

# Montgomery County, MD - Veterans Network Directory

## Counseling and Wellness Supports

*Montgomery County, Maryland ('the County') cannot guarantee the relevance, completeness, accuracy, or timeliness of the information provided on the non-County links. The County does not endorse any non-County organizations' products, services, or viewpoints. The County is not responsible for any materials stored on other non-County web sites, nor is it liable for any inaccurate, defamatory, offensive or illegal materials found on other Web sites, and that the risk of injury or damage from viewing, hearing, downloading or storing such materials rests entirely with the user. Alternative formats of this document are available upon request.*

### ACCI Military Outreach Program

15841 Crabbs Branch Way  
Rockville, MD 20855

301-251-8965 (V)

E-mail: [office@accirockville.org](mailto:office@accirockville.org)  
[www.accirockville.org](http://www.accirockville.org)

Serve the mental health needs of all Active, Reserved, National Guard, Retired, and Veteran service members, their families, and others close to them. Provide individual, couple, family and group counseling and therapy. Individual counseling issues include: grief, loss, and guilt, depression and anxiety, stress management, post-trauma issues, sleep disturbance, anger management, sexual orientation, body image, and substance abuse and dependence. Family counseling issues include: parent-child conflicts, family communication problems, defiant, angry, or isolated teens, grief and issues of loss, or transitions after divorce or separation. Couples counseling issues include: communication, post-deployment issues, financial disagreements, infidelity, and trust issues. Licensed and professional counselors will develop a personal plan that meets your schedule and counseling needs. All insurance plans, including TriCare, are accepted. As a registered non-profit, ACCI is able to offer private pay clients affordable services on a sliding scale.

### Afterdeployment.org

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

1-866-966-1020 (Toll Free)

Behavioral health resource supporting service members, their families, and veterans with common post-deployment challenges. Provide self-care solutions targeting post-traumatic stress, depression, and other behavioral health challenges. Website features an eLibrary, assessments, videos, and community forums. Chat online with a health resource consultant.

### Coming Home Project

3739 Balboa Street, Box 193  
San Francisco, CA 94121  
E-mail: [wyloren@yahoo.com](mailto:wyloren@yahoo.com) (Psychological Counseling)  
[www.cominghomeproject.net](http://www.cominghomeproject.net)

415-353-5363 (V)

Non-profit organization providing expert care, support, education, and stress management tools for Iraq and Afghanistan veterans, service members, their families, and their service providers. Free programs and services include residential retreats\*, psychological counseling, training and self-care for service providers, and community education and consultation. \*Retreats have been held in the Washington, DC area in the past.

### Conflict Resolution Center of Montgomery County

4805 Edgemoor Lane, 2<sup>nd</sup> Floor  
Bethesda, MD 20814  
E-mail: [info@crcmc.org](mailto:info@crcmc.org)  
[www.crcmc.org](http://www.crcmc.org)

301-652-0717 (V)

Mediation can provide valuable assistance to reintegrate returning Maryland veterans back into their families and communities. CRCMC provides mediation free of charge to those who live, work, and/or attend school in Montgomery County.

### Crossings – A Center for the Healing Traditions

8505 Fenton Street, Suite 202  
Silver Spring, MD 20910

301-565-4924 (V)

E-mail: [frontdesk@crossingshealing.com](mailto:frontdesk@crossingshealing.com)  
[www.crossingshealing.com](http://www.crossingshealing.com)

Nonprofit organization that focuses on healing the trauma of war and improving the health and well-being of those who have served, as well as their family members and caregivers. Restore & Renew® Program offers acupuncture and therapeutic bodywork treatments for veterans, military service members and their immediate families. Treatments are designed to relieve chronic pain conditions and improve sleep, concentration, energy levels and appetite/digestion. Also work to address the anxiety, irritability, depression or grief often experienced by service members and their loved ones before, during, and after deployment. Offer reduced rates as well as a sliding scale for those who need additional assistance.

### Family Services, Inc. – Step Ahead

Karen “Carrie” Zilcoski, LCSW-C, Clinical Director  
19530 Doctors Drive  
Germantown, MD 20874

240-686-0707 (V)

E-mail: [carrie.zilcoski@fs-inc.org](mailto:carrie.zilcoski@fs-inc.org)  
[www.fs-inc.org](http://www.fs-inc.org)

Offer counseling services for veterans and their families with a particular focus on trauma, post-traumatic stress disorder and substance abuse. Offer individual counseling; family counseling; multi-family counseling; educational classes; and support groups. Educational class topics include Effective Communication, Coping with Anger and Anxiety, Assertiveness Training and Stress Management. Counselors have experience working with military members and their families, and collaborate with other veterans programs in the area to meet your needs.

