



Behavioral Health Resources & Services Directory

for Carroll County, Maryland



HealthyCarroll.org



ACKNOWLEDGMENTS

I am delighted to introduce the newest edition of the Carroll County Behavioral Health Directory. The Partnership for a Healthier Carroll County coordinates this effort along with key community members and organizations. In particular, The Partnership wishes to recognize the leadership and expertise of the Carroll County Public Library and the Carroll County Health Department.

The Partnership is the coordinating hub that connects agencies and individuals to build capacity for improving the health and quality of life in Carroll County. This Directory highlights our county's ongoing tradition of teamwork and collaboration.

The directory was designed to identify local programs and providers in the areas of mental health and substance abuse, as well as to highlight resources in areas such as prevention, education and employment, disability services, clothing, food, shelter, and legal issues. We also provide lists of regional and national organizations that may be of use in obtaining materials and identifying additional sources of information.

Every effort was made to provide accurate and useful information. The entries are current as of the date of publication, but please refer to our website, healthycarroll.org for any updates that we receive. From the website, you will be able to search the database in real time. Please note, the directory is not meant as an endorsement of any of the agencies or providers. This is also not an exhaustive list; there are other services for which you may be eligible.

We hope this directory proves to be valuable for community members and professionals as a starting point to learn more about the wide range of Behavioral Health resources in Carroll County.



HealthyCarroll.org

Dorothy L. Fox

Executive Director & CEO
The Partnership for a Healthier Carroll





TABLE OF CONTENTS

Information Section	7-14
Guiding Principles of Recovery	7
Signs and Symptoms of Substance Use and Addiction	8
The Link Between Substance Abuse and Sexual Violence	10
Mental Illness: Recognizing Warning Signs	12
Suicide Facts	14
Resource Listings Section	15-52
Crisis Response	16
Certified Treatment Programs	17
Mental Health Providers	24
Substance Abuse Programs	37
Community Based Self-Help	46
Prevention Programs	51
Support Resources Section	53-110
Aging Resources	54
Clothing and Household Items	55
Disabilities Services	57
Domestic Violence Resources	61
Education and Employment	64
First Responders Resources	69
Food and Hot Meals	70
General Assistance	74
Health Services	81
Law Enforcement	90
Legal Services	92
Prescription Assistance	97
Referral Services	99
Shelter and Housing	100

Tobacco and Smoking Cessation 104

Transportation 105

Treatment Resources 106

Veteran Services 108

Additional Resources 111-124

 Local Resources 112

 State and National Resources 114

 Parents and Concerned Adults Resource Websites 122

 Teen Resource Websites 123

Index 125

ABBREVIATIONS USED IN THIS GUIDE:

- ASAM: American Society of Addiction Medicine
- AXIS: A system of psychiatric assessments classification.
- CARF: Commission on Accreditation of Rehabilitation Facilities
- LCPC: Licensed Clinical Professional Counselor
- LCSW–C: Licensed Certified Social Worker–Clinical
- LLC: Limited Liability Company
- OMHC: Outpatient Mental Health Clinic
- PHP/IOP: Partial Hospitalization Program/Intensive Outpatient Program



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.

Substance Abuse and Mental Health Services Administration (SAMHSA), December 2011 - <https://www.samhsa.gov/find-help/recovery>

SIGNS AND SYMPTOMS OF SUBSTANCE USE & ADDICTION

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 substance use:

- 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 substance 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. Substance users 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 substance use:

- 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 substance use:

- 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 substance use:

- 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.

Adapted from *Drug Abuse and Addiction: Signs, Symptoms, and Help for Drug Problems and Substance Abuse* at [helpguide.org](https://www.helpguide.org)

<https://www.helpguide.org/articles/addictions/drug-abuse-and-addiction.htm>

THE LINK BETWEEN SUBSTANCE ABUSE & 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.

pcar.org/sites/default/files/pages-pdf/substance_use_and_sexual_violence.pdf

Courtesy of Family and Children Services, Carroll County.

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 61.5 million Americans experience mental disorder in a given year. One in 17 – about 13.6 million – live with a serious mental illness such as major depression, bipolar disorder or schizophrenia. Approximately 20 percent of youth ages 13 to 18 experience severe mental disorders in a given year. For ages 8 to 15, the estimate is 13 percent.

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

For more information:

National Alliance on Mental Illness (NAMI)

<https://www.nami.org/About-Mental-Illness/Mental-Health-by-the-Numbers/Infographics-Fact-Sheets>

National Institute of Mental Health (NIMH), National Institutes of Health (NIH)

<https://www.nimh.nih.gov/health/publications/fact-sheets>

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 tenth leading cause of death in the United States, claiming approximately 30,000 lives each year.
- Per the Center for Disease Control (CDC), suicide is the third leading cause of death among those aged 14–55.
- 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:

- 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

Sources for more information:

American Association of Suicidology | <https://suicidology.org>

Centers for Disease Control and Prevention (CDC) | <https://www.cdc.gov>

National Institutes of Health (NIH) | <https://www.nih.gov>

National Institute of Mental Health (NIMH) | <https://www.nimh.nih.gov>

World Health Organization (WHO) | <https://www.who.int>

RESOURCE LISTINGS

CRISIS RESPONSE

988 Suicide and Crisis Lifeline (Formerly National Suicide Prevention Lifeline)

988lifeline.org | 24/7

Provides free and confidential emotional support to people in suicidal crisis or emotional distress.

988 Veterans Crisis Hotline

Call 998, then press 1; Text: 838255; Chat: veteranscrisisline.net | 24/7

Crisis Text Line

Text HOME to 741741 | crisistextline.org | 24/7

The Trevor Project

1-866-488-7386; Text: 678-678; Chat: thetrevorproject.org | 24/7

Confidential, secure resource providing live help for LGBTQ youth.

Santé, Carroll County Mobile Crisis Team

410-952-9552 | thesantegroup.org

9:00 AM – 12:00 AM | 7 Days/Week | 365 Days/Year

The Carroll County Mobile Crisis Team of the affiliated Santé Group provides on-site crisis intervention, stabilization, and linkage to community resources. We are mental health first responders for those individuals or groups experiencing a mental health or substance use crisis anywhere in Carroll County. Offering emergency psychological assessment and immediate intervention for individuals, families, and community crisis events. Following our initial comprehensive crisis support, we remain involved until the crisis is resolved or until appropriate support is established. The Mobile Crisis Team includes a Licensed Therapist and Peer Recovery Specialist and, when needed, partners with local Law Enforcement Crisis Intervention Teams (CIT). Although typically we assist persons with mental health, developmental disabilities, or substance abuse issues, we also can be utilized to help individuals and families or communities overwhelmed in a situational crisis, such as the victim of crime, hostage situation, and witness to violence or fatal or multiple injury scenes, post homicide or suicide. The crisis is very personal. If you feel that you are in crisis, for whatever reason, call us. All ages no cost service provided to residents of Carroll County. If you cannot get in touch with Mobile Crisis, you can reach out to your local law enforcement and ask for a CIT Officer.



CERTIFIED TREATMENT PROGRAMS

Access Carroll Integrated Health Care

10 Distillery Drive, Suite 200, Westminster, MD 21157

Main Office: 410-871-1478; Main Fax: 410-871-3219

accesscarroll.org

Monday – Friday: 8:00 AM – 5:00 PM (Thursdays open until 8:00 PM)

Saturday and Sunday: 9:00 AM – 1:00 PM

Access Carroll is an integrated primary care medical home, providing sliding fee scale medical, dental, and behavioral health services for low-income residents of Carroll County. Medical and dental services are available to all ages. Behavioral health care, including ambulatory detox services, is available to adults. The organization is positioned to accept Medical Assistance (Medicaid) of Maryland. Walk-in services available (arrive prior to 10:00 AM). Outpatient behavioral health services are available during evenings. Ambulatory detoxification is also available on weekends, Saturday, and Sunday; 9:00 AM – 1:00 PM.

BH Health Services, Inc.

450 E. Main Street, Westminster, MD 21157

410-871-3005; Fax: 443-293-8711

bhhealthservicesinc.com

Monday – Friday: 5:00 AM – 12:00 PM; Closed Saturdays; Sundays: 6:00 – 9:00 AM

Treats individuals who are dependent on opioids such as heroin or oxycontin. Provides methadone and substance maintenance treatment. Accepts Medicaid, Medicare, and cash. Does not accept dual advantage plan. Serves ages 18 and older.

Carroll County Youth Service Bureau, Inc.

59 Kate Wagner Road, Westminster, MD 21157

410-848-2500; Fax: 410-876-3016

ccysb.org

Monday – Thursday: 8:30 AM-8:00 PM; Friday: 8:30 PM-4:00 PM.

Same Day appointments/Open Access available Tuesdays: 8:30 AM – 12:00 PM and 2:00 PM – 5:00 PM. Wednesdays: 11:30 AM – 2:00 PM

Provides outpatient mental health and substance use treatment, as well as continuum of specialty programs for children and adolescents, adults, and families. For a detailed description of these services, please call or refer to the website, ccysb.org. Services include assessments and individual, family and group therapies that address mental health, substance use, and co-occurring issues for

all ages; psychiatric services; family preservation services for children/families; evidence based therapies to include brief strategic family therapy, dialectical behavior therapy, parent child interactive therapy (ages 2–7), and assertive community treatment (18 years+); parent seminars/ workshops; assessments for Carroll County Public School students; connecting youth program (youth ages 16–24), and a training site for graduate social work and counseling students. Serves individuals and families across the lifespan. Accepts Medicaid, Medicare, and most major insurances.

Carroll Hospital Behavioral Health Services Ambulatory Care PHP/IOP

200 Memorial Avenue, Westminster, MD 21157

410-871-7110

carrollhospitalcenter.org/behavioral-health

Adolescent Program: 9:00 AM – 3:00 PM; Adult Program 8:30AM – 3:00 PM

Provides clinically intensive 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 program includes a variety of programs for mental health disorders. We will do an intake and determine the appropriate level of care. Levels of care include partial hospitalization programming (PHP), intensive outpatient programming (IOP). 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 social workers, nursing staff, nurse practitioners and psychiatrists. 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.

Catoctin Counseling

Frederick: 309 E Patrick St. Frederick, MD 21701

Hagerstown: 1190 Mt. Aetna Road, Suite 206 Hagerstown, MD 21740

Office: 301-631-1304 Ext 201

catoctincounseling.com | catoctinkim@gmail.com

Monday – Friday: 9:00 AM – 3:00 PM

Provides a full spectrum community mental health agency. Counseling for substance abuse, domestic violence/anger management, mental health, families, and couples is offered. Program length varies according to individual needs.



Some insurance may be accepted. Accepts a sliding scale fee for substance abuse, anger management, and substance abuse groups.

Congruent Counseling Services

6220 Georgetown Blvd. Suite C, Eldersburg, MD 21784
410-740-8066; Fax: 410-740-8068
congruentcounseling.com
congruent@gmail.com

Monday – Friday: 9:00 AM – 5:00 PM; Saturday and Sunday: Closed

Counseling facility provides outpatient individual therapy as well as Dialectical behavior therapy (DBT). Serves children, adolescents, and adults.

Genesis Treatment Services

1106 Business Parkway S, Suite B, Westminster, MD 21157
410-751-7771; Fax: 410-751-7736
genesistreatment.com | admin@genesistreatment.com

Monday – Friday: 5:00 AM – 1:00 PM; Saturday: 6:00 AM – 9:30 AM

DUI Group: Mondays & Wednesdays: 6:00 PM – 8:00 PM

Assessments: Monday – Friday: 5:30 AM – 12:00 PM

Provides 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. Offers DUI program services. Maryland Medicaid accepted. Call for eligibility requirements and fees.

Healthcare Living for Families

1643 Liberty Rd, Eldersburg, MD 21784 | 410-701-7384
hclff.com | info@hclff.com

Monday: 9:00 – 5:00; Tuesday – Thursday: 9:00 – 7:00; Friday: 9:00 – 5:00;

Saturday: 9:00 – 4:00; Sundays: Closed

Provides suboxone treatments, substance use disorder treatment, drug and alcohol counseling, psychiatry and medication management, outpatient mental health therapy, psychiatric rehabilitation program (PRP), and mobile treatment services (MT). Medical Assistance is accepted. Serves ages 5 and older.

Network Health Services, Inc.

2120 Liberty Rd, Eldersburg, MD 21784

410-781-4158; Fax: 410-781-4801

networkhealthservices@yahoo.com

Monday – Friday: 5:30 AM – 12:00 AM; Saturday: 6:00 AM – 9:00 AM;

Closed Sundays

Provides methadone maintenance therapy for the treatment of opioid use disorder, 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 use disorder. Call for information.

Mountain Manor Treatment Center

Westminster:

250 Englar Road, Westminster, MD 21157 | 410-876-2425

Sykesville:

7295 Buttercup Road, Sykesville, MD 21784 | 410-795-5767; Fax: 410-840-9388

Monday – Friday: 9:00 AM – 5:00 PM; 24-hour answering service.

Provides outpatient drug and alcohol treatment. Services include evaluation and assessment, group counseling, continuing care, and the Motor Vehicle Administration alcohol education program. The 24-hour toll-free emergency number is 800-537-3422. Can give referrals to various juvenile programs in the Baltimore area. Accepts most major insurances, including Medicaid. Sliding fees scale and insurance credits. Serves adolescents and adults.

North Carroll Counseling & Wellness Center

1011 South Main Street, Hampstead, MD 21074

410-552-9007; Fax: 410-552-9881 | <https://tinyurl.com/yemaj22h>

Monday: 4:00 PM – 9:00 PM, Tuesday: 2:00 – 9:00 PM;

Wednesday – Friday: 11:00 AM – 9:00 PM; Saturday: 8:00 AM – 5:00 PM

Provides drug and alcohol addiction treatment, dual diagnosis, and outpatient drug treatment center services. Include early intervention and DWI Education. Self-pay and some private health insurance accepted.



Re-Entry Mental Health Services

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

Monday – Thursday: 9:00 AM – 9:00 PM

Provides therapy to the 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, couples therapy, group therapy, stress management, and crisis management. One psychiatrist, and one therapist. All clinicians are licensed and certified. Call about insurance.

Right Turn IMPACT

1209 Liberty Road, Suite #102, Sykesville, MD 21784

410-581-4900; Fax: 443-773-5568

rightturnimpact.com

Office Hours: 7:00 AM – 11:00 PM

Right Turn-IMPACT Treatment Center provides a Recovery Oriented System of Care (ROSoC) to help people suffering from substance use disorders find healthy recovery solutions. Founded in 1992, Right Turn has provided services to more than 150,000 people. If you have an alcohol or drug problem or if you have legal problems related to substance use, we can help you. Treatment works! Serves ages 18 and older.

Shoemaker Center/Maryland Treatment Centers, Inc.

Springfield Hospital Center, Hitchman Building

4th Street 6655 Sykesville Road, Sykesville, MD 21784

410-876-2395; Fax: 410-876-1690

shoemakeradmissions@mmtcmd.com

Provides a 24/7 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 has 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. Motivation 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 individual's substance abuse problem. Family education and treatment is provided to ensure an

understanding of the disease concept. This facility is dual-diagnosis 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 education materials are accepted. Participants must be at least 21 years of age; diagnosed with a substance abuse problem; be in need of 24-hour, 7-day residential treatment; 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 program consent for treatment. Accepts Medicaid. Self-referrals accepted. Serves ages 21 and older.

Sober Truth

502 E. Baltimore St., Taneytown, MD 21787 | 443-918-8592
sobertruthsubstanceabusetreatment.com

Monday – Thursday: 9:00 AM – 8:00 PM

Intensive outpatient, standard outpatient, individual therapy, support group for families who have lost a loved one due to overdose, gambling addiction. Medical Assistance and Care First are accepted. Serves ages 18 and above.

Treatment Communities of America

409 7th Street NW, Suite 450, Washington, DC 20004 | 202-296-3503
treatmentcommunitiesofamerica.org
pat@treatmentcommunities.com

A consortium of over 600 programs sites providing an array of integrated services which include primary and preventive care, outreach; education, assessment, referral and follow-up; detoxification and crisis management; residential treatment with aftercare support; outpatient services; family therapy; mental health services; vocational assistance and job placement; emergency, transitional and permanent housing with supportive services.



Westminster Recovery Center, LLC

77 E. Main Street, Suite 300, Westminster, MD 21157

410-857-8448; Fax: 410-857-0239

westminsterrecoverycenter.net | wrcl@verizon.net

Monday: 8:00 AM – 4:00 PM; Tuesday – Friday: 8:00 AM – 9:00 PM;

Saturday: 9:00 AM – 6:00 PM; Closed Sundays

Provides exceptional, affordable, and easily accessible services to individuals who have abused or are addicted to alcohol/drugs. Emphasizes the importance of the programs of alcohol and narcotics anonymous in the treatment of addictions. Offers Level One outpatient and intensive outpatient treatment programs 1.0 and 2.0, alcohol and drug education and counseling, assessments, and evaluations, 26-week programs, private alcohol and drug counseling, drug screenings, family services, interventions, employment services, and advocates for clients in court. Self-pay varies based on program and intensity. Offers psychoeducation 26-session DUI classes. Serves adults aged 18 and older.

Westminster Rescue Mission

658 Lucabaugh Mill Road, P.O. Box 285, Westminster, MD 21158

410-848-2222

WestminsterRescueMission.org | info@westminsterrescuemission.org

The Addiction Healing Center (AHC), a CARF-accredited, ASAM 3.1 treatment program, offers two avenues of support for people seeking substance-use disorder recovery. Multi-faceted, faith-based, treatment approach is tailored for each client, and completely free of charge. Offers independent living and recovery maintenance through transitional housing, outpatient, and after-care services. For those experiencing food insecurity, the Mission Food Program provides community outreach services for individuals and families in need of hunger relief.

MENTAL HEALTH PROVIDERS

Advanced Behavioral Health

1003 W 7th Street #500, Frederick, MD 21702
301-345-1022; Fax: 301-560-5558
abhmaryland.com | sthiady@abhmaryland.com

Serving Carroll, Gaithersburg, Frederick, Montgomery, Baltimore, and Greenbelt. Providing in-home and community-based therapy. Psychiatric care and medication management. Specializing in AXIS I disorders. Additionally, minimizing at-risk behaviors for youth and children. Accepts Medical Assistance only. Same day appointments offered.

Baker, Nora (LCSW-C)

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

Provides individual, family, and couples counseling. Accepts most insurance. Variable fees apply. Serves ages 9 to adult. Hours available by appointment.

Boris, Thomas Edward (Ph.D., Psychologist)

215 Washington Heights, Westminster, MD 21157-5632 | 410-848-0244
Monday – Wednesday 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. Serves all ages.

Carroll Counseling Center

1380 Progress Way, Suite 101, Eldersburg, MD 21784-6498
410-549-5181; Fax: 410-549-5182
carrollcounseling.com | newpatient@carrollcounseling.com

Monday – Friday: 9:00 AM – 5:00 PM

Provides psychological evaluation, psychotherapy, psychological, neurological, and educational testing, court-ordered evaluations, hypnotherapy, and medication management for children, adolescents, and adults. Attention and Learning Disorders Clinic. Sliding scale fees are available based on the ability to pay. Various insurance is accepted. Serves ages three to seniors.



Carroll County Youth Service Bureau, Inc.

59 Kate Wagner Road, Westminster, MD 21157

410-848-2500; Fax: 410-876-3016

ccysb.org

Monday – Thursday: 8:30 AM – 8:00 PM; Friday: 8:30 PM – 4:00 PM

Same Day appointments/Open Access available Tuesdays: 8:30 AM – 12:00 PM and 2:00 PM – 5:00 PM. Wednesdays: 11:30 AM – 2:00 PM

Provides outpatient mental health and substance use treatment, as well as continuum of specialty programs for children and adolescents, adults, and families. For a detailed description of these services, please call or refer to the website. Services include assessments and individual, family and group therapies that address mental health, substance use, and co-occurring issues for all ages; psychiatric services; family preservation services for children/families; evidence based therapies to include brief strategic family therapy, dialectical behavior therapy, parent child interactive therapy (ages 2-7), and assertive community treatment (18 years+); parent seminars/workshops; assessments for Carroll County Public School students; connecting youth program (youth ages 16-24), and a training site for graduate social work and counseling students. Serves individuals and families across the lifespan. Accepts Medicaid, Medicare, and most major insurances.

