

**Substance Abuse
and
Mental Health
Resource Directory
for Carroll County**

Recovery Support Services

2012 - 2013



The Partnership
for a Healthier Carroll County

Connecting people. Inspiring action. Strengthening community.

410-871-7645 ♦ www.HealthyCarroll.org

Preface

The Behavioral Health disorders of Mental Illness and Substance Abuse are chronic ailments with dimensions that disrupt many aspects of individual, family, and community life. The possibility of substance abuse behavior and/or mental illness causes fear, guilt, and panic in the hearts of family and friends whose reaction may be a cry for help.

Recovery has been defined by the national Substance Abuse and Mental Health Services Administration (SAMHSA), as “A process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential.”

Help does exist in our community and beyond. It is our hope that this 2012 edition resource directory will answer some common questions, connect you with valued resources, and assure the availability of better interventions for each individual situation.

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Table of Contents

Preface	1
Information Section:	
Guiding Principles of Recovery	4
Signs and Symptoms of Family, Friends or Loved Ones Who Have a Problem with Alcohol, Tobacco, and Other Drugs.....	5
Skills to Help Your Child Lead a Healthy, Drug Free, Life	7
What To Say When Your Child Asks, “Did You Ever Use Drugs?”	9
The Link Between Substance Abuse and Sexual Violence	10
Principles of a Comprehensive, Continuous, Integrated System of Care (CCISC).....	12
Insurance Information	13
The Eight Dimensions of Wellness	14
Mental Illness: Recognizing Warning Signs	15
Suicide Facts.....	17
Organizational Resources.....	18
Websites to Visit	21
Resource Listing Section:	
Licensed and Certified Treatment Programs	24
Mental Health Providers	26
Substance Abuse Programs.....	48
Community Based Self Help	58
Prevention Programs	67
Tobacco Programs	70



Resource Support

Clothing and Household Items	73
Education and Employment.....	77
Food	81
General Assistance.....	85
Health Services	91
Law Enforcement	101
Legal.....	102
Referral Services.....	110
Shelter and Housing.....	117
Transportation	120



Guiding Principles of Recovery

Recovery emerges from hope: The belief that recovery is real provides the essential and motivating message of a better future – that people can and do overcome the internal and external challenges, barriers, and obstacles that confront them.

Recovery is person-driven: Self-determination and self-direction are the foundations for recovery as individuals define their own life goals and design their unique path(s).

Recovery occurs via many pathways: Individuals are unique with distinct needs, strengths, preferences, goals, culture, and backgrounds – including trauma experiences – that affect and determine their pathway(s) to recovery. Abstinence is the safest approach for those with substance use disorders.

Recovery is holistic: Recovery encompasses an individual’s whole life, including mind, body, spirit, and community. The array of services and supports available should be integrated and coordinated.

Recovery is supported by peers and allies: Mutual support and mutual aid groups, including the sharing of experiential knowledge and skills, as well as social learning, play an invaluable role in recovery.

Recovery is supported through relationship and social networks: An important factor in the recovery process is the presence and involvement of people who believe in the person’s ability to recover; who offer hope, support, and encouragement; and who also suggest strategies and resources for change.

Recovery is culturally-based and influenced: Culture and cultural background in all of its diverse representations – including values, traditions, and beliefs – are keys in determining a person’s journey and unique pathway to recovery.

Recovery is supported by addressing trauma: Services and supports should be trauma-informed to foster safety (physical and emotional) and trust, as well and promote choice, empowerment, and collaboration.

Recovery involves individual, family, and community strengths and responsibility: Individuals, families, and communities have strengths and resources that serve as a foundation for recovery.

Recovery is based on respect: Community, systems, and societal acceptance and appreciation for people affected by mental health and substance use problems – including protecting their rights and eliminating discrimination – are crucial in achieving recovery.



Signs and Symptoms of Family, Friends or Loved Ones Who Have a Problem with Alcohol, Tobacco, and Other Drugs

Sometimes it is tough to tell. Most people won't walk up to someone they're close to and ask for help. In fact, they will probably do everything possible to deny or hide the problem. But, there are certain warning signs that may indicate that someone is using drugs and drinking too much alcohol.

Common signs and symptoms of drug abuse

- Neglected responsibilities at school, work, or home (e.g. flunking classes, skipping work, neglecting your children) because of drug use.
- Using drugs under dangerous conditions or taking risks while high, such as driving while on drugs, using dirty needles, or having unprotected sex.
- Drug use is causing legal trouble, such as arrests for disorderly conduct, driving under the influence, or stealing to support a drug habit.
- Drug use is causing problems in relationships, such as fights with a partner or family members, an unhappy boss, or the loss of old friends.

Common signs and symptoms of drug addiction

- A drug tolerance is built up. More of the drug is needed to experience the same effect one used to attain with smaller amounts.
- Drugs are taken to avoid or relieve withdrawal symptoms. Going too long without drugs causes symptoms such as nausea, restlessness, insomnia, depression, sweating, shaking, and anxiety.
- Lost control over the drug use. Often doing drugs or using more than planned, even when promising self not to. Wants to stop using, but feels powerless.
- Life revolves around drug use. Spends a lot of time using and thinking about drugs, figuring out how to get them, and recovering from the drug's effects.
- Abandoned activities previously enjoyed, such as hobbies, sports, and socializing, because of drug use.



- Continues to use drugs, despite knowing it hurts you. Drug use causes major problems — blackouts, infections, mood swings, depression, paranoia — but uses anyway.

Unless you observe drug use or excessive drinking, it can be hard to determine the cause of these problems. Your first step is to contact a qualified alcohol and drug professional in your area who can give you further advice.

Drug and alcohol problems can affect every one of us regardless of age, sex, race, marital status, place of residence, income level, or lifestyle. Drug abusers often try to conceal their symptoms and downplay their problem. If you're worried that a friend or family member might be abusing drugs, look for the following warning signs:

Physical warning signs of drug abuse

- Bloodshot eyes, pupils larger or smaller than usual.
- Changes in appetite or sleep patterns. Sudden weight loss or gain.
- Deterioration of physical appearance, personal grooming habits.
- Unusual smells on breath, body, or clothing.
- Tremors, slurred speech, or impaired coordination.

Behavioral signs of drug abuse

- Drop in attendance and performance at work or school.
- Unexplained need for money or financial problems. May borrow or steal to get it.
- Engaging in secretive or suspicious behaviors.
- Sudden change in friends, favorite hangouts, and hobbies.
- Frequently getting into trouble (fights, accidents, illegal activities).

Psychological warning signs of drug abuse

- Unexplained change in personality or attitude.
- Sudden mood swings, irritability, or angry outbursts.
- Periods of unusual hyperactivity, agitation, or giddiness.
- Lack of motivation; appears lethargic or "spaced out."
- Appears fearful, anxious, or paranoid, with no reason.

Based on: Drug Abuse and Addiction: Signs, Symptoms, and Help for Drug Problems and Substance Abuse
www.helpguide.org



Skills to Help Your Child Lead a Healthy, Drug Free Life

Drug abuse can be prevented and addiction is a treatable illness.

Substance abuse is a preventable problem. We, as parents, are much more powerful than we think. Disappointing us is the number one reason why kids do *not* use drugs, and kids who learn about drug risks from parents are only half as likely to start using.

Get and stay closely involved with your kids' lives as they head through middle and high school. You won't connect well with your kids about serious health issues if you haven't been interested in the day-to-day events of interest to them – which test caused half the class to flunk, which of their friends got a part in the play, who lied to their parents and went down to the party over the weekend with drugs and alcohol.

Begin the dialogue when your kids are young. Talk early and often. It doesn't have to be a formal "birds and bees" type discussion, but should springboard off "teachable moments" – like an incident in their town or school, a problem in your extended family, a popular music video or movie, or something on the news. Set a "no-use" expectation, including for alcohol, and make it explicit.

Monitor your kids. Kids whose parents supervise them closely are only half as likely to develop a drug problem. Know the "who, what, why, where, when" of their activities, compare notes with other parents, and continue this practice as kids hit middle school, even when you no longer know all their friends, and friends' families.

Be the parent, not just the pal. Your kids already have friends, but they need parenting. Consistently enforce boundaries for your family that apply even when kids are in other settings, or with families that have different rules. Teens like to be trusted, and will feel supported by clear and consistent boundaries that are explained in advance and are based on our love and concern for their well-being.

Addiction is a health problem. It does not happen because someone is "a bad person," but is an illness that is in fact the number one preventable adolescent health problem. (The American Academy of Pediatrics). It is not your fault. Stigma and shame due to past ignorance and stereotypes about the problem are unwarranted. A drug disorder can take over your life, and cause you to lie, steal and act badly toward even those you love. However, addiction has a physiological basis; chronic alcohol and other drug use change the brain and body chemistry, making it hard to stop. Thirty years ago, families were told: your son needs to develop will-power to stop using cocaine. Now we know better.



There is hope, help and healing available for your family if someone develops a substance abuse problem. There are objective ways to assess the problem, and many new treatments. Millions of people recover their health and turn their whole lives around, even though they tend not to be as visible as the public struggles of celebrities addicted to substances.

Don't wait – know the warning signs and act early. If you suspect your child has a drug or alcohol problem, you are probably right, and need to learn more about the problem and steps for helping: Intervene early, find the right type of help, and be persistent. Warning signs include sudden changes (which are otherwise unexplained) in personality, irritability and mood swings, habits and friends, excessive secrecy, and finding drug paraphernalia. There are objective “screener” short questionnaires that you can answer to determine the sort of problem you're facing. It's a myth that someone has to hit “rock bottom” before seeking and getting help. Without help, addiction tends to progress and can, eventually, be fatal. Although earlier intervention is best, it is possible to get help at any stage, and success rates with quality treatment are comparable to those for other illnesses like diabetes, asthma, or hypertension.

Help is not just “rehab.” Most people recover from addiction without formal, in-patient treatment, or “rehab.” There are many paths to wellness, including out-patient medical help, and sometimes a combination of treatment and a 12-Step, self-help program, which holds free meetings any time during the week, near enough to get to.

Addiction runs in families, similar to illnesses like cancer or heart disease. Kids who have a family pattern are at much higher risk of addiction if they use drugs or alcohol at all; no recreational use can stay safely under control, particularly during the formative years of adolescence. Families with a history of alcoholism or drug addiction should talk about this, so their kids are aware. If there is a problem developing, family involvement and support makes treatment work better. Everyone – the addicted child and the parents and siblings – need strong help and mutual support to solve the problem.

You are not alone. Substance abuse is common among teens, and drug addiction doesn't discriminate. It cuts across race, gender and economic lines, every region of this country, and every walk of life. Most people now know someone who has struggled with addiction, and one in four teenagers is living with an addicted parent. Take heart. More than anything, families need confidence that recovery is possible, and encouragement and information and professional support to heal this problem.



For more information about protecting and communicating with your children, visit The Partnership for a Drug-Free America Internet site at <http://www.drugfree.org>.

*Based on resources from The Partnership for a Drug-Free America Internet site
<http://www.drugfree.org>
June 9, 2005*

What To Say When Your Child Asks, "Did You Ever Use Drugs?"

One of the questions you'll be sure to be asked is whether or not you have done drugs yourself. There are many responses if you experimented in the past. Today's drugs are much stronger than they were when you were young. You can say that you're sorry, and wish you had never tried drugs. Just don't let your teen manipulate you into a position where your response becomes a justification for them to use.

Focus on the issue at hand — you don't want *your teen* doing drugs or drinking.

Be honest — but be sure they know you don't want them using.

If you use tobacco and your child calls you on this, mention that you are an adult, and yes, you can do this since it's legal — but you understand that you shouldn't and it's not healthy. Underscore how hard it is to stop as an adult and that you want to help your child to avoid making the same mistakes.

If you're in recovery, think of your past experiences as a gift you can use to impact your child. Tell your teen, "I did these things but I made wrong choices and I want you to learn the lessons from my mistakes."

Courtesy of: Growing Up Drug Free



The Link Between Substance Abuse and Sexual Violence

The relationship between substance abuse and sexual violence goes both ways. People who have experienced sexual violence are more likely to abuse substances. At the same time, people who abuse substances are at a higher risk to become victims of sexual violence.

Substance abuse and sexual assault both carry a great deal of social stigma, but when a victim/survivor has experienced both, the stigma can be especially difficult to overcome. This can compound the challenges of the healing process. For example, the media constantly reinforces the idea that drinking and sex go hand-in-hand, which can contribute to feelings of shame and self-blame. Even if a victim of sexual assault willingly drank alcohol or took drugs, the victim is not at fault for being assaulted.

Increased Chances of Becoming a Victim of Sexual Violence:

Sexual violence can happen to anyone, but certain risk factors and vulnerabilities can increase the likelihood of it happening to you. Abuse of alcohol and/or drugs is one of these factors. The stereotypical rape scenario does not involve drinking or drugs; however, in reality, it often does. A high percentage of adult victims were intoxicated at the time of their assault, and therefore unable to give consent.

Alcohol and drug use have been shown to increase vulnerability to violence through exposure to unsafe situations. Teens with drug problems are 18-21 times more likely to be sexually abused. Approximately one-half of all sexual assault victims report that they were drinking alcohol at the time of their assault. This does not mean that substance use causes sexual violence, but rather suggests that perpetrators target victims who are perceived as vulnerable. Perpetrators often use substances to incapacitate their victims in order to facilitate a sexual assault. Alcohol is the drug most commonly used by perpetrators to help commit sexual assault.

Increased Chances of Substance Abuse: Subsequently, victims of sexual assault may use alcohol or drugs to cope with their feelings after the assault. Many victims experience Post-Traumatic Stress Disorder (PTSD), or similar symptoms, including shock, flashbacks, intense emotions, and painful memories. Rape victims are 3.4 times more likely to use marijuana, 5.3 times more likely to use prescription drugs for non-medicinal purposes, 6.4 times more likely to use cocaine, and 10 times more likely to use hard drugs other than cocaine.

Studies have shown a strong relationship between substance abuse and sexual abuse, even for those who did not use substances prior to



the assault. Men and women reporting sexual abuse have higher rates of alcohol and drug use disorders than other men and women. Abuse victims reported initiating substance use earlier than their non-abused peers.

Men and women who experienced childhood sexual abuse are even more at risk for substance abuse issues later in life. Nearly 90% of alcoholic women were sexually abused as children or suffered severe violence at the hands of the parent.

Seeking Treatment as a Victim and Substance Abuser: When seeking help for dealing with substance abuse and sexual violence, it is important that treatment deals with both components and their interaction because they are intertwined. The key to effective treatment is a thorough professional evaluation and the development of an individualized treatment plan to deal with these issues.

(Source: Dawgert, Sarah (2009). Substance Abuse and Sexual Violence: Building Prevention and Intervention Responses. The Pennsylvania Coalition Against Rape.)
Courtesy of Rape Crisis Intervention Service of Carroll County



Principles of a Comprehensive, Continuous, Integrated System of Care (CCISC)

1. Dual Diagnosis is an expectation, not an exception
2. Treatment success derives from the implementation of an empathetic, hopeful, continuous treatment relationship, which provides integrated treatment and coordination of care through the course of multiple treatment episodes.
3. The four Quadrant Model is a viable mechanism for categorizing individuals with co-occurring disorders for the purpose of service planning and system responsibility.
4. Within the context of the empathetic, hopeful, continuous, integrated relationship, case management/care and empathic detachment/confrontation are appropriately balanced at each point in time.
5. When substance disorder and psychiatric disorder co-exist, each disorder should be considered primary and integrated dual primary treatment is recommended, where each disorder receives appropriately intensive, diagnostic-specific treatment.
6. Both substance dependence and serious mental illness are examples of primary, chronic, biologic mental illnesses, which can be understood using a disease and recovery model, with parallel phases of recovery.
7. There is no one type of dual diagnosis program or intervention.
8. In an integrated system, individualized treatment matching also requires multidimensional level of care assessment involving acuity, dangerousness, motivation, capacity for treatment adherence and availability of continuing empathic treatment relationships and other recovery supports.



Insurance Information

When seeking treatment, it is important to contact your insurance company first to see if you have coverage for treatment. If you do have coverage it will benefit you to go to the recommended preferred provider given to you by the insurance company. By doing this your out-of-pocket expenses will be greatly reduced, and in some instances may cover the full amount. Some insurances require a referral from your physician. In this case it will be up to you to contact your physician to obtain this referral. The treatment program will need to get a copy of your insurance card and sign a release to call the insurance company to get an authorization for treatment. When you have insurance and the insurance company does not cover the program of your choice, you may still go to that program but you may be charged the full fee because of refusal to access you insurance benefits. Insurance companies require each treatment provider to verify your insurance status. This may be in addition to verification you already received.

When your insurance company does not cover treatment or if you do not have insurance there are programs which allow you to pay on a sliding scale, based on family income and number of dependents. Some individuals may be eligible for programs such as Medicaid and Primary Adult Care (PAC), which may cover treatment services.



The Eight Dimensions of Wellness

1. Emotional: Developing skills and strategies to cope with stress
2. Financial: Satisfaction with current and future financial situations
3. Social: Developing a sense of connection and a well-developed support system
4. Spiritual: Search for meaning and purpose in the human experience
5. Occupational: Personal satisfaction and enrichment derived from one's work
6. Physical: Recognizing the need for physical activity, diet, sleep and nutrition
7. Intellectual: Recognizing creative abilities and finding ways to expand knowledge and skills
8. Environmental: Good health by occupying pleasant, stimulating environments that support well-being.

Adapted from SAMHSA 10x10 Wellness campaign



Mental Illness: Recognizing Warning Signs

Most people believe that mental disorders are rare and “happen to someone else.” In fact, mental disorders are common and widespread. An estimated 54 million Americans suffer from some form of mental disorder in a given year.

A mental illness is a disease that causes mild to severe disturbances in thought and/or behavior, resulting in an inability to cope with life’s ordinary demands and routines. It is important to know, with treatment, most people learn to cope and achieve recovery from a mental illness.

In adults: (Not all may apply)

- Confused thinking
- Prolonged depression (sadness or irritability)
- Feelings of extreme highs and lows
- Excessive fears, worries and anxieties
- Social withdrawal
- Dramatic changes in eating or sleeping habits
- Strong feelings of anger
- Delusions or hallucinations
- Growing inability to cope with daily problems and activities
- Suicidal thoughts
- Denial of obvious problems
- Numerous unexplained physical ailments
- Substance abuse

In older children and pre-adolescents: (Not all may apply)

- Substance abuse
- Inability to cope with problems and daily activities
- Changes in sleeping and/or eating habits
- Excessive complaints of physical ailments
- Defiance of authority, truancy, theft, and/or vandalism
- Intense fear of weight gain
- Prolonged negative mood, often accompanied by poor appetite or thoughts of death
- Frequent outbursts of anger



In younger children: (Not all may apply)

- Changes in school performance
- Poor grades despite strong efforts
- Excessive worry or anxiety (i.e. refusing to go to bed or school)
- Hyperactivity
- Persistent nightmares
- Persistent disobedience or aggression
- Frequent temper tantrums

From Mentalhealthamerica.org



Suicide Facts

Suicide can be preventable through education. It is important to be aware of the warning signs and to help the individual seek assistance.

Facts About Suicide

- Suicide is the ninth leading cause of death in the U.S., claiming approximately 30,000 lives each year.
- The suicide rate is higher for the elderly than for any other age group.
- Most suicidal persons give definite warning signs of their suicidal intentions, but others are often unaware of the significance of these warnings or unsure what to do about them.
- Firearms are the most common method of suicide across all age, sex, and ethnic groups, and rates are increasing.
- Talking about suicide does NOT cause someone to be suicidal, nor does it mean that someone is less likely to commit suicide.

Warning Signs to Look For

- Giving away prized possessions
- Feelings of worthlessness or guilt
- Change in eating habits and sleep patterns
- Extreme personality changes
- Aggressive, destructive, or defiant behavior
- Neglect of personal appearance or hygiene
- Increase in alcohol or drug consumption
- Talking, writing or drawing about their own death
- Withdrawing from family or friends

(From Speakforthem.org)



Organizational Resources

Adult Children of Alcoholics (ACA-ACoA)

310-534-1815 (Message Only)

PO Box 3216
Torrance, CA 90510

AIDS Information Clearinghouse

800-458-5231

Alanon/Alateen Family Group Headquarters, Inc.

