

# ABCD Study: Maryland (Baltimore and surrounding)



Thank you for participating in the ABCD study. Here is some information we give to everyone in our studies. If you, your child, or someone you know is having a problem with life stress, health, education, alcohol, drugs, or emotional concerns, help is available...

## EMERGENCY & CRISIS CARE

### You Are Not Alone:

- **For Life Threatening Emergencies** DIAL 9-1-1
- **Maryland Crisis Hotline/** DIAL 211 (and press option 1) or text 898211
- **Maryland Suicide Prevention Program** or visit 211md.org
  
- **Baltimore Crisis Response**  
24 Hour Mental Health & Substance Use Disorder Help Line - Information & Referral Line: **(410) 433 5175**  
<http://health.baltimorecity.gov/sites/default/files/Final%20CIR%20Line%20Flyer.pdf>
  
- **2-1-1 MARYLAND** 24 hours a Day to connect Maryland residents to health and human service resources  
DIAL 2-1-1 or visit online at <https://211md.org>
  
- **Psychiatric Emergency Services** **Adult: 410-328-9400, Pediatric: 410-328-6335**  
24-hour a day service provided for psychiatric emergencies for both voluntary and involuntary patients primarily for the residents of Baltimore City and surrounding counties. Services are provided on a walk-in basis and access to psychiatric and addiction resources are available.
  
- **Sheppard Pratt Crisis Walk-in Clinic** **410-938-5302**  
6501 N. Charles Street, Towson, MD 21204  
Scheduled Crisis Intervention Program (SCIP): face-to-face urgent assessment with the referral and case management.
  
- **USA NATIONAL SUICIDE HOTLINES**  
[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)  
Hope Line 1-800-SUICIDE (784-2433)  
Suicide Prevention 1-800-273-TALK (8255)
  
- **THE NATIONAL CHILD TRAUMATIC STRESS NETWORK**  
<https://www.nctsn.org> (resources to support youth who have been exposed to trauma)  
<https://www.nctsn.org/resources/parent-caregiver-guide-to-helping-families-cope-with-the-coronavirus-disease-2019>  
(new resource on helping families to cope with the **coronavirus**)
  
- **University of Maryland Medical Center Emergency Services:**  
<https://www.umms.org/ummc/health-services/emergency>
  - **Psychiatric** Emergency Services: Same day visit for emergency evaluation for adults **410-328-1219**
  - **Pediatric** Emergency Services: a multi-disciplinary team of pediatricians, nurses, child life specialists, social workers, and others who are specifically trained in treating ill and injured children. **410-328-6335**

Providing  
support  
when and  
where you  
need it



## SCHOOL & EDUCATION SUPPORT

**School Resources:** Contact the School Counselor, Social Worker, Psychologist or Principal at your child's school for additional support around mental health.

**Children with Special Health Care Needs Special Education Resource Center** Supports parents of children with disabilities, ages birth to 21. The mission is to promote positive, effective partnerships within the school community.

**(410) 887-5443**

White Oak School, 8401 Leefield Rd, Baltimore, MD 21234

## ABCD Study: Maryland (Baltimore and surrounding)

**Maryland Disability Law Center** is the designated Protection and Advocacy agency for the State of Maryland, mandated to advance the civil rights of people with disabilities. MDLC is a nonprofit legal services organization that can assist with information and referral as well as with **education** and **special education rights**.



**410-727-6352**

1500 Union Street, Suite 2000, Baltimore, MD 21211

**STOPBULLYING.GOV** provides information from various government agencies on what bullying is, what cyberbullying is, who is at risk, and how you can prevent and respond to bullying in schools and neighborhoods [www.stopbullying.gov](http://www.stopbullying.gov)

### PROTECTIVE SERVICES AND SUPPORT

**Baltimore Child Abuse Center:** Supports children and families in intervention, responses to, and prevention of child sexual abuse, trauma, and Adverse Childhood Experiences. As part of the array of services, can help connect children and families with appropriate mental health treatment and other social services.

