

## Substance Use Providers

### Outpatient Substance Use Providers

**Allegany Co. Health Department Behavioral Health (All Ages)**

**Translation Services, Deaf Interpretation**

12503 Willowbrook Road, SE

Cumberland, MD 21501

Phone: 301-759-5050

**Alternative Drug & Alcohol Counseling (ADAC) (Ages 12+)**

**Outpatient and Intensive Outpatient Services**

217 Glenn Street, Suite 400, Cumberland, MD 21502

Phone: 301-729-0340

**Cumberland Comprehensive Treatment Center (Adults)**

**Outpatient Services**

14701 National Hwy, LaVale, MD 21502

Phone: 301-687-0940

**Ideal Option (Ages 15+)**

**Outpatient Services**

47 Virginia Avenue, Cumberland, MD 21502

Phone: 877-522-1275

**Outreach Recovery (Adults) (2 locations)**

127 S. Smallwood Street, Cumberland, MD 21502

443-223-0073

72 Greene Street, Cumberland, MD 21502

667-280-7066

**UPMC-Western Maryland Behavioral Health Program (Adults)**

**Translation Services, Deaf Interpretation**

12502 Willowbrook Rd, Cumberland, MD 21502

Phone: 240-964-8585

**Western Maryland Recovery Services (Adults)**

**Outpatient Services**

11604 Bedford Rd, Cumberland, MD 21502

Phone: 301-724-1144

**Zimela Wellness Center (Adults)**

11602 Bedford Road, Cumberland, MD 21502

Phone: 240-362-7077

### Residential Substance Use Providers

**AChD Massie Unit (Adults) (Residential Treatment)**

Phone: 301-777-2285

**UPMC-Western Maryland Behavioral Health Unit**

**Translation Services, Deaf Interpretation**

Phone: 240-964-1399

### Halfway House

**Allegany House**

**Translation Services, Deaf Interpretation**

301-777-2497

### Other:

Alcoholics Anonymous & Al-Anon 301-722-6110

Narcotics Anonymous 800-777-1515

Boys Town National Hotline: 800-448-3000

## Allegany County

**Local Behavioral Health Authority**

A Division of the Allegany County Health Department

PO Box 1745

12501 Willowbrook Road, SE

Cumberland, MD 21501-1745

Telephone: 301-759-5070 Fax: 301-777-5621

Email: [achd.bhso@maryland.gov](mailto:achd.bhso@maryland.gov)

Website: [www.alleganyhnm.org](http://www.alleganyhnm.org)

Facebook: Mental Health Matters Allegany

### Other Resources:

**Community Resource Guide:**

<http://www.Path2Help.com>

### Other Websites with Behavioral Health Info:

**BeforeItsTooLate.Maryland.gov**

**PrescribeChangeAllegany.org**

**StartYourRecovery.org**

### **Allegany County Health Department Non-Discrimination Statement**

The Allegany County Health Department complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, or disability in its health programs and activities.

**English** - Help is available in your language: 1-866-909-9629 (TTY: 1-800-735-2258). These services are available for free.

**Español/Spanish**—Hay ayuda disponible en su idioma: 1-866-909-9629 (TTY: 1-800-735-2258). Estos servicios están disponibles gratis.

**中文/Chinese**—用您的语言为您提供帮助: 1-866-909-9629 (TTY: 1-800-735-2258)。 这些服务都是免费的

## Allegany County Maryland



## Behavioral Health Resources

**UPMC-Western Maryland**

**Crisis Line**

240-964-1399

**Suicide & Crisis Lifeline**

Call or Text 988

or

Chat with the 988 Suicide & Crisis

Lifeline at [988lifeline.org](http://988lifeline.org)

## Mental Health Services

### Outpatient Mental Health Clinics (All Ages)

**Allegany Co. Health Department Behavioral Health Translation Services, Deaf Interpretation**  
12503 Willowbrook Road, SE, Cumberland, MD 21501  
Phone: 301-759-5280

**Committed to Change (Ages 6+)**  
200 Glenn Street, Suite 302, Cumberland, MD 21502  
Phone: 240-580-1919

**Pressley Ridge of Western MD (Ages 3-18)**  
**Bilingual & Deaf Interpretation through other sites**  
327 Beall Street #2, Cumberland, MD 21502  
Phone: 301-724-8413

**Villa Maria of Mountain Maryland (All Ages)**  
308 Virginia Avenue, Cumberland, MD 21502  
Phone: 667-600-2110

**UPMC-Western Maryland Behavioral Health Program (Adults)**  
**Translation Services, Deaf Interpretation**  
12502 Willowbrook Road, Cumberland, MD 21502  
Phone: 240-964-8585