800-356-9996 (Literature)

1600 Corporate Landing Parkway
Virginia Beach, VA 23454-5617

800-344-3666 (Meeting Referral)

Alcohol and Drug Help Line

1-800-821-4357

24-hour referrals nationwide to individuals battling drug and alcohol abuse

Alcoholics Anonymous

212-870-3400 (Literature)

475 Riverside Drive
New York, NY 10115

212-647-1680 (Meeting Referral)

American College Health Association

410-859-1500

PO Box 28937
Baltimore, MD 21240-8937

Call for brochures on alcohol problems or fax 410-859-1510

American Psychiatric Association

703-907-7300

1000 Wilson Blvd, Suite 1825
Arlington, VA 22209-3901

Call for written information on alcohol/substance abuse

American Psychological Association

750 First St, SE
Washington, D.C. 20002-4242

Call for local referral to a psychologist

800-374-2721

Call for materials about problems that relate to alcohol disorders

800-336-5500

Catherine's Cause

410-876-5505

*Works to prevent drunken driving through victim impact forums
and high school presentations*

Center for Substance Abuse Treatment

800-662-HELP (4357)

Center for Substance Abuse Prevention Workplace Helpline

800-843-4971

*Information on alcohol and drug-free workplace issues. Call to order a
publications catalog, copies of the Treatment Improvements Protocols, and/
or other materials. For additional information, visit the Center for Substance
Abuse Treatment website at www.samhsa.gov*



Co-Dependents Anonymous (CODA)	410-256-7775
Families Anonymous	800-736-9805
PO Box 3475	Fax: 310-815-9682
Culver City, CA 90231-3475	
First Call for Help	800-492-0618
Get Connected Family Resource Center	410-871-0008
Hazelden Educational Materials	800-257-7810
Pleasant Valley Road	
PO Box 176	
Center City, MN 55012-0176	
Marijuana Anonymous World Services	800-766-6779
PO Box 2912	
Van Nuys, CA 91404	
Maryland Coalition of Families	888-607-3637
Maryland Youth Crisis Hotline	800-422-0009
Mothers Against Drunk Driving (MADD)	410-321-6233
Victim Hotline: 877-MADD-HELP	
Nar-Anon Family Group Headquarters, Inc.	800-477-6291
22527 Crenshaw Blvd, Suite 200B	
Torrance, CA 90505	
National Alliance of Hispanic Health	800-504-7081
1501 Sixteenth St., N.W.	202-387-5000
Washington, D.C. 20036	
National Association for Children of Alcoholics	888-554-2627
<i>Call for additional information and materials</i>	
National Association of Alcoholism and Drug Abuse Counselors	800-548-0497
<i>Call for written information on alcoholism and drug addiction</i>	
NAMI Carroll County	410-857-3650
National Clearinghouse for Alcohol and Drug Information	301-468-2600
PO Box 2345	800-729-6686
Rockville, MD 20847-2345	
National Gambling Hotline	800-522-4700



National Highway Traffic Safety Information 202-366-9550
1200 New Jersey Ave., SE Auto Safety Hotline: 888-327-4236
Washington, D.C. 20590

National Inhalant Prevention Coalition 800-269-4237
322A Thompson St. Fax: 512-477-3932
Chattanooga, TN 37405

National Institute on Alcohol Abuse and Alcoholism 301-443-3860
5635 Fishers Lane
Bethesda, MA 20892-9304

*Call for information and/or materials or
visit the NIAAA website at www.niaaa.nih.gov*

National Mental Health Association 800-969-NMHA (6642)
2000 N. Beauregard St., 6th FL
Alexandria, VA 22311

*Call for a referral to a local affiliate and written information
on alcoholism and other related mental illnesses*

National Organization on Fetal Alcohol Syndrome 800-66NOFAS (666-6327)

900 17th St., N.W., Suite 910
Washington, D.C. 20006

*Call for educational materials and to speak with a health professional
on a call back basis.*

National Suicide Prevention Lifeline 800-273-TALK (8225)

Rape Crisis Hotline 410-857-0900

Secular Organization for Sobriety (SOS) 323-666-4295
4773 Hollywood Blvd.
Hollywood, CA 90027

U.S. Department of Health and Human Services 800-662- HELP (4357)
Center for Substance Abuse Treatment
Information and Treatment Referral Hotline



Websites to Visit

Information in these Internet sites is useful in learning about, preventing, and healing substance abuse. Being listed in this directory does not imply endorsement by The Partnership for a Healthier Carroll County or any of its affiliates of all opinions found on these sites.

Support/Self-Help Groups and Services

Adult Children of Alcoholics	www.adultchildren.org
Al-Anon/Alateen	www.al-anon.alateen.org
Alcoholics Anonymous	www.aa.org
Celebrate Recovery	www.celebraterecovery.com
Cocaine Anonymous	www.ca.org
Holy Trinity Outreach	www.htnr.net
Jewish Alcoholics, Chemically Dependent Persons and Significant Others	www.jacsweb.org
Marijuana Anonymous	www.marijuana-anonymous.org
Narcotics Anonymous	www.na.org
Nar-Anon Family Groups	www.nar-anon.org
Partners for Recovery	www.pfr.samhsa.gov
Women for Sobriety	www.womenforsobriety.org

Treatment Resources

Alcohol and Drug Abuse Administration – Directory of Services in Md.	www.maryland-adaa.org/resource
Caron Foundation	www.caron.org
Hazelden Foundation	www.hazelden.org
National Association of Addiction Treatment Providers	www.naatp.org
National Center for Substance Abuse Treatment	www.samhsa.gov
Network of Care	www.networkofcare.org
Value Options	maryland.valueoptions.com

National and State Resources

Bureau of Alcohol, Tobacco, and Firearms	www.atf.gov
Centers for Disease Control and Prevention	www.cdc.gov
Center for Substance Abuse Research	www.cesar.umd.edu
Maryland Alcohol and Drug Abuse Administration	adaa.dhmh.maryland.gov
Maryland Department of Health and Mental Hygiene	www.dhmh.maryland.gov



Motor Vehicle Administration	www.mva.maryland.gov
National Association of Alcoholism and Drug Abuse Counselors	www.naadac.org
National Association of Alcoholism and Drug Abuse Directors	www.nasadad.org
National Black Alcoholism and Addictions Council	www.nbacinc.org
National Center on Addiction and Substance Abuse at Columbia University	www.casacolumbia.org
National Center for Substance Abuse Prevention	captus.samhsa.gov
National Clearinghouse for Alcohol and Drug Information	store.samhsa.gov
National Council Against Drug Abuse	www.drugfree.org.sg
National Highway Traffic Safety Administration	www.nhtsa.dot.gov
National Inhalant Prevention Coalition	www.inhalants.org
National Institute of Mental Health	www.nimh.nih.gov
National Institute on Alcohol Abuse and Alcoholism	www.niaaa.nih.gov
National Institute on Drug Abuse	www.nida.nih.gov
National Organization on Fetal Alcohol Syndrome	www.nofas.org
National Women's Resource Center	www.healthywomen.org
Nine Zero Project	www.ninezero.org
Office Of National Drug Control Policy	www.whitehousedrugpolicy.gov
Substance Abuse and Mental Health Services Administration (SAMHSA)	www.samhsa.gov
Working Partners for an Alcohol and Drug-Free Workplace	www.dol.gov/workingpartners

Teen Sites

Above the Influence	www.abovetheinfluence.com
Check Yourself	www.checkyourself.com
Just Think Twice	www.justthinktwice.com
NIDA for Teens	www.teens.drugabuse.gov
Students Against Destructive Decisions (SADD)	www.sadd.org
Sites For Parents and Concerned Adults	
Drug Slang Dictionary and Translator	www.noslang.com/drugs
Five Moms: Stopping Teen Cough Medicine Abuse	www.fivemoms.com
Kick Butts Day	www.kickbuttsday.org
Mothers Against Drunk Drivers	www.madd.org
Moyers on Addiction: Close to Home	www.thirteen.org/closetohome/home.html
Netlingo	www.netlingo.com



Not My Kid	www.notmykid.org
Partnership for A Drug-Free America	www.drugfree.org
Talking With Kids About Tough Issues	www.talkingwithkids.org
Truth: The Anti-Drug	www.theantidrug.com
Urban Dictionary	www.urbandictionary.com

Suicide Sites

National Suicide Prevention Lifeline	www.suicidepreventionlifeline.org
SPEAK	www.speakforthem.org

Miscellaneous Substance Abuse Related Sites

American Association for the Treatment of Opioid Dependence	www.aatod.org
American Society of Addiction Medicine	www.asam.org
Christopher D. Smithers Foundation	www.smithersfoundation.org
College Drinking-Changing the Culture	www.collegedrinkingprevention.gov
Community Anti-Drug Coalitions of America	www.cadca.org
Intervention Resource Center	www.interventioninfo.org
Join Together	www.jointogether.org
Legal Action Center	www.lac.org
Maryland Association of Prevention Professionals and Advocates	www.mappamd.org
The Marin Institute for the Prevention of Alcohol and Other Drug Problems	www.marininstitute.org
Monitoring the Future Study: A Continuing Study of American Youth	www.monitoringthefuture.org
Pacific Institute for Research and Evaluation	www.pire.org
Robert Wood Johnson Foundation	www.rwjf.org
Therapeutic Communities of America	www.tcanet.org
Tobacco Bulletin Board Service	www.tobacco.org
Underage Drinking Enforcement Training Center	www.udetc.org



Licensed and Certified Treatment Programs

- Ambulatory Care Addictions Programming** 410-871-7110
Behavioral Health Services, Carroll Hospital Center
200 Memorial Avenue
Westminster, MD 21157-5726
<http://www.carrollhospitalcenter.org/behavioral-health>
- BH Health Services, Inc.** 410-871-3005
450 E. Main Street
Westminster, MD 21157-5540
- Outpatient Treatment Services** 410-876-4800
Bureau of Prevention, Wellness, and Recovery
Carroll County Health Department
290 S. Center Street
Westminster, MD 21157-5219
<http://www.carrollhealthdepartment.dhmfh.md.gov/addiction/outpatient.html>
- Carroll County Youth Service Bureau, Inc.** 410-848-2500
59 Kate Wagner Road 410-848-6100
Westminster, MD 21157-6957
<http://www.ccysb.org>
- Catoctin Counseling** 410-848-9091
63 E. Main Street, Suite 100
Westminster, MD 21157-5036
- Genesis Treatment Services** 410-751-7771
1106 Business Parkway S, Suite B
Westminster, MD 21157-3054
admin@genesistreatment.com ♦ <http://www.genesistreatment.com>
- Metwork Health Services, Inc.** 410-781-4158
2120 Liberty Road
Eldersburg, MD 21784-6723
metworkhealthservices@yahoo.com
- Mountain Manor Treatment Center,
Westminster Outpatient** 410-876-2425
Carroll Plaza Shopping Center
Suite 20 C
Westminster, MD 21157-2927

Listings are accurate as of the date of publication.



Re-Entry Mental Health Services

40 S. Church Street, Suite 105
Westminster, MD 21157-5414

410-848-3244

Shoemaker Center

Maryland Treatment Centers, Inc.
Springfield Hospital Center
Medical Surgical Building - 3rd Floor
6655 Sykesville Road
Sykesville, MD 21784-7966

410-876-1990

<http://www.carrollhealthdepartment.dhmd.gov/addiction/inpatient.html>

Westminster Recovery Center, LLC

126 E. Main Street
Westminster, MD 21157-5015
wrcl@verizon.net

410-857-8448

Certified
Treatment

Mental
Health

Substance
Abuse

Community
Self-Help

Prevention

Tobacco

Resource
Support

Additional information is available at <http://community.carr.org>.



Mental Health Providers

Baker, Nora – LCSW-C

518 E. Baltimore Street, Suite 4
Taneytown, MD 21787-2402
443-875-8440 ♦ Fax: 717-642-6040

Hours available by appointment

To provide individual, family and couples counseling for people in need of help to enhance mood, functioning, and quality of life. Fees vary. Many insurances accepted. Serves ages 9 to adult

Berkowitz, Susan – Licensed Clinical Social Worker

Transformations Psychotherapy Services, LLC
3403 Pleasant Plains Drive
Reisterstown, MD 21136-4415
410-876-2522

susan@transformutoday.com ♦ <http://www.transformutoday.com>

Offers services for affective disorders, such as anxiety and depression; couples issues; developmental issues; family therapy involving addiction; eating disorders; women's issues; abuse and trauma survivors, and Eye Movement Desensitization and Reprocessing (a complex, integrative method for resolving traumatic experiences and emotions). Contact provider for more specific information. Serves adolescents, adults, families, and couples.

Billingslea, Nan – LCSW-C

15 E. Main Street, Suite 224A
Westminster, MD 21157-5034
410-848-5155

Hours by appointment

Provides individual, marital, and family therapy with a focus on school and community behavioral problems, depression and anxiety, and women's issues.

Listings are accurate as of the date of publication.



Boris, Thomas Edward – Ph.D., Psychologist

215 Washington Heights
Westminster, MD 21157-5632
410-848-0244

Mon-Wed by appointment

Specializes in anxiety and panic disorders. As a nationally board certified hypnotherapist, provides hypnosis for pain control, smoking cessation, and weight control. Contact provider for additional specialty areas. Certain insurance plans accepted; please check for availability. Some fees negotiable. Serves all ages.

Carroll Counseling Centers

1380 Progress Way, Suite 101
Eldersburg, MD 21784-6498
410-549-5181 ♦ Fax: 410-549-5182

1131 S. Main Street, Suite 202
Mount Airy, MD 21771-5457
301-829-2242 ♦ Fax: 301-829-2290

office@carrollcounseling.com ♦ <http://www.carrollcounseling.com>

Mon-Fri 9-6

This location also houses the Attention and Learning Disorders Clinic. Offers psychological evaluation; psychotherapy; psychological, neurological and educational testing; court ordered evaluations; hypnotherapy, and medication management for children, adolescents, and adults. Sliding scale fees available based on ability to pay; some insurance accepted. Serves ages 3 to seniors.

Certified
Treatment

Mental
Health

Substance
Abuse

Community
Self-Help

Prevention

Tobacco

Resource
Support

Additional information is available at <http://community.carr.org>.



Carroll County Youth Service Bureau, Inc.

59 Kate Wagner Road
Westminster, MD 21157-6957
410-848-2500 ♦ Fax: 410-876-3016
<http://www.ccysb.org>

Mon-Thu 8:30 am-8 pm; Fri 8:30-4; Sat. 9-1

To provide multi-disciplinary outpatient mental health and substance abuse treatment, as well as an array of specialty programs to children, adolescents, adults, and families. For a detailed description of these services, please call or refer to the Internet site. Services include outpatient mental health services; substance abuse treatment; mobile mental health services; family preservation; home-based family therapy; brief strategic family therapy; separation and divorce seminars; assessments for suicide and self-injury; interactive group therapy for adolescents, parent/child interactive therapy; Business and Employment Resource Center (BERC) assessments, and a training site for graduate social work and counseling students.

Catoctin Counseling

63 E. Main Street, Suite 100
Westminster, MD 21157-5036
410-848-9091

Counseling is offered for substance abuse, domestic violence/anger management, mental health, families, and couples. Program length varies according to individual needs. Tries to work with insurance companies. Accepts a sliding scale fee for substance abuse, anger management, and substance abuse groups.

Listings are accurate as of the date of publication.



Cedar Ridge Counseling Center

Cedar Ridge Counseling Centers, LLC
1311 Londontowne Boulevard, Suite 130A
PO Box 1229
Eldersburg, MD 21784-6556

2 Locust Lane, Suite 203
Locust Lane Centre
Westminster, MD 21157-5075
410-552-0773 ♦ Fax: 410-549-3197
<http://www.cedarridgecounseling.com>

Mon-Fri 7 am-10 pm, Sat-Sun 9-5

Mental health services include individual, couple, and family therapies. Cedar Ridge also provides biofeedback training, substance abuse assessment and counseling, school consultations, employee assistance, and parent education. Psychological testing is available. Counseling for dual-diagnosed addictions clients is also available. Fees vary with individual insurance coverage. All ages are served with private pay or insurance coverage.

Center for Problem Gambling

University of Maryland Faculty Physicians
419 W. Redwood Street, Suite 560
Baltimore, MD 21201-7023
800-522-4700 ♦ 410-328-5860
<http://www.mdproblemgambling.com>

To provide confidential support and referral to problem gamblers and/or their friends and family. The Problem Gambling Helpline is available 24/7. Provides a central hub for everything related to problem gambling: written literature, referrals to trained professional counselors, clinical training on problem gambling, screening and assessment of gambling disorders, relapse prevention, and youth prevention programs.

Certified
Treatment

Mental
Health

Substance
Abuse

Community
Self-Help

Prevention

Tobacco

Resource
Support

Additional information is available at <http://community.carr.org>.



Congruent Counseling Services

7533 Main Street, Suite 1F

Sykesville, MD 21784-7388

410-740-8066 ♦ Fax: 410-740-8068

congruentcs@yahoo.com ♦ <http://www.congruentcounseling.com>

Mon-Fri 10-9

Offers individual, family, and couples/marital counseling for a wide range of mental health and substance abuse concerns. Accepts most major insurances. Serves children, teens, and adults.

Finksburg Counseling Services

1812 Baltimore Boulevard, Suite A

Westminster, MD 21157-7144

410-751-6176 ♦ Fax: 410-857-4176

Mon-Thu 9-9; Fri 9-5

Mental health services include individual therapy, couples therapy, family therapy, group therapy and medication management therapies for children, adolescents, adults, and seniors. Staff is comprised of psychiatrists, licensed clinical professional counselors, licensed marriage and family therapists, and licensed clinical social workers. The office is convenient to Carroll, Frederick, and Baltimore counties as well as southern Pennsylvania. Private insurance, Medicare, and self-pay are accepted. Serves ages 3 to adult.

Foster, Jodie – LCPC

15 E. Main Street Suite 302

Westminster, MD 21157-5025

443-536-7340 w Fax: 410-751-6335

jodiefosterlpc@gmail.com

Mon-Fri; some evening hours available

Specializing in child and family therapy, Ms. Foster provides counseling services to individuals and/or families with a wide range of concerns. Issues include depression, anxiety, ADHD, parenting concerns, oppositional behaviors, bereavement, child abuse, trauma, bipolar disorder, and developmental disorders. Insurance reimbursement is accepted when possible. Serves all ages.

Listings are accurate as of the date of publication.



Hoffman, Joan – PhD, LCMFT, LCPC

Hoffman Psychotherapy and Enrichment

24 N. Court Street

Westminster, MD 21157-5152

410-876-1994

joanhoffman@mac.com

By appointment only; day and evening hours available.

To provide counseling for individuals, couples, and families. Also offers scientifically-based workshops for couples in the transition to parenthood, and those who desire to improve their relationship. Offers marriage, family, and individual therapy and couples workshops. Provides a safe environment for a compassionate therapeutic relationship, helping partners and family members rediscover hope, passion for life, and meaningful connections. As a certified Gottman educator and couples workshop leader, she offers the following workshops: The Art and Science of Love, and Bringing Baby Home. Serves adolescents, adults, and the elderly.

Inner Journey Counseling Center

5420 Klees Mill Road, Suite 6

Sykesville, MD 21784-9230

410-615-6846

<http://www.innerjourneycc.com>

Mon-Sat by appointment; morning, afternoon & evening available

Offers individual, family, and marital counseling. Treatment areas include: depression; substance abuse; anxiety; grief, bereavement, and loss; life transition and review; problems at school or work; spiritual conflicts. Fees are variable and billable through insurance. Serves ages 6 through the elderly.

Certified
Treatment

Mental
Health

Substance
Abuse

Community
Self-Help

Prevention

Tobacco

Resource
Support

Additional information is available at <http://community.carr.org>.



Institute for Family Centered Services

427 E. Patrick Street, Suite B
Frederick, MD 21701-6092
301-696-0726 ♦ 240-405-7383
<http://www.ifcsinc.com>

Offers Family Centered Treatment® (FCT) delivered in the family's home, school, and community. Also offers a Psychiatric Rehabilitation Program (PRP). Treatment focuses on areas of family functioning, problem solving, communication, role performance, and behavior control, supervised by a licensed mental health professional. On-call crisis support, intervention, and stabilization services offered 24/7. Professional, qualified, and certified staff with an average of more than six years of in-home experience. Engages families that are typically resistant to treatment with 90 to 96 percent engagement rates. Spends time with families, coaching them in structured practice sessions so families can experience interacting differently, and the positive outcomes associated with coaching. Works toward value change, creating ownership for the changes the family has made. Assists the family to generalize their learned problem-solving process to assist with future challenges. FCT® funds include contracts, purchase of service, flex funding options, and community grants; eligibility determined by funding source. PRP requirements include medical assistance, current DSM diagnosis, and client in individual therapy at least twice per month. Services include home and office visits. Referrals made by any licensed mental health professional. Mental health services for all ages. Serves youth at imminent risk of detainment, out of home placement or returning from placement; experienced trauma, violence, and abuse/neglect; adjudicated with serious offenses, and at risk of substance abuse.

Listings are accurate as of the date of publication.



Keystone Services of Maryland

Keystone Service Systems, Inc.
255 Clifton Boulevard, Suite 309
Westminster, MD 21157-4690
410-875-4694 ♦ Fax: 410-875-4699
<http://www.keystonehumanservices.org>

Mon-Fri 9-4

To provide psychiatric rehabilitation/habilitation for children and adults, and to provide targeted case management for children and adults. Also assists clients by linking them to services in the community, and provides individual needs assessments and service plans for clients. Specific programs include: Psychiatric Rehabilitation Program for adults, children and adolescents; Targeted Case Management for children and adults, and support services for adults. Open to children, adolescents, and adults with mental illness, including the homeless. Accepts medical assistance and the Maryland Primary Care Program (PAC). Serves ages through adult.