### Give An Hour

Barbara Van Dahlen, Ph.D., Founder and President  
P.O. Box 5918  
Bethesda, MD 20824  
E-mail: [info@giveanhour.org](mailto:info@giveanhour.org)  
[www.giveanhour.org](http://www.giveanhour.org)

Offer free services to anyone who is or has been affected directly or indirectly (through a relationship with someone in the military) by the current conflicts in Iraq and Afghanistan. Provide counseling to individuals, couples, and families, and children and adolescents. Offer treatment for anxiety, depression, substance abuse, post-traumatic stress disorder, traumatic brain injuries, sexual health and intimacy concerns, and loss and grieving. Completely anonymous. Providers are working to reduce the stigma associated with mental health by participating in and leading education, training, and outreach efforts in schools and communities and around military bases.

### Make the Connection

<http://maketheconnection.net>

Connects veterans, their friends and family members with information, resources, and solutions to issues affecting their health, well-being and everyday lives. Hear inspiring stories of strength, learn what has worked for other veterans and explore information about physical and mental health symptoms, challenging life events and mental health conditions. Public awareness campaign by the U.S. Department of Veterans Affairs (VA).

## Maryland's Commitment to Veterans

[www.veterans.dhmh.maryland.gov](http://www.veterans.dhmh.maryland.gov)

Shauna Donahue, Director

E-mail: [shauna.donahue@maryland.gov](mailto:shauna.donahue@maryland.gov)

410-767-5934 (V)  
1-877-770-4801 (Toll Free)

## Regional Resource Coordinators:

### David Galloway, Central Region

E-mail: [dgalloway.mcv@gmail.com](mailto:dgalloway.mcv@gmail.com)

Serving Baltimore, Baltimore City, Harford, Howard and Anne Arundel Counties

410-258-2513 (V)

### Melissa Barber, LSWA - Western Region

E-mail: [mbarber.mcv@gmail.com](mailto:mbarber.mcv@gmail.com)

Serving Garrett, Allegany, Frederick, Montgomery, Carroll, and Washington Counties

410-725-9971 (V)

### Dina Karpf - Eastern Region

E-mail: [dkarpf.mcv@gmail.com](mailto:dkarpf.mcv@gmail.com)

Serving Kent, Queen Anne's, Caroline, Talbot, Dorchester, Wicomico, Worcester, Cecil and Somerset Counties

410-725-9996 (V)

### Richard (Rick) Reed - Southern Region

E-mail: [reed.mcv@gmail.com](mailto:reed.mcv@gmail.com)

Serving St. Mary's, Calvert, Prince George's and Charles Counties

410-725-9993 (V)

Provide access to mental health and substance abuse treatment and resources to veterans, their families and the communities. Schedule appointments for veterans with local mental health and substance abuse providers. Connect veterans with Veterans Service Organizations to assist with enrollment and benefit information. Services are free of charge to veterans.

## Military OneSource

[www.militaryonesource.mil](http://www.militaryonesource.mil)

1-800-342-9647 (Toll Free)  
1-877-888-0727 (Spanish)  
1-866-607-6794 (TTY)

24-hour, 7-days-a-week, toll-free information and referral telephone service available worldwide to active duty, Reserve, and National Guard military members and their families. They can provide help with parenting and child care, education, relocation, financial and legal concerns, everyday issues (finding services in a local community, consumer issues), emotional well-being, health and fitness, addiction and recovery, adult or child special needs, military life (pre/post deployment, reunion, etc.) work concerns, crisis support, elder care, TRICARE, and much more. Counseling is available over the phone, online or face-to-face. Counseling sessions are prepaid by the Department of Defense and there are no out-of-pocket expenses to the service member or family member.

## Military Helpline

Mental Health Association of Montgomery County

E-mail: [hotline@mhamc.org](mailto:hotline@mhamc.org)

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

301-738-7176 (V)

Phone line open 9:00 a.m. - 12:00 p.m., Monday through Friday. Designed to help military families - Active, Reserve, National Guard and Veteran - find necessary resources in the community. The Helpline can assist you in finding resources through their Specialized Information and Referral Services in the National Capital Region. Call to gain access to mental health services in the area, information on housing, employment transition assistance, recreation, family readiness organizations in the area, and benefit services.

## Military Pathways

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

Free, anonymous mental health and alcohol self-assessments for family members and service personnel in all branches including the National Guard and Reserve. The self-assessments are a series of questions that, when linked together, help create a picture of how an individual is feeling and whether they could benefit from talking to a health professional. The program is available online, over the phone, and at special events held at installations worldwide.

