

**MENTAL HEALTH  
OUTPATIENT PROGRAM**

*Hope for the future,  
power in the present.*



**BOARD OF CHILD CARE**  
*of The United Methodist Church, Inc.*



## Hope for the future, power in the present



Life too often throws curve balls, leaving many people feeling powerless and overwhelmed with life's challenges. Unplanned circumstances such as unemployment, divorce, death and abuse can hit families hard. Faced with these and other stressful situations, children can struggle with feelings of grief, anger or loss, and display behavioral problems.

The Board of Child Care's Outpatient Mental Health Clinic helps children and

families navigate through such difficult times. We provide emotional, behavioral and psychiatric support in a safe, healthy and caring environment using effective treatment modalities.

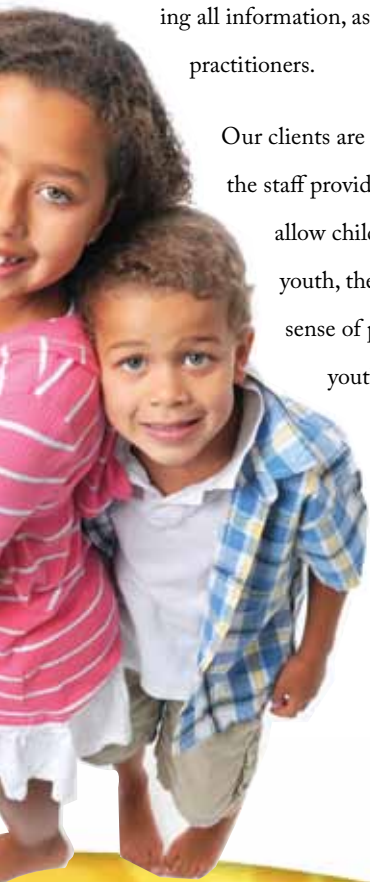
The Clinic, located in Pasadena, Md., offers the same commitment to care that is provided throughout the Board of Child Care. Our staff reaches children and families in their homes and communities to address their multiple and complex needs, and with the goal of keeping families intact. Pastors, local church congregations, schools and physicians use the Clinic to ensure access to effective, affordable counseling and community resources to preserve family and community stability.





## Our Staff and Clients

The Outpatient Mental Health Clinic is staffed by clinical therapists who are licensed, master's level professionals committed to providing quality of care and focused on helping children and their families. Two child psychiatrists provide assessment, evaluation and psychiatric medication management. Respect for client confidentiality, and safeguarding all information, as mandated by law, is of utmost importance among our practitioners.



Our clients are children ages 3 to 18 and their families. For family members, the staff provides counseling on the skills necessary to remain together and allow children to grow into healthy and productive adults. Among the youth, the staff fosters strong self-esteem, respect for community, a sense of purpose and the development of life skills necessary for the youth to achieve their highest potential.

All professional mental health services provided are ethically and clinically sound, and are conducted in the least restrictive setting. Specialized training and techniques include play therapy and cognitive behavioral therapy.

## Accessing Services

The Board of Child Care's Outpatient Mental Health Clinic is committed to providing the highest quality care possible by working together with families and within the community. Referrals and inquiries are accepted from individuals, families, friends, physicians, local agencies, school counselors, clergy, insurance companies and the department of social services.

**Hours** Monday through Thursday 8 a.m. – 8 p.m.  
Friday 8 a.m. – 5 p.m.

Services are also available during weekend and evening hours through emergency on-call procedure or pre-arranged scheduling.

## Fee

We accept Medicaid, private insurances and sliding scale fees.

