

# St. Mary's County

## Department of Aging & Human Services

### Veterans Resource Guide



**ST. MARY'S COUNTY**

DEPARTMENT OF AGING & HUMAN SERVICES

**Working Together ~ Caring About You**



The St. Mary's County Department of Aging & Human Services does not endorse or recommend any particular provider listed within this handbook. Community resources not listed in this guide may be able to provide the same or similar goods and services. Agencies, businesses and organizations that wish to be considered for entry in future issues of the guide should contact the St. Mary's County Department of Aging & Human Services at 301-475-4200, ext. 1073.

The Department reserves the right to deny a request to be listed if the agency, business or organization does not fit within the scope of the handbook's subject matter.



**Brought to you by  
The Commissioners of St. Mary's County  
and  
St. Mary's County Department of  
Aging & Human Services**

## **The St. Mary's County Department of Aging & Human Services: Overview of Services & Programs**

St. Mary's County Department of Aging & Human Services provides a wide variety of programs and services to the county's residents. Activities range from social and recreational programs to the direct support of essential services, such as nutrition, health, home delivered meals, counseling, and in-home services.

The Department of Aging & Human Services is divided into several divisions (listed below). Each service and program we offer below will be explained in more detail throughout the Resource Guide. We encourage you to take a look at our programs, and take advantage of the resources the St. Mary's County Department of Aging & Human Services has to offer!

### **Community Programs & Outreach**

Law Enforcement Appreciation Day  
Men's Health Day  
Community Health & Wellness Fair  
Veterans Resource Day  
New Beginning Newsletter  
Road Show Presentations  
Timely & Topical Information

### **Retired and Senior Volunteer Program (RSVP)**

Volunteer Opportunities for  
individuals 55+  
Explore rewarding volunteer  
opportunities in the St. Mary's  
County community

### **Home & Community-Based Services**

Senior rights and advocacy  
Caregiver support and respite  
Community Options Waiver  
Community First Choice  
Aging & Disability Resource Center/  
Maryland Access Point (MAP)  
Senior Rights & Advocacy –  
Ombudsman

### **Senior Center Operations**

Congregate & Home Delivered  
Meals  
Educational Programs  
Fitness Programs  
Social Programs  
Trips & Tours

### **Human Services**

Homelessness Prevention  
After School Programs  
Youth Services Bureau  
Teen Court  
Christmas Caring  
WARM Transportation  
Local Management Board  
Non-Profit Agency Monitoring

### **Senior Information & Assis- tance**

Energy Assistance  
Housing Assistance  
Legal Assistance  
Medicare/Medicaid  
Prescription Drug Information  
Property Tax Credits  
Referral Services  
State Health Insurance Assistance  
Program (SHIP)  
Transportation – Senior Rides

# **Note to Resource Guide Businesses and Organizations:**

Many of our community Veterans and their family members view the Veterans Resource Guide as a valuable tool in locating services and programs. Thus far, the St. Mary's County Department of Aging & Human Services has been able to offer this publication at no charge to the public. To sustain this goal, we are requesting contributions from the businesses and organizations listed in the guide to assist with offsetting the printing charge. Considering the shelf-life and large distribution points of this publication, we hope you view it as a valuable marketing tool as you would any paid advertising venue.

Contact the Community Programs & Outreach Division with the Department of Aging & Human Services at 301-475-4200, ext. 1073, with questions regarding how the Veterans Resource Guide is used and the distribution points it reaches.

Make checks payable to:  
St. Mary's County Department of Aging & Human Services

Contributions may be mailed to:

St. Mary's County Department of Aging & Human Services  
Veterans Resource Guide  
P.O. Box 653  
Leonardtown, MD 20650

Thank you in advance for your recognition of the importance of the Resource Guide.



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# Advocacy Services

## American Legion Post 255

Phone: 301-872-5349

Email: legion255@verizon.net

Website: ridgelegion.org/

Service: The American Legion, America's largest Veteran's organization, relies on membership strength to support the fight on Capitol Hill for Veterans' benefits.

## Brain Injury Association of Maryland

Phone: 410-448-2924 or 800-221-6443

Fax: 301-475-4503

Address: 2200 Kernan Drive  
Baltimore, MD 21286

Email: info@biamd.org

Website: www.biamd.org

Service: Supports those affected by brain injury through advocacy, education, and research.

## Iraq & Afghanistan Veterans of America (IAVA)

Phone: 202-544-7692

Email: info@iava.org

Website: iava.org

Service: Non-partisan leader in advocacy, public awareness and one-on-one case management support with a mission to connect, unite and empower post-9/11 veterans. Veterans have paid their dues so membership is always free. Quick Reaction Force program provides 24/7 peer support and comprehensive care management for all veterans and families, regardless of era, discharge status or location. Offers grant funding for partner organizations that do exceptional work for veterans through their Veteran Community Fund.

## Vietnam Veterans of America

Phone: 301-585-4000

Website: <https://vva.org/>

Service: Nationwide member organization that provides claims assistance, financial advising, job placement, and advocacy. Hosts bi-annual national conventions. Website features information on local chapters, legislative updates, educational brochures, and other resources.



# Aging Services

## St. Mary's County Department of Aging & Human Services

Phone: 301-475-4200, ext. 1050

Fax: 301-475-4503

Mailing Address: P.O. Box 653  
Leonardtown, MD 20650

Website: [www.stmaryscountymd.gov/aging](http://www.stmaryscountymd.gov/aging)

Service: The Department of Aging & Human Services provides a wide variety of programs and services to the community.

Programs include: Home-Delivered and congregate meal services, Senior Rides, in-home services, ombudsman services and caregiver support, social and recreational programs, and community outreach and volunteer opportunities. The Division of Human Services helps coordinate and support an array of programs and services for individuals, families and children. The Human Services Division coordinates homeless prevention efforts, Teen Court, Local Management Board, Community Development, Christmas Caring, and is a partner agency with Project Graduation and WARM. The Aging and Disability Resource Center/Maryland Access Point (ADRC/MAP) is your link to health and support services. The ADRC/MAP is a free information and referral service open to individuals of all income levels. The St. Mary's County Department of Aging & Human Services is working to provide older adults, persons experiencing a disability, and caregivers with a single point of entry for services and information.

### Locations:

#### **Department of Aging & Human Services**

41780 Baldrige Street

Leonardtown, MD 20650

Hours: 8 a.m.-5 p.m., Mon-Fri

#### **Northern Senior Activity Center**

29655 Charlotte Hall Road

Charlotte Hall, MD 20622

Hours: 8 a.m. - 4:30 p.m., Mon-Fri

#### **Loffler Senior Activity Center**

21905 Chancellors Run Road

Great Mills, MD 20634

Hours: 8 a.m. - 4:30 p.m., Mon-Fri

#### **Potomac Building**

23115 Leonard Hall Drive

Leonardtown, MD 20650

Hours: 8 a.m.-5 p.m., Mon-Fri

#### **Garvey Senior Activity Center**

23630 Hayden Farm Lane

Leonardtown, MD 20650

Hours: 8 a.m. - 8 p.m., Mon-Thu  
8 a.m. - 4:30 p.m. Fridays

# Alcohol/Substance Use

## Pyramid Health Care - Maryland

Phone: 301-997-1300 or 24/7 Emergency Line 301-863-6661

Hours: Mon-Thu - 9 a.m. – 8 p.m.,  
Friday, 8 a.m. – 4 p.m.

Website: [www.pyramid-healthcare.com/locations/maryland/](http://www.pyramid-healthcare.com/locations/maryland/)

Service: Pyramid Health Care offers services for Mental Health, Substance Abuse Treatment, Crisis Services, Psychiatry, Recovery Support, Family Violence, Sexual Assault Counseling, and Residential Treatment Program.

### Locations:

Outpatient Treatment Center  
44871 St. Andrew's Church Road  
California, MD 20619

Drug & Alcohol Residential Treatment Centers  
44871 St. Andrew's Church Road  
California, MD 20619

30007 Business Center Dr  
Charlotte Hall, MD 20622

## The Baltimore Station

Phone: 410-752-4454

Website: [baltimorestation.org/](http://baltimorestation.org/)

Service: The Baltimore Station is a residential treatment program supporting Veterans and others who are transitioning through the cycle of poverty, addiction, and homelessness to self-sufficiency.

## VA Substance Use Disorder Program

Website: [www.mentalhealth.va.gov/index.asp](http://www.mentalhealth.va.gov/index.asp)

Service: The VA has a variety of mental health resources, information, treatment options and more .

### Locations:

Baltimore Va Medical Center  
10 North Greene Street  
Baltimore, MD 21201  
410-605-7000 ext. 53060

Perry Point VA Medical Center  
361 Boiler House Rd  
Perry Point, MD 21902  
410-6422411 ext. 25444

# Assisted Living

## Charlotte Hall Veterans Home

Phone: 301-884-8171  
Fax: 301-671-3102  
Address: 29449 Charlotte Hall Road  
Charlotte Hall, MD 20622  
Website: [www.charhall.org](http://www.charhall.org)

Service: Residency is available to eligible Maryland veterans and their spouses. Charlotte Hall's Assisted Living Program is designed to meet the needs of veterans requiring minimal assistance with everyday activities and to help veterans maintain their independence. Assisted Living residents receive primary medical care, transportation to and from the VA Medical Center in Washington, DC (for those who wish to utilize the VA medical system), and a separate activities program tailored to a more active lifestyle. Charlotte Hall Veterans Home also offers skilled nursing, short term rehabilitation, and memory care.