## National Alliance on Mental Illness (NAMI)

### Veteran Resource Center

1-800-950-6264 (Toll Free)

[www.nami.org/Template.cfm?Section=Veterans\\_Resources](http://www.nami.org/Template.cfm?Section=Veterans_Resources)

Website features links to mental illness news and information, screenings, medication, research studies, and recovery options. Also offer information on posttraumatic stress disorder, traumatic brain injury, public policy and legislation, veterans affairs and Veterans Integrated Service Networks (VISNs), information for families, children, and spouses, women veterans, multicultural resources, suicide prevention, homelessness, as well as an online discussion group and forum for veterans to connect. Individuals have to create a free account in order to view these resources.

### Homefront

301-949-5852 (V)

[www.nami.org/Find-Support/NAMI-Programs/NAMI-Homefront](http://www.nami.org/Find-Support/NAMI-Programs/NAMI-Homefront)

Free six-session education program for family, friends and significant others of Military Service Members and Veterans with mental health conditions. It focuses on the unique needs of military and veteran communities, such as post-deployment and post-discharge transitions. The course is designed to help family members understand and support their loved one while maintaining their own well-being. The trained teachers of this course are also family members and know what it is like to have a loved one living with mental illness.

## National Institute of Mental Health (NIMH)

E-mail: [nimhinfo@nih.gov](mailto:nimhinfo@nih.gov)

301-443-4513 (V)

[www.nimh.nih.gov/health/topics/index.shtml](http://www.nimh.nih.gov/health/topics/index.shtml)

1-866-615-6464 (Toll Free)

301-443-8431 (TTY)

1-866-415-8051 (TTY)

Mental health information on mental health topics, medications, statistics, clinical trials, coping with traumatic events, and locating services. Also support the research of post-traumatic stress disorder.

## National Veterans Center – Counseling Station

2013 H Street NW, Suite 200

202-652-4742 (V)

Washington, DC 20006

E-mail: [info@nationalveteranscenter.org](mailto:info@nationalveteranscenter.org)

[www.nationalveteranscenter.org/counseling](http://www.nationalveteranscenter.org/counseling)

Free and confidential mental health counseling services for military servicemembers and their families. Funded by United Way of the National Capital Area and staffed by certified mental health counselors from the DC Vet Center and the Wendt Center for Loss and Healing.

## Network of Care for Mental/Behavioral Health

<http://montgomery.md.networkofcare.org/mh/index.aspx>

Website resource for individuals, families and agencies concerned with behavioral health. It provides information about behavioral health services throughout the state of Maryland, laws, and related news, as well as communication tools and other features. Comprehensive database features categories including advocacy and support, crisis and emergency, developmental disabilities services, diseases and conditions, general health/public health services, hospitals, housing, shelter and referral, medication assistance, private mental health system and therapy practices, and substance abuse services.

## Pro Bono Counseling Project

[http://probonocounseling.org/special\\_programs/private\\_counseling\\_public\\_service](http://probonocounseling.org/special_programs/private_counseling_public_service)

410-825-1001 (V)  
1-877-323-5800 (Toll Free)

Nonprofit organization that provides free mental health care to individuals, families and couples who can not receive care from any other source. Clinicians have received specialized training from members of the clinical team at the VA and in the National Guard and Reserves so they will be able to address the unique needs of these families and individuals.

## Real Warriors

Defense Centers of Excellence (DCoE) for Psychological Health and  
Traumatic Brain Injury Real Warriors Campaign  
2345 Crystal Drive, Crystal Park 4, Suite 120  
Arlington, VA 22202  
E-mail: [resources@dcoeoutreach.org](mailto:resources@dcoeoutreach.org)  
[www.realwarriors.net](http://www.realwarriors.net)

1-866-966-1020 (Toll Free 24/7 Outreach)

The 24/7 Outreach Center is staffed by health resource consultants to provide confidential answers, tools, tips and resources about psychological health and traumatic brain injury. The Real Warriors Campaign is an initiative launched by DCoE to promote the processes of building resilience, facilitating recovery and supporting integration of returning service members, veterans and their families.

## SAMHSA's National Mental Health Information Center

P.O. Box 2345  
Rockville, MD 20847

1-800-789-2647 (Toll Free)  
1-866-889-2647 (TTY)

[www.samhsa.gov/mentalhealth/understanding\\_mentalillness.aspx](http://www.samhsa.gov/mentalhealth/understanding_mentalillness.aspx)

Phone Lines Open 8:30 a.m. - 12:00 a.m., Monday through Friday. Offer assistance and services relating to child, adolescent, and family, community support, protection and advocacy, homelessness, and emergency mental health and traumatic stress. Online information Center is a one-stop, national clearinghouse for free information about mental health, including publications, references, and referrals to local and national resources and organizations.