Carroll Mental Health Care

1643 Liberty Rd Suite 204, Eldersburg, MD 21784 | 410-552-9004

carrollmhc.com

Tuesday and Thursday: 9:00 AM – 4:00 PM; Wednesday: 1:00 PM – 5:00 PM;

Saturday: 9:00 AM – 1:00 PM

Provides psychiatric services to children, adolescents, and adults. Offers suboxone treatment program. Accepts many insurance plans. Serves age 5 and older. New patients are recommended to call the center.

Catoctin Counseling

Frederick: 309 E Patrick St. Frederick, MD 21701

Hagerstown: 1190 Mt. Aetna Road, Suite 206 Hagerstown, MD 21740

Office: 301-631-1304 Ext 201

catoctincounseling.com | catoctinkim@gmail.com

Monday – Friday: 9:00 AM – 3:00 PM

Provides a full spectrum community mental health agency. Counseling for substance abuse, domestic violence/anger management, mental health, families,

and couples is offered. Program length varies according to individual needs. Some insurance may be accepted. Accepts a sliding scale fee for substance abuse, anger management, and substance abuse groups.

Cedar Ridge Counseling Centers, LLC

535 Old Westminster Pike, Suite 106, Westminster, MD 21157
410-552-0773; Fax: 443-200-0267
cedarridgecounseling.com

Monday – Friday: 7:00 AM – 10:00 PM; Saturday – Sunday: 9:00 AM – 5:00 PM

Services include mental health counseling, medication management, and massage therapy. Accepts various insurances and private pay. Serves all ages. Fees vary with individual insurance coverage.

The Center for Eating Disorders at Sheppard Pratt

6535 N. Charles Street, Suite 300, Baltimore, MD 21204
410-938-5252; Fax: 410-938-5250
eatingdisorder.org
eatingdisorderinfo@sheppardpratt.org

Monday – Friday: 9:00 AM – 5:00 PM for outpatient; others by appointment.

Offers comprehensive, individualized care for children, adolescents, and adults with eating disorders, including anorexia nervosa, bulimia nervosa, binge eating disorder, and compulsive overeating. Accepts most insurance, Medical Assistance, Medicare, and Tri-Care. Serves ages 8 and older.

CentrePointe Counseling, Inc.

800-491-5369 x120; Fax: 301-774-3678
centrepointecounseling.org | info@centrepointecounseling.org

Hours by appointment. Provides Christian-based counseling for couples, families, and individuals. Other services include anger management, eating disorders, grief, loss, addictions, and relationship counseling. No psychiatrist. Accepts Medicare, Medical Assistance, and other commercial insurance and varies by location. A sliding fee scale scholarship is available. Serves ages 3 and up.



Cheetham, August (LCSW-C)

Hanover, PA 17331 | 443-974-8835

psychologytoday.com/us/therapists/august-cheetham-hanover-pa/275386

augustcheetham@gmail.com

Office Hours: Can call at any time; if no answer can leave a voicemail and best way to be contacted.

Appointments: Days of week varies but appointment times are in the evenings.

Provides therapy for individuals and families with a focus on anxiety, depression, self-injury, grief and loss, trauma, and stress management. Serves ages 11 years to adult. Out-of-Network provider only.

Congruent Counseling Services

6220 Georgetown Blvd. Suite C, Eldersburg, MD 21784

410-740-8066; Fax: 410-740-8068

congruentcounseling.com | congruentcs@gmail.com

Monday – Thursday: 9:30 AM – 7:00 PM; Friday: 9:00 AM – 5:00 PM

Offers individual, family, couples, and marital counseling for various mental health and substance abuse concerns and outpatient services. Offers Psychiatric services not covered under insurance as well as Dialectical Behavior Therapy (DBT). Accepts most insurance. Serves children, teens, and adults.

Counseling Center for Change

909 Baltimore Blvd., Suite 128, Westminster, MD 21157 | 443-590-0030

tcc4change.com

Monday – Friday: 9:00 AM – 5:00 PM

Provides counseling for individuals, couples, families, and groups. Counseling areas include nutrition, self-esteem, bariatric surgery, parenting, and advocacy for individual educational plans with the school system. Insurance varies by the therapist. Accepts Medical Assistance, Medicare, and most insurances. Serves ages 12 to adults.

The Counseling Renaissance

7533 Main St., Suite 1F, Sykesville, MD 21784

410-970-6964; Fax: 410-549-6817

counselingrenaissance.com | thecounselingrenaissance@outlook.com

Hours by appointment. Offers weekly or biweekly sessions to work on personal goals, improve functioning in the community, and in one's family and/or rela-

tionships. Issues include depression and anxiety, marriage, life changes, organization and memory strategies, and caregiver support. DWI/DUI education and treatment group meets Thursday at 6:30 PM. For individual or family therapy accept various insurance or negotiates per session rate. Serves ages 6 to 70.

Finksburg Counseling Services

1812 Baltimore Boulevard, Suite A, Westminster, MD 21157
410-751-6176; Fax: 410-857-4176

Monday – Thursday: 9:00 AM – 7:00 PM; Friday: 10:00 AM – 2:00 PM

Mental health services include individual, couples, and family therapies as well as medication management therapy for adolescents, adults, and seniors. Staff is comprised of nurse practitioners, licensed clinical professional counselors, 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 6 to adult.

Foster, Jodie (LCPC)

15 E. Main Street Suite 302, Westminster, MD 21157
443-536-7340; Fax: 410-751-6335
jodiefosterlcpc.com | jodiefosterlcpc@gmail.com

Monday: 10:00 AM – 5:00 PM; Tuesday: 4:45 PM – 8:00 PM;
Wednesday: 10:00 AM – 5:00 PM; Thursday: 1:00 PM – 8:00 PM;
Friday: 10:00 AM – 5:00 PM

Specializing in child and family therapy. 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. Out-of-network for insurances. Clients are provided with the necessary paperwork to submit claims on their own to their insurance company. Serves all ages.

Florence Behavioral Health Center

419 Malcolm Drive, Suite A/B, Westminster, MD 21157 | 410-505-0105
florencebhs.com | therapy@florencebhs.com

Monday – Friday: 9:00 AM – 5:00 PM; Saturday by appointment only.

We provide professional counseling and support services for children, adolescents, and adults struggling with behavioral and mental health issues.



Healthcare Living for Families

1643 Liberty Road, Suite 206, Eldersburg, MD 21784
 410-701-7384; Fax 410-521-7005
hclff.com | info@hclff.com

Currently only offering telehealth services.

We provide suboxone treatments, substance use disorder treatment, drug and alcohol counseling, psychiatry and medication management, outpatient mental health therapy, psychiatric rehabilitation program (PRP), and mobile treatment services (MTS). Medical Assistance is accepted. Serves ages 5 and up.

Hope Health Systems

6210 Georgetown Boulevard, Suite A & B, Eldersburg, MD 21784 | 410-216-5500
 (Other locations in Baltimore County and Baltimore City)
hopehealthsystems.com

Monday – Thursday: 9:00 AM – 8:00 PM; Fridays: 9:00 AM – 4:30 PM
 Same Day appointments offered.

Outpatient Mental Health Clinic (OMHC) offering individual and family therapy for children, adolescents, and adults. This includes psychiatric services and medication management as deemed appropriate. Our services at the OMHC level are designed to promote mental health and improve functioning in our clients.

Psychiatric Rehabilitation Program (PRP) for children and Adults to support the therapeutic process by building skills in areas including but not limited to anger management, social skills, self-care skills, independent living skills, time management, coping skills, leisure skills, adult living skills and parenting strategies.

Mobile Treatment Services (MTS) are designed specifically for adults and children with major mental health illness who are unable to participate in OMHC settings. A team of nurses, therapists, a case manager, and psychiatrists provide medication management, supportive individual and group psychotherapy, and case management services.

Inner Journey Counseling Center, Gregory Rubin (LCPC)

5420 Klee's Mill Road Suite 6, Sykesville, MD 21784
 Office: 410-552-5290; Cell: 410-615-6846
innerjourneycc.com | gregoryrubin@comcast.net

Monday – Friday: 9:00 AM – 5:00 PM

Provides treatment for depression, substance abuse, anxiety, grief, bereavement, loss, life transition and review, problems at school or work, and spiritual conflicts.

Fees vary and billable through insurance. Accepts Medical Assistance, and some sliding scale schedule. Does not accept Medicare. Serves ages 6 and up.

Inspirit Counseling Services of Maryland at Westminster United Methodist Church

165 E. Main Street, Westminster, MD 21157
800-427-4027, 410-433-8861; Fax: 410-443-1249
info@inspiritmaryland.org

Provides counseling and psychotherapy services to individuals, couples, and families as well as specialized services in addictions counseling, marriage preparation, and other educational programs. Accepts most insurance, and Medicare is dependent on the counselor. Offers limited sliding scale fees based on income. Handicap Accessible. Serves ages 18 and older at Westminster location.

Integrative Counseling

1643 Liberty Road, Suite 203, Eldersburg, MD 21784
410-740-8067; Fax: 410-740-8068
integrative-counseling.com | frontdesk@ccs-ic.com

Hours by appointment. A partner of Congruent Counseling that provides tailored educational and psychological testing. Educational and treatment services meet several state requirements for court ordered treatment. State of Maryland certified in outpatient treatment and DWI/DUI education. Offers alcohol and marijuana education sessions. Other services include anger management, men's parenting classes, interpersonal violence program, substance abuse or addiction education and treatment, individual, couples or family counseling, and psychiatric medication management. Visit website for insurance information. Serves children, teens, and adults.

Klein, Gary (Medical Psychiatrist)

280 East Main Street, Suite 101, Westminster, MD 21157 | 410-876-8646
Monday – Friday: 9:00 AM – 7:00 PM

Dynamically oriented psychotherapy. Offers play therapy, medication management, attention deficit hyperactivity disorder and evaluations. Accepts EHP Hopkins Insurance and private pay. No Medical Assistance or Medicare. Limited sliding fee scale. Serves infants through adults.



Laura Lane Therapy, LLC

90 Aileron CT, Unit 6A, Westminster, MD 21157 | 443-789-4258
llanetherapy.com

Monday: 10:00 AM – 8:00 PM; closed Tuesdays;
Wednesday: 10:00 AM – 8:00 PM; Thursday: 1:00 PM – 5:00 PM;
Friday: 10:00 AM – 8:00 PM; Saturday: 9:00 AM – 3:00 PM

Areas of expertise are adults who experienced childhood and partner mental and emotional abuse or those with complex PTSD. Accepts Medical Assistance. Other insurance accepted: Blue Cross, Aetna, Cigna, and United Health Care.

Life Renewal Services, Inc.

247 E. Main Street, Westminster, MD 21157
443-289-8149; Fax: 443-821-3280
liferenewalservices.com

Monday – Friday: 9:00 AM – 8:00 PM
Open Access/Same Day/Next Day appointments available.

Offers psychiatric rehabilitation program to develop communication, social, independent living skills, coping skills, therapeutic and recreational activities. Provides psychiatric services on an outpatient basis if medicine management is needed. Assists with behavioral and motivational problems, low self-esteem, anger issues and challenges with authority. Accepts Medical Assistance. Serves ages 4 through 64.

Main Street Mobile Treatment & Community Mental Health Center

37 Main Street, Reisterstown, MD 21136
410-526-7882; Fax 410-526-9855
mainstreetbh.org | contact@mainstreetbehavioralhealth.com

Monday: 9:00 AM – 6:00 PM; Tuesday: 9:00 AM – 7:00 PM;
Wednesday: 9:00 AM – 8:00 PM; Thursday: 9:00 AM – 6:00 PM;
Friday: 9:00 AM – 4:00 PM

Offers child and adult psychiatric services. Mental health counseling; comprehensive psychosocial evaluations; individual, family, and group therapies; crisis services, and referrals to other community-based services as needed. Provides special services for children; client advocacy; medication management, health promotion and training; case management; mobile treatment for the home-bound. Accepts most insurance including Medicaid. Handicap accessible. Serves ages 6 and older.

Mosaic Community Services

288 E. Green Street, Westminster, MD 21157
1-855-RECOVER or 410-938-3000; Fax: 410-751-5374
mosaicinc.org and sheppardpratt.org

Monday, Tuesday, & Friday: 8:00 AM – 5:00 PM; Wednesday: 8:00 AM – 6:00 PM;
Thursday: 8:00 AM – 7:00 PM

Serves to enhance the quality of life for people with mental illness. Mosaic is an affiliate of Sheppard Pratt Health Systems. Clinical staff includes psychiatrists, psychologists, clinical social workers, nurses, and licensed counselors. Rehabilitation and housing staff members work in teams led by experienced psychiatric practitioners or a mental health professional. Services include vocational rehabilitation program. All programs are licensed by the State of Maryland. Accepts most insurance and Medical Assistance. Serves individuals ages 18 and older.

New Perspectives

Hunter Professional Center, 904-A Washington Road, Westminster, MD 21157
410-751-9205; Fax: 410-751-6191
nperspectives.com

Day and evening appointments available. Offers treatment for depression, anxiety, relationship problems, stress, behavioral problems, and attention deficit disorders. Provides child custody mediation for clients referred by the Carroll County court system. Contact the provider for more specific information. Offers individual, marital, and family counseling for children, adolescents, and adults. Accepts most insurances. Serves ages 5 and older.

Potomac Community Services

417 E. Baltimore Street, Suite B, Taneytown, MD 21787
Counseling Office: 844 Washington Road, Suite 203, Westminster, MD 21157
800-975-2086; Fax: 443-293-7086
potomaccommunity.org | info@pcmsinc.org

Monday – Friday: 8:00 AM – 4:30 PM

Offers the following services for Carroll County residents: Counseling Services, Targeted Case Management, and Mental Health Care Coordination.

Our Counseling Services provides a supportive space to reach your mental health goals. We work with individuals, couples, families, children, and adolescents.

Our adult Targeted Case Management (TCM) program offers mental health case management to individuals with mental health needs. This program aims to assist through advocacy, education, connection to community resources, and



support maintaining health care treatment to make sure you experience a better quality of life.

Our Mental Health Care Coordination (MHCC) program aids children and youth up to age 18 who have mental health needs. Care Coordinators meet with children, families, and their support network in the community, in school, or at home to best meet the child and family's needs.

TCM Plus Services are available to children who meet the above criteria but have private insurance.

TCM & MHCC services are covered by Maryland Medicaid. Please call our office with specific insurance questions for Counseling services.

Pro Bono Counseling Project

5900 Metro Drive, Baltimore, MD 21215

410-825-1001; Fax: 410-825-1388

Warm Line (when you feel anxious, depressed, or just need to talk): 410-598-0234
probonocounseling.org

Monday – Friday: 9:00 AM – 5:00 PM

Connecting uninsured and underinsured low-income Marylanders with compassionate and qualified mental health professionals who provide care on a volunteer basis at no cost. This non-profit public service project serves clients with various mental health needs. Serves all ages.

Prologue, Inc.

1425 Liberty Road, Suite 208, Eldersburg, MD 21748

410-549-3508; Fax: 410-549-6510

prologueinc.org

Monday – Friday: 9:00 AM – 5:00 PM

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

Re-Entry Mental Health Services

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

410-848-9244; Fax: 410-876-5042

Monday – Thursday: 9:00 AM – 8:00 PM; Friday & Saturday by appointment.

Provides therapies including individual psychotherapy, family therapy, marital therapy, couples therapy, group therapy, alcohol counseling, child psychotherapy, adolescent psychotherapy, stress management, and crisis management. Five clinicians are on staff: 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. Offers a Maryland Vehicle Administration-approved DWI Alcohol Education Program. Accepts most major medical insurance plans, Medicare, and most HMOs.

Relationships Work

410-363-2825; Fax: 410-363-1612
relationshipswork.com | info@relationshipswork.com

Provides relationship coaching for individuals and couples. Services include couple to couple coaching, marriage counseling, and telehealth counseling.

Rhoton, Kim (LCSW-C, Licensed Therapist)

15 E. Main Street, Suite 224A, Westminster, MD 21157
410-941-8938 X2 or 410-848-5155 X3
kimrhoton@hotmail.com
psychologytoday.com/us/therapists/kim-rhoton-westminster-md/80176

Hours by appointment, offer day and evening hours. Provides outpatient individual, child, couples, and family therapy using a strengths-oriented, time-limited approach. Offers therapy for adolescent and family issues, communication problems, separation, divorce, and co-parenting, marital issues including disconnect, and mental health issues. The focus is on helping clients resolve issues using their strengths and capabilities in a time-limited approach. Accepts Cigna, BCBS/Care-First, and Fee for service. Serves children, adolescents, and adults.

Rickeman, Alexandra

335 Cody Court, Westminster, Maryland 21157 | 410-861-5547
communicationforcouples.com
alex@communicationforcouples.com

Couples Therapy and Life Coaching. Helping couples improve relational and communication skills. Specializes in Affair Recovery, Small Business Owners relationship, and Highly Sensitive People (aka Sensory Processing Sensitivity).



Safe Harbor Christian Counseling

1641 Old Westminster Road, Westminster, MD 21157

Call for appointment: 800-305-2089

For information on all locations, visit safeharbor1.com

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

Springboard Community Services Formerly Family and Children's Services (FCS)

Carroll County Office: 22 North Court Street, Westminster, MD 21157
410-876-1233

The Harry and Jeanette Weinberg Springboard Community Services Family Support Center: 7 Schoolhouse Ave Westminster, Maryland 21157
410-848-2433

24-Hour Domestic Violence Hotline Springboard Carroll County: 443-865-8031
springboardmd.org

Monday and Wednesday: 9:00 AM – 6:00 PM;

Tuesday and Thursday: 9:00 AM – 7:30 PM; Friday: 9:00 AM – 3:00 PM

Operates case management, behavioral health, and medication management programs. The case management services include comprehensive domestic violence services for victims and dependents of intimate partner violence. Case Management also assists with family violence, victims impacted by elder abuse, sexual abuse, sexual assault, human trafficking, and gang-related violence. Services for the case management program include crisis intervention, safety planning, court advocacy, home visits with law enforcement, support groups and individual support. Case managers can meet in the community if it is safe and meets the needs of the client. There is also a 24-hour hotline for domestic violence support. Springboard also runs a Domestic Violence Safe House, which is in an undisclosed location in the county. The behavioral health and medication management programs see clients who have experienced recent or historical trauma and work with those who identify with general mental health needs. All ages served. Medical Assistance accepted. Please call and speak to the Office Administrator for accepted insurance at 410-876-1233. West End Place Adult Day care is a day program that provides respite and care for loved ones impacted by dementia, traumatic brain injury, and other physical disabilities that may not allow an older adult to be home alone. The daycare is open Monday through Friday, and provides transportation, breakfast, and lunch to the attendees as well as a variety of activities and day trips.

Springfield Hospital Center

6655 Sykesville Road, Sykesville, MD 21784-7966
410-970-7000, 800-333-7564; Fax: 410-970-7005; TTY/TDD: 410-549-7950
health.maryland.gov/springfield/Pages/about-shc.aspx

Office hours: 8:00 AM – 5:00 PM; Facility open 24/7

Treatment for people who need inpatient psychiatric hospitalization. This state psychiatric hospital operates under the jurisdiction of Maryland's Behavioral Health Administration and provides in-patient mental health services for Maryland residents. Volunteer opportunities are available. Serves individuals aged 18 through the geriatric years.

Swetz, Anthony – Ph.D.

201 East Main Street, Westminster, MD 21157 | 443-340-5330
anthonyswetziphd.com | swetziphd@gmail.com

Tuesday and Thursday: 10:00 AM – 8:00 PM, and by appointment.

Offers individual therapy, forensic or court evaluations, depression, bipolar, anxiety, trauma, addiction, and sexual disorder. Accepts all major private health insurance. Serves adolescents and adults. Accepts credit cards. Accepting clients who need court evaluations.

Thomas, Stephnie (LCPC)

Longwell Professional Building,
77 East Main Street, Suite 204 Westminster, MD 21204
Tuesday, Thursday, and Friday by appointment only.

