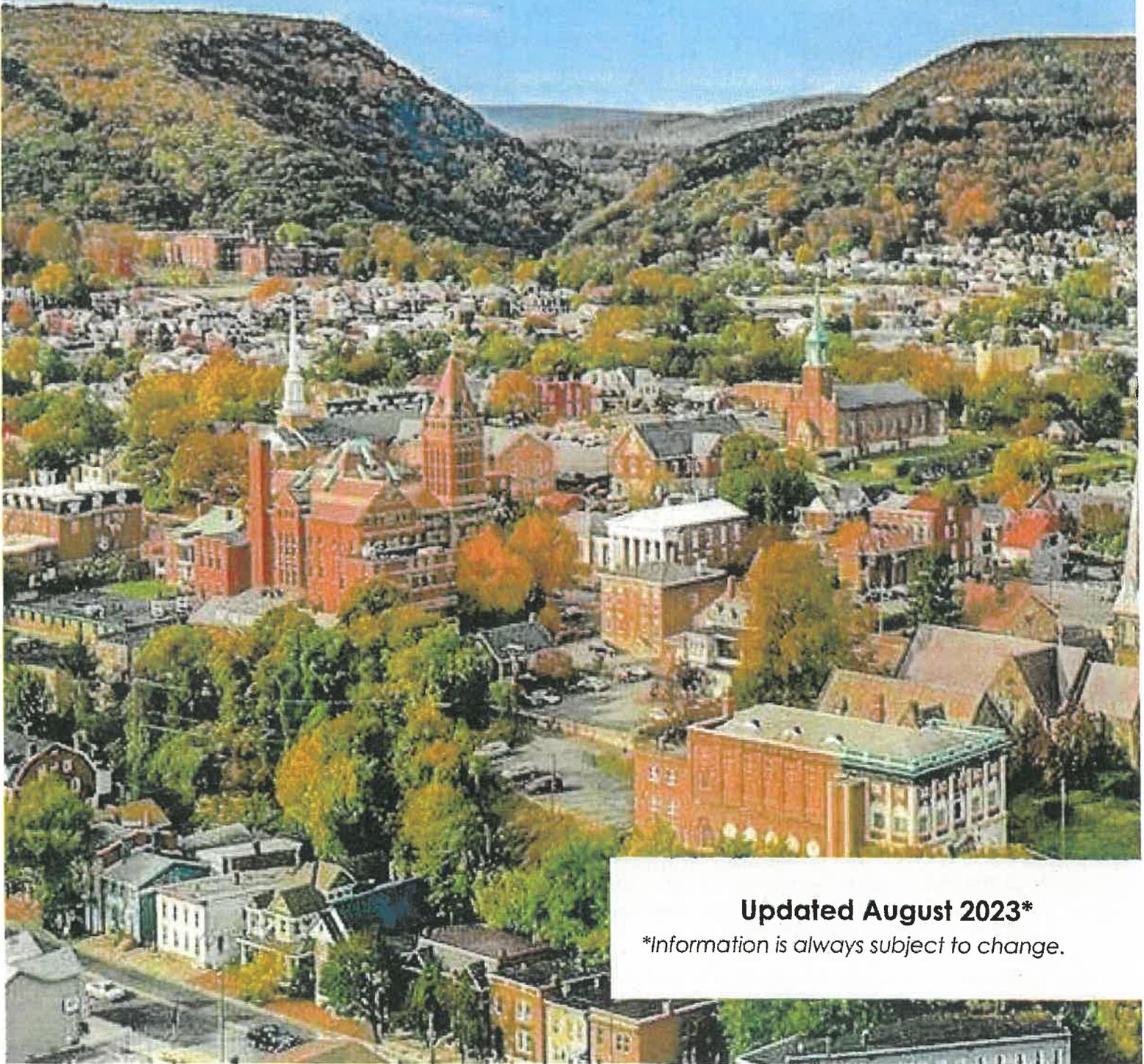


2023

COMMUNITY RESOURCE GUIDE

ALLEGANY COUNTY REGION



Updated August 2023*

**Information is always subject to change.*

Behavioral Health & Support Services

UPMC After-Hour Emergency	240-964-1399
Villa Maria Behavioral Health	667-600-2110
Maryland Crisis Hotline Network	800-422-0009
National Suicide Prevention Lifeline	800-273-TALK
Allegheny County Health Department Behavioral Health	301-759-5280
UPMC Outpatient Behavioral Health Services	240-964-8585
Mental Health Systems	301-759-5070
Allegheny County Health Department	301-759-5050
Maryland Public Mental Health System	800-888-1965
Hope Station (non-profit agency)	240-362-7168
Family Crisis Resource Center	301-759-9244
Archway Station	301-777-1700
Villa Maria Behavioral Health	667-600-2110
Pressley Ridge	301-724-8413
Alcoholics Anonymous	301-722-6110
Narcotics Anonymous	301-722-6110

Mental Health Services

Allegheny County Health Department Mental Health	301-759-5280
UPMC Outpatient Mental Health Services	240-964-8585
UPMC Inpatient Psychiatric and Addictions Services	240-964-2200
Thomas B. Finan Center	301-777-2405
Villa Maria Behavioral Health	667-600-2110

Addictions Services

Allegheny County Health Department	301-759-5280
Acorn Counseling Center, Cumberland, MD	240-362-7343
Committed to Change, Cumberland, MD	240-580-1919
Family Therapy Services, Frostburg, MD	301-689-2114
UPMC Outpatient Behavioral Health Services	240-964-8585
Alternative Drug and Alcohol Counseling	301-729-0340
Early Intervention for Teens at Risk of Substance Abuse Disorders	301-759-5050
Potomac Highlands Guild	800-545-HELP
Villa Maria Behavioral Health	667-600-2110

Outpatient Treatment Facilities

UPMC Occupational Health	240-964-9355
Western Maryland Recovery Services	301-724-1144
Cumberland Treatment Center	301-687-0940