## Paying for Senior Care Veterans Guide to Paying for Assisted Living & Home Care

Phone: 855-481-6777  
Website: [www.payingforseniorcare.com/Veterans](http://www.payingforseniorcare.com/Veterans)  
Service: Our objective is to focus on Veterans' options to help with non-medical care/aging care. The aim is to help Veterans understand available benefits, uncover financial assistance opportunities, and provide ideas that can reduce the costs associated with long-term care – whether in a nursing home, assisted living community, or at home.

# Benefits Information

## Charlotte Hall Veterans Home

Phone: 301-884-8171  
Fax: 301-671-3102  
Address: 29449 Charlotte Hall Road  
Charlotte Hall, MD 20622  
Website: [veterans.maryland.gov/](http://veterans.maryland.gov/)

Service: Provides assistance in obtaining benefits for veterans and their eligible dependents. Benefits that may apply are: disability compensation, veterans pension, veterans pension with aid and attendance, dependency and indemnity compensation, survivors pension, other benefits including adapted house grants, service disabled veterans insurance and veterans mortgage life insurance.

## Maryland Department of Veterans Affairs

Phone: 301-884-8171, ext. 7155  
Address: 29640 Charlotte Hall Road  
Charlotte Hall, MD 20622  
Hours: 8 a.m. – 5 p.m., Monday-Friday  
Website: [www.veterans.maryland.gov/about-mdva/](http://www.veterans.maryland.gov/about-mdva/)

Service: The Maryland Department of Veterans Affairs is an executive agency with the mission of assisting veterans, active duty service members, their families and dependents, in securing benefits earned through military service. Under the Department of Veterans Affairs are five major programs: The Service and Benefits Program, The Charlotte Hall Veterans Home, The Cemetery and Memorial Program, The Outreach & Advocacy Program and The Maryland Veterans Trust.

# Maryland Department of Veterans Affairs Programs

## *The Service and Benefits Program*

Provides assistance to the men and women who served in the Uniformed Services of the United States, their dependents, and survivor in obtaining benefits from the U.S. Department of Veteran Affairs, Department of Defense, State of Maryland and other programs for veterans and their families. Contact Shawn Kersh, Veterans Benefits Specialist, 240-577-7083.

## *The Charlotte Hall Veterans Home*

Charlotte Hall Veterans Home has been proudly “Serving Those Who Served” since 1985. The home is situated on 126 beautiful acres in St. Mary’s County, and offers a continuum of care from the 168-bed assisted living program to the 286-bed skilled nursing program. Charlotte Hall Veterans Home also offers memory care in secure units. Contact Sharon Murphy, Director 301-884-8171, ext. 409 or email [admissions@charhall.org](mailto:admissions@charhall.org).

## *The Cemetery and Memorial Program*

The cemetery program is the largest of its kind in the nation. The State of Maryland and the Maryland Department of Veterans Affairs are honored to offer our veterans cemeteries located throughout Maryland. In addition, the Department of Veterans Affairs manages a memorial program. Them Maryland World War II Memorial, the Vietnam War, Korean War and the War Memorial Building. Contact Russell Ware, Director, at 410-923-6981.

## *The Outreach & Advocacy Program*

The Outreach & Advocacy Program’s mission is to develop innovative ways to seek out and inform Maryland’s veterans about benefits and services that are available from federal, state, and local organizations as well as solicit feedback from veterans regarding their requests and needs for additional services. Contact Dana Burl, Director, 410-260-3842 or email [dana.burl@maryland.gov](mailto:dana.burl@maryland.gov).

## *The Maryland Veterans Trust*

The Maryland Veterans Trust receives donations, and then makes grants and loans to veterans and their family members who are in dire financial situations, or to private organizations that help veterans. Contact Mark Hendricks, Grant Administrator 410-230-4444, ext. 8, or email [mark.hendricks@maryland.gov](mailto:mark.hendricks@maryland.gov).

## **Social Security Resource Center**

Website: [www.socialsecuritybranch.com/md/](http://www.socialsecuritybranch.com/md/)

Service: Provides an online resource guide that allows individuals to connect you with local social security offices. The Social Security Administration will be able to assist with any questions regarding benefits, replacement of a social security card, eligibility qualifications, estimating future benefits, and supplemental security income benefits.

## **U.S. Department of Veterans Affairs**

Phone: 800-827-1000

Address: 810 Vermont Avenue, NW  
Washington, DC 20420

Hours: 8:30 a.m. – 4 p.m., Monday-Friday

Website: [www.va.gov](http://www.va.gov)

Service: The United States has the most comprehensive system of assistance for Veterans of any nation in the world, with roots that can be traced back to 1636. There are three component agencies that became bureaus within the Veterans Administration.

1) Veterans Benefits Administration (VBA) provides a variety of benefits to Service members, Veterans, and their families.

Website: [www.benefits.va.gov/benefits/](http://www.benefits.va.gov/benefits/).

2) Veterans Health Administration (VHA) is home to the United States largest integrated healthcare system. VHA wants to provide helpful information to our Veterans and their caregivers. Website: [www.va.gov/health/](http://www.va.gov/health/).

3) National Cemetery Administration (NCA) Our vision is to provide leadership, expertise, and advice in the development, acquisition, expansion and preservation of VA National Cemeteries to create national cemeteries as lasting memories which invoke a sense of honor and dignity for our Nation's Veterans.

## **U.S. Department of Veterans Affairs Regional Benefits Office**

Phone: 301-757-2250

Address: 47149 Buse Road, NASFS  
Building 1370  
NAS Patuxent River, MD 20670

Service: The US Department of Veterans Affairs provides patient care and federal benefits to veterans and their dependents.

# Claims Assistance

## Disabled American Veterans (DAV) Chapter 26

Phone: 240-925-5439  
Address: 21795 C, North Shangri-La Drive  
Lexington Park, MD 20653  
Website: [www.davch26stmarysmd.com/](http://www.davch26stmarysmd.com/)

Service: DAV is a nonprofit charity that provides a lifetime of support for Veterans of all generations and their families, helping more than 1 million Veterans in positive, life-changing ways each year. Certified Chapter Service Officers (CSOs) assist with VA Claims on Wednesdays from 10:00 am until 1:00 pm for FREE. On an average they handle about 17 Claims each Wednesday. No appointments--assistance is provided on a first-come-first-served basis at the location shown above.

# Dental Services

## Greater Baden Medical Services

Phone: 301-888-2233 TTY: 800-735-2258  
Fax: 301-599-0463  
Address: 7450 Albert Road, 1st Floor  
Brandywine, MD 20613  
Website: [www.gbms.org](http://www.gbms.org)

Service: Dental services are only provided at the Brandywine location, where GBMS has state-of-the-art dental equipment, systems and staff. We are pleased to have received grant funding to cover a limited number of free dental exams, fill-ins and extractions for senior citizens in need of assistance.

## Health Partners

Phone: 301-645-3556  
Hours: 8 a.m. – 4:30 p.m., Monday-Friday  
Email: [healthpartnersmd@gmail.com](mailto:healthpartnersmd@gmail.com)  
Website: [www.healthpartnersinc.org/](http://www.healthpartnersinc.org/)

Service: Heath Partners provides dental care for adults and children, including oral exams, x-rays, fillings, extractions, root canals, crowns, cleanings, and dentures. Health Partners accepts Medicaid, Medicare, CareFirst, and United Health Care. For individuals without insurance coverage, fees are based on their ability to pay.

Lexington Park  
*Dental Only*  
45870 East Run Drive  
Lexington Park, MD 20653

Waldorf  
*Medical and Dental*  
3070 Crain Highway Ste.  
101  
Waldorf, MD 20601

Nanjemoy  
*Medical and Dental*  
4375 Port Tobacco Road  
Nanjemoy, MD 20662



## **Maryland Foundation of Dentistry Donated Dental Services**

Phone: 410-964-1944

Fax: 410-964-9978

Address: 8901 Herrmann Drive  
Columbia, MD 21045

Hours: 8:30 a.m. – 4:30 p.m., Monday-Friday

Website: [www.mfdh-dds.org](http://www.mfdh-dds.org)

Service: The Maryland Foundation of Dentistry program's mission is to facilitate pro bono dental care to improve oral health, and maintain dental function for Maryland adults with intellectual, physical, and/or developmental disabilities who are unable to pay for their dental care.

## **St. Mary's County Health Department**

Phone: 301-475-4330 TTY: 301-475-4724

Fax: 301-475-4350

Address: 21580 Peabody Street  
P.O. Box 316

Leonardtown, MD 20650

Hours: 8 a.m. – 5 p.m., Monday-Friday

Email: [smchd.healthdept@maryland.gov](mailto:smchd.healthdept@maryland.gov)

Website: [www.smchd.org](http://www.smchd.org)

Service: Limited dental services are available to individuals who have an infectious dental emergency and do not have insurance which provides dental coverage.