**410-396-6147**

2300 North Charles Street, 4<sup>th</sup> Floor, Baltimore, MD 21218

#### Child Protective Services-

**Maryland Department of Human Resources:** Provides services to protect children and assist parents or caretakers in providing proper care and attention to children, remedy and decrease the risk of continuing abuse or neglect, provide an alternate plan of care for children when parents or caretakers are unable to provide proper / safe care for them.

<http://dhr.maryland.gov/child-protective-service>

**Baltimore City: (410) 361-2235**

1525 N. Calvert Street, Baltimore, MD 21202

Maryland Counties: <http://dhs.maryland.gov/child-protective-services/reporting-suspected-child-abuse-or-neglect/local-offices/>

#### Adult Protective Services-

**Maryland Department of Human Resources:** Aims to prevent/remedy the abuse, neglect, self-neglect, or exploitation of adults who are unable to protect their own interests and are at risk of immediate harm to their self or others; services to protect the health, safety, and welfare of endangered, vulnerable adults. <http://dhr.maryland.gov/office-of-adult-services/>

**1-800-332-6347 Baltimore City: (443) 423-6612**

311 West Saratoga Street, Baltimore, MD 21201

Maryland Counties: [http://dhr.maryland.gov/blog/wp-content/uploads/2012/10/AdultServiceBrochure\\_Final.pdf](http://dhr.maryland.gov/blog/wp-content/uploads/2012/10/AdultServiceBrochure_Final.pdf)

**House of Ruth** Shelter and supportive services for women and children impacted by intimate partner violence.

**410-889-7884**

#### Turn Around (Multiple Locations):

**24-Hour Helpline: 443-279-0379**

Provides counseling and support services for adult and children victims of rape, incest and domestic violence.

401 Washington Avenue, Suite 300, Towson, MD 21204

**410-377-8111**

2300 N. Charles Street, 2<sup>nd</sup> Floor, Baltimore, MD 21218

**410-837-7000**

9100 Franklin Square Drive, Room 317, Baltimore, MD 21237

**410-391-2396**

### MENTAL & BEHAVIORAL HEALTH

**PSYCHOLOGY TODAY** Therapist Finder Tool [www.therapists.psychologytoday.com](http://www.therapists.psychologytoday.com)

#### Children & Families

#### Pro-Bono Counseling Project:

Outpatient mental health services provided to uninsured or underinsured low-income children and families

110 West Road, Suite 202, Baltimore, MD 21204

**410-825-1001**

**CHADD** (Children and Adults with Attention-Deficit/Hyperactivity Disorder)- specific for families with a child with ADHD

<http://www.chadd.org/> - national website

[www.chadd-mc.org/MD chapters](http://www.chadd-mc.org/MD%20chapters)



## **ABCD Study: Maryland (Baltimore and surrounding)**

**Johns Hopkins Bayview Medical Center, Community Psychiatry Program**

### **0 to 5 Clinic**

4940 Eastern Avenue Baltimore, MD 21224

**410-550-2284**

The Early Childhood/Preschool Clinic provides psychiatric and social assessment and treatment for children under five years of age. The Intensive Outpatient Program provides intensive intervention for children 3-5 on-site several mornings a week.

### **Child & Adolescent Clinic (Ages 6 – 18)**

4940 Eastern Avenue Baltimore, MD 21224

**410-550-0104**

The Outpatient Clinic services include psychiatric and social evaluation for children and adolescents with individual, family, or group treatment sessions.

### **Johns Hopkins Children's Mental Health Center**

403 North Caroline Street Baltimore, Maryland 21205

**410-955-3598**

Comprehensive diagnostic evaluations including psychiatric and psychological assessments for children. Ongoing outpatient services include individual, family, and group therapy, as well as medication treatment.

### **Johns Hopkins Community Psychiatry Program**

600 N. Wolfe Street Baltimore, MD 21287

**410-955-0424**

Comprehensive outpatient psychiatric services for older adolescents and adults living in the Baltimore area. Services include individual, group, marital, and family therapy as well as medication management.

### **Kennedy Krieger Family Center**

2901 E. Biddle Street Baltimore, MD 21213

**443-923-5900**

Outpatient services include: Birth to Five Clinic, Child Psychiatry, Evaluation Clinic (6-18-years-old), Family Clinic (3-18), Group Clinic, Individual Clinic (3-18), SMART Clinic (4-11), STAR Clinic.