## Contact Us

8028 Ritchie Highway, Suite 312  
Pasadena, MD, 21122

T: 410.590.9011  
F: 410.590.9081

[info@boardofchildcare.org](mailto:info@boardofchildcare.org)  
[www.boardofchildcare.org](http://www.boardofchildcare.org)

## Accreditations

Council on Accreditation (COA)  
Educational Assessment Guidelines  
Leading toward Excellence (EAGLE)

## Licenses

Maryland Department of Human Resources  
Maryland Department of  
Health and Mental Hygiene  
Maryland Department of Juvenile Services

*The Board of Child Care is a nonprofit, multi-service organization serving children and families in Maryland, West Virginia and the District of Columbia as an outreach ministry of the United Methodist Church. Programs include residential and short-term care, foster care, early childhood education, therapeutic counseling, adoption services, special education and a car loan program. Since 1874, the Board of Child Care has served as a community of hope: providing an opportunity to heal, and a safe and caring environment for children, youth and families.*

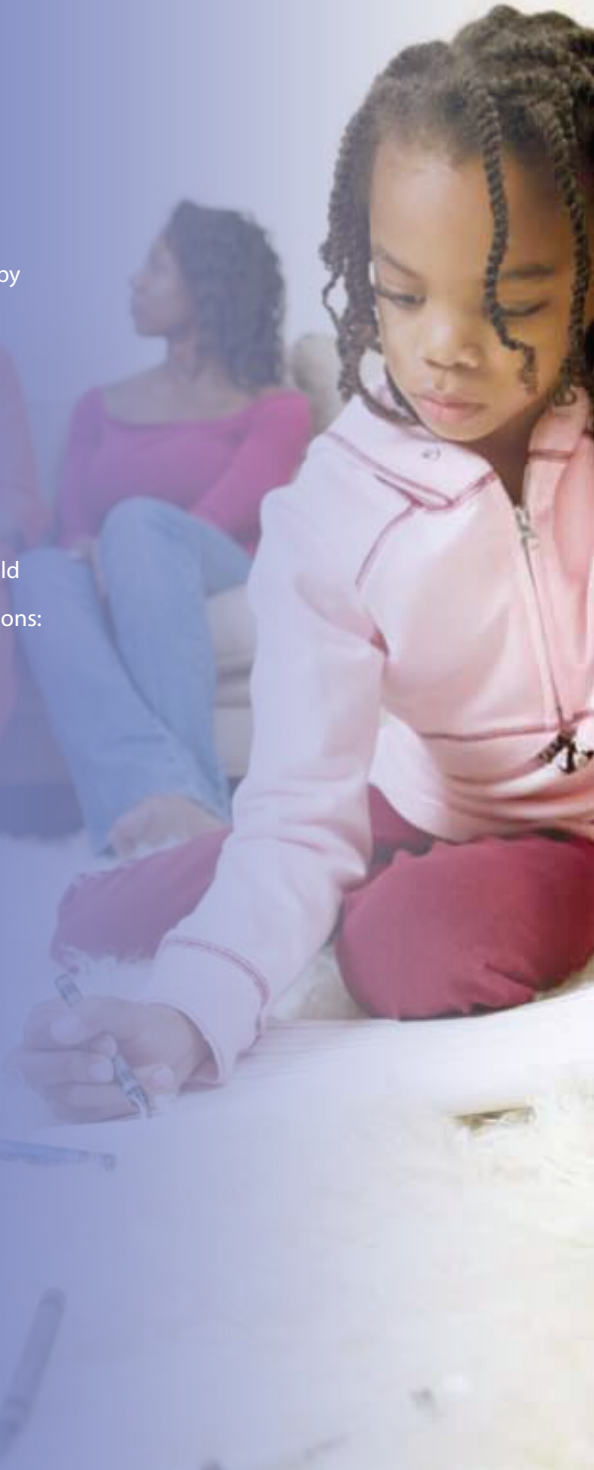
## Available Services

The Outpatient Mental Health Clinic provides the following services:

- Psychiatric diagnostic evaluation
- Psychiatric services
- Social work services
- Individual, family and group therapy
- Social skills training
- Referral services
- Health promotion and training
- Case management services
- Medication monitoring

Our dedicated staff can help your child and family with the following conditions:

- Depression
- Grief and loss
- Low self-esteem
- History of abuse
- Trauma
- Anger management
- Behavioral problems
- ADD/ADHD
- Life crisis
- Family conflict
- Difficulty managing change
- Chronic mental health problems





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