## **University of Maryland School of Dentistry**

Phone: 410-706-7101

Address: 650 West Baltimore Street  
Baltimore, MD 21201

Hours: 9 a.m. – 4 p.m., Monday-Friday

Email: [clinicInfo@dental.umaryland.edu](mailto:clinicInfo@dental.umaryland.edu)

Website: [www.dental.umaryland.edu](http://www.dental.umaryland.edu)

Service: Offers a complete line of dental services performed by dental students under the supervision of licensed dentists. Fees are 30 – 50% less than normal. Transportation is not provided.

# Disability Resources

## Acoustic Trauma in Military Service

Website: [veterans.maryland.gov/](http://veterans.maryland.gov/)

Service: Military service personnel are often exposed to many forms of acoustic (noise) trauma which may impair hearing. Veterans Benefit Specialists (VBS's) are available to assist veterans in developing claims regarding tinnitus or acoustic trauma due to noise exposure while serving.

## Benefits for Disabilities

Website: [www.va.gov/disability/](http://www.va.gov/disability/)

Service: This U.S. Department of Veterans Affairs resource has a matrix that explains to disabled veterans what additional (derivative) benefits they may be entitled to based on their particular circumstances

## Maryland Relay

Phone: 800-552-7724 TTY: 410-767-6960

Fax: 410-767-4276

Address: 301 West Preston Street, Suite 1008A  
Baltimore, MD 21201

Email: [moreinfo@mdrelay.org](mailto:moreinfo@mdrelay.org)

Website: [doit.maryland.gov/mdrelay/Pages/about.aspx](http://doit.maryland.gov/mdrelay/Pages/about.aspx)

Service: A free public service that enables individuals, who find it difficult to use a standard phone to both make and receive calls. If you or a loved one, is Deaf, hard of hearing, late-deafened, Deaf-Blind, or has cognitive, mobility or speech difficulty, Maryland Relay offers many free calling options that enable you to make and receive calls.

## Paralyzed Veterans of America

Benefits Helpline: 866-734-0857

Caregiver Helpline: 855-260-3274;

Email: [info@pva.org](mailto:info@pva.org)

Website: [pva.org/](http://pva.org/)

Service: Assists Veterans who have experienced a spinal cord injury or dysfunction.

## **Southern Maryland Center for Independent Living**

Phone: 301-884-4498  
Fax: 301-884-6099  
Address: 38588 Brett Way, Suite 1  
Mechanicsville, MD 20659  
Email: [info@smcil.org](mailto:info@smcil.org)  
Website: [www.smcil.org](http://www.smcil.org)

Service: Provides services and advocacy to help empower persons with disabilities to lead self-directed, independent, and productive lives in the community. Other services may include applying for Social Security Disability, home or vehicle modifications, employment assistance, self-advocacy and mobility services.

## **St. Mary's County Department of Social Services Adult Services**

Phone: 240-895-7000  
Fax: 240-895-7099  
Address: 23110 Leonard Hall Drive  
P.O. Box 509  
Leonardtown, MD 20650  
Hours: 8:30 a.m. – 4 p.m., Monday-Friday  
Website: [dhs.maryland.gov/](http://dhs.maryland.gov/)

Service: Provides assistance to individuals who may have difficulties arising from aging, chronic illness, physical or mental disabilities, neglect and abuse, or interpersonal relationships. Respite Care is available to eligible individuals with disabilities and their families, which provides caregiver services to help a person with disabilities and to provide relief to family members.

# Education

## College of Southern Maryland Veterans & Military Support Services

Phone: 240-725-5421

Email: [Veteransbenefits@csmd.edu](mailto:Veteransbenefits@csmd.edu)

Website: [www.csmd.edu/student-services/Veteran-military](http://www.csmd.edu/student-services/Veteran-military)

Service: College of Southern Maryland is approved by the Department of Veteran Affairs and the Maryland Higher Education Commission, so that eligible Veterans, servicepersons, and certain dependents of Veterans can receive VA educational benefits.

## Entrepreneurship Bootcamp for Veterans (EBV)

Phone: 315-443-0141

Website: [ivmf.syracuse.edu/programs/entrepreneurship/start-up/ebv/](http://ivmf.syracuse.edu/programs/entrepreneurship/start-up/ebv/)

Service: The EBV program leverages the skills, resources, and infrastructure of higher education to offer cutting-edge, experiential training in entrepreneurship and small business management to post-9/11 Veterans.

## USAA Educational Foundation

Website: [www.usaa.com/](http://www.usaa.com/)

Service: The USAA Educational Foundation provides free financial educational resources from experts in finance and military life to fuel Veterans, active-duty members, and their families financial freedom. As an educational foundation, they provide information without endorsing or selling financial products.

## University of Maryland Global Campus (UMGC)

Phone: 855-655-8682

Website: [www.umgc.edu/military-and-veterans](http://www.umgc.edu/military-and-veterans)

Service: A top-ranked military and veteran-trusted school offering award-winning, flexible academic programs and services for active-duty military service members, veterans and military spouses and families.

# Emergency

## 911 Emergency Communications

Phone: 9-1-1  
Address: P.O. Box 653  
Leonardtown, MD 20650  
Hours: 24/7  
Email: [ema@stmaryscountymd.gov](mailto:ema@stmaryscountymd.gov)  
Website: [www.stmaryscountymd.gov/es/Communications/](http://www.stmaryscountymd.gov/es/Communications/)  
Service: The Division of Emergency Communications is responsible for daily operations of the county's 911 Center and Public Safety radio system. Our 24/7 operations provide emergency and routine communications for Fire, EMS, Sheriff, MSP, and many other critical county services.

## Department of Emergency Services

Phone: 301-475-4200, ext. 1013 or 301-475-4911  
Address: P.O. Box 653  
Leonardtown, MD 20650  
Hours: 7 a.m. – 4:30 p.m.  
Website: [www.stmaryscountymd.gov/es/](http://www.stmaryscountymd.gov/es/)  
Service: A multifaceted agency that provides 9-1-1 call taking and dispatching through the Emergency Communications Division; disaster preparedness, mitigation, response, and recovery through the Emergency Management Division; enforcement of animal regulations through Animal Control Division; assistance and liaison with volunteer agencies through Emergency Services Division; and computer, networking, and telecommunications support through the Information Technology Division. The department works with county, state and federal public agencies, volunteer entities, boards and committees to enhance the quality of life in St. Mary's County.

## Veterans Crisis Line

Phone: 800-273-8255, press 1 TTY: 800-799-4889  
Text: 838255  
Hours: 24/7  
Website: [www.veteranscrisisline.net](http://www.veteranscrisisline.net)  
Service: The Veterans Crisis Line connects Veterans and their families and friends with qualified caring responders from the Department of Veterans Affairs through a confidential toll-free hotline, on-line chat, or text. Veterans and their loved ones receive confidential support 24/7.

# Emergency Shelter

## National VA Homeless Hotline

Phone: 877-424-3838  
Website: [www.va.gov/homeless](http://www.va.gov/homeless)  
Service: The National VA Homeless Hotline provides 24/7 counseling, referral, food, and clothing to Veterans in need.

## Project ECHO

Phone: 410-535-0044  
Email: [projectecho@comcast.net](mailto:projectecho@comcast.net)  
Website: [www.projectecho.net/contact-us/](http://www.projectecho.net/contact-us/)  
Service: Project ECHO house can accommodate 40-plus men, women, and children. More than just beds and meals, they provide a clean, safe, family-friendly environment to those who need it most. Our unique 90-day program gives each resident the opportunity to stabilize his or her life and offers many supplemental programs that encourage personal growth and independence.

## Three Oaks Center

Phone: 301-863-9535 x103  
Address: 46905 Lei Drive  
P.O. Box 776  
Lexington Park, MD 20653  
Hours: 8 a.m. – 4 p.m., Monday-Friday  
Email: [threeoaks@threeoakscenter.org](mailto:threeoaks@threeoakscenter.org)  
Website: [threeoakscenter.org/](http://threeoakscenter.org/)  
Service: The Mission of Three Oaks Center's Southern MD Veterans Initiative is to raise awareness of and solve problems facing Veterans and their families by providing necessary services and follow-on support through local community agencies so that no one has to be homeless. Our vision is a vital community support system that facilitates the success of, paves the way to self- sufficiency for, or improves the lives of Veterans and their families.

# Employment

## Easter Seals D.C. MD VA Veteran Staffing Network (VSN)

Phone: 855-VET-7111

Website: [www.Veteranstaffingnetwork.org](http://www.Veteranstaffingnetwork.org)

Service: Connects employers with top-tier military talent and helps Veterans and their spouses find meaningful jobs. VSN supports multiple disciplines and industries, placing thousands of Veterans and military spouses in positions across the country, from executive to entry-level.

## Helmets to Hardhats

Phone: 866-741-6210

Address: 5715 16th St NW  
Washington, DC 20011

Email: [Marketingadmin@helmetstohardhats.org](mailto:Marketingadmin@helmetstohardhats.org)

Website: [www.helmetstohardhats.org](http://www.helmetstohardhats.org)

Service: Connects National Guard, Reserve, retired and transitioning active-duty military service members with skilled training and quality career opportunities in the construction industry. The program is designed to help military service members successfully transition back into civilian life by offering them the means to secure a quality career in the construction industry.

