-0855
ADDRESS:  5300 Westview Drive, Building 100, Suite 104, Frederick 21703
HOURS:  Mon, Wed, Fri: 9a – 5pm. Tue, Thu: 9am – 6pm
Some classes have later evening hours. Call for details.
SERVICES:  SUBSTANCE USE SERVICES: Provides a range of outpatient substance abuse treatment and education services, including court mandated DUI/DWI classes, therapeutic groups, individual counseling, and anger management classes. Offers 12 week alcohol education class and 26 week outpatient substance abuse treatment seminar.
ELIGIBILITY:  Adults over the age of 18
FEES:  Insurance reimbursement, self-pay

MARYLAND DEPARTMENT OF JUVENILE SERVICES, VICTOR CULLEN CENTER

WEBSITE:  www.djs.state.md.us
MAIN:  301-739-8122
ADDRESS:  6000 Cullen Drive, Sabillasville 21780
HOURS:  Operations 24 hours/day, 7 days/week.
Mon – Fri: 8:30am – 5pm
SERVICES:  JUVENILE SERVICES: A treatment program for male youth ages 15 to 18 that typically last from 6 to 9 months. Includes dietary, medical, educational and counseling services as well as space for recreation. Youth attend school in the facility year round, five days a week for six hours a day.
ELIGIBILITY:  Youths ages 15-18 who have been court ordered into treatment.
FEES:  None.

MARYLAND DEPARTMENT OF TRANSPORTATION, MOTOR VEHICLE ADMINISTRATION

WEBSITE:  www.mva.state.md.us
MAIN:  410-768-7000
ADDRESS:  1601 Bowman’s Farm Road, Frederick 21701
HOURS:  Mon – Fri: 8:30am – 4:30pm. Sat: 8:30am – 12pm for driver license services ONLY.
SERVICES:  MOTOR VEHICLE ADMINISTRATION: Provides needed services concerning driving / licensing in the state of Maryland including: anything related to boating, cycling or driver's license or ID, first time drivers, registration & titling and driving records. Fingerprinting also available.
ELIGIBILITY:  Open to public.
FEES:  Varies depending upon service.
MARYLAND DEPARTMENT OF VETERANS AFFAIRS
WEBSITE:  www.veterans.maryland.gov
MAIN:  301-600-2155
ADDRESS:  100 West Patrick Street, Room 2620, Frederick 21701
HOURS:  Mon – Fri: 7:30am – 4pm
SERVICES:  OVERVIEW: Coordinates burial and helps prepare claims for
those honorably discharged from the military.
ELIGIBILITY:  Maryland Veterans and their dependents.
FEES:  Call for more information.

MARYLAND JUDICIARY CENTER, FREDERICK COUNTY CIRCUIT COURT
WEBSITE:  www.mdcourts.gov
MAIN:  301-600-1976
ADDRESS:  100 West Patrick Street, Frederick 21701
HOURS:  Mon – Fri: 8:30am – 4:30pm
SERVICES:  COURT: Handles more serious criminal cases, major civil cases,
including juvenile and other family law cases such as divorce, custody and
child support and most cases appealed from the District Court, orphans’ courts
and certain administrative agencies. Circuit courts also hear domestic violence
cases. Cases may involve juries or sometimes are heard by a judge only.
ELIGIBILITY:  Open to public.
FEES:  Varies.

MARYLAND JUDICIARY CENTER, FREDERICK COUNTY DISTRICT COURT
WEBSITE:  www.mdcourts.gov
MAIN:  301-600-2000
ADDRESS:  100 West Patrick Street, Frederick 21701
HOURS:  Mon – Fri: 8:30am – 4:30pm
SERVICES:  COURT: Cases include motor vehicle (traffic), boating violations,
other misdemeanors and specified felonies, domestic violence and peace order
petitions, landlord-tenant disputes, small claims and other civil cases involving
limited dollar amounts, and replevin (recovery of wrongfully taken or detained
goods). A case in the District Court is argued before a judge only: there are no
jury trials in District Court.
ELIGIBILITY:  Open to public.
FEES:  Varies.
MARYLAND JUDICIARY CENTER, SELF-HELP LEGAL CLINIC

WEBSITE:  www.frederickcountymd.gov/5708/Family-Services-Program#Self-Help
MAIN:  301-600-2023
ADDRESS:  100 West Patrick Street, Frederick 21701
HOURS:  Tue – Thu: 8:30am – 3pm. Must sign in prior to 12pm to be seen.
SERVICES:  LEGAL INFORMATION: Provides in-person consultation with an attorney for individuals who are self-represented in civil matters. Limited legal advice will be provided, as well as assistance with court-related paperwork. Provides referrals to other legal resources as needed. Offers family law educational seminars.
ELIGIBILITY:  Participants must meet income guidelines, and must not have a conflict of interest. If there is a conflict of interest, information regarding conflict/alternate attorney will be provided on site.
FEES:  Free

MARYLAND LEGAL AID

WEBSITE:  www.mdlab.org
MAIN:  410-951-7777
ADDRESS:  22 South Market Street, Suite 11, Frederick 21701
HOURS:  Mon – Fri: 9am – 5pm. Telephone intake: Mon, Tue, Fri: 9:30am-4pm. Wed: 9:30am-1pm. Thurs: 9:30am-4pm and 6pm-8pm. Walk in: Mon, Wed, Fri, 8:30am-1pm.
SERVICES:  LEGAL SERVICES: Provides civil legal assistance to low-income individuals. Assists with expunging criminal records to remove barriers to obtaining employment, housing, child custody, and a driver’s license.
ELIGIBILITY:  Low-income, individuals/families, abused/neglected children, older adults and victims of domestic violence. No income restrictions for seniors 60+.
FEES:  None.

MARYLAND LEGAL AID, SENIOR CITIZENS LAW PROJECT

WEBSITE:  www.mdlab.org
HOTLINE:  800-896-4213
ADDRESS:  22 South Market Street, Suite 11, Frederick 21701
HOURS:  Mon - Fri: 9am – 5pm
Walk-in intakes: Mon-Thu: 9:30am-3:30pm.
SERVICES:  SENIOR CITIZENS LAW PROJECT: Provides civil legal assistance to low-income individuals age 60 and older. Refers individuals to 60-Plus Program for assistance with wills.
ELIGIBILITY:  Senior citizens (60 and over). No income guidelines.
FEES:  Pro-bono.
MARYLAND SCHOOL FOR THE DEAF
WEBSITE:  www.msd.edu
MAIN (VOICE): 301-360-2000
ADDRESS: 101 Clarke Place, Frederick 21705
HOURS: Mon – Fri: 8am – 4:30pm
SERVICES: SCHOOL: Provides education, assessment, home-based family education and speakers bureau for deaf and hard of hearing children from birth to 21 years of age.
ELIGIBILITY: Children and adolescents, ages 0-21, whose primary disability is deafness.
FEES: No tuition fees for Maryland residents.

MARYLAND STATE BOARD OF ELECTIONS
WEBSITE:  www.elections.state.md.us/
MAIN: 800-222-8683
ADDRESS: 340A Montevue Lane, Frederick 21702-8213
HOURS: Mon – Fri: 8am – 4:30pm
SERVICES: ELECTIONS: Responsible for the election process including candidate filing, registration of judges, voter registration.
ELIGIBILITY: Individuals 18 and older.
FEES: None for voter registration. Candidates must pay filing fees.

MARYLAND STATE DEPARTMENT OF EDUCATION (MSDE), DIVISION OF REHABILITATION SERVICES (DORS)
WEBSITE:  www.dors.maryland.gov
MAIN: 240-629-7581
ADDRESS: 1890 North Market Street, Suite 300, Frederick 21701
HOURS: Mon – Fri: 8am – 5pm
SERVICES: VOCATIONAL REHABILITATION: Provides leadership and support promoting the employment, economic self-sufficiency, and independence of individuals 18 and older with disabilities.
ELIGIBILITY: Student applicants 16 and older must meet certain criteria to determine the severity of disability in order to be eligible for services. Federal law says that the people with the most significant disabilities are served first.
FEES: No fee for career counseling, assessment, and job placement. Sliding scale based on family income for most other services.
MARYLAND STATE DEPARTMENT OF EDUCATION (MSDE), INFANTS AND TODDLERS PROGRAM

WEBSITE: www.frederickcountymd.gov
REFERRAL LINE: 301-600-1612
ADDRESS: 350 Montevue Lane, Frederick 21702
HOURS: Mon – Fri: 8am – 4pm
SERVICES: INFANTS AND TODDLERS: Provides early intervention services for infants and toddlers who are found eligible based on a 25% delay in any one area of development, qualifying diagnosis, or atypical development.
ELIGIBILITY: Children from birth to age 3 diagnosed with developmental delay or disability. Must be a county resident.
FEES: None.

MARYLAND STATE DEPARTMENT OF EDUCATION (MSDE), OFFICE OF CHILD CARE

WEBSITE: www.marylandpublicschools.org
MAIN: 301-696-9766
ADDRESS: 5303 Spectrum Drive, Suite G, Frederick 21702
HOURS: Mon – Fri: 8am – 5pm
SERVICES: INFORMATION and TRAINING: Provides information and means for becoming a licensed day care provider in private home or center. Also investigates complaints of alleged unlicensed day care centers or home operations.
ELIGIBILITY: Individuals 18 and older.
FEES: None.

