

# Allegany County Human Services Resource Directory



This resource directory is the accumulation of the major non-profit and public organizations that provide human services to individuals in our community. This is not a listing of every resource that is available to our community. This directory is available in electronic format in order for individuals to make additions and/or updates for their own purposes. Electronic versions can be obtained by emailing [lwitt@alconet.org](mailto:lwitt@alconet.org) or can be downloaded from the Local Management Board of Allegany County, Inc.'s website: [www.lmb.alconet.org](http://www.lmb.alconet.org)

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## **Abuse/Neglect**

Department of Social Services	
Adult Services	301-784-7050
Child Protective Services	301-784-7122
After hours:	Call 911
The Dove Center (Garrett County)	
Grantsville Office	301-895-4300
Oakland Office	301-334-6255
24 Hour Help Line	301-334-9000
Family Crisis Resource Center (MD)	301-759-9246
24 Hour Help Line	301-759-9244
Family Crisis Center (WV)	
24 Hour Help Line	1-800-698-1240
Western Maryland Health Center	301-723-4000
To report child abuse in Maryland	1-800-332-6347

## **Clothing**

Dress for Success	301-759-2824
Goodwill Industries	301-722-8141
Salvation Army	301-777-7600

## **Child Care**

Office of Child Care	301-777-2385
LOCATE Childcare (Allegany & Garrett counties)	1-800-924-9188

## **Disabilities**

Abilities Network	301-729-7892
Ali Ghan Shrine Club	301-722-7220
Allegany Co. Public Schools –Special Education	301-759-2065
Archway	301-777-1700
Appalachian Crossroads (Garrett County)	301-334-8449
Blind Industries	301-724-4111
The Brandenburg Center	301-777-2250
Developmental Disabilities Administration	301-739-8177
Division of Rehabilitation Services	301-777-2119
Family Support Network	301-689-2407
Friends Aware, Inc.	301-722-7268
Goodwill Industries	301-722-8141
Infants and Toddlers	301-689-6067
LaVale Lions Club	301-729-4166
League for Crippled Children	301-759-2677
Partners for Success	301-689-2407
Ray of Hope	301-722-4560
Service Coordination	301-722-1470
United Cerebral Palsy	301-722-8436

## **Dental**

Allegany College of Maryland: Cleaning & X-rays	301-784-5250
Allegany County Health Department	301-759-5030
Allegany Health Right	301-777-7749
Baltimore Dental School	410-706-7104
Garrett County Health Department	301-334-7660
Hyndman Area Health Center	814-842-3206
West Virginia State University Dental School	304-293-6208

## **Education**

Upward Bound Program - Frostburg State University	301-687-4994
Regional Math and Science Center – Frostburg State University	301-687-4207
Read to Succeed- Frostburg State University	301-687-4210
Early Head Start	301-876-9049
Head Start Centers	301-724-2547
International Beauty School	301-777-3020

## **Adult Education**

Allegany College of Maryland	301-784-5005
Allegany County Public School System	301-759-2000
External Diploma Program	301-724-0749
GED/Adult Education	301-724-0749
Center for Career and Technical Education	301-729-6486
Cumberland YMCA Family Center	301-724-5445
Frostburg State University	301-687-4000
Garrett College of Maryland	301-387-3000
The Judy Center	301-689-8489
Potomac State College of WVU	304-788-6820
West Virginia State University	304-293-2121

## **Local Labor Unions**

American Postal Workers Union	301-724-6474
Carpenters Local Union	301-722-2141
Cumberland Firefighters Local 1715	301-784-1715
International Union of Operating Engineers	301-777-1212
Iron Workers	301-777-7433
Laborer's International Union of N. America	301-729-9201
Operative Plasterers & Cement Masons	304-788-7890
Painters & Allied Trades	304-738-8772
Plumbers & Steamfitters	301-722-8515
Sheet Metal Workers	301-724-2416

## **Employment Related Services**

ACT Personnel	301-724-1025
Blind Industries	301-724-4111
Division of Rehabilitation Services	301-777-2119
Friends Aware	301-722-7268
Goodwill Industries	301-722-8141
The One-Stop Job Center	301-777-1221
Western Maryland Consortium	301-777-1221
Job Fairs:	
Allegany College of MD	301-784-5005
Garrett College of MD	301-387-3000

## **Food / Nutritional Services**

Angel Food Network	
Refuge House	301-724-2378
Central United Methodist	301-724-4080
Light House COG Prophecy	301-777-9220
Christ United Methodist- Cumberland	301-777-1561
Cumberland Church of God	301-724-2378
Department of Social Services	
Food Supplement Program	301-784-7000
Frostburg Pantry	301-689-3660
George's Creek Food Pantry	301-463-5245
Healing Hunger Food Services – Ridgeley, WV	304-738-3999
Healing Hunger – Nave's Crossroads	301-724-4467
Healing Hunger –Oldtown	301-478-5448
HRDC Nutrition Program for the Elderly	301-777-5970
Interfaith Community Pantry	301-777-7882
LaVale Assembly Church	301-759-2863
LaVale United Methodist Church	301-729-3523