## Hiring Our Heroes

Phone: 866-741-6210

Website: [www.uschamberfoundation.org/](http://www.uschamberfoundation.org/)

Service: Hiring Our Heroes is a nationwide U.S. Chamber of Commerce Foundation initiative to assist Veterans, transitioning service members, and military spouses find meaningful employment opportunities. Build a resume, get career advice, apply for jobs, find a hiring event, learn about the Corporate Fellowship Program, and discover resources for wounded, ill, and injured service members.

## Maryland Careers for Veterans

Website: [dbm.maryland.gov/jobseekers/Pages/VeteransJobs.aspx](http://dbm.maryland.gov/jobseekers/Pages/VeteransJobs.aspx)

Service: This webpage contains resources Maryland provides to returning Veterans - employment opportunities, Veteran services, upcoming events and more.

## **Maryland's Commitment to Veterans**

Phone: 1-877-770-4801

Email: [bha.mcv@maryland.gov](mailto:bha.mcv@maryland.gov)

Website: [health.maryland.gov/bha/Veterans/Pages/Home.aspx](http://health.maryland.gov/bha/Veterans/Pages/Home.aspx)

Service: Maryland's Commitment to Veterans provides a confidential forum for Veterans and family members to discuss challenges they are facing. Maryland's Commitment to Veterans helps link Veterans and family members with needed resources.

## **Maryland Department of Labor Veteran Services - Workforce Development & Adult Learning**

Phone: 410-767-2093

Email: [dlwdalVeterans-labor@maryland.gov](mailto:dlwdalVeterans-labor@maryland.gov)

Website: [dllr.state.md.us/employment/Veteranservices.shtml](http://dllr.state.md.us/employment/Veteranservices.shtml)

Service: The state's American Job Centers offer a variety of services to assist Veterans, transitioning military personnel, and other qualified individuals. Priority of service is given to Veterans and their eligible spouses who meet certain eligibility requirements.

Local Veterans' employment representatives work with businesses, contractors, and employer organizations within local areas to develop career opportunities for Veterans. The Disabled Veterans Outreach Program staff also provide specialized intensive employment assistance to eligible Veterans with employment and training needs.

## **Mid-Atlantic Veterans Business Outreach Center**

Phone: 301-955-6328

Email: [scoella@umd.edu](mailto:scoella@umd.edu)

Website: [midatlanticvboc.com](http://midatlanticvboc.com)

Service: The Mid-Atlantic Veterans Business Outreach Center (VBOC) aims to serve as the connective tissue that links programs, services, and resources throughout the Mid-Atlantic region, striving to create a comprehensive network of support opportunities for service members, Veterans, military retirees, military/Veteran spouses & dependents, National Guard members, reservists, and otherwise military-connected entrepreneurs. Serving Delaware, Maryland, Pennsylvania, and Washington D.C.



## **Southern Maryland JobSource**

Phone: 301-274-1922, ext. 400  
Address: 22934 Three Notch Road, Suite B  
California, Maryland 20619  
Email: stmarysajc@tccsmd.org  
Website: <https://tccsmd.org/>

Service: The Southern Maryland JobSource, a partnership with local workforce development agencies, providing a full range of assistance to job seekers and businesses. Southern Maryland JobSource strives to provide customer-driven workforce services for all customers.

## **Project Opportunity**

Website: [www.project-opportunity.com/](http://www.project-opportunity.com/)

Service: Project Opportunity provides Veterans a free entrepreneurship training program designed specifically for Veterans who want to start their own business. The program is a 10 week (30 hour) intensive course designed to prepare participants to research and complete a business plan.

## **Warriors to Workforce**

Email: [VAAAW2W@va.gov](mailto:VAAAW2W@va.gov)  
Website: [www.acquisitionacademy.va.gov/schools/internship/w2wProgram.asp](http://www.acquisitionacademy.va.gov/schools/internship/w2wProgram.asp)

Service: A 10-month program that offers Veterans an opportunity to transition into a new, full-time career in the federal government by applying their military skills and experiences to the contract specialist field. The program focuses on transitional support, mentoring, professional development, and foundational career training activities.

# Financial Assistance

## Operation Homefront

Phone: 210-659-7756

Website: [operationhomefront.org/](http://operationhomefront.org/)

Service: Operation Homefront provides various forms of relief to military families through its programs, such as Critical Financial Assistance, as well as veteran housing assistance programs including Transitional Housing (Villages), Transitional Homes for Veterans, Transitional Housing (Apartments), and Permanent Housing.

## Maryland Veterans Trust Fund

Phone: 410-260-3836

Email: [mdVeteranstrust.mdva@maryland.gov](mailto:mdVeteranstrust.mdva@maryland.gov)

Website: <https://Veterans.maryland.gov/maryland-department-of-Veterans-affairsVeterans-trust-fund/>

Service: Assists with non-emergency, temporary financial challenges facing Veterans or widows/widowers of Veterans (primarily rent/ mortgage payments and utility bills). The fund's design cannot support chronic, long term financial hardship. The Trust Fund Grant Administrator completes a brief interview with each applicant before submitting applications for review. Based on information supplied in the application, a review committee approves or denies requests for assistance.

## Navy Marine Corps Relief Society

Phone: 301-342-4739

Email: [PatuxentRiver@nmcrs.org](mailto:PatuxentRiver@nmcrs.org)

Website: <https://www.nmcrs.org/locations/patuxent-river>

Service: The mission of Navy-Marine Corps Relief Society is to provide, in partnership with the Navy and Marine Corps, financial, educational, and other assistance to members of the Naval Services of the United States, eligible family members, and survivors when in need; and to receive and manage funds to administer these programs.

# Food Pantries & Soup Kitchens

## Feed St. Mary's Inc.

Phone: 240-237-8197  
Address: 46041 Signature Lane,  
Lexington Park, MD 20653  
Website: <https://feedstmarys.org/>  
Service: St. Mary's County's first-ever food bank — promising a consistent and reliable source of food distribution into and throughout St. Mary's County.

## First Saints Church

Phone: 301-475-7200  
Address: 25550 Point Lookout Road  
Leonardtown, MD 20650  
Website: [www.firstsaints.org](http://www.firstsaints.org)  
Email: [office@firstsaints.org](mailto:office@firstsaints.org)  
Service: First Saints Church (St. Paul's) Leonardtown location provides a soup kitchen each Tuesday from 11 a.m. – 12:30 p.m. Food pantry is also open on Tuesdays from 11 a.m. - 12:30 p.m.

## Good Samaritan Lutheran Church

Phone: 301-863-4740  
Address: 20850 Langley Road  
Lexington Park, MD 20653  
Email: [foodpantry@goodsamlutheran.com](mailto:foodpantry@goodsamlutheran.com)  
Website: [www.goodsam.community/serve/](http://www.goodsam.community/serve/)  
Service: Our Daily Bread Food Pantry is open 10:00 am to 12:00pm on Wednesdays & Fridays each week. Closed on holidays that might fall on those dates. The pantry is located in the basement of the middle building on the campus of Good Samaritan Lutheran Church.

## The Mission Food Pantry & Donation Center

Address: God's House of Refuge  
46694 Midway Drive  
Lexington Park, Maryland 20653  
Website: <https://seekingshelter.com/>  
Service: The Mission pantry is open for donations Monday-Thursday from 10 a.m. – 1 p.m. Currently only open to receive donations of warm clothing, blankets, winter shoes, food and bottled water.

# **Helpers Overcoming Problems Effectively**

## **H.O.P.E**

Phone: 301-737-2870  
Fax: 301-863-7973  
Address: The Episcopal Church of the Ascension  
21641 Great Mills Road  
Lexington Park, MD 20653

Email: [h.o.p.e.somd@gmail.com](mailto:h.o.p.e.somd@gmail.com)

Website: [hopesomd.org/about\\_us.aspx](http://hopesomd.org/about_us.aspx)

Service: The food pantry is available for people with emergency food needs in the Lexington Park area. The food pantry is located in the Church undercroft and is open Monday and Thursday from 9 a.m. – 12 p.m. Drive-thru ONLY.

## **SHARE Food Network**

Phone: 202-772-4300  
Address: 924 G Street, NW  
Washington, DC 20001

Email: [shareorders@cc-dc.org](mailto:shareorders@cc-dc.org)

Website: [www.catholiccharitiesdc.org/share](http://www.catholiccharitiesdc.org/share)

Service: The SHARE Food Network provides monthly value packages of basic and healthy groceries, typically made up of 4-5 pounds of frozen protein products, 1-3 grocery items, and 8-9 pounds of fresh produce that cost \$25 and are worth \$40-\$50.