Knapp, Patricia – Ph.D., Psychologist

15513 Bushy Tail Run
Woodbine, MD 21797-8025
410-489-2927 ♦ Fax: 410-489-5159
pknapppt@yahoo.com

By appointment only: Tues-Wed

Offers couples therapy, psychotherapy for adults, stress management, and adolescent counseling. Contact provider for more specific information. Most insurance is accepted. Serves ages 13 and older.

Certified
Treatment

Mental
Health

Substance
Abuse

Community
Self-Help

Prevention

Tobacco

Resource
Support

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Main Street Mobile Treatment & Community Mental Health Center

37 Main Street

Reisterstown, MD 21136-1236

410-526-7882 ♦ Fax: 410-526-9855

mobile-info@mainstreetmentalhealthinc.org

<http://www.mainstreetmentalhealthinc.org>

Mon, Thurs 9-6, Tues, Wed 9-8, Fri 9-4

Offers a holistic approach to mental health treatment for individuals, families, and groups. Also provides medication prescription and monitoring, health promotion and training, and case management services. Crisis services, client advocacy, and referrals to other community services are available. Special services are provided for children. The mobile treatment center brings these services to homebound clients. Medical assistance, Medicare, and select private insurances are accepted. A sliding scale fee is also available.

McNally and Ford Clinical Services

3 Greenwood Place, Suite 106

Pikesville, MD 21208-2701

443-564-3473 ♦ Fax: 410-602-8492

shannonvhodgins@yahoo.com

By appointment; evening and some weekend hours available

To provide in-home individual and family counseling. Specializes in providing child and adolescent individual and family counseling with a wide range of concerns including anxiety, depression and other mood disorders, trauma, oppositional behaviors, parenting concerns, and developmental disorders. Accepts medical assistance or self-pay.

Meyer, Marcia – Licensed Clinical Social Worker

Westminster Counseling Services

225 E. Main Street

Westminster, MD 21157-5227

410-857-8027

mail4marcia@comcast.net

Mon, Tue, Thu 9-9

To provide therapy to children, adolescents and adults in individual, marital and family sessions. Offers therapy for depression, anxiety disorders, sexual abuse and domestic violence, post traumatic stress disorder, women's issues, and stress. Offers sliding scale fees. Most insurance accepted. Serves ages 3 and older.

Listings are accurate as of the date of publication.



Mosaic Community Services, Inc.

288 E. Green Street
Westminster, MD 21157-5410
410-751-5970

1925 Greenspring Drive
Timonium, MD 21093-4128
410-453-9553 ♦ Fax: 410-751-5647
<http://www.mosaicinc.org>

Mon-Thu 8:30 am-8 pm; Fri 8:30-4

To enhance the quality of life for people with mental illness. Mosaic is an affiliate of the Sheppard and Enoch Pratt Foundation. Clinical staff includes psychiatrists, psychologists, clinical social workers, nurses, and licensed counselors. Rehabilitation and housing staff members work in teams headed by experienced psychiatric practitioners or a mental health professional. Vocational rehabilitation program. All programs are licensed by the State of Maryland. Accepts most insurance, Medicare, and Medical Assistance. This organization also receives money from private fundraising and grants. Serves individuals aged 5 and older.

New Path Counseling Center, LLC

250 Englar Road, Suite 3
Carroll Plaza Shopping Center
Westminster, MD 21157-2929
410-615-3469 ♦ Fax: 800-251-0179
admin@newpathcounselingcenter.com
<http://www.newpathcounselingcenter.com>

Mon-Fri 9-9; Sat 10-6

Offers individual, family, and couples therapy. Assessment and counseling for DUI issues/charges available. Works with substance abuse/addiction, depression, anxiety, stress, trauma, grief, divorce, work place issues, dual diagnosis, and relationship issues. Does not accept Medicare or Medicaid. Accepts most major insurances. Serves ages 13 to adult.

Certified
Treatment

Mental
Health

Substance
Abuse

Community
Self-Help

Prevention

Tobacco

Resource
Support

Additional information is available at <http://community.carr.org>.



New Perspectives

904A Washington Road
Hunter Professional Center
Westminster, MD 21157-5827
410-751-9205 ♦ Fax 410-751-6191
<http://www.nperspectives.com>

Day and evening appointments available

Offers treatment for depression, anxiety, relationship problems, stress, behavioral problems, and attention deficit disorders. Also provides child custody mediation for clients referred by the Carroll County court system. Contact provider for more specific information. Offers individual, marital, and family counseling for children, adolescents and adults. Most insurance plans are accepted. Serves ages 5 and older.

North Carroll Abuser Intervention Program

North Carroll Counseling Center
1011 S. Main Street, PO Box 603
Hampstead, MD 21074-2230
443-293-2665 ♦ Fax: 410-552-9881
<http://www.nccounselingcenter.com>

To offer a comprehensive curriculum designed to promote and preserve safety from abuse for spouses and children that are put at risk by batterers. This 26-week program follows the operational guidelines of the Maryland Governor's Council on Family Violence, compelling offenders to be accountable for their actions while understanding the damaging effects of power and control on their partners, families, communities, and themselves. Clients meet in a group setting for educational sessions about abuse while working on any psychological issues. Topics include personal accountability, defining abuse, denial, blame, empathy for victims and bystanders, anger management, self control, and understanding available resources in the community. Open to males who have been abusive to an intimate partner. Clients may volunteer or be court ordered to attend.

Listings are accurate as of the date of publication.



Pastoral Counseling Services of Maryland

5407 N. Charles Street
Baltimore, MD 21210-2024
800-427-4027
<http://www.pcsm.org>

Pastoral counseling utilizes the knowledge and methods of the mental health behavioral sciences in conjunction with the insights of religion and theology. This service offers individual, marriage, child, or family counseling on a short- or long-term basis. The service uses Westminster United Methodist Church, 165 E. Main Street as a meeting facility. We have 20 offices throughout Maryland. Everyone is eligible to be served. Sliding fee scale based on gross family income. Most insurance plans accepted.

Patterson, Rosemary – Ph.D., Psychologist

7349 Springfield Avenue
Sykesville, MD 21784-7548
410-549-1040 ♦ Fax: 410-549-1040

By appointment only: Mon-Thu

Offers family and couples counseling, and individual therapy/ counseling to children, adolescents, and adults. Accepts all major health insurance and Medicare/Medicaid. An adjustable fee schedule is available for those not covered by insurance or a participating provider; fee for service also available for patients who prefer not to utilize their insurance. Serves all ages.

Certified
Treatment

Mental
Health

Substance
Abuse

Community
Self-Help

Prevention

Tobacco

Resource
Support

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Pro Bono Counseling Project

110 West Road, Suite 202
Baltimore, MD 21204-2375
301-805-8191 ♦ Fax: 410-825-1388
<http://www.probonocounseling.org>

Mon-Fri 9-5

To link uninsured, low-income families and individuals with licensed mental health professionals who provide care at no cost throughout the state of Maryland. This non-profit, public service project serves clients with a wide variety of mental health needs including family and couples issues; anxiety; problems with self-esteem and social interaction; cancer and cancer survivors; adjustment to terminal illness; grief; separation and divorce; caregivers, physical and sexual abuse, and other forms of violence. A variety of different programs are available including, but are not limited to, the Jean Steirn Cancer Program, Caring for the Caregivers, Private Counseling for Public Service (for military program service members and their loved ones), Parenting Alone: Helping to Build Healthy Families, Transition and Depression: Elderly and Underserved, and Victims of Violence. All programs are offered to the uninsured, underinsured, and/or low income. Serves all ages.

Progressive Counseling and Treatment Service, Inc.

266 E. Main Street
Westminster, MD 21157-5528
410-848-7848 ♦ Fax: 410-857-5172
pcounseling@yahoo.com

Mon-Sat by appointment

Offers solution-focused therapy providing life management strategies with a spiritual focus for individuals, families, couples, and children struggling with an array of clinical issues. Treatment areas include anxiety and depression, conflict resolution skills, marital counseling, parenting, adolescent issues, eating disorders, child abuse, young adult concerns such as college adjustment, family therapy for addictions, stress management, health-related issues, grief counseling, and career adjustment. Most insurance accepted. Fees are negotiated.

Listings are accurate as of the date of publication.



Prologue, Inc.

6162 Timdan Court, Suite A
PO Box 1264
Sykesville, MD 21784-4942
410-549-3508 ♦ Fax: 410-549-6510
<http://www.prologueinc.org>

Mon-Fri 9-5

To provide services to people with mental illness and those experiencing homelessness. Offers a residential and psychiatric rehabilitation program. Accepts medical assistance and payment on sliding scale fees. Accepts private insurance in rare instances. Serves ages 18 to 64.

Psych Associates of Maryland, LLC

414 E. Main Street
Westminster, MD 21157-5520
410-823-6408
<http://www.pamllc.us>

Offers diagnostic services for a variety of disorders including brain injury, head trauma, and memory problems. Counseling specialities include anxiety, depression, bipolar disorder, relationship issues, work-related issues, and issues facing the elderly. Services are offered to individuals, couples, and families. All major insurance plans are accepted. Serves ages 16-90.

Certified
Treatment

Mental
Health

Substance
Abuse

Community
Self-Help

Prevention

Tobacco

Resource
Support

Additional information is available at <http://community.carr.org>.



Psychiatric Services

Carroll Hospital Center
200 Memorial Avenue
Westminster, MD 21157-5629
410-871-7110

<http://www.carrollhospitalcenter.org/Behavioral-Health>

To help individuals with psychiatric illness understand the unique dynamics of their condition, achieve healthy outlooks, and cope with the challenges of every day living. Three programs offered: intensive outpatient for those with a psychiatric or behavioral problem who can function more independently; partial hospitalization for those who do not require 24-hour care, and inpatient psychiatry services for adolescents, adults, and seniors with major psychiatric illnesses. With each program, patients receive coordinated care from a multidisciplinary team that includes experts in psychiatry, psychology, social work, general medicine, nursing, occupational therapy, addictions, and education. Most plans of care feature a combination of psychiatric assessment and evaluation, group and family therapies, medication monitoring, educational sessions, nutritional counseling, occupational therapy, and discharge planning. Most forms of medical insurance are accepted, including Medicare and Medicaid. Serves adolescents and adults.

Rassa, Gina M. – LCPC

7533 Main Street Suite 1F
Sykesville, MD 21784-7388
410-935-5140 ♦ Fax: 410-970-6157

gmrassa@verizon.net ♦ <http://www.ginamrassa.com>

Hours are by appointment.

Offers weekly or biweekly sessions to work on personal goals, improve functioning in the community, and in one's family and/or other relationships. Issues include depression and anxiety, marriage, life changes, organization and memory strategies, and caregiver support. DWI/DUI education and treatment group meets Monday at 5 pm. For individual or family therapy - accepts insurance co-pays or negotiates per session rate.

Listings are accurate as of the date of publication.



Re-Entry Mental Health Services

40 S. Church Street, Suite 105
Westminster, MD 21157-5414
410-848-9244

Mon-Thu 9-9

To provide therapy to the general public for loneliness and depression, anxiety, marital conflicts, separation and divorce, phobias, stress, alcohol, codependence, and drugs. This private mental health service provides therapies including individual psychotherapy, family therapy, marital therapy, couple's therapy, group therapy, alcohol counseling, child psychotherapy, adolescent psychotherapy, stress management, and crisis management. Five clinicians are on staff, including psychiatrists, psychologists, psychiatric social workers, addiction counselors, and clinical nurse specialists. All clinicians are licensed and certified. The alcohol and drug counseling program is certified by the Alcohol and Drug Abuse Administration; also offers a Maryland Vehicle Administration-approved DWI Alcohol Education Program. Accepts most major medical insurance plans, Medicare, and most HMOs.

Relationships Work

280 E. Main Street, Suite 103
Westminster, MD 21157-5509

9199 Reisterstown Road, Suite 204B
Owings Mills, MD 21117-4593
410-363-2825 ♦ Fax: 410-363-1612
<http://www.relationshipswork.com>

Mon-Fri 7-7

To give couples extraordinary support, surrounding them with everything needed to make progress and to help create the relationship they want. As Relationship Coaches and Counselors, we work as a team to provide couples with the tools and support to create extraordinary relationships, whether the couple is in crisis or seeking to make a good partnership even better. Services include coaching and counseling and Couple to Couple Coaching based upon a personalized blueprint for each individual and couple. 24 hour access to counselors between sessions, flexible session length, live TeleClasses, eCourses, monthly newsletter with in-depth articles also included in support. Offers individual, couple, family, and group therapy.

Certified
Treatment

Mental
Health

Substance
Abuse

Community
Self-Help

Prevention

Tobacco

Resource
Support

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Rhoton, Kimberly – LCSW-C

15 E. Main Street, Suite 224A
Westminster, MD 21157-5034
410-848-5155
krhoton@verizon.net

Hours by appointment

To provide outpatient individual, child, couples, and family therapy using a strengths-oriented, time-limited approach. Provides therapy for adolescent and family issues; school and community behavioral problems; separation, divorce, and co-parenting issues; marital issues, and mental health issues. The focus is on helping clients resolve issues using their strengths and capabilities in a time-limited approach. This is an out-of-network provider and accepts fees for service. Will negotiate out-of-pocket fees.

Rickeman, Alexandra Goerl – LCMFT

229 E. Main Street, Suite J
Westminster, MD 21157-5829
443-974-8868
alex@communicationforcouples.com
<http://www.communicationforcouples.com>

To provide therapy for couples who wish to improve their relationship or for couples and/or families struggling with separation or divorce. Specializes in working with couples. Focuses on helping couples improve their communication and get what they each want and need from the relationship. Also works with couples and families who are preparing to separate or divorce and want to do so in the healthiest way possible for the entire family. Premarital counseling is also offered. See Internet site for more information. Serves all ages.

Listings are accurate as of the date of publication.



Safe Harbor Christian Counseling

1950 Dickenson Road, Suite B
Sykesville, MD 21784-4603

Liberty Church

1641 Old Westminster Road
Westminster, MD 21157

2227 Old Emmorton Road, Suite 119

Bel Air, MD 21015-6190

410-902-1109 ♦ Fax: 410-569-0094

<http://www.safeharbor1.com>

By appointment only: Mon-Fri 9-9

Offers counseling for children, adolescents, adults, individuals, couples, and families from a Christian standpoint. Also offers seminars. Contact provider for more specific information. Offers a sliding scale fee. Most insurance accepted.

Sokas, Regina – LCPC

Sokas Mental Health

5420 Klee Mill Road, Suite 6

Sykesville, MD 21784-9230

443-690-1962 ♦ Fax: 410-552-0220

<http://www.lifecanbebetter.org>

Hours by appointment, day and evening available

Provides individual, couples, and family therapy to adults, adolescents, and children in the Liberty Road/Klee Mill office. In-home life and family coaching services also available. All are welcome. Office-based services may be covered by private insurance or Maryland Health Partners. Please call to verify insurance coverage. In-home coaching is by private pay only. Serves ages 7 through adult.

Certified
Treatment

Mental
Health

Substance
Abuse

Community
Self-Help

Prevention

Tobacco

Resource
Support

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Springfield Hospital Center

6655 Sykesville Road

Sykesville, MD 21784-7966

410-970-7000 ♦ 800-333-7564

Fax: 410-970-7024 ♦ TTY/TDD: 410-549-7950

shc_admin@dhmh.state.md.us

<http://dhmh.state.md.us/springfield/index.html>

To receive and treat people who need in-patient psychiatric hospitalization. This state psychiatric hospital operates under the jurisdiction of Maryland's Mental Hygiene Administration and provides in-patient mental health services for Maryland residents. Volunteer opportunities are available. Serves individuals age 18 through the geriatric years.

Thomas, Stephanie – Clinical and Pastoral Counselor

77 E. Main Street, Suite 204

Westminster, MD 21157-5064

410-751-2090 ♦ Fax: 410-751-2090

stephnet@gmail.com ♦ <http://www.stephthomas.com>

Tue & Thu 10 am-8 pm, Fri 8-2

To promote well being in the community by providing specialized psychotherapy services to those in need, particularly those with anxiety, obsessive compulsive disorder, post-traumatic stress disorder, or depression. Offers counseling experience from a pastoral perspective, helping clients learn new ways of approaching and defusing the anxiety they feel in their every day lives. Also works with issues such as chronic medical illnesses, hoarding, phobias like flying, depression, and interpersonal issues. Sliding scale fees are available. Most clients are seen out of network and are responsible for checking with their insurance company to ascertain reimbursement rates.

Listings are accurate as of the date of publication.



Touchstone Counseling and Consultation, Inc.

15 E. Main Street, Suite 224A
Westminster, MD 21157-5034
410-848-5155 ♦ Fax: 410-848-5638
touchstonecc@comcast.net

To provide counseling services to individuals, couples, and families struggling with mental health issues. Offers assistance with mood, anxiety, and adjustment disorders; grief and loss issues; separation and divorce; childhood trauma; life stage transitions; religious and spiritual issues, and clergy issues. Accepts most insurance as an out-of-network provider. Serves children, adolescents, and adults.

Triunfo, LLC

15910 Dark Hollow Road
Upperco, MD 21155-9349
410-978-0328
cconcha39@hughes.net

Services include: 1) Counseling services related to education, therapy groups, individual addiction counseling; 2) Problem solving groups or individual sessions as needed; 3) Anger management groups or individual sessions as needed; 4) Pre-marriage couple communication (PREP modality: Preparation and Relationship Enhancement Program); 5) Translations (English/Spanish) and notarizations. Specializes in assisting the Hispanic population. Serves self-referred or court-ordered adults.

Certified
Treatment

Mental
Health

Substance
Abuse

Community
Self-Help

Prevention

Tobacco

Resource
Support

Additional information is available at <http://community.carr.org>.



Villa Maria Behavioral Health Clinic of Carroll County

Associated Catholic Charities

255 Clifton Boulevard, Suite 302

Westminster, MD 21157-4787

410-848-2037 ♦ Fax: 410-848-5273

<http://www.catholiccharities-md.org/mental-health/mental-health-clinics/behavioral-health.html>

Mon-Fri 9-5 and by appointment

To provide quality caring and compassionate behavioral health services to children, adults, families and groups with the goal of improving overall functioning in the school, home, work, and community by enhancing skills and building positive relationships. Services for children are focused towards working in collaboration with the school, family, or other support network. Provides individual, family, and group therapy; parent training in behavioral management; case coordination services; psychiatric evaluation and consultation; medication management; school-based behavioral health services; Child & Adolescent Psychiatric Rehabilitation Program services in the community to enhance social skills development and overall resiliency; Family Support Group held monthly for parents or caretakers with mental health challenges; Early Childhood Mental Health consultation; general information and referral services, and psychological assessment services. Also serves the Spanish-speaking population. Accepts Medical Assistance, Primary Adult Care, uninsured eligibility as approved by state criteria. Serves ages 3 to adult.

Listings are accurate as of the date of publication.



Way Station, Inc.

230 W. Patrick Street, PO Box 3826

Frederick, MD 21701-6945

301-662-0099 ♦ Fax: 301-694-9932

<http://www.waystationinc.org>

To provide compassionate and quality behavioral health care, housing, and employment services to adults with mental illness, developmental disabilities, and substance abuse addictions; children and adolescents with emotional and behavioral challenges, and veterans with service needs. Children and Adolescent Services: Multi-systemic Therapy, Interagency Family Preservation, In-home Therapy for Families In-home services, Respite Services Adult Services: Community Employment, Day Psychiatric Rehabilitation, Developmental Disabilities Program, Homeless Outreach, Mobile Crisis, Mobile Treatment, Outpatient Mental Health Clinic, Residential Crisis, Residential Rehabilitation, Supported Housing, Transition-Age Youth, and Veterans Programs. Please call for eligibility requirements.

Certified
Treatment

Mental
Health

Substance
Abuse

Community
Self-Help

Prevention

Tobacco

Resource
Support

Additional information is available at <http://community.carr.org>.



Substance Abuse Programs

Ambulatory Care Addictions Programming

Behavioral Health Services, Carroll Hospital Center

200 Memorial Avenue

Westminster, MD 21157-5726

410-871-7110

<http://www.carrollhospitalcenter.org/behavioral-health>

To provide clinically intensive substance abuse and co-occurring treatment, education, and support in a structured, yet non-residential, environment. This program is less intensive than inpatient treatment programs, yet is designed to meet specific needs of persons seeking treatment appropriate to these levels of care. The center includes a variety of programs for both addictions and co-occurring disorders. We will do an intake and determine the appropriate level of care. Levels of care include intensive outpatient (IOP), and Level I Outpatient group and DUI education. We also conduct addiction assessments/evaluations for a fee. These programs provide an opportunity for persons interested in abstinence as a primary goal to reside at home and continue to attend work or school. Education, group therapy, and therapeutic activities are included for patients and their families. Treatment teams include licensed addictions counselors, licensed social workers, nursing staff, and psychiatrist. Sobriety and abstinence are required for program participation. Eligible individuals include those in crisis, those having trouble complying with treatment, and those who have been admitted to similar programs in the past. Please call or check the Internet site for details. Most forms of medical insurance are accepted, including Medicare and Medicaid. Serves adolescents and adults.

