

REFERRAL GUIDE

The first conversation: Most providers will ask that you contact them via telephone to schedule. Often, therapists may be working with clients directly when you call, and you will need to leave a message.

When speaking with a provider or leaving a message you will want to share your name, what you are calling for, and your insurance (if applicable). For example:

“Hi, my name is (insert name), and I was referred to you by the UDC Counseling Center. I am interested in scheduling an initial appointment with you. My insurance is (insert insurance). Could you please call me back at (insert your phone number) at your earliest convenience?”

It is important to call a few therapists in the area to try and schedule an appointment. If you do not hear back from a therapist within a week, call back and leave another message or continue with your search for a provider.

What questions to ask: When you speak to a therapist while scheduling your initial appointment it is a good idea to ask a few questions before you book an appointment:

- Are you taking new clients?
- What insurance do you accept?
- What are your session fees?
- What are your sliding scale options (if applicable)?
- Share your presenting concern and ask if it would be a good fit for their practice.

Making the first appointment: In order to find a good fit and an arrangement that will work for you, you may want to consider:

- Make sure you know how to get to the office.
- Make sure you have time to travel to and from your appointment (Do you have obligations before or after that might conflict?)
- What do you have following the appointment and will you feel ready to do it?
- Does this therapist offer times that work better with my schedule (i.e. evenings or weekends)?
- Make sure to note their no-show/cancellation policy. Many providers will charge you for appointments cancelled less than 48 hours in advance.

Continuity of Care: If you worked with another therapist at the UDC Counseling Center or another agency and will now be continuing care with an off-campus provider, you can facilitate a smooth transition by:

- In your first session, tell the provider that you previously worked with / or are being referred by a clinician (your previous therapist) to continue your care.
- Sign a **release of information form** that allows your new clinician to contact your former clinician so that he/she can obtain background information from your previous therapist.

Mandated Services

If you received a referral for a mandated assessment or services from the Judicial Affairs office or the Court, be sure to:

REFERRAL GUIDE

- Tell the provider that you require mandated or court-ordered services.
- Send or fax the clinic/provider your letter from Judicial Affairs or documentation from the Court prior to your first appointment and/or bring and share the documentation at your first appointment.

 **HELP**
is just a call away...
The resources below are available

24 / 7

hrs/day	days/week
Suicide Prevention Hotline	1.800.273.TALK 1.800.273.8255
DC Access Helpline (Mental Health Crises & DC Services)	1.888.7.WE.HELP 1.888.7.93.4357
Domestic Violence Hotline	1.800.799.SAFE 1.800.799.7233
UDC Campus Police	202.274.5050
Metropolitan Police	202.727.9099 911
Crisis Text Line	Text START to 741-741 anytime

REFERRAL GUIDE

While you Wait

- Check out the Counseling Center Main Office for Informational Materials. There is information on many mental health-related topics.
- Utilize the free on-line mental health screenings on the UDC Counseling Center website.
- Utilize free Mental Health Phone applications to assist with self-care
- During winter months, rent or stop by the Counseling Center to use one of our Light Therapy Sun Lamps

Phone and Tablet Applications

General MH Apps

- **Virtual Hope Box** – tools to help clients with coping, relaxation, and positive thinking. Available for iPhone and Android. Created by the Department of Defense National Center for Telehealth and Technology. Free
- **ACT Couch**- Created by the Department of Defense National Center for Telehealth and Technology. ACT Coach is designed for service members, veterans and others to use along with face-to-face treatment with a mental health professional in Acceptance and Commitment Therapy (ACT). ACT Coach incorporates mindfulness and acceptance strategies to help people cope with unpleasant emotions and symptoms of mental health concerns. Free
- **T2 Mood Tracker** – Tracks symptoms of depression, anxiety, PTSD, traumatic brain injury, stress and general well-being. Created by the Department of Defense National Center for Telehealth and Technology. Free
- **Calm** – Focuses on meditation, breathing, sleeping, and relaxation. This app offers unique tools, such as “Sleep Stories”, which are soothing tales to help people unwind and fall into a deep sleep. Breathing exercises, nature scenes, and a College Collection of meditation techniques make this app invaluable to students. It is the #1 app for meditation and sleep and was Apple App Store’s Best of 2017 App of the Year. After one month trial, subscription is \$4.99