### **Locations:**

Immaculate Heart of Mary  
22375 Three Notch Road  
Lexington Park, MD 20653  
301-863-8490

Restoration Free Gospel Church  
19895 Three Notch Road  
Lexington Park, MD 20653  
301-863-4506

Mt. Zion Church  
27108 Mt. Zion Church Road  
Mechanicsville, MD 20659  
240-682-4692

# Health Insurance

## Maryland Insurance Administration

Phone: 410-468-2000  
Address: 200 St. Paul Place, Suite 2700  
Baltimore, MD 21202  
Website: [www.insurance.maryland.gov](http://www.insurance.maryland.gov)

Service: The Maryland Insurance Administration responsibilities are to protect Maryland consumers by regulating the state's insurance companies and producers. They investigate complaints consumers have about their insurance coverage, including but not limited to, life, health, automobile, and homeowners; license insurance companies and producers operating in Maryland; conduct financial examinations of insurance companies to ensure solvency; conduct market examinations to ensure compliance with Maryland's insurance laws; investigate acts of insurance fraud; and review and approve rates and contract forms.

## MedStar St. Mary's Hospital: AccessHealth

Phone: 301-475-6019  
Address: East Run Center  
21165 Great Mills Road  
Lexington Park, MD 20653  
Website: [www.medstarstmarys.org](http://www.medstarstmarys.org)

Service: Access Health is a program offered by MedStar St. Mary's Hospital that aims to provide assistance to hospital patients that face barriers to receiving the health care they need. AccessHealth is available to all St. Mary's County residents who have one of the following chronic diseases: asthma, diabetes, hypertension/high blood pressure, congestive heart failure (CHF), chronic obstructive pulmonary disease (COPD) or behavioral health issues.

## Medicaid

Phone: 301-475-4330  
Address: 21580 Peabody Street  
Leonardtown, MD 20650  
Hours: 8 a.m. – 5 p.m., Monday-Friday  
Website: [www.smchd.org](http://www.smchd.org)

Service: Representatives assist persons who do not receive Medicare benefits to apply for community Medicaid benefits. Medicaid provides comprehensive health insurance to those that financially qualify.

## **Medicare**

Phone: 1-800-633-4227

Website: [www.medicare.gov](http://www.medicare.gov)

Service: Health insurance for persons age 65 and over or who receive Social Security Disability. Medicare helps to pay for inpatient hospital care, outpatient services, home health care, durable medical equipment, and skilled nursing care. Applications are made through the Social Security Administration in-person, by phone, or on-line at [www.ssa.gov](http://www.ssa.gov).

## **TRICARE for Life**

Phone: 866-773-0404

Address: P.O. Box 7032  
Camden, SC 29021-7032

Hours: 8 a.m. – 6 p.m., Monday-Friday

Website: [www.tricare4u.com](http://www.tricare4u.com)

Service: Tricare for Life (TFL) is a Medicare wraparound coverage for Tricare beneficiaries who have Medicare Part A and Medicare Part B, regardless of age or place of residence. You are eligible for TFL on the date that you have both Medicare Part A and Medicare Part B.

## **TRICARE/Humana Military**

Phone: 800-444-5445

Website: <https://www.humanamilitary.com/>

Service: Humana Military, a wholly-owned subsidiary of Humana Inc., partners with the Department of Defense to administer the TRICARE health program for military members, retirees, and their families.

## **Veterans Affairs Dental Insurance (VADIP)**

Phone: 855-370-3303

Website: [www.va.gov/healthbenefits/vadip/](http://www.va.gov/healthbenefits/vadip/)

Service: The Veterans Affairs had implemented a comprehensive national VA Dental Insurance Program (VADIP) to give enrolled Veterans and CHAMPVA beneficiaries the opportunity to purchase dental insurance through Delta Dental or MetLife at a reduced cost. Participation is voluntary. Purchasing a dental plan does not affect Veterans' eligibility for VA dental services.

# Health Services & Information

## Civilian Health and Medical Program of the Department of Veterans Affairs (CHAMPVA)

Phone: 800-733-8387

Address: P.O. Box 469063  
Denver, CO 80246-9063

Website: <https://www.va.gov/health-care/family-caregiver-benefits/champva/>

Service: CHAMPVA is a health care program in which the VA shares the cost of covered health care services and supplies with eligible beneficiaries.

## Pyramid Health Care – Maryland

Phone: 301-690-8329

Website: <https://www.pyramid-healthcare.com/locations/maryland/>

Service: Pyramid Healthcare operates both residential and outpatient facilities throughout Maryland, with locations in California, Charlotte Hall and Harford County.”

## Southern Maryland Veterans Outpatient Clinic

Website: <https://www.va.gov/>

Service: Provides basic medical care, preventive care, and health education to Veterans living in Southern Maryland. Veterans may call the Patient Service Center 202-745-8577 to schedule appointments.

Appointments are required. If you have questions regarding your healthcare, you can call the Medical Advice Line 202-745-8247 and a nurse will speak with you.

Charlotte Hall  
29640 Three Notch Road  
Charlotte Hall, Maryland  
301-884-7102

Lexington Park  
45870 East Run Drive, Suite  
300  
Lexington Park, MD  
240-237-1625

## **Veterans Affairs Military Exposures**

Phone: 877-829-4833

Website:<https://www.publichealth.va.gov/exposures/>

Service:Veterans may have been exposed to a range of chemical, physical, and environmental hazards during military service. This webpage provides information and resources regarding military exposure to chemical, physical, and environmental hazards.

## **Veterans Health Council**

Phone: 301-585-4000, ext. 195

Website:<http://veteranshealthcouncil.org/>

Service:Informs Veterans and their families about health issues and available benefits.



# Housing

## **Maryland Homeowner Assistance Fund**

Phone: 301-429-7555

Website: <https://dhcd.maryland.gov/Residents/Pages/HomeownerAssistanceFund.aspx>

Service: Facilitates access to a statewide network of nonprofit and local government agencies that provide critical assistance to homeowners and renters. Housing counselors and information on state-approved nonprofit agencies that provide individual guidance to homeowners facing foreclosure.

## **Naval Air Station Patuxent River Fleet and Family Services**

Phone: 301-342-4911

Website: <https://www.navymwrpaxriver.com/>

Service: Strives to deliver customer-driven, quality of life programs and services for the NAS Patuxent River community. Our programs include Morale, Welfare & Recreation (MWR), Fleet & Family Support Center (FFSC), Child & Youth Programs (CYP), Housing, MWR Recreational Lodging and much more.

## **Patuxent Habitat for Humanity - Veteran Critical Home Repairs**

Phone: 301-863-6227

Email: [info@patuxenthabitat.org](mailto:info@patuxenthabitat.org)

Website: <https://www.patuxenthabitat.org/Veteran-critical-home-repairs>

Service: The Patuxent Habitat for Humanity Veteran Critical Repair Program is designed to repair homes for military Veterans and their families. The program will assist with repairs identified in Habitat's Critical Home Repair guidelines that may vary from roof repair and structural wall repairs to installing wheelchair ramps and remodeling bathrooms to be easily used by Veterans with disabilities.

# Information and Assistance

## Maryland 2-1-1

Phone: 2-1-1 or 301-864-7161  
Address: 1800 Washington Boulevard, Suite 340  
Baltimore MD 21230  
Email: [info@211MD.org](mailto:info@211MD.org)  
Website: [www.211md.org](http://www.211md.org)

Service: 2-1-1 Maryland is partnership of four agencies working together to provide simple access to health and human services information. Every hour of every day, people need essential human services. They are looking for help finding affordable housing, food, employment training, utility payment assistance, services for their children or aging parents, and many other issues. Our specially trained call specialists answer calls 24 hours every day of the year.

## Maryland State Library for the Blind and Print Disabled

Phone: 800-964-9209 or 410-230-2424  
TTY: 800-934-2541 or 410-333-8679  
Address: 415 Park Avenue  
Baltimore, MD 21201  
Email: [Reference.desk@maryland.gov](mailto:Reference.desk@maryland.gov)  
Website: [www.lbph.lib.md.us](http://www.lbph.lib.md.us)

Service: Free library services for individuals with visual or physical disabilities, who cannot read or use ordinary books.

## Serving Together

Phone: 855-738-7176  
Website: <https://servingtogetherproject.org/>

Service: Works with partners to connect veterans, active duty, guard, reserve, caregivers, and military spouses with a coordinated network of care for all of life's needs. From employment to benefits navigation, education to mental health and wellbeing supports, our partnerships are vital to serving our military-connected community and their families, before, during, and after service.

## **St. Mary's County Libraries**

Charlotte Hall Library

Phone: 301-884-2211  
Address: 37600 New Market Road  
Charlotte Hall, MD 20622

Garvey Senior Activity Center & Leonardtown Library

Phone: 301-475-2846  
Address: 23630 Hayden Farm Lane  
Leonardtown, MD 20650

Lexington Park Library

Phone: 301-863-8188  
Address: 21677 FDR Boulevard  
Lexington Park, MD 20653

Website: [www.stmalib.org](http://www.stmalib.org)

Service: A library card is free to all residents of Maryland. The library maintains a wide collection of books, including large print editions, audio books, DVDs, musical recordings, magazines, newspapers and downloadable audio books and eBooks, eReaders, computers, Internet access, including wireless, copiers, scanners and fax are available for public use. Staff is available to provide customer service and assistance with reference. The library offers programs throughout the year including free computer classes at all three branches with eReader instruction. With a library card, library service is available 24/7 through the library's website ([www.stmalib.org](http://www.stmalib.org)). Library card holders can manage their accounts, search for books, research using the free online databases, download free ebooks and audio books and obtain reading suggestions.