MARYLAND STATE INCOME TAX INFORMATION

WEBSITE: www.marylandtaxes.gov
TAX QUESTIONS: 410-260-7980
ADDRESS: 100 West Patrick Street, Courthouse/Multiservice Center, Room 2603, Frederick 21701
HOURS: Mon – Fri: 8:30am – 4:30pm. Walk-in, no appointment needed.
SERVICES: TAX ASSISTANCE: Provides Maryland state income tax information, forms and a free tax preparation service for Maryland state returns only.
ELIGIBILITY: Anyone in need of Maryland State Income Tax assistance.
FEES: None.
MARYLAND STATE POLICE, BARRACK B OF FREDERICK COUNTY

WEBSITE: www.mdsp.org
MAIN: 301-600-4151
ADDRESS: 110 Airport Drive East, Frederick 21701
HOURS: Open 24 hours/day, 7 days/week.
SERVICES: LAW ENFORCEMENT: Investigates, enforces, and preserves all laws pertaining to traffic, criminal, and public safety. Supports the state prison in the county and investigates all crimes within the institutions.
ELIGIBILITY: Open to the public.
FEES: None.

MEDSOURCE COMMUNITY SERVICES

WEBSITE: www.medsourceservices.org
MAIN: 301-631-6901
ADDRESS: 2090 Old Farm Drive, Suite 1E, Frederick 21702
HOURS: Operations: 24 hours day/7 days week
Mon - Fri: 9am-4:30pm
SERVICES: RESIDENTIAL SUPPORT: Offers support to adults 21 and older with intellectual disabilities. Works to increase opportunities for independence and to build relationships. Operates alternative living units (ALUs), group homes, and personal supports services.
ELIGIBILITY: Must be 21 or older and approved by Developmental Disabilities Administration (DDA).
FEES: Private Pay, Developmental Disabilities Administration (DDA).

MENTAL HEALTH ASSOCIATION OF FREDERICK COUNTY, HOTLINE / 211 CALL CENTER

WEBSITE: www.fcmha.org
MAIN: 211
ADDRESS: 226 South Jefferson St, Frederick 21701
HOURS: Operations: 24 hours/day, 7 days/week.
SERVICES: OVERVIEW: Provides free confidential telephone services 24 hours/day, 7 days/week for callers of all ages in the Western Counties of the state.
ELIGIBILITY: Open to public.
FEES: None.
MENTAL HEALTH ASSOCIATION OF FREDERICK COUNTY, CHILD CARE CHOICES

WEBSITE:  www.fcmha.org/how-we-help/child-care-choices
MAIN:  301-662-4549
ADDRESS:  226 South Jefferson St, Frederick 21701
HOURS:  Mon, Tue, Thu: 8:30am – 4:30pm. Wed: 8:30am – 8pm
SERVICES:  EDUCATION: Conducts training for prospective and current family childcare providers, center staff, and preschool staff. Offers technical assistance for start-up or continued operation of a childcare business including consultations on Maryland’s quality improvement initiatives; arranging the environment, developmentally appropriate practice and improving infant and toddler care.
ELIGIBILITY:  Open to public.
FEES:  Varies depending upon service.

MENTAL HEALTH ASSOCIATION OF FREDERICK COUNTY, COUNSELING SERVICES

WEBSITE:  www.fcmha.org/how-we-help/counseling-services
MAIN:  301-663-6135
ADDRESS:  226 South Jefferson St, Frederick 21701
HOURS:  Mon – Fri: 9am – 4:30pm. Evening appointments may be available upon request.
SERVICES:  THERAPY: Offers professional outpatient therapy and psychiatric services for individuals, couples, children, adolescents, and families who otherwise could not afford treatment.
ELIGIBILITY:  Open to the public of any age.
FEES:  Sliding scale starting at $5 and based upon income (self-pay); Medical Assistance; Medicare.

MENTAL HEALTH ASSOCIATION OF FREDERICK COUNTY, COURT APPOINTED SPECIAL ADVOCATES

WEBSITE:  www.marylandcasa.org or www.fcmha.org
MAIN:  301-663-0011
ADDRESS:  226 South Jefferson St, Frederick 21701
HOURS:  Mon – Fri: 8:30am – 4:30pm
SERVICES:  ADVOCACY: Volunteer program connecting screened, trained adult advocates with abused and neglected children, assisting the court to secure a safe and permanent home for every child.
ELIGIBILITY:  Age birth to 21 years of age who have been abused or neglected. Must be ordered by the court system.
FEES:  None.
MENTAL HEALTH ASSOCIATION OF FREDERICK COUNTY, FAMILIES IMPACTED BY INCARCERATION PROGRAM

WEBSITE: www.fcmha.org
MAIN: 301-663-0011 EX 138
ADDRESS: 226 South Jefferson St, Frederick 21701
HOURS: Mon – Fri: 8:30am – 4:30pm. Coaching appointments can be scheduled outside of normal business hours.
SERVICES: FAMILY COACHING: Provides free service to support parents, caregivers or family members of children impacted by the incarceration of a loved one and to help strengthen family relationships. Coaches work with the caregiver, at the location of their convenience, to help create goals, improve communications, support and encourage positive visiting experiences. The family coach aims to increase and strengthen family bonds in order to support the children.
ELIGIBILITY: Open to families in Frederick County who have been impacted by incarceration.
FEES: Free

MENTAL HEALTH ASSOCIATION OF FREDERICK COUNTY, HEALTHY FAMILIES

WEBSITE: www.fcmha.org/how-we-help/healthy-families
MAIN: 301-663-6183 ext 158
ADDRESS: 226 South Jefferson St, Frederick 21701
HOURS: Mon – Fri: 8:30am – 4:40pm
SERVICES: PARENTING SKILLS: Home visiting program to assist first time pregnant woman and parents of newborns up to 3 months old. Families can participate until their child reaches the age of five or begins kindergarten. Services include learning about healthy child development, positive parenting, how to strengthen family life, parent-child bonding and communication, well-baby medical care and immunizations, and help accessing community resources to meet each family’s needs.
ELIGIBILITY: Must be first time parent and apply any time prior to birth of child or no more than 3 months after the birth of child. Also must be a Frederick County resident.
FEES: None.
MENTAL HEALTH ASSOCIATION OF FREDERICK COUNTY,
MENTAL HEALTH FIRST AID

WEBSITE: www.fcmha.org/how-we-help/community-training/mental-first-aid

MAIN: 301-663-0011

ADDRESS: 226 South Jefferson St, Frederick 21701

HOURS: Mon–Fri: 8:30am – 4:30pm

SERVICES: EDUCATION: An 8 hour training course that prepares members of the public to provide Mental Health First Aid to those in need. Just like regular first aid Mental Health First Aid is the initial help given to a person showing signs or symptoms of a mental health crisis until appropriate professional help arrives.

ELIGIBILITY: Available to adults who would like to prepare for a mental health crisis or want to recognize early signs of a mental health issues.

FEES: $119 per person. Full and partial scholarships available.

MENTAL HEALTH ASSOCIATION OF FREDERICK COUNTY,
PARTNERSHIP FOR EMOTIONALLY RESILIENT KIDS

WEBSITE: www.fcmha.org/how-we-help/child-care-choices

MAIN: 301-662-4549

ADDRESS: 226 South Jefferson St, Frederick 21701

HOURS: Mon–Thu: 8:30am – 4:30pm

SERVICES: EARLY CHILDHOOD EDUCATION: Provides on-site assistance for early education programs (pre-schools) with children, age birth through 5 years old, who exhibit social, emotional or behavioral issues. Partners with staff and parents to offer strategies, resources, and support to develop resilient children.

ELIGIBILITY: Child care providers with children, age birth through 5 years old, who exhibit social, emotional or behavioral issues.

FEES: None.
MENTAL HEALTH ASSOCIATION OF FREDERICK COUNTY, SUPERVISED VISITATION AND MONITORED TRANSFER

WEBSITE: www.fcmha.org
MAIN: 301-663-0011
ADDRESS: 226 South Jefferson St, Frederick 21701
HOURS: Mon – Wed: 8:30am – 4:30pm. Thu: 5pm – 8pm. Sun: 12pm-6pm.
SERVICES: OVERVIEW: Offers a child friendly, family focused continuum of care in a 5 tiered service array. Families enter at any point and move up and down the level of support to meet their needs. All services provides a neutral, safe, environment for non-residential parents to engage in safe and positive interactions with their minor child, or children, through visitation, custody transfers or therapeutic visitation. Residential and visiting parents have separate entrances, waiting areas and staggered arrival and departure times. The center is staffed with trained security, supervisory personnel and community observers who promote family connections. Parent coaching is also offered.
ELIGIBILITY: Court ordered, referred by the Department of Social Services or self-referred.
FEES: $25 intake fee and fee for service based on sliding scale. Fee waiver through the courts able to be applied for.

MENTAL HEALTH ASSOCIATION OF FREDERICK COUNTY, SURVIVORS OF SUICIDE SUPPORT GROUP

WEBSITE: www.fcmha.org/how-we-help/support-groups
MAIN: 301-663-0011
ADDRESS: 226 South Jefferson St, Frederick 21701
HOURS: 2nd Mon of month: 7pm - 8:30pm
SERVICES: SUICIDE SURVIVOR SUPPORT GROUP: Offers people who have lost a loved one to suicide a way to share the loss with others and receive support from those who have been there. Group provides a safe place where you can share experiences and support each other on the journey toward healing.
ELIGIBILITY: New attendees to the group must first speak with group facilitator to complete an intake.
MENTAL HEALTH ASSOCIATION OF FREDERICK COUNTY,
SYSTEMS NAVIGATION

WEBSITE: www.fcmha.org
MAIN: 301-663-0011
ADDRESS: 226 South Jefferson St, Frederick 21701
HOURS: Mon – Fri: 8:30am – 4:30pm
SERVICES: SYSTEMS NAVIGATORS: Provides family support, education, advocacy, coaching, information and referral, and follow-up services to link families and community resources. Focus of assistance is toward accessing services for children with special needs. Serves families with intensive needs including: caring for children (birth to 21 years) with mental illness, behavior problems, education issues or physical, developmental, learning disabilities and an income crisis. Also serves disconnected youth, ages 16-24 that are neither employed nor enrolled in school.
ELIGIBILITY: Families with a child under 21 with intensive needs or with a youth under 26 who is not in school or employed
FEES: None.