ASDI Towson, 6525 N. Charles Street, Gibson Building, Suite 224
Monday & Wednesday by appointment only.

410-236-1470 (Cell for both offices) Fax: 410-751-2090 (Private office FAX)
Telehealth options are available.
stephthomas.com | stephnet@gmail.com

Provides specialized psychotherapy services to those in need, particularly those with anxiety, obsessive-compulsive disorder, and post-traumatic stress disorder. Offers counseling experience from a pastoral perspective, helping clients learn new ways of approaching and defusing the anxiety they feel in their everyday lives. Also works with issues such as chronic medical illnesses and fear of flying. Sliding fee scale is available on a limited basis. Accepts Aetna, Blue Cross, Tricare, MHN, Cigna, United Healthcare, and Medical Assistance. Clients are responsible for contacting and verifying insurance reimbursement rates. Serves ages 11–64.



SUBSTANCE ABUSE PROGRAMS

Access Carroll Integrated Health Care

10 Distillery Drive, Suite 200, Westminster, MD 21157

410-871-1478; Fax 410-871-3219

accesscarroll.org

Monday – Friday: 8:00 AM – 5:00 PM (Thursdays open until 8:00 PM)

Saturday and Sunday: 9:00 AM – 1:00 PM

Access Carroll is an integrated primary care medical home, providing sliding fee scale medical, dental and behavioral health services for low-income residents of Carroll County. Medical and dental services are available to all ages. Behavioral health care, including ambulatory detox services, is available to adults. The organization is positioned to accept Medical Assistance (Medicaid) of Maryland.

Outpatient behavioral health services available evenings. Ambulatory detoxification is also available on weekends, Saturday, and Sunday from 9:00 AM – 1:00 PM.

Addiction Healing Center

658 Lucabaugh Mill Rd, Westminster, MD 21157 | 410-848-2222

westminsterrescuemission.org/services/addiction-healing-center

info@westminsterrescuemission.org

Provides clinical, physical, and spiritual resources to heal the addicted. We take a holistic approach with Christ as the foundation of our work.

BH Health Services, Inc.

450 E. Main Street, Westminster, MD 21157

410-871-3005; Fax: 443-293-8711

bhhealthservicesinc.com

Treats individuals who are dependent on opioids such as heroin or oxycontin. Provides methadone maintenance treatment. Accepts Medical Assistance and cash. Serves ages 18 and older.

Carroll County Youth Service Bureau, Inc.

59 Kate Wagner Road, Westminster, MD 21157

410-848-2500; Fax: 410-876-3016

ccysb.org

Monday – Thursday: 8:30 AM – 8:00 PM; Friday: 8:30 PM – 4:00 PM

Same Day appointments/Open Access available Tuesdays: 8:30 AM – 12:00 PM and 2:00 PM – 5:00 PM; Wednesdays: 11:30 AM – 2:00 PM

Provides outpatient mental health and substance use treatment, as well as continuum of specialty programs for children and adolescents, adults, and families. For a detailed description of these services, please call or refer to the website. Services include assessments and individual, family and group therapies that address mental health, substance use, and co-occurring issues for all ages; psychiatric services; family preservation services for children/families; evidence based therapies to include brief strategic family therapy, dialectical behavior therapy, parent child interactive therapy (ages 2-7), and assertive community treatment (18 years+); parent seminars/workshops; assessments for Carroll County Public School students; connecting youth program (youth ages 16-24), and a training site for graduate social work and counseling students. Serves individuals and families across the lifespan. Accepts Medicaid, Medicare, and most major insurances.

Carroll Hospital Behavioral Health Services Ambulatory Care PHP/IOP

200 Memorial Avenue, Westminster, MD 21157 | 410-871-7110
carrollhospitalcenter.org/behavioral-health

Provides clinically intensive 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 program includes a variety of programs for co-occurring disorders. We will do an intake and determine the appropriate level of care. Levels of care include partial hospitalization programming (PHP), intensive outpatient programming (IOP), both with a mental health. 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 social workers, nursing staff, nurse practitioners and psychiatrists. 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.



Catoctin Counseling

Frederick: 309 E Patrick St. Frederick, MD 21701

Hagerstown: 1190 Mt. Aetna Road, Suite 206 Hagerstown, MD 21740

Office: 301-631-1304 Ext 201

catoctincounseling.com | catoctinkim@gmail.com

Monday – Friday: 9:00 AM – 3:00 PM

Provides a full spectrum community mental health agency. Counseling for substance abuse, domestic violence/anger management, mental health, families, and couples is offered. Program length varies according to individual needs. Some insurance may be accepted. Accepts a sliding scale fee for substance abuse, anger management, and substance abuse groups.

Cedar Ridge Counseling Centers, LLC

535 Old Westminster Pike Suite 106 Westminster, MD 21157

410-552-0773; Fax: 443-200-0267

cedarridgecounseling.com

Monday – Friday: 7:00 AM – 10:00 PM; Saturday – Sunday: 9:00 AM – 5:00 PM

Services include mental health counseling, medication management, and massage therapy. Accepts various insurances and private pay. Serves all ages. Fees vary with individual insurance coverage.

Community Anti-Drug Coalitions of America

703-706-0560 | cadca.org

Nonprofit organization that is committed to creating safe, healthy, and drug-free communities globally.

The Counseling Renaissance

7533 Main St., Suite 1F, Sykesville, MD 21784

410-970-6964; Fax: 410-549-6817

counselingrenaissance.com | thecounselingrenaissance@outlook.com

Hours by appointment. Offers weekly or biweekly sessions to work on personal goals, improve functioning in the community, and in one's family and/or relationships. Issues include depression and anxiety, marriage, life changes, organization and memory strategies, and caregiver support. DWI/DUI education and treatment group meets Thursday at 6:30 PM For individual or family therapy accept various insurance or negotiates per session rate. Serves ages 6 to 70.

Genesis Treatment Services

1106 Business Parkway S, Suite B, Westminster, MD 21157

410-751-7771; Fax: 410-751-7736

genesistreatment.com | admin@genesistreatment.com

Monday – Friday: 5:00 AM – 1:00 PM; Saturday: 6:00 AM – 9:30 AM

DUI group: Mondays & Wednesdays: 6:00PM – 8:00PM

Assessments: Monday – Friday: 5:30 AM – 12:00 PM

Provides 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. Offers DUI program services. Call for eligibility requirements. Maryland Medicaid accepted. Call for fees.

Healthcare Living for Families

1643 Liberty Road, Eldersburg, MD 21784 | 410-701-7384

hclff.com | info@hclff.com

Monday: 9:00 – 5:00; Tuesday – Thursday: 9:00 – 7:00; Friday: 9:00 – 5:00;

Saturday: 9:00 – 4:00; closed Sundays.

We provide suboxone treatments, substance use disorder treatment, drug and alcohol counseling, psychiatry and medication management, outpatient mental health therapy, psychiatric rehabilitation program (PRP), and mobile treatment services (MTS). Medical Assistance is accepted. Serving ages 5 and up.

Inner Journey Counseling Center, Gregory Rubin (LCPC)

5420 Klee's Mill Road Suite 6, Sykesville, MD 21784

Office: 410-552-5290; Cell: 410-615-6846

innerjourneycc.com | gregoryrubin@comcast.net

Monday – Friday: 9:00 AM – 5:00 PM

Provides treatment for depression, substance abuse, anxiety, grief, bereavement, loss, life transition and review, problems at school or work, and spiritual conflicts. Fees vary and billable through insurance. Accepts Medical Assistance, and some sliding scale schedule. Does not accept Medicare. Serves ages 6 and up.



Integrative Counseling

1643 Liberty Road, Suite 203, Eldersburg, MD 21784

410-740-8067; Fax: 410-740-8068

integrative-counseling.com | frontdesk@ccs-ic.com

Hours by appointment. A partner of Congruent Counseling that provides tailored educational and psychological testing. Educational and treatment services meet several state requirements for court ordered treatment. State of Maryland certified in outpatient treatment and DWI/DUI education. Offers alcohol and marijuana education sessions. Other services include anger management, men's parenting classes, interpersonal violence program, substance abuse or addiction education and treatment, individual, couples or family counseling, and psychiatric medication management. Visit website for insurance information. Serves children, teens, and adults.

Maryland Association of Prevention Professional and Advocates

mappamd.org

Protects the public by establishing standards and facilitating reciprocity for the credentialing of addiction-related professionals.

Network Health Services, Inc.

410-781-4158; Fax: 410-781-4801

networkhealthservices@yahoo.com

Monday – Friday: 5:30 AM – 12:00 AM; Saturday: 6:00 AM – 9:00 AM;

Closed Sundays

Provides methadone maintenance therapy for the treatment of opioid use disorder, 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 use disorder. Call for information.

Mountain Manor Treatment Center

Westminster:

250 Englar Road, Westminster, MD 21157 | 410-876-2425

Sykesville:

7295 Buttercup Road, Sykesville, MD 21784 | 410-795-5767; Fax: 410-840-9388

Monday – Friday: 9:00 AM – 5:00 PM; 24-hour answering service.

Provides outpatient drug and alcohol treatment. Services include evaluation and assessment, group counseling, continuing care, and the Motor Vehicle Adminis-

tration alcohol education program. The 24-hour toll-free emergency number is 800-537-3422. Can give referrals to various juvenile programs in the Baltimore area. Accepts most major insurances, including Medicaid. Sliding fees scale and insurance credits. Serves adolescents and adults.

Mulligan's Recovery Center

299 E Main St, Westminster, MD 21157 | 877-768-5544
mulliganrecoverycenters.com | info@mulliganrecoverycenters.com

Programs and activities are designed to be a catalyst that helps those who struggle with addiction, find the pathway to recovery that works for them and fulfill their full potential.

New Path Counseling Center, LLC

250 Englar Road, Suite 3, Westminster, MD 21157
410-615-3469; Fax: 800-251-0179
newpathcounselingcenter.com | admin@newpathcounselingcenter.com

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, workplace issues, dual diagnosis, and relationship/marriage difficulties. Accepts most major insurance. Does not accept Medical Assistance. Serves ages 14 to 65. By appointment only.

Nimel Mental Health

1004 Littlestown Pike, Ste. A1 Westminster, MD 21157
301-272-1558, 410-386-1180; Fax: 301-272-1559
nimelmentalhealthllc.com | info@nimelmentalhealthllc.com

Monday – Friday: 9:00 AM – 6:00 PM; Saturday: 10:00 AM – 3:00 PM

Behavioral and mental health services provider with a team of experienced mental health clinicians seeking to promote positive growth, development, and well-being of individuals and their families. Provides individual, group, and family counseling; medication management for children and adults; and community support to children, adolescents, and adults. Accept various insurances, including Maryland Medicaid and other private insurances.



Re-Entry Mental Health Services

40 S. Church Street, Suite 105 Westminster, MD 21157 | 410-848-9244
reentrymentalhealth.com

Monday – Thursday: 9:00 AM – 8:00 PM; Friday & Saturday by appointment.

Provides therapy for loneliness and depression, anxiety, marital conflicts, separation and divorce, phobias, stress, alcohol, codependence, and drugs. Therapies include individual psychotherapy, family therapy, marital therapy, couples therapy, group therapy, stress management, and crisis management. All clinicians are licensed and certified. Call about insurance.

Right Turn IMPACT

1209 Liberty Road, Suite #102, Sykesville, MD 21784
410-581-4900; Fax: 443-773-5568
rightturnimpact.com | info@rightturnimpact.com

Right Turn-IMPACT Treatment Center provides a Recovery Oriented System of Care (ROSoC) to help people suffering from substance use disorders find healthy recovery solutions. Founded in 1992, Right Turn has provided services to more than 150,000 people. If you have an alcohol or drug problem or if you have legal problems related to substance use, we can help you. Treatment works! Serves ages 18 and older.

Shoemaker Center/Maryland Treatment Centers, Inc.

Springfield Hospital Center, Hitchman Building
4th Street 6655 Sykesville Road, Sykesville, MD 21784
410-876-2395; Fax: 410-876-1690
shoemakeradmissions@mmtcmd.com

Provides a 24/7 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 has 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. Motivation 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 individual's substance abuse problem. Family education and treatment is provided to ensure an understanding of the disease concept. This facility is dual-diagnosis 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 education materials are accepted. Participants must be at least 21 years of age; diagnosed with a substance abuse problem; be in need of 24-hour, 7-day residential treatment; 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 program consent for treatment. Accepts Medicaid. Self-referrals accepted. Serves ages 21 and older.

Sober Truth

502 E. Baltimore St., Taneytown, MD 21787 | 443-918-8592
sobertruthsubstanceabusetreatment.com

Monday – Thursday: 9:00 AM – 8:00 PM

Intensive outpatient, standard outpatient, individual therapy, support group for families who have lost a loved one due to overdose, gambling addiction. Medical Assistance and Care First are accepted. Serves ages 18 and above.

Triunfo, LLC

15910 Dark Hollow Road, Upperco, MD 21155 | 443-789-0432
triunfo1939@gmail.com

Monday – Friday: 10:00 AM – 6:00 PM

Services:

- Counseling services related to education, therapy groups, individual addiction counseling
- Problem solving groups or individual sessions as needed
- Anger management groups or individual sessions as needed
- Pre-marriage couple communication, Preparation and Relationship Enhancement Program (PREP)
- Translations (English/Spanish) and notarizations. Specializes in assisting the Hispanic population.
- Preparation for drivers testing to obtain license.

Serves self-referred or court-ordered adults. Focus is on the Hispanic community.



Westminster Recovery Center, LLC

77 E. Main Street, Suite 300, Westminster, MD 21157

410-857-8448 Fax: 410-857-0239

westminsterrecoverycenter.net | wrcl@verizon.net

Monday: 8:00 AM – 4:00 PM; Tuesday – Friday: 8:00 AM – 9:00 PM;

Saturday 9:00 AM – 6:00 PM; Closed Sundays

Provides exceptional, affordable, and easily accessible services to individuals who have abused or are addicted to alcohol and/or drugs. Emphasizes the importance of the programs of alcohol and narcotics anonymous in the treatment of addictions. Offers Level One outpatient and intensive outpatient treatment programs 1.0 and 2.0, alcohol and drug education and counseling, assessments, and evaluations, 26-week programs, private alcohol and drug counseling, drug screenings, family services, interventions, employment services, and advocates for clients in court. Self-pay varies based on program and intensity. Offers psychoeducation 26-session DUI classes. Serves adults aged 18 and older.

Westminster Rescue Mission

658 Lucabaugh Mill Road, P.O. Box 285, Westminster, MD 21158 | 410-848-2222

WestminsterRescueMission.org | info@westminsterrescuemission.org

The Addiction Healing Center (AHC), a CARF-accredited, ASAM 3.1 treatment program, offers two avenues of support for people seeking substance-use disorder recovery. Multi-faceted, faith-based, treatment approach is tailored for each client, and completely free of charge. Offers independent living and recovery maintenance through transitional housing, outpatient, and after-care services. For those experiencing food insecurity, the Mission Food Program provides community outreach services for individuals and families in need of hunger relief.

COMMUNITY BASED SELF-HELP

Abuse Intervention Program Springboard Community Services

7 Schoolhouse Avenue, Westminster, MD 21157

Offering a 26-week Maryland state certified program for both voluntary and court-ordered clients. Participants learn to take responsibility for their actions and acquire new coping skills. To enroll in classes, email: aip@scsmd.org.

Al-Anon Family Groups (AFG) of MD and DC, Area 24 Baltimore Al-Anon Information Service

AFG of Maryland and DC, 3116 Parkway, Cheverly, MD 20785 | 410-832-7094

Meetings: 888-425-2666; 24 Hour Hotline: 410-857-7000

marylanddc-alanon.org (for local meeting locations and times)

webmaster24@marylanddc-alanon.org

Provides 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. The anonymity of all members is guarded. All meetings are open to anyone desiring help. No dues or fees are charged. Call for information about Alateen meeting times and locations or check the website.

Camp T. R.

Hashawha Environmental Center Westminster, MD | 410-871-8000

blog.carrollhospice.org/camp-t-r-helps-children-cope-with-grief

Hosted each year by Carroll Hospice, Camp T. R. is a free, overnight weekend retreat for children ages 7 – 15 who are grieving the loss of a loved one. The camp combines recreational activities, such as art, swimming and music with grief education and support. First weekend in June.

CARE Healing Center

224 N. Center Street, Room 102, Westminster, MD 21157

410-857-0900; Fax: 410-876-9147; 24-hour hotline: 410-857-7322

carehealingcenter.org

Monday – Friday: 9:00 AM – 5:00 PM

Provides 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 counsel-



ing; 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.

Carroll County Bureau on Aging & Disabilities Caregiver Support Group

125 Stoner Avenue Westminster, MD 21157 | 410-386-3833

carrollcountymd.gov/government/directory/citizen-services/aging-disabilities
moverby@carrollcountymd.gov

A group for caregivers of people 60 years of age or older or with an early onset of dementia. Meets the second Tuesday of each month from 4:00 PM to 5:30 PM.

Carroll Lutheran Village Weller Circle Activity Center

900 Mission Square, Westminster, MD, 21158

Please call Chanté Curry at 443-605-1057 or Jessica Ferrera at 443-605-1058 for more information.

Safe and confidential environment for conversation, support, resources, and education. Caregivers of those with Alzheimer's disease or other Dementia related disorders are invited to attend. Attendance is free. Meets on the third Thursday of each month at 1:30 PM.

Church of the Open Door:

Divorce Care, Divorce Care for Kids, Grief Share

550 Baltimore Boulevard Westminster, MD 21157

410-876-3838; Fax: 410-876-1808

opendoorchurch.org/ministries | mail@opendoorchurch.org

Monday – Friday: 8:00 AM – 4:00 PM

Help for individuals to 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 AM to 10:30 AM on Sunday. Open to all.

Family Grief Support Group

502 East Baltimore, St. Taneytown, MD. 21787 | 443-918-8592
sobertruthsubstanceabusetreatment.com

Support for someone who has lost someone to a drug or alcohol addiction. Meets last Wednesday of the month at 6:30 PM.

Marijuana Anonymous World Service

5551 Hollywood Blvd #1043, Hollywood, CA 90028
Call or Text: 1-800-766-6779
marijuana-anonymous.org | support@marijuana-anonymous.org

Resources that help people stay free of marijuana and to help those who are addicted to achieve the same freedom.

Men All in Recovery Support Group

443-289-5197 | thorntonjermaine716@gmail.com

A group for men in recovery from anything affecting their life in a negative way. Recover together through finding spirituality. Meets second and fourth Thursdays of the month at Crossroads Church.

National Alliance on Mental Illness (NAMI) of Maryland/Carroll County

PO Box 1928, Westminster, MD 21158-5928 | 410-857-3650
namiccmd.org | info@namiccmd.org

Provides support groups for adults with mental illnesses and families who have had their lives touched by mental illness. Also provides psycho-educational classes called "Family to Family" that are offered in spring and fall. All services are for adults and are free.

Narcotics Anonymous, Free State Regional Service Center

217 N. Warwick Avenue Baltimore, MD 21223
410-566-4022; Fax: 410-362-8505; Hotline: 800-317-3222
freestatena.org | barsc@verizon.net

Provides 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.



Substance Abuse and Mental Health Services Administration (SAMHSA) Treatment Locator

1-800-662-4357 (HELP) can call 24/7 | findtreatment.gov

Confidential and anonymous resource for persons seeking treatment for mental and substance use disorders in the United States and its territories.

Triangle Recovery Club

2 North Court Street, Westminster, MD 21157

trcofwestminster.com | trianglererecoveryclub@comcast.net

Helps Carroll County's alcohol and drug recovery community. The basis for the assistance is to furnish a clean and safe environment in which to conduct all 12-step meetings. Triangle Recovery Club is open to any 12-step meetings which may include: Alcoholics Anonymous (AA), Al-anon (family groups for families & friends), Ala-teen (family groups for families & friends), Heroin Anonymous (HA), Chemical Dependency Anonymous (CDA), Gamblers Anonymous (GA), Overeaters Anonymous (OA), Narcotics Anonymous (NA), Nar-Anon (family groups for families & friends), and more as they come. See website for meeting times and more information.

