Mental Health Resources



**INDIVIDUAL, GROUP, AND FAMILY THERAPY IN HOMES, SCHOOLS, THE COMMUNITY, AND ON-SITE CLINICS**

Thrive Behavioral Health provides evaluation, treatment planning, and individual, family, and group interventions for the treatment of a wide range of mental health issues. We have a diverse group of clinicians who are trained in various treatment modalities including Cognitive Behavioral Therapy Plus, play therapy, trauma-informed care, and the mind/body connection. We encourage clients to share their preferences for treatment and do our best to match clinicians accordingly.

For more information visit: <https://thrivebh.com/>



**Clinic-based Mental Health**

Our counselors provide individual, family, and group counseling at The Children’s Guild Alliance headquarters in Baltimore. Our counselors develop creative approaches to building academic and emotional success in children. It is our mission to have continuous contact with families to ensure services are appropriate, and support is given to those who support the child.

Our counselors are all master’s level professionals that specialize in working with children and families and are trained in trauma-informed treatment approaches including:

* **ARC –**Attachment, Self-Regulation and Competency
* **SFCR –** Strengthening Families Coping Resources
* **TF-CBT –**Trauma Focused Cognitive Behavioral Therapy
* **CBT –**Cognitive Behavioral Therapy

**School-based Mental Health**

Our school-based counselors work in a school from 2 to 5 days a week, depending on the level of needs of the students and families in the school community. We serve thousands of students in more than 80 schools in Anne  Arundel, Baltimore, Cecil, Howard, and Prince George’s, counties. Our counselors are all master’s level professionals that specialize in working with children and families and are trained in trauma-informed treatment approaches including:

* **ARC –**Attachment, Self-Regulation and Competency
* **SFCR –** Strengthening Families Coping Resources
* **TF-CBT –**Trauma Focused Cognitive Behavioral Therapy
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**Psychiatry Services**

**Psychiatry Services**

Our psychiatrists work with the child and family to determine if medication would be beneficial to treatment. They will provide education on side effects, diagnosis, and effectiveness. Many of our families benefit from treatment that incorporates counseling, medication assessment, and on-going medication management.

**Who Can Benefit From Our Services?**

Over half of the children we counsel have experienced physical or emotional trauma.  Our counselors are skilled at treating many common concerns including:

* Coping with Grief and loss
* Managing conflicts successfully
* Dealing with worry or anxiety
* Improving attention
* Healing from trauma
* Building social skills

If you have a problem and are not sure if treatment can help, contact us: [**410.444.3804 ext. 1202**](tel:410.444.3804).

For more information visit: <https://childrensguild.org/>

UMD Health Center

**COVID-19: Behavioral Health Operations:**

* Behavioral Health Services is able to take new patients who currently reside in Maryland. We are not able to take new patients who reside outside of Maryland.
* If you are experiencing a psychiatric emergency call 911 or go to your nearest hospital emergency department.
* Current patients may contact their therapist or prescriber by leaving a secure message at myuhc.umd.edu or calling (301) 314-8106 for refills or other concerns.
* Current patients will receive services regardless of the state they live in. Services will be provided remotely.
* Please complete and submit the UMD Behavioral Health Services Informed Consent for Teletherapy/Telehealth form below:

[**Informed Consent for Teletherapy/Telehealth**](https://health.umd.edu/sites/default/files/inline-files/UMD%20BHS%20Informed%20Consent.final%20version%203-31-2020.pdf)

**Behavioral Health Services**

* [**Behavioral Health Emergencies**](https://health.umd.edu/node/40)
* [**Medication Management**](https://health.umd.edu/node/44)
* [**Substance use Treatment and Referral**](https://health.umd.edu/node/49)
* [**ADHD**](https://health.umd.edu/node/42)
* [**Eating Disorders Assessment & Referral**](https://health.umd.edu/node/41)
* [**Transgender Healthcare Assessments & Support**](https://health.umd.edu/node/203)

**Confidentiality**

**Privacy of records**

**Emergency disclosure of information**

**Questions about confidentiality**

**Concern about a student**

For more information visit: <https://health.umd.edu/>