

ABOUT US

The Board of Child Care Outpatient Mental Health Clinic (OMHC) meets the needs of children, youth, and families in our community with outpatient behavioral health services provided by a team of licensed, master's-level therapists, graduate interns, and child psychiatrists. Our team uses a trauma-informed and collaborative approach to promote resilience and build on the strengths of the youth and families we serve.

Our goal is to be a leader in providing high-quality, integrated care grounded in evidence-based practices that support the healing of trauma to help complex youth and their families achieve lasting success in our community.

LICENSES, ACCREDITATIONS & ASSOCIATIONS

We are licensed by the Maryland Department of Health, accredited by CARF and EAGLE, and members of CBH and National Council.



For a full description of offerings visit
BOARDOFCHILDCARE.ORG

HOW WE HELP

Services Available

Individual, family, and group therapy. Psychiatric services, including medication management. Supplemental case management and care coordination. Diagnostic assessments provided with treatment.

Examples of Treatment Provided

SPARCS
Theraplay & Play Therapy
Cognitive Behavioral Therapy (CBT)
Family Therapy
Motivational Interviewing
SBIRT
The Seven Challenges
Animal-Assisted Psychotherapy

Who We Serve

Our OMHC serves children and youth ages 3-17, and their families in our community. We will continue working with youth through age 20 as needed to encourage a smooth transition of care. We engage families in treatment as much as possible to create the best environment for lasting change. We accept Maryland Medicaid or, as needed, sliding scale fees based on income.

Examples of Challenges that Can Be Addressed

Depression & Anxiety
Anger Management
ADHD & School Problems
Social Skills & Bullying
Conflict Resolution
Behavior Management
Self-Esteem & Life Skills
Trauma & Attachment
Grief & Loss
Family Relationship Issues
Life Transitions
Co-Occurring Disorders*

*Mental Health and Substance Use





OUR CORE VALUES

Board of Child Care is a private nonprofit organization providing a trauma-informed continuum of care including community-based treatment, high intensity residential group homes, semi-independent living group homes, special education, early learning programs, treatment foster care, and adoption services throughout the Mid-Atlantic region. We are guided by our core values of **Safety, Integrity, Empathy, and Impact.**



CONTACT US

Outpatient Mental Health Clinic

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boardofchildcare.org

Monday - Thursday: 8 am - 8 pm
Friday: 8 am - 5 pm
Saturday - Sunday: Closed

Assistance is available after hours
through emergency on-call support.

FOLLOW US ON SOCIAL MEDIA:



Board of Child Care is committed to the policy that all persons have equal access to its programs, facilities and employment without regard to race, color, national origin, genetic information, ancestry, gender, sexual orientation, age, religion, disability, marital or veterans status. Board of Child Care is an equal opportunity employer by choice.

OUTPATIENT MENTAL HEALTH CLINIC

Enriching communities,
one family at a time.



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



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