MENTAL HEALTH ASSOCIATION OF FREDERICK COUNTY,
TELEPHONE REASSURANCE PROGRAM

WEBSITE: www.fcmha.org
MAIN: 301-663-0011
ADDRESS: 226 South Jefferson St, Frederick 21701
HOURS: Mon – Fri: 8:30am – 4:40pm
SERVICES: TELEPHONE REASSURANCE: Offers Frederick County residents over 60 who are homebound, isolated, or in need of daily contact free scheduled telephone calls to ensure client’s safety and well-being.
ELIGIBILITY: Frederick County residents age 60 and older and are: living alone and have few regular contacts; or couples, at least one of whom is disabled; or are temporarily homebound following an illness, surgery or a hospital stay, or while regular caregivers are out of town.
FEES: Free
MENTAL HEALTH ASSOCIATION OF FREDERICK COUNTY, WALK IN BEHAVIORAL HEALTH SERVICES

WEBSITE: www.fcmha.org/how-we-help/behavioral-health
MAIN: 301-663-0011
ADDRESS: 226 South Jefferson St, Frederick 21701
HOURS: Mon – Fri: 10am - 10pm. Sat/Sun 10am - 6pm
SERVICES: WALK-IN SERVICES: Provides free services for individuals experiencing an emotional, mental, family, or relationship crisis. Clients can meet with a crisis specialist to help resolve the current crisis or concern. The crisis specialists will help connect people with appropriate ongoing supports.
ELIGIBILITY: Available to adults, youth, and children. Individuals under the age of 16 must be accompanied by a parent or guardian.
FEES: None.

MENTAL HEALTH ASSOCIATION OF FREDERICK COUNTY, YOUTH MENTAL HEALTH FIRST AID

WEBSITE: www.fcmha.org/how-we-help/community-training/mental-first-aid
MAIN: 301-663-0011
ADDRESS: 226 South Jefferson St, Frederick 21701
HOURS: Mon – Fri: 8:30am – 4:30pm
SERVICES: EDUCATION: An 8-hour public education training program that introduces participants to the unique risk factors and warning signs of mental health problems in adolescents ages 12-18. Course builds understanding of the importance of early intervention and most importantly gives individuals the tools to recognize and help a youth in a crisis situation such as mental health or substance abuse challenge. Designed for adults who regularly interact with adolescents and can be appropriate for older adolescents to encourage peer to peer interaction.
ELIGIBILITY: Available to adults who would like to prepare for a mental health crisis or want to recognize early signs of a mental health issues.
FEES: $119 per person. Full and partial scholarships available.
MIDDLETOWN FOOD PANTRY, RELIGIOUS COALITION FOR EMERGENCY HUMAN NEEDS

WEBSITE: www.middletownvalleyfoodbank.com
FOOD BANK: 301-371-3182
ADDRESS: 301 West Main Street, Middletown 21769
HOURS: Wed: 1pm-3pm. Sat: 9am-12pm.
SERVICES: FOOD PANTRY: Provides non-perishable food to low-income and homeless individuals (18 and older) and families. Makes referrals to other community services based upon need. Monetary and non-perishable food donations are welcomed.
ELIGIBILITY: Low-income residents of Middletown, Myersville, and Burkittsville areas. Must show photo ID and 1st page of previous year tax return.
FEES: None.

MISSION OF MERCY

WEBSITE: www.amissionofmercy.org
ADMINISTRATIVE OFFICES: 301-682-5683
ADDRESS: 199 North Place, Frederick 21701
HOURS: Mon – Fri: 9am – 4pm. Leave message and someone will return your call.
SERVICES: MEDICAL CARE: Provides free medical care, dental care and pharmaceutical services for low income or uninsured individuals. Dental program and new clients without an appointment are seen on a first come first serve basis. People should arrive prior to 6AM to increase their chances of being seen.
ELIGIBILITY: Services geared toward uninsured, and underinsured.
FEES: None, however voluntary donations accepted.

MOUNT AIRY NET

WEBSITE: www.mtairynet.org
MAIN: 301-829-0472
ADDRESS: 403 South Main Street, Mount Airy 21771
HOURS: Mon – Thu: 10am – 2pm. Hot meal Thu: 6:30pm (except holidays).
SERVICES: COMMUNITY SERVICES: Offers financial assistance for utilities, medical or transportation expenses, holiday assistance, weekly hot meal and provides information and referral other needed resources. Donations of non-perishable food, toiletries, gift cards and monetary donations are welcome.
ELIGIBILITY: Any resident of the Mt. Airy 21771 area in need of help.
FEES: None.
MOUNTAIN MANOR TREATMENT CENTER, EMMITSBURG, INPATIENT ADULT SUBSTANCE ABUSE PROGRAM
WEBSITE: www.mountainmanor.org
MAIN: 301-447-2361
ADDRESS: 9701 Keysville Road, Emmitsburg 21727
HOURS: Facility: 24 hours/day, 7 days/week. Mon - Fri: 9am – 4:30pm
SERVICES: INPATIENT ADULT SUBSTANCE ABUSE PROGRAM: A high intensity 12-step based program that includes a detox track, relapse prevention, full medical and nursing services and psychiatric support for dual diagnosis patients.
ELIGIBILITY: Chemically dependent adults 21 and older.
FEES: Accepts insurance, private pay, and Medicaid.

MOUNTAIN MANOR TREATMENT CENTER, EMMITSBURG, SAFE HARBOR
WEBSITE: www.mountainmanor.org
MAIN: 301-447-2361
ADDRESS: 9701 Keysville Road, Emmitsburg 21727
HOURS: Facility: 24 hours/day, 7 days/week. Mon - Fri: 9am - 4:30pm
SERVICES: SUBSTANCE USE TREATMENT: Residential treatment program for chemically dependent pregnant or post-partum women (16 and over) and their children. Women can bring up to two of their children under age 10 in addition to the newborn or expected infant.
ELIGIBILITY: Pregnant or post-partum women 16 or older.
FEES: Accepts insurance, private pay, and Medicaid.

MOUNTAIN MANOR TREATMENT CENTER, FREDERICK
WEBSITE: www.mountainmanor.org
MAIN: 301-662-1407
ADDRESS: 174 Thomas Johnson Drive, Suite 102, Frederick 21702
HOURS: Mon, Wed, Thu: 8am-9pm. Tue: 8am-7pm. Fri: 7am-4pm.
SERVICES: THERAPY: Offers standard and intensive outpatient (IOP) group therapy for substance abuse and programs for individuals on probation including DWI, DUI, aftercare, relapse recovery program, urine testing and intervention. Offers inpatient evaluations for individuals with insurance.
ELIGIBILITY: Individuals 18 and older dealing with substance abuse issues.
FEES: Private Insurance, Medicaid, Sliding scale is done on a case by case basis. For sliding scale assistance please bring proof of bills and income.
MULTIPLE SCLEROSIS SUPPORT GROUP

WEBSITE:  www.messyfriends.com
MAIN:  301-363-5035
ADDRESS:  301 Ballenger Center Drive, Frederick 21703
HOURS:  1st Mon of month: 6:30pm-8:30pm.
SERVICES:  SUPPORT GROUP: A support group for people with multiple sclerosis, their family members, and caregivers.
ELIGIBILITY:  Individuals with Multiple Sclerosis, their family, and caregivers.
FEES:  None

NAR-ANON FAMILY GROUPS

WEBSITE:  www.nar-anon.org
HOURS:  Mon – Thu: 9am – 4pm. Fri: 9am – 3pm.
ADDRESS:  Trinity Chapel, 10 West Church Street, Frederick 21701
SERVICES:  SUPPORT: Offers free and anonymous support groups designed for family and friends of drug abusers. Uses 12-Step Program with meetings lasting 1 hour focusing on coping skills and shared experiences. Nar-Anon literature is available.
ELIGIBILITY:  Family or friend whose life is affected by someone’s drug addiction (legal or illegal drugs).
FEES:  Voluntary donation.

NARCOTICS ANONYMOUS

WEBSITE:  www.cprna.org
MAIN:  301-792-1634
ADDRESS:  PO Box 4233, Frederick 21705
HOURS:  24 hours/day, 7 days/week.
SERVICES:  SUPPORT GROUP: Support group for individuals who abuse narcotics, cocaine, heroin, marijuana, pills, and any other substance.
ELIGIBILITY:  Individuals who desire to stop using drugs.
FEES:  None.

NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI)

WEBSITE:  www.namifrederick.org
MAIN:  240-379-6186
ADDRESS:  10 West Church St., Frederick 21701
HOURS:  No set office hours. Please call, leave a message and your call will be returned. Events are held in community facilities.
SERVICES:  PEER SUPPORT GROUPS: Provides information, understanding, education, and support for persons experiencing mental illness and their families. Also publishes a periodic Newsletter.
ELIGIBILITY:  Consumers, friends, family, and caregivers of those experiencing mental illness.
FEES:  None.
ON OUR OWN

WEBSITE: www.onourownfrederick.com
MAIN: 301-620-0555
ADDRESS: 331 West Patrick Street, Frederick 21701
HOURS: Mon – Sun: 12pm – 6pm
SERVICES: PEER SUPPORT: Offers peer support, recovery and wellness for those who experience mental health and behavioral health issues. Provides weekly support groups, activities and one-on-one peer support in an environment of understanding, advocacy, and education to past or present recipients of mental health and behavioral services.
ELIGIBILITY: Adults with mental and/or behavioral disorders, family members, and caregivers.
FEES: None.