Weber Sober Homes

P. O. Box 106, Woodbine, MD 21797 | Brian Kimmel: 301-418-3750

webersoberhomes@comcast.net

Monday – Friday: 9:00 AM – 5:00 PM

Provides interventions, one-on-one counseling, addiction support groups, and Alcoholics Anonymous meetings. Offers 12-step outpatient recovery model and men's recovery houses. There are two recovery houses available. All residents must pay their own way, participate in overseeing the house, and remain clean and sober. Fee for service. Serves men 18 and older.

West Central Intergroup of Maryland, Inc. (WCI) Alcoholics Anonymous (AA) Members

The Federated Charities Bldg., 22 S. Market St., Suite 7, Frederick MD, 21701

Call or Text: 301-471-9216

westcentralaa.org | pubinfo@westcentralaa.org

24-hour hotline: 301-662-0544

Monday: 10:30 AM – 12:30 PM; Tuesday: 1:00 PM – 3:00 PM;

Wednesday: 2:00 PM – 4:00 PM; Thursday: 12:30 PM – 2:00 PM;

Friday: 10:00 AM – 12:00 PM

Assists alcoholics through group meetings with other alcoholics. Open to anyone. No fees are charged. AA does not:

- Solicit members
- Keep membership records or case histories
- Engage in or sponsor research
- Join “councils” or social agencies, although AA members, groups and service officers frequently cooperate with them
- Follow-up on or try to control its members
- Make medical or psychological diagnosis or prognosis
- Provide “drying-out” or nursing services
- Offer religious services
- Engage in education or propaganda about alcohol
- Provide domestic or vocational counseling
- Provide housing, food, or clothing
- Accept any money for its services or any contributions from non-AA sources

Westminster Rescue Mission

658 Lucabaugh Mill Road, P.O. Box 285, Westminster, MD 21158 | 410-848-2222
 WestminsterRescueMission.org | info@westminsterrescuemission.org

The Addiction Healing Center (AHC), a CARF-accredited, ASAM 3.1 treatment program, offers two avenues of support for people seeking substance-use disorder recovery. Multi-faceted, faith-based, treatment approach is tailored for each client, and completely free of charge. Offers independent living and recovery maintenance through transitional housing, outpatient, and after-care services. For those experiencing food insecurity, the Mission Food Program provides community outreach services for individuals and families in need of hunger relief.



PREVENTION PROGRAMS

Behavioral Health Prevention Services

290 S. Center Street, Westminster, MD 21157 | 410-876-4449

cchd.maryland.gov/behavioral-health-alcohol-and-drug-use-prevention-services

Reduces 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. Also, Carroll County Coalition Against Underage Drinking, a network of community members working to support healthy youth development and provide education to raise awareness of underage drinking prevention. Serves all ages.

Carroll County Sheriff's Office School Resource Officers (SRO) Program

125 N. Court Street, Westminster, MD 21157

410-386-2900 or 1-888-302-8924

sheriff.carrollcountymd.gov/lebp patrol.html

In conjunction with the Carroll County Board of Education, the Carroll County Sheriff's Office, Hampstead, Taneytown, and Westminster City Police present drug and alcohol education classes to all 8th through 12th-grade students. The curriculum provides students with accurate information about drugs and alcohol. It teaches them about substance abuse physical, legal, and social consequences and provides students with resistance skills and techniques. Deputies and officers also discuss other topics, such as bullying and internet safety.

National Institute on Drug Abuse

nida.nih.gov

Our mission is to advance science on drug use and addiction and to apply that knowledge to improve individual and public health.

NOTES:

[illegible]

SUPPORT RESOURCES

AGING RESOURCES

Carroll County Bureau of Aging and Disabilities

125 Stoner Avenue, Westminster, MD 21157

410-386-3800; Maryland Relay Service: 711/800-735-2258

carrollcountymd.gov/government/directory/citizen-services/aging-disabilities

Monday – Friday: 8:00 AM – 5:00 PM

The Carroll County Bureau of Aging and Disabilities provides the highest quality of services, programs, and assistance to promote choice, dignity and independence for older adults, individuals with disabilities, veterans, and those who care for them. The Bureau of Aging and Disabilities is a division of the Carroll County Department of Citizen Services and is the principal agency that plans, advocates, and develops programs and services for older adults, age 60 and over; and coordinates services and referrals for adults with disabilities 18 years and older. The Bureau operates five senior and community centers in Carroll County. Each center is a community focal point where older adults can receive services and participate in social, recreational, educational, fitness, health, nutritional, and informational activities. The centers are in Westminster, Taneytown, Mount Airy, Hampstead, and Eldersburg.



CLOTHING & HOUSEHOLD ITEMS

Goodwill Industries of Monocacy Valley, Inc.

Hampstead: 721 Hanover Pike Hampstead, MD 21074 | 410-374-5907

Westminster: 200 Baltimore Blvd Westminster, MD 21157 | 410-319-2233

Sykesville: 6300 Georgetown Blvd, Sykesville Maryland, 21784 | 410-552-5060

gimv.org

Monday – Saturday: 9:00 AM – 9:00 PM; Sunday: 10:00 AM – 9:00 PM

Provides 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.

Kids in Safety Seats (KISS) Car Seat Loaner Program

290 S. Center Street, Westminster, MD 21157 | 410-876-4448

cchd.maryland.gov/health-services-kids-safety-seats

Monday – Friday: 9:00 AM – 5:30 PM

Provides 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. \$30.00 fee for loaner seats. No fees are charged for car seat checks. No walk ins.

Northeast Social Action Program (NESAP) Thrift Store and Community Assistance Program

1046 S. Carroll Street, Hampstead, MD 21074

410-374-9099; Assistance: 410-239-6216

nesapinc.org | nesapinc.org@gmail.com

Monday – Saturday: 9:00 AM – 3:00 PM

Northeast Social Action Program (NESAP) Services is a Christian non-profit, cooperative community outreach organization. Services include financial assistance for rent, fuel utilities, transportation, minor medical, as well as food, cloth-

ing, school supplies and Christmas assistance. NESAP Thrift Store provides an ever-changing variety of carefully selected secondhand clothing, jewelry, small appliances, books, toys, furniture, housewares, and collectibles. The store helps fund the Assistance Programs and provides items free of charge for those in need. Serves all ages.

St. James Thrift Shop

St. James Episcopal Church 234 S. Main Street, Mount Airy, MD 21771

301-829-0314

stjamesmtairy.org/thrift-shop | thriftshop@stjamesmtairy.org

Tuesday – Saturday: 10:00 AM – 4:00 PM; Every Third Thursday: 10:00 AM - 6:00 PM

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



DISABILITY SERVICES

The Arc of Carroll County

180 Kriders Church Road, Westminster, MD 21158
 410.848.4124 or 410.876.2422; Fax: 410.876.5317
arccarroll.org
 Monday – Friday: 8:00 AM – 4:00 PM

Provides a variety of services and support to people of all ages with developmental disabilities and their families. Offers adult day programs, community living, vocational, and recreational services to individuals with developmental disabilities. Handicap accessible.

Autism Society of America

6110 Executive Boulevard Suite 305 Rockville, Maryland 20852
 1-800-328-8476 (800-3-AUTISM)
autism-society.org
 Monday – Friday: 9:00 AM – 9:00 PM

Public awareness about the day-to-day issues faced by people on the spectrum, advocating for appropriate services for individuals across the lifespan, and providing the latest information regarding treatment, education, research, and advocacy. Information and referral service, treatment guided research initiative.

Caring Carroll, Inc.

255 Clifton Blvd. Suite 213 Westminster, MD 21157 | 410-775-5596
caringcarroll.org | caringcarrollinc@gmail.com
 Monday – Friday: 9:00 AM – 2:00 PM

Provides volunteer services to seniors and disabled, frail, isolated and home-bound adults to remain independent in their own homes. Non-medical, no bilingual services available.

CHANGE, Inc./Penn-Mar West

115 Stoner Avenue, Westminster, MD 21157
 410-848-1824 or 410-876-2179; Fax 410-857-4053
penn-mar.org

Penn-Mar Human Services is an organization driven by passion and guided by purpose. Our focused and highly dedicated team believes in supporting people with intellectual and developmental disabilities on their own unique journeys to achieve their personal best.

Church of the Open Door Handicapped Ministry

550 Baltimore Boulevard, Westminster, MD 21157 | 410-876-3838

Transportation resources for those who are handicapped and want to come to Sunday service.

Developmental Disabilities Administration (DDA) Western Maryland Regional Office (includes Carroll)

1360 Marshall Street, Hagerstown, MD 21740

301-791-4670, Toll free: 1-888-791-0193

health.maryland.gov/dda/Pages/wmro.aspx

Monday – Friday: 8:00 AM – 5:00 PM

Funds community-based services and support for people with developmental disabilities. Partners with people with developmental disabilities to provide support and resources to live fulfilling lives. Provides a coordinated service delivery system, so that people receive appropriate services oriented toward the goal of full integration into their community.

Disability Rights Maryland

1500 Union Ave., Suite 2000, Baltimore, MD 21211

410-727-6352 x 0; Toll free: 1-800-233-7201; TTY: 410-235-5387

Fax: 410-727-6389

DisabilityRightsMD.org

Monday – Friday: 9:00 AM – 5:00 PM

Provides services to persons with disabilities. A Protection and Advocacy agency, mandated to advance the civil rights of people with disabilities. Offers free legal services (Pro Bono Attorney Referral Program) to Marylanders of any age with all types of disabilities (developmental, intellectual, learning, psychiatric, physical, sensory, traumatic brain injury), who live in facilities, in the community or who are homeless. (Spanish/English)



Disabled American Veterans, Old Glory Chapter #22

519 Poole Rd VFW, Westminster, MD 21157

410-230-4440 or 410-779-8276

davmembersportal.org/chapters/MD/22/default.aspx

kkvrenge@yahoo.com

Monday – Friday: 9:00 AM – 5:00 PM, can call outside of business hours if necessary.

Provides 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.

Division of Rehabilitation Services (DORS)

1004 Littlestown Pike Suite B1, Westminster, MD 21157

410-848-4456 or 888-554-0334

dors.state.md.us

westminster.dors@maryland.gov

Monday – Thursday: 8:00 AM – 5:00 PM

Offers evaluation, counseling, and training necessary for employment. Also provides some restoration services to maintain independent living.

Flying Colors of Success, Inc.

88 E. Main Street, Westminster, MD 21157

410-876-0838; Fax: 410-876-9227

flyingcolorsofsuccess.org

Office: Monday – Friday: 9:00 AM – 5:00 PM

Homes: 24/7, 365 Days/Year

Provides group homes and alternative living Units (ALU's), which are three-person homes with support staff supervision. Special services include case management, medication administration, support services, and non-traditional day services. Two homes are handicap accessible. Individual must have a developmental intellectual disability to qualify. Serves ages 21 and older.

Frankly Communicating, Inc.

904 F Washington Road, Westminster, MD 21157
130 Holiday Drive Suite 104 Annapolis, MD 21401
410-871-2990; Fax: 443-293-8703
franklycommunicating.com

Monday – Friday: 8:30 AM – 7:30 PM

Provides speech, occupational and physical therapy. Serves 1 year old and up with autism, developmental delays, cerebral palsy, Down syndrome, apraxia, auditory processing, phonological disorders, oral motor and tongue thrust, feeding and swallowing, aphasia, cognitive linguistic disorders, social skills and voice fluency. Offers individual or group speech therapy sessions, comprehensive assessment, and customized therapy plans. Accepts most insurance including Medicare and Medicaid.

Target Community & Educational Services, Inc

111 Stoner Avenue, Westminster MD 21157
410-848-9090 or 888-831-3476; Fax: 410-848-7409
targetcommunity.org

Offers a variety of customized community-based residential, educational, vocational, recreational, and family support services. A wide variety of programs are included such as assistance and options for living arrangements, employment programs and the Carroll County Day Habilitation Program. Also provides Service Coordination for children on the Autism Waiver.



DOMESTIC VIOLENCE

CARE Healing Center

224 N. Center Street, Room 102, Westminster, MD 21157
410-857-0900; Fax: 410-876-9147; 24-hour hotline: 410-857-7322
carehealingcenter.org

Monday – Friday: 9:00 AM – 5:00 PM

Provides 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.

Catoctin Counseling

Frederick: 309 E Patrick St. Frederick, MD 21701
Hagerstown: 1190 Mt. Aetna Road, Suite 206 Hagerstown, MD 21740
Office: 301-631-1304 Ext 201
catoctincounseling.com | catoctinkim@gmail.com

Monday – Friday: 9:00 AM – 3:00 PM

Provides a full spectrum community mental health agency. Counseling for substance abuse, domestic violence/anger management, mental health, families, and couples is offered. Program length varies according to individual needs. Some insurance may be accepted. Accepts a sliding scale fee for substance abuse, anger management, and substance abuse groups.

House of Ruth Maryland

2201 Argonne Drive. Baltimore, MD 21218 | 410-889-0840

24-hour hotline: 410-889-7884 (410-889-RUTH); Legal Hotline 888-880-7884

hruth.org

Intimate partner violence centers helping battered women and their children find safety and security.

Maryland Network Against Domestic Violence

24-Hour National Domestic Violence Hotline 1-800-799-7233

1997 Annapolis Exchange Parkway, Suite 300, Annapolis, MD 21401

MNADV Office: 301-429-3601

mnadv.org | info@mnadv.org

A state domestic violence coalition that brings together victim service providers, allied professionals, and concerned individuals for the common purpose of reducing intimate partner and family violence and its harmful effects on our citizens.

National Domestic Violence Hotline

1-800-799-SAFE (7233); Text "START" to 88788 | 24/7

Administrative Line: 737-225-315

thehotline.org

North Carroll Counseling & Wellness Center

1011 South Main Street, Hampstead, MD 21074

410-552-9007; Fax: 410-552-9881 | <https://tinyurl.com/yemaj22h>

Monday: 4:00 – 9:00 PM, Tuesday: 2:00 – 9:00 PM;

Wednesday – Friday: 11:00 AM – 9:00 PM; Saturday: 8:00 AM – 5:00 PM

Provides drug and alcohol addiction treatment, dual diagnosis, and outpatient drug treatment center services. Include early intervention and DWI Education. Self-pay and some private health insurance accepted.



Springboard Community Services Formerly Family and Children's Services (FCS)

Carroll County Office: 22 North Court Street, Westminster, MD 21157
410-876-1233

The Harry and Jeanette Weinberg Springboard Community Services Family Support Center: 7 Schoolhouse Ave Westminster, Maryland 21157 410-848-2433
24-Hour Domestic Violence Hotline Springboard Carroll County: 443-865-8031
springboardmd.org

Monday and Wednesday: 9:00 AM – 6:00 PM;

Tuesday and Thursday: 9:00 AM – 7:30 PM; Friday: 9:00 AM – 3:00 PM

Operates case management, behavioral health, and medication management programs. The case management services include comprehensive domestic violence services for victims and dependents of intimate partner violence. Case Management also assists with family violence, victims impacted by elder abuse, sexual abuse, sexual assault, human trafficking, and gang-related violence. Services for the case management program include crisis intervention, safety planning, court advocacy, home visits with law enforcement, support groups and individual support. Case managers can meet in the community if it is safe and meets the needs of the client. There is also a 24-hour hotline for domestic violence support. Springboard also runs a Domestic Violence Safe House, which is in an undisclosed location in the county. The behavioral health and medication management programs see clients who have experienced recent or historical trauma and work with those who identify with general mental health needs. All ages served. Medical Assistance accepted. Please call and speak to the Office Administrator for accepted insurance at 410-876-1233. West End Place Adult Day care is a day program that provides respite and care for loved ones impacted by dementia, traumatic brain injury, and other physical disabilities that may not allow an older adult to be home alone. The daycare is open Monday through Friday, and provides transportation, breakfast, and lunch to the attendees as well as a variety of activities and day trips.

Women's Law Center of Maryland, Inc.

305 W. Chesapeake Avenue, Suite 201, Towson, MD 21204 | 410-321-8761
wlcmd.org | admin@wlcmd.org

Monday – Friday: 8:30 AM – 4:30 PM

Provides free legal services in the areas of family law, domestic violence, and employment law. Services include legal representation projects, and educational materials to help understand the law and individuals' rights.

EDUCATION AND EMPLOYMENT

Carroll Community College Adult Education

224 N. Center Street, Westminster, MD 21157

Contact: Susan Leibman, Adult Education Manager 410-386-8646

sl Leibman@carrollcc.edu

carrollcc.edu/BasicSkills

Monday – Friday: 8:30 AM – 4:30 PM

Helps 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 four 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 parents are also available. Adult education classes are offered throughout Carroll County; most are free of charge. Serves individuals ages 17 years and older, must be withdrawn from school.

Carroll County Public Library

General Information: 410-386-4488

Locations:

Eldersburg Branch: 6400 West Hemlock Dr. | 410-386-4460

Finksburg Branch: 2265 Old Westminster Pike | 410-386-4505

Mount Airy Branch: 705 Ridge Ave. | 410-386-4470

North Carroll Branch: 2255 Hanover Pike | 410-386-4480

Taneytown Branch: 10 Grand Drive | 410-386-4510

Westminster Branch: 50 East Main St. | 410.386.4490

Exploration Commons at 50 East (EC50) | 443-293-3000

library.carr.org | explorationcommons.carr.org | ask@carr.org

Monday – Thursday: 9:00 AM – 8:00 PM; Friday – Saturday 9:00 AM – 5:00 PM

Serving the community with six traditional library branches and one innovative space, Exploration Commons at 50 East. Library card holders have access to materials including books in multiple formats, CDs, DVDs, streaming services, research databases, a collection of equipment (Library of Things), and video



games. Programs and classes are offered at all locations and various community sites. Branch locations provide free computer, Wi-Fi, and internet access. EC50 features hands-on classes in a high-tech makerspace and professional teaching kitchen, workforce training, and meeting spaces.

Carroll County Workforce Development Formerly Business and Employment Resource Center (BERC)

224 N. Center Street, Westminster, MD 21157

410-386-2820 or 410-386-2400; TTY: (MD Relay) 711/800-735-2258;

Fax: 410-876-2977

info@carrollworks.com

Monday – Friday: 8:00 AM – 4:30 PM; Summer Friday hours: 8:00 AM – 3:00 PM

Offers programs to develop a highly effective workforce for new and existing businesses; assists job seekers in achieving, advancing, and retaining employment, and encourages 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. 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.

Catholic Charities Head Start & Early Head Start of Carroll County

255 Clifton Blvd., Suite 101, Westminster, MD, 21157 | 667-600-2571

cc-md.org/programs/carroll-county-head-start

Monday – Friday: 8:00 AM – 4:00 PM

Provides a school and learning readiness experience for children 6 weeks to 5 years who qualify based on income or a special need. Offers some transportation, health services, speech and language services, and breakfast, lunch, and snack to children enrolled in the centers. Parent involvement is essential to the program. An enhanced school year calendar is followed. Catholic Charities operates at three locations in Carroll County: Clifton Blvd. in Westminster, Church of the Brethren in Westminster and Taneytown, as well as a home visitation program.

Goodwill Industries of Monocacy Valley, Inc. Training Services

1750 Monocacy Blvd, Suite B, Frederick, MD 21701

301-662-0622; 1-833-624-0921; Fax: 301-846-0940

gimv.org/job-training-services/training-services | Contact form on website.

Carroll County locations:

Hampstead: 721 Hanover Pike #101, Hampstead, MD 21074 | 410-374-5907

Sykesville: 6300 Georgetown Blvd, Sykesville Maryland, 21784 | 410-552-5060

Westminster: 200 Baltimore Blvd., Westminster, MD 21157 | 410-319-2233

Monday – Saturday: 9:00 AM – 9:00 PM; Sunday: 10:00 AM – 9:00 PM

Offers no-cost resources to help build your better future at MyCareerAdvisor.com including Computer Basics, Computer Program Skills, and Advanced Computer Courses. If you need more assistance, our Career Services team can help you build your resumé, prepare for interviews and connect with companies looking to hire your talent.

Goodwill Self-Service Career Centers provide resume and interview skills assistance, career assessments, hiring events and job fairs, community resources, as well as training and education.

Human Services Programs of Carroll County, Inc.

