Aspire Wellness Center

CARF-Accredited & Proudly Serving Maryland Since 2010

One Place. Many Paths to Wellness.

FOR DSS CASEWORKERS AND COMMUNITY PARTNERS

SUPPORTING FAMILIES. STRENGTHENING CONNECTIONS.

Your partner in accessible mental health care and practical support.Therapy, medication management and rehabilitation support for children, adults and families, with providers who work alongside caseworkers to keep clients engaged.

WHY ASPIRE

- **Fast response.** Intake contacts the client within one business day of your referral.
- **A partner to caseworkers.** When missed sessions become a pattern, the therapist contacts the caseworker.
- **Coordinated care for families**. One intake connects a client or family to Aspire's other programs as needed, and providers coordinate care when a family receives more than one service.
- **Fewer barriers to attending.** Therapy is by telehealth, statewide. Some medication appointments, PRP groups and help with intake paperwork are available in person at our office.

HOW ASPIRE CAN HELP

- **Therapy and medication (ages 5+):** Individual, couples, and family therapy as well as medication management. Medication clients also attend regular therapy.
- **PRP (Medicaid; ages 5–17 and adults 18+):** Daily-living, social and coping skills and community connections.
- **Psychiatric IOP (adults 18+):** Virtual programming 3 times weekly when more support is needed. Clients join a group cohort; start date depends on the next cohort.

ACCESS AND COVERAGE

- **Location:** Outpatient mental health care serves all of Maryland by telehealth; some medication appointments are available in office.
- **Insurance:** Medicaid, Medicare, and many major plans; sliding scale and private pay. Full list on reverse. Medicaid renewal and redetermination assistance available.
- **Not a fit:** Active eating disorders or bariatric surgery assessments. Clients with active substance use must also be in substance-use treatment.

START A REFERRAL

- Share the intake form with the client or authorized signer. No call is needed first.
- See reverse for documents, consents, and eligibility.

Intake: 443-442-1568 | intakes@aspire-wellness.org
Urgent referrals or scheduling difficulties: Email the address above with "URGENT" in the subject line.

Scan Here for Intake Form



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REFERRAL CHECKLIST FOR PROFESSIONAL PARTNERS

EVERYTHING YOU NEED FOR A SMOOTH REFERRAL

Use this checklist to gather the information and documents needed to connect individuals and families with Aspire's services.

BEFORE YOU SUBMIT

- **Hospital discharges:** Complete the intake form with the patient or call intake before discharge. Paperwork must be completed before the intake session.
- **Intake form and consents:** Help the client or authorized signer complete the form and all consents.
- **Release of information (ROI):** Required for ongoing coordination with your organization.
- **Referrer details:** Your name, organization, phone, email and reason for referral.

DOCUMENTS

- Policyholder's government-issued ID
- Both sides of the insurance card
- Any relevant court documents
- Upload ID and insurance card images with the intake form, or fax them to 443-442-1569. To expedite the intake process, please assist clients with uploading these documents.

INSURANCE AND ELIGIBILITY

- **Insurance:** Medicaid, Medicare, BCBS, Aetna, Cigna, JHU EHP, Meritain and Tricare, plus other plans with out-of-network benefits. Sliding-scale fees and private pay are available. Insurance is verified before the intake process begins; coverage varies by program.
- **Existing Medicaid authorizations:** Coordinate existing authorizations before changing care.
- **PRP:** Medicaid only; clinical eligibility required. Requires a completed outpatient intake and an assigned therapist first. Serves parts of Baltimore and Harford counties. Confirm the client's address.
- **Foster care:** DSS completes the intake paperwork and signs all consents, including after a placement change.

CLINICAL RECORDS

- Usually not needed before intake. Complete intake consents first.
- Fax to 443-442-1569, attention: assigned therapist or CRNP. Records sent with the intake form can be uploaded there.

QUESTIONS?

Call intake at 443-442-1568