OUTREACH FOR THE NEEDY, ST. PETER THE APOSTLE CATHOLIC CHURCH

WEBSITE: www.stpeter-libertytown.org
MAIN: 301-898-5111
ADDRESS: 9190 Church Street, Union Bridge 21791
HOURS: CHURCH: Mon - Fri: 9am-5pm. FOOD PANTRY: Fri 3:30pm-4:30pm. THRIFT SHOP: Mon, Wed and Sat: 10am-1pm.
SERVICES: COMMUNITY SERVICES: Provides financial assistance, a thrift shop, and food pantry to area residents.
ELIGIBILITY: Low income and homeless individuals and families who are residents of Libertytown, New Windsor and Union Bridge area.
FEES: None.

OVEREATERS ANONYMOUS, NORTHERN BLUE RIDGE

WEBSITE: www.northernblueridgeoa.org
MAIN: 301-732-7017
ADDRESS: PO Box 1366, Frederick 21702
HOURS: Call for meeting times and days or check website.
SERVICES: SUPPORT GROUP: Provides a self-supported support group using a 12-step program that supports and encourages persons who wish to stop overeating. Meetings last about an hour.
ELIGIBILITY: Individuals with a desire to stop eating compulsively.
FEES: No fee however donations welcome.
PARKINSON’S SUPPORT GROUP, FRIENDS IN FREDERICK
WEBSITE: www.fifpdsg.org
MAIN: 301-703-1194
ADDRESS: PO Box 213, Walkersville 21793
HOURS: 3rd Wed of month: 1pm-3pm at Mt. Pleasant Ruritan Club. Call anytime for directions.
SERVICES: SUPPORT GROUP: A support group for people with Parkinson’s Disease, their family members, and caregivers.
ELIGIBILITY: Persons with Parkinson’s Disease, family members, and caregivers.
FEES: None for support group. $20 annual fee per family to join organization.

PARTNERS IN CARE MARYLAND
WEBSITE: www.partnersincare.org
MAIN: 301-682-7433
ADDRESS: 22 South Market Street Suite 15, Frederick 21702
HOURS: Mon – Fri: 8:30am – 4:30pm. Volunteer services hours vary.
SERVICES: NON-MEDICAL ELDER CARE: Volunteers provide community residents with services that would improve quality of life and enable them to remain actively involved in the community. Offers social network of support including rides for medical appointments, grocery shopping, companionship, minor handyman assistance, and other errands. Does not transport clients in wheelchairs. All participants give back to the program through the Service Exchange Program by providing their time and talents to help others in exchange for help when they need it.
ELIGIBILITY: Any adult above 50 years of age who is a county resident and lives independently.
FEES: Free

PEOPLE HELPING PEOPLE, MIDDLETOWN VALLEY
WEBSITE: www.middletown.md.us
MAIN: 301-371-3119
ADDRESS: 31 West Main Street, Middletown 21769
HOURS: No set hours. Please leave a message and your call will be returned.
SERVICES: OVERVIEW: Provides financial assistance, free tax preparation, drivers for medical appointments, coordinates holiday assistance, contributes to local school supply drive, exercise classes for 50 and older seniors, and offers information and referrals to other programs as needed.
ELIGIBILITY: Must be resident of Middletown Valley.
FEES: None.
PLANNED PARENTHOOD OF MARYLAND

WEBSITE: www.plannedparenthood.org/md
CALL CENTER: 410-576-1414
ADDRESS: 170 Thomas Johnson Drive, Suite 100, Frederick 21702
HOURS: Mon: 10am-5pm. Tue: 11:30am-7pm. Wed: 9am-4pm. Thu: 11:30am-7pm. Fri: 8am-4pm. 2nd Sat of month: 9am-12pm. Walk-in hours for any service up to an hour before close.
SERVICES: REPRODUCTIVE HEALTH: Offers comprehensive reproductive health care services, including pregnancy testing, pelvic exams, family planning and counseling, sexually transmitted disease testing, emergency contraception and pregnancy options counseling and referral.
ELIGIBILITY: Open to public.
FEES: Sliding scale and most insurances

POTOMAC CASE MANAGEMENT SERVICES, INC.

WEBSITE: www.pcmsinc.org
ADDRESSES:
FREDERICK OFFICE: 1446 West Patrick Street, Suite 16, Frederick, MD 21701
Telephone: 443-244-4113
HAGERSTOWN OFFICE: 324 E Antietam St, Ste 301, Hagerstown, MD 21740
Telephone: 301-791-3087 Fax: 301-393-0730
TANEYTOWN OFFICE: 417 East Baltimore Street, Suite B, Taneytown, MD 21787
Telephone: 301-791-3087
CUMBERLAND OFFICE: 29 Baltimore Street, Cumberland, MD 21502
Telephone: 301-791-3087
HOURS: M-F 8:00 a.m. - 4:30 p.m., on-call services
ELIGIBILITY: Individuals, children, families, seniors. All ages.
SERVICES: FREDERICK OFFICE: Targeted Case Management (TCM) for adults and Mental Health Care Coordination (MHCC) for children and youth. TCM plays a vital role in assisting in obtaining needed benefits (food stamps, apply for TDAP, SSI/SSDI, and housing, etc.) and linking to community-based supports to allow individuals to be more independent. MHCC connects families with local resources; assists children in the home, school, and community setting to meet goals identified by the child and family. Additional services include geriatric care management (private pay).
FEES: Medicaid, by arrangement
PSYCHOTHERAPY SERVICES
WEBSITE: www.frederickpsychotherapy.com
MAIN: 301-662-6226
ADDRESS: 41 North Market Street, Frederick 21701
HOURS: Mon-Fri: 8:30am-5pm. Evening and Saturdays by appointment.
SERVICES: MENTAL HEALTH: Provides mental health services for children, ages 10 and older, couples, families, and individuals. Services include but not limited to depression, anxiety, panic disorders, brief and longer-term psychotherapy, psychiatric evaluation, medication treatment, hypnosis, stress reduction, and addiction treatment.
ELIGIBILITY: Open to the public ages 10 and older. Psychiatrist work with ages 16 and older.
FEES: Medicare, insurance (United Healthcare, and Cigna) and self-pay.

THE RANCH
WEBSITE: www.ranchmd.org
MAIN: 301-874-4701
ADDRESS: 7902 Fingerboard Road, Frederick 21704
HOURS: Operations: 24 hours/day, 7 days/week. Office hours: Mon - Fri: 9am-5pm. Evening appointments are available.
SERVICES: SUBSTANCE USE TREATMENT: Addictions treatment facility providing low intensity residential treatment along with outpatient therapy.
ELIGIBILITY: Men ages 18+
FEES: Accepts medicaid and private pay

RELIGIOUS COALITION FOR EMERGENCY HUMAN NEEDS,
ALAN P. LINTON EMERGENCY SHELTER
WEBSITE: www.thereligiouscoalition.org
MAIN: 301-631-2670 EX 112
ADDRESS: 27 Degrange Street, Frederick 21701
HOURS: Mon – Sun: 6:30pm-7:00am
Guests should not arrive before 5:30pm without an appointment. Doors lock at 9pm. Guests will not be admitted after 9pm without prior approval. Once admitted into shelter for the evening, guests may not leave and return again without staff approval. Bed assignments made, as needed, at 9pm. Lights are turned ON at 6am. All guests must leave by 7am.
SERVICES: EMERGENCY SHELTER: Provides year round shelter for adult men and women. Clients provided with beds, blankets, pillows, shower facilities and personal hygiene products if needed.
ELIGIBILITY: Homeless adult residents of Frederick County. ID showing Frederick County residency is required. First time clients must complete an intake application. Residency requirement will be waived on days when high temperature remains below freezing or when winter precipitation is expected. Call for details.
FEES: None.
RELIGIOUS COALITION FOR EMERGENCY HUMAN NEEDS,
CHRISTMAS CAMPAIGN

WEBSITE:  www.thereligiouscoalition.org
MAIN:  301-631-2670 x 125
ADDRESS:  27 Degrange Street, Frederick 21701
HOURS:  Hours vary. Call for further information.
SERVICES:  HOLIDAY ASSISTANCE: Provides eligible families with children, ages 12 and younger, with donated Christmas toys. Applicants with children ages 13-17 will be provided with gifts if funds are available. Participating families are “adopted” by individuals and organizations who donate gifts specific to that family’s needs. Applications accepted late October with distribution mid-December.
ELIGIBILITY:  Low-income Frederick County families with children birth to 17 who can document need of financial assistance.
FEES:  None.

RELIGIOUS COALITION FOR EMERGENCY HUMAN NEEDS,
EMERGENCY FAMILY SHELTER

WEBSITE:  www.thereligiouscoalition.org
MAIN:  301-631-2670
ADDRESS:  27 Degrange Street, Frederick 21701
HOURS:  Hours vary. Call for further information.
SERVICES:  FAMILY SHELTER: Emergency family shelter for Frederick County residents with primary custody of their children.
ELIGIBILITY:  Families in need of shelter should complete an intake with Religious Coalition staff. Head of household must be 18 years or older and must have custody of child/ren
FEES:  None.

RELIGIOUS COALITION FOR EMERGENCY HUMAN NEEDS,
FINANCIAL ASSISTANCE SERVICE CENTER

WEBSITE:  www.thereligiouscoalition.org
MAIN:  301-631-2670
ADDRESS:  27 Degrange Street, Frederick 21701
HOURS:  Hours vary. Call for further information.
SERVICES:  EMERGENCY FINANCIAL ASSISTANCE: Provides a portion of funds of a documented need for eviction prevention, security deposit assistance and energy assistance for low-income residents of Frederick County.
ELIGIBILITY:  Low-income Frederick County residents with documented need of financial assistance.
FEES:  None.
RELIGIOUS COALITION FOR EMERGENCY HUMAN NEEDS, HEALTHCARE ASSISTANCE
WEBSITE: www.thereligiouscoalition.org
MAIN: 301-631-2670
ADDRESS: 27 Degrange Street, Frederick 21701
HOURS: Hours vary. Call for further information.
Mon, Wed, Thu, Fri: 10am-2pm. Tue: 10am-4pm.
SERVICES: EMERGENCY HEALTHCARE ASSISTANCE: Provides emergency prescription, dental and eyeglass assistance.
ELIGIBILITY: Low-income families and individuals without insurance. Will assist with prescriptions up to 4 times a year.
FEES: None.