BH Health Services, Inc.

450 E. Main Street

Westminster, MD 21157-5540

410-871-3005 ♦ 443-293-8711

Mon-Fri 5-10 am, Sat 5-9 am

To treat individuals who are dependent on opioids such as heroin or oxycontin. Provides methodone maintenance treatment. Serves ages 18 and older.

Counselors certified by the state of Maryland to provide substance abuse treatment are indicated in blue.

Listings are accurate as of the date of publication.



Outpatient Treatment Services

Carroll County Health Department
Bureau of Prevention, Wellness, and Recovery

290 S. Center Street

Westminster, MD 21157-5219

410-876-4800 ♦ Fax: 410-876-4832

<http://www.carrollhealthdepartment.dhmh.md.gov/addiction/outpatient.html>

Mon-Thu 8 am-8:30 pm, Fri 8-4:30

To provide substance abuse education and treatment to Carroll County residents over the age of 18 who have substance use, abuse, and dependence disorders. Both group and individual counseling are provided to clients who are initially taught the basic steps necessary to understand how to obtain and maintain abstinence. The client is then encouraged to examine the function that alcohol and/or drugs have played in his/her past and to develop methods for learning new and more appropriate coping skills. Each treatment plan is designed with client input. Treatment is individualized, based on the expressed need of the client and can involve sessions with family members or significant others. Duration of treatment varies; however, the average length of treatment is six to eight months. Services are also provided to inmates at the Carroll County Detention Center. This facility is dual-diagnosed capable. Primarily serves the underinsured, uninsured, and indigent. A sliding fee scale based on income and number of dependents is applied when proof of income is provided. Serves ages 18 and older.

Certified
Treatment

Mental
Health

Substance
Abuse

Community
Self-Help

Prevention

Tobacco

Resource
Support

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Additional information is available at <http://community.carr.org>.



Carroll County Youth Service Bureau, Inc.

59 Kate Wagner Road

Westminster, MD 21157-6957

410-848-6100 ♦ 443-244-8640 ♦ Fax: 410-876-5187

<http://www.ccysb.org>

Mon, Tue, and Thu 9-8; Wed 9-5; Fri 9-4

To provide substance abuse treatment services to Carroll County residents. Early Intervention services – Foundations, a 6-session psycho-education service for youth and their parents that provides information, interaction, support, and strategies for addressing substance use and building resilience. Fees are charged for this service. Treatment services – offers substance abuse assessments; individual and family counseling; therapy groups for adult men and women to address substance abuse in a First Offenders Program, chemical dependency, and suboxone; a multi-family group for adolescents and their parents; intensive outpatient program for adolescents, and services specific to the Carroll County Public Schools such as a Gateway school-based counselor and screenings for substance abuse. Treatment is available for adolescents and adults. Accepts Medicaid, some private insurance benefits, and private pay.

Catoctin Counseling

63 E. Main Street, Suite 100

Westminster, MD 21157-5036

410-848-9091

To provide a full spectrum community mental health agency. Counseling is offered for substance abuse, domestic violence/anger management, mental health, families, and couples. Program length varies according to individual needs. Tries to work with insurance companies. Accepts a sliding scale fee for substance abuse, anger management, and substance abuse groups.

Counselors certified by the state of Maryland to provide substance abuse treatment are indicated in blue.

Listings are accurate as of the date of publication.



Cedar Ridge Counseling Center

Cedar Ridge Counseling Centers, LLC
1311 Londontowne Boulevard, Suite 130A
PO Box 1229
Eldersburg, MD 21784-6556

2 Locust Lane, Suite 203
Locust Lane Centre
Westminster, MD 21157-5075
410-552-0773 ♦ Fax: 410-549-3197
<http://www.cedarridgecounseling.com>

Mon-Fri 7 am-10 pm, Sat-Sun 9-5

Mental health services include individual, couple, and family therapies. Cedar Ridge also provides biofeedback training, substance abuse assessment and counseling, school consultations, employee assistance, and parent education. Psychological testing is available. Counseling for dual-diagnosed addictions clients is also available. Fees vary with individual insurance coverage. All ages are served with private pay or insurance coverage.

Genesis Treatment Services

1106 Business Parkway S, Suite B
Westminster, MD 21157-3054
410-751-7771 ♦ Fax: 410-751-7736
admin@genesistreatment.com ♦ <http://www.genesistreatment.com>

Mon-Fri 5:30 am-1 pm, Sat 6-8:45 am

To provide opiate-addicted individuals treatment in a climate that supports dignity and respect. Staff members support the philosophy that addiction is a chronic, relapsing disease that can be treated with medication and supportive services. Qualified staff members provide medication, individual and group counseling, and treatment planning in an environment designed to promote quality and optimal outcomes. Services include addiction assessment, medical evaluation, medication assisted treatments, short- and long-term medically-supervised withdrawal with suboxone, and methadone maintenance. Staff members also provide referrals to vocational rehabilitation, housing assistance and psychiatric services. After hours phone number is 410-979-0488. Call for eligibility requirements. Maryland Medicaid accepted. Call for fees.

Counselors certified by the state of Maryland to provide substance abuse treatment are indicated in blue.

Additional information is available at <http://community.carr.org>.

Certified
Treatment

Mental
Health

Substance
Abuse

Community
Self-Help

Prevention

Tobacco

Resource
Support



Inner Journey Counseling Center

5420 Klees Mill Road, Suite 6

Sykesville, MD 21784-9230

410-615-6846

<http://www.innerjourneycc.com>

Mon-Sat by appointment; morning, afternoon & evening available

Offers individual, family, and marital counseling. Treatment areas include: depression; substance abuse; anxiety; grief, bereavement, and loss; life transition and review; problems at school or work; spiritual conflicts. Fees are variable and billable through insurance. Serves ages 6 through the elderly.

Integrative Counseling Services

7533 Main Street, Suite 1F

Sykesville, MD 21784-5308

410-740-8067 ♦ Fax: 410-740-8068

congruentcs@yahoo.com ♦ <http://www.integrative-counseling.com>

Mon-Fri 10-8

To provide provide education and treatment for substance use and addictions. This Maryland state certified facility offers DWI/DUI education, outpatient addictions treatment, and individual therapy for mental health and addictions. Serves teens and adults.

Network Health Services, Inc.

2120 Liberty Road

Eldersburg, MD 21784-6723

410-781-4158 ♦ Fax: 410-781-4801

networkhealthservices@yahoo.com

Mon-Fri 5:30-11 am, Sat. 7-10 am

Providing Methadone Maintenance Therapy for the treatment of opioid dependence, along with substance abuse counseling, in an outpatient setting. This program provides person-centered services based on the strengths, needs, abilities, preferences, desired outcomes, and cultural background of the person served. Serves those with one year of opioid dependence. Call for information.

Counselors certified by the state of Maryland to provide substance abuse treatment are indicated in blue.

Listings are accurate as of the date of publication.



Mountain Manor Treatment Center, Westminster Outpatient
 Carroll Plaza Shopping Center, Suite 20 C
 Westminster, MD 21157-2927
 410-876-2425 ♦ Fax: 410-840-9388

Mon-Fri 9-5; 24-hour answering service

To provide outpatient drug and alcohol treatment, and inpatient assessments. Services include: evaluation and assessment, group counseling, family education/counseling, didactic/comprehensive/relapse prevention, co-dependency counseling, continuing care, and the Motor Vehicle Administration alcohol education program. The 24-hour toll free emergency number is 800-537-3422. Serves ages 18 and older. Can give referrals to various juvenile programs in the Baltimore area. Sliding scale fees and insurance credits.

New Path Counseling Center, LLC

250 Englar Road, Suite 3
 Carroll Plaza Shopping Center
 Westminster, MD 21157-2929
 410-615-3469 ♦ Fax: 800-251-0179
 admin@newpathcounselingcenter.com
 http://www.newpathcounselingcenter.com

Mon-Fri 9-9; Sat 10-6

Offers individual, family, and couples therapy. Assessment and counseling for DUI issues/charges available. Works with substance abuse/addiction, depression, anxiety, stress, trauma, grief, divorce, work place issues, dual diagnosis, and relationship issues. Does not accept Medicare or Medicaid. Accepts most major insurances. Serves ages 13 to adult.

Counselors certified by the state of Maryland to provide substance abuse treatment are indicated in blue.

Additional information is available at <http://community.carr.org>.

Certified
Treatment

Mental
Health

Substance
Abuse

Community
Self-Help

Prevention

Tobacco

Resource
Support



Rassa, Gina M. – LCPC

7533 Main Street Suite 1F

Sykesville, MD 21784-7388

410-935-5140 ♦ Fax: 410-970-6157

gmrassa@verizon.net ♦ <http://www.ginamrassa.com>

Hours are by appointment.

Offers weekly or biweekly sessions to work on personal goals, improve functioning in the community, and in one's family and/or other relationships. Issues include depression and anxiety, marriage, life changes, organization and memory strategies, and caregiver support. DWI/DUI education and treatment group meets Monday at 5 pm. For individual or family therapy - accepts insurance co-pays or negotiates per session rate.

Re-Entry Mental Health Services

40 S. Church Street, Suite 105

Westminster, MD 21157-5414

410-848-9244

Mon-Thu 9-9

To provide therapy to the general public for loneliness and depression, anxiety, marital conflicts, separation and divorce, phobias, stress, alcohol, codependence, and drugs. This private mental health service provides therapies including individual psychotherapy, family therapy, marital therapy, couple's therapy, group therapy, alcohol counseling, child psychotherapy, adolescent psychotherapy, stress management, and crisis management. Five clinicians are on staff, including psychiatrists, psychologists, psychiatric social workers, addiction counselors, and clinical nurse specialists. All clinicians are licensed and certified. The alcohol and drug counseling program is certified by the Alcohol and Drug Abuse Administration; also offers a Maryland Vehicle Administration-approved DWI Alcohol Education Program. Accepts most major medical insurance plans, Medicare, and most HMOs.

*Counselors certified by the state of Maryland to provide
substance abuse treatment are indicated in blue.*

Listings are accurate as of the date of publication.



Shoemaker Center

Maryland Treatment Centers, Inc.
Springfield Hospital Center
Medical Surgical Building - 3rd Floor
6655 Sykesville Road, PO Box 308
Sykesville, MD 21784-7966
410-876-1990 ♦ Fax: 410-876-1690

<http://www.carrollhealthdepartment.dhmh.md.gov/addiction/inpatient.html>

Mon-Fri 8 am-4:30 pm

To provide a residential substance abuse program which allows the patient's body time to become drug and alcohol free, and the mind an opportunity to understand the dynamics of addiction. This inpatient adult residential treatment facility offers medical assessment to evaluate level of care needed, with trained medical staff on duty 24-hours a day. Certified and licensed counselors or social workers offer individual counseling along with various forms of group therapy. Motivational enhancement, anger management, problem solving, interpersonal skills training, stress management, 12-step programming, peer counseling, gender-specific groups, role modeling, and aftercare planning are major components of the curriculum. Treatment involves the individual in treatment, family members or significant others affected by the individuals substance abuse problem. Family education and treatment is provided to ensure an understanding of the disease concept. This facility is dual-diagnosed capable and tobacco free. Volunteer opportunities include facilitation of onsite 12-step meetings, transportation to outside 12-step meetings, and transportation to medical appointments or other services. Donations of men's and women's clothing, personal hygiene items, cleaning supplies, craft items, and educational materials are accepted. Participants must be at least 18 years of age; diagnosed with a substance abuse problem; be in need of 24-hour, 7-day residential treatment; be medically and psychiatrically evaluated by a practitioner for stability; be willing and capable of participating in all residential program activities; demonstrate a commitment to recovery, learning, and personal growth, and sign and agree to the terms of the program consent for treatment. Sliding fee scale based on income and number of dependents when proof of income. Self pay and commercial insurance accepted. Serves ages 18 and older.

Counselors certified by the state of Maryland to provide substance abuse treatment are indicated in blue.

Additional information is available at <http://community.carr.org>.

Certified
Treatment

Mental
Health

Substance
Abuse

Community
Self-Help

Prevention

Tobacco

Resource
Support



Triunfo, LLC

15910 Dark Hollow Road
Upperco, MD 21155-9349
410-978-0328
cconcha39@hughes.net

Services include: 1) Counseling services related to education, therapy groups, individual addiction counseling; 2) Problem solving groups or individual sessions as needed; 3) Anger management groups or individual sessions as needed; 4) Pre-marriage couple communication (PREP modality: Preparation and Relationship Enhancement Program); 5) Translations (English/Spanish) and notarizations. Specializes in assisting the Hispanic population. Serves self-referred or court-ordered adults.

Way Station, Inc.

230 W. Patrick Street, PO Box 3826
Frederick, MD 21701-6945
301-662-0099 ♦ Fax: 301-694-9932
<http://www.waystationinc.org>

To provide compassionate and quality behavioral health care, housing, and employment services to adults with mental illness, developmental disabilities, and substance abuse addictions; children and adolescents with emotional and behavioral challenges, and veterans with service needs. Children and Adolescent Services: Multi-systemic Therapy, Interagency Family Preservation, In-home Therapy for Families In-home services, Respite Services Adult Services: Community Employment, Day Psychiatric Rehabilitation, Developmental Disabilities Program, Homeless Outreach, Mobile Crisis, Mobile Treatment, Outpatient Mental Health Clinic, Residential Crisis, Residential Rehabilitation, Supported Housing, Transition-Age Youth, and Veterans Programs. Please call for eligibility requirements.

*Counselors certified by the state of Maryland to provide
substance abuse treatment are indicated in blue.*

Listings are accurate as of the date of publication.



Westminster Recovery Center, LLC

126 E. Main Street

Westminster, MD 21157-5015

410-857-8448 ♦ Fax: 410-857-0239

wrccl@verizon.net

Mon-Thu 7:30 am-9; Fri 8-4; Sat & Sun 7-1

To provide exceptional, affordable and easily accessible services to individuals who have abused or are addicted to the use of alcohol/ drugs. Emphasizes the importance of the programs of alcoholic and narcotics anonymous in the treatment of addictions. Offers Level One outpatient treatment programs, alcohol and drug education and counseling, assessments and evaluations, 26-week programs, private alcohol and drug counseling, drug screenings, family services, interventions, and employment services. Advocates for clients in court, for employment issues and more. Alcoholics Anonymous: Early Risers, Mon-Fri, 6:30 am; A Way Up & Out, Thu, 7:30 pm, and Saturday Sunshine, Sat, 7 am. Narcotics Anonymous: Just Let Go, Fri, noon. Overeaters Anonymous: Sat and Sun, 4:30 pm. Self-pay, varies based on program and intensity. Serves adults age 18 and older.

Certified
Treatment

Mental
Health

Substance
Abuse

Community
Self-Help

Prevention

Tobacco

Resource
Support

Counselors certified by the state of Maryland to provide substance abuse treatment are indicated in blue.

Additional information is available at <http://community.carr.org>.



Community Based Self Help

ACTS – Alcohol Chemical Treatment Series

Christian Revival Center

Street Address 3553 E. Lawndale Road

Reisterstown, MD 21136-4036

410-239-4660

sof@crcmd.org ♦ <http://www.crcmd.org/ministries-6.html>

Mon-Fri 10-2; voice mail after 2 pm

To educate users of drugs and alcohol about the dangers involved; to present a sense of reality in terms of how abuse affects the entire family, and the individual's interaction with society. Meetings are from 6 to 7 pm every Thursday and noon to 1 pm on Saturday.

This 36-week course covers a wide variety of substances and how to reclaim reality after addiction. The volunteer instructors provide morally instructive presentations. There is no inpatient facility, nor are volunteers qualified to counsel. Classes are for one hour, followed by refreshments and fellowship. Everyone is welcome. This program is dual diagnosed capable. ACTS is a free program.

Al-Anon Family Groups of MD and DC, District 3, Carroll

Baltimore Area Al-Anon Information Service

PO Box 28259

Baltimore, MD 21234-8259

410-832-7094

area24@marylanddc-alanon.org

<http://www.marylanddc-alanon.org>

24-hour answering machine for meeting information & messages

To provide a worldwide fellowship of relatives and friends of alcoholics who share experiences, strengths, and hopes for solving common problems. This organization is not allied with any denomination, organization, or institution. Call for information about Alateen meeting times and locations. The anonymity of all members is guarded. All meetings are open to anyone desiring help. No dues or fees are charged.

Listings are accurate as of the date of publication.



Alcoholics Anonymous

Baltimore Intergroup Council of Alcoholics Anonymous
8635 Loch Raven Boulevard, Suite 4
Baltimore, MD 21286-2309
410-663-1922

intergroup@baltimoreaa.org ♦ <http://www.baltimoreaa.org>

West Central Intergroup of Maryland

2 E. Church Street, PO Box 1771

Frederick, MD 21701-5432

301-662-0544

pubin@westcentralaa.org ♦ <http://www.westcentralaa.org>

24-hour answering service

To assist alcoholics through group meetings with other alcoholics. AA does not: 1. Solicit members 2. Keep membership records or case histories 3. Engage in or sponsor research 4. Join “councils” or social agencies, although AA members, groups and service officers frequently cooperate with them 5. Follow-up on or try to control its members 6. Make medical or psychological diagnosis or prognosis 7. Provide “drying-out” or nursing services 8. Offer religious services 9. Engage in education or propaganda about alcohol 10. Provide domestic or vocational counseling 11. Provide housing, food, or clothing 12. Accept any money for its services or any contributions from non-AA sources. Open to anyone. No fees are charged.

Certified
Treatment

Mental
Health

Substance
Abuse

Community
Self-Help

Prevention

Tobacco

Resource
Support

Additional information is available at <http://community.carr.org>.



Celebrate Recovery

Uniontown Bible Church
4280 Watson Lane
Union Bridge, MD 21791-9060
410-775-1345 ♦ Fax: 410-775-1348
<http://www.utown.org>

Mon-Fri 8:30-3:30

To provide a Christ-centered recovery program for all hurts, habits, and hang-ups. Offers a family recovery environment each Friday from 7 to 9 pm. This Bible-based program encourages spiritual growth as a way to free individuals from addictive, compulsive, and dysfunctional behaviors. Additional programs include Celebration Station for children ages K-5 and The Landing for junior and senior high students. Both programs offer the same curriculum as Celebrate Recovery, but are geared to specific age groups. Pastor Dent does not consider himself an expert, but started his own recovery journey in 1992 and has been involved in this program since 1999. Open to anyone of any age seeking to overcome any hurt, habit, struggle, or life issue.

Champions of Change

PO Box 2123
Westminster, MD 21158-7123
410-876-4800
championsofchangecc@gmail.com

To offer a community based peer support and advocacy organization that wishes to further recovery in Carroll County. Members strive to educate the public and promote a positive image of those in recovery from mental illness and/or substance abuse. Their ultimate goal is to reduce the stigma for those in recovery, and work to create a supportive community offering peer support and mentoring to assist individuals in their recovery journey. In addition, the group supports recovery efforts by having a voice in planning services; collaborates with the provider, judicial, and faith communities to solve problems and remove barriers; provides connections to resources and assists in navigating the system; plans community events to show that recovery works; mentors to others in recovery, and teaches through example that everyone has the right to be treated with dignity and have their individual human rights respected. Meetings are from 5:30 to 6:30 pm the first Wednesday of each month. Please email for meeting location.

Listings are accurate as of the date of publication.



Divorce Care

Church of the Open Door
550 Baltimore Boulevard
Westminster, MD 21157-6102
410-876-3838 ♦ Fax: 410-876-1808
TTY/TTD: 410-876-3838, Ext. 346
mail@opendoorchurch.org
<http://www.opendoorchurch.org/ministries/divorcecare.html>
Mon-Fri 8-4

To help adults heal from the hurt caused by separation and divorce. This Biblically-based program features 33 renowned experts on divorce and recovery, and is conducted by a leadership team who understands what participants are experiencing. Weekly sessions teach how to deal with the circumstances of separation, how God's love can strengthen during this time, and gives participants the opportunity to interact with others who are experiencing the same things. A Bible class for singles is also available from 9:45 to 10:30 am on Sunday. Open to all.

Divorce Care for Kids

Church of the Open Door
550 Baltimore Boulevard
Westminster, MD 21157-6102
410-876-3838 ♦ Fax: 410-876-0808
TTY/TTD: 410-876-3838, Ext. 346
mail@opendoorchurch.org
<http://www.opendoorchurch.org/ministries/divorcecare-for-kids-dc4k.html>
Mon-Fri 8-4

To help children heal from the hurt caused by the separation or divorce of their parents. At this weekly group, kids make friends who understand how they feel and the things they are going through because of the divorce of their parents. This Bible-based program helps children learn how God's love can strengthen them and help turn tears to hope and joy. Master clubs are offered from 7 to 8:15 pm on Wednesday. A summer camp is available during June. Members also meet from 6:30 to 8:30 pm at the church. Serves ages 6 to 12.

Additional information is available at <http://community.carr.org>.

