

# 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](mailto:MCCPWD@montgomerycountymd.gov).

### 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](mailto:main@we-aspire.org)

[www.sheppardpratt.org/care-finder/aspire-counseling-at-sheppard-pratt/](http://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](mailto:renelaje@yahoo.com)

#### Chevy Chase Office

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

[www.centerforcaregivers.com](http://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](mailto:dmt_lcsw@yahoo.com)

[www.donnatroisi.com](http://www.donnatroisi.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: [ellenss12@aol.com](mailto:ellenss12@aol.com)

[www.cfiththerapy.com](http://www.cfiththerapy.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@wspdc.org](mailto:wspcd.info@wspdc.org)

<https://wspdc.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](mailto:amyhgates@me.net)

[www.amyhgates.com](http://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](mailto:appt@thehellerpsychologygroup.com)  
[www.hellerpsychologygroup.com](http://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](mailto: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](mailto:callingonbeth@gmail.com)  
[www.callingonbeth.net](http://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)**

Shannon Minnick, Interim Executive Director  
12301 Old Columbia Pike, Suite 101  
Silver Spring, MD 20904  
301-277-2839 (V)  
Email: [info@innow.org](mailto:info@innow.org)  
[www.innow.org](http://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](mailto:contactus@jssa.org)  
[www.jssa.org/get-help/adults-couples-and-parents/counseling/](http://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](mailto:mpcrl@psyc.umd.edu)  
[www.mpcrl.umd.edu](http://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.

### **Parents' Place of Maryland**

802 Cromwell Park Drive, Suite H  
Glen Burnie, MD 21061  
410-768-9100 (V)  
1-800-394-5694 (Toll Free)  
[www.ppmmd.org](http://www.ppmmd.org)  
Offers families individualized support from someone who knows what it means to have a child with a disability or a special healthcare need. Team has firsthand knowledge of the special education and healthcare process. help families obtain education and health care services for their children with disabilities;

### Parents' Place of Maryland Continued

work to improve education and health care for all children; train and inform parents and professionals on a variety of topics; and connect children with disabilities to community resources that address their needs. The Parents' Place (PPMD) is the only organization in Maryland charged by the U.S. Department of Education, Office of Special Education Programs, to serve as the state's **Parent Training and Information (PTI) Center**. As a PTI, the Parents' Place provides information and support for families who have children and youth with disabilities or special needs, beginning at birth through age 26. Parent Educators and PTI staff are available to help you understand and navigate the special education system and provide you with the information and tools you need to be an informed and active participant in your child's education. Also offer workshops and provide resources that address the unique needs of military connected families. All services are provided to parents and families at no cost! **The Parents' Place Family-to-Family Health Information Center (F2F HIC)** provides a central source for families of children and young adults with disabilities and special health care needs to obtain support, advocacy, and information about health care. **The Parents' Place offers LEADers**, a parent leader program to develop leadership skills among parents of children with disabilities and special health care needs. This program appeals to various adult learning styles, including: traditional workshops, webinars, experiential learning, coaching, mentoring, and independent study. It is designed to help parents broaden their role within their communities as a resource, support group leader, trainer, advocate and more.

### 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](mailto: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](mailto:testingtutoringcounseling@ttlc.org)

[www.ttlc.org/ttc/ttc-programs/ttc-counseling/](http://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](mailto:info@vesta.org)

[www.vesta.org/omhc](http://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](mailto:office@wbma.cc)

[www.wbma.cc](http://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.