RELIGIOUS COALITION FOR EMERGENCY HUMAN NEEDS, HYGIENE CLOSET
WEBSITE: www.thereligiouscoalition.org
MAIN: 301-631-2670
ADDRESS: 27 Degrange Street, Frederick 21701
HOURS: Hours vary. Call for further information.
Mon, Wed, Thu, Fri: 10am-2pm. Tue: 10am-4pm.
SERVICES: HYGIENE CLOSET: Provides emergency pantry packages to Frederick County residents. Each package contains household and hygienic supplies that range from personal products to laundry supplies. Can provide diapers, wipes and baby supplies as inventory allows. Can be accessed once every 6 months.
ELIGIBILITY: Low-income Frederick County residents in need of hygiene supplies.
FEES: None.

RIGHT AT HOME OF CENTRAL MARYLAND
WEBSITE: www.rightathome.net/centralmd
MAIN: 301-696-1122
ADDRESS: 550 Highland Street, Suite 110, Frederick 21701
HOURS: Services: 24 hours/day, 7 days/week.
Mon - Fri: 8:30am-5pm
SERVICES: IN-HOME CARE: Provides elderly and disabled individuals with in-home care, companionship, and assistance.
ELIGIBILITY: Over 18 with a short or long term disability and the elderly.
FEES: Fees vary. Please call for details.
SALVATION ARMY OF FREDERICK COUNTY, FINANCIAL ASSISTANCE
WEBSITE:  www.salvationarmyusa.org
MAIN:  301-662-2311
ADDRESS:  223 West 5th Street, Frederick 21701
HOURS:  Mon – Thu: 8am-4pm; Fri: 8am-3pm. By appointment only.
SERVICES:  FINANCIAL ASSISTANCE: Offered to residents who have a utility turn-off notice, notice of legal eviction, or in need of a prescription. Assistance provided based on the availability of funds.
ELIGIBILITY:  Frederick County residents with documented need of financial assistance. Must provide proper identification, proof of income and need and may require screening by Religious Coalition.
FEES:  None.

SALVATION ARMY OF FREDERICK COUNTY, THRIFT SHOP
WEBSITE:  www.salvationarmyusa.org
MAIN:  301-662-2311
ADDRESS:  902 North East Street, Frederick 21701
ELIGIBILITY:  Mid to low-income residents.
FEES:  None.

SALVATION ARMY, WASHINGTON AREA FUEL FUND
WEBSITE:  www.salvationarmynca.org/ways-we-help/waff/
MAIN:  301-662-2311
ADDRESS:  223 West 5th Street, Frederick 21701
HOURS:  Mon – Fri: 8am-4pm
SERVICES:  HEATING FUEL FUND: Assists with primary heat in home.
ELIGIBILITY:  Open to public. Must be assisted by MEAP, meet income guidelines, have a turn-off notice and have not received help from fuel fund in the past 12 months.
FEES:  None.
SAVE OUR CHILDREN, FAMILY PEER SUPPORT GROUP
WEBSITE: www.mdheroinawareness.org
Facilitator: 301-471-1830
ADDRESS: 7722 Edgewood Church Road, Frederick 21702
HOURS: No set office hours. Leave a message and call will be returned. Support group meets Tue and Wed: 7pm-8:30pm.
SERVICES: SUPPORT GROUP: Offers services, resources, education, and a support group to those suffering from a heroin addiction and also to friends and loved ones affected by those suffering from addiction.
ELIGIBILITY: Those suffering from addiction, their families and friends 16 and older.
FEES: None.

SECOND CHANCES GARAGE
WEBSITE: www.secondchancesgarage.org
MAIN: 240-724-1919
ADDRESS: 528 North Market Street, Frederick 21701
HOURS: Mon – Fri: 9am-5pm.
SERVICES: CAR REPAIR PROGRAM: Offers general car repair to low income individuals and families that meet income guidelines. Does not require referral from a partner agency. See website for further information.
LOW COST VEHICLES: Offers second hand cars to income eligible individuals. Do not contact this program for a vehicle. Must apply and receive referral from partner agency. See website for further information.
ELIGIBILITY: Must be a resident of Frederick or Washington County, be gainfully employed, have an active, ongoing relationship with a partner agency, at least 25 years of age (may be younger if there are dependent children in the household), able to afford vehicle ownership, must not own or have a vehicle titled in their name or have access to a vehicle in the household, no current or pending criminal charges; be drug-free and no outstanding insurance violations.
FEES: Vary.

SERENITY TREATMENT CENTER
WEBSITE: www.serenitytreatmentcenter.com
MAIN: 301-898-2627
ADDRESS: 420 East Patrick Street, Suite 100, Frederick 21701
HOURS: Mon: 8:30am-5pm. Tue-Thu: 8:30am-8pm. Fri: 8:30am-3pm.
Sat: 9am-3pm.
SERVICES: SUBSTANCE USE TREATMENT: Offers assessments, screening, educational programs including DUI/DWI and anger management, counseling, support groups, outpatient and intensive outpatient (IOP) substance use treatment and medication assisted treatment with Vivitrol.
ELIGIBILITY: Individuals 18 and over
FEES: Cash, credit card, private insurance, and medicaid. (No sliding scale)
SERVICE COORDINATION, COORDINATION OF COMMUNITY SERVICES

WEBSITE: www.servicecoord.org
MAIN: 301-663-8044
ADDRESS: 5283 Corporate Drive, Suite 103, Frederick 21703
HOURS: Mon – Fri: 8:30am-5pm
SERVICES: ADVOCACY/CASE MANAGEMENT: Provides advocacy and case management for adults and children with developmental disabilities.
ELIGIBILITY: Residents who have developmental disabilities and are referred by Developmental Disabilities Administration (DDA).
FEES: None

SETON CENTER OUTREACH PROGRAM, DEPAUL DENTAL PROGRAM

WEBSITE: www.setoncenterinc.org
MAIN: 301-447-6102
ADDRESS: 226 East Lincoln Avenue, Emmitsburg 21727
HOURS: Mon - Fri: 9am-4pm. Closed from 12pm-1pm for lunch.
SERVICES: DENTAL PROGRAM: Offers dental services for low-income adults in Northern Frederick County with no dental insurance. Partners with area dentists and oral surgeons to provide dental services at reduced rates for eligible adults.
ELIGIBILITY: Low-income adults and have no dental insurance and meet income guidelines.
FEES: None.

SETON CENTER OUTREACH PROGRAM, SETON CENTER

WEBSITE: www.setoncenterinc.org
MAIN: 301-447-6102
ADDRESS: 226 East Lincoln Avenue, Emmitsburg 21727
HOURS: Mon-Fri: 10am-4pm. Thrift shop: Tues-Fri: 10am-4pm. Sat: 10am-3pm.
SERVICES: COMMUNITY SERVICES: Provides emergency financial assistance, holiday assistance, a thrift shop, employment assistance, supportive visits and connection to other community resources. Used clothing, food, household goods and monetary donations are welcome.
ELIGIBILITY: Serves low-income, disabled, and elderly residents of northern Frederick County.
FEES: None.
SExAHOLICS ANONYMOUS

WEBSITE: www.baltimoresa.org
MAIN: 410-558-4510
ADDRESS: Frederick
HOURS: 24 hours/day, 7 days/week. Group times and locations vary.
SERVICES: SUPPORT GROUP: Recovery 12 step program to help individuals addicted to sex stay sexually sober and help others to achieve sexual sobriety. Offers a support group for friends and family members of addict.
ELIGIBILITY: Individuals with a desire to become sexually sober.
FEES: None.

SHEPPARD PRATT HEALTH SYSTEM, THE JEFFERSON SCHOOL AND RESIDENTIAL TREATMENT CENTER

MAIN: 240-315-0200
ADDRESS: 2940 Point Of Rocks Road, Jefferson 21755
HOURS: Operations are 24 hours/day, 7 days/week.
Mon – Fri: 9am – 5pm
SERVICES: RESIDENTIAL TREATMENT: Provides male and females, ages 12-18 (up to 21 but not have graduated) residential or day school programs. Facility has a full size gymnasium, library/media center, art center, an environmental studies classroom and greenhouse, a wood shop as well as dining, recreation and health service areas. Offers many opportunities for outdoor recreation, nature studies, and has an outdoor classroom/group meeting area widely used in suitable weather.
ELIGIBILITY: Adolescents and youth ages 12-18 (up to 21 but not have graduated).
FEES: Varies call for further details.

SHEPPARD PRATT HEALTH SYSTEM, WAY STATION, ADULT MOBILE CRISIS SERVICES

INTAKE: 301-662-2255
HOURS: Telephone response is 24 hours day/7 days week.
Mon - Fri: 1pm-9pm
ADDRESS: 230 West Patrick Street, Frederick 21701
SERVICES: MOBILE CRISIS INTERVENTION: Offers intensive mental health crisis intervention to families and individual residents of the county ages 18 and over. Trained and licensed professionals offer face to face intervention, assessment, evaluation, and assistance to stabilize the situation. Helps develop a plan for further treatment and offer referrals and links to community resources and services.
ELIGIBILITY: Individuals and families age 18 and over experiencing a mental health crisis.
FEES: None.
SHEPPARD PRATT HEALTH SYSTEM, WAY STATION, ASSERTIVE COMMUNITY TREATMENT

MAIN:  301- 662-0099
ADDRESS:  230 West Patrick Street, Frederick 21701
HOURS:  Operations 24 hours/day, 7 days/week.
Mon - Fri: 8:30am – 1pm

SERVICES:  ASSERTIVE COMMUNITY TREATMENT (ACT): Provides mental health services to persons who are unable or unwilling to access traditional, facility-based services. A team of mental health workers deliver services wherever the consumer is willing to receive them. Services include diagnostic evaluation, crisis intervention, case management and transition to other needed services.

