



Mental Health and Substance Use Disorder Programs

Well-being support for first responders

Your CareFirst BlueCross BlueShield and CareFirst BlueChoice, Inc. (CareFirst) health plan gives you access to specialized services for depression, anxiety, drug or alcohol dependence, PTSD and other mental health conditions.

Few jobs are as mentally and physically stressful as that of a first responder. The constant pressure can be exhausting and take a toll on your mental health.

In fact, depression and PTSD affect nearly one-third of our nation's first responders. Left untreated, these conditions can lead to other serious health issues including insomnia, substance abuse or suicidal thoughts.¹ The work you do helps us all. Please know that help is available for you, too.

Our support team of specially-trained service representatives, registered nurses and licensed behavioral health clinicians are ready to:

- Help you find the right mental health provider(s) and schedule appointments
- Connect you with a care coordinator to create a tailored action plan

- Find support groups and resources to help you stay on track
- Provide information about CareFirst Video Visit options for therapy

If you're struggling with addiction, we can help you find a trusted Intensive Outpatient Program (IOP) that will:

- Provide personalized treatment in the right care setting
- Connect you with counselors who help address the triggers in your daily life
- Educate you and your doctors on the causes and treatment options for addiction

If you or someone you know is in crisis, call or text 988 or contact the CareFirst Support Line at 800-245-7013.



To help you focus on your recovery rather than the cost of treatment, CareFirst offers a cost-share waiver.² If you are admitted to an approved IOP (see list below), you may be eligible for a waiver of in-network cost-sharing responsibilities—meaning no copays, coinsurance or deductibles.³

Approved intensive outpatient programs

If you're seeking treatment, contact our support team at 800-245-7013. We'll help schedule an appointment at one of our participating regional centers or find a provider if you live outside the region.

Ashley Addiction Treatment

Bel Air
800-799-4673

Bergand Group

Lutherville
410-853-7691
Fallston
443-299-6766

Congruent Counseling⁴

Annapolis, Columbia, Eldersburg,
Frederick, Millersville, Rockville
and Towson
410-740-8066

Focus Point Behavioral Health

Baltimore, Crisfield, Salisbury,
Princess Anne
667-930-3105

Hope House Treatment Center

Crownsville
410-923-6700
Laurel
301-490-5551

IAFF Center of Excellence⁵

Exclusively for IAFF Members only
Upper Marlboro
855-900-8437

Kolmac Integrated Behavioral Health

Columbia, Towson, Silver Spring,
Washington, D.C., Arlington, VA
410-296-9747

Luminis Health Pathways

Annapolis
443-481-5400

Maryland Treatment Center (Mountain Manor)⁴

Baltimore, Emmitsburg, Frederick,
Rockville, Sykesville, Westminster
800-446-8833

MAT Clinics

Annapolis, Dundalk, Hagerstown,
Laurel, Salisbury, Towson,
Westminster, Havre De Grace
410-593-3216

National Capital Treatment & Recovery (Phoenix House)⁴

Arlington, VA
888-671-9392

Peninsula Mental Health and Addiction Services

Salisbury
410-860-2673

Port Recovery

Nottingham
443-869-4909

Recovery Centers of America

Earleville and Waldorf
844-242-7956

Recovery Unplugged (Harrison House)⁴

Annandale, VA
703-256-6474

Sandstone Care⁴

Alexandria, Rockville, Towson,
Reston, VA
202-335-8909

Second Chance Addiction Care

Potomac
301-983-5130

**If you need support or help making an appointment, call us at
800-245-7013, Monday–Friday, 8 a.m.–6 p.m. ET. For more
information, visit carefirst.com/mentalhealth.**



¹ <https://www.ems1.com/ptsd/articles/americas-first-responders-struggle-with-ptsd-and-depression-LsgD4lAsb0ycVuQH/>

² Members with a health savings account (HSA) plan are eligible for the cost-share waiver once they have met the Internal Revenue Service (IRS) minimum deductible for an HSA plan.

³ Program eligibility may be based on benefits provided through your employer.

⁴ Treatment is available for both adults and adolescents.

⁵ Treatment and support services rendered for Substance Use Disorder at the IAFF Center of Excellence, are exclusive to IAFF Members only. The cost-share waiver does not apply to this facility.