10 Distillery Drive, Ground Floor, Westminster, MD 21157

410-857-2999; Fax: 410-857-8793

hspinc.org

Lobby Hours: Monday – Friday: 8:00 AM – 4:00 PM

Family Support Programs: Provide services that help families develop self-sufficiency and effective parenting skills. Child development care supports parents while they are learning valuable skills. Programs include Carroll County Family Center and Child and Adult Food Care Program.

Housing Services: In addition to shelter, services are provided to assist families, individuals, and those with disabilities get back on their feet to obtain and remain in permanent housing. Programs include Safe Haven Shelter, Intact Family Shelter, Men's Shelter, Women and Children's Shelter, Cold Weather Shelter, Rapid Rehousing, Coordinated Intake Shelter and Housing, Permanent Supportive Housing and the Rental Assistance Program.

Workforce Development: Assists individuals in job training, resume building, and searching for employment. The Workforce team also works with individuals to overcome barriers to employment such as criminal background or lack of previous experience. Programs include Opportunity WORKS, Second Chances, Community Garden, Economic Success Program, and Voluntary Income Tax Assistance (VITA) program.



Emergency & Prevention Services: Connects individuals with an array of funds throughout the community and the state to assist them with paying utilities and preventing evictions. Emergency Services partners with the Maryland Energy Services Programs (MEAP) and the Office of Home Energy Programs (OHEP) of the Department of Human Resources. Programs include Energy Assistance.

Infants and Toddlers Programs

Birth through Five Program/Birth to Kindergarten

125 North Court Street, Westminster, MD 21157

410-876-4437; Fax: 410-751-3496 | KristaSchneider@carrollk12.org

carrollk12.org/academics/special-education/birth-to-kindergarten or

cchd.maryland.gov/health-services-infants-and-toddlers

Monday – Friday: 8:00 AM – 3:30 PM

Offers early intervention services to eligible children birth–5 years of age and their families at no cost. Participation is voluntary. To qualify to receive services under the Individualized Family Service Plan (IFSP), the child must be under three and meet one of the following criteria: demonstrate a 25% delay in at least one developmental area, demonstrate atypical development, and/or have a diagnosed condition that places him/her at risk of developmental delays. No cost to Carroll County residents. This resource has multiple names, but they are all the same programs.

Judy Center Partnership/Carroll County Public Schools

1413 Washington Road, Westminster, MD 21157

Locations: Robert Moton Elementary, Taneytown Elementary, and Elmer A. Wolfe Elementary

410-751-3613

carrollk12.org/instruction/curriculum/judycenter

kaymi.plank@maryland.gov

Para asistencia en Español: 410-767-0785; email: nancy.garcia1@maryland.gov

Monday – Friday: 8:00 AM – 4:00 PM

Promotes school readiness, for children birth through kindergarten. Some of the services include partnering with childcare providers to ensure the availability of quality care, family involvement events, screenings for early developmental delays, behavior support & education, mental health counseling, Parents as Teachers home visitation program, Come Learn with Me learning playgroups, a lending library for parents and resources to support early learning. The Judy Center Partnership has locations at Elmer Wolfe, Taneytown, and Robert Moton elementary schools. Free.

Literacy Council of Carroll County

255 Clifton Boulevard, Suite 314, Westminster, MD 21157 | 410-857-0766
carrollliteracy.org | lcouncil@carr.org

Monday – Thursday: 9:00 AM – 2:00 PM

Tutors adults needing help in basic English, including reading, writing, ESOL, GED, math, and basic computer operation. Assists individuals in reaching their life goals. The Literacy Council is affiliated with ProLiteracy, an international literacy organization that operates in over 50 countries. Assess students' skills and needs; improve reading proficiency, regardless of reading level. Tutors are trained and certified using the Laubach Literacy Instruction Program. Services are free.

Vocational Pathways/Mosaic Community Services, Inc.

288 E. Green Street, Westminster, MD 21157
410-857-1658, ext. 1673; Fax: 410-751-7797
mosaicinc.org/programs-services/vocational-services

Monday – Friday: 8:00 AM – 4:00 PM

Helping individuals whose employment opportunities have been limited or interrupted due to a disability or mental illness.



FIRST RESPONDER RESOURCES

First Line Counseling, LLC

8 Brookes Ave., Suite 200, Gaithersburg, MD 20877
301-500-0253

FirstLineCounseling.com | firstlinecounseling.com/contact

Uses an eclectic style of counseling so that each session is structured to fit unique needs. Sees clients in-person and via HIPAA compliant video-conferencing service called Telehealth.

Harbor of Grace Enhanced Recovery Center

437 Girard Street, PO Box 872, Havre de Grace, MD 21078
443-502-8606

harborofgracerecovery.com | RecoverNow@harborofgracerecovery.com

Offers First Responder treatment program including counseling for work-related stress and trauma, and alcohol and substance abuse treatment that includes both inpatient and Intensive Outpatient treatment. A thorough initial assessment will result in assignment to the proper Harbor of Grace therapist, who will follow the patient throughout their progress in the program. Staff includes several career and volunteer first responders that know first-hand the many challenges and understand the stress that every firefighter, EMS provider and police officer encounters daily. Harbor of Grace's First Responder Peer Program includes individual counseling, group therapy, and long-term monitoring for those afflicted with work-related stress and trauma.

Safe Call Now

206-459-3020

safecallnowusa.org

Confidential, comprehensive, 24-hour crisis referral service for all public safety employees, emergency services personnel, and their family members nationwide.

FOOD AND HOT MEALS

A Meal and More

St. Paul's United Church of Christ, 17 Bond Street, Westminster, MD 21157
410-848-5975

stpauls-ucc.org | office@stpauls-ucc.org

Provides food for people living with food insecurity or just in need of nourishment and nurture.

Ardent Folk Weekly Meals

Grace Lutheran Church, 21 Carroll Street, Westminster, MD 21157

Meals: 410-848-7020

gracelc.org/event/ardent-folk-weekly-meal-10/2023-04-27/

info@gracelc.org

Monday – Friday: 8:30 AM – 3:30 PM

Provides meals on Wednesdays from 6:00 PM – 6:45 PM

Carpenter's Table

St. Joseph Roman Catholic Church, 44 Frederick Street, Taneytown, MD 21787

410-756-2500 | stjosephtaneytown.org

Distributes lunches to community members in need every Thursday at 11:30 AM.

Carroll County Food Sunday

Westminster: Citizens Services Building, 10 Distillery Drive

Eldersburg: St. Joseph's Catholic Church, 915 Liberty Road (Kitchen)

Taneytown: Trinity Lutheran Church, 38 W. Baltimore Street

410-857-7926; Fax: 410-857-0418

ccfoodsunday.org | ccfs@qis.net

Monday – Friday: 9:00 AM – 5:30 PM

Collects non-perishable food and money to buy food and make it available and free to anyone in need. Donations are accepted anytime, but food and money are formally solicited quarterly (every 3 months). Sunday food distributions are held in Westminster, Taneytown, and Eldersburg.

Community Table (formerly Feed My Sheep)

Wesley Freedom United Methodist Church

961 Johnsville Road, Sykesville, MD 21784 | 410-795-2777



wesleyfreedom.org/south-carroll-food-pantry-and-feed-my-sheep
wfumc@wesleyfreedom.org

Office hours: Monday – Thursday: 9:00 AM – 1:00 PM

Serves a meal three times per week that is open to the entire community. Meals are served at noon on Mondays, Thursdays, and Fridays.

Deeds of Faith Food Pantry

Crosswind Church, 640 Lucabaugh Mill Road, Westminster, MD 21157
410-848-5537 | mycrosswind.com/foodpantry

Monday – Thursday: 9:00 AM – 4:00 PM

Open to everyone no matter the level of need. All that is needed is basic contact information required by the Maryland Food Bank. There is no limit on how many times an individual or family can use the pantry. As always, everything is free. Food giveaways dates and times varies. Check website for posted information or call the office number.

Loaves and Fishes Meal and Food Pantry

Westminster Church of the Brethren
19 Bond Street, Westminster, Maryland 21157 | 410-848-8090
westminsterbrethren.org/other-ministries/loaves-and-fishes-meal-food-pantry

Church Office open Monday – Friday: 9:00 AM – 1:00 PM

Food pantry including limited personal products available on the second and fourth Saturday of each month. Hot meals served from noon to 1:00 PM at the following locations:

Monday and Friday: Westminster United Methodist Church
165 E Main St, Westminster, MD 21157 | 410-876-2124

Tuesday: Grace Lutheran Church
21 Carroll Street, Westminster, MD 21157 | 410 – 848-7020

Wednesday: Ascension Episcopal Church
23 N Court St, Westminster, MD 21157 | 410-848-3251

Thursday: St. Paul's United Church of Christ
17 Bond St, Westminster, MD 21157 | 410-848-5975

Saturday: Westminster Church of the Brethren
1 Park Place, Westminster, MD 21157

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

255 Clifton Boulevard, Suite 312, Westminster, MD 21157

410-857-4447; Fax: 410-875-5477

mealsonwheelsmd.org | carroll@mowcm.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 although the Independence Card, are accepted as payment.

The Salvation Army Carroll County

300 Hahn Road, Westminster, MD 21157

410-876-9358 ext. 50362

sa-md.org | Alma.Balsamo@uss.salvationarmy.org

Monday – Wednesday: 8:00 AM – 4:00 PM; Thursday-Friday: 8:00 AM – 1:00 PM; closed Saturday & Sunday.

Emergency food pantry and the Brass Hat Cafe in the Westminster location serves free, hot meals every Monday, Tuesday, and Wednesday from 4:30 PM – 6:00 PM.

Shepherd's Staff Thanksgiving Day Community Dinner

At St. John Catholic Church, 45 Monroe Street, Westminster, MD 21157

Main office: 30 Carroll Street, Westminster, MD | 410.857.5944
shepstaff.org/services/food-fellowship | info@shepstaff.org

Provides a holiday meal for anyone who wishes to enjoy a feast and fellowship on Thanksgiving Day. A free meal is served from noon to 2:00 PM on Thanksgiving Day at St. John Roman Catholic Church. Delivery to shut-ins is available upon request.

The Shepherd's Table Soup Kitchen

At Westminster United Methodist Church

162 East Main Street, Westminster, MD 21157

Main office: 30 Carroll Street, Westminster, MD | 410-857-5944
shepstaff.org/services/food-fellowship/ | info@shepstaff.org

Serves a meal every Friday at 12:30 PM.

Silver Run Community Food Pantry

St. Mary's Evangelical Lutheran Church

3978 Littlestown Pike, Westminster, MD 21158 | 443-244-0453

stmaryselc.org/silver-run-community-food-pantry.html



First & Third Wednesdays: 5:00 PM – 6:00 PM

Collects non-perishable food items and distributes 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

Wesley Freedom United Methodist Church
961 Johnsville Road Eldersburg, MD, 21784 | 410-795-2777
wesleyfreedom.org/south-carroll-food-pantry-and-feed-my-sheep
office@wesleyfreedom.org

Office hours: Monday – Thursday: 9:00 AM – 1:00 PM

Registration: 8:30 AM – 11:30 AM; Food Distribution: 8:30 AM – 11:30 AM

Provides non-perishable groceries to anyone in need. After checking in, clients are invited to our pantry area where they can choose groceries to bag or box from “supermarket” style tables. Distribution days are the fourth Saturday of every month.

Table of Grace Soup Kitchen

Grace Lutheran Church, 21 Carroll Street, Westminster 21157 | 410-848-7020
gracelc.org | info@gracelc.org

Monday – Friday: 8:30 AM – 3:30 PM

Provides hot meals every Tuesday from 12:00 PM – 1:00 PM

Women, Infant, and Children Program (WIC) Carroll County Health Department

290 S. Center Street, Westminster, MD 21157
410-876-4898; Fax: 410-876-4459 | cchd.maryland.gov

Monday – Friday: 8:30 AM – 4:30 PM

Helps 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. Breastfeeding promotion and support are provided where appropriate. Eligible applicants receive checks to purchase specific healthy foods. No fees are charged. Services are provided by appointment only.

GENERAL ASSISTANCE

Birth Certificates – Carroll County Health Department

290 S. Center Street, Westminster, MD 21157

General Assistance: 410-876-4442

cchd.maryland.gov/community-services-birth/

Monday – Friday: 8:30 AM – 4:00 PM

Provides birth and death certificates for the public. Persons must be born in Maryland to obtain a copy of their birth certificate through the Health Department. Death certificates are now available to the public. Proper identification is required and there is a fee for each copy of the certificates. Other ways to get birth certificate copies are by Internet using VitalChek at vitalchek.com or by telephone at (410) 764-3038.

Caring and Sharing Ministries of Northwest Carroll County, Inc.

PO Box 384, Taneytown, MD 21787

General Assistance: 240-285-8087

graceucctaneytown@verizon.net

Nonprofit ministries helping those in need.

Carroll County Department of Social Services

1232 Tech Court, Westminster, MD 21157

General Assistance: 410-386-3300

dhs.maryland.gov

Monday – Friday: 8:00 AM – 4:30 PM

Child Support: Assists individuals in child support establishment, enforcement, and collection matters. 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's office. Call or visit the Internet site for complete information. Those not receiving temporary cash assistance pay a fee.

Family Investment: Administers 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: Protects children and vulnerable adults and supports the 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, and respite care for adult protective service clients.

In-Home Family Services: Provides social work services to families needing to maintain a stable and safe environment for their children. **Protective Services for Children:** Investigates child abuse or neglect reports and provides child safety services due to abuse and 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 various topics such as child abuse, child welfare, and other social work areas. To report suspected child or adult physical and sexual abuse, neglect, and 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.

Catastrophic Health Planners

255 Clifton Blvd, Suite 202, Westminster, MD 21157
General Assistance: 410-871-0751; Fax: 410-871-0752
chp1.org | chp1@comcast.net

Monday – Friday: 9:00 AM – 5:00 PM

Assists individuals who suffer from a disabling condition or illness. Free. Services include educational development, support, and referral services to patients and their families facing a catastrophic health event. Information and assistance with financial planning, mortgages, medical services, accounting services, legal services, insurance services, counseling, support groups, social security disability, social services programs, and educational development. Services are offered at no charge. Serves all ages.

The Center for Healing Arts

112 East Main Street, Westminster, MD 21157 | 410-848-9257
centerfor-healingarts.com | vickii@centerfor-healingarts.com

Monday – Thursday: 9:00 AM – 8:00 PM; Friday: 9:00 AM – 5:00 PM.

Fees and hours vary with individual practitioners. Offers integrative bodywork, meditation counseling, massage therapy, acupuncture and Feldenkrais method, Chinese herbal medicine, acupressure, Chinese dietary therapy, psychotherapy for individuals, couples, and families. Other services include massage therapy

during pregnancy, pre and neonatal massage, hot stone, Reiki, integral nursing, workshops, and retreats. Serves all ages depending on treatment modality. Insurance not accepted. Self-pay only.

Dads Works/Moms Works

Carroll Nonprofit Center

255 Clifton Blvd., Suite 219 Westminster, Maryland 21157

General Assistance: 443-605-6358

dadsworks.org/about-us.html | davidberry@dadsworks.org

Helps fathers and mothers overcome barriers to success. Services include classes in parenting, child visitation, budgeting, job skills, support group, anger management, overcoming substance abuse, violence and aggression, and other community links. Support group meets every week either Wednesday morning or Thursday evening. Meetings are confidential. Does not accept insurance.

Disabled American Veterans, Old Glory Chapter #22

519 Poole Rd VFW, Westminster, MD 21157 | 931-220-3841

davmembersportal.org/chapters/MD/22/default.aspx

Provides 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. Meetings are third Tuesdays of every month at 7:30 PM.

ESCAPE Ministries, Inc.

Messiah Lutheran Church Building

5600 Old Washington Road, Sykesville, MD 21784 | 410-549-7230

escapeministries88@gmail.com

Helps 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 families and individuals in need. 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 fac-



ing a temporary emergency and refers those with ongoing difficulties to appropriate resources. No fees are charged.

Human Services Programs of Carroll County, Inc.

10 Distillery Drive, Ground Floor, Westminster, MD 21157

410-857-2999; Fax: 410-857-8793

hspinc.org

Lobby Hours: Monday – Friday: 8:00 AM – 4:00 PM

Family Support Programs: Provide services that help families develop self-sufficiency and effective parenting skills. Child development care supports parents while they are learning valuable skills. Programs include Carroll County Family Center and Child and Adult Food Care Program.

Housing Services: In addition to shelter, services are provided to assist families, individuals, and those with disabilities get back on their feet to obtain and remain in permanent housing. Programs include Safe Haven Shelter, Intact Family Shelter, Men's Shelter, Women and Children's Shelter, Cold Weather Shelter, Rapid Rehousing, Coordinated Intake Shelter and Housing, Permanent Supportive Housing, and the Rental Assistance Program.

Workforce Development: Assists individuals in job training, resume building, and searching for employment. The Workforce team also works with individuals to overcome barriers to employment such as criminal background or lack of previous experience. Programs include Opportunity WORKS, Second Chances, Community Garden, Economic Success Program, and Voluntary Income Tax Assistance (VITA) program.

Emergency & Prevention Services: Connects individuals with an array of funds throughout the community and the state to assist them with paying utilities and preventing evictions. Emergency Services partners with the Maryland Energy Services Programs (MEAP) and the Office of Home Energy Programs (OHEP) of the Department of Human Resources. Programs Include Energy Assistance.

Live Another Day

24/7 Help Line: 1-866-720-1044

liveanotherday.org

Support for Black, Indigenous, and People of Color: liveanotherday.org/bipoc/info@liveanotherday.org

Live Another Day was created in early 2021 as a response to the unprecedented increase in substance abuse, mental illness, and deaths resulting from the pandemic. Includes resources for Black, Indigenous, and People of Color (BIPOC).

MD Crisis Connect

MDCrisisConnect.org

Telephone: 211; 7 Days/Week | 365/Year | 24 Hours/Day

Maryland Crisis Connect is available 24 hours/7 days a week to callers in need of crisis intervention, risk assessment for suicide, homicide or overdose prevention, support, guidance, and information or linkage to community behavioral health providers. The Maryland Crisis Connect also helps access resources such as naloxone education, recovery support, veteran's services, and family services as available/appropriate for the individual.

Mount Airy Net

Mount Airy Baptist Church, 1402 N. Main Street, Mount Airy, MD 21771
301-829-0472 (Leave voicemail message for service) | mtairy.net/org/

Tuesday – Thursday: 10:00 AM – 2:00 PM

Food, medical, rental, and utility assistance.

Northeast Social Action Program, Inc. (NESAP)

1046 S. Carroll Street, Hampstead, MD 21074

410-239-6216; Fax: 410-374-9109

nesapinc.org | nesapinc@gmail.com

Monday – Friday: 8:00 AM – 3:00 PM

Provides 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. The thrift store is open to the public and donations are welcomed.

On Our Own Wellness and Recovery Center

265 E Main Street, Suite C, Westminster, MD 21157 | 410-751-6600

onourownmd.org | ooocarrollmd@gmail.com

Monday – Saturday: 9:00 AM – 8:00 PM; Sunday: 9:00 AM – 5:00 PM

Provides peer support and a safe environment for those suffering from mental health disorders and/or struggling with substance abuse to come and work on or begin their recovery journey. Provides a variety of support groups. Some examples include men's & women's support, recovery support, anger management, Narcotics and Alcoholics Anonymous, DTR (Double Trouble in Recovery), goals group, anxiety support, WRAP (Wellness Recovery Action Plan) classes, etc. Also



hosts educational workshops, monthly dinners, movie night, and weekly game nights. Provides community resources, makes referrals, and assists with navigating the behavioral health care system. Advocates when needed, as well as provides education to decrease stigma. There is a \$10 annual membership fee; not required if unable to pay. Does not accept insurance. Serves ages 18 and up.

St. Vincent DePaul Society

43 Monroe Street, Westminster, MD 21157 | 410-848-4744
info@sjwest.org

Offers services for the homeless and the hungry. Outreach includes emergency financial assistance with housing, fuel, medication, and food. Participates in Carroll County Food Sunday and Loaves and Fishes Soup Kitchen. Sponsors the Adopt-A-Family program for Christmas holidays. For housing and fuel assistance a visit to Human Services Program is required. Serves all ages at no cost.

