

MONTGOMERY COUNTY, MD - DISABILITY NETWORK DIRECTORY

Counseling

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This is a project of the Montgomery County Commission on People with Disabilities. To submit an update, add or remove a listing, or request an alternative format, please contact: MCCPWD@montgomerycountymd.gov, 240-777-1246 (V), MD Relay 711.

Aspire Counseling at Sheppard Pratt

Shady Grove Professional Building
16220 Frederick Road, Suite 502
Gaithersburg, MD 20877
301-978-9750 (V)

E-mail: main@we-aspire.org
www.sheppardpratt.org/care-finder/aspire-counseling-at-sheppard-pratt/

Provide mental health counseling for children, adolescents, young adults, adults and families in Montgomery County. Accept private pay, insurance plans, Medicaid, Medicare and have a sliding fee scale.

Center for Caregivers

Washington, DC Office

Dr. Rene Laje, Director
5415 Connecticut Avenue, NW, #T43
Washington, DC 20015

E-mail: renelaje@yahoo.com

Chevy Chase Office

5480 Wisconsin Avenue, #228
Chevy Chase, MD 20815
301-455-4149 (V)

www.centerforcaregivers.com

Individual counseling and therapy groups for caregivers of infants, babies, children with health issues, and older adults. Home visits available to those who are unable to leave their homes. Many insurances accepted, including Medicare.

Center for Counseling and Neurofeedback

Donna Troisi, LCSW-C

Urbana Office

The Landon House
3401 Urbana Pike
Urbana, MD 21704

North Potomac Office

Quince Orchard Medical Park
12105 Darnestown Road, Suite 28
N. Potomac, MD 20878
240-281-8319 (V)

E-mail: dmt_lcsw@yahoo.com

www.donnatrouisi.com

For individuals, couples, and families. Counseling for individuals with autism, impulse control disorders, child or adolescent issues, anxiety or fears, parenting, and more. Also provide neurofeedback training. Accept Autism Waiver.

Center for Families in Transition (CFIT)

Ellen Schaefer-Salins, LCSW-C, Director
8720 Georgia Avenue, Suite 205
Silver Spring, MD 20910
301-495-6393 (V)

301-384-3631 (TTY)

E-mail: ellens12@aol.com

www.cfitherapy.com

Private practice providing mental health services to individuals, couples, and families. Special program for working with people who are Deaf and Hard-of-Hearing. Accept a variety of health insurances.

Eugene Meyer III Treatment Center

The Washington School of Psychiatry
5028 Wisconsin Avenue, Suite 400
Washington, DC 20016
202-537-6050 (V)

E-mail: wspcd.info@wspcd.org

<https://wspcd.org/treatment>

Non-profit mental health clinic offering affordable services to persons in the Washington, DC metropolitan area. Clinic services include individual, group, couples and family psychotherapy; psychiatric evaluations and medication management consultations also available. Insurance plans accepted; sliding-fee scale available.

Gates, Amy, LSCW-C, MSW

8929 Shady Grove Court
Gaithersburg, MD 20877
240-602-6343 (V)

E-mail: amyhgates@me.net

www.amyhgates.com

Psychotherapist. Counsels parents who have children with disabilities. Sliding scale. Medicare.

George Washington University Center Clinic

1922 F Street, NW, Suite 103
Washington, DC 20052
202-994-4937 (V)

<https://psyd.columbian.gwu.edu/clinic>

Non-profit clinic, staffed by advanced doctoral students in the university's professional psychology program. Provide short- and long-term mental health treatment. Offer psychology assessments and psychotherapy for individuals, family, couples and group therapy. Open to clients in Maryland, DC and Virginia. Sliding-scale fees based on incomes; no one turned away for financial reasons.

Heller Psychology Group, LLC

Carey A. Heller, Psy.D.
6320 Democracy Boulevard
Bethesda, MD 20817
301-385-2610 (V)
E-mail: appt@thehellerpsychologygroup.com
www.hellerpsychologygroup.com
Offer individual, family, group, and couples psychotherapy. Clinicians conduct therapy to treat a variety of issues including: ADHD, Asperger's Disorder, anxiety, depression, family conflict, anger management, difficulty coping with medical disorders, and bullying. Also offer testing and assessments for ages four and up.

Hollander, Michele, Psy. D.

301-990-0131 (V)
E-mail: michelehollander@msn.com
Psychologist. Behavioral therapist. Autism Waiver.

House Calls, LLC

Beth Albanese, CTRS, CPRP, CLP
301-346-6732 (V)
E-mail: callingonbeth@gmail.com
www.callingonbeth.net
Provide services for teens to seniors including, but not limited to, counseling during any kind of life transition; life coaching to integrate individuals into work, leisure or volunteer pursuits; advocate on your behalf to make sure professionals and agencies are meeting your needs; provide or arrange all aspects of mental health or medical case management; arrange recreation activities that begin at home; and walk an individual to community resources using volunteers as needed for support. Providing expanded virtual and at home coaching, counseling, case management, recovery support, transition resources and referrals during the pandemic with extra precaution. Serve DC Metro area including Maryland and Virginia. Virtual behavioral health / counseling and life coaching is provided nationwide.