Western Maryland Pain & Rehab Center	240-362-7220

In-Patient Treatment Facilities

UPMC Inpatient Psychiatric & Addictions Services	240-964-2200
Lois E. Jackson Unit (adolescent in-patient addictions program)	301-777-2290
Somerset Hospital, Twin Lakes Center, Pennsylvania	814-443-3639
John D. Good Recovery Center, West Virginia	304-789-3142
Chestnut Ridge, West Virginia	304-598-6400

Services for Pregnant Women and Drug-Affected Infants

Healthy Start & New Beginnings	301-759-5079
Allegany County WIC	301-759-5020

Outpatient Behavioral Health Providers

UPMC Behavioral Health (counseling & psychiatrists)	240-964-8585
Allegany Behavioral Medicine, LLC (counseling & psychiatrists)	240-362-7077
Allegany County Health Department Behavioral Health	301-759-5280
Psychological Services of Western Maryland	301-777-0451
Allegany Counseling & Consulting Services	301-724-1697
Villa Maria Behavioral Health	667-600-2110

Outpatient Mental Health Providers

Family Crisis Resource Center	301-759-9246
Frostburg State University Counseling	301-687-4234
Department of Veterans Affairs	301-724-0061
Potomac Behavioral & Occupational Therapy	240-362-7444
Suzanne Lewis, PhD.	301-759-2813
Davis Dayhoff, PhD.	301-759-3360
Committed to Change	240-580-1919
Kevin Peterson, PhD.	301-759-3360
Jim Miller, PhD. & Helen Miller, LCPC	301-724-4081
Dr. Debra N. Schaaf, PhD.	301-724-5544
Chapman & Associates Health Care	240-362-7294
Covenant Counseling	301-777-0633
Steven Hartsock, PhD.	301-777-9005

Childcare, Early Childhood Education & Public Education

Office of Child Care	301-777-2091
DSS Child Care Subsidy	301-784-7000
Maryland Family Network	800-924-9188
Head Start and Early Head Start	301-777-5970
Judy Center (Frostburg, MD)	301-689-8489
Judy Center (Cumberland, MD)	301-687-9022
Allegany County Board of Education	301-759-2000