ELIGIBILITY:  Adults with serious mental illness.
FEES:  Medical Assistance and sliding scale.

SHEPPARD PRATT HEALTH SYSTEM, WAY STATION, CAMP JOURNEY RESPITE PROGRAM

WEBSITE:  www.sheppardpratt.org/care-finder/camp-journey-respite-program/
MAIN:  301-682-3446
ADDRESS:  10304 Putman Road, Frederick 21702
HOURS:  Call for Camp Hours. Operations 24 hours/day, 7 days/week.
Mon - Fri: 9am-5pm.

SERVICES:  RESPITE PROGRAM: Provides an environment for youth ages 11-17, with emotional and behavioral disabilities, for several hours to a few days. Length of stay is pre-determined based on the unique needs of each family. Youth have fun while learning positive skills that may help them more effectively manage their challenges during everyday life.

ELIGIBILITY:  Adolescents ages 11-17 with emotional and behavioral challenges.
FEES:  Private pay, medical assistance, sliding fee scale.
SHEPPARD PRATT HEALTH SYSTEM, WAY STATION, CHILD AND ADOLESCENT MOBILE CRISIS SERVICES

INTAKE:  301-662-2255
ADDRESS:  230 West Patrick Street, Frederick 21701
HOURS:  24 hours/day 7 days/week
SERVICES:  MOBILE CRISIS INTERVENTION: Provides in-home de-escalation and crisis intervention for children and adolescents under the age of 18. Offers face to face intervention, assessment, evaluation, and assistance to stabilize situation. Help to develop a plan for further treatment and offer referrals and links to community resources and services.
ELIGIBILITY:  Any child under the age of 18 experiencing suicidal ideation, suicide threats with intent and mean, acts of aggression (including homicidal ideation), or self-injury at the time of call. Services must be requested by a parent and child must be at home.
FEES:  None.

SHEPPARD PRATT HEALTH SYSTEM, WAY STATION, COMMUNITY EMPLOYMENT PROGRAM

WEBSITE:  www.sheppardpratt.org/care-services/employment-job-training/
MAIN:  301- 662-0099
ADDRESS:  230 West Patrick Street, Frederick 21701
HOURS:  Operations 24 hours/day, 7 days/week.
Mon - Fri: 8:30am-1pm
SERVICES:  VOCATIONAL SERVICES: Provides evaluation/assessment, work adjustment training, job readiness & placement and ongoing employment supports. Participants work in settings including restaurants, business offices, nursing homes and machine shops. Provides benefits counseling to help participants understand impact working may have on entitlements.
ELIGIBILITY:  Adolescents and adults with serious mental illness.
FEES:  Medical Assistance and sliding scale
SHEPPARD PRATT HEALTH SYSTEM, WAY STATION, DAY PROGRAM

WEBSITE:  www.sheppardpratt.org/way-station/
MAIN:  301- 662-0099
ADDRESS:  230 West Patrick Street, Frederick 21701
HOURS:  Operations 24 hours/day, 7 days/week.
Mon - Fri: 8:30am-1pm

SERVICES:  DAY PROGRAM: Offers individuals with chronic mental illness and/or intellectual disabilities structured and meaningful daytime activity. Activities designed to promote recovery through individualized rehabilitation planning. Focusing on peer support, integrated care, symptom management, medication monitoring if needed, coping strategies, independent living skills, social skills, as well as recreational and leisure activities. Provides services through both individual and group interactions.

ELIGIBILITY:  Adults with serious mental illness may be eligible for Day Psychiatric Rehabilitation. Adults with intellectual disabilities that are eligible for funding through developmental disabilities may be eligible for Pathway Day Program Services.

FEES:  Medical Assistance and self-pay

SHEPPARD PRATT HEALTH SYSTEM, WAY STATION, FAMILY PRESERVATION PROGRAM

WEBSITE:  www.sheppardpratt.org
MAIN:  301- 662-0099 EX 2501
ADDRESS:  230 West Patrick Street, Frederick 21701
HOURS:  Mon – Fri: 9am – 5pm

SERVICES:  FAMILY PRESERVATION: Provides short-term in-home intervention to help families manage their current situation in a way that keeps them together. Seeks to teach the families new skills and/or set up services that will maximize the families’ strengths to ensure that they remain together on a long term basis. Teams work with families intensively for 6 weeks for 5 hours each week to identify family-based goals and maintain long-term changes.

ELIGIBILITY:  Youth must be at high risk for out-of-home placement.

FEES:  None.
SHEPPARD PRATT HEALTH SYSTEM, WAY STATION, HOMELESS VETERANS REINTEGRATION PROGRAM

WEBSITE: www.sheppardpratt.org
MAIN: 240-357-1808
ADDRESS: 230 West Patrick Street, Frederick 21701
HOURS: Mon – Fri: 8am -4pm
SERVICES: EMPLOYMENT: Assists veterans gain employment through job search, career counseling, life skills, job placement, interviewing tips, and case management. Financial assistance may be available for short term job training programs, work clothes and tools.
ELIGIBILITY: Veterans in Maryland and West Virginia who are homeless or at imminent risk of being homeless within the next 14 days. Participants must be willing and able to work with program to obtain employment.
FEES: None.

SHEPPARD PRATT HEALTH SYSTEM, WAY STATION, HOUSING AND RESIDENTIAL SERVICES

WEBSITE: www.sheppardpratt.org
MAIN: 301-662-0099
ADDRESS: 230 West Patrick Street, Frederick 21701
HOURS: Operations 24 hours/day, 7 days/week.
Mon - Fri: 8:30am-1pm
SERVICES: RESIDENTIAL SERVICES: Offers community integrated housing options for people with serious mental illness. Options include 24/7 supervised group homes, 24/7 supervised apartment complex, apartments, townhomes and single family homes with supports available at varying levels depending on individual needs. Specialized housing units, include residences for transitional age youth, ages 18-24, senior/aging adults, co-occurring substance use disorders, and co-occurring developmental disabilities. Individuals are supported and encouraged to develop basic living skills, including health management and wellness, money management, medication management, and community integration.
ELIGIBILITY: Adults with serious mental illness.
FEES: Medical Assistance and sliding scale.
SHEPPARD PRATT HEALTH SYSTEM, WAY STATION, MULTI SYSTEMIC THERAPY

WEBSITE: www.sheppardpratt.org/care-finder/multisystemic-therapy/
MAIN: 301-662-0099
ADDRESS: 230 West Patrick Street, Frederick 21701
HOURS: Operations 24 hours/day, 7 days/week.
Mon - Fri: 8:30am-1pm

SERVICES: MULTI SYSTEMIC THERAPY: Intensive family and community based treatment program that addresses multiple factors of serious anti-social behaviors in juvenile offenders. Behaviors include verbal aggression, physical aggression, theft, truancy, substance use, and curfew violations. Provides caregivers with skills and resources needed to deal with problematic behaviors. Services are provided in home, school, neighborhood, and community. MST therapists are available 24 hours a day, 7 days a week. Length of treatment averages 3-5 months.

ELIGIBILITY: Adolescent offenders in Frederick and Washington counties who are involved with Department of Juvenile Services.

FEES: Medical Assistance and sliding scale.

SOCIAL SECURITY ADMINISTRATION

WEBSITE: www.ssa.gov
MAIN: 866-331-7089
ADDRESS: 5340 Spectrum Drive, Suite N, Frederick 21703
HOURS: Mon, Tue, Thu, Fri: 9am – 4pm. Wed: 9am-12pm.

SERVICES: GOVERNMENT: Manages issuing and updating social security cards, applications for retirement, survivor, and disability benefits, Medicare, and Supplemental Security Income (SSI). Provides information on eligibility requirements, history of earnings, estimates of future benefits, and help with filling out and filing appropriate forms. Many social security services and forms are available online. Phone appointments are available.

ELIGIBILITY: Requirements vary for each program.

FEES: None.

SOMERFORD ASSISTED LIVING AND ALZHEIMER’S CARE

WEBSITE: www.somerfordhousefrederick.com
MAIN: 301-668-3900
ADDRESS: 2100A-2100B Whittier Drive, Frederick 21702
HOURS: Operations: 24 hours/day, 7 days/week. Call for more information on support groups. Mon - Sun 9am-5pm

SERVICES: OVERVIEW: Provides assisted living, support groups, and memory care services.

ELIGIBILITY: Senior citizens.

FEES: Private pay.
SPANISH SPEAKING COMMUNITY OF MARYLAND
WEBSITE: www.spanishcommunityofmd.org
MAIN: 301-587-7217
ADDRESS: 329 South Jefferson Street, Frederick 21701
HOURS: Hours vary
SERVICES: IMMIGRATION SERVICES: Empowers low-income families and immigrants from diverse backgrounds by promoting self-sufficiency, greater social change, education and legal rights. Works with public and private organizations throughout the state to ensure that the most vulnerable residents are able to receive the essential guidance for nutrition, health care, education, housing, employment and immigration benefits.
ELIGIBILITY: Low-income residents.
FEES: Nominal fee may be charged.