Lexington Park Library offers a Veterans Book Group. The group meets every first Saturday of the month from February to June at 2 p.m. at the Lexington Park Library. For more information and to register please call 301-863-6188 or email [kfields@stmalib.org](mailto:kfields@stmalib.org).

## **Southern Maryland Tri-County Action committee**

Phone: 301-274-4474  
Address: 8377 Old Leonardtown Road  
P.O. Box 280  
Hughesville, MD 20637

Website: [www.smtccac.org](http://www.smtccac.org)

Service: Assist qualified individuals with housing, energy expenses, and early childhood education.

# Legal Services

## American Bar Association (ABA) Veterans Legal Services Initiative

Phone: 800-285-2221  
Email: [service@americanbar.org](mailto:service@americanbar.org)  
Website: [https://www.americanbar.org/groups/legal\\_services/milvets/](https://www.americanbar.org/groups/legal_services/milvets/)

Service: Brings together all of the ABA entities, programs, and projects focused on legal services for military personnel, Veterans, and their families and provides access to all of these resources to the public and legal professionals.

## National Veterans Legal Services Program (NVLSP)

Phone: 202.265.8305  
Address: 1100 Wilson Blvd. Suite 900  
Arlington, VA 22209  
Email: [info@nvlsp.org](mailto:info@nvlsp.org)  
Website: <https://www.nvlsp.org/>

Service: VLSP's Lawyers Serving Warriors® (LSW) program offers free pro bono legal help with 4 DOD issue areas to veterans from all eras and veterans located anywhere. LSW attorneys are experts in the DOD matters of: (1) discharge upgrades, (2) military medical retirement, (3) Combat-Related Special Compensation, and (4) the Servicemembers' Group Life Insurance Traumatic Injury Protection Program (TSGLI). We partner with volunteer lawyers from over 100 national law firms and corporate legal departments to assist veterans and servicemembers in securing the DOD benefits they have been wrongfully denied. LSW attorneys leverage their expertise to train and mentor volunteer lawyers so they are prepared and qualified to handle LSW-referred pro bono cases before the DOD and in court. LSW also partners with pro bono lawyers on class action litigation involving systemic issues impacting these 4 DOD programs.

LSW encourages online applications for the 4 DOD matters we handle. If you need additional assistance applying for one of the 4 DOD matters we handle, you may contact [LSW.intake@nvlsp.org](mailto:LSW.intake@nvlsp.org) or call 202.265.8305 Option 5 and leave a detailed message, indicating which of the 4 DOD matters you are applying for.

# Medical Equipment

## A Community That Shares, Inc. (A.C.T.S.)

Phone: 301-769-4199  
Address: 21808 Colton's Point Road  
Avenue, Maryland 20609  
Email: Actsmail1@Gmail.com  
Website: [www.acts-smc.org](http://www.acts-smc.org)

Service: A.C.T.S. is a non-profit community service organization which provides the temporary use of in-home convalescent equipment, such as hospital beds, wheelchairs, and walkers, at no charge to residents of St. Mary's County. Service is without cost to the user of the equipment for the time it is needed. ACTS members are non-paid volunteers from the community. Membership is open to any emergency service, civic, fraternal, religious, or not-for-profit organization located within Southern Maryland. ACTS receives its support from individuals, business donations, and through the generous contribution of usable convalescent equipment from members of the community. A 24-hour answering service is maintained for messages. Representatives of ACTS will respond to these calls during the next business day. Services are performed without the assistance of any government subsidy, however, with the support of United Way and other local agencies.

# Mental Health Services

## Annapolis Vet Center

Phone: 410-605-7826

Website: <https://www.va.gov/annapolis-vet-center/>

Service: Offers confidential help for Veterans, service members, and their families at no cost in a non-medical setting. Services include counseling for needs such as depression, post-traumatic stress disorder (PTSD), and the psychological effects of military sexual trauma (MST). Annapolis Vet Center also connects Veterans with more support in VA and local communities.

## Charlotte Hall VA Clinic Mental Health Care

Phone: 301-884-7102

Address: 29640 Three Notch Road  
Charlotte Hall, MD 20622-3244

Website: <https://www.va.gov/washington-dc-health-care/locations/charlotte-hall-va-clinic/>

Service: If you're struggling with issues like PTSD, depression, grief, anger or trauma, we offer counseling and other support. All VA health care facilities offer same-day help. You may qualify even without enrolling in VA health care.

## Department of Veterans Affairs Readjustment Counseling Service

Phone: 1-877-222-8387

Website: [https://www.vetcenter.va.gov/Vet\\_Center\\_Services.asp](https://www.vetcenter.va.gov/Vet_Center_Services.asp)

Service: Life isn't always easy after a deployment. Vet Centers provide a broad range of counseling, outreach, and referral services to combat-Veterans and their families. Vet Centers guide Veterans and their families through many of the major adjustments in lifestyle that often occur after a Veteran returns from combat. Services for a Veteran may include individual and group counseling in areas such as Post-Traumatic Stress Disorder (PTSD), alcohol and drug assessment, and suicide prevention referrals. All services are free of cost and confidential.

## **For All Seasons Behavioral Health & Rape Crisis Center**

Phone: 410-822-1018

Website: <https://forallseasonsinc.org/open-access/>

Service: Our therapists are trauma-certified. Our therapy team provides clients a variety of evidence-based therapies including: Cognitive Behavioral Therapy (CBT), Eye Movement Desensitization and Reprocessing (EMDR), Dialectical Behavior Therapy (DBT), Dyadic Developmental Psychotherapy (DDP) and many others. We ensure anyone can receive expert mental health care when they need it regardless of their income.

## **Heroes on the Water Ft. Belvoir Therapeutic Program**

Phone: 214-295-454

Email: [FtBelvoir.VA@heroesonthewater.org](mailto:FtBelvoir.VA@heroesonthewater.org)

Website: <https://heroesonthewater.org/therapeutic-programs/ft-belvoir/>

Service: Heroes on the Water, a 501(c)(3) Veterans-charity, creates alternative therapeutic programs to serve Veterans, active-duty military personnel, first responders and their families. These experiential programs incorporate structured activities proven to improve the lives of these men and women. Each experience reduces the impact of post-traumatic stress and traumatic brain injury while providing much-needed camaraderie and support.

## **Hope & Healing**

Phone: 301-934-7740

Website: <https://www.hopehealingtherapy.com/>

Service: Specializes in holistic approaches to wellness through trauma-informed care for individuals of all ages, couples, and families.

Our providers are trained in: Cognitive Behavioral Therapy, Play Therapy, Trauma Focused Cognitive Behavioral Therapy, Cognitive Processing Therapy for PTSD, Motivational Interviewing, Gottman Marriage Counseling, and many others.

## **Inner Peace**

Phone: 301-866-6333

Website: <https://innerpeacets.org/>

Service: Offers a variety of evidence-based therapies including, Cognitive Behavioral Therapy (CBT), Eye Movement Desensitization and Reprocessing (EMDR), Hypnotherapy, and many others.

## **Pathways, Inc.**

Phone: 301-375-3065, ext. 241  
Address: 44101 Airport View Drive  
P.O. Box 129  
Hollywood, MD 20636  
Hours: 8:30 a.m. – 4:30 p.m., Monday-Thursday  
8 a.m. – 4 p.m. Fri.  
Email: info@pathwaysinc.org  
Website: www.pathwaysinc.org  
Service: Pathways specializes in a range of services including psychiatric consultation and medication management, outpatient treatment and counseling for individuals, couples, and families, recovery supports and supportive living arrangements for persons with mental illness, and vocational support for persons with a mental illness and/or brain injury.

## **Pyramid Healthcare**

Phone: 301-690-8329                      Emergency Line: 814-326-2882  
Fax: 301-290-0280  
Address: 30007 Business Center Drive  
Charlotte Hall, MD 20622  
Hours: Mon-Thu, 9 a.m. – 8 p.m., Fri, 8 a.m. – 4 p.m.  
Website: <https://www.pyramid-healthcare.com/>  
Service: Walden offers services for Mental Health, Substance Abuse Treatment, Crisis Services, Psychiatry, Recovery Support, Family Violence, Sexual Assault Counseling, and Residential Treatment Program. Our California, MD location is one of our largest outpatient substance use and co-occurring mental health treatment centers, where we provide services for both men and women. Our program is known for its multidisciplinary, evidence-based approach to behavioral health treatment and recovery.

### **Locations:**

California Office  
44871 St. Andrew's Church  
Road  
California, MD 20619  
301-235-1099

Charlotte Hall  
30007 Business Center  
Drive  
Charlotte Hall, MD 20622  
301-235-1099

Harford County  
1015 Pulaski Highway  
Joppa, MD 21085  
301-235-1099



## **Serenity Place, LLC**

Phone: (301) 690-8008

Email: [appointment@serenityplace.biz](mailto:appointment@serenityplace.biz)

Website: <https://serenityplacellc.com/>

Service: Our team of therapists have experience working with so many of the challenges you face, but we're especially skilled at assisting with marriage and family issues, grief, bereavement, anxiety, depression, PTSD and trauma.