### **The University of Maryland Community Psychiatry Program**

#### **The Care Clinic**

520 W. Lombard Street Baltimore, MD 21201

**410-706-1703**

Forensic assessment of trauma with short-term, structured, intensive individual, group, and family therapies for children who have been physically or sexually abused or exposed to domestic violence.

### **The Taghi Modaresi Center for Infant Study (Ages 0 –5)**

701 West Pratt St, 4th Floor Baltimore, MD 21201

**410-328-1111**

Mental health services for children 0 – 5 including: diagnostic assessments, trauma-focused family therapy, individual and play therapy, multi-family groups and parent-child interactive treatment.

### **Child & Adolescent Clinic (Ages 6 – 18)**

Outpatient services include mental health treatment for children and adolescents ages 6 – 18, parenting group for caregivers of children diagnosed with ADHD, Mood Disorders Clinic, Trauma Clinic.

### ***Clinical Services for Adults (18 and older)***

### **Johns Hopkins Bayview Medical Center**

Community Psychiatry

**410-550-0016**

The Mason F. Lord Building, 4940 Eastern Avenue Baltimore, MD 21224

Services include treatment for chronic mental illness, substance use disorders, dementia, Alzheimer's disease, traumatic brain injury, sleep disorders, behavioral medicine, and the interface between psychiatry and other areas of medicine (e.g., burns, cardiovascular disease, chronic pain). Inpatient and outpatient programs treat **adults, children, and adolescents** in all these areas. [https://www.hopkinsmedicine.org/psychiatry/patient\\_information/bayview/](https://www.hopkinsmedicine.org/psychiatry/patient_information/bayview/)



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### **The North Baltimore Center**

A Program of Mosaic Community Services, Inc.  
2225 North Charles Street, Baltimore, MD 21218  
Mariel Holt, Intake Coordinator

**410-366-4360 , ext. 406**

Adult outpatient clinic, Mobile treatment – Adult case management, Adult psychiatric rehabilitation, Individual, group and family therapy, Community support services, Intensive in-home services, Medical management, Substance Abuse Services

### **University of Maryland Medical Center, Psychiatric Assessment and Referral Center (PARC) 410-328-6231**

22 South Greene Street Baltimore, MD 21201

<https://www.umms.org/ummc/health-services/psychiatry/contact>

**Alcohol & Drug Abuse** Comprehensive substance abuse treatment: **410-328-6600**

**Acute Inpatient and Day Hospital Psychiatric Services** Adult, child and geriatric: **410-328-6231**

#### **Outpatient Psychiatric Services**

- Child Outpatient Clinic (to include school mental health and ages 0-5 services): **410-328-8552**
- Geriatric Outreach and Clinic Services: **410-328-8415**
- Adult Outpatient Clinic (to include trauma and mood disorders): **410-328-5881**
- Community Psychiatry (for all ages with serious / persistent mental illness / behavioral disturbances): **410-328-6231**

**Consultation Liaison Psychiatry** Comprehensive psychiatric consultations for the medically ill and Medical Crisis Counseling Center (care for patients and families dealing with medical illness) : **410-328-6091**

### **Harford Belair Community Mental Health Center, Inc.**

4308 Harford Road Baltimore, MD 21214

**410-426-5650**

Adult Outpatient Services, Child & Adolescents Services, Case Management, Mobile Treatment Services Mental Illness & Substance Abuse

### **Apex Counseling Center**

3200 Eastern Avenue Baltimore MD 21224

**410-522-1181**

Individual Therapy, Couples Therapy, Family Therapy, Group Psychotherapy, Medication Management  
Psychiatric Assessments, Substance Abuse Treatment Counseling

**Behavioral Health System Baltimore:** *Prevention, early intervention, treatment and recovery to help build healthier individuals, stronger families and safer communities by managing the system of care that addresses emotional health and well-being and provides services for individuals with substance use and mental health disorders*

Information and/or assistance scheduling

**410-637-1900, option #1.**

Visit: <http://www.bhsbaltimore.org/>

One N. Charles Street, Suite 1300, Baltimore, MD 21201

### **Kennedy Krieger Institute (Multiple Locations):**

707 North Broadway Baltimore, MD 21205

**443-423-9200**

Outpatient services include: Neurobehavioral Clinic, Day Feeding Program, Down Syndrome Clinic, Nutrition Program, Occupational Therapy, Pediatric Rehab & Psychology Clinic.