Children's Health Services

Allegany County Health Department Immunization Program	301-759-5082
Allegany County Health Department Lead Program	301-759-5077
Children and Youth with Special Health Care Needs	301-759-5077
Infants & Toddlers Program	301-759-5081
Service Coordination, Inc. (Developmental Disabilities)	301-722-1470
Developmental Disabilities Administration	301-791-4670
Allegany County WIC	301-759-5020

Child Development Screening and Therapy

Infants and Toddlers Program	301-759-5081
The Children's League	301-759-5200
Allegany Hearing and Balance	301-729-1635

Clothing (Emergency Situations)

The Possibility Shop	301-501-5057
YMCA (Baltimore Avenue, Cumberland, MD)	301-724-5445
St. Mary's Clothing Room	301-777-2659
Cumberland Community Church	301-777-8839

Dental Services

Health Right	301-777-9150 x112
The Possibility Shop	301-501-5057
Allegany College Dental Hygiene Clinic	301-784-5250
Allegany County Health Department	301-759-5030
Maryland Foundation of Dentistry	410-964-1944

Disease Specific Services

- **Cancer**

Breast and Cervical Cancer Screening Program	301-759-5083
Colorectal and Skin Cancer Screening Program	301-759-5121
Maryland Cancer Fund (treatment grants)	301-759-5121
UPMC Schwab Family Cancer Center	240-964-1400
American Cancer Society	800-ACS-2345

- **Diabetes**

YMCA Diabetes Prevention Program	301-777-9622
UPMC Center for Clinical Resources	240-964-8787

- **Multiple Sclerosis**

National Multiple Sclerosis Society	443-641-1200
Transportation for Multiple Sclerosis Medical Appointments	800-344-4867

- **HIV/AIDS**

HIV/AIDS Counseling and Testing	301-759-5138
Project HOME	301-784-7111

- **Alzheimer's**

Alzheimer's Association 24/7 Helpline	800-272-3900
Alzheimer's Association of Western Maryland	301-696-0315
Alzheimer's Caregivers' Support Group	301-707-9904

Wound Care

UPMC Wound Care Center	240-964-8711
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Family Services

First Way Pregnancy Support Center	301-777-1261
Family Junction	301-777-2858
Family Crisis Resource Center	301-759-9244
Maryland Department of Human Resources	301-784-7000
Poison Control	800-222-1222
Fire Marshall's Office (free smoke detectors)	301-729-5021
Cumberland Fire Department (free smoke detectors)	301-722-2000
Villa Maria Behavioral Health	667-600-2110
The Possibility Shop	301-201-5057
Allegany County WIC	301-759-5020

Financial

Maryland Department of Human Resources	301-784-7000
UPMC Patient Assistance	240-964-1728
Social Security Disability Benefits	800-772-1213
Supplemental Security Income	800-772-1213

Food and Nutrition

Maryland Department of Human Resources	301-784-7000
Pennsylvania Department of Public Welfare	800-692-7462
Allegany County WIC	301-759-5020
The Possibility Shop	301-501-5057

Meal Services

HRDC (Age 60 and Older)	301-777-5970
HRDC (Under Age 60)	301-783-1722
Cumberland Senior Citizen Center	301-783-1722
Frostburg Senior Citizen Center	301-689-5510
Georges Creek Senior Citizen Center	301-463-6215
Westernport Senior Citizen Center	301-359-9930

Emergency Food

Maryland Department of Human Resources	301-784-7000
Associated Charities	301-784-7254
Hope Station (nonprofit agency)	240-362-7168
Healing Hunger (referrals from social services only)	301-724-4467
Western Maryland Food Bank	301-722-2797
Salvation Army	301-777-7600
Interfaith Food Pantry	301-777-7882
LaVale United Methodist Church	301-722-6800
St. Anthony's Place	301-777-1750
Union Rescue Mission	301-724-1585
St. John's Lutheran Church	301-724-7250
Christ Lutheran Church	301-729-1010
The Possibility Shop	301-501-5057

Health Insurance Coverage

Western Maryland Health Insurance Connector	888-202-0212
Allegany County	301-723-7093
Garrett County	301-501-5700
The Possibility Shop	301-501-5057
Allegany County Health Department	301-759-5076
Maryland Department of Human Resources	301-784-7000
Garrett County Health Department	301-334-7720
Garrett County Department of Social Services	301-533-3000
West Virginia Medical Assistance	304-788-4150