Anxiety

- **Breathe2Relax**- iPhone and Android devices. Diaphragmatic breathing exercise. Created by the Department of Defense National Center for Telehealth and Technology. Free
- **Tactical Breather**-for iPhone and Android devices can be used to gain control over physiological and psychological responses to stress. Created by the Department of Defense National Center for Telehealth and Technology. Free
- **Mindshift**- for iPhone and Android devices, is designed to provide you with tools for managing various types of anxiety. Free

REFERRAL GUIDE

- **SAM** -(Self-Help for Anxiety Management), an iPhone and Android app, tracking anxiety, identifying triggers, breathing and relaxation strategies, Free
- **wayForward** – Utilized CBT to address anxiety related to social situations. Exercises are short about 5- 10 minutes. Available for iPhone and Android. Free
- **Stop Panic & Anxiety Self-Help**- this app can help you manage your panic attacks due to anxiety. It allows you to keep a diary or use the panic assistance audio to help you overcome attacks. Has relaxation audio, as well. Android, free

Mindfulness/Relaxation

- **Headspace** for iPhone and Android devices, meditation made simple, guided meditations for any level of experience. Free
- **Mindfulness Coach**- Designed to help individuals learn the practice of mindfulness. Includes exercises, information, and tracking logs. Created by the Department of Defense National Center for Telehealth and Technology. Free
- **Insight Timer** – A range of free guided meditations from experts or you can customize to lead your own meditation. Any level of level of experience with meditation. Available for iPhone and Android. Free
- **BellyBio Interactive Breathing** – biofeedback device that monitors your breathing. Recommended for advanced deep breathers. Provides soothing music for deep breathing exercises. Recommended you lay down with your phone on your stomach to practice exercises. iPhone only. Free
- **Take a Break! Guided Meditations for Stress Relief**- seven-minute Work Break or 13-minute Stress Relief recording with or without music or nature sounds. iPhone or Android, Free

PTSD

- **PTSD Coach**- Provided education about PTSD, self-assessments, tools range from relaxation techniques, positive self-talk, anger management. Individuals can integrate their own favorite music and photos into relaxation techniques. Created by the Department of Defense National Center for Telehealth and Technology. iPhone and Android app. Free
- **CPT Coach** - For people participating in cognitive processing therapy (CPT), an evidence-based psychotherapy for posttraumatic stress disorder (PTSD).. It is also intended to help CPT providers better adhere to the treatment protocol. Available for iPhone. Created by the Department of Defense National Center for Telehealth and Technology., iPhone and Android, Free
- **Dream EZ**- The app uses principles from Imagery Rehearsal Therapy (IRT) for nightmare reduction to help users change their nightmares into less disturbing dreams so they can get a better night's

REFERRAL GUIDE

- sleep. App was designed to be used along with a health care provider trained in IRT. Created by the Department of Defense National Center for Telehealth and Technology, iPhone and Android, Free

Insomnia

- **CBT-i Coach** – For people who have experienced symptoms of insomnia and would like to improve their sleep habits. Created by the Department of Defense National Center for Telehealth and Technology, iPhone and Android, Free.
- **Relax and Sleep Well with Glenn Harold** - Twenty-minute guided meditation with music to help you fall asleep. For iPhone and Android. Free
- **Digipill-** “prescribes” digital pills, or guided meditations, for different conditions like anxiety or insomnia. But unlike traditional pills, there are no unwanted side effects. If you have insomnia and you’ve used prescription sleeping pills, you’ll appreciate the drug-free sleeping assistance. 5 stars on Apple, 4.5 stars on Android, Free

