

Outpatient Mental Health Center

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Evaluations

Mental Health Interviews: Helps the clinician decide on the nature and scope of emotional and behavioral difficulties that are being experienced. This process also identifies strengths and resources that the individual brings to their life situation.

Psychiatric Interventions

- Medication Monitoring
- Medication Adjustment
- Medication plus short term therapy
- Individual Therapy
- Family Therapy
- Group Therapy
- Couples Therapy
- Dual Diagnosis
- Depression
- Anxiety/Stress/Panic
- Attention Disorders
- Impulse Disorders
- Attachment Disorders

Therapies Kinds of Problems Addressed Treatment Coordination

Collaboration with local providers and physicians is done as needed for the Consumer. Alliance also provides the following services locally:

- Psychiatric Rehabilitation Program
- Off-Site Rehabilitation Program
- Case Management Program
- Supported Employment Program

The therapists at our clinic are among the most experienced and talented in the state of Maryland.

School-Based Mental Health Program Advantages

- The Alliance therapist is based at the school. This helps the therapist get to know the staff as well as the students
- Therapy is performed in the school with minor disruptions in the child's learning and convenient in that parents are not required to find transportation to get to therapy
- Interventions from the therapist might involve teachers, administrative staff and even other students in the group.
- Therapists can monitor with personal observations student's progress and problems.
- Should a crisis occur the therapist is on site to handle it.
- Parents have the option of coming to the school for family therapy which should diminish stigma and inconvenience.
- Many serious problems are dealt with in the early stages before time makes the problem more difficult to resolve. Call: (410) 420-7292 or (410) 420-7276