## Silver Spring Vet Center

Wayne Miller, Team Leader/Director  
2900 Linden Lane  
Silver Spring, MD 20910  
E-mail: [wayne.miller3@med.va.gov](mailto:wayne.miller3@med.va.gov)  
[www.vetcenter.va.gov/Vet\\_Center\\_Services.asp](http://www.vetcenter.va.gov/Vet_Center_Services.asp)

301-589-1073 (V)  
202-273-9116 (Bereavement Counseling)

**Hours: Open Monday – Thursday 8:00 a.m. to 7:30 p.m.; Friday 8:00 a.m. to 4:30 p.m.; Second Saturday of each month 7:30 a.m. to 4:30 p.m.** Walk-ins are permitted during these hours, but appointments are requested. After hours appointments as needed. Veterans must show proof of service. The center provides benefits counseling and assistance with navigating the VA and paperwork, as well as employment counseling, counseling on PTSD and sub-PTSD, substance abuse counseling, family and marital counseling, psychological counseling related to readjustment, coordination and referral with doctors, employment related issues, assistance with basic needs such as food, shelter and clothing, medical and legal referrals, homeless assistance and will work with Montgomery County to find shelter placement, sexual trauma counseling, community outreach, bereavement counseling, and more. All services are provided at no cost to the veteran and their family. Veterans do not need to be enrolled with the Department of Veteran Affairs Medical Centers to use the Vet Center. Veterans do not need a disability rating or service connection for injuries from either the Department of Veteran Affairs or the Department of Defense, to use the Vet Center. View [Vet Center Eligibility Criteria](#). If you live outside of Montgomery County [view a list of other locations](#) that may be closer to you. **Directions:** The Silver Spring Vet Center is located near the intersection of Seminary Road/Capitol View Avenue. You can also take the #5 Ride On Bus from either the Silver Spring Metro Station or the Twinbrook Metro Station and be dropped off at the Capitol View Avenue stop.

## Suicide Prevention Resource Center

Education and Development Center, Inc.  
1025 Thomas Jefferson Street, NW, Suite 700  
Washington, DC 20007  
[www.sprc.org](http://www.sprc.org)

1-877-438-7772 (Toll Free)

Provides prevention support, training, and resources to assist organizations and individuals to develop suicide prevention programs, interventions and policies, and to advance the National Strategy for Suicide Prevention.

## Tragedy Assistance Program for Survivors (TAPS)

3033 Wilson Boulevard, Suite 630  
Arlington, VA 22201  
E-mail: [info@taps.org](mailto:info@taps.org)  
[www.taps.org](http://www.taps.org)

202-588-8277 (V)  
1-800-959-8277 (Toll Free)

Provide comfort and care 24 hours a day, 7 days a week through comprehensive services and programs including peer-based emotional support, casualty case work assistance, crisis intervention, and grief and trauma resources. Host survivor seminars and good grief camps that provide an opportunity to join together with other survivors for a time of support, care, and hope. An online community includes blogs, chat, message board, newsletters, and peer groups.

## US Military Matters

<http://militarymatters.org>

Free online trainings (webinars) and resources for mental health providers, and National Guard and Reserve members and their families. Trainings include topics such as: post-traumatic stress, traumatic brain injury, military culture/life, sleep problems, suicide, military sexual trauma, problem solving, and substance abuse.

### **Vet Center Combat Call Center**

[www.vetcenter.va.gov/media/Call-Center-PSA.asp](http://www.vetcenter.va.gov/media/Call-Center-PSA.asp)

1-877-WAR-VETS (927-8387) (Toll Free)

An around the clock confidential call center where combat Veterans and their families can call to talk about their military experience or any other issue they are facing in their readjustment to civilian life. The staff is comprised of combat Veterans from several eras as well as families members of combat Veterans. This benefit is prepaid through the Veteran's military service.

### **Veterans Crisis Line**

[www.veteranscrisisline.net](http://www.veteranscrisisline.net)

1-800-273-8255 (Toll Free) Press 1 for Veterans  
838255 (Free Text Line)

The Veterans Crisis Line connects Veterans in crisis and their families and friends with qualified, caring Department of Veterans Affairs responders through a confidential toll-free hotline, online chat, or text. Veterans and their loved ones can call 1-800-273-8255 and Press 1, chat online, or send a text message to 838255 to receive confidential support 24 hours a day, 7 days a week, 365 days a year.

### **Vietnam Veterans of America (VVA)**

VVA Chapter 641  
8719 Colesville Road, Suite 100  
Silver Spring, MD 20910  
[www.vva.org](http://www.vva.org)

1-800-882-1316 (Toll Free)

Publication - Suicide Risk & Prevention - Assistance & Resources:  
[www.vva.org/Committees/PTSD/SuicideRiskPrevention.pdf](http://www.vva.org/Committees/PTSD/SuicideRiskPrevention.pdf)

### **War Within**

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

Offers a network of primary and behavioral health care providers who are trained in, or who have expressed an interest in serving the specific needs of military members and their families.