Veterans

- **Together Strong** – Designed to help individuals speak to peers about adjusting to civilian life after deployment..Kognitio Interactive, (Good for peers, partners, faculty/staff and providers) Available for iPhone and Android
- **Operation Reach Out** – Suicide Prevention for military personal. The options help users assess their thinking and reach out for help in crisis. Available for iPhone and Android, Free.
- **Battle Buddies-** Designed to pair veterans with a veteran that has expertise in what the need help with. The location of their headquarters is also a benefit. “A Maryland-based non-profit organization called Battle Buddies started in 2015 with the goal of pairing veterans with other vets who can help them get the help they need. You can join the Battle Buddies network using their web-based mobile app as either an expert or someone looking for help. They'll pair you with someone that's right for you—a great resource for both vets in need and those who want to help!” (Available in English and Spanish).

REFERRAL GUIDE

Other Quick Tips for Improved Health and Wellness:

- Try to get 7-9 hours of sleep per night!
- Eat more fruits and vegetables!
- Learn time management skills!
- Drink more water!
- Set realistic goals!
- Don't be afraid to ask for help!
- Create a bedtime routine!
- Breathe in fresh air.
- Snuggle under a cozy blanket.
- Listen to running water.
- Sit outdoors by a fire-pit, watching the flames and listening to the night sounds.
- Take a hot shower or a warm bath.
- Get a massage.
- Cuddle with a pet.
- Pay attention to your breathing
- Burn a scented candle.
- Wiggle your bare feet in overgrown grass.
- Stare up at the sky.
- Lie down where the afternoon sun streams in a window.
- Listen to music.
- **Exercise Resources**
 - Consistent exercise can help reduce symptoms of mild depression and anxiety. UDC offers the following for students in our Wellness Center, located on the A level of the Student Center. (Free for students) and offer Group Exercise Classes (Yoga and Zumba).

REFERRAL GUIDE

REFERRAL OPTIONS

This list of referral options is prepared for _____
by _____ on _____. This list is not exhaustive, but is intended to
provide you with a few options that may meet your needs for ongoing care. If you experience difficulty
accessing care, contact the UDC Counseling Center at 202.274.6000 for further assistance with the referral
process.

Low Fee Psychotherapy

Bowen Center for the Study of the Family: the Georgetown Family Center

(202) 965-4400
4400 MacArthur Blvd
Washington, DC
Low fee and sliding scale (as low as \$10) individual services for students within walking distance of campus

Capitol Hill Center for Individual and Family Therapy

530 7th Street, SE
Washington, DC 20003
Near Eastern Market
202-543-4645

Center Clinic

George Washington University

1922 F Street, NW, Suite #103
202-994-4937
Leave a message and you will be called back.
<https://psyd.columbian.gwu.edu/appointments>

Low fee clinic with graduate students under supervision, psychodynamic psychotherapy, couples, groups,
and assessment.

Center for Family Services

Virginia Tech, Northern Virginia Center

7045 Haycock Road
Falls Church, VA 22043
(703) 538-8470

REFERRAL GUIDE

Quality Low fee, supervised, couple's and family therapy by MA trainees

Center for Psychological Services

George Mason University

703-993-1370

Low fee clinic with graduate students, psychotherapy and learning disabilities testing.

Cognitive Behavioral Clinic Training Center

Dr. James Gray

American University, Asbury Building

202-885-1716

Cognitive therapy with graduate students.

Community Counseling Services Center (CCSC)

2134 G Street, Basement Level

Washington DC 20052

(202) 994-8645

Provides low-cost individual, family, couples service; graduate-level students under faculty supervision

Counseling at Dupont

1555 Connecticut Ave., #500W

Washington DC 20036

(202) 734-3703

Provides individual, couples, and group therapy. Takes BCBS or has \$125 fee for therapy.

Amy Muhlback, LICSW is one of the therapists and her areas of expertise includes Anxiety, Depression, Trauma Recovery, Substance Use and Bipolar Disorder. They have evening and daytime appointments available. Amy can be reached directly at (202) 734-3704.