Certified
Treatment

Mental
Health

Substance
Abuse

Community
Self-Help

Prevention

Tobacco

Resource
Support



Grief Share

Church of the Open Door

550 Baltimore Boulevard

Westminster, MD 21157-6102

410-876-3838 ♦ Fax: 410-876-1808

mail@opendoorchurch.org

<http://www.opendoorchurch.org/ministries/griefshare.html>

Mon-Fri 8-4

To help adults who are grieving the death of someone close to them. This Biblically-based program offers valuable information about recovering from grief and renewing hope for the future. Members meet with people who understand what they are feeling, and learn how Jesus Christ can help in their journey from mourning to joy. The 13-week program meets from 6:30 to 8:30 pm on Tuesdays.

Heroin Action Coalition of Carroll County

1340 West Street

Hampstead, MD 21074-1684

410-374-1048

<http://www.heroinaction.org>

To provide support to families dealing with substance abuse. Operates a 24-hour substance abuse hotline at 410-386-2424 where callers can receive a list of detoxification and/or treatment services, or just a sympathetic ear. The toll free number is 866-HEROIN-1 (437-6461). Meetings are open to anyone affected by substance abuse, or anyone interested in making a difference in Carroll County. No fees are charged. Serves all ages.

Listings are accurate as of the date of publication.



MCF Maryland Coalition of Families for Children's Mental Health

10632 Little Patuxent Parkway, Suite 234

Columbia, MD 21044-6255

410-730-8267 ♦ Fax: 410-730-8331

info@mdcoalition.org ♦ <http://www.mdcoalition.org>

Mon-Fri 9-5

To build a network of information and support for families across Maryland, and improve services for children with mental health needs and their families. Provides the following services: 1. One-to-one information, support and advocacy to families caring for a child with mental health needs; 2. Monthly electronic newsletter; 3. Support groups; 4. Various conferences and training sessions are offered throughout the year. Central office listed above, with regional offices located throughout the state. Open to any caregiver of a child with behavioral health needs. No fees are charged. Serves children with mental health issues from birth to age 18, or up to their 22nd birthday if in special education.

NAMI of Carroll County

National Alliance on the Mental Illness of Maryland (NAMI)

PO Box 1928

Westminster, MD 21158-5928

410-857-3650

info@namicc.md.org ♦ <http://www.namicc.md.org>

To provide an educational organization and support group for individuals and families who have had their lives touched by mental illness. Support groups are offered the first Monday and third Tuesday of each month at the Carroll County Nonprofit Center, 255 Clifton Boulevard, Westminster.

Nar-Anon Family Groups for Maryland/Washington DC/North. Va.

800-477-6291

<http://www.nar-anon.org>

To provide a support group for the family and friends of drug abusers; to learn that the drug user's illness affects the lives of everyone close to them, and that Nar-Anon is for the parent, spouse, child, sibling, friend, or employer. A Westminster group meets at 8:30 am, Saturdays at the former TSC building, 895 Leidy Road. For additional information about support group meetings in the Baltimore area, call the hotline number or check the Internet site. Attendance is welcome without prior arrangement. There are no charges or other obligations.

Additional information is available at <http://community.carr.org>.

Certified
Treatment

Mental
Health

Substance
Abuse

Community
Self-Help

Prevention

Tobacco

Resource
Support



Narcotics Anonymous, Free State Regional Service Center

217 N. Warwick Avenue

Baltimore, MD 21223-1416

410-566-4022 ♦ 800-317-3222 ♦ Fax: 410-362-8505

barsc@verizon.net ♦ <http://www.freestatena.org>

Mon, Wed, and Fri 11-6; Tue 2-8; Thu 11-7; Sat 10-4

To provide a twelve-step recovery program for addicts. Call for information on meeting locations. Open to all with a sincere desire to stop using narcotics. No fees are charged. Serves all ages.

New Life For Girls

806 Littlestown Pike

Westminster, MD 21157-4713

410-848-1360 ♦ Fax: 410-848-1361

newlifeministries@verizon.net

<http://www.southeastnewlifeforgirls.org>

Mon-Fri 10-4

To rehabilitate women with drug and/or alcohol abuse problems through Christian teachings. Christian classes and counseling are part of the rehabilitation in this residential program. This organization is commonly referred to as "Southeast New Life For Girls" because of its geographic location. Open to females between the ages of 18 and 45.



Rape Crisis Intervention Service of Carroll County

224 N. Center Street, Room 102

PO Box 1563

Westminster, MD 21157-5134

410-857-0900 ♦ Fax: 410-876-9147

info@rapecrisiscc.org ♦ <http://www.rapecrisiscc.org>

Mon-Fri 9-5; 24-hour hotline 410-857-7322

To provide counseling and support services to people in the community hurt by sexual violence, and to eliminate sexual violence in Carroll County through education and advocacy. Client services include: 24-hour hotline; walk-in crisis counseling; group therapy; individual therapy; accompaniment to meet with police, go to the hospital, and/or appear in court, and advocacy. Services are available to both female and male victims as well as family members. Community services include: educational programs for schools, colleges, employers, community groups and professional organizations. Workshop topics include: dating violence, domestic violence, sexual harassment, child sexual abuse prevention, and rape risk reduction programs. We provide all training for 24-hour hotline volunteers, a responsibility that may include telephone crisis counseling, police accompaniment, or a visit to the emergency room. Services are free and confidential. Donations are suggested for therapy services. Serves adults and youth ages 12 and older.

Reformers Unanimous/Victory Fellowship

Church of the Open Door

550 Baltimore Boulevard

Westminster, MD 21157-6102

410-876-3838 ♦ Fax: 410-876-1808

mail@opendoorchurch.org ♦ <http://www.opendoorchurch.org>

To provide a support group for individuals dealing with addiction. Meetings are from 7 to 9 pm on Friday in the Baker Auditorium (in the church building across from the Main Auditorium) on the campus of the Church of the Open Door. This program is court-approved. Meetings are free of charge. A minimal fee is charged for workbooks and program guides.

Certified
Treatment

Mental
Health

Substance
Abuse

Community
Self-Help

Prevention

Tobacco

Resource
Support

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Spirit of Freedom Ministries Christian Intervention Program

Christian Revival Center

3553 E. Lawndale Road

Reisterstown, MD 21136-4036

410-239-4660

sof@crcmd.org ♦ <http://www.crcmd.org/ministries-6.html>

Mon-Fri 10-2; voice mail after 2 pm

To educate users of drugs and alcohol about the dangers involved; to present a sense of reality in terms of how abuse affects the entire family, and the individual's interaction with society. Meetings are from 6 to 7 pm every Thursday, and noon to 1 pm each Saturday at the Christian Revival Center. This 20- to 48-week course covers a wide variety of substances and how to reclaim reality after addiction. The volunteer instructors provide morally instructive presentations. There is no inpatient facility, nor are volunteers qualified to counsel. Classes are one hour long. Spirit of Freedom is not only for people who are addicted to drugs and alcohol; it is also for those who need to be educated about drugs and alcohol. The motto is "Bringing Families Together Who Are Worlds Apart." Everyone is welcome. This program is dual diagnosed capable. Spirit of Freedom is a free program.

Weber Sober Houses

PO Box 106

Woodbine, MD 21797-0106

410-961-6854

<http://theweberaddictiongroup.org>

To help men with addiction recovery. Provides a sober living environment for male addicts and alcoholics in recovery. All residents must pay their own way, participate in running the house, and remain clean and sober to continue living there. Also offers interventions, one-on-one counseling, addiction support groups, and Alcoholics Anonymous meetings. Open to men ages 18 and older.

Westminster Rescue Mission

658 Lucabaugh Road, PO Box 285

Westminster, MD 21157

410-848-2222

wrm_office1@verizon.net

<http://www.westminsterrescuemission.org>

To rehabilitate alcoholics and drug addicts by treating their bodies, souls and spirits through the gospel. Serves all ages.

Listings are accurate as of the date of publication.



Prevention Programs

Carroll County Prevention Office for Substance Abuse

Carroll County Health Department

290 S. Center Street

Westminster, MD 21157-5219

410-876-4800 ♦ Fax: 410-876-4832

www.carrollhealthdepartment.dhmdh.md.gov

Mon-Thu 8-8, Fri 8-5

To reduce substance abuse in Carroll County by working together to design and deliver comprehensive prevention services. This office works to increase substance abuse awareness and resiliency skills through multiple community involved and research-based programs. Anyone interested in volunteering is welcome. Serves all ages.

Choices of Carroll County

PO Box 374

Westminster, MD 21158-0374

410-751-5327

choices@choicesofcarrollcounty.org

<http://www.choicesofcarrollcounty.org>

To help young adults learn the consequences of substance abuse in an effort to interrupt the destructive cycle of alcohol and chemical dependencies. This program consists of four 3-hour sessions for four consecutive Thursday evenings, and is under the professional direction of the Carroll County Sheriff's Department, the Westminster Police Department, and trained community volunteers. Students see the consequences of drug and alcohol choices, and hear how similar choices have impacted guest speakers who have witnessed alcohol and drug abuse. Site tours, educational presentations, videos, and homework assignments are also included. Meetings are from 6 to 9 pm. Parent-referred or court-ordered young adults. Targets young adults aged 18 to 23 with a alcohol and/or drug problems.

Certified
Treatment

Mental
Health

Substance
Abuse

Community
Self-Help

Prevention

Tobacco

Resource
Support

Additional information is available at <http://community.carr.org>.



DARE Unit (Drug Abuse Resistance Education)

Youth Intervention Task Force, Carroll County Public Schools
125 N. Court Street
Westminster, MD 21157-5192
410-386-1687

To present drug and alcohol abuse resistance education to all 6th grade students, as well as various safety presentations offered at elementary, middle, and high schools. This 10-lesson curriculum provides students with accurate information about drugs, alcohol, and abuse; teaches students the consequences of substance abuse, and also provides students with resistance skills and techniques. The DARE Unit will provide special presentations to civic groups upon written request, schedule permitting.

FoolProof Improvisational Theatre

Community Foundation of Carroll County
735 Uniontown Road
Westminster, MD 21158-4228
443-340-7005
<http://www.foolprooftroupe.com>

To perform issue-oriented improvisations for youth and parent groups to help open lines of communication. Issues such as drug abuse, alcohol abuse, suicide, teenage pregnancy, peer pressure, divorce, and AIDS provide the basis for scripts. Members perform for schools, drug and alcohol rehabilitation centers, church youth groups, service organizations, PTA groups, or anyone else requesting the service. Program lengths vary, but they are generally one hour in length with thirty minutes for scenes and thirty minutes for communication between the audience and characters. The actors will develop a show on a particular theme upon request. A donation is requested. Actors must be of high school age.

Listings are accurate as of the date of publication.



Teen Choices

PO Box 374
Westminster, MD 21158-0374
410-751-5327
choices@choicesofcarrollcounty.org
<http://www.choicesofcarrollcounty.org>

To help students learn the consequences of substance abuse in an effort to interrupt the destructive cycle of alcohol and chemical dependencies. This program consist of three 2 1/2 hour sessions for three evenings. The first night the parents are required to attend an information sharing meeting. Meetings are from 6 to 8:30 pm. Targets teenagers ages 14 to 17 years with alcohol or minor drug problems.

Think Before You Drink Foundation

4630 Lower Beckleysville Road
Hampstead, MD 21074-2612
410-374-2840
truth@qis.net ♦ <http://www.qis.net/~hughessr>

24 hours/7 days

To educate the public about how alcohol abuse damages the body mentally, physically, and psychologically, and to highlight the billions of dollars society spends each year on treating alcoholism. Offers presentations to schools and other organizations, which include printed materials and personal accounts to help educate young people about the dangers of alcohol abuse. Presentations also include use of Drunk Busters Impairment Goggles, which simulate the effects of intoxication. The foundation accepts student workers through the Volunteer Community Service Program. Regular meetings are from 1 to 3 pm on Saturday; call for location. Anyone willing to help the community is welcome to attend. Donations are always welcome. Serves all ages, but focuses primarily on youth.

Certified
Treatment

Mental
Health

Substance
Abuse

Community
Self-Help

Prevention

Tobacco

Resource
Support

Additional information is available at <http://community.carr.org>.



Tobacco Programs

American Cancer Society

American Cancer Society, South Atlantic Division, Inc.
1393 Progress Way, Suite 908
Eldersburg, MD 21784-6473
888-535-4555 ♦ Fax: 410-781-4317
<http://www.cancer.org>

To work toward eliminating cancer as a major health problem through education, patient assistance, advocacy, fundraising and research. This voluntary health organization provides community outreach on cancer prevention and early detection through educational programs and events. Provides transportation to cancer treatment centers. Some limited financial assistance provided for pain and nausea medications. Personal help available through various support programs. Literature available to patients, their families, and the general community on prevention, risk reduction, diagnosis, treatment, rehabilitation, and continuing care. Volunteers participate in all aspects of services, programs, public speaking, and fund-raising. For information regarding support groups and patient services call the Resource Center at 888-227-6333. For additional cancer information, call 800-ACS-2345. Open to all. No fees are charged.

American Lung Association in Maryland

211 E. Lombard Street, #109
Baltimore, MD 21202-6102
443-451-4950 ♦ Fax: 410-560-0829
lungmd@lungusa.org ♦ <http://www.lungusa.org>
Mon-Fri 8:30-4:30

To save lives by preventing lung disease and promoting lung health. Lung HelpLine (1-800-548-8252) is staffed by registered nurses and registered respiratory therapists. Areas of expertise include Education, Smoking Cessation, Respiratory Therapy, Lung Disease, Nursing, Physician Referral, Respiratory Home Care, Neonatal, Pediatric and Adult Intensive Care, Medicare, Medicaid, Private Insurance, Medication Counseling, Patient Advocacy, Health Care Insurance, and Nursing Case Management. Smoking Cessation - Freedom From Smoking Online (<http://www.ffsonline.org>) teaches proven techniques and offers personal support to help you quit for good.

Listings are accurate as of the date of publication.



Boris, Thomas Edward – Ph.D., Psychologist

215 Washington Heights
Westminster, MD 21157-5632
410-848-0244

Mon-Wed by appointment

As a nationally board certified hypnotherapist, provides hypnosis for smoking cessation. Contact provider for additional specialty areas. Certain insurance plans accepted; please check for availability. Some fees negotiable. Serves all ages.

Carroll Hospital Center

200 Memorial Avenue
Westminster, MD 21157-5726
410-848-3000

<http://www.carrollhospitalcenter.org>

The hospital offers a full range of educational and wellness programs that include smoking cessation and support for patients with cancer.

Certified
Treatment

Mental
Health

Substance
Abuse

Community
Self-Help

Prevention

Tobacco

Resource
Support

Additional information is available at <http://community.carr.org>.



Tobacco Prevention, Education, and Cessation Program

Cigarette Restitution Fund Program

Carroll County Health Department

290 S. Center Street

Westminster, MD 21157-5219

410-876-4443 ♦ Fax: 410-876-4441

<http://www.carrollhealthdepartment.dhmdh.md.gov/healthserv/tobaccoprevent.html>

Mon-Fri 8-4:30

To decrease the number of adults and youth using tobacco in Carroll County. Provides three free smoking cessation classes and self-help materials for quitting tobacco use: Stop Using Tobacco for Life – An extensive quit program with 2-hour sessions for five consecutive weeks focusing on skills to unlearn the smoking habit. Discussion topics include nicotine addiction, stress management, behavior modification, withdrawal, cravings, urges, and more. Jump Start to Quitting – a one-time, 2-hour quick quit program to get smokers started or refresh their quit plan. Walk-In Clinic meets from 4 to 5:30 pm the third Thursday of each month. Participants in classes can receive vouchers to use toward the cost of nicotine replacement products of Chantix. Also provides an alternative program for youth with tobacco violations. Community education and presentations on a variety of tobacco related topics available including secondhand smoke and tobacco use prevention.



Resource Support

Clothing and Household Items

Car Seat Loaner Program, KISS (Kids in Safety Seats)

Carroll County Health Department, Health Education

290 S. Center Street

Westminster, MD 21157-5222

410-876-4448

<http://www.carrollhealthdepartment.dhmd.gov/healthserv/kiss.html>

To provide information to the public on child passenger safety laws and the correct use of safety seats. This program also loans safety seats to low income Carroll County residents at a minimal charge. Information on child safety includes educational programs and free safety seat checks for proper use and installation. Safety seat checks at the Health Department are made by appointment only. Call for information on the next community car seat event. Fees are charged for loaner seats; no fees are charged for car seat checks.

Certified
Treatment

Mental
Health

Substance
Abuse

Community
Self-Help

Prevention

Tobacco

Resource
Support

Additional information is available at <http://community.carr.org>.



Goodwill Industries

Goodwill Industries of Monocacy Valley, Inc.

1346 Liberty Road

Sykesville, MD 21784-6411

410-552-5060 ♦ eldersburgmanager@gimv.org

721 Hanover Pike, Unit 101

Hampstead, MD 21074-2034

410-374-5907 ♦ hampsteadmanager@gimv.org

200 Baltimore Boulevard

Westminster, MD 21157-5118

410-857-9993 ♦ Fax 410-857-9995

westminstermanager@gimv.org

customercare@gimv.org ♦ <http://www.gimv.org>

Mon-Sat 9-9, Sun 8-8

To provide low cost clothing, furniture, and household goods to residents of the local community with store revenues supporting Goodwill programs. The stores carry a variety of articles, both new and used, all of which are donated for resale. Items include household wares, sporting goods, sewing/crafts, furniture, pictures, baby items, toys, linens, curtains, clothing, shoes, books, and some outdoor items.

NESAP Thrift Store

1046 S. Carroll Street, PO Box 831

Hampstead, MD 21074-1816

410-374-9099 ♦ Fax: 410-374-9109

nesap.inc.org@gmail.com ♦ <http://www.nesapinc.org>

Mon-Sat 9-3, except Tue and Thu 9-8

To provide an ever-changing variety of carefully selected new and used clothing, jewelry, books, toys, appliances, furniture, household items and collectibles. All Thrift Store proceeds fund North East Social Action Program that helps the community in need. Costumes and new/nearly new racks of clothing are also available. Items are carried for holidays and special events, such as graduation; vintage items are also available throughout the year. Houseware department and domestics. Occasionally there is small furniture and sometimes medical equipment supplies such as wheelchairs.

Listings are accurate as of the date of publication.



Taneytown Caring and Sharing Ministries

St. Joseph Roman Catholic Church, 44 Frederick Street
Taneytown, MD 21787-2135
410-857-5733

A clothing bank and medical assistance are available. There is a minimal charge for clothing. Serves all ages as well as family groups.

Second Chances

Human Services Programs of Carroll County, Inc.
23 W. Green Street
Westminster, MD 21157
410-857-2999

Mon-Fri 9-4

This household goods recycle program accepts donations of new and gently used household items, furniture and clothing and provide these to those in need at no charge.

Spare Room

Westminster Rescue Mission
30 W. Main Street, PO Box 285
Westminster, MD 21157-4816
410-848-8648
wrm_office1@verizon.net
<http://www.westminsterrescuemission.org>

Mon-Sat 9-4

Supports the Westminster Rescue Mission's programs by accepting usable goods, which are resold to the public at very low prices. Sells a wide range of items including clothing for adults and children (casual, dress, and sportswear, plus sizes, uniforms, maternity clothes, baby clothes, and formals), furniture, dishes and glassware, bicycles, household items, and small appliances (such as TVs, VCRs, mixers, and coffee makers). No major appliances available. Free clothing is given to the needy through the Department of Social Services.

Certified
Treatment

Mental
Health

Substance
Abuse

Community
Self-Help

Prevention

Tobacco

Resource
Support

Additional information is available at <http://community.carr.org>.



St. James Thrift Shop

St. James Episcopal Church

234 S. Main Street

Mount Airy, MD 21771-5317

301-829-0314

stjames_thriftshop@verizon.net

http://www.stjamesmtairy.org/thrift_shop.htm

Tue-Fri 10-4, Thur 10-8, Sat 10-4

To offer clean used clothing and household items at reasonable prices through the thrift shop, as an outreach ministry of St. James' Episcopal Church. We cooperate with Mt. Airy Net. Clean, usable donations are always appreciated, but we are unable to accept large furniture, large appliances, televisions, sports equipment, personal computers and monitors, cribs, and car seats. We do, however accept very small furniture and laptop computers.

St. Joseph Roman Catholic Church (Taneytown)

44 Frederick Street

Taneytown, MD 21787-2135

410-756-2500

<http://www.st-joseph-taneytown.com>

St. Joseph's Clothing Outreach Ministry is open from 8:30-10:30 am every Thursday. Human Services Programs meets with clients from 8:30 to 11:30 am on Thursday. A Hunger-Free Communities Outreach Worker from Catholic Charities will meet with clients on Thursday mornings from 9 am until noon.



Education and Employment

Carroll Community College Adult Education

Carroll Community College

224 N. Center Street

Westminster, MD 21157-5134

410-386-2550 ♦ Fax: 410-386-2560

http://www.carrollcc.edu/courses/noncredit/adult_ed/default.asp

To help county adults and out-of-school youth obtain high school diplomas, improve basic reading, writing and math skills or improve English language and literacy skills so that they can become self-directed learners, effective workers, responsible citizens, and productive members of their families and communities. Two options are offered for earning a Maryland State High School Diploma: The National External Diploma Program is a confidential, self-paced portfolio assessment based on life and academic skills; the General Educational Development (GED) Test Preparation Courses prepare learners for the five subject area tests which measure academic skills and concepts associated with a high school program of instruction. The program also offers English classes for speakers of other languages for students wishing to improve speaking, reading and writing skills. Classes for families are also available. Adult education classes are offered throughout Carroll County; most are free of charge. Serves individuals ages 16 years and older.