## **The Psychiatric Institute of Washington (PIW)**

Phone: 800-369-2273

Address: 4228 Wisconsin Avenue Northwest  
Washington, DC

Website: <https://psychinstitute.com/>

Service: Provides an Intensive Outpatient Program (IOP) and Partial Hospitalization Program (PHP) for adults, as well as a trauma outpatient program. Our outpatient day programs will meet individuals where they are and provide the outpatient care necessary to help them take positive steps forward. We serve adults and adolescents who live in the District of Columbia, Maryland, and Virginia, area. As the first and only free standing psychiatric care facilities in Washington, DC, our team has a reputation for providing innovative treatment and care. We strive for excellence, never losing sight of providing patients with hope – hope that although their stay is relatively brief, they may find their way to a brighter future.

# Nursing Homes

## Charlotte Hall Veterans Home

Phone: 301-884-8171  
Fax: 833-671-3102  
Address: 29449 Charlotte Hall Road  
Charlotte Hall, MD 20622  
Email: [smurphy@charhall.org](mailto:smurphy@charhall.org)  
Website: [www.charhall.org](http://www.charhall.org)

Service: Charlotte Hall Veterans Home has proudly been “Serving Those Who Served” since 1985. The home is situated on 126 beautiful acres in St. Mary’s County, and offers a continuum of care from the 168-bed assisted living program to the 286-bed skilled nursing program. Charlotte Hall Veterans Home also offers memory care in secure units.

## Chesapeake Shores

Phone: 301-863-7244  
Fax: 301-863-8550  
Address: 21412 Great Mills Road  
Lexington Park, MD 20653  
Email: [admin.bayside@signaturehealthcarellc.com](mailto:admin.bayside@signaturehealthcarellc.com)  
Website: [www.chesapeakeshorescares.com](http://www.chesapeakeshorescares.com)

Service: Chesapeake Shores skilled nursing and rehabilitation center, offers 117 beds, comprehensive care, short-term respite care to long-term care, recreation and other healthcare services.

## St. Mary’s Nursing & Rehabilitation Center

Phone: 301-475-8000  
Fax: 301-475-3085  
Address: 21585 Peabody Street  
Leonardtown, MD 20650  
Email: [mdelahay@smnci.org](mailto:mdelahay@smnci.org)  
Website: [www.smnci.org](http://www.smnci.org)

Service: St. Mary’s Nursing & Rehabilitation Center offers one hundred sixty beds providing long-term care, short-term rehabilitation, respite services, and the therapy department offers physical, speech and occupational therapy to the residents under the supervision of their attending physician and the facility’s medical review care team.

# Physical Fitness

## CTLDomGroup, Inc.

Phone: 202-498-5678  
Website: <https://www.ctldomgroup.com/>  
Service: CTLDomGroup provides health and wealth management plans for Veterans.

## St. Mary's County Department of Recreation & Parks

Phone: 301-475-4200 ext. 1800  
Address: 23150 Leonard Hall Dr  
Leonardtown, MD 20650  
Hours: 8 a.m. – 5 p.m., Monday-Friday  
Website: <https://www.stmaryscountymd.gov/recreate/>  
Service: Provides an enriched quality of life for the community through the promotion of a variety of leisure experiences.

## Great Mills Swimming Pool

Phone: 301-866-6560  
Address: 21100 Great Mills Road  
Great Mills, MD 20634  
Hours: 10 a.m. – 8 p.m., Monday-Saturday  
12 p.m. – 6 p.m. Sunday  
Website: [www.stmaryscountymd.gov/recreate/aquatics](http://www.stmaryscountymd.gov/recreate/aquatics)  
Service: Provides opportunities for water aerobics, recreational, therapeutic, instructional and competitive swimming for all ages. The 25x25 meter pool includes 6 lanes and has a “zero depth” entry for maximum accessibility.

## Wellness and Aquatics Center

Phone: 301-475-4200 ext. 1821  
Address: 22950 Hollywood Road  
Leonardtown, MD 20650  
Hours: 10 a.m. – 8 p.m., Monday-Saturday  
12 p.m. – 6 p.m. Sunday  
Website: <https://www.stmaryscountymd.gov/recreate/wellnesscenter/>  
Service: The facility includes a 25-yard competition pool, warm water therapy pool with zero depth entry, a weight training room and 2 group fitness/dance studios.

# Recreation

## Department of Recreation and Parks

Phone: 301-475-4200, ext. 1800  
Address: 23150 Leonard Hall Drive  
P.O. Box 653  
Leonardtown, MD 20650  
Hours: 8 a.m. – 5 p.m., Monday-Friday  
Website: [www.stmaryscountymd.gov/recreate/](http://www.stmaryscountymd.gov/recreate/)  
Service: Offers adult sports, fitness, aquatics, Paralympics, and special interest programs as well as youth sports, dance, gymnastics, aquatics, therapeutic, child care and camp programs available year round.

## Greenwell Foundation

Phone: 301-373-9775  
Address: 25450 Rosedale Manor Lane  
Hollywood, MD 20636  
Website: <https://greenwellfoundation.org/>  
Service: Provides accessible and inclusive programs, services, and facilities for all community members, with and without disabilities.

## Maryland Department of Natural Resources (DNR)

Phone: 410-260-8367 or 866-344-8889  
Address: 580 Taylor Avenue, Tawes State Office Building  
Annapolis, MD 21401  
Hours: 8:30 a.m. – 4:30 p.m., Monday-Friday  
Email: [customerservice.dnr@maryland.gov](mailto:customerservice.dnr@maryland.gov)  
Website: [www.dnr.maryland.gov](http://www.dnr.maryland.gov)  
Service: DNR offers individuals with disabilities free lifetime blind fishing license; must have proof of disability. DNR also offers Disable American Veterans (DAV) and Former Prisoner of War (POW) free fishing and hunting licenses.

## Naval Air Station Patuxent River Fleet and Family Services

Phone: 301-342-4911  
Website: <https://www.navymwrpaxriver.com/>  
Service: Strives to deliver quality of life programs and services for the NAS Patuxent River community. Programs include Morale, Welfare & Recreation (MWR), MWR Recreational Lodging and much more.

## **Operation Second Chance on the Chesapeake**

Phone: 301-938-2834 or 410-610-2710  
Email: [cindy@operationsecondchance.org](mailto:cindy@operationsecondchance.org)  
Website: [www.operationsecondchance.org](http://www.operationsecondchance.org)  
Service: Maryland-based agency of patriotic citizens committed to serving combat wounded Veterans via recreational pursuits.

## **Solomons Navy Recreation Center**

Phone: 410 286-5529 or 410 286-7301  
Website: [www.navymwrsolomons.com](http://www.navymwrsolomons.com)  
Service: Solomons Navy Recreation Center offers a location for vacations for our proudly serving military members and their families.

## **Team River Runner**

Phone: 301-938-2834 or 410-610-2710  
Address: 5007 Stone Road  
Rockville, MD 20853  
Email: [info@teamriverrunner.org](mailto:info@teamriverrunner.org)  
Website: [www.teamriverrunner.org/maryland-southern-maryland](http://www.teamriverrunner.org/maryland-southern-maryland)  
Service: Team River Runner's mission is to provide all Veterans, active duty, and their families an opportunity to find health, healing, community purpose and new challenges through adventure and adaptive paddle sports. The Southern Maryland chapter provides kayaking events for Veterans throughout the tri-county area. Kayaks and instruction are provided free of charge to Veterans and their families.

## **Veteran Golfers Association**

Email: [jeff.manalansan@vgagolf.org](mailto:jeff.manalansan@vgagolf.org)  
Website: <https://www.vgagolf.org/>  
Service: The VGA develops programs that allow our members to compete, socialize, and remain physically active through the game of golf. Through local league play, regional tournaments, and national qualifiers, the VGA helps reinforce values like integrity, respect, and perseverance through the game of golf. Additionally, the VGA offers family-oriented activities that help Veterans, and their family members increase the amount of quality time spent together and be more active in their communities.

## **Veteran Tickets Foundation**

Website: [www.vettix.org](http://www.vettix.org)

Service: Veteran Tickets Foundation teams up with major sports teams, leagues, promoters, organizations, venues, and ticket holders to provide free tickets to more than 21 million military and Veterans. Currently serving military, honorably discharged Veterans from all branches of service and family of those killed in action are eligible. User accounts become active once their service status is verified. Tickets can be claimed via the website.

# Referral to Services

## 1-800-DOCTORS

Phone: 800-362-8677  
Fax: 732-321-6858  
Address: 186 Wood Avenue South, Suite 102  
Iselin, NJ 08830  
Email: info@1800doctors.com  
Website: www.1800doctors.com  
Service: A free web-based service which links individuals with medical professionals in their area.

## Tri-County Council for Southern Maryland

Phone: 301-874-1922  
Website: <https://tccsmd.org/regional-planning/Veterans-regional-advisory-committee-vrac/>  
Service: The council's Veterans Regional Advisory Committee continues to work toward improving access to services for Veterans in our region.