### Inpatient/Residential Crisis Services (Adults)

**UPMC-Western Maryland Center for Hope and Healing**  
**Translation Services, Deaf Interpretation**  
10700 Leslie Lane, Cumberland, MD 21502  
240-362-7588

**Compass House Residential Crisis Services (Adults)**  
**Deaf Interpretation**  
418 Warwick Ave. Cumberland, MD 21502  
Phone: 240-362-7082

### Psychiatric Rehabilitation Programs

**Archway Station, Inc. (All Ages)**  
**Translation Services Available**  
45 Queen Street, Cumberland, MD 21502  
Phone: 301-777-1700

**ASI Health, Inc. (Adults)**  
217 Glenn Street, Suite 400, Cumberland, MD 21502  
Phone: 240-362-7689

**Committed to Change (Ages 6+)**  
200 Glenn Street, Suite 301, Cumberland, MD 21502  
Phone: 240-580-1919

**MD Wellness (All Ages)**  
519 N. Mechanic Street, Cumberland, MD 21502  
Phone: 301-777-9600

**Villa Maria of Mountain Maryland (All Ages)**  
308 Virginia Avenue, Cumberland, MD 21502  
Phone: 667-600-2110

### Other Outpatient Providers

#### Group Providers

**Zimela Wellness**  
11602 Bedford Road, Cumberland, MD 21502  
Phone: 240-362-7077

**Covenant Counseling (Ages 5+)**  
907 Seton Drive, Cumberland, MD 21502  
Phone: 301-777-0633

**Maryland Wellness (All Ages)**  
519 N. Mechanic Street, Cumberland, MD 21502  
Phone: 301-777-9600

**Outreach Recovery (Adults) (2 locations)**  
127 S. Smallwood Street, Cumberland, MD 21502  
443-223-0073  
72 Greene Street, Cumberland, MD 21502  
667-280-7066

**Potomac Behavioral and Occupational Therapy (All Ages)**  
249 Henderson Avenue, Cumberland, MD 21502  
Phone: 240-362-7444

**WVU Medicine LaVale Medical Center (ages 9+)**  
**Andrea Opel, LCSW-C**  
922 National Highway, LaVale, MD 21502  
Phone: 240-362-7294

#### Individual Providers

**Allegany Counseling and Consulting Services (Ages 5+)**  
**(Also DUI classes)**  
36 Greene Street Suite 101, Cumberland, MD 21502  
Phone: 301-724-1697

**Davis Dayhoff (All Ages)**  
7 Market Street, Cumberland, MD 21502-2214  
Phone: 301-759-3360

**Helen Miller, LCPC (All Ages)**  
153 N. Baltimore Street  
Third Floor, Suite 1, Cumberland, MD 21502  
Phone: 301-724-4081

**James E. Miller, Ph.D. (All Ages)**  
153 N. Baltimore Street  
Third Floor, Suite 1, Cumberland, MD 21502  
Phone: 301-724-4081

**Monarch Counseling, LLC (All Ages)**  
Registered play therapist/Certified trauma therapist  
6 Fayette Street, Cumberland, MD 21502  
Phone: 301-268-1699

**Seth Ramer, LCSW-C (Ages 5+)**  
**French/German**  
1100 Industrial Boulevard, Cumberland, MD 21502  
Phone: 301-895-3117

**Donna Rice Counseling (Adults)**  
**(Also DUI Education)**  
118 Valley Street  
Cumberland, MD 21502  
Phone: 301-722-5500

**Debra Schaaf Ph.D. (Adults)**  
7 Washington Street  
Cumberland, MD 21502  
Phone: 301-724-5544

### Mental Health Case Management

**Potomac Case Management Services, Inc. (PCMS)**  
**(Children and Adults )**  
**Translation Services Available**  
29 Baltimore Street, Cumberland, MD 21502  
Phone: 301-791-3087 X218

### Wellness and Recovery Center

**Hope Station, Inc. (Adults)**  
632 N. Centre Street, Cumberland, MD 21502  
Phone: 240-362-7168

### Supported Employment

**Positive Transitions (Adults)**  
31 Baltimore St, Cumberland, MD 21502  
Phone: 301-697-8985

**Sheppard Pratt (Ages 16+)**  
121 Memorial Avenue, Cumberland, MD 21502  
Phone: 240-520-2078

**For more information about mental health or to attend a Mental Health First Aid Course near you, contact the Allegany County Local Behavioral Health Authority.**