## **GENERAL/PHYSICAL HEALTH**

**Baltimore City Health Department:** *The Health Department is responsible for many health-related issues including acute communicable diseases, chronic disease prevention, school health and youth violence.*

**410-396-3835**

100 N. Holliday St, Baltimore, MD 21201

**Weightsmart:** *pediatric weight management program at Mt Washington Pediatric Hospital (referral required)*

1708 West Rogers Ave., Baltimore, MD 21209 <https://www.mwph.org/health-services/weight-smart> **410-578-5145**

**Youth Compendium of Physical Activities:** *196 common activities in which youth participate and estimated energy cost associated with each*

<https://www.nccor.org/nccor-tools/youthcompendium/>



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Healthy eating: *Comprehensive guidelines to promote healthy eating habits in children and adults.*

[https://health.gov/sites/default/files/2019-10/DGA\\_Healthy-Eating-Pattern.pdf](https://health.gov/sites/default/files/2019-10/DGA_Healthy-Eating-Pattern.pdf)

Stress reduction: *The American Heart Association tips to manage stress*

<https://www.heart.org/en/healthy-living/healthy-lifestyle/stress-management/tips-to-lower-stress-infographic>

Childhood asthma & allergy:

<https://www.umms.org/childrens/health-services/pediatric-pulmonology-allergy-sleep/breathmobile>

## STAY HEALTHY TIPS (reduce spread of FLU, CORONAVIRUS, etc.) WAACCK!

- **Wash** your hands often with soap and water for at least 20 seconds under running water. Use an alcohol-based hand sanitizer if soap and water are not readily available
- **Avoid** touching your eyes, nose, or mouth, and **avoid** unnecessary handshakes, hugs and overcrowded areas
- **Clean** and disinfect frequently touched objects and surfaces
- **Cover** your mouth and nose with a tissue when you cough, or sneeze then throw the tissue away
- **Keep** a distance of at least 5 to 8 ft from people who are sick

Stay informed on latest updates through official channels on TV and Radio or CDC <https://www.cdc.gov/>

### ALCOHOL & DRUG ISSUES

**SAMHSA's National Helpline, 1-800-662-HELP (4357)**, (Treatment Referral Routing Service) or TTY: **1-800-487-4889** is a confidential, free, 24-hour-a-day, 365-day-a-year, information service, in English and Spanish, for individuals and family members facing mental and/or substance use disorders. This service provides referrals to local treatment facilities, support groups, and community-based organizations. <https://www.samhsa.gov/find-help/national-helpline>

#### Baltimore County Department of Health: Substance Use–Resource, Education & Advocacy Help Line

*Provides treatment through community providers for substance users and their families, offers programs and services to prevent substance use, and develops, coordinates, and monitors a countywide network of substance use prevention and disorder treatment services.*

**(410) 88-REACH (410) 887-3224**

[www.baltimorecountymd.gov/Agencies/health/healthservices/substanceuse/#tx](http://www.baltimorecountymd.gov/Agencies/health/healthservices/substanceuse/#tx)

6401 York Road, 3rd Floor, Baltimore, MD 21212

#### Baltimore County Department of Health: Substance Use–Adolescent Services

*Offers specialized services for adolescents, including assessment, referral and education.*

**(410) 887-6465**

Email: [behavioralhealth@baltimorecountymd.gov](mailto:behavioralhealth@baltimorecountymd.gov)

The Bureau of Health Eastern Family Resource Center

**(410) 730-8267**

### FAMILY & LIFE SUPPORT

**Maryland Coalition of Families** Provides information and resources for families of children and adolescents with mental health, substance use and/or other behavioral needs. Offers family perspectives and support from families of children and adolescents with *mental health concerns* [www.mdcoalition.org](http://www.mdcoalition.org) **(410) 730-8267**

Email: [info@mdcoalition.org](mailto:info@mdcoalition.org)