Federally-Qualified Health Centers

Tri-State Community Health Center	301-722-3270
Hyndman Area Health Center	814-842-3206
Villa Maria Behavioral Health	667-600-2110

Seniors

Medicare Service Center	800-MEDICARE
Medicare Savings Programs	301-784-7000
Senior Health Insurance & Assistance Program	301-783-1710
Medicaid Waiver for Older Adults	301-783-1706

Training

American Job Center	301-777-1221
Western Maryland Consortium	240-362-7329

Health and Wellness

Wellness Coaching	240-964-8424
Bariatric Support Group	240-964-8617
Bereavement Support Group	240-964-9000
Better Breathers Club	240-964-3807
Cancer Support Services	240-964-1400
Diabetes Support Group	240-964-8789
Heart Healthy Education Classes	240-964-8677
Live Well with Kidney Disease	240-964-8600
Stroke Support Group	240-964-4766
Allegany County WIC	301-759-5020

Smoking Cessation

Allegany County Health Department	301-759-5093
Tobacco Quitline	800-QUIT-NOW

Housing & Utilities

Cumberland Housing Group	301-724-6606
River Bend Court Office	240-362-9225
Queen City Tower Office	301-722-7977
John F. Kennedy Office	301-724-1544
Willow Valley & Grand View Apartments	301-759-2880

Frostburg Housing Authority	301-689-9700
HRDC Affordable Housing Program	301-783-1713
Section 8 Voucher Rental Assistance Program (HRDC)	301-783-1880

Rent and Utilities Assistance

HRDC Office of Home Energy Programs	301-777-8550
Energy Assistance	301-784-7000
Associated Charities	301-784-7254
Salvation Army	301-777-7600
Renter's Tax Credit Program	301-777-2108

Emergency Housing

Union Rescue Mission	301-724-1585
Maryland Department of Human Resources	301-784-7000
HRDC Homeless/Transitional Housing	301-777-8286
YMCA	301-724-5445
Associated Charities	301-784-7254
Family Crisis Resource Center	301-759-9244

Home Repair/Modification

HRDC Affordable Housing Program	301-783-1713
Weatherization Assistance Program	301-777-8550
Camp Hope	301-689-0444

Legal

Legal Aid	301-777-7474
Child Protective Services	301-784-7122 or 301-759-0362
Office of Child Support Enforcement	800-332-6347
Adult Protective Services	301-784-7050
HRDC Public Senior Guardianship	301-783-1709
Allegany Law	301-722-3390

Medical Equipment

The League for Crippled Children - A Children's Place	301-759-5200
Lion's Club (LaVale)	301-729-4166
Health Right	301-777-7749
Division of Rehabilitation Services (DORS)	301-777-2119

Vision & Hearing

Lion's Club Vision	301-729-1110
Eye Care America	800-222-3937
Hear Now Program	800-328-8602
Maryland Relay (communication tool)	800-552-7724

Prescription Assistance

Associated Charities (Allegany & Mineral Counties)	301-784-7053
Rx Outreach	800-769-3880
Garrett County Health Department	301-334-7777

Job Seeking

American Job Center 301-777-1221
Western Maryland Consortium 240-362-7329

Drop Off Unwanted Prescription Drugs

Information on Drop-Off Sites 301-759-5050
Cumberland Police Department 301-777-1600

Services for Individuals with Disabilities

Abilities Network Autism, epilepsy, employment 301-777-2895
Archway Station Residential and day services 301-777-1700
Blind Industries and Services of Maryland-Services 301-724-4111
Council for Exceptional Children 301-729-8600
Developmental Disabilities Administration 301-791-4670
Division of Rehabilitation Services (DORS) 301-777-2119
Family Support Services 240-920-6829
Friends Aware, Inc. 301-722-7268
Horizon Goodwill Industries 301-729-9404
Living at Home Waiver Program 410-987-1048
Maryland Access Point Information 301-783-1752
MD Department of Disabilities 800-637-4113
Ray of Hope 301-722-4560
Resources for Independence 301-784-1774
Special Olympics 301-689-5590
Spectrum Support Services 301-724-1690
Unified Community Connections 301-729-4295