DC Bar Lawyers Counseling Program

1250 H Street, NW

Washington, DC 20005

202-347-3131

10 free counseling sessions for DC law students.

D.C. Department of Mental Health Access Helpline: 1-888-793-4357

To get information on various community mental health clinics for each neighborhood.

DC Rape Crisis Center

Phone: 202.232.0789

Fax: 202.296.3586

IPI Metro Psychotherapy Center

Greater Washington DC Center of the International Psychotherapy Institute

Mona Mendelson, MSW, Clinic Coordinator

6917 Arlington Road

REFERRAL GUIDE

Bethesda, MD 20814

(301) 951-3782

10 minutes from Bethesda Metro

Sliding scale fee (\$25-\$125) for individual, couples, and family psychodynamic therapy services by licensed clinicians - willing to see clients for intensive therapy

SMILE Therapy Services LLC

Two Locations

1629 K Street NW

SUITE 300

Washington, DC 20006

or

650 I Street NE

Washington, DC 20003

US

(240)324-6524

info@smiletherapyservices.com

Washington School of Psychiatry

Eugene Meyer Treatment Center

5028 Wisconsin Ave, NW

Washington, DC

202-537-6050

5 minutes from Friendship Heights Metro

Sliding scale fee \$50-\$130; have evening availability until 8pm; rare Saturday availability

Barbara Van Dahlen, Ph.D.

Founder and President of Give an Hour

Free therapy for Vets with PTSD

(202) 244-5944

The Women's Center

1025 Vermont Ave, NW

Washington, DC 20005

202-293-4580

Low fee clinic dealing with a variety of disorders, including sexual abuse. Victims of domestic violence or sexual assault can receive FREE ongoing therapy. Otherwise, sliding scale \$22-\$48. Has **bilingual therapists**. **Virginia location:** 127 Park Street, Vienna VA. 703-281-4928, ext. 266

REFERRAL GUIDE

The Wendt Center for Loss and Healing

4201 Connecticut Ave., NW Suite 300
Washington, DC 2008
(202) 624-0010

LGBTQ Specific

DC LGBTQ Center Free Support Groups
<http://www.thedccenter.org/events.html>

Whitman Walker: LGBTQ Integrative Health Practice
<https://www.whitman-walker.org/>

United Behavioral Healthcare (and other private insurance)

Diana Jensen, PhD

5335 Wisconsin Avenue NW
Suite 440
Washington, DC 20015
202-686-2885
United Behavioral Healthcare

Sandra Hoffman, PsyD

2000 P St. NW Suite # 412
Washington, DC 20036
202-833-1555
drsandrajhoffman@gmail.com
United Behavioral Healthcare, BCBS, Aetna, Cigna

Joshua Hull, PhD

5480 Wisconsin Avenue
Suite 227
Chevy Chase, MD 20815
301-977-0161
BCBS, Aetna, Cigna

Anne Burrows, LICSW

5100 Wisconsin Avenue NW
Suite 300
Washington, DC 20016
202-244-8855
United Behavioral Healthcare

Elizabeth Rankin, LICSW

4000 Albemarle St. NW, Suite 300
Washington, DC 20016

REFERRAL GUIDE

Tenleytown

202-244-5717 202-244-4044

United Behavioral Healthcare, BCBS, Aetna, Cigna

ReNew Psychological Services

1821 18th St NW

Washington, DC

202-341-0500

PHCS, MultiPlan, Beech Street, Cigna, TriCare, Blue Cross/Blue Shield

INTEGRATIVE MENTAL HEALTH CLINICS

Georgetown University Hospital—Adult Psychiatric Outpatient Services

Phone: 202-687-8609

Call to make an appointment.

3800 Reservoir Rd., NW

Washington, DC 20007

Hours: Monday – Friday, 9 a.m. to 5 p.m.

They accept most major health insurance plans, including DC Medicaid and Medicare

MBI Health Services LLC

4017 Minnesota Avenue

Washington DC 20019

Office Phone: (202) 388-9202

Mary Center

Phone: (202) 420-7122 (for mental health appointments)

They may have a waitlist.