Shepherd's Staff

30 Carroll Street Westminster, MD 21157
410-857-5944; Fax: 410-857-6122
shepstaff.org | shepstaff@comcast.net

Monday, Tuesday, and Friday: 10:00 AM – 2:00 PM; Thursday: 3:00 PM – 7:00 PM;
Closed Wednesdays

Provides a Christian outreach and support center which helps resolve short-term crises while seeking pathways to self-sufficiency. Basic needs are considered and determined during the interview process for financial assistance. Provides prescription assistance to the uninsured and underinsured. Offers many programs including Back-to-School, Take-a-Book, Call for Coats, Blessings Closet, food assistance, general clothing, walk-ins, referral, and advocacy. Serves all ages. No fees are charged.

Social Security Administration, Carroll County Office

125 Airport Drive, Suite 10, Westminster, MD 21157
800-772-1213 or 877-694-5496; Fax: 410-857-1736
socialsecurity.gov

Monday – Friday: 9:00 AM – 4:00 PM

Pays benefits to people who qualify for retirement (age 62 or older), or disability benefits; makes payments to widows and widowers and provides 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 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.

Springboard Community Services **Formerly Family and Children's Services (FCS)**

Carroll County Office:

22 North Court Street, Westminster, MD 21157 | 410-876-1233

The Harry and Jeanette Weinberg Springboard Community Services

Family Support Center:

7 Schoolhouse Ave Westminster, Maryland 21157 | 410-848-2433

Springboard Carroll County 24-Hour Domestic Violence Hotline: 443-865-8031
springboardmd.org

Monday and Wednesday: 9:00 AM – 6:00 PM;

Tuesday and Thursday: 9:00 AM – 7:30 PM; Friday: 9:00 AM – 3:00 PM

Operates case management, behavioral health, and medication management programs. The case management services include comprehensive domestic violence services for victims and dependents of intimate partner violence. Case Management also assists with family violence, victims impacted by elder abuse, sexual abuse, sexual assault, human trafficking, and gang-related violence. Services for the case management program include crisis intervention, safety planning, court advocacy, home visits with law enforcement, support groups and individual support. Case managers can meet in the community if it is safe and meets the needs of the client. There is also a 24-hour hotline for domestic violence support. Springboard also runs a Domestic Violence Safe House, which is in an undisclosed location in the county. The behavioral health and medication management programs see clients who have experienced recent or historical trauma and work with those who identify with general mental health needs. All ages served. Medical Assistance accepted. Please call and speak to the Office Administrator for accepted insurance at 410-876-1233. West End Place Adult Day care is a day program that provides respite and care for loved ones impacted by dementia, traumatic brain injury, and other physical disabilities that may not allow an older adult to be home alone. The daycare is open Monday through Friday, and provides transportation, breakfast, and lunch to the attendees as well as a variety of activities and day trips.



HEALTH SERVICES

Access Carroll Integrated Health Care

10 Distillery Drive, Suite 200, Westminster, MD 21157

410-871-1478; Fax 410-871-3219

accesscarroll.org | info@accesscarroll.org

Monday – Friday: 8:00 AM – 5:00 PM (Thursdays open until 8:00 PM);

Saturday and Sunday: 9:00 AM – 1:00 PM

Integrated primary care medical service providing sliding fee scale medical, dental, and behavioral health services for low-income residents of Carroll County. Medical and dental services are available to all ages. Behavioral health care including ambulatory detox services, is available to adults. The organization is positioned to accept Medical Assistance (Medicaid) of Maryland and accepts people who are uninsured or under-insured. Outpatient behavioral health services are available evenings. Ambulatory detoxification is also available on weekends, Saturday, and Sunday from 9:00 AM – 1:00 PM.

BridgingLife

410-871-8000

lifebridgehealth.org/main/bridging-life-hospice-care

Includes support groups, counseling and more—all grief and family support services are open to the community, even families who are not in our care. Also offer resources for patients as well as their loved ones and caregivers to help navigate the challenges of hospice, palliative care, and grief.

Care Connect

200 Memorial Avenue, Westminster, MD 21157

410-871-7000; Fax: 410-871-6590

carrollhospitalcenter.org | healthaccess@carrollhospitalcenter.org

Monday – Friday: 8:30 AM – 4:30 PM; voicemail after hours

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 website.

Carroll County Bureau of Aging and Disabilities

125 Stoner Avenue, Westminster, MD 21157

410-386-3800; Maryland Relay Service: 711/800-735-2258

carrollcountymd.gov/government/directory/citizen-services/aging-disabilities

Monday – Friday: 8:00 AM – 5:00 PM

The Carroll County Bureau of Aging and Disabilities provides the highest quality of services, programs, and assistance to promote choice, dignity and independence for older adults, individuals with disabilities, veterans, and those who care for them. The Bureau of Aging and Disabilities is a division of the Carroll County Department of Citizen Services and is the principal agency that plans, advocates, and develops programs and services for older adults, age 60 and over; and coordinates services and referrals for adults with disabilities 18 years and older. The Bureau operates five senior and community centers in Carroll County. Each center is a community focal point where older adults can receive services and participate in social, recreational, educational, fitness, health, nutritional, and informational activities. The centers are in Westminster, Taneytown, Mount Airy, Hampstead, and Eldersburg.

Carroll County Health Department Bureau of Community Health Nursing

290 S. Center Street, Westminster, MD 21157

410-876-4900 or 800-966-3877

cchd.maryland.gov/health-services-home

Monday – Friday: 8:00 AM – 5:00 PM

Partners with county residents to promote, protect, and maintain their health.

Administrative Care Coordination (ACC) Ombudsman: 410-876-4941. Issues with Medical Assistance.

Adult Evaluation and Review Services (AERS): 410-876-4949. Evaluation and assistance for adults at risk for nursing home placement.

Best Beginnings: 410-876-4930. Prenatal care program for uninsured women
Breast Cancer Cervical Cancer (BCCP): 410-876-4423 Free mammograms and GYN exams for eligible women, diagnosis and treatment of breast and cervical cancer.

Communicable Disease: 410-876-4936. Services related to communicable diseases, rabies prevention and control, tuberculosis (TB) prevention, and control.

Human Immunodeficiency Virus (HIV): 410-876-4771. Acquired Immune Deficiency Syndrome (AIDS), counseling, testing, and medical case management.



Maryland Children's Health Program (MCHP): 410-876-4916 or 410-876-4960. Medical Assistance enrollment for pregnant women, children, and families.

Maternal Child Health: 410-876-4942. Services to assist children with their health, case management, childhood immunization, elevated lead, school health, school hearing and vision.

Birth to 5: 410-751-3226. Services for children with developmental delays; Child Find (ages 3–5) 410-751-3295; Infant and Toddlers (ages birth–3) 410-876-4437.

Children with Special Health Care Needs (CSHCN): 410-876-4956. Services for children with unmet healthcare needs.

Medical Assistance Nurse Monitoring: 410-876-4949

Community First Choice, assistance with personal care needs for persons who receive medical assistance.

Reproductive Health: 410-876-4930. Sexually transmitted diseases, a clinic for diagnosis and treatment of sexually transmitted infections, women's health, colposcopy, family planning, medical; services for women in need of reproductive health care.

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

290 S. Center Street, Westminster, MD 21157

410-876-4449; Fax: 410-876-4832

cchd.maryland.gov/behavioral-health-alcohol-and-drug-use-prevention-services

Monday – Friday 8:00 AM – 5:00 PM

Prevention: Substance abuse prevention and intervention services for residents of Carroll County. Prevention and intervention services are provided across the life span to individuals, including students of all ages, including college, parents, faith community, recovery community, business environment, veterans, and senior citizens. Targeted education to prevent the onset of substance use, reduce stigma around behavioral health issues, and decrease suicide and trauma. Will provide educational presentations as needed in the community.

Recovery Support Services: Certified Peer Recovery Support Specialists are available to anyone with a behavioral health issue. Non-clinical care coordination is provided by a trained specialist to reduce barriers to services and to promote recovery from mental health and substance-related disorders. Peer Support Specialists help with entitlements, outreach to providers for treatment or housing linkages, and supporting individuals with recovery needs. They advocate for individuals' needs as they relate to treatment or recovery.

Carroll County Youth Service Bureau

59 Kate Wagner Rd, Westminster, MD 21157

410-848-2500; Fax: 410-876-3016

ccysb.org | Programs & Services: msutphin@ccysb.org

Monday – Thursday: 8:30 AM – 8:00 PM; Friday: 8:30 AM – 4:00 PM

Same Day appointments/Open Access available Tuesdays: 8:30 AM – 12:00 PM
and 2:00 PM – 5:00 PM; Wednesdays: 11:30 AM – 2:00 PM

Provides outpatient mental health and substance use treatment, as well as continuum of specialty programs for children and adolescents, adults, and families. For a detailed description of these services, please call or refer to the website. Services include assessments and individual, family and group therapies that address mental health, substance use, and co-occurring issues for all ages; psychiatric services; family preservation services for children/families; evidence based therapies to include brief strategic family therapy, dialectical behavior therapy, parent child interactive therapy (ages 2-7), and assertive community treatment (18+ years); parent seminars/workshops; assessments for Carroll County Public School students; connecting youth program (youth ages 16-24), and a training site for graduate social work and counseling students. Serves individuals and families across the lifespan. Accepts Medicaid, Medicare, and most major insurances.

Carroll Health Group Locations

carrollhealthgroup.com

Carroll Health Group, Carroll Hospital's multi-specialty network of physicians, is designed to serve your every healthcare need. As part of Carroll Hospital, all Carroll Health Group providers and physicians must meet the same high-quality standards for every program and service we provide. Carroll Health Group offers some of the best board-certified, fellowship-trained physicians in their respective fields.

Eldersburg: South Carroll Health & Wellness Pavilion

1380 Progress Way, Suite 102, Eldersburg, MD 21784

410-795-0257; Fax: 410-549-7354

Monday, Wednesday, Thursday, Friday: 8:00 AM – 4:00 PM;

Tuesday: 10:00 AM – 6:00 PM

National Committee Quality Assurance (NCQA) Level 2 Recognition

Hampstead: 2319 E-F Hanover Pike, Hampstead, MD 21074

410-239-2662; Fax: 410-374-8786

Monday, Thursday, Friday: 8:00 AM – 4:00 PM, Tuesday: 8:00 AM – 6:00 PM;

Wednesday: 8:00 AM – 6:00 PM



Mount Airy: Mount Airy Health & Wellness Pavilion

504 E. Ridgeville Blvd., Suite 110, Mount Airy, MD 21771

301-829-5906; Fax: 301-829-5909

Monday, Tuesday, Wednesday, and Friday: 8:00 AM – 4:00 PM;

Thursday: 10:00 AM – 6:00 PM

Westminster: Carroll Lutheran Village

300 St. Luke Circle, Westminster, MD 21157

443-605-1031; Fax: 410-861-4025

Monday – Friday: 8:00 AM – 4:00 PM

Westminster: College Square

444 WMC Drive, Suite 100, Westminster, MD 21158

410-751-2595; Fax: 410-751-2593

Monday, Wednesday, Thursday, Friday: 8:00 AM – 4:00 PM;

Tuesday: 10:00 AM – 6:00 PM

Westminster: Phyllis L. Green Professional Center

826 Washington Road, Suite 120, Westminster, MD 21157

410-848-2444; Fax: 410-857-1634

Monday - Wednesday, and Friday: 9:00 AM – 5:00 PM; Thursday: Noon – 8:00 PM

Carroll Hospital/LifeBridge Health Care

200 Memorial Avenue, Westminster, MD 21157

410-848-3000; Care Connect: 410-871-7000; TTY/TDD: 410-871-7186;

Speakers Bureau: 410-871-7121

Carroll Hospital, a LifeBridge Health Center, provides preventative and medical care for people in every stage of life. Whether one needs a physician or specialist, emergency treatment, surgery, specialized care, or wellness education. Carroll Hospital is dedicated to being the definitive resource for health care in the community. Speakers Bureau provides health-related presentations. The hospital's Care Connect service provides physician referrals and health navigation services.

Catoctin Pregnancy Center

PO Box 1168, 130 S. Seton Ave., #3 Rear, Emmitsburg, MD 21727

301-447-3391 | catoctinpregcenter.org

Walk-in hours: Monday: 1:00 – 3:00 PM; Tuesday: 7:00 – 8:00 PM;

Wednesday: 1:00 – 3:00 PM; Friday: 1:00 – 3:00 PM and by appointment.

Offers personal, confidential support to any woman experiencing an untimely or distressful pregnancy. We are a service-oriented charitable organization estab-

lished to assist the pregnant woman and her unborn child or children in obtaining continued life and health during pregnancy, birth and thereafter for as long as our help is needed.

Express Care Locations

Hampstead: 2327 Hanover Pike, Hampstead, MD 21074 | 443-507-6035

Eldersburg: 1311 Londontown Boulevard, Eldersburg, MD 21784 | 410-549-7222

Westminster: 1011 Baltimore Blvd, Westminster, MD 21157 | 410-848-3990

whywaitintheer.com

All locations open 7 days a week, 9:00 AM – 9:00 PM

With prescription and lab services available on site, ExpressCare clinics, a Life-Bridge Health Partner, offers urgent medical treatment for common illnesses and injuries, flu shots, pre-employment and sports physicals, work-related injury services, and much more. Accepts most medical insurance. No appointment necessary. Serves all ages.

Lions Club International Locations:

lionsclubs.org

Deer Park Lions Club Foundation, Inc. | 410-848-8254

e-Clubhouse.org/sites/DeerParkME | Medical Equipment: ronk1521@gmail.com

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. Meetings occur the second Thursday of the month at Bullocks Family Restaurant, 2020 Sykesville Rd, Westminster MD 21157.

Hampstead Lions Club | 443-250-5165

e-clubhouse.org/sites/hampsteadmd/index.php

Meetings second & fourth Tuesday at 6:59 PM. 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, White Cane Day, low vision research at Johns Hopkins Hospital, and Leader Dogs for the Blind.



New Windsor Lions Club | 410-596-7912

e-clubhouse.org/sites/newwindsormd | nwlions@comcast.net

Meetings second & fourth Wednesday at 6:29 PM. Active in vision and hearing programs and in other health projects. Provides free convalescent health equipment, aid to needy persons in the community and programs for the elderly.

Roaring Run Lions Club | 410-876-3378

e-clubhouse.org/sites/roaringrun

Meetings first & third Wednesday at 6:30. PM. A limited supply of donated medical equipment (wheelchairs, crutches, hospital beds, etc.) is available for loan to the community members. Helps community members in need receive eye-glasses or hearing aids assistance.

Silver Run/Union Mills Lions Club | 410-346-7078

silverrununionmillsions.weebly.com | tc@qis.net

Meetings 2nd and 4th Thursday of each month St. Mary's United Church of Christ in Silver Run. Works to help both the economic underprivileged and victims of disaster. Services are hospital equipment loans, arranging eye tests and glasses, donating grocery certificates, and providing financial support for various community projects and organizations.

Mission of Mercy

22 South Market Street, Suite 6D Frederick, MD 21701 | 301-682-5683

amissionofmercy.org

Provides free healthcare, free dental care, and free prescription medications to the uninsured and underinsured. Currently served twice per month on Wednesdays (please confirm, as schedules may change). New patients must call the appointment number below. If no appointments are available, there may be a limited number of walk-in appointments. Patients are advised to arrive early in the morning to increase chances of being seen on a walk-in basis. Dental patients are seen on a first-come, first-served walk-in basis. Walk-in appointments are not guaranteed and are based on availability. Both extractions and fillings are performed in Taneytown. For an appointment call 410-833-5870. You must leave a message with a call back number.

Pregnancy Support Center

95 Carroll St., Suite 101, Westminster, Maryland 21157

Call/Text: 410-784-4747

carrollpregnancy.org | service@carrollpregnancy.org

Monday – Thursday: 9:00 AM – 2:00 PM; Closed Friday – Sunday, or by appointment.

PSC is an organization committed to providing real choices to women and supporting them through life's unexpected journeys. Our goal is to give every woman experiencing an unplanned pregnancy the opportunity to get the facts about the options open to her, and then make an empowered, informed decision about her future. We recognize and respect that each individual and each situation is unique, and there are no easy answers. We strive to provide each woman we serve with the information and tools necessary to make intentional, independent choices about her future that reflect her authentic needs, hopes, and goals.

ProLife of Carroll County

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

Provides information to needy women, girls, and their families regarding loving alternatives to abortion through referrals to pro-life service organizations such as pregnancy care centers and family support organizations which offer pregnancy testing, options counseling and parenting classes, reproductive health and sexual integrity education, materials services that include maternity and baby clothes, emergency diapers, formula, and referrals for adoption, medical, insurance, food, housing and public assistance services.

Springboard Community Services Formerly Family and Children's Services (FCS)

Carroll County Office:

22 North Court Street, Westminster, MD 21157 | 410-876-1233

The Harry and Jeanette Weinberg Springboard Community Services

Family Support Center:

7 Schoolhouse Ave Westminster, Maryland 21157 | 410-848-2433

Springboard Carroll County 24-Hour Domestic Violence Hotline: 443-865-8031
springboardmd.org

Monday and Wednesday: 9:00 AM – 6:00 PM;

Tuesday and Thursday: 9:00 AM – 7:30 PM; Friday: 9:00 AM – 3:00 PM

Operates case management, behavioral health, and medication management programs. The case management services include comprehensive domestic



violence services for victims and dependents of intimate partner violence. Case Management also assists with family violence, victims impacted by elder abuse, sexual abuse, sexual assault, human trafficking, and gang-related violence. Services for the case management program include crisis intervention, safety planning, court advocacy, home visits with law enforcement, support groups and individual support. Case managers can meet in the community if it is safe and meets the needs of the client. There is also a 24-hour hotline for domestic violence support. Springboard also runs a Domestic Violence Safe House, which is in an undisclosed location in the county. The behavioral health and medication management programs see clients who have experienced recent or historical trauma and work with those who identify with general mental health needs. All ages served. Medical Assistance accepted. Please call and speak to the Office Administrator for accepted insurance at 410-876-1233. West End Place Adult Day care is a day program that provides respite and care for loved ones impacted by dementia, traumatic brain injury, and other physical disabilities that may not allow an older adult to be home alone. The daycare is open Monday through Friday, and provides transportation, breakfast, and lunch to the attendees as well as a variety of activities and day trips.

LAW ENFORCEMENT

CALL 911 FOR EMERGENCIES

Carroll County Sheriff's Office

100 N. Court Street, Westminster, MD 21157
410-386-2900 or 1-888-302-8924
Anonymous Tips Hotline: 1-888-399 TIPS (8477); Fax: 410-876-1152
sheriff.carrollcountymd.gov
See website for specific contact emails.

Carroll County State's Attorney Carroll County Special Victim Unit

55 N. Court Street, Suite 100, Westminster, MD 21157
410-386-2671; Fax: 410-876-9286; TT: 410-848-3017; Toll free: 1-888-302-8925
ccaic@carrollcountymd.gov
ccstatesattorney@carrollcountymd.gov

Carroll County State's Attorney Carroll County Advocacy and Investigations Center (CCAIC)

1232 Tech Court, Westminster, MD 21157 | 410-386-3750
ccaic@carrollcountymd.gov
ccstatesattorney@carrollcountymd.gov

Hampstead Police Department

1112 S. Main Street, Hampstead, MD 21074
Office: 410-239-8954; Police Dispatch: 410-386-2860; Fax: 410-239-8659
hampsteadmd.gov/police | police@hampsteadmd.gov
Office Hours: Monday – Friday: 8:30 AM – 4:30 PM

Manchester Police Department

3337 Victory Street, PO Box 830, Manchester, Maryland 21102
Non-emergency: 410-239-6900; Fax: (410)239-2058
manchestermd.gov/police
See website for specific contact emails.



Mount Airy Police Department

205 Center Street #203, Mount Airy, Maryland 21771

Non-emergency 410-386-2860; Police Administrative Services 301-703-1375
mountairymd.gov/542/Police-Department

Office Hours: Monday – Friday 8:30 AM – 4:30 PM

Works in conjunction with Carroll County Sheriff's Office, Frederick County Sheriff's Office, and Maryland State Police.