# Reintegration

## Warfighter Advance

Phone: 202-239-7395

Email: [admin@warfighteradvance.org](mailto:admin@warfighteradvance.org)

Website: <http://www.warfighteradvance.org/>

Service: Warfighter Advance changes the trajectory of the warfighter's post-deployment life, so that rather than an existence characterized by an endless cycle of mental illness diagnoses, medications, medical appointments and disappointments, the warfighter has a life characterized by pride, productivity, healthy relationships, continued service, and advocacy for the same outcomes for their fellow service members.



# Service Animals

## Lifeline Equine Therapy Services (LETS program)

Address: 22600 Robin Ct, Gaithersburg, MD.

Phone: 301-318-1686

Website: <http://www.lifelinehorserescue.org/lifeline-equine-therapy-services-lets/>

Service: Lifeline's LETS Program incorporates rescued horses into our Team to facilitate the healing of veterans, military personnel, VA caregivers, and first responders who may be suffering from a host of debilitating mental health conditions, including depression, anxiety, PTSD, moral injury, MST, suicidal ideation, and survivor's guilt. We provide services to veterans and military personnel at no cost, thanks to funding from the Maryland Department of Veterans Affairs.

## MK9s Service Dogs

Address: 2621 Oakton Glen Drive  
Vienna, VA 22181

Email: [mk9servicedogs@gmail.com](mailto:mk9servicedogs@gmail.com)

Website: <https://mk9servicedogs.org/>

Service: MK9s seeks to provide highly trained service dogs tailored to meet specific Veterans' needs at no cost to eligible Veterans. MK9s accepts volunteers and donations.

## Pets for Patriots

Phone: 877-473-8223

Email: [web@petsforpatriots.org](mailto:web@petsforpatriots.org)

Website: <https://petsforpatriots.org>

Service: Pets for Patriots promotes companion pet adoptions by U.S. military Veterans through nationwide veterinary networks, military and Veteran organizations and a public that supports our troops and appreciates the lives of homeless animals.

# Support Groups

## Coaching Into Care

Phone: 888-823-7458

Website: <https://www.mirecc.va.gov/MIRECC/coaching/index.asp>

Service: Coaching Into Care is a free service for families and friends of Veterans. Our responders will briefly assess your concerns and provide appropriate resources and referrals. Through 10 to 30 minute calls, licensed psychologists and social workers offer guidance and help for starting conversations with the Veteran in your life about their mental health or substance use and motivating them to seek treatment if it's needed.

## Disabled Veterans Support Group

Phone: 301-884-4498

Address: 38588 Brett Way  
Mechanicsville, MD

Meetings: 5-7 p.m. – Monthly, 2nd Friday of the month

Website: [www.smcil.org](http://www.smcil.org)

Service: An opportunity for veterans to share their experiences with their peers in a safe and supportive environment.

## VA Caregiver Support

Phone: 855-260-3274

Website: <https://www.caregiver.va.gov/>

Service: Caregivers play an important role in the health and well-being of Veterans. The Caregiver Support Program offers training, educational resources, and multiple tools to help caregivers succeed.

## Veterans Support Group

Phone: 301-785-3933

Address: 27108 Mt. Zion Church Road  
Mechanicsville, MD 20659

Website: [www.medstarstmarys.org](http://www.medstarstmarys.org)

Service: Meets every other Monday from 6:30 p.m. to 8:00 p.m. at Mt. Zion Methodist Church.

# Therapies

## Horses Healing Marylans's Military

Website: <https://www.horsesandveterans.com/>  
Service: Offers horsemanship programs for Wounded Warriors, Veterans, and their families.

## MedStar St. Mary's Rehabilitation Medicine

Phone: 301-475-8981  
Address: 25500 Point Lookout Road  
P.O. Box 527  
Leonardtown, MD 20650  
Website: [www.medstarstmarys.org](http://www.medstarstmarys.org)  
Service: Provides physical, speech, occupational therapy, pulmonary and cardiac rehabilitation for inpatients and outpatients.

## Mesothelioma Veterans Center

Phone: 855-272-6681  
Website: <https://www.mesotheliomaveterans.org/>  
Service: Provides information about treatment, clinical trials, and VA benefits to veterans suffering from asbestos-related illnesses.

## Wounded Warrior Project

Phone: 202-558-4302  
Website: <https://www.woundedwarriorproject.org/>  
Service: Veterans and service members who incurred a physical or mental injury, illness, or wound while serving in the military on or after September 11, 2001 are the focus of this organization. Services are provided at no cost for Veterans and service members.

# Transportation

## The Yellow Ribbon Fund

Phone: 240-223-1180

Email: [email@yellowribbonfund.org](mailto:email@yellowribbonfund.org)

Website: <https://yellowribbonfund.org/>

Service: The Yellow Ribbon Fund is a Veteran service organization providing housing, transportation, and caregiver & family support to severely wounded, ill and injured post-9/11 service members from every branch of the United States Military, following unexpected medical crises.

# Veterans Service Organizations

## **AMVETS (American Veterans)**

Phone: 301-459-6181

Website: <https://www.amvets.org/>

Service: A nationwide cadre of AMVETS National Service Officers with extensive knowledge and experience in VA processes and procedures are stationed at Department of Veterans Affairs Regional Offices and Medical Centers to provide information, counseling and claims assistance.

## **American Legion Department Service Officers**

Phone: 202-263-5759

Website: <https://www.legion.org/veteransbenefits/departmentofficers>

Service: American Legion Department Service Officers (DSOs) offer free advice and guidance for veterans as they work through issues with the U.S. Dept. of Veterans Affairs (VA). Helps with claims and benefits, health issues, veterans cemeteries

## **Military Order of the Purple Heart**

Phone: 703-256-6139

Website: <https://purpleheartfoundation.org/>

Service: Donations support Veterans Critical Assistance Grant, scholarship, service dogs and PTSD resource fund programs.

1

## **Quilts of Valor- Pax Sound of Freedom**

Phone: 515-708-7689

Website: [www.qovf.org/](http://www.qovf.org/)

Service: Provides service members and veterans touched by war with comforting and healing Quilts of Valor.

## **Veterans of Foreign Wars (VFW)- Local Post #2632**

Phone: 301-862-3247

Email: [commander@vfw2632.com](mailto:commander@vfw2632.com)

Website: <https://www.vfw.org/>

Service: Connects veterans of overseas conflicts.

# Vital Records

## Bureau of Vital Statistics

Phone: 800.832.3277 or 410.764.3038.  
Website: <https://veterans.maryland.gov/copies-of-vital-records-diplomas-for-wwii-and-korean-war-veterans-post-9-11-survivor-benefit/>  
Service: For purposes of a claim before the Federal Government, one copy of marriage licenses, and birth or death certificates, may be acquired free of charge from the appropriate source. Call the local office of the clerk of the Circuit Court (marriage and divorce) or the Bureau of Vital Statistics, 800.832.3277 or 410.764.3038.

A veteran or the veteran's surviving spouse can obtain one copy of marriage licenses, or birth and death certificates, from the clerk of the Circuit Court and marriage licenses and divorce certificates from the Department of Mental Health and Hygiene – Vital Statistics Division. Proof of service in the Armed Forces must be provided.

## Division of Vital Records

Phone: 410-764-3038  
Address: 6764-B Reisterstown Road  
Baltimore, Maryland 21215  
Website: [www.dhmh.maryland.gov/vsa/Pages/Home.aspx](http://www.dhmh.maryland.gov/vsa/Pages/Home.aspx)  
Service: Provides records of birth, death, and marriage.

## St. Mary's County Health Department Vital Records Division

Phone: 301-475-4330  
Address: 21580 Peabody Street  
P.O. Box 316  
Leonardtown, MD 20650  
Hours: 8:30 a.m. – 4:15 p.m., Monday-Friday  
Email: [smchd.healthdept@maryland.gov](mailto:smchd.healthdept@maryland.gov)  
Website: [www.smchd.org/birth-certificates/](http://www.smchd.org/birth-certificates/)  
Services: St. Mary's County residents born after 1940 can fill out an application, bring it to the health department with photo ID, and a birth certificate is issued. The fee for each certificate is \$25. If you were born before 1939, the information must be processed through the Maryland State Division of Vital Records.

# Women

## **Service Women's Action Network (SWAN)**

Phone: 202-844-6110

Email: [info@servicewomen.org](mailto:info@servicewomen.org)

Website: [www.servicewomen.org](http://www.servicewomen.org)

Service: SWAN supports, defends, and empowers women Veterans and servicewomen of all eras through advocacy initiatives and community healing programs.

## **Women Veterans The Women Veterans Call Center**

Phone: 855-829-6636

Website: <https://www.womenshealth.va.gov/programoverview/wvcc.asp>

Service: Provides an incoming call center that receives and responds to questions from women Veterans, their families, and caregivers across the nation about available VA services and resources. Agents are also trained to respond to crisis situations such as suicide behavior, homelessness, sexual trauma, and domestic violence.

# Notes



# Notes

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# ST. MARY'S COUNTY

DEPARTMENT OF AGING & HUMAN SERVICES

*Working Together ~ Caring About You*