Certified
Treatment

Mental
Health

Substance
Abuse

Community
Self-Help

Prevention

Tobacco

Resource
Support

Additional information is available at <http://community.carr.org>.



Carroll County Business and Employment Resource Center

Carroll County Department of Economic Development

224 N. Center Street

Westminster, MD 21157-5134

410-386-2820 ♦ Fax: 410-876-2977

info@carrollworks.com ♦ <http://www.carrollworks.com>

Mon-Thu 8-4:30; Fri 8-2

To develop a highly effective workforce for new and existing businesses; to assist job seekers in achieving, advancing, and retaining employment, and to encourage lifelong learning. Services provided to businesses include customized workforce development services and information, training grants information, and business development support. Services to dislocated workers, displaced homemakers, individuals with disabilities, adults, and youth include skills assessment, employment counseling, career guidance, job search techniques, skills upgrade training, General Educational Development (GED) test preparation, remedial education, and job placement assistance. Also services are available to Veterans to help find employment, vocational guidance, training opportunities and referral to supportive services. The Resource Center – located in the Carroll County Multi-Service Building – offers job postings, computerized job registration, Internet access, computer labs, workshops, fax service, and a library of job search and career planning resources.



Carroll County Family Support Center

Human Services Programs of Carroll County, Inc.
10 Distillery Drive, 3rd Floor
Westminster, MD 21157-5021

PO Box 489

Westminster, MD 21158-0489

410-857-0629 ♦ Fax: 410-386-6675

<http://www.hspinc.org/familycenter.php>

Mon-Thu 8-4, Fri by appointment

To provide support and education to assist parents to be self-sufficient and nurturing parents, and to promote the health and development of children ages birth to three. Offers self-sufficiency programs, such as adult education, General Educational Development Tests (GED), computer literacy, and job readiness. Provides parent education classes and support groups. Coordinates services such as general counseling, referrals, and case management. Offers a child development program including care for children while parents attend programs, daily parent and child activities, and developmental screenings. Also offers peer support and recreational activities for families. In addition, provides health classes, education, and outreach. Transportation to and from the center may be available, schedule permitting.

Goodwill Industries

Goodwill Industries of Monocacy Valley, Inc.

200 Baltimore Boulevard

Westminster, MD 21157-5118

410-857-9993 ♦ Fax: 410-857-9995

customercare@gimv.org ♦ <http://www.gimv.org>

Mon-Fri 8:30-4:40

To support individuals with barriers to employment to find jobs in the community. Job placement services to individuals with barriers to employment. Clients should be referred to the free Steps for Success class at 1 pm each Tuesday. Goodwill also provides basic Word and Excel computer classes on Tuesday and Thursday mornings. C.A.R.E.S. certificates are available at local nonprofits to be used in our stores for free clothing, household goods, and beds. Clients cannot come to Goodwill program staff to get a certificate. Goodwill staff only gives certificates to people participating in Goodwill employment programs.

Certified
Treatment

Mental
Health

Substance
Abuse

Community
Self-Help

Prevention

Tobacco

Resource
Support

Additional information is available at <http://community.carr.org>.



Literacy Council of Carroll County, Inc.

255 Clifton Boulevard, Suite 314

Westminster, MD 21157-4787

410-857-0766

lcouncil@carr.org ♦ <http://www.literacy.carr.org>

Mon-Fri 9:30-12:30

To tutor adults who need help in basic English, including reading, writing, ESOL, math, and basic computer operation. To help individuals reach their life goals. The Literacy Council is a volunteer, non-profit organization affiliated with ProLiteracy, an international literacy organization that operates in over 50 countries. The Literacy Council assesses students skills and needs and helps those who want to improve their reading proficiency, regardless of reading level. Tutors are trained and certified using the Laubach Literacy Instruction Program. Tutoring is conducted in a one-on-one setting at the Nonprofit Center or a community location. Services are free but, if financially able, students are requested to pay for their books.

STEP, Inc.

Goodwill Industries of the Chesapeake

257 E. Main Street

Westminster, MD 21157-5553

410-875-3368 ♦ Fax: 410-875-3371

Mon-Fri 8-4:30

To provide vocational rehabilitation to people with psychiatric disabilities and other barriers to employment. Contact provider for specialty areas.

Vocational Pathways

Mosaic Community Services, Inc.

288 E. Green Street

Westminster, MD 21157

410-876-3007 ♦ Fax: 410-751-7797

To provide vocational rehabilitation to people with psychiatric disabilities and other barriers to employment. Contact provider for specialty areas.

Listings are accurate as of the date of publication.



Food

Meals

Sunday

12:30 pm

Loaves and Fishes, Ascension Episcopal Church
23 N. Court Street, Westminster
410-848-3251

Monday

Noon

Feed My Sheep, 961 Johnsville Road, Eldersburg
410-795-2777 ♦ Fax: 410-549-8700
wfumc@wesleyfreedom.org

Loaves and Fishes, Westminster United Methodist Church
162 E. Main Street, Westminster
410-848-8325 ♦ Fax: 410-876-9990
info@wumcmd.org ♦ <http://www.wumcmd.org>

Tuesday

Noon

Table of Grace Soup Kitchen, Grace Lutheran Church
21 Carroll Street, Westminster
410-848-7020

Wednesday

12:45 pm

Loaves and Fishes, St. John Catholic Church
23 N. Court Street, Westminster
410-848-3251

Thursday

11:30 am

Carpenter's Table, Taneytown Caring and Sharing Ministries
St. Joseph Roman Catholic Church, 44 Frederick Street, Taneytown
410-857-5733

Thursday

Noon

A Meal and More, St. Paul's United Church of Christ
17 Bond Street, Westminster
410-848-5975 ♦ office@stpauls-ucc.org ♦ <http://www.stpauls-ucc.org>
Feed My Sheep, 961 Johnsville Road, Eldersburg
410-795-2777 ♦ Fax: 410-549-8700
wfumc@wesleyfreedom.org

Certified
Treatment

Mental
Health

Substance
Abuse

Community
Self-Help

Prevention

Tobacco

Resource
Support

Additional information is available at <http://community.carr.org>.



Friday**Noon**

Feed My Sheep, 961 Johnsville Road, Eldersburg
410-795-2777 ♦ Fax: 410-549-8700
wfumc@wesleyfreedom.org

Shepherd's Table, Shepherd's Staff, 165 E. Main Street, Westminster
410-857-5944
shepstaff@comcast.net ♦ <http://www.shepstaff.org>

Saturday**Noon**

Loaves and Fishes, Westminster Church of the Brethren
1 Park Place, Westminster
410-848-8090 ♦ Fax: 410-848-0735
office@westminsterbrethren.org
<http://www.westminsterbrethren.org>

Groceries**Carroll County Food Sunday**

Citizen Services Building
10 Distillery Drive (Ground floor), PO Box 2160
Westminster, MD 21157-5021
410-857-7926 ♦ Fax: 410-857-0418
ccfs@qis.net ♦ <http://www.ccfodsunday.org>

To collect non perishable food and money to buy food, and make it available to people who are hungry. Donations are accepted at any time, but food and money are formally solicited on a quarterly basis. Food Sunday distributes from the following county sites – Westminster, from 10 to 11:15 am and 1 to 2:15 pm, Tuesday through Thursday, and 9 am to 11:30 am, Saturday at 10 Distillery Drive (ground floor). Taneytown, from 9:30 to 11:15 am, Thursday at St. Joseph's Catholic Church, 44 Frederick Street. Sykesville, from 10 am to noon, Wednesday at St. Joseph's Catholic Church, Freedom Avenue and Liberty Roads. The food is free and served to anyone in need.

Deeds of Faith Food Pantry

Crosswind Church
640 Lucabaugh Mill Road
Westminster, MD 21157-3814
410-848-5537 ♦ Fax: 410-876-0162

Mon-Fri 8:30-4:30 (church office)

Pantry hours are Monday, 4 to 7 pm, and Friday 10 am to 12:15 pm and 2:30 to 4:30 pm. Requests a donation per pound of food taken.

Listings are accurate as of the date of publication.



Meals on Wheels of Central Maryland, Inc., Carroll County Branch

255 Clifton Boulevard, Suite 312

Westminster, MD 21157-4787

410-857-4447 ♦ Fax: 410-875-5477

carroll@mowcm.org ♦ <http://www.mealsonwheelsmd.org>

This volunteer-based nonprofit agency provides meals to homebound persons of any age or economic status who are unable to shop or prepare meals for themselves. Fees are based on a sliding scale. Food Assistance Benefits, available through the Independence Card, are accepted as payment.

Silver Run Community Food Pantry

3978 Littlestown Pike

Westminster, MD 21158-1541

410-346-7146

1st and 3rd Wednesday, 5:30-6:30 pm

To collect non-perishable food items and distribute them to those who are hungry. Items are distributed from the St. Mary's Evangelical Lutheran Church parish house. Please use the Mayberry Road entrance.

South Carroll Food Pantry

961 Johnsville Road

Eldersburg, MD 21784-4903

410-795-2777 ♦ Fax: 410-549-8700

wfumc@wesleyfreedom.org

To work with the Maryland Food Bank to provide free groceries to Carroll County residents in need. Food is distributed at Wesley Freedom United Methodist Church from 9 am to noon the fourth Saturday of each month. No charge for the groceries. Photo identification is required.

Certified
Treatment

Mental
Health

Substance
Abuse

Community
Self-Help

Prevention

Tobacco

Resource
Support

Additional information is available at <http://community.carr.org>.



Thanksgiving Day Community Dinner

Shepherd's Staff

30 Carroll Street, PO Box 127

Westminster, MD 21157

410-857-5944

shepstaff@comcast.net ♦ <http://www.shepstaff.org>

To provide a holiday meal for anyone who wishes to enjoy a feast and fellowship on Thanksgiving Day. A free meal is served from noon to 2 pm on Thanksgiving Day at St. John Roman Catholic Church. Delivery to shut-ins is available upon request.

Women, Infant, and Children Program (WIC)

Carroll County Health Department

290 S. Center Street

Westminster, MD 21157-5219

410-876-4898 w Fax: 410-876-4459

carroll_wic@yahoo.com

<http://www.carrollhealthdepartment.dhmh.md.gov/healthserv/wic.html>

Mon-Fri 8:30-4:30

To help Carroll County low-income families grow up healthy and stay healthy by providing nutritious food to pregnant, breast-feeding, or postpartum women, and their infants and children up to age five. Applicants are screened for medical and/or nutritional needs; they are weighed, measured, and screened for iron deficiency. Must also meet income and residency requirements. Applicants receive nutrition counseling and referrals to medical and social services as necessary. Breast-feeding promotion and support provided where appropriate. Eligible applicants receive checks to purchase specific healthy foods. No fees are charged. Services are provided by appointment only.

Listings are accurate as of the date of publication.



General Assistance

Birth Certificates

Carroll County Health Department

290 S. Center Street

Westminster, MD 21157-5219

410-876-2152 ♦ <http://www.carrollhealthdepartment.dhmdh.md.gov>

To provide birth certificates for the public. Anyone born in Maryland may obtain a copy of his or her birth certificate through the Health Department. Proper identification is required. There is a fee for each copy. Please call ahead to determine if service is available.

Caring and Sharing Ministries of Northwest Carroll County, Inc.

PO Box 384

Taneytown, MD 21787-0384

410-756-2302 ♦ graceucctaneytown@verizon.net

To provide ecumenical fellowship and shared community ministries including ecumenical worship, religious education, and community service. The group relates to and supports other community ministries including a local food bank and St. Joseph's Clothing Ministry. Limited funds are available for persons and families in the Taneytown area experiencing emergency needs; requests are managed through Human Services Programs of Carroll County.

Certified
Treatment

Mental
Health

Substance
Abuse

Community
Self-Help

Prevention

Tobacco

Resource
Support

Additional information is available at <http://community.carr.org>.



Carroll County Department of Social Services

1232 Tech Court, PO Box 930

Westminster, MD 21157-3029

800-332-6347 ♦ ccdeptdss@dhr.state.md.us

<http://dhr.maryland.gov/county/carroll/>

<http://dhr.maryland.gov/county/carroll/bose.php>

Mon-Fri 8-4:30

Child Support

To assist individuals in matters relating to child support establishment, enforcement, and collection. The Bureau of Child Support Enforcement locates absent parents, obtains support orders from the court, and enforces the collection of payments through the Carroll County State's Attorney office. Call or visit the Internet site for complete information. Those not receiving temporary cash assistance pay a fee.

Family Investment

To administer public assistance benefits to eligible individuals and families. Benefits include Cash Assistance Programs, Food Stamps, Medical Assistance, Emergency Assistance and Child Care Vouchers. Case managers work with families and individuals to determine eligibility for state and federal programs that will help meet their needs. Call or visit the site for more complete information.

Social Work

To protect children and vulnerable adults, and to support healthy functioning of individuals and families. Adult Protective Services: Protection of vulnerable adults at risk of abuse, neglect/self-neglect, or exploitation. In-Home Aide Services: Chore services, personal care, respite care for adult protective service clients. In-Home Family Services: Provides social work services to families in need of maintaining a stable and safe environment for their children. Protective Services for Children: Investigates reports of child abuse or neglect and provides child safety services due to abuse and/or neglect. Foster Care for Children: Temporary care for children whose parents are unwilling or unable to care for them. Adoption Services: Conducts home studies, places children, refers to other agencies. Speakers are available on a variety of topics such as child abuse, child welfare, and other social work areas. To report suspected child or adult physical and sexual abuse, neglect, and/or mental injury, call 410-386-3434 twenty-four hours a day, seven days a week. No charge for services, In-Home Aide Services may have a fee determined by income.

Listings are accurate as of the date of publication.



Disabled American Veterans, Old Glory Chapter #22

PO Box 764

Westminster, MD 21158-0764

443-375-0595 ♦ <http://www.dav-oldglory.org>

To provide emergency services for disabled American veterans including assistance with paperwork for needed services. On a state level, DAV offers counseling on veterans compensation, health care, pension, employment rights, and more. Also extends disaster relief to disabled veterans affected by natural calamities. Nationwide, the organization works toward legislation benefiting disabled veterans, their widows, spouses and orphans. This chapter also supports programs at Veterans Administration Medical Centers in Baltimore; Fort Howard, and Martinsburg, West Virginia. For veterans who served and have a service-connected disability, their immediate families, and Gold Star mothers.

ESCAPE Ministries, Inc.

5600 Old Washington Road (Messiah Lutheran Church Building)

Sykesville, MD 21784-8618

410-549-7230 ♦ escapeministries@hotmail.com

To help people in the Sykesville/Eldersburg, Finksburg, and Woodbine areas, and northern Howard County find and secure needed services and resources. This nonprofit volunteer organization, supported by area churches and civic groups, also coordinates relief assistance to needy families and individuals. In addition, it refers people to the appropriate helping agency/agencies, and acts as an advocate on behalf of those in need or distress. ESCAPE is intended to help those who are faced with a temporary emergency, and refers those with on-going difficulties to appropriate resources. No fees are charged.

Certified
Treatment

Mental
Health

Substance
Abuse

Community
Self-Help

Prevention

Tobacco

Resource
Support

Additional information is available at <http://community.carr.org>.



Human Services Programs of Carroll County, Inc.

10 Distillery Drive (ground floor), PO Box 489

Westminster, MD 21157-5021

410-857-2999 ♦ Fax: 410-857-8793

<http://www.hspinc.org>

Mon-Thu 8-4, Fri 10-4

Our mission is to improve the quality of life and self-sufficiency of at-risk and low-income Carroll County residents by providing assistance with basic needs, advocacy, linkages to resources and opportunities to enhance life skills. HSP is a private, nonprofit 501(c)3 organization with a volunteer board of directors. Operates and administers the following: 1. The Maryland Energy Assistance Program and the Carroll County Fuel Fund to provide financial assistance to eligible applicants for utility turnoffs and heating costs. 2. Intake/case management for the Rental Allowance Program, emergency financial assistance from County emergency funds and the Federal Emergency Management Agency program for housing crisis situations. 3. Neighbors in Need coordinates holiday adoptions and a three-day gift distribution to low-income households. 4. Workforce Development program provides job readiness and life skills training and case management to remove barriers so that clients can secure and maintain employment and move toward self-sufficiency. Fees based on particular need or program.

Mount Airy Net

c/o Calvary UMC

403 S. Main Street

Mount Airy, MD 21771-5346

301-829-0472 ♦ <http://www.mountairynet.org>

Leave voice mail message for service.

To provide emergency assistance for needy persons in the four-county Mount Airy area. Emergency assistance is available in the following areas: fuel/electricity, pharmaceutical, food, clothing, shelter (limited), and other appropriate needs. No fees are charged.

Listings are accurate as of the date of publication.



Northeast Social Action Program, Inc

1046 S. Carroll Street, PO Box 831

Hampstead, MD 21074

410-239-6216 ♦ Fax: 410-374-9109

nesap.inc.org@gmail.com ♦ <http://www.nesapinc.org>

Mon-Fri 8-3

To provide an interdenominational ministry of love and care designed to meet the needs of Carroll County residents in emergency situations. Offers rent, energy and medical assistance, and food and clothing from our onsite Food Pantry and Thrift Store. Assistance in other areas is also available through our cooperative outreach programs.

Salvation Army, Carroll County Service Center

Salvation Army Baltimore Region

300 Hahn Road, PO Box 1948

Westminster, MD 21157-4626

410-876-9358 ♦ Fax: 410-876-1964

<http://www.tsabaltimore.org>

Mon-Fri 9-3, closed 12-1 for lunch

To provide emergency services and friendship to people who are in need. Provides assistance with emergency housing situations, such as cutoff notices for utilities and eviction notices. Offers assistance to the needy through a food pantry. Also helps with assistance for prescription costs. Emergency furniture vouchers are available. We offer Thanksgiving and Christmas programs for those in need and offer child scholarships for our Summer Camp. Free Life Skills classes are offered throughout the year.

Certified
Treatment

Mental
Health

Substance
Abuse

Community
Self-Help

Prevention

Tobacco

Resource
Support

Additional information is available at <http://community.carr.org>.



Shepherd's Staff

30 Carroll Street, PO Box 127

Westminster, MD 21157-4831

410-857-5944 ♦ Fax: 410-857-6122

shepstaff@comcast.net ♦ <http://www.shepstaff.org>

Mon, Tue, and Fri 10-2; Thu 3-7; Blessings Closet only: Wed 5-7 pm

To provide a Christian outreach and support center which offers assistance to resolve short-term crises while seeking pathways to self-sufficiency. Financial Assistance: Basic needs are considered and determination is made during the interview process. Rx Fund: Provides prescription assistance to the uninsured and underinsured. Back-to-School Program: Free school essentials are offered to county students from Head Start through grade 12. Supplies include new backpacks, new shoes, school supply kits, haircuts, and the opportunity to choose in-style, gently-used clothing from the on-site clothing shed. Pre-registration is necessary. Food: The Shepherd's Table (Friday Soup Kitchen) provides lunch at the Westminster United Methodist Church; Thanksgiving Day Dinner is served at St. John Roman Catholic Church; summer produce available, emergency meals through the Fill-A-Bag Project, hospitality, and periodic summer cookouts on-site, including annual 4th of July picnic, are open to all. Blessings Closet Program: Year-round distribution of household, hygiene, baby, and personal care essentials. Walk-In Services: Includes emergency laundry and bath facilities, daily newspaper, phone use, current store coupons, and religious literature. Clothing: "Call for Coats" provides winter outerwear for adults and children; general clothing available year round, dependent on donations. Easter Baskets: free Easter baskets distributed to infants through teens. Take-a-Book Project: Free used books and magazines for adults and children. Referrals and Advocacy: Networks with other county agencies and groups to provide assistance. Anyone may apply directly or be referred. No fees are charged.

Listings are accurate as of the date of publication.



Social Security Administration, Carroll County Office

115 Airport Drive, Suite 108
Westminster, MD 21157-3056
800-772-1213 ♦ Fax: 410-857-1736
<http://www.socialsecurity.gov>

Mon-Fri 8:30-3:30

To pay benefits to people who qualify for retirement (age 62 or older), or disability benefits; make payments to widows/widowers, and provide survivor benefits for children. Also pays Supplemental Security Income benefits to the aged, blind, and disabled. Administers the Medicare Program. Most applications for retirement, disability, benefit verifications, change of address, retirement estimates, etc. can be done from the web site and do not require traveling to the local office. If a visit to the office becomes necessary, appointments can be scheduled. For Social Security cards, call at the above number, stop by any Social Security office, or download an application form from the Internet. No charge for services provided by the SSA. Serves all ages.

Health Services

Access Carroll, Inc.