Headquarters

2333 Ontario Road, NW

Washington, DC 20009

Tel: (202) 483-8196; Fax: (202) 545-2069

Love Your Life (LYLE) Healthcare

1414 NORTH CAPITOL STREET

Washington DC 20002

Office Phone: (202) 232-4270

<http://www.lylehealthcare.com/about-us/>

Emergency after-hours crisis line available

35K Street Clinic

(202) 442-4202

35 K Street, SE

REFERRAL GUIDE

Washington, DC

Free of charge therapy and psychiatry services for uninsured DC residents or those with Medicare or Medicaid.

Umbrella Therapeutic Services, Inc.

4645 Nannie Burroughs Avenue NE Ste 306
Washington, DC 20019
(202) 441-7966

New Living Healthcare Services LLC

7600 Georgia Avenue NW Ste 403
Washington, DC 20012
(202) 379-3394

<https://www.newlivinghealthcare.com/>

Provides counseling, psychiatry, and case management/community support.

Medicaid Providers

SMILE Therapy Services LLC

Two Locations
1629 K Street NW
SUITE 300
Washington, DC 20006
or
650 I Street NE
Washington, DC 20003
US
(240)324-6524
info@smiletherapyservices.com

MBI HEALTH SERVICES LLC

4017 MINNESOTA AVENUE
WASHINGTON, DC, 20019
Office Phone: (202) 388-9202

LOVE YOUR LIFE (LYLE) HEALTHCARE IN

1414 NORTH CAPITOL STREET
WASHINGTON, DC, 20002
Office Phone: (202) 232-4270
<http://www.lylehealthcare.com/about-us/>

REFERRAL GUIDE

Medication Management

Low Fee

The George Washington University Medical Faculty Associates – Department of Psychiatry & Behavioral Sciences

Services may be available on a sliding scale basis. You must tell the receptionist that you want to receive services at the Residents' Clinic in order to receive a reduced fee.

Phone (202)741-2888

2120 L Street

Suite 600

Washington DC 20037

Unity Health Care Clinic

Phone: (202) 469-4699 <http://www.unityhealthcare.org/>

Call the appointment line and inform the receptionist that you would like to meet with a psychiatrist. You will have to receive a physical examination at Unity Health before you can meet with a psychiatrist.

United Behavioral Healthcare Psychiatrists (and other private insurance)

Allan Berger

1302 Midwood Place

Silver Spring, Md.

301-589-1443

United Behavioral Healthcare, BCBS, Aetna, Cigna

Jared S. Putnam MD

5530 Wisconsin Ave, Suite 1255

Chevy Chase, MD 20815

240-483-0075

United Behavioral Healthcare, Aetna

Abby Wellman, MD

6280 Montrose Road

Rockville, MD 20852

301-384-8784

United Behavioral Healthcare, BCBS, Aetna, Cigna

Anca Zinnes, MD

5028 Wisconsin Ave NW Suite 400

Washington, DC 20016

202-360-4787

United Behavioral Healthcare, BCBS

Low fee Assessment/Testing

REFERRAL GUIDE

The Women's Center

1025 Vermont Ave NW, Ste 310
Washington, DC 20005
(202) 293-4580
<http://thewomenscenter.org/>

Meltzer Center: Psychological and Community-Based Services

The Meltzer Center: Psychological and Community-Based Services

<https://meltzercenter.wordpress.com/>

Phone: 202.994.9072

Fax: 202.994.3869

Email: meltzercenter@gmail.com

Address: 2125 G St NW #101K, Washington, DC 20052

The Meltzer Center is located on the first floor of the Psychology Building at The George Washington University.

Sliding Fee Schedule: A sliding fee schedule means that fees are determined based on your (or your family's) yearly income and number of dependents. This sliding schedule ensures that you are not charged more than your financial situation permits.

What are the Meltzer Center's cancellation policies?