Maryland State Police, Barrack G

1100 Baltimore Boulevard, Westminster, MD 21157 | 410-386-3000
mdsp.org | msp.westminster@maryland.gov

Sykesville Police Department

7547 Main Street, Sykesville, MD 21784

410-795-0757; Fax: 410-796-8864; Non-Emergency: 410-386-3001
sykesvillepolice.org | mspaulding@sykesville.net

Office Hours: Monday – Friday: 9:00 AM – 5:00 PM

Taneytown Police Department

120 E. Baltimore Street, Taneytown, MD 21787

410-751-1150; Fax 410-751-0755

taneytownmd.gov/departments/police_department
rmitchell@taneytown.org

Westminster Police Department

36 Locust St., Westminster, MD 21157

410-848-4646; Tips Line: 410-857-8477; Anonymous Text: 847411
westminstermd.gov/165/Police
wpd@westminstermd.gov

LEGAL SERVICES

Carroll County Community Mediation Center

255 Clifton Boulevard, Suite 311, Westminster, MD 21157

410-848-1764; Fax 410-848-5479

carrollcc.edu/student-services/community-mediation-center

CCCMC@carrollcc.edu

Office Hours: Monday – Friday: 9:00 AM – 6:00 PM

Services provided everyday 9:00 AM – 9:00 PM

Makes 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.

Circuit Court for Carroll County Adult Drug Treatment Court Program

55 N. Court Street, Suite 105, Westminster, MD 21157

410-386-2851; Fax: 410-386-2596

circuitcourt.carrollcountymd.gov/drug-court.aspx

Dena.Black@mdcourts.gov

Monday – Friday: 8:30AM – 4:30 PM

Allocates 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 for adults. Individuals are referred to Drug Court by the Carroll County Circuit Court. Referrals into the program may come from several sources including Parole and Probation, Office of the Public Defender, State's Attorney's Office, Carroll County Detention Center, Law Enforcement, Defense Bar, and Circuit Court Judges. Eligibility requirements are adult non-violent offenders, Carroll County residents, evident substance abuse is the primary diagnosis, willing and able to consent to enter the Drug Treatment Court Program.

Circuit Court for Carroll County Family Law Administration

55 N. Court Street, Suite 208, Westminster, MD 21157

410-386-2751; Fax: 410-751-5339

circuitcourt.carrollcountymd.gov/family-law.aspx

Wednesday: 4:00 – 7:00 PM; Thursday: 9:00 AM – Noon



Coordinates and monitors 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, 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 family law legal advice by volunteer lawyers on Tuesdays 4:00 PM – 7:00 PM and on Thursdays 9:00 AM – 12:00 PM for self-represented persons of low income, including help with forms in Maryland domestic law. Services first come, first serve. If the Carroll Circuit Court orders services that require a fee, a waiver of that fee may be submitted to Family Law Administration and given if funds are available and income requirements are met. A free domestic legal information seminar will be given on the first Tuesday of each month from 4:00 PM – 7:00 PM to all interested persons. All ages served.

Disability Rights Maryland

1500 Union Ave., Suite 2000, Baltimore, MD 21211

Intake office: 410-727-6352 x 0; Toll free: 1-800-233-7201; TTY: 410-235-5387;

Fax: 410-727-6389

disabilityrightsmd.org

Monday – Friday: 9:00 AM – 12:00 PM; Wednesdays: 4:00 PM – 6:00 PM

Provides services to persons with disabilities. A Protection and Advocacy agency, mandated to advance the civil rights of people with disabilities. Offers free legal services (Pro Bono Attorney Referral Program) to Marylanders of any age with all types of disabilities (developmental, intellectual, learning, psychiatric, physical, sensory, traumatic brain injury), who live in facilities, in the community or who are homeless. (Spanish/English)

Family Law Hotline

305 W. Chesapeake Avenue, #201, Towson, MD 21204 | 800-845-8550

wlcmd.org/how-we-help/family-law/ | admin@wlcmd.org

Monday – Friday: 9:30 AM – 4:30 PM

The Women's Law Center's free hotline answers questions about family law. The hotline is staffed by an experienced attorney. While the hotline attorney cannot represent you in court, he or she will provide basic information to help you understand your rights and tell you about other community resources to help you. Hotline services are anonymous and are available to men and women.

Legal Action Center

Washington DC Office: 810 1st Street, NE, Suite 200, Washington, DC 20002
202-544-5478; Fax 202-544-5712 | lac.org

The Legal Action Center (LAC) uses legal and policy strategies to fight discrimination, build health equity, and restore opportunity for people with arrest and conviction records, substance use disorders, and HIV or AIDS.

Maryland Department of Juvenile Services Carroll County Office

101 N. Court Street, Westminster, MD 21157
410-871-3600; Fax 410-871-3620
djs.maryland.gov/Pages/facilities/Region-5.aspx

Monday – Friday: 8:00 AM – 5:00 PM

The Department of Juvenile Services is an executive agency whose primary role is to manage, supervise, and treat youth who are involved in the juvenile justice system in Maryland. The department uses objective and comprehensive assessment tools to inform recommendations to the court on whether a youth should be held in secure detention or in the community while awaiting a hearing on a criminal complaint. If the court orders treatment for the child, the department will then provide individualized, evidence-based, and robust care to youth with a treatment team comprised of social workers, behavioral health professionals, case workers, educators, and families.

The Juvenile Services Education Program provides year-round education programming to each child, for six hours a day, in department-operated and licensed facilities. The department also works closely with the Maryland Department of Human Resources and the Department of Health and Mental Hygiene to ensure youth receive the services they need.

Maryland Legal Aid Bureau, Inc.

Midwestern Maryland Office (Serving Frederick, Carroll, & Washington Counties)
22 S. Market St., Suite. 11, Frederick, MD 21701
301-694-7414; Toll Free: 800-679-8813;
Toll Free Telephone Intake: 888-465-2468; Fax: 301-698-2636
mdlab.org

Office Hours: Monday – Friday: 9:00 AM – 5:00 PM

Walk-In Intake Hours: Monday – Thursday: 9:30 AM – 4:00 PM

Telephone Intake Hours: Monday: 9:30 AM – 4:00 PM;

Tuesday: 9:30 AM – 7:00 PM; Wednesday: 9:30 AM – 4:00 PM;

Thursday: 9:30 AM – 1:00 PM; Friday: 9:30 AM – 4:00 PM



Provides 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.

Maryland Office of the Public Defender Carroll County Public Defender's Office

District Court Multi-Service Center
101 N. Court Street, Suite 140, Westminster, MD 21157
410-871-3636; Fax: 410-871-3640
opd.state.md.us/carroll | joshua.speert@maryland.gov

Monday – Friday: 8:00 AM – 5:00 PM

Provides 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.

Maryland Volunteer Lawyers Service

201 N. Charles Street, Suite 1400, Baltimore, MD 21201
800-510-0050 or 410-547-6537; Fax: 433-451-4081
mvlslaw.org

Monday – Thursday: 9:00 AM – 1:00 PM

Provides 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 non-profits 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 website for a complete description of our services. Clients are responsible for all non-waivable court fees. Serves all ages.

Office of the State's Attorney Carroll County Maryland Special Victim Unit (SVU)

55 N. Court Street, Suite 100, Westminster, MD 21157
410-386-2671; TTY: 410-848-3017; Toll free: 1-888-302-8925; Fax: 410-876-9286
carrollcountystatesattorney.org/about/special-victim-unit

Monday – Friday: 8:00 AM – 5:00 PM

The SVU is comprised of several prosecutors, victim advocates, a prosecution assistant, and an investigator. The SVU is dedicated to the investigation and prosecution of all sexual and physical child abuse, sexual assaults, domestic violence related crimes, human trafficking, child pornography, and elder physical and sexual abuse. SVU members partner with law enforcement and local service providers to provide support and assistance to victims of these crimes.

Women's Law Center of Maryland, Inc.

Administrative office: 305 W. Chesapeake Avenue, Suite 201, Towson, MD 21204
410-321-8761
wlcmd.org | admin@wlcmd.org

Monday – Friday: 8:30 AM – 4:30 PM

Provides free legal services in the areas of family law, domestic violence, and employment law. Services include legal representation projects, and educational materials to help understand the law and individuals' rights.



PRESCRIPTION ASSISTANCE

GoodRx

goodrx.com

Compare prices for all FDA-approved prescription drugs at virtually every pharmacy in America. Find pharmacy coupons, manufacturer discounts, generics, and comparable drug choices and savings tips all in one place. Save up to 80% at local pharmacies you already know. Refill reminders and alerts when prices change. GoodRx can often beat your co-pay or help with drugs that are not covered by your plan.

HelpRx

helprx.info

Prescription discounts are pre-activated, ready-to-use and free. Never charge a fee for discounts or prescription discount card. Discounts through the power of an established discount program from Healthcare Alliance. Search site for discounts and coupons for your prescription drugs. Prescription discounts, prescription drug coupons and prescription discount cards can be used at virtually every pharmacy nationwide. Additionally, if your pharmacy does not have experience with our discounts, we have a pharmacist helpline that is open 24 hours a day 7 days a week that will help guide your pharmacist through the process of getting your prescription discount fulfilled.

Internet Drug Coupons

internetdrugcoupons.com

Free drug card and coupons. For uninsured and people with high co-pays.

My RX Advocate

888-331-1002

myrxadvocate.com

Must be a low-income U.S. resident without prescription insurance to qualify. Annual income under \$42,000. Helps with high costs of prescription medications. Participates in patient assistance program.

NeedyMeds, Inc.

50 Whittemore St., Gloucester, MA 01930

1-800-503-6897; Fax: 1-206-260-8850

needymeds.org

info@NeedyMeds.org

Free. NeedyMeds Drug Discount Card. No fees or registration. No financial, age, or residency restrictions. Can't be used with insurance. Serves uninsured and underinsured. Discount card saves you up to 80% or more off the cost of prescription medicines, over-the-counter drugs, and pet prescription drugs. You can print the card from the website and take it to your pharmacy for the discount. Check website for tips for applying to patient assistance programs, free/low-cost clinics, disease-based assistance, and state programs. Spanish and several other languages available.

Rx Outreach

3171 Riverport Tech Center Drive, Maryland Heights, MO 63043

1-314-222-0472 (from a cell phone) or 1-888-796-1234 (from a landline)

rxoutreach.com

Patient Contact Center and pharmacist assistance hours:

Monday – Thursday: 7:00 AM – 7:00 PM; Friday: 7:00 AM – 5:30 PM;

Saturday: 9:00 AM – 2:00 PM. All times are Central.

Managed by Express Scripts Specialty Distribution Services, Inc., a licensed mail order pharmacy. Not a prescription insurance program nor an Internet pharmacy. The program offers prescription medicines to uninsured individuals and families and those who have limited prescription coverage. Bilingual Spanish services available. Need to become an enrolled member to receive service.

SCBN Prescription Advocacy

1-888-331-1002

scbn.org

U.S. residents. Uninsured Americans who cannot afford their prescribed medications. Receive each prescription medication for as little as \$25 net cost per month. For those who do not have Medicaid or health care insurance to cover outpatient medications and have income at a level that results in economic hardship when purchasing retail prescription drugs.



REFERRAL SERVICES

Carroll County Bureau of Aging and Disabilities

125 Stoner Avenue, Westminster, MD 21157

410-386-3800; Maryland Relay Service: 711/800-735-2258

carrollcountymd.gov/government/directory/citizen-services/aging-disabilities

Monday – Friday: 8:00 AM – 5:00 PM

The Carroll County Bureau of Aging and Disabilities provides the highest quality of services, programs, and assistance to promote choice, dignity and independence for older adults, individuals with disabilities, veterans, and those who care for them. The Bureau of Aging and Disabilities is a division of the Carroll County Department of Citizen Services and is the principal agency that plans, advocates, and develops programs and services for older adults, age 60 and over; and coordinates services and referrals for adults with disabilities 18 years and older. The Bureau operates five senior and community centers in Carroll County. Each center is a community focal point where older adults can receive services and participate in social, recreational, educational, fitness, health, nutritional, and informational activities. The centers are in Westminster, Taneytown, Mount Airy, Hampstead, and Eldersburg.

Freedom Center

1890 North Market Street, Suite 203 Frederick, MD 21701

301-846-7811; Toll Free: 844-513-3027; Fax: 301-846-9070

thefreedomcenter-md.org

Monday, Wednesday, and Friday: 8:00 AM – 4:00 PM

Offers services and support in individual advocacy, systems advocacy, information and referral, peer counseling, and independent living skills training and transition services. Also help people with disabilities find services such as housing, transportation, education, personal assistance services, assistive technology, and accessibility. Volunteer opportunities are available for our home office work and advocacy work. Services are federally funded and are provided at no cost. Serves all ages.

SHELTER AND HOUSING

Carroll County Government Housing & Community Development

10 Distillery Drive, Suite 101, Westminster, MD 21157

410-386-3600; Fax: 410-876-5255

carrollcountymd.gov/government/directory/citizen-services/housing-community-development

Monday – Friday: 8:00 AM – 5:00 PM

Assures 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 Developments). Programs include Section 8 Housing Choice Vouchers – which administers 649 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. 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. Continuum of Care Program. The purpose is to provide permanent housing in connection with supportive services to people with disabilities and who are experiencing homelessness and their families. The primary target populations are people who are homeless who have serious mental illness or co-occurring disorders and have been chronically homeless due to their illness. This program also targets people with forensic backgrounds in effort to provide housing options that may not otherwise exist for this group.

Carroll County Health Department Behavioral Health PATH Program

290 S. Center Street, Westminster, MD 21157

410-876-4449; Fax: 410-876-4832

cchd.maryland.gov/behavioral-health-path-program

Monday – Friday: 8:00 AM – 4:30 PM

Projects for Assistance in Transition from Homelessness (PATH) is a program that provides outreach to individuals with serious mental illness, including those with



co-occurring substance use disorders. The PATH case manager links people with mental health services, social service agencies, health care providers, substance abuse providers and housing programs as well as a variety of other services to assist individuals in becoming self-sufficient, gain permanent housing and reach goals toward recovery.

Habitat for Humanity of Carroll County, Inc

255 Clifton Boulevard, Suite 301, Westminster, MD 21157 | 410-751-7722
cchabitat.org | info@cchabitat.org

Offers 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. Hours by appointment.

Human Services Programs of Carroll County, Inc.

10 Distillery Drive, Ground Floor, Westminster, MD 21157
410-857-2999; Fax: 410-857-8793
hspinc.org

Lobby Hours: Monday – Friday: 8:00 AM – 4:00 PM

Family Support Programs: Provides services that help families develop self-sufficiency and effective parenting skills. Child development care is provided to support parents while they are learning valuable skills. Programs include Carroll County Family Center and Child and the Adult Food Care Program.

Housing Services: In addition to shelter, services are provided to assist families, individuals, and those with disabilities get back on their feet to obtain and remain in permanent housing. Programs include Safe Haven Shelter, Intact Family Shelter, Men’s Shelter, Women and Children’s Shelter, Cold Weather Shelter, Rapid Rehousing, Coordinated Intake Shelter and Housing, Permanent Supportive Housing and the Rental Assistance Program.

Workforce development: Assists individuals in job training, resume building, and searching for employment. The Workforce team also works with individu-

als to overcome barriers to employment such as criminal background or lack of previous experience. Programs include Opportunity WORKS, Second Chances, Community Garden, Economic Success Program, and Voluntary Income Tax Assistance (VITA) program.

Emergency & Prevention Services: Connects individuals with an array of funds throughout the community and the state to assist them with paying utilities and preventing evictions. Emergency Services partners with the Maryland Energy Services Programs (MEAP) and the Office of Home Energy Programs (OHEP) of the Department of Human Resources. Programs Include Energy Assistance.

Maryland Commitment to Veterans

201 W. Preston Street, Baltimore, MD 21201

MCV 24/7 Hotline: 1-877-770-4801

health.maryland.gov/bha/veterans/Pages/Home.aspx

Provides a confidential forum for veterans and family members to discuss challenges they are facing and to link them with needed resources. Maryland veterans and their families are eligible. This is a free and state funded information and referral service.

New Life for Girls

806 Littlestown Pike, Westminster, MD 21158

410-848-1360; Fax: 410-848-1361

southeastnewlifeforgirls.com | southeastNLFG@gmail.com

Office Hours: Tuesday – Friday: 10:00 AM – 4:00 PM

Rehabilitating 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 location. No insurance accepted. Open to females between the ages of 18 and 45 years old.



Weber Sober Homes

P. O. Box 106, Woodbine, MD 21797 | Brian Kimmel 301-418-3750
webersoberhomes@gmail.com

Monday – Friday: 9:00 AM – 5:00 PM

Provides interventions, one-on-one counseling, addiction support groups, and Alcoholics Anonymous meetings. Offers 12 step outpatient recovery model and men's recovery houses. There are two recovery houses available. All residents must pay their own way, participate in overseeing the house, and remain clean and sober. Fee for service. Serves men 18 and older.

Westminster Office of Housing Services

Westminster City Government, 45 W. Main St. Westminster, MD 21157
410-848-2261; Fax: 410-876-0865
westminstermd.gov/137/Housing-Services

Monday – Friday: 8:30 AM – 4:30 PM

Helps 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.

Westminster Rescue Mission

658 Lucabaugh Mill Road, P.O. Box 285, Westminster, MD 21158
410-848-2222
westminsterrescuemission.org | info@westminsterrescuemission.org

The Addiction Healing Center (AHC), a CARF-accredited, ASAM 3.1 treatment program, offers two avenues of support for people seeking substance-use disorder recovery. Multi-faceted, faith-based, treatment approach is tailored for each client, and completely free of charge. Offers independent living and recovery maintenance through transitional housing, outpatient, and after-care services. For those experiencing food insecurity, the Mission Food Program provides community outreach services for individuals and families in need of hunger relief.

TOBACCO AND SMOKING CESSATION

Carroll County Health Department Tobacco Prevention and Cessation Program

410-876-4449

cchd.maryland.gov/behavioral-health-smoking-cessation

Monday – Friday: 8:00 AM – 5:00 PM

Provides education and resources on all types of tobacco and nicotine products (including electronic cigarettes), second-hand smoke, and preventing and quitting tobacco use. Free programs and counseling are also offered to help you quit using tobacco. Participants may be eligible to receive vouchers to cover the cost of nicotine replacement patches, gum, or lozenges; or vouchers to cover part of the cost of Chantix (with a prescription from your doctor). The Cigarette Restitution Fund can also help businesses and other facilities go smoke or tobacco-free. Offers free resources and specialized programs to support any Marylander's journey to quit tobacco.

Centers for Disease Control Cessation Materials for Tobacco Control Programs

800-232-4636

cdc.gov/tobacco/quit_smoking/cessation/index.htm

Helping people quit using tobacco can reduce the disease, death, and immense cost caused by tobacco use.

Maryland Tobacco Quitline

1-800-QUIT-NOW (784-6534)

smokingstopshere.com

Offers free resources and specialized programs to support any Marylander's journey to quit tobacco.

Tobacco News Admin

tobacco.org

Provides information on tobacco rules, laws and current events in different countries, states, and cities.



TRANSPORTATION

Carroll Transit System

225 North Center Street Westminster, MD 21157

410-386-5550

[carrollcountymd.gov/government/directory/public-works/
carroll-transit-system/about-us-cts](http://carrollcountymd.gov/government/directory/public-works/carroll-transit-system/about-us-cts)

Monday – Friday: 8:00 AM – 5:00 PM

Demand Response services: offers a door-to-door service, pick-up and drop-off locations must be within Carroll County. Reservations for Dialysis, Radiation, Day Programs, employment, routine Doctor's appointments, and education may be scheduled for up to four (4) weeks in advance. Other trips or appointments can be scheduled two (2) weeks in advance. Same day reservations can be scheduled but no guarantee.

TrailBlazer: nine routes that are open to the public and run Monday – Friday.

Medicaid Transportation

410-876-4813

cchd.maryland.gov/community-services-medical-transportation/providers/

Monday – Friday: 8:00 AM – 4:00 PM

The following procedure is to be used when a facility needs to schedule non-emergency transportation services for a Medical Assistance (MA) patient for doctor's appointments, transferring clients to an advanced level of care and hospital-related services such as admissions, discharges, and transfers, when no other transportation resource is available.