2 Locust Lane, Suite 301
Westminster, MD 21157-5005
410-871-1478 ♦ Fax 410-871-3219
accesscarroll@verizon.net ♦ <http://www.accesscarroll.org>

Mon-Fri 8:30-5

To provide primary health care to the uninsured, low-income residents of Carroll County. Provides and assists in a variety of health care services. Depends on volunteers, both licensed medical professionals, including pediatricians, and unlicensed support staff. Anyone who is uninsured, low-income, and a resident of Carroll County. Fees are not charged at this time. Serves all ages.

Certified
Treatment

Mental
Health

Substance
Abuse

Community
Self-Help

Prevention

Tobacco

Resource
Support

Additional information is available at <http://community.carr.org>.



Carroll County Bureau of Aging and Disabilities

125 Stoner Avenue

Westminster, MD 21157-5451

410-386-3800 ♦ Fax: 410-840-0436 ♦ TTY/TDD 711/800-735-2258

ccboa@ccg.carr.org

<http://ccgovernment.carr.org/ccg/aging/services.asp>

Mon-Fri 8-5

Medicaid Home and Community Based Service Waiver for Older Adults

To enable older adults to remain in a community setting even though their advanced age or disability would warrant placement in a nursing home. Depending on the needs of the individual, the following services might be applicable: assisted living services, personal care services, environmental assessment, environmental adaptations, assistive devices, respite care, home-delivered meals, diet and nutrition services, family and consumer services, personal emergency response systems, and senior centers or medical day care. Open to those 50 years of age or older, 300% of SSI maximum monthly gross income, allowable limits of \$2,022. Must meet Medicaid's long-term care admission criteria (nursing home level of care). To enter a name on the waiting list call 866-417-3480. To apply for the Older Adults Waiver, you will need the individual's social security number, birth date, phone, address.

Senior Health Insurance Program

To provide senior citizens with assistance in understanding insurance such as Medicare and Medigap; filing claims; providing any necessary legal referrals, and public education on insurance concerns or problems. This program is staffed by trained volunteer health insurance counselors. No insurance is sold. Anyone age 60 or older, or on Medicare, is eligible. No fees are charged, but donations are accepted.

Listings are accurate as of the date of publication.



Carroll County Children's Fund

PO Box 93

Westminster, MD 21158-0093

410-871-6086 ♦ <http://www.ccchildrensfund.org>

To assist with emergency medical, dental and pharmacy expenses of children in Carroll County who are uninsured and underinsured. This program is carried out in cooperation with the Carroll County Health Department, dedicated physicians, dentists and Anchor Pharmacy in Westminster. The Children's Fund works to meet the ever-changing health care needs of children developing innovative programs and partnerships that positively affect their health status. Serves ages birth through 18th year.

Bureau of Prevention, Wellness and Recovery

Carroll County Health Department

290 S. Center Street

Westminster, MD 21157-5219

410-876-4440 ♦ Fax 410-876-4929

<http://www.carrollhealthdepartment.dhmd.gov/mental.html>

To plan, promote and oversee a continuum of private and public mental health services and supports for the Carroll County community. We envision a comprehensive and integrated system of quality behavioral health care and supports to assist individuals with behavioral health disorders attain their highest level of self-sufficiency within the community. We believe empowerment stems from being well informed, and we must provide our community with the tools they need to find assistance and make informed decisions. The array of services must operate in coordination with existing services to avoid fragmentation and duplication. They must operate with efficiency and accountability to their purpose. We will honor the premise of self direction and choice. Services shall be timely, and accessible within our own community to prevent isolation from natural support systems. Families will be assisted in their efforts to support their family members toward recovery. Speciality Services include: Care Coordination, Management of the Shelter Plus Care Housing Program, Implementation of jail re-entry services (MCCJTP), and assistance with SSI/SSDI applications using the SOAR process.

Certified
Treatment

Mental
Health

Substance
Abuse

Community
Self-Help

Prevention

Tobacco

Resource
Support

Additional information is available at <http://community.carr.org>.



Carroll County Health Department

Bureau of Community Health and Nursing

290 S. Center Street

Westminster, MD 21157-5219

410-876-4900

<http://www.carrollhealthdepartment.dhmdh.md.gov/healthservices.html>

To partner with Carroll County residents to promote, protect, and maintain their health. Callers may use the direct numbers listed here or call the Health Department main number and ask for the 4-digit extension of the program.

Westminster	410-876-4900
Northwest Area	410-857-5000
Sykesville/Mt. Airy	410-875-3390
	800-966-3877

Administrative Care Coordination Unit (ACCU) Ombudsman/
Expanded ACCU (EACCU):

Issues with medical assistance	410-876-4941
	410-876-4940

Adult Evaluation and Review Services (AERS):

Evaluation and assistance for adults at risk for nursing home placement	410-876-4949
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Audiology: Hearing testing and hearing aid services 410-876-4449

Best Beginnings:

Prenatal care program for uninsured women	410-876-4932
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Breast Cancer Cervical Cancer (BCCP)/Diagnostic and Treatment (D&T)/Komen Grant: Free mammograms and GYN exams for eligible women, diagnosis and treatment of breast and cervical cancer

410-876-4423

Communicable Disease/Rabies Prevention and Control/Tuberculosis (TB) Prevention and Control:

Services related to communicable disease	410-876-4936
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Human Immunodeficiency Virus (HIV)/Acquired Immune Deficiency Syndrome (AIDS):

Counseling, testing, and medical case management	410-876-4771
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Sexually Transmitted Disease (STD) Program:

Clinic for diagnosis and treatment of STIs	410-876-4770
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Listings are accurate as of the date of publication.



Health Promotion and Improvement/Abstinence Education/ Community Outreach, Education, and Advocacy/Cribs For Kids/ Lamaze Classes: Health education activities to assist pregnant women, parents, teens, and children	410-876-4958
Maternal Child Health Case Management/Childhood Immunization/ Elevated Lead/School Health/School Hearing and Vision: Services to assist children with their health	410-876-4942
Children With Special Health Care Needs (CSHCN): Services for children with unmet health care needs	410-876-4956
Infant and Toddlers: Services for children with developmental delays	410-876-4437
Maryland Children's Health Program (MCHP): Medical assistance enrollment for pregnant women, children, and families	410-876-4916 410-876-4960
Medical Assistance Personal Care Program (MAPAP): Assistance with personal care needs for persons who receive medical assistance	410-876-4949
Women's Health/Coloscopy/Family Planning: Medical services for women in need of reproductive health care	410-876-4930 410-876-4932

Certified
Treatment

Mental
Health

Substance
Abuse

Community
Self-Help

Prevention

Tobacco

Resource
Support

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Catastrophic Health Planners, Inc.

255 Clifton Boulevard, Suite 202

Westminster, MD 21157-4786

410-871-0751 ♦ Fax: 410-871-0752

chp1@comcast.net ♦ <http://www.chp1.org>

Mon-Fri 9-3

To provide free support through educational development; information on financial planning; legal, medical and accounting advice, and counseling referrals to those facing a catastrophic health event. Individuals who suffer from a disabling condition or illness can receive free assistance in a number of ways which will improve their lifestyle. Requests may be made directly by the individual or through the Carroll County Bureau of Housing and Community Development, the Westminster Office of Housing and Community Development, hospitals, doctors, and hospices. This service is very resourceful; if a patient has a particular need, the planners will try to provide support. Serves all ages.

Children's Roads to Recovery, Inc.

2113 Rockhaven Avenue

Baltimore, MD 21228-4746

410-750-1300 ♦ Fax: 410-750-1301

crtr@comcast.net ♦ <http://www.childrensroadstorecovery.org>

To provide transportation, lodging, and funding for related expenses when critically ill children have to travel to and from medical facilities in the mid-Atlantic region. This all volunteer organization provides airfare, lodging, gasoline vouchers, and vouchers for food in hospital cafeterias — all things that are not covered by insurance. The patient must be under the age of 18. No fees are charged to eligible patients and family members.

Listings are accurate as of the date of publication.



Community Home Health of Maryland

Medical Services of America
10999 Red Run Boulevard, Suite 100
Owings Mills, MD 21117-3263
410-356-1600

24 hours a day, 7 days a week

To provide health care services to clients in their own home. This Medicare-certified program provides comprehensive, high quality medical care to Medicare patients; physical, occupational, and speech therapies; home health aides, and medical social workers. Other services include Medi-Home Care, a full service provider of durable medical equipment and respiratory products. Fees vary due to insurance coverage.

Lions Club International

Deer Park Lions Club Foundation, Inc.
PO Box 596
Finksburg, MD 21048-0596
410-848-8254 ♦ <http://www.e-Clubhouse.org/sites/DeerParkME>

The club actively seeks out and helps those in the community in need of medical assistance, eye or ear treatment, food, and clothing. The club builds wheelchair ramps for people who need easier access to their homes, and maintains an inventory of hospital equipment including wheelchairs, walkers, canes and crutches for free loan to anyone in need.

Hampstead Lions Club
PO Box 121
Hampstead, MD 21074-0121
443-250-5165 ♦ <http://www.hampsteadlionsclub.org>

Offers the loan of hospital equipment to the community such as wheelchairs, walkers, and crutches. Handles individual requests for help. Directly supports the Maryland Eye Bank, LCI Sight First II program, Wilmer Eye Clinic, preschool eye screening for the North Carroll area, White Cane Day, low vision research at Johns Hopkins Hospital, and Leader Dogs for the Blind.

Certified
Treatment

Mental
Health

Substance
Abuse

Community
Self-Help

Prevention

Tobacco

Resource
Support

Additional information is available at <http://community.carr.org>.



New Windsor Lions Club
PO Box 167
New Windsor, MD 21776-0167
410-635-2916 ♦ nwliions@comcast.net

Active in vision and hearing programs and in other health projects. Provides free convalescent health equipment. Provides aid to needy persons in the community and to programs for the elderly.

Roaring Run Lions Club
PO Box 190
Finksburg, MD 21048-0190
410-848-2371 w danflan@isp.com
<http://e-clubhouse.org/sites/roaringrun/>
<http://e-clubhouse.org/sites/roaringrun/calendar.php>

Through the school system, we enable vision and hearing screenings on an entry level scale, and the club provides correcting aids for the children or adults who are unable to afford them. Additionally, we provide support to the Maryland Eye Bank and Leader Dogs for the Blind.

Silver Run/Union Mills Lions Club
343 W. Deep Run Road
Westminster, MD 21158-2215
410-848-6855 ♦ <http://www.silverrununionmillsliions.com>

Works to help both the economic underprivileged and victims of disaster. Assists community residents in need, loans hospital equipment, arranges eye tests and glasses, donates grocery certificates, and provides financial support for various community projects and organizations through fundraising campaigns. Proceeds are donated to various Lions International Programs involving vision research, health care services, and other area organizations that lend their hands and expertise to community betterment and safety.

Taneytown Lions Club
PO Box 555
Taneytown, MD 21787-0555
410-751-1120 ♦ <http://taneytownliions.com>

Services include vision screening and remedial assistance; hospital equipment loans; support for the Maryland Eye Bank; and Leader Dogs for the Blind.

Listings are accurate as of the date of publication.



Westminster Lions Club

PO Box 246

Westminster, MD 21158-0246

410-857-8461 ♦ <http://www.westminsterlionsclub.org>

Provides financial and other support for programs such as the Cancer Society, Red Cross, Maryland Eye Bank, Carroll County Hospital, Carroll County Hospice, Therapeutic Riding, Diabetes Association, and ARC of Carroll County. Provides financial support to needy people for eye examinations, glasses, hearing tests, and hearing aids. Collects used eyeglasses for recycling.

Family and Children's Services of Central Maryland

22 N. Court Street

Westminster, MD 21157-5110

410-876-1233

info@fcsmd.org ♦ <http://www.fcsmd.org>

Mon-Thu 8:30-7:30, Fri 8:30-4:30

To assist families who are facing separation, domestic violence, child sexual abuse, and other hardships that damage and disrupt their lives. General Counseling: Individual, couples, parent/child, and family with emphasis on the family unit. Domestic Violence Program: Shelter, crisis counseling, court advocacy, and therapeutic services (including individual and group counseling) for adult and child victims of domestic violence; contact the 24-hour hotline, 410-857-0077. Violence Intervention Program: Psycho-education groups for domestic violence offenders, and Anger Management groups for non-intimate partner issues. Child Abuse Treatment Services: Crisis intervention and therapeutic services (including individual, family, and group counseling) for children and adults who have been sexually victimized. Speakers are also available for presentations to community groups. Sliding fee scale; medical assistance and other insurances accepted.

Certified
Treatment

Mental
Health

Substance
Abuse

Community
Self-Help

Prevention

Tobacco

Resource
Support

Additional information is available at <http://community.carr.org>.



Health Access Physician Referral

Carroll Hospital Center
200 Memorial Avenue
Westminster, MD 21157-5629
410-871-7000 ♦ Fax: 410-871-6590
healthaccess@carrollhospitalcenter.org
<http://www.carrollhospitalcenter.org>

Mon-Fri 8:30-4:30; voice mail after hours

To provide callers with physician referrals, registration for health education classes, support groups, and health screenings. Offers physician referrals and registration for health education classes, support groups, and health screenings. Callers can also request information about community resources, hospital brochures, and the latest edition of Hospital News. An online physicians directory is also available at the hospital's Internet site.

MedBank of Maryland, Inc.

2524 Kirk Avenue, 2nd Floor
Baltimore, MD 21218-4826
410-821-9262
medbankinfo@peopleschc.org ♦ <http://www.medbankmd.org>

Mon-Fri 8:30-5

To provide access to free prescription medications for low income, uninsured and underinsured, chronically ill patients. Assists healthcare providers and patients in completing the paperwork to enroll patients in the patient assistance programs of pharmaceutical companies. Provides prescription discount cards that can be used nationally. Card can be obtained by calling above numbers or through the national Internet site.

ProLife of Carroll County

4070 Baptist Road
Taneytown, MD 21787-1712
410-756-4886

Provides information on loving alternatives to abortion through referrals to pro-life service organizations such as ProLife pregnancy care centers which offer counseling, material assistance, and supportive services.

Listings are accurate as of the date of publication.



Seniors Keep in Touch (SKIT)

Community Foundation of Carroll County
255 Clifton Boulevard, Suite 313
Westminster, MD 21157-4670
410-876-5505 ♦ [cfcinfo@carrollcommunityfoundation.org](mailto:cfccinfo@carrollcommunityfoundation.org)

To improve the quality of life for eligible, isolated seniors through pre-arranged telephone links. Provides caring, home-based access to safety assurance, health and human services referrals, and social contact with other adults. Includes the following: 1. Daily phone calls made by program staff to senior participants to ensure their safety. 2. Several weekly phone calls by senior outreach volunteers to offer companionship. 3. Referring senior clients to resources in the community.

Law Enforcement

Carroll County Sheriff's Office

100 N. Court Street
Westminster, MD 21157-5112
<http://www.carrollcountysheriff.com>

410-386-2900
Fax 410-876-1152

Carroll County Sheriff's Office, New Windsor
Carroll County Sheriff Community Deputy Program
211 High Street
New Windsor, MD 21776

410-386-2900

Carroll County State's Attorney

55 N. Court Street, Suite 100
PO Box 606
Westminster, MD 21157-5155
ccstatesattorney@ccg.carr.org
<http://www.ccgovernment.carr.org/ccg/stateatt>

410-386-2671
Fax 410-876-9286

Hampstead Police Department

1112 Main Street
Hampstead, MD 21074-2255
police@qis.net

410-239-8954
Fax 410-239-8659

Manchester Police Department

3215 Long Lane, PO Box 830
Manchester, MD 21102-1782
manchesterpdc@comcast.net

410-239-6900

Certified
Treatment

Mental
Health

Substance
Abuse

Community
Self-Help

Prevention

Tobacco

Resource
Support

Additional information is available at <http://community.carr.org>.



Maryland State Police in Mount Airy **301-829-0218**
Maryland State Police Resident Trooper Program
2 Park Avenue, PO Box 50
Mount Airy, MD 21771-5438
<http://www.mountairymd.org/residents/facilities-services/>

Maryland State Police, Barrack G **410-386-3000**
1100 Baltimore Boulevard Fax 410-386-3003
Westminster, MD 21157-7025
westminster@mdsp.org ♦ <http://www.mdsp.org>

Sykesville Police Department **410-795-0757**
7547 Main Street Fax 410-795-8864
Sykesville, MD 21784-7364
policeadmin@sykesville.net ♦ <http://www.sykesville.net/police>

Taneytown Police Department **410-751-1150**
120 E. Baltimore Street Fax 410-751-0755
Taneytown, MD 21787-2110

Westminster Police Department **410-848-4646**
36 Locust Street Fax 410-848-4230
Westminster, MD 21157-5043
wpd@westgov.com ♦ <http://www.westminsterpolice.com>

Legal

Adult Drug Treatment Court Program **410-386-2851**
Circuit Court for Carroll County Fax: 410-386-2596
55 N. Court Street
Westminster, MD 21157-5155

To reduce dependency through effective allocation of community resources to an intensive, court-supervised program that combines treatment with support services for eligible offenders. Provides intensive case-management and referrals for community services and resources. Individuals are referred to Drug Court by the Carroll County Circuit Court. Serves adults.

Listings are accurate as of the date of publication.



BNI (Baltimore Neighborhoods, Inc.)

2530 N. Charles Street, Suite 200
Baltimore, MD 21218-4642
410-243-4468 ♦ Fax: 410-243-1342
<http://www.bni-maryland.org>

Mon-Fri 9-4:30

To improve tenant/landlord relations throughout Maryland, and to achieve an open housing market, support diversity, stabilize communities, fight housing discrimination, and encourage neighborhoods in which all kinds of people live. To file a housing discrimination complaint, call 410-243-4400. For help with tenant or landlord problems, call 410-243-6007 or 800-487-6007. Questions can also be submitted on the Internet site. Publishes "Guide to Local, State and Federal Laws Governing Tenant/Landlord Relations" for the state of Maryland. All services are free.

Carroll County Community Mediation Center

410-848-1764

Carroll Community College

Fax 410-848-5479

255 Clifton Boulevard, Suite 301

Westminster, MD 21157-4787

<http://www.carrollcc.edu/courses/noncredit/cccmc.asp>

Mon-Fri 9 am-6pm

To make mediation and alternative conflict resolution processes more accessible to county residents, organizations, and business, and to promote the use of nonviolent conflict resolution processes as an alternative to the courts, police or violence. Provides free mediation services to county residents, organizations and businesses. The CCCMC also conducts community education and conflict resolution trainings; schedules mediation at times and locations convenient to the participants. No charge to county residents and organizations. Serves all ages.

Certified
Treatment

Mental
Health

Substance
Abuse

Community
Self-Help

Prevention

Tobacco

Resource
Support

Additional information is available at <http://community.carr.org>.



Carroll County Department of Juvenile Services

101 N. Court Street
Westminster, MD 21157-5166
<http://www.djs.state.md.us>

410-871-3600

Fax 410-871-3620

Mon-Fri 8-5

To provide court-ordered supervision of delinquent youth, and provide assistance for youth exhibiting at-risk behaviors. Also provides counseling services to juveniles and their families placed on probation or under protective supervision by the court. Other programs include anger management classes, smoking cessation sessions, substance abuse support, case management for delinquent youth, and victim awareness programs. The Maryland Department of Juvenile Services offers free talks to community, business, school, church, and civic groups on important issues facing juveniles and our society. Topics include: Drug Abuse, Education and Prevention Programs; Profiles of At-Risk Youth; Alternatives to Incarceration, and Young Women and the Criminal Justice System. Also provides Victim Awareness Education Counseling through school-based juvenile counselors in all current high schools. Please call to arrange for a speaker. Most services are free, although some referral services have their own fees. Serves youth ages 8 to 21.

Carroll County Public Defender

101 N. Court Street, Suite 140
Westminster, MD 21157-5166
410-871-3636 ♦ Fax: 410-871-3640
<http://www.opd.state.md.us>

Mon-Fri 8-5

To provide legal representation for indigent defendants at all stages of criminal, serious traffic, and juvenile proceedings in Carroll County. Eligibility based on income and assets. Must apply at least 10 business days before trial date. All ages served.

Listings are accurate as of the date of publication.



Carroll County Victim Witness Assistance Unit

Carroll County State's Attorney's Office

PO Box 606

55 N. Court Street

Westminster, MD 21157-5155

<http://ccgovernment.carr.org/ccg/stateatt/vicwit.htm>

Mon-Fri 8-4:30

To provide support and assistance to victims and witnesses of homicide, sexual assault, child abuse, burglaries, serious assaults, and domestic violence and certain more serious misdemeanor cases. Provides the following services: 1. Explains court processes to individuals who will be called to testify for the State. 2. Provides information such as court dates and time to each victim or witness of felony crime. 3. Assists with filing Victim Impact Statements, restitution forms, and Criminal Injury Compensation forms. 4. Expedites property returns. 5. Arranges transportation, if needed, to and from court for state's witnesses. 6. Intercedes on behalf of an employee with the employer regarding his status as a State's witness. 7. Provides court accompaniment to state's witnesses, when necessary. Referrals to appropriate agencies and counseling services, as well as safe facilities, will be made when necessary. The Director is able to provide a speaker to community groups.