The Meltzer Center cancellation policies state that if a client cancels less than 24 hours before the time of the appointment, the client is charged the full fee for therapy services, or \$100 for assessment services.

Does the Meltzer Center accept insurance, Medicare, or Medicaid?

Meltzer Center does not bill insurance, and does not participate with Medicare and Medicaid. However, the Meltzer Center can provide you the documentation you need to submit in order to try to obtain reimbursement.

How long is the waitlist?

To inquire about the length of therapy and assessment waitlists, please call the office at 202-994-9072. Usually there are the greatest number of openings around the beginning of academic semesters in September and in January.

Our Services

The Meltzer Center provides evidence-based assessments and interventions for a range of psychological issues. This means that we use the most effective approaches to assessment and treatment based on the integration of the best scientific evidence available, clinical judgment, and taking into account the client's culture and preferences. Click [here](#) for more information.

Assessment

The Meltzer Center provides [assessment](#) services to children, adolescents, and adults. We offer intellectual, psycho-educational, or comprehensive (psycho-educational and personality) assessments for a variety of client needs, including evaluations for diagnostic purposes. Additionally, we offer admissions testing for Washington, DC area independent schools. Our clinicians might also tailor assessments to help you best

REFERRAL GUIDE

understand your current difficulties and situation. We provide written feedback to you in the form of a report and, with your consent, can submit reports to outside parties.

George Mason University Center for Psychological Services

10340 Democracy Lane, Room 202

Fairfax, VA 22030

Intake Office at (703) 993-1370.

<https://psyclinic.gmu.edu/services/testing>

Requesting Services When you call GMU CPS during our office hours, one of our staff members will tell you more about our clinic and our policies. They will also spend about 15-20 minutes asking you some questions about what kinds of services you're seeking (therapy or assessment) and your current concerns. If it seems likely that we can provide services that are a good match to what you are looking for, you will be quoted a waitlist time for how long we estimate until the next clinician is available.

If your needs would be better met by a different type of service, or if you would like to pursue treatment outside of our Center, we will be happy to give you appropriate referrals.

To receive additional information about Center services, please contact the Intake Office at (703) 993-1370. If you reach the recording, please leave a message with a telephone number and your call will be returned as soon as possible.

You may also contact the Center's Intake Office via E-mail at psycclin@gmu.edu. Please be aware that E-mail is not a confidential form of communication.

Evening appointments are available for most services.

Joe Gorin, Psy.D. & Associates

202.285.1102

Ask about if there is currently a reduced fee options with a psych associate.

Linda McGhee and Associates, LLC

4701 Willard Avenue Suite 230

Chevy Chase, MD 20815

202-271-8875

drmcghee@rcn.com or

<http://drmcgheeandassociates.com/assessments.html>

Fee for Service

Substance Abuse Referrals

Kolmac Clinic

Washington D.C.

1411 K St

NW Suite 703

REFERRAL GUIDE

(202) 638-1992

Silver Spring, MD
8561 Fenton St
Suite 250
(240) 821-1222

Insurance plans:

Adventist

Aetna

Carefirst BlueCross BlueShield (FEP, HMO, PPO, CareFirst Administrators)

CIGNA

Compsych

EHP (Johns Hopkins)

GEHA

Kaiser

Magellan

United Behavioral Health

United Healthcare

ValueOptions

Medicaid Providers for Substance Use

the Assessment and Referral Center (The ARC)

Hours of Operation: 7am - 6pm

For same day service, arrive before 3:30pm

75 P Street NE (enter on Florida Avenue near the P Street intersection)

Washington, DC 20002

Telephone (202) 727-8473

Fax: (202) 727-8411

In patient Detoxification program

Psychiatric Institute of Washington

4228 Wisconsin Avenue, NW

Washington, D.C. 20016

Main: 202-885-5600

Toll-Free: 800-369-2273

Admissions: 877-252-6232

REFERRAL GUIDE

For information about insurance accepted: 202-885-5619