



Allegany County  
HEALTH DEPARTMENT

# SERVICES DIRECTORY

## 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

**Brook Lane Outpatient**

1050 W. Industrial Blvd.,  
Suite 18. Cumberland, MD  
21502

Phone: 301-733-0331 X7100

**Committed to Change (Ages 6+)**

200 Glenn Street. Suite 302.  
Cumberland, MD 21502

Phone: 240-580-1919

**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

### Residential Crisis Services (Adults)

**The Compass Center**

418 Warwick Avenue,  
Cumberland, MD 21502

Phone: 301-722-2018

*Opioid Use  
Disorder and  
Stimulant Use  
Disorder Crisis  
Beds*

**UPMC-Western Maryland**

Phone: 240-964-1399

## **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

**Harwood Behavioral Health  
(Adults)**

1050 Industrial Blvd.,,  
Cumberland, MD 21502

Phone: 240-410-0885

**Maryland Wellness (All  
Ages)**

519 North 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**

**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)**

134 Baltimore Street,  
Cumberland. MD 21502

Phone: 240-329-2535

**Potomac Behavioral and  
Occupational Therapy (Ages  
4+)**

249 Henderson Avenue,  
Cumberland, MD 21502

Phone: 240-362-7444

**WVU Medicine LaVale  
Medical Center (Ages 17+)  
Carrie McDonald, LCSW-C**

922 National Highway,  
LaVale, MD 21502

Phone: 240-362-7294

**Zimela Wellness**

758 Greene Street,  
Cumberland. MD 21502

Phone: 240-362-7077

## **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

Phone: 301-759-3360

**Frosty Counseling, LLC  
Jeremy Deinlein, LCSW-C**

31 Baltimore Street  
Cumberland, MD 21502

Phone: 301-531-4690

**Monarch Counseling, LLC (All  
Ages) - Registered play  
therapist/Certified trauma  
therapist**

6 Fayette Street, Cumberland,  
MD 21502

Phone: 301-268-1699

**Steven Hartsock, PhD (all  
ages)**

81 Baltimore Street,  
Cumberland, MD 21502

Phone: 301-777-9005

**Debra Schaaf, PhD (Adults)**

7 Washington Street  
Cumberland, MD21502

Phone: 301-724-5544

## **Mental Health Case Management**

**Maryland Wellness (All  
Ages)**

519 N. Mechanic Street,  
Cumberland, MD 21502

Phone: 301-777-9600

## **Wellness and Recovery Center**

**Hope Station, Inc. (Adults)**

632 N. Centre Street,  
Cumberland, MD 21502

Phone: 240-362-7168

## Recovery Community Center

### **The Possibility Shop**

138 Baltimore Street,  
Cumberland, Maryland 21502

Phone: 240-410-0255

### Other

### **UPMC-Western Maryland Crisis Line**

Phone: (240) 964-1399

### **Suicide & Crisis Lifeline**

Call or Text 988

Chat with the 988 Suicide &  
Crisis  
Lifeline at [988lifeline.org](http://988lifeline.org)

### **Area Health Education Center West (AHEC West)**

Peer Support 24/7 Hotline

Phone: 240-410-3070

### **Baltimore Crisis Response, Inc. (BCRI)**

Phone: 301-783-0011

### **Connect with Community Resources**

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

### **Mental Health First Aid**

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

Phone: 301-759-5070

### **Other Websites with Behavioral Health Info**

[StopOverdose.Maryland.gov](http://StopOverdose.Maryland.gov)  
[PrescribeChangeAllegany.org](http://PrescribeChangeAllegany.org)

## **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

<b>Concerted Care Group (Adults)</b>		1050 Industrial Blvd., Cumberland, MD 21502	Phone: 301-729-0340
<b>Cumberland Comprehensive Treatment Center (Adults)</b>	<i>Outpatient Services</i>	14701 National Hwy, LaVale, MD 21502	Phone: 301-687-0940
<b>Ideal Option (Ages 15+)</b>	<i>Outpatient Services</i>	519 N. Centre Street, Cumberland, MD 21502	Phone: 877-522-1275
<b>Outreach Recovery (Adults)</b>		134 Baltimore Street, Cumberland, MD 21502	Phone: 240-329-2535
<b>UPMC-Western Maryland Behavioral Health Program (Adults)</b>	<i>Translation Services, Deaf Interpretation</i>	12502 Willowbrook Rd, Cumberland, MD 21502	Phone: 240-964-8585
<b>Western Maryland Recovery Services (Adults)</b>	Outpatient Services	11604 Bedford Rd, Cumberland, MD 21502	Phone: 301-724-1144
<b>Zimela Wellness Center (Ages 14+)</b>		11602 Bedford Road, Cumberland, MD 21502	Phone: 240-362-7077

## Residential Substance Use Providers

<b>ACHD Massie Unit (Adults) (Residential Treatment)</b>			Phone: 301-777-2285
<b>Allegany House</b>	<i>Translation Services, Deaf Interpretation</i>		Phone: 301-777-2497

## Other

<b>Alcoholics Anonymous 24 hr. Answering Service</b>			Phone: 844-568-3422
<b>Al-Anon</b>			Phone: 240-727-0517
<b>Narcotics Anonymous</b>			Phone: 1-800-777-1515