



Mental Health Case Management: A Fact Sheet for Families

What is Mental Health Case Management? (Also known as Care Coordination or Targeted Case Management)

Mental Health Case Management (MHCM) is a method of delivering supportive services in the community to children and youth with intensive mental health and/or substance use problems and their families.

MHCM may help your family:

- Improve child and family functioning
- Coordinate with schools, Social Services, Juvenile Services and other agencies
- Avoid unnecessary hospitalizations
- Avoid out-of-home placements

How it Works:

MHCM assigns a Care Coordinator to each family, whose job it is to help the family to develop a Plan of Care. Plans of Care include:

- Team meetings, which consist of the Care Coordinator, the child, the family and other significant people whom the family wants present, such as social workers, educators, and others involved with the child
- The family's and child's goals, based on their strengths and wishes
- A pathway to achieve those goals, including linkages to resources and services, such as mental health care, physical health care, employment assistance, and transportation to and from services
- A crisis plan

How to Access Mental Health Case Management:

A child must be Medicaid-eligible in order to receive MHCM. Upon referral, there will be an initial assessment to confirm medical and financial eligibility. If a child is found eligible, there will be another evaluation that will assess the child's needs in order to determine the appropriate level of intensity of services.

If a child has intensive mental health or/and substance use problems, a child may be referred to MHCM by an outpatient provider, hospital staff, or residential treatment center. A family may also request a referral to MHCM from a provider or facility.

Alternatively, a family may self-refer to MHCM by contacting their local Care Coordination Organization (CCO). The contact information for CCOs by jurisdiction are listed below.

Care Coordination Organization Contacts:

<i>Jurisdiction</i>	<i>CCO Name</i>	<i>CCO Phone #</i>	<i>CCO Fax#</i>
Allegany	Pressley Ridge of Western MD	301-724-8413	301-724-8417
Anne Arundel	Center for Children	301-609-9887	301-609-7284
Baltimore City	Alliance, Inc.	410-282-5900 - X1204	410-675-4996
	Hope Health Systems	410-265-8737	410-265-1258
	Partnership Development Group (PDG)	410-863-7213 - x165	410-863-7205
	Wraparound Maryland	443-449-7713	443-451-8268
Baltimore County	Alliance, Inc.	410-282-5900	410-282-1788
Calvert	Center for Children	410-535-3047	410-535-3890
Caroline	Maryland Choices	443-759-8865	866-582-2034
Carroll	Potomac Case Management	443-244-4113	240-578-4885
Cecil	Upper Bay Counseling & Support Services	410-996-3450	410-398-3458
Charles	Center for Children	301-609-9887	301-609-7284
Dorchester	Maryland Choices	443-759-8865	866-582-2034
Frederick	Potomac Case Management	443-244-4113	240-578-4885
Garrett	Burlington United Methodist Family Services	301-334-1285	301-334-0668
Harford	Alliance, Inc.	410-273-1399 press "0"	410-273-2085
Howard	Alliance, Inc.	410-282-5900 x1204	410-675-4996
Kent	Maryland Choices	443-759-8865	866-582-2034
Montgomery	TBD	N/A	N/A
Prince George's	Alek's House	301-429-6100	301-429-1333
	Volunteer of America	301-306-0904	301-306-5705
Queen Anne	Maryland Choices	443-759-8865	866-582-2034
St. Mary's	Center for Children	301-475-8860	301-475-3843
Somerset	Worcester Co Health Dept	410-632-9230	410-632-9239
Talbot	Maryland Choices	443-759-8865	866-582-2034
Washington	Potomac Case Management	301-791-3085	301-393-0730
Wicomico	Wraparound Maryland	410-219-5070	410-219-5072
Worcester	Worcester Co Health Dept	410-632-9230	410-632-9239

Should you require additional assistance or need information or clarification about the services, contact your local Core Service Agency:

<p>ALLEGANY COUNTY Allegany Co. Mental Health System's Office P.O. Box 1745 Cumberland, Maryland 21501-1745 Phone: 301-759-5070 Fax: 301-777-5621</p>	<p>ANNE ARUNDEL COUNTY Anne Arundel County Mental Health Agency PO Box 6675, MS 3230, 1 Truman Parkway, 101 Annapolis, Maryland 21401 Phone: 410-222-7858 Fax: 410-222-7881</p>
<p>BALTIMORE CITY Behavioral Health System Baltimore One North Charles Street, Suite 1300 Baltimore, Maryland 21201-3718 Phone: 410-637-1900 Fax: 410-637-1911</p>	<p>BALTIMORE COUNTY Bureau of Behavioral Health of Baltimore County Health Department 6401 York Road, Third Floor Baltimore, Maryland 21212 Phone: 410-887-3828 Fax: 410-887-3786</p>
<p>CALVERT COUNTY Calvert County Core Service Agency P.O. Box 980 Prince Frederick, Maryland 20678 Phone: 410-535-5400 #330 Fax: 410-414-8092</p>	<p>CARROLL COUNTY Carroll County Health Department Bureau of Prevention, Wellness, and Recovery 290 South Center Street Westminster, Maryland 21158-0460 Phone: 410-876-4800 Fax: 410-876-4832</p>
<p>CECIL COUNTY Cecil County Core Service Agency 401 Bow Street Elkton, Maryland 21921 Phone: 410-996-5112 Fax: 410-996-5134</p>	<p>CHARLES COUNTY Department of Health Core Service Agency P.O. Box 1050, 4545 Crain Hwy. White Plains, Maryland 20695 Phone: 301-609-5757 Fax: 301-609-5749</p>
<p>FREDERICK COUNTY Mental Health Management Agency of Frederick County 22 South Market Street, Suite 8 Frederick, Maryland 21701 Phone: 301-682-6017 Fax: 301-682-6019</p>	<p>GARRETT COUNTY Garrett County Core Service Agency 1025 Memorial Drive Oakland, Maryland 21550-1943 Phone: 301-334-7440 Fax: 301-334-7441</p>
<p>HARFORD COUNTY Office on Mental Health of Harford County 125 N Main Street Bel Air, Maryland 21014 Phone: 410-803-8726 Fax: 410-803-8732</p>	<p>HOWARD COUNTY Howard County Mental Health Authority 9151 Rumsey Road, Suite 150 Columbia, Maryland 21045 Phone: 410-313-7350 Fax: 410-313-7374</p>
<p>MID-SHORE COUNTIES (Includes Caroline, Dorchester, Kent, Queen Anne and Talbot Counties) Mid-Shore Mental Health Systems, Inc. 28578 Mary's Court, Suite 1 Easton, Maryland 21601 Phone: 410-770-4801 Fax: 410-770-4809</p>	<p>MONTGOMERY COUNTY Department of Health & Human Services, Montgomery County Government 401 Hungerford Drive, 1st Floor Rockville, Maryland 20850 Phone: 240-777-1400 Fax: 240-777-1145</p>
<p>PRINCE GEORGE'S COUNTY Prince George's County Health Department Behavioral Health Services Prince George's County Core Service Agency 9314 Piscataway Road Clinton, Maryland 20735 Phone: 301-856-9500 Fax: 301-324-2850</p>	<p>ST. MARY'S COUNTY St. Mary's County Dept. of Aging and Human Services 23115 Leonard Hall Drive, P.O. Box 653 Leonardtown, Maryland 20650 Phone: 301-475-4200 ext. 1682 Fax: 301-475-4000</p>
<p>WASHINGTON COUNTY Washington County Mental Health Authority 339 E. Antietam Street, Suite #5 Hagerstown, Maryland 21740 Phone: 301-739-2490 Fax: 301-739-2250</p>	<p>WICOMICO/SOMERSET COUNTIES Wicomico Behavioral Health Authority/Somerset Core Service Agency 108 East Main Street Salisbury, Maryland 21801 Phone: 410-543-6981 Fax: 410-219-2876</p>
<p>WORCESTER COUNTY Worcester County Core Service Agency P.O. Box 249 Snow Hill, Maryland 21863 Phone: 410-632-3366 Fax: 410-632-0065</p>	

This fact sheet was prepared by the Maryland Coalition of Families for Children's Mental Health, the statewide family voice for families of children and adolescents with mental health, substance use and/or other behavioral health needs. Learn more at www.mdcoalition.org.