Independence Now, Inc. (INNOW)

12301 Old Columbia Pike, Suite 101
Silver Spring, MD 20904
301-277-2839 (V)
E-mail: info@innow.org
www.innow.org
Serve individuals with disabilities in Montgomery and Prince George's Counties. Peer counseling offered by Independent Living Specialists that serve as role models, assist with self exploration, assist with self-directed goals setting and achievement, direct consumers to appropriate services and programs, serve as advocates, and plan recreational events that integrate individuals with disabilities with their non-disabled peers. Also offer peer mentoring and support to individuals who have expressed a desire to leave nursing homes and move out into the community.

Jewish Social Service Agency

Fallsgrove Office

200 Wood Hill Road
Rockville, MD 20850

Rockville Office

6123 Montrose Road
Rockville, MD 20852
301-838-4200 (General)
301-816-2633 (Client Intake)

E-mail: contactus@jssa.org
www.jssa.org/get-help/adults-couples-and-parents/counseling/

Nonsectarian provider that helps clients of all ages. Services include therapy for adults and couples, mental health evaluation and treatment for children and teens, career counseling and workshops, and employment services. Accepts most major insurance for clinical services, as well as Medicare and Maryland Medicaid. JSSA does not accept DC or Virginia Medicaid. A reduced fee may be available for those clients without insurance or for services not covered by insurance based on financial need.

Kaufman, Nan, LCSW-C

4400 East West Highway, Suite 720
Bethesda, MD 20814
301-986-9020 (V)
Coach, counselor, and advocate for parents who have a child who is newly diagnosed with a disability and/or for on-going supports.

Maryland Psychotherapy Clinic and Research

University of Maryland Psychology Department
2140 Biology – Psychology Building
University of Maryland
College Park, MD 20742
301-405-5820 (V)
E-mail: mpcrl@psyc.umd.edu
www.mpcrl.umd.edu
Provides high-quality, low-cost counseling and psychotherapy to adults in Prince George's and Montgomery Counties, and Washington, DC. Treatment focuses on insight and understanding difficulties in relationship problems, depression, anxiety, grief and loss, meaning of life, dreams, and nightmares. Fees range from \$25 to \$50 per session. There is no charge for the screening interview or intake interview. No insurance plans accepted.

Pro Bono Counseling Project

410-825-1001 (V)
<http://probonocounseling.org>
Non-profit organization that connects uninsured and under-insured low-income Marylanders with volunteer licensed mental health professionals. Provide individual, couples and family counseling to individuals. Treat depression, anxiety, abuse, self-esteem, self-abuse, relationships, eating disorders, divorce and grief. Counseling services provided by volunteer credentialed therapists at no cost.

Riebman, Jeffrey E., LCSW-C

912 Thayer Avenue, Suite 209
Silver Spring, MD 20910
301-509-1581 (V)
E-mail: hjrieb@msn.com
Counseling for visual impairment, chronic illness and disability.

TLC - The Treatment & Learning Centers (TLC)

2092 Gaither Road, Suite 100
Rockville, MD 20850
301-424-5200 x 306 (V)
E-mail: testingtutoringcounseling@ttlc.org
www.ttlc.org/ttc/ttc-programs/ttc-counseling/
Private, nonprofit organization serving children, teens, and young adults with a wide range of special needs. Specialize in learning differences, autism, developmental delays, hearing loss, and other problems that interfere with development, learning and active participation in the community.

Vesta, Inc.

Germantown Horizon Outpatient Clinic

20410 Observation Drive, Suite 108
Germantown, MD 20876
240-296-5862 (V)

Silver Spring Horizon Outpatient Clinic

8737 Colesville Road, Suite 700
Silver Spring, MD 20910

E-mail: info@vesta.org

www.vesta.org/omhc

Licensed mental health professionals offer mental health clinical services, including individual, family, couples and group therapy; on-site, off-site and in-home therapy; psychiatric assessment and medication management; and psycho-education programs on parenting, anger management, social skills and dealing with difficult adolescents. Most insurance, including Medicaid, Medicare and PAC, accepted. Uninsured Maryland residents accepted if they meet certain criteria.

Washington Pastoral Counseling Service, Inc.

9727 Georgia Avenue
Silver Spring, MD 20910
301-681-3201 (For Appointment)
E-mail: office@wbma.cc
www.wbma.cc

Non-profit interfaith organization that provides low-cost individual, couples and family counseling on issues ranging from depression to self-esteem, relationships, divorce and grief. Does not treat patients with chronic mental illness or disorders due to drug and/or alcohol abuse; does not provide medications or medication resources. Counseling provided by volunteer licensed, independent clinical counselors and social workers. Also offer comprehensive testing services, including neuropsychological, psychological (including social-emotional), psychoeducational, developmental, giftedness (including '2E'), and admissions testing. Testing is available for individuals of all ages. Accepts many insurance plans, sliding-fee scale.