*(Food / Nutritional Services continued on next page)*

## **Food / Nutritional Services (Continued)**

Meals on Wheels	
Cresaptown	301-729-1805
Cumberland	301-777-4048
Frostburg	301-689-6249
LaVale	301-729-1747
Mount Savage Ecumenical Community Service	301-520-6512
Salvation Army	301-777-7600
Second Baptist Church	301-722-5190
St. Anthony's	301-777-3131
St. Mary's Catholic Church	301-777-2990
St. Vincent DePaul	301-777-1826
Union Rescue Mission	301-729-1585
WIC- Women, Infants, & Children	301-759-5022
WMHS Wellness Center	301-759-9355

## **Housing**

### **Emergency Shelter:**

Family Crisis Resource Center:	301-759-9246
Women & Children- Victims of Domestic Violence and/or Homeless	
Human Resource Development Commission, Laura's Anchor: Women & Children	301-777-8286
Union Rescue Mission	301-724-1585
Red Cross	
Cumberland	301-722-1760
Westernport	301-359-9450
Garrett County	301-387-2570
After-Hours Emergency Shelter:	
Cumberland City Police Department	301-777-1600
Frostburg City Police Department	301-689-3000
Allegany County Sheriff's Office	301-777-5959
Allegany County Bureau of Police	301-777-1000
Maryland State Police	301-729-2101

*(Housing continued on next page)*

## **Housing (Continued)**

### **Low Income:**

Allegany Co. Dept. of Community Development Housing Division	301-777-2372
Allegany Housing Authority of Allegany County	301-759-2880
Cumberland Housing Authority	301-724-6606
Department of Social Services: Resource Management	301-784-7150
Frostburg Housing Authority	301-689-9700
Housing and Urban Development: City of Cumberland	301-759-6659
Shelter Plus: Referral with Mental Health Diagnosis	301-759-5070
YMCA: Housing for Men and Single Parents with Children	301-724-5445

### **Senior Housing:**

Booth Towers	301-777-7603
The Cascades	301-724-3033
Cumberland Arms	301-724-0341
Cumberland Manor	301-777-5186
Frostburg Height Apartments	301-689-2268
John F. Kennedy Apartments	301-724-1544
Kensington-Algonquin	301-777-8800
Queen City Towers	301-722-7977
Willow Valley Apartments	301-777-1254

### **Rental / Emergency Assistance:**

Associated Charities: Emergency Assistance	301-784-7254
Allegany County Department of Social Services	301-784-7000
Garrett County Department of Social Services	301-533-3000
Mineral County Department of Health & Human Resources	304-788-4150
Rental Assistance Program	301-777-2372
Salvation Army	301-777-7600
Human Resource Development Commission: Energy Assistance	301-777-8550

### **Home Repairs:**

Camp Hope	301-689-6626
NAILS	301-777-7134



## **Legal Assistance**

Allegany County Circuit Court Domestic Mediation Program	301-777-2102
Allegany County Department of Juvenile Services	301-777-2131
Allegany County Public Defender	301-777-2142
Allegany Law	301-722-3390
Community Mediation and Conflict Resolution Center	301-759-6658
Division of Parole & Probation	301-784-8110
Garrett County Department of Juvenile Services	301-334-8608
Human Resource Development Commission	
Guardianship Program:	301-777-5970
Act on behalf of the ward as a surrogate decision-maker	
Ombudsman Program:	301-777-5970
Advocates for residents in nursing homes, assisted living, & extended care units	
Legal Aide Bureau	301-777-7474
MD States Attorney's Office	301-777-5962
Northern District of WV States Attorney's Office	304-234-0100
WV Supreme Court of Appeals – Juvenile Probation	304-788-6720

## **Medical / Health**

Allegany County Health Department	301-759-5000
Adult Evaluation & Review Services	301-759-5210
Blood Pressure Screening	301-759-5090
Breast & Cervical Cancer Screening	301-759-5083
Colorectal Cancer Control Program	301-759-5121
HIV Case Management	301-759-5085
Immunization Clinic	301-759-5082
Lead Intervention	301-759-5077
Medical Assistance Personal Care Program	301-759-5089
Sexually Transmitted Diseases Program	301-759-5082
School Health	301-759-5088
Tuberculosis Program	301-759-5082

