



“Creating and delivering compassionate solutions that empower, enrich, and elevate all ages.”

## OUTPATIENT MENTAL HEALTH SCOPE OF SERVICES

Family Matters of Greater Washington (FMGW) Outpatient Mental Health Clinics are comprehensive and innovative mental health clinics providing office and community-based services to children, adolescents, adults and their families. FMGW is devoted to meeting the complex mental health needs of individuals on an outpatient basis throughout the Washington, DC and Prince George’s county area. Our services assist individuals and families in reaching their maximum potential. Family Matters of Greater Washington treatment model is person centered, family-focused and strength-based. All services are offered by licensed professionals.

### Program Goals

FMGW is committed to strengthening troubled families, care for at-risk children, prevent abuse and protect the vulnerable. In addition, we aim to be a preferred provider of outpatient mental health services in the surrounding areas that we serve, by disseminating quality care that leads to resolution and/or stabilization of core issues and prevention of utilization of higher levels of care.

### Services Offered through our Maryland and District of Columbia Outpatient Mental Health Clinics

- ❖ Diagnostic Assessments
- ❖ Psychiatric Assessments
- ❖ Medication Management
- ❖ Individual Therapy
- ❖ Group Therapy
- ❖ Family Therapy
- ❖ Referrals to other Community and Social Support Services

### Additional Services Offered through our District of Columbia Outpatient Mental Health Clinic

- ❖ Community Based Interventions (CBI) Level II
- ❖ Health Home Program (Adults Only)

### Population Served

Our clinics serve persons from ages 5 years to geriatric. Our DC clinic serves persons residing in all quadrants of the city. Our Maryland clinic primarily serves persons residing in Prince Georges County.

### Service Delivery

Therapeutic services can be provided on-site or off-site based on the individual needs of the client. Therapy services are offered on at least a weekly basis. All psychiatric services are provided on-site during the day and evening. Persons receiving medication management shall be monitored on a monthly basis.

### Hours of Operation

The current hours of operation for the clinics are Monday-Friday, 9am to 5pm. Evening and weekend hours are offered by appointment only to accommodate the needs of our clients.





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**Referrals:**

Referrals are accepted from but not limited to Department of Behavioral Health, Maryland Behavioral Health Administration, Manage Care Organizations, Commercial Insurance Carrier, Physicians, Hospitals, DC Public Schools, PG County Public Schools, Child and Family Services, Department of Social Services and self- referrals.

**Fees & Accepted Insurances:**

DC Clinic

Medicaid (Amerihealth, Trusted Health Plan, Medstar Family Choice, and HSCSN), United Behavioral Health, Cigna Behavioral Health, Aetna, Blue Cross Blue Shield, BCBS Geoblue, United Healthcare, UHC-GEHA

Maryland Clinic

Maryland Medicaid (Value Options)

Depending upon household income and size, Family Matters also offers a sliding fee scale for persons who lack Medicaid or other insurances to cover the cost of services.



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