SPECIAL OLYMPICS
WEBSITE: www.somdfc.org
MAIN: 240-409-3643
ADDRESS: SOMD/Frederick County, PO Box 33, Frederick 21705-0033
HOURS: Hours vary
SERVICES: SPORTS TRAINING/ COMPETITION: Provides sports training and athletic competition in Olympic-type sports for persons with intellectual disabilities with or without physical challenges. Offers 16 of 20 sports available in Maryland and host 2 athletic competitions during sports year. Provides opportunities for many social events such as dances, zoo trips, and professional sporting events.
ELIGIBILITY: Age 2-7 for the Young Athlete Program. Age 8 to adult for training and competition.
FEES: None, but family members/caregivers are encouraged to help with fundraising efforts.

ST. JOSEPH’S PLACE
WEBSITE: www.stjosephsministries.org
MAIN: 301-447-7000
ADDRESS: 331 South Seton Avenue, Emmitsburg 21727
HOURS: Operations 24 hours/day, 7 days/week.
Mon - Fri: 8am-4:30pm
SERVICES: NURSING/REHAB: Provides a wide range of services including 24 hour nursing care, pain management, rehabilitation, restorative care and palliative care. Offers an Aquatic program, occupational, physical and speech therapy.
ELIGIBILITY: Persons needing short or long term care.
FEES: Set fee, private pay, Medicare, Medicaid, and some insurance.
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<th>Conference</th>
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<td>ST. VINCENT DE PAUL SOCIETY</td>
<td><a href="http://www.svdpusa.org">www.svdpusa.org</a></td>
<td>301-662-4676</td>
<td>114 East Second Street, Frederick 21701</td>
<td>Mon – Fri: 10am – 3pm</td>
<td>EMERGENCY FINANCIAL ASSISTANCE: Offers emergency financial assistance for eviction prevention, utility assistance, and other matters on a case by case basis.</td>
<td>Must be a county resident.</td>
<td>None</td>
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<td>ST. JOHN’S REGIONAL</td>
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<td>ST. VINCENT DE PAUL SOCIETY</td>
<td><a href="http://www.svdpusa.org">www.svdpusa.org</a></td>
<td>301-473-4800 ext 2</td>
<td>c/o Holy Family Catholic Community, 7321 Burkittsville Rd Middletown 21769</td>
<td>As needed</td>
<td>EMERGENCY FINANCIAL ASSISTANCE: Offers emergency financial assistance for eviction prevention, utility assistance, food, minor home repairs and other matters on a case by case basis.</td>
<td>Open to public. Targets residents of Middletown Valley</td>
<td>None</td>
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<td>STUDENT HOMELESSNESS INITIATIVE PARTNERSHIP OF FREDERICK COUNTY</td>
<td><a href="http://www.shipfrederick.com">www.shipfrederick.com</a></td>
<td>240-415-8971</td>
<td>PO Box 1629, Frederick 21702</td>
<td>Mon – Sun: 8am-9pm. Available by phone during operating hours. May have to leave a message. Calls are checked frequently.</td>
<td>SHIP: Provides urgent resources and services for homeless school-age children and their families in Frederick County. Supports include new clothing, referrals to community resources, and funding for youth enrichment activities. Referrals should come from Frederick County Public School staff and from community service agencies.</td>
<td>Child must currently be attending Frederick County Public Schools.</td>
<td>Free</td>
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SUNRISE ASSISTED LIVING

WEBSITE: www.sunriseseniorliving.com
MAIN: 301-663-9500
ADDRESS: 990 Waterford Drive, Frederick 21702
HOURS: Mon - Fri: 9am-5pm. Weekend appointments available.
Operations: 24 hours/day, 7 days/week.
SERVICES: ASSISTED LIVING: Offers a variety of living arrangements including assisted living, Alzheimer’s care, hospice care, and short-term stays with many amenities, services, meal plans, and social activities.
ELIGIBILITY: Those in need of adult-senior care.
FEES: Fees vary depending upon level of service needed. Accepts private pay and long term insurance.

SUPPORTING OLDER ADULTS THROUGH RESOURCES

WEBSITE: www.soarfrederick.org
MAIN: 240-575-9665
ADDRESS: P.O. Box 1603, Frederick 21702
HOURS: Mon – Fri: 10am-4pm
SERVICES: FINANCIAL ASSISTANCE: Provides financial assistance to seniors to help with prescription assistance, transportation, in-home support, food, clothing, and household and personal care supplies. Offers assistance with accessing other services in Frederick County and to caregivers of seniors.
ELIGIBILITY: Frederick County resident aged 65+ whose income does not exceed $2100/mo for individual or $3000 for couple. Will work with family members or others providing care for someone 65+
FEES: None

THURMONT CLOTHING CLOSET, THURMONT UNITED METHODIST CHURCH

WEBSITE: www.thurmontchurch.org
MAIN: 301-271-4511
ADDRESS: 13880 Long Road, Thurmont 21788
HOURS: 1st and 4th Mon of month: 6pm-7:30pm. 3rd Tue of month: 10am-11:30am.
SERVICES: CLOTHING CLOSET: Offers gently used children and adult clothes to residents of Thurmont and northern Fredrick County. May access three times per month. Donations are greatly appreciated (donation bin located outside of closet).
ELIGIBILITY: Open to the public
FEES: Free
THURMONT FOOD PANTRY, ST. JOHN’S EVANGELICAL LUTHERAN CHURCH

WEBSITE: www.thurmontfoodbank.com
MAIN: 240-280-1865
ADDRESS: Old Town Hall, 10 Frederick Road, Thurmont 21788
HOURS: May arrive 30 minutes early to sign up. Please leave a message your call will be returned.
Tue: 5pm-7:30pm. Fri: 4pm-6pm
SERVICES: FOOD PANTRY: Supplies non-perishable food, eggs, milk, fresh fruit, fresh vegetables and other supplies such as paper towels, toilet paper, dish washing liquid, and tooth paste to residents of the area. Monetary, perishable and non-perishable food, hygiene items and paper goods donations are needed.
ELIGIBILITY: Targets residents in Thurmont, Rocky Ridge, Lewistown, Graceham, Frederick, and Sabillasville areas.
FEES: None.

THURMONT LIONS CLUB VISION SCREENING PROGRAM

WEBSITE: www.thurmontlionsclub.com
MAIN: 301-271-2924
ADDRESS: PO Box 306, Thurmont 21788
HOURS: No set office hours.
SERVICES: VISION SCREENING/GLASSES: A free screening program aimed at identifying eyesight problems in children from 6 months to 5 years. Any group or organization can request a screening. Program is working to secure other centers to arrange annual screenings. Offers possibility of assistance with purchase of glasses if financial need is determined.
ELIGIBILITY: Children from 6 months to 5 years old who currently do not have glasses.
FEES: None.

TOYS FOR TOTS

WEBSITE: www.frederick-md.toysfortots.org
MAIN: 301-619-2687
ADDRESS: 1276 Base Rd, Frederick 21702
HOURS: Mon – Fri: 8am – 4pm. No answer, leave message and call will be returned.
SERVICES: HOLIDAY ASSISTANCE: Operates a Christmas program that collects new, unopened toys from private and corporate donors.
ELIGIBILITY: Must be a county resident and have documentation of guardianship.
FEES: Free
TRANSIT SERVICES OF FREDERICK COUNTY
WEBSITE: www.frederickcountymd.gov/transit
MAIN: 301-600-2065
ADDRESS: 1040 Rocky Springs Road, Frederick 21702
HOURS: Mon – Fri: 8am-5pm. Call or visit website for transit hours.
SERVICES: TRANSPORTATION: Provides public transportation, paratransit, and commuter services. Offers reduced fares for individuals with disabilities and senior citizens who are able to use public transportation.
ELIGIBILITY: Open to public.
FEES: Fixed Fees. Call or visit website.

UNIFIED COMMUNITY CONNECTIONS
WEBSITE: www.unified.org
MAIN: 410-484-4540
ADDRESS: 5736 Industry Lane, Frederick 21704
HOURS: Mon – Fri: 8:30am – 4pm
SERVICES: OVERVIEW: Offers support services and programs for individuals with developmental disabilities. Offers day and residential programs, employment services, in-home support, recreational programs and respite care.
ELIGIBILITY: Adults 21+ with developmental disabilities. Some services available to children. Call for more information.
FEES: No fees for most programs if eligibility criteria are met.

UNITED STATES DEPARTMENT OF TREASURY, INTERNAL REVENUE SERVICE
WEBSITE: www.irs.gov
MAIN: 800-829-1040
ADDRESS: 201 Thomas Johnson Drive, Frederick 21702
HOURS: Mon – Fri: 8:30am – 4:30pm
Closed for lunch from 11:30am-12:30pm, daily.
SERVICES: TAXES: Offers support, information and referral concerning your taxes.
ELIGIBILITY: Adults 18 and older.
FEES: None.
UNITED WAY OF FREDERICK COUNTY

WEBSITE:  www.unitedwayfrederick.org
MAIN:  301-663-4231
ADDRESS:  Bernard W. Brown Community Center, 629 North Market Street, Frederick 21701
HOURS:  Mon – Fri: 9am – 5pm
SERVICES:  CHARITY AND GRANT-MAKING: Recruits people and organizations to engage in giving, advocating, and volunteering in areas of education, income, and health. Organizes public engagement campaigns, day of action, stuff the bus, and summer serve projects. Connects volunteers with service sites in the community.
ELIGIBILITY:  Open to organizations engaged in services related to education, income, and health.
FEES:  None.