Area Agency on Aging: Senior Health Insurance Counseling 301-777-5970

*(Medical / Health continued on next page)*

## **Medical / Health (Continued)**

Community Health Access Program (CHAP)	301-777-7749
Dept. of Social Services Medical Assistance	301-784-7000
The June Foundation: Transportation to appointments for pregnant women	301-759-5077
Maryland Children's Health Program (MCHIP)	301-759-5076
Maryland Primary Adult Care (PAC)	1-800-226-2142
Tri-State Community Health Center	301-722-3270
Well Mobile	301-697-1469
Western Maryland Health Systems Wellness Center Health Education and Screenings	301-759-9355
Western Maryland Health Systems Financial Assistance Program If patient's last name begins with:	
A-D	301-723-4217
E-LEA	301-723-1638
LEB-ROC	301-723-4457
ROD – Z	301-723-1637

### **Adult Day Care Facilities:**

Allegany County	
Willow Creek Center	301-777-8422
Lonaconing Georges Creek Center	301-463-4085
Covenant House	301-722-6681
Evergreen Adult Day Services	301-777-2650
Mountain Glade Adult Day Services	301-334-0585

## **Medications/Prescriptions**

### Associated Charities:

Emergency Prescriptions	301-784-7053
Long-Term Prescriptions	301-784-7073
County United Way: Family Wise Prescription Assistance Cards	301-722-2700
Maryland Pharmacy Assistance Program	1-800-492-1974

## **Parenting & Pregnancy**

### Allegany Co. Health Department

Bicycle Helmets	301-759-5123
Child Safety Seats	301-759-5123
Family Planning & Pregnancy Prevention	301-759-5084
Improved Pregnancy Outcome	301-759-5077
Women, Infants, and Children (WIC)	301-759-5020

Cumberland YMCA Family Center 301-724-5445

### Allegany County Department of Social Services

Adoptions	301-784-7063
Child Support	301-784-7000
Foster Care	301-784-7092

The Family Junction 301-777-2858

First Way Pregnancy Support Center 301-729-1970  
24 Hour Helpline 1-800-848-5683

Le Leche League 301-687-0126 301-334-5788 240-727-6680 301-722-5385

March of Dimes 301-722-5818

Western Maryland Health System- Prenatal Classes 301-759-9355

## **Public Mental Health**

### **Outpatient Mental Health Clinics**

Allegany County Health Department Outpatient Mental Health Clinic	301-759-5280
Pressley Ridge of Western MD (Children Only)	301-724-8413
Villa Maria of Mountain Maryland	301-777-8685
Western Maryland Health Systems Behavioral Health Program (Adults Only)	301-723-5030

### **Psychiatric Rehabilitation Programs**

Archway Station	301-777-1700
Mental Health Center of Western MD	301-689-5034

### **Consumer Advocacy /Drop-In Center**

Hope Station, Inc.	240-362-7168
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### **Mental Health Case Management**

Garrett County Lighthouse	301-334-9126
Mental Health Systems Office/ CSA	301-759-5070

*\*The above listed mental health providers accept Medicaid & uninsured individuals who meet identified criteria.*

## **Resource and Referral Services**

The Family Network	301-777-2005
The Family Service Agent	240-580-2332
County United Way, Inc.	301-722-2700

## **Substance Abuse**

Alcoholics Anonymous	301-722-6110
Al-Anon	301-722-6110
Narcotics Anonymous	800-777-1515
Allegany County Health Department	
Jackson Unit: Inpatient Adolescent Program	301-777-2290
Massie Unit: Inpatient Adult Program	301-777-2285
Outpatient Program	301-777-5050
Substance Abuse Prevention Services	301-759-5040
Smoking Cessation	301-759-5040
Western Maryland Health Systems	301-723-4000

## **Transportation**

Allegany County Transit	301-722-6360
AllTrans	301-724-1255
Department of Social Services	301-784-7000
Wheels to Work	
Job Access	
Med Trans: For medical appointments	301-722-5646
Garrett County Transit: People Movers	301-334-9431
Potomac Valley Transit Authority	304-257-1414

*\*See the Local Yellow Pages for Taxi Service*

## **On-line Resource Directories**

National Capital Region 2-1-1 Database: Find Human Services in DC, Maryland, & Northern Virginia	<a href="http://www.211metrodc.org">www.211metrodc.org</a>
Maryland Community Services Locator:	<a href="http://www.mdcsf.org">www.mdcsf.org</a>
Network of Care for Maryland: Mental & Behavioral Health Resources	<a href="http://www.maryland.networkofcare.org">www.maryland.networkofcare.org</a>
Resources for Maryland Families:	<a href="http://www.problemsolver.maryland.gov">www.problemsolver.maryland.gov</a>