10632 Little Patuxent Pkwy, Suite234, Columbia, MD 21044

#### The Parents' Place of Maryland

*Helps families of children with disabilities and special health care needs throughout Maryland*

**1-800-394-5694 or (410) 768-9100**

<https://www.ppmmd.org/>

810 Crowsell Park Drive, Suite103, Glen Burnie, MD 21061

**The Family Tree:** *Maryland child abuse and neglect prevention center; education and support for parents to raise healthy, productive children. Services: 24/7 Parenting HelpLine, parenting classes, family counseling, children & youth services, parent leadership and support groups.*

**24/7 Parenting HelpLine: 1-800-243-7337 (410) 889-2300**

[www.familytreemd.org](http://www.familytreemd.org)

2108 N. Charles St, Baltimore, MD 21218

#### The Salvation Army of Central Maryland



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Provides shelter, food, and financial assistance for struggling families.



(410) 783-2920

814 Light St, Baltimore, MD 21230

**LMS Compassion Centers** Bring comfort to those in need thanks to the good will of volunteers and donations from the community. Clothing, food, furniture and housewares are among the items available.

(410) 636-0123

<https://compassionplace.org/centers/>

**Multiple Locations:** Annapolis, Cambridge, Essex, Fells Point, Havre de Grace, Hickory, Hyattsville, Loch Raven

**Center for Family Services** Provides treatment foster care services, pregnancy counseling, parenting and adoption planning services, and adoptive family services.

410-659-4050

2601 N. Howard Street, Suite 200, Baltimore, MD 21218

**Roberta's House Grief & Loss Center:** A grief and loss center with services for families, children and adolescents grieving the loss of a loved one. Program services are provided at no cost to the families

410-235-6633

1900 North Broadway, Baltimore,

MD 21213-1437

### HOUSING SUPPORT

#### My Sister's Place Women's Center

410-727-3523

17 W. Franklin Street Baltimore, MD 21201

Resource center for homeless and impoverished women and children in Baltimore. Provides 3 meals a day and access to services such as case management, education, and job training for women in Baltimore City.

#### Project FRESH Start

410-261-6777

Provides homeless families with housing, counseling, case management, referrals to remedial education, life and job skills training, parenting workshops, financial literacy workshops, case management, and a host of community services.

**Baltimore Affordable Housing Office** –apply for housing assistance or to email a question <https://www.habc.org/habc-information/about-us/contact-us/>

#### Baltimore City Schools Homeless Liaison:

410-396-0775

Homeless families have rights that provide them with transportation to stay in the same school, so their kids do not have to keep moving schools so much. The Baltimore City Schools Homeless Liaison can help with **transportation** and **school placement** needs. They can also help with **clothing vouchers**.

### LEGAL AND IMMIGRATION SUPPORT

**Asylee Women Enterprise (AWE)**, works with asylum seekers and other forced migrants as they navigate the immigration legal process, begin to heal from past trauma and rebuild their lives in Baltimore. <https://www.asyleewomen.org/general-info>

**We Are Casa** work to organize, advocate for, and expand opportunities for Latino and immigrant people in Maryland. Support includes employment placement; workforce development and training; health education; citizenship and legal services; and financial, language, and literacy. <https://wearecasa.org/who-we-are/>

**Catholic Charities Esperanza Center:** a comprehensive immigrant resource center that offers hope and essential services to people who are new to the United States including, ESL education, healthcare, and low-cost immigration legal services.

Esperanza Center, 430 S Broadway, Baltimore, MD 21231

EMAIL: [esperanzainfo@cc-md.org](mailto:esperanzainfo@cc-md.org)

667-600-2900

**Pro Bono Resource Center (PBRC)** of Maryland is a statewide non-profit group of legal professionals dedicated to offering free civil legal help to the most vulnerable and disenfranchised members of our community. <https://probonomd.org/>

520 West Fayette Street, Suite 300, Baltimore, MD 21201

410-837-9379

If there are other resources you would find helpful, or that have helped you and you want to share, please contact your ABCD Study team and let us know. 410-706-ABCD (2223) or [ABCD@umm.edu](mailto:ABCD@umm.edu) or [ABCD@som.umaryland.edu](mailto:ABCD@som.umaryland.edu)