UNITED WAY OF FREDERICK COUNTY, PROSPERITY CENTER

WEBSITE:  www.prosperitycenter.org
MAIN:  301-663-4231
ADDRESS:  Bernard Brown Community Center, 629 North Market Street, Frederick 21701
HOURS:  Mon – Fri: 9am – 5pm
SERVICES:  FINANCIAL LITERACY: Provides resource for community members to improve their financial knowledge, skills, and stability. Services include the Volunteer Income Tax Assistance (VITA) program, Prosperity Savings Accounts, free financial education classes, and access to an array of community resources.
VITA TAX ASSISTANCE: Free tax preparation by IRS-certified volunteer income tax preparers at various locations throughout Frederick County. Appointments scheduled January through April.
ELIGIBILITY:  Low income individuals and families. Must meet income guidelines
FEES:  None.

UNIVERSITY OF MARYLAND EXTENSION, FREDERICK COUNTY

WEBSITE:  www.extension.umd.edu/frederick-county
MAIN:  301-600-1594
ADDRESS:  330 Montevue Lane, Frederick 21702
HOURS:  Mon – Fri: 8am – 4:30pm
SERVICES:  EDUCATION: Provides information to improve economic stability, quality of life and community, and environment in which they live. Offers educational programs, events, clinics, field days, seminars, conferences, small group discussions, camps, after school programs and club meetings in the areas of agriculture and natural resources, family and consumer sciences, home horticulture and 4 H youth development.
ELIGIBILITY:  Open to public.
FEES:  None or minimal for some programs.
UP AND OUT FOUNDATION
WEBSITE:  www.upandoutfoundation.org
MAIN:  301-788-0788
ADDRESS:  PO BOX 4055, Frederick 21705
HOURS:  No set hours. Calls are generally returned within 24 hours.
SERVICES:  SUBSTANCE USE: Offers financial assistance, substance use education and information and referral to help connect individuals to substance use treatment and support.
ELIGIBILITY:  Individuals in need of financial assistance for substance use.

VETERANS CENTER, FREDERICK COMMUNITY ACCESS CENTER
WEBSITE:  www.vetcenter.va.gov
MAIN:  304-263-6776
ADDRESS:  Frederick Community College: 7932 Opossumtown Pike, Frederick, 21702. Frederick County Division of Senior Services: 1440 Taney Avenue, Frederick, 21702.
HOURS:  Tue, Wed: 9:30am-4:30pm
SERVICES:  MENTAL HEALTH SERVICES: Provides individual and group counseling, outreach, and referral services to combat Veterans and families. Guides through major adjustments/issues often occurring after Veterans return from combat or military service. Services include Post-Traumatic Stress Disorder (PTSD), alcohol and drug assessment, and suicide prevention referrals. All services are free and strictly confidential.
ELIGIBILITY:  Veterans and families of veterans who served in area of armed hostilities and received honorable discharge. Will see veterans with other than honorable or dishonorable discharge on a case by case basis. Also those who are currently active military.
FEES:  Free

VINDABONA NURSING HOME
WEBSITE:  www.thevindabona.com
MAIN:  301-371-7160
ADDRESS:  6012 Jefferson Boulevard, Frederick 21703
HOURS:  Operation: 24 hours/day, 7 days/week. Mon - Fri: 8am-7pm
SERVICES:  NURSING HOME: Provides comprehensive short term rehabilitation and long term care for adult and elderly patients.
ELIGIBILITY:  Adults and seniors needing short term rehabilitation or long term care.
FEES:  Medicaid, Medicare and some insurance.
WAY TO GROW
WEBSITE: www.way2grow.com
MAIN: 301-846-4769
ADDRESS: 9093 Ridgefield Drive, Unit 102, Frederick 21701
HOURS: Mon – Fri: 8am-7pm. Sat: 8am-2pm. May call anytime to leave message and someone will return call promptly.
SERVICES: OVERVIEW: Provides occupational therapy and speech services to pediatric clients and their families. Also provides social skills groups for children ages 5-10.
ELIGIBILITY: Open to adults and children.
FEES: Vary depending upon service. Accepts Medicaid

WELLS HOUSE
WEBSITE: www.wellshouse.org
MAIN: 301-739-7748
ADDRESS: 427 East Patrick Street, Frederick 21701
HOURS: Operations: 24 hours/7 days week.
Mon - Sun: 8am-4:30pm
SERVICES: SUBSTANCE USE TREATMENT: Offers residential and outpatient treatment for adults whose primary disorder is substance abuse. Provides assessments and drug testing for legal, employment or other purposes.
ELIGIBILITY: Residential treatment: Adult men, 18 years or older, substance use primary disorder. Professional referral or assessment required prior to admission. Outpatient treatment: Adult men or women, 18 years or older, substance use primary disorder. Self-referrals accepted in addition to professional referrals.
FEES: Medicaid or Maryland Medical Assistance accepted. No private insurance at present is accepted. Outpatient self-pay fees negotiable, based on income and space availability.

WHOLE HEART GRIEF AND LIFE RESOURCE CENTER
WEBSITE: www.thewholeheartcenter.org
MAIN: 866-393-5847
ADDRESS: 110 West South Street, Frederick 21701
HOURS: Grief Group 1st Tue of month: 7pm-8:30pm. Available via Skype.
Mon – Thu: 10am-4pm
SERVICES: SUPPORT GROUPS: Provides tools for survivors and supporters to identify needs, understand options, make positive choices and navigate the grieving process. Offers support groups, one on one coaching and resource center. Offers grief support and life coaching services for individuals, couples, and teens throughout the community.
ELIGIBILITY: Anyone experienced a loss or helping someone through a loss.
FEES: Groups are free, some services require payment. Please call for details. Scholarships are available
YMCA, FREDERICK COUNTY

WEBSITE: www.frederickymca.org

MAIN: 301-663-5131

ADDRESS: 1000 North Market Street, Frederick 21701

HOURS: Office: Mon-Fri: 8am-8pm. Sat: 8am-4pm. Sun: 1pm-4pm.
Building Hours: Mon-Thu: 6am-10pm. Sat: 7:30am-7:30pm. Sun: 11am-6pm.
Wellness Center: Mon-Thu: 5:30am-9:45pm. Fri: 5:30am-8:45pm. Sat: 7:30am-7:15pm. Sun: 11am-5:45pm.

SERVICES: OVERVIEW: Collaborates with community partners to improve the lives of children, adults, families, and entire community. Provides programs and services that build a healthy mind, body and spirit including aquatics, dance, childcare, sports, mentoring and summer camps. Serves people of all backgrounds, ages, capabilities, and income levels, providing financial assistance to those in need.

ELIGIBILITY: Open to public.

FEES: Fees vary and non-member fees are higher than member fees. Call for details.

YMCA, FREDERICK COUNTY HEAD START

WEBSITE: www.frederickymca.org

INTAKE: 301-378-9140

ADDRESS: 801 North East Street, Suite 6A, Frederick 21701

HOURS: Mon – Fri: 8am – 5pm.

SERVICES: PRE-SCHOOL: Provides low income families with children 3 and 4 years of age a comprehensive preschool program.

ELIGIBILITY: Low income families with children 3 and 4 years of age. Must meet income (or other eligibility) guidelines.

FEES: None.
Twenty-Four Hour Hotline Services

2-1-1 (1-866-411-6803)
Available FREE, 24/7 for information and referrals on health and human services such as basic human needs, physical and mental health, employment support, support for seniors, children, youth and families, mobile crisis services, and suicide prevention and intervention services. *Airtime and other charges may apply for cell phone users.

ALCOHOL HOTLINE – 1-800-ALCOHOL (1-800-252-6465)
Helpline for alcohol and drug abusers.

AMERICANS WITH DISABILITIES ACT HOTLINE – 1-800-514-0301
Provides information on Americans with Disabilities Act, technical information and referral.

CHILD HELP USA HOTLINE – 1-800-4-A-CHILD (1-800-422-4453)
Crisis counseling for abused youth and for abused parents. Referrals to local programs, legal assistance, and information on prevention.

COVENANT HOUSE NINELINE – 1-800-999-9999 – NATIONAL
Crisis hotline which provides crisis intervention, referral and information services to the homeless, runaways, troubled teens and families.

DOMESTIC VIOLENCE HOTLINE – 301-662-8800
Confidential crisis intervention, support and information. Emergency shelter available.

EPILEPSY FOUNDATION OF AMERICA HOTLINE – 1-800-332-1000
Assist individuals with Epilepsy and other neurological disabilities. Vocational and residential support services are provided to adults and youth.

FREDERICK COUNTY HOTLINE – 301-662-2255
Crisis intervention, support, information and referrals for all types of issues and situations to anyone in need.

NATIONAL POISON CENTER – 1-800-222-1222
Routes to closest poison control center. Emergency information.

MARYLAND CRISIS CONNECT – 1-800-422-0009
Crisis intervention, support, and referrals serving the western Maryland region.

NATIONAL AIDS SPANISH HOTLINE SPONSORED BY THE CDC – 1-800-344-7432
Focusing on AIDS, HIV, and related issues in Spanish language.

NATIONAL CENTER FOR MISSING & EXPLOITED CHILDREN – 1-800-THE-LOST (1-800-843-5678)
Clearinghouse for information regarding missing and exploited children.

NATIONAL SUICIDE PREVENTION LIFELINE – 1-800-273-8255 (1-800-273-TALK)
Nationwide network of local crisis centers committed to suicide prevention and intervention.

OPERATION RUNAWAY – 1-800-204-8600

PARENT INFORMATION/STRESS LINE – 301-662-2255
Telephone support line for parents. Provides listening support, information and referral, and crisis intervention.

PHONE FRIEND – 301-694-8255
Telephone support and assistance hotline for children at home alone.

RAPE CRISIS HOTLINE – 301-662-8800
Crisis intervention for victims of rape, assault, or family violence; emergency shelter available.
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Mental Health Association
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2-1-1 Maryland offers guidance and support to help teens, adults, families, seniors, veterans, caregivers, clergy and professionals find the services they need.

Free, Confidential & Multi-Lingual Information and Referral 24/7 for:

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