410-386-2671

Fax 410-876-9286

Certified
Treatment

Mental
Health

Substance
Abuse

Community
Self-Help

Prevention

Tobacco

Resource
Support

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Family Law Administration

Circuit Court of Carroll County

55 N. Court Street, Suite 208

Westminster, MD 21157-5155

410-386-2401 ♦ Fax: 410-751-5339

<http://www.mdcourts.gov/family/carroll.html>

Mon-Fri 8:30-4:30

To coordinate and monitor family support services, both private and public, which are provided to parties in pending domestic court cases in Carroll County. Referrals are available for mediation, parent education classes, legal services, counseling, custody evaluations, family studies, supervised visitation services, anger management classes, resources for domestic violence victims, and other support services. The Division also coordinates efforts between the judiciary, attorneys, and service providers to expand resources available in the county. Free legal advice by volunteer lawyers on Tuesdays 4-7 pm and on Thursdays 9-noon for unrepresented persons of low income, first come, first serve. Involvement in a pending or future domestic case in Carroll County or in need of information of Carroll County services for families in court cases elsewhere. Fees are charged for court-ordered mediation. Income eligible litigants are given waivers for custody/visitation mediation and/or court-ordered parent education classes.

Listings are accurate as of the date of publication.



Legal Advice Line, Inc.

300 E. Joppa Road, Suite 300

Towson, MD 21286-3004

888-367-5252

support@psodllc.com ♦ <http://www.legaladviceline.com>

Mon-Fri 8:30-8

To provide affordable legal advice by phone. This telephone-based service enables the caller to access legal advice at a fixed low cost. All calls are answered by attorneys licensed in the appropriate state. Attorneys advise callers about their rights and responsibilities, as well as about legal information with the goal of helping them conduct their legal affairs on their own and avoid the high cost of hiring an attorney. Legal Advice Line also has developed Legal Form Kits which callers can purchase to write their own will, draft a power of attorney, file their own divorce, change their name, modify child support or custody, or file a small claim. LAL attorneys do not represent callers, but are prepared to provide them with a broad range of legal information. They can answer questions about most aspects of the law such as Family Law and Bankruptcy. Should full representation be necessary, LAL can refer callers to reduced rate attorneys in their area. All calls are completely confidential. A set fee is charged for each call regardless of the length of time needed to answer the question. The fee can be paid by a major credit card, debit card, or money order.

Legal Aid Bureau, Inc.

22 S. Market Street, Suite 11

Frederick, MD 21701-5572

800-679-8813 ♦ <http://www.mdlab.org>

Mon-Fri 9-5; intake Tue-Fri 9-noon

To provide the low-income residents of Carroll, Frederick and Washington counties with free, high quality legal representation. This law office deals with the following civil problem areas: landlord-tenant and other housing problems, government benefits, family law, elder law, employment law, and consumer protection. Screening of potential clients as to eligibility and case type can be done by telephone. Eligibility is based on income and problem type; call for screening. No fees are charged.

Certified
Treatment

Mental
Health

Substance
Abuse

Community
Self-Help

Prevention

Tobacco

Resource
Support

Additional information is available at <http://community.carr.org>.



Maryland Volunteer Lawyers Service

1 North Charles Street, Suite 222

Baltimore, MD 21201-3710

410-547-6537 ♦ Fax: 433-451-4081

<http://www.mvlslaw.org>

Mon-Thu 9-1

To provide free quality civil legal assistance to Marylanders with limited income. Provides free (and in some cases low cost) legal representation to Marylanders with limited income. We also provide free legal help for community-based nonprofits that are working to strengthen low-income communities in Maryland. Each eligible individual client is matched with a volunteer lawyer who has the appropriate skills and expertise to provide quality representation. With a volunteer pool of 2,700 lawyers, MVLS provides services in every jurisdiction in the state. Check the Internet site for a complete description of our services. Individuals with low to moderate. Clients are responsible for all non-waivable court fees. Serves all ages.

Women's Law Center of Maryland, Inc.

305 W. Chesapeake Avenue, Suite 201

Towson, MD 21204-4447

admin@wlcmd.org ♦ <http://www.wlcmd.org/kcprograms.html>

Family Law Hotline

Mon-Fri 9:30-4:30

800-845-8550

To provide general legal information about family law (or domestic relations); this hotline is staffed by attorneys experienced in the area of family law. This 501(c)3 nonprofit organization of lawyers, judges, social services and health care providers focuses on the legal rights of women and children. It is an income eligible service staffed by experienced family law attorneys ready to assist callers with issues of family law, including divorce, custody, child support, visitation, third party custody, alimony, name change, and other family law issues. Attorneys can provide information and appropriate referrals to service providers that might be available to assist the caller.

Listings are accurate as of the date of publication.



Legal Forms Helpline

Tue and Fri 9-12:30, Wed 9-12:30, Thu 9-4
800-818-9888

Spanish Legal Forms Helpline

Call and a Spanish speaking attorney will call you back.
410-321-8761 ♦ Fax: 877-293-2507

To answer questions about the appropriateness of using self-represented forms in the caller's individual situation, explain any unclear instructions, and guide the caller through any confusing areas in filling out the forms. Forms for individuals representing themselves are available for family law cases that are not contested and the issues to be presented to the court are straightforward. Forms are available for divorce; custody; visitation; child support; modification of child support, custody, and visitation, and contempt for failure to pay child support or to provide visitation; guardianship forms for uncontested guardianships. These forms and general instructions may be picked up at the clerk's office of the Circuit Court. In Carroll County, the Clerk's office is located at 55 North Court Street, Westminster, and is open from 8:30 am to 4:30 pm, Monday through Friday. The attorney can also refer the caller to any other available resources. The helpline caller should have a copy of the form in front of them when they call. A Carroll County attorney is available for free assistance in filling out these forms from 9 am to noon on Tuesday at the Family Law Administration office, 55 N. Court Street, Suite 208, Westminster.

Certified
Treatment

Mental
Health

Substance
Abuse

Community
Self-Help

Prevention

Tobacco

Resource
Support

Additional information is available at <http://community.carr.org>.



Protection Order Advocacy and Representation Project (POARP)

55 N. Court Street, Suite 208
Westminster, MD 21157-5155
410-386-2440

Mon-Fri 8:30-4:30

To support domestic violence clients as they navigate the legal process for obtaining peace and/or protection orders, and emergency evaluations. The legal advocate helps clients fill out and file legal paperwork for protection orders, peace orders, modifications, emergency evaluations, and contempt on those orders. They also explain the protective order process, and refer clients to community resources that fit their needs in dealing with domestic violence. This can include coordinating with the State's Attorney on behalf of the victim when criminal charges have been filed, and assisting victims with other domestic violence related needs. An attorney with the program can represent eligible clients at protective order, peace order, final, modification, and contempt hearings. To be eligible for attorney representation, participants must be filing petitions related to abuse against an intimate partner, such as current or former boyfriend/girlfriend, current or former spouse. Other eligibility requirements also exist. No fees are charged. Serves individuals ages 18 and older.

Referral Services

211

United Way of Central Maryland
100 S. Charles Street, 5th Floor
PO Box 1576
Baltimore, MD 21201-2725
211 ♦ 800-492-0618 ♦ Fax: 410-895-1556
info@uwcm.org ♦ <http://www.211md.org>

24-hour information & referral service

To link people in need with community resources throughout Maryland. Provides free, confidential 24-hour information and referral to a wide variety of health and human services in Maryland and surrounding areas. Most service is provided over the telephone; Free online resource directory can also be accessed at www.211md.org. TTY assistance is available from 8:30 to 4:45 pm weekdays by calling 410-685-2159. All ages served.

Listings are accurate as of the date of publication.



Abilities Network

8503 LaSalle Road
Towson, MD 21286-5915
800-492-2523 ♦ Fax: 410-828-7708
<http://www.abilitiesnetwork.org>
Mon-Fri 8:30-4:30

To assist people with disabilities, including epilepsy, achieve their personal goals and to promote an atmosphere in the community that makes this possible. Provides information and referral regarding epilepsy and associated issues. Offers advocacy, systems assistance, employment services, support services, individual and family counseling, and support groups. Provides community-based one-on-one support, supported employment, and services to transition youth to adult programs to persons with epilepsy and other disabilities that meet criteria stated by the Developmental Disabilities Administration. Offers family and children's services including parent support groups and peer networks. Also offers Project Act Services (All Children Together) which facilitates inclusive child care for children with disabilities. Open to anyone concerned with epilepsy or developmental disabilities. Serves all ages.

Certified
Treatment

Mental
Health

Substance
Abuse

Community
Self-Help

Prevention

Tobacco

Resource
Support

Additional information is available at <http://community.carr.org>.



Carroll County Bureau of Aging and Disabilities

125 Stoner Avenue

Westminster, MD 21157-5451

410-386-3800 ♦ Fax: 410-840-0436 ♦ TTY/TDD: 711/800-735-2258

ccboa@ccg.carr.org

<http://ccgovernment.carr.org/ccg/aging/default.asp>

Mon-Fri 8-5

To provide the highest quality of services, programs and assistance to promote choice, dignity and independence for older adults, adults with disabilities and those who care for them. An Aging and Disability Resource Center (ADRC). Medicaid Waiver/Money Follows the Person: Program helps eligible individuals remain in the community or move to a community setting rather than a long-term care facility. Senior Information and Assistance: Provides information and referral for housing options, caregiver resources, energy assistance, home owner's/renter's tax credits, prescription assistance, transportation, long term care options, independent living, aging in place, needs assessments and legal, mental health, addictions and disability resources. Senior Health Insurance Counseling: provides assistance to individuals with health insurance questions/issues. Resocialization Activities: supervised activities and socialization for individuals who are referred by the Health Department, Social Services and Developmental Disabilities Administration. Ombudsman: works to ensure a dignified level of living and to protect the rights of individuals residing in nursing homes and assisted living facilities. Guardianship: Court appoints the Bureau of Aging and Disabilities to make medical decisions for persons deemed incompetent who have no family member available to be guardian. Senior Activity Centers/Community Services: Provides quality educational, recreational, physical activity/fitness, social, health education, health screenings and nutritional programs that meet the needs and interests of older adults. Meals served daily. Volunteer opportunities are available. Speakers for community groups are also available. A Maryland Access Point (MAP) agency. The Maryland Relay number is 711/800-735-2258. Open to Carroll County residents who are age 60 or older and disabled adults 18 and older. Age requirements for some programs may vary.

Listings are accurate as of the date of publication.



Family Links Services

Human Services Programs of Carroll County, Inc.

10 Distillery Drive, Suite G-1

PO Box 489

Westminster, MD 21157-5021

410-857-2999 ♦ Fax: 410-857-8793

<http://www.hspinc.org>

Mon-Thu 8-4, Fri 10-4

To help individuals and families experiencing problems find and utilize organizations and services in Carroll County which provide solutions. Helps individuals take a closer look at their immediate needs, and plan for their future. Individuals will have the opportunity to explore the root of their problem, and will leave the appointment with ideas, tips, and referrals to help them work through their situation. Family Links workers can help find solutions to the following problems: financial stability and budgeting; housing emergencies such as eviction notices, foreclosures, security deposits, electric turn-offs, water turn-offs, and obtaining heating fuel; family problems; interpersonal skills/problems; job related questions and difficulties; transportation issues (work related); prescriptions; clothing; legal issues, and food. Call for an appointment. Any Carroll County resident is eligible. No fees are charged. Most programs are for ages 18 and older.

Certified Treatment	Mental Health	Substance Abuse	Community Self-Help	Prevention	Tobacco	Resource Support
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Additional information is available at <http://community.carr.org>.



Freedom Center, Inc.

14 W. Patrick Street, Suite 10
Frederick, MD 21701-6947
301-846-7811 ♦ Fax: 301-846-9070
advocate@thefreedomcenter-md.org
<http://www.thefreedomcenter-md.org>

Mon-Fri 8-4

To empower people with disabilities to lead self-directed, independent, and productive lives in a barrier-free community. Offers services and support in individual advocacy, systems advocacy, information and referral, peer counseling, and independent living skills training. We also help people with disabilities find services such as housing, transportation, education, employment, personal assistance services, assistive technology, and accessibility. Volunteer opportunities are available. For TTY service, please call 711. Participants must have a disability. Our services are free. We do, however, have a sliding scale fee for the assistive technology program. Serves all ages.

Get Connected Family Resource Center

Mosaic Community Services
255 Clifton Boulevard, Suite 204
Westminster, MD 21157
410-871-0008 ♦ Fax: 410-871-0228
<http://www.getconnectedcc.org>

Mon-Thu 9-5, Fri 9-1

To assist families in learning about, navigating and managing systems of care as they become empowered advocates for their children. Navigators use large databases to locate services in mental health, developmental disabilities, basic needs, health, education, substance abuse, learning difficulties, and other needs. Can provide information regarding accessibility, insurance and fees of programs, waiting lists, and similar information. A resource library and computer facilities are available for public use. Bilingual staff is available on site. Serves children from birth to age 25 and their families. All services are free.

Listings are accurate as of the date of publication.



Maryland Crisis Hotline

Grassroots Crisis Intervention

6700 Freetown Road

Columbia, MD 21044-4137

800-422-0009

info@grassrootscrisis.org ♦ <http://www.grassrootscrisis.org>

24 hours, 7 days a week

To provide crisis intervention services to anyone in need, 365 days a year. Professional counseling staff is available to listen, provide crisis intervention counseling and support, and make referrals on a wide range of issues. Also offers walk-in crisis counseling, emergency shelter, transitional housing, and community education. Services are free of charge and confidential. All ages are served.

NINELINE (Help for Youth and Families)

Covenant House

5 Penn Plaza, 3rd Floor

New York, NY 10001-1810

800-999-9999 ♦ Fax: 212-727-4964

ninelinehelp@covenanthouse.org

<http://www.covenanthouse.org/nineline>

4-8 pm EST, 7 days a week

To provide a hotline for troubled youth and their families. Parents and youth can call from anywhere in the country, 2 pm to midnight Eastern Standard Time, 7 days a week. Services include the following: 1. Telephone crisis intervention for youth and their families by trained crisis-intervention workers. 2. A referral system for services in the callers' communities. 3. Information on problems affecting youth and their families. With the help of a fully computerized resource data base, Nineline identifies appropriate local agencies immediately; people are able to get the ongoing help they need close to their own homes. Materials are available on parent-child communication, the stress of being an adolescent, running away, child abuse, and teen suicide. The TTY/TDD number for the hearing impaired is 800-999-9915. Receives calls from all segments of the population. No fees for hotline services. Serves youth under 21 and their families.

Certified
Treatment

Mental
Health

Substance
Abuse

Community
Self-Help

Prevention

Tobacco

Resource
Support

Additional information is available at <http://community.carr.org>.



United Hands of Carroll County

255 Clifton Boulevard, Suite 315

Westminster, MD 21157-4787

410-751-9001 ♦ unitedhandsofcc@gmail.com

Mon-Wed 9-4, Thu and Fri by appointment

To improve the quality of life for the foreign-born population of Carroll County. Provides information and referral services for education, housing, transportation, and tenant support issues.

Also promotes health education and access to health care services.

Participates in Hispanic and other minority awareness events. Serves all foreign-born individuals. Fees vary according to service. Serves all ages.



Shelter and Housing

Carroll County Bureau of Housing and Community Development

Carroll County Department of Citizen Services

10 Distillery Drive, Suite 101

Westminster, MD 21157-5021

410-386-3600 ♦ Fax: 410-876-5255

<http://ccgovernment.carr.org/ccg/housing/default.asp>

Mon-Fri 8-5

To assure affordable, decent, safe, and sanitary housing for eligible families in communities of their choice while encouraging participants' economic self-sufficiency. Provides technical and financial assistance related to housing and community development for all segments of Carroll County (except Westminster, which is served by its own Office of Housing and Community Development). Programs include: Section 8 Housing Choice Vouchers – administers 549 tenant-based vouchers for income eligible families and individuals working or living in the service area. Section 8 Family Self-Sufficiency – available to eligible housing participants interested in achieving increased economic self-sufficiency and realization of their life goals. Rental Allowance – temporary financial housing assistance for eligible county families who are homeless, or at risk of becoming homeless, is available in partnership with Human Services Programs of Carroll County, Inc. A similar program for working families is available in partnership with the Carroll County Department of Social Services. Weatherization Assistance – provides energy-related repairs to income-eligible owner-occupied (and some rental) properties. Other programs include indoor plumbing, lead hazard grant and loan, Maryland Housing Rehabilitation, and special targeted area rehabilitation. Special activities include observing Fair Housing Month in April, and Homeownership Week during the first week of June. TT assistance is provided through Maryland Relay 7-1-1- or 1-800-735-2258. Open to county residents, based on income. Serves ages 18 and older.

Certified
Treatment

Mental
Health

Substance
Abuse

Community
Self-Help

Prevention

Tobacco

Resource
Support

Additional information is available at <http://community.carr.org>.



Human Services Programs of Carroll County, Inc.

PO Box 489

Westminster, MD 21158-0489

<http://www.hspinc.org/shelters.php>

Mon-Fri 8-4

Carroll County Shelter for Homeless Men

410-857-8473

To provide emergency shelter and case management services for homeless men. Helps provide linkage and referrals to community resources. Serves men age 18 and older.

Intact Family Shelter

410-857-2999 ♦ Fax: 410-857-8793

To provide a safe place for homeless families to stay together. Through case management, all families are offered individual time, resources and tools they need to address the causes of homelessness and provide encouragement to reach realistic goals as established in HSP's service agreement to ensure housing stability at the end of 12 weeks.

Safe Haven Shelter

410-857-8473 ♦ Fax: 410-857-9390

To provide safe and stable shelter for homeless adults dealing with a chronic and severe diagnosis of mental illness. Also provides meals, case management, linkage, and referral to community resources. Serves adults age 18 and older with a diagnosis of mental illness.

Women and Children's Shelter

410-857-2999 ♦ Fax 410-857-8793

To provide a safe shelter environment for homeless women and their dependent children that will support their efforts to achieve self-sufficiency. Through case management, all residents are offered individual time, resources and tools they need to address the causes of homelessness and provide encouragement to reach realistic goals as established in HSP's service agreement with the client.

Listings are accurate as of the date of publication.



Habitat for Humanity of Carroll County, Inc.

Habitat for Humanity International
255 Clifton Boulevard, Suite 301
Westminster, MD 21157-4786
410-751-7722
info@cchabitat.org ♦ <http://www.cchabitat.org>

Hours by appointment

To offer a locally run affiliate of Habitat for Humanity International, a nonprofit, ecumenical Christian housing organization, dedicated to meeting the needs of residents who lack adequate housing. Works in partnership with people in need to build and/or renovate decent, affordable housing. Habitat seeks to sponsor specific projects in habitat development, starting with the construction of modest but adequate housing, assisting with energy efficient repairs and renovation in association with other groups functioning with purposes consistent with those of Habitat. Eligibility for services is based on individual need. An application form may be requested by contacting the Habitat office. Clients are not charged a specific fee. There is a “sweat equity” requirement to persons receiving services through Habitat. Serves adults.

Westminster Office of Housing Services

Westminster City Government
1838 Emerald Hill Lane
Westminster, MD 21157
410-848-2261 ♦ Fax: 410-876-0865
housing@westgov.com ♦ <http://www.westgov.com>

Mon-Thu 7:30-5:30; closed weekends/holidays

To help low-income citizens of Westminster meet their housing needs, and to revitalize the city’s older neighborhoods. Administers the Section 8 Housing Choice Voucher Program which provides federal rental assistance to qualified seniors, persons with disabilities, and other low income individuals and families. Provides assistance as part of the Section 8 Program to low income residents in the areas of tenant-landlord education, housing counseling, and budget counseling.

Certified
Treatment

Mental
Health

Substance
Abuse

Community
Self-Help

Prevention

Tobacco

Resource
Support

Additional information is available at <http://community.carr.org>.



Westminster Rescue Mission and Thrift Store

658 Lucabaugh Road, PO Box 285

Westminster, MD 21157

410-848-2222

wrm_office1@verizon.net

<http://www.westminsterrescuemission.org>

To rehabilitate alcoholics and drug addicts by treating their bodies, souls and spirits through the gospel. Shelter for men ages 18 and older only.

Transportation

Blue Blazes, Inc.

PO Box 1653

Westminster, MD 21158

410-871-2583

blueblazesinc@yahoo.com

To provide non-emergency transportation for individuals with mobility issues. Services are provided for events such as visiting facilities, doctor appointments, and other outings. Out of county and out of state travel are available. Appointments should be made by phone; advance notice is requested for long trips or weekend travel. Rates are based on length of trip.

Carroll Area Transit System (CATS)

1300 Old Meadow Branch Road

Westminster, MD 21158-3063

410-876-RIDE ♦ Fax: 410-876-0095

info@gobycats.org ♦ <http://www.carrolltransit.org>

Mon-Fri 7-5

To provide public transportation for ambulatory and persons with disabilities within Carroll County. Fees are based on trip.

Listings are accurate as of the date of publication.