Senior Care Resources

Senior Care/Personal Care Program 301-759-5210
Social Services to Adults 301-784-7069
Project HOME 301-784-7069
Group Senior Assisted Housing Subsidy 301-783-1709
Medicaid Waiver for Older Adults 301-783-1706
Long-term Care Ombudsman 301-783-1771
Respite for Family Caregivers 301-759-5210

Senior Centers

Cumberland Senior Citizen Center 301-783-1722
Frostburg Senior Citizen Center 301-689-5510
George's Creek Senior Citizen Center 301-463-6215

Adult Medical Day Care

Cumberland Covenant House 301-722-6681
Evergreen Adult Day Care Services 301-777-2650
George's Creek Adult Care Center 301-463-4085
Willow Creek Adult Care Center 301-777-8422
Frostburg Heights Apartments 301-689-2268
Willow Valley Apartments (Age 62 and Older) 301-777-1254

In-Home Assistance

DSS In-Home Aide Service (IHAS)	301-784-7183
Comfort Keepers	240-362-7074
Personal Home Care Services	301-697-0850
ProCare Home Health Providers	301-876-9152
Tender Loving Care, Inc.	301-729-4727

In-Home Nursing Services

UPMC Home Health	240-964-9100
UPMC Community Health Workers	240-964-9213
Hospice Services	240-964-9000
Tri-State Community Health Center	301-722-3270
Mountain View Primary Care	301-759-4544

Assisted Living Facilities

Countryhouse	301-777-8717
Frostburg Village	301-689-7480
Kensington-Algonquin	301-777-8800
New Hope Assisted Living	301-759-1471
Golden Living Community	301-722-5535

Senior Housing

Cascades (age 62 & up)	301-724-3033
Cumberland Arms	301-724-0341
Cumberland Manor	301-777-5186
Cumberland Meadows (age 62 & up)	301-777-0008
Frostburg Apartments	301-689-2268
John F. Kennedy Apartments	301-724-6606
Kensington-Algonquin	301-777-8800
Mountain View Apartments	301-777-7603
Queen City Towers	301-724-6606

Nursing Homes

Allegany Health Nursing & Rehabilitation	301-777-5941
Golden Living Center	301-724-6066
Devlin Manor Nursing Home	301-724-1400
Egle Nursing Home	301-463-5451
Frostburg Village Nursing Home	301-689-7504
Goodwill Mennonite Home, Inc.	301-895-5194
Lions Center for Rehabilitation & Extended Care	301-722-6272
Moran Manor Nursing Home	301-359-3000
UPMC Frostburg Nursing & Rehabilitation Center	301-689-1391

Transportation

HRDC Mobility	301-783-1725
Allegany County Transit	301-722-6360
Transportation for Medical Assistance Clients	301-759-5123
Transportation for Disabled and Elderly Clients	301-724-1255
Bay Runner Shuttle (transportation to Baltimore)	301-898-2571

Urgent Care / Clinic

Frostburg Medical Center (WMHS)	301-689-3229
Health Matters, Cumberland, MD	301-729-3278
Hunt Club Medical Center, Ridgeley, WV	304-726-4501
MedExpress, LaVale, MD	301-729-0589
UPMC LaVale Primary Care Center, National Highway	240-362-0288
Western Maryland Health Clinic	240-964-9355

Veterans Services

American Job Center	301-777-1221
Veterans Affairs Cumberland Outpatient Clinic	301-724-0061
Veterans Service and Benefits Program	301-759-5251
American Red Cross: Service to the Armed Forces	877-272-7337
Allegany College of Maryland Veterans Affairs	301-784-5203
Maryland's Commitment to Veterans	877-770-4801

Vocational Employment Programs

Positive Transitions	240-362-7087
Experience Program	301-783-1704
Horizon Goodwill Industries	301-729-9404
American Job Center	301-777-1221
Western Maryland Consortium	240-362-7329

Vocational Training for Individuals with Disabilities

Division of Rehabilitation Services (DORS)	301-777-2119
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Workforce Development

American Job Center	301-777-1221
Western Maryland Consortium	240-362-7329