Youth Mental Health – Peer Recommended Therapists and Resources

Recommendations from State’s Child & Family Program, FSYF Contacts and FS Families Please note that this list is not exhaustive and implies no endorsement by FSYF or the Child and Family Program.

Personal recommendations by Foreign Service families:

- **Truman Group**
- **Therapy Solutions, LLC**
- **Apricity Behavioral Health**
- **Ayana Therapy**
- **Summit Counseling**
- **Better Help**
- **Vanguard Therapy**
- **Child and Family Counseling**
- **In Step**
- **Weaver & Associates**
- **Potomac Behavioral Solutions**
- **Home Body Therapy**
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Alvord Baker & Associates

Teenlines

Specific Providers:

Dr. Constantina Kass
Dr. Carolyn Heier
Kerry Ellis
Dr. Sam Lashley
Amy C. Millimet
Andrea Zalzal Sanderson
Dr. Jillian Evans
Dr. Jelena Kecmanovic
Dr. Debra Brosius
Dr. Gohar Choudhary
Dr. Sanju Adhikari
Dr. Mohammed Ansari
Annette Kielkopf
Dr. Kathy Katz
Michelle Fowler

Dr. Neil Schiff
Dr. Edward Farber
Dr. Joel Gunzburg
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Dr. Nancy Ingraham

Dr. Anna Lee

Dr. Virginia Lindahl

Dr. Adelaide Robb

See also:

Families in Global Transition:

Counseling and Coaching Affiliate

Public Directory

GLIFFA: RESOURCES FOR PARENTS OF LGBT+ YOUTH & MEDICAL PROVIDERS:

International Therapist Directory

International Suicide Hotlines

Crisis Text Line (UK and Ireland numbers)
Psycho Educational Evaluations

Dr. Caroline Ba
Pediatrics of Arlington
1635 N. George Mason Drive
Suite 185
Arlington, VA 22205
202-643-6463

Dr. Caroline Ba is a pediatric neuropsychologist who specializes in the assessment and treatment of neurodevelopmental disorders (e.g. ADHD, autism spectrum disorder, learning disabilities, etc.) and acquired difficulties with attention, learning, and executive functioning (e.g., concussion, pre-term birth, epilepsy, etc.).