TREATMENT RESOURCE WEBSITES

Behavioral Health Administration (BHA) Programs & Resources

410-402-8300 or 410-402-8600

health.maryland.gov/bha/Pages/about-us.aspx

The Behavioral Health Administration (BHA), as part of the Maryland Department of Health (MDH), has oversight responsibility for publicly funded inpatient and outpatient (community) behavioral health services, which includes a comprehensive array of services and supports to help individuals with substance-related disorders, mental health disorders, co-occurring disorders, and problem-gambling disorders recover. Additionally, BHA is the entity responsible for regulating and licensing all behavioral health programs in Maryland's Public Behavioral Health System and has oversight responsibility to ensure provider compliance with COMAR 10.63 and state policy.

Caron Foundation

Caron Pennsylvania: 1-800-854-6023

caron.org

Helping people take their lives back from the disease of addiction.

Hazelden Betty Ford Foundation

Out & Inpatient Treatment Programs: 1-844-318-3305

General Information: 1-855-703-0471

hazeldenbettyford.org

A nonprofit provider of comprehensive behavioral health care. Provides healing and hope for individuals, families, and communities affected by substance use and mental health conditions.

National Association of Addiction Treatment Providers

PO Box 271686, Louisville, CO 80027 | 888-574-1008

naatp.org | info@naatp.org

Provide leadership, advocacy, training, and member support services to ensure the equitable availability and highest quality of addiction treatment.



Network of Care Maryland

portal.networkofcare.org/Sites/Maryland

This website is a resource for individuals, families and agencies concerned with behavioral health. It provides information about behavioral health services, laws, and related news, as well as communication tools and other features. Regardless of where you begin your search for assistance with behavioral health issues, the Network of Care helps you find what you need. It helps ensure that there is "No Wrong Door" for those who need services. This website can greatly assist in our efforts to protect our greatest human asset – our beautiful minds.

VETERANS SERVICES

Carroll County Bureau of Aging and Disabilities

125 Stoner Avenue, Westminster, MD 21157

410-386-3800; Maryland Relay Service: 711/800-735-2258

carrollcountymd.gov/government/directory/citizen-services/aging-disabilities

Monday – Friday: 8:00 AM – 5:00 PM

The Carroll County Bureau of Aging and Disabilities provides the highest quality of services, programs, and assistance to promote choice, dignity and independence for older adults, individuals with disabilities, veterans, and those who care for them. The Bureau of Aging and Disabilities is a division of the Carroll County Department of Citizen Services and is the principal agency that plans, advocates, and develops programs and services for older adults, age 60 and over; and coordinates services and referrals for adults with disabilities 18 years and older. The Bureau operates five senior and community centers in Carroll County. Each center is a community focal point where older adults can receive services and participate in social, recreational, educational, fitness, health, nutritional, and informational activities. The centers are in Westminster, Taneytown, Mount Airy, Hampstead, and Eldersburg.

Disabled American Veterans, Old Glory Chapter #22

PO Box 764, Westminster, MD 21158

davmembersportal.org/chapters/md/22

Meeting location: VFW Post #467, 519 Poole Rd., Westminster, MD 21157

Chapter Meetings: third Tuesday of the Month at 7:30 PM

Provides 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.



Maryland Commitment to Veterans

201 W. Preston Street, Baltimore, MD 21201

MCV 24/7 Hotline: 1-877-770-4801

health.maryland.gov/bha/veterans/Pages/Home.aspx

Provides a confidential forum for veterans and family members to discuss challenges they are facing and to link them with needed resources. Maryland veterans and their families are eligible. This is a free and state funded information and referral service.

Veterans Crisis Hotline

Call 998, then press 1 or Text 838255, 24/7 | veteranscrisisline.net

The Veterans Crisis Line connects service members and veterans in crisis, as well as their family members and friends, with qualified, caring VA responders through a confidential toll-free hotline, online chat, or text-messaging service.

Veterans Services Program of Carroll County

125 Stoner Avenue Westminster, MD 21157 | 410-386-3800

carrollveterans.com | carrollveterans@ccg.carr.org

The Veterans Services Program employs three part-time Veteran Services Officers (VSOs) who assist Carroll County veterans with completing and filing pension and compensation claims for service-connected disabilities with the Veterans Administration (VA). The program receives in-kind support and training from Maryland Department of Veterans Affairs. It assists veterans with obtaining military discharge papers, links veterans to the VA Medical System, advocates for veterans, and connects them to other community resources. The Veterans Services Program also assists veterans with accessing behavioral health resources and accessing treatment for addiction and Post-Traumatic Stress Disorder (PTSD). Veteran Services staff will assist veterans with registering for the Veterans Shuttle Transportation Program which transports qualified veterans to four VA Medical Facilities at no charge. The shuttle transports veterans to the following locations: Baltimore VA Medical Center, Loch Raven, Ft. Detrick, and the VA Medical Center in Martinsburg, WV.

NOTES:

[illegible]

ADDITIONAL RESOURCES

LOCAL RESOURCES

Catherine's Cause

255 Clifton Blvd Suite 313, Westminster, MD 21157 | 410-374-8988
catherinescause.com | info@catherinescause.com

Works to prevent drunken driving through victim impact forums and high school presentations. Forums are held the second Tuesday every other month.

CARE Healing Center

224 N. Center Street, Room 102, Westminster, MD 21157
410-857-0900; Fax: 410-876-9147; 24-hour hotline: 410-857-7322
carehealingcenter.org

Monday – Friday: 9:00 AM – 5:00 PM

Provides 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.

Co-Dependents Anonymous (CODA) Recovery Is Contagious

Church of the Redeemer
5603 N. Charles Street Baltimore, MD 21210 (Off of E. Melrose Avenue)
Contact: Brian at 410-967-6250

One-hour face-to-face meetings on Tuesdays at 7:30 PM.

12-step program of recovery designed to help individuals overcome negative denial, compliance, control, avoidance, and low self-esteem patterns stemming from codependency.



Maryland Coalition of Families

Central Office: 8950 State Route 108, Suite 223 Columbia, MD 21045
888-607-3637 or 410-730-8267
mdcoalition.org

A state-wide nonprofit dedicated to connecting, supporting and empowering families who have a loved one experiencing behavioral health challenges. We also advocate to improve services and systems that impact individuals with behavioral health challenges and to reduce stigma related to behavioral health.

Maryland Youth Crisis Hotline

24-hour toll free hotline: 800-422-0009
jconnect.org/departments/maryland-youth-crisis-hotline

National Alliance on Mental Illness (NAMI) Carroll County

410-857-3650 | namiccmd.org

Supports people living with mental illnesses and their families throughout the county. We accomplish this through the generosity of volunteers who give their time. Volunteers are essential to the work that NAMI Carroll County does.

STATE AND NATIONAL RESOURCES

Adult Children of Alcoholics & Dysfunctional Families

adultchildren.org

Programs for adults who grew up in homes where abuse, neglect, and trauma took place.

Alanon/Alateen Family Group Headquarters

1600 Corporate Landing Parkway Virginia Beach, VA 23454

Office: 757-563-1600; Meeting Information: 1-888-4AL-ANON (2666)

al-anon.org/contact-us | wso@al-anon.org

Al-Anon Family Groups meet in over 130 countries to help families and friends of problem drinkers recover from the impacts of a loved one's drinking. Members help each other by practicing the Twelve Steps of Alcoholics Anonymous themselves, by welcoming and giving comfort to families of alcoholics, and by giving understanding and encouragement to the alcoholic.

American College Health Association

8455 Colesville Rd, Suite 740, Silver Spring, Maryland 20910

410-859-1500; Fax: 410-859-1510

acha.org | contact@acha.org

Serves as the voice for student health and wellness through advocacy, research, and education.

American Psychological Association

750 First St, NE, Washington, D.C. 20002

800-374-2721; 202-336-5500; TDD/TTY: 202-336-6123

apa.org

Monday – Friday: 9:00 AM – 5:00 PM

Call for materials about problems that relate to alcohol disorders.

Association for Addiction Professionals (NAADAC)

44 Canal Center Plaza, Suite 301 Alexandria, VA 22314

703-741-7686; Fax: 703-741-7698

naadac.org | naadac@naadac.org

Monday – Friday: 9:00 AM – 6:00 PM ET.

The NAADAC office is closed on all Federally recognized Holidays.



Represents the professional interests of more than 100,000 addiction counselors, educators and other addiction-focused healthcare professionals in the United States, Canada, and abroad.

Bureau of Alcohol, Tobacco, and Firearms (ATF)

atf.gov

The Bureau of Alcohol, Tobacco, Firearms and Explosives, commonly called the ATF, is a domestic law enforcement agency.

Center for Substance Use, Addiction, and Health Research

1114 Chincoteague Hall, 7401 Preinkert Drive, College Park, MD 20742

301-405-9770

cesar.umd.edu | cesar@umd.edu

The Center for Substance Use, Addiction & Health Research (CESAR) at the University of Maryland is dedicated to addressing the problems substance abuse creates for individuals, families, and communities.

Centers for Disease Control and Prevention

1600 Clifton Road Atlanta, GA 30329

800-232-4636; TTY 888-232-6348

scdc.gov

Monday – Friday: 8:00 AM – 8:00 PM

A science-based, data-driven, public health agency for the United States.

First Call for Help

800-492-0618 (24 hours)

Statewide health and human services comprehensive information and referral directory.

HIV Information

1-800-HIV-0440 (448-0440); TTY: 1-888-480-3739

cdc.gov/hiv/library/hotlines.html

Monday – Friday: 1:00 – 4:00 PM

A service of the United States Department of Health and Human Services (HHS), offers access to the latest, federally approved HIV/AIDS medical practice guidelines, HIV treatment and prevention clinical trials, and other research information for health care providers, researchers, people affected by HIV/AIDS, and the public.

Maryland Department of Health (MDH)

201 W. Preston Street, Baltimore, MD 21201

410-767-6500 or 1-877-463-3464

health.maryland.gov

Responsible for helping each person live a life free from the threat of communicable diseases, tainted foods, and dangerous products.

Mental Health America

500 Montgomery Street, Suite 820 Alexandria, VA. 22314

703-684-7722; Toll Free 800-969-6642

mhanational.org

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

Mothers Against Drunk Driving (MADD)

511 E. John Carpenter Freeway, Irving, TX 75062 | 877-275-6233

madd.org

Answering the call for help is at the heart of Mothers Against Drunk Driving's mission. Whether you have questions about services, or need support after a crash, MADD cares about you and we want to help. If you or someone you know has experienced injury or was killed or experienced another kind of impact, you are not alone, MADD is here for you.

Motor Vehicle Administration

6601 Ritchie Highway N.E. Glen Burnie, MD 21062

24-hour toll-free emergency number: 800-537-3422

Call Center: 410-768-7000; 1-800-950-1682; TTY: +1 (800) 492-4575

mva.maryland.gov

Provides outpatient drug and alcohol treatment. Services include evaluation and assessment, group counseling, continuing care, and the Motor Vehicle Administration alcohol education program. Can give referrals to various juvenile programs in the Baltimore area. Accepts most major insurances, including Medicaid. Sliding fees scale and insurance credits. Serves adolescents and adults.



Nar-Anon Family Groups

Toll free: 800-477-6291

nar-anon.org/what-is-nar-anon

English: wso@nar-anon.org | Español: osm@nar-anon.org

Monday – Friday: 9:00 AM – 5:00 PM PST

Provides a support group for the family and friends of substance users; 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. Call the hotline number or check the website for information about support group meetings in the Carroll County area. Attendance is welcome without prior arrangement. There are no charges or other obligations.

National Alliance of Hispanic Health

1501 16th Street, N.W. Washington, D.C. 20036

1-866-Su Familia (1-866-738-2645)

healthyamericas.org | info@healthyamericas.org

Monday – Friday: 9:00 AM – 6:00 PM

Science-based and community-driven organization that focuses on the best health for all.

National Association for Children of Addiction

10920 Connecticut Ave, Suite 100, Kensington, MD 20895 | 301-468-0985

nacoa.org | info@nacoa.org

Mission is to eliminate the adverse impact of alcohol and drug use on children and families. We envision a world in which no child who struggles because of family addiction will be left unsupported.

National Association of State Alcohol and Drug Abuse Directors, Inc. (NASADAD)

1919 Pennsylvania Avenue NW, Suite M-250, Washington, DC 20006

202-293-0090

nasadad.org | dcoffice@nasadad.org

A private, not-for-profit educational, scientific, and informational organization.

National Center on Substance Abuse and Child Welfare

1-866-493-2758 | National Child Abuse Hotline: 1-800-422-4453
ncsacw.acf.hhs.gov | ncsacw@cffutures.org

Engaging parents and youth with lived experience. Strengthening collaborative policy and practice initiatives for families with mental health and substance use disorders.

National Council on Problem Gambling

730 11th St, NW, Ste 601 Washington, DC 20001
202-547-9204; Fax: 202-547-9206

Hotline: Call or Text 800-522-4700; 1-800-GAMBLER (1-800-426-2537)

ncpgambling.org/help-treatment/national-helpline
ncpg@ncpgambling.org

This hotline connects callers to local health and government organizations that can assist with their gambling addiction.

National Institute on Alcohol Abuse and Alcoholism (NIAAA)

Bethesda, MD 20892 | 301-443-3860
niaaa.nih.gov | Ask NIAAA@nih.gov

Supports and conducts biomedical and behavioral research on the causes, consequences, treatment, and prevention of alcoholism and alcohol-related problems.

National Institute on Drug Abuse

nida.nih.gov

Advance science on the causes and consequences of drug use and addiction. NIDA is the lead federal agency supporting scientific research on drug use and addiction in order to improve individual and public health.

National Institute of Mental Health (NIMH)

1-866-615-6464
nimh.nih.gov | nimhinfo@nih.gov
Monday – Friday: 8:30 AM – 5:00 PM

Federal agency for research on mental disorders.



National Indigenous Women's Resource Center

Main Office: 515 Lame Deer Ave. Lame Deer MT 5904
Mailing Address: NIWRC, P.O. Box 99 Lame Deer, MT 59043
406-477-3896; Toll-Free: 855-649-7299

niwrc.org

StrongHearts Native Helpline: 1-844-762-8483, or strongheartshelpline.org to speak with a live advocate for support.

Providing national leadership to end violence against American Indian, Alaska Native and Native Hawaiian women by lifting the collective voices of grassroots advocates and offering culturally grounded resources, technical assistance and training, and policy development to strengthen tribal sovereignty.

The National Voice on Fetal Alcohol Spectrum Disorders (FASD United)

PO Box 251 McLean, Virginia 22101 | 202-785-4585
fasdunited.org

Empowers people living with FASD through education and advocacy efforts that ultimately improve their quality of life.

National Treatment Accountability for Safer Communities (TASC)

2028 Randall Drive Waipahu, HI 96797 | 207-521-9715
inhalants.org | info@nationaltasc.org

A not-for-profit organization that provides health recovery management services for individuals with substance use and mental health disorders.

Robert Wood Johnson Foundation - Washington, DC Office

1660 L Street, N.W., 11th Floor Washington, D.C. 20036 | 202-243-7841
rwjf.org

Monday – Thursday: 8:45 AM – 5:00 PM; Friday: 8:45 AM – 3:00 PM

Four focus areas on the Topic of Health Equity: Health Systems, Healthy Communities, Healthy Children and Families, and Leadership for Better Health.

Substance Abuse and Mental Health Services Administration (SAMHSA)

5600 Fishers Lane, Rockville, MD 20857

Crisis line: call or text 988, 1-877-726-4727

[samhsa.gov](https://www.samhsa.gov)

The Substance Abuse and Mental Health Services Administration (SAMHSA) is the agency within the U.S. Department of Health and Human Services (HHS) that leads public health efforts to advance the behavioral health of the nation and to improve the lives of individuals living with mental and substance use disorders, and their families.

SAMHSA Center for Substance Abuse Treatment (CSAT)

5600 Fishers Lane Rockville, MD 20857 | 240-276-1660

[samhsa.gov/about-us/who-we-are/offices-centers/csat](https://www.samhsa.gov/about-us/who-we-are/offices-centers/csat)

csat@samhsa.hhs.gov

Promotes community-based substance use disorder treatment and recovery support services for individuals and families in every community. CSAT provides national leadership to improve access, reduce barriers, and promote high-quality, life-saving, and effective treatment and recovery support services.

SAMHSA Drug Free Workplace

[samhsa.gov/workplace](https://www.samhsa.gov/workplace) | dwp@samhsa.hhs.gov

Monday – Friday: 8:00 AM – 8:00 PM

Call the helpline at 1-800-WORKPLACE (1-800-967-5752) for free and confidential help with creating and maintaining drug-free workplace programs.

SAMHSA Programs & Campaigns

5600 Fishers Lane, Rockville, MD 20857 | 1-877-726-4727

[samhsa.gov/partners-for-recovery](https://www.samhsa.gov/partners-for-recovery)

Offers information, training, and technical assistance to improve the quality and delivery of behavioral health services across the nation.

SAMHSA Treatment Referral

Helpline: 800-662-HELP (4357)

[findtreatment.gov](https://www.findtreatment.gov)

Confidential and anonymous resource for persons seeking treatment for mental and substance use disorders in the United States and its territories.



Suicide and Crisis Lifeline (Formerly National Suicide Prevention Lifeline)

988lifeline.org

Provides free and confidential emotional support to people in suicidal crisis or emotional distress.

U.S. Department of Transportation Federal Motor Carrier Safety Administration (FMCSA)

Drug and Alcohol Clearinghouse

1200 New Jersey Avenue, SE Washington, DC 20590

1-800-832-5660; Federal Relay for TTY Service: 1-800-877-8339

[fmcsa.dot.gov/regulations/](https://www.fmcsa.dot.gov/regulations/)

[commercial-drivers-license-drug-and-alcohol-clearinghouse](https://www.fmcsa.dot.gov/regulations/commercial-drivers-license-drug-and-alcohol-clearinghouse)

The Clearinghouse contains information about holders of commercial driver's licenses (CDLs) and commercial learner's permits (CLPs) who are covered by FMCSA Drug and Alcohol Testing Program.

U.S. Department of Transportation National Highway Traffic Safety Administration (NHTSA)

1200 New Jersey Avenue, SE, Washington, D.C. 20590

1-888-327-4236; TTY: 1-800-424-9153

[nhtsa.gov](https://www.nhtsa.gov)

The NHTSA's mission is to save lives, prevent injuries, and reduce vehicle-related crashes related to transportation safety in the United States.

The White House Office of National Drug Control Policy

1600 Pennsylvania Ave NW Washington, DC 20500

[whitehouse.gov/ondcp](https://www.whitehouse.gov/ondcp)

Responsible for developing and implementing the National Drug Control Strategy and Budget. Leads and coordinates the nation's drug policy so that it improves the health and lives of the American people.

PARENTS AND CONCERNED ADULTS RESOURCE WEBSITES

Drug Slang Dictionary and Translator

noslang.com/drugs

Five Moms: Stopping Teen Cough Medicine Abuse

Phone/Text: 925-984-1562

cathytaughinbaugh.com/five-moms-spreading-awareness-about-cough-medicine-abuse

cathy@cathytaughinbaugh.com

Spreading Awareness About Cough Medicine Abuse. Cathy is a Community Reinforcement and Family Training (CRAFT) trained coach through the Center for Motivation and Change and a parent coach with the Partnership to End Addiction.

Parents. The Anti-Drug

theanti-drug.com

yourfriends@theanti-drug.com

A community-based organization comprised of parents, local government and school officials, clergy, and health providers whose mission is to generate conversation and provide accurate information about alcohol, tobacco, and other drug use.

Partnership to End Addiction

711 Third Avenue, 5th Floor, Suite 500, New York, NY 10017

General information and questions: 212-841-5200

Helpline: text CONNECT to 55753

drugfree.org | contact@toendaddiction.org

Monday – Friday: 9:00 AM – 5:30 PM

For parents & caregivers. Tips on preventing substance use to guidance on managing recovery from addiction, here at Partnership to End Addiction, we have the information and resources you need at every step.



Talking With Kids®

1404 Franklin Street, Suite 700 Oakland, CA 94612

510-763-2444

childrennow.org/talkingwithkids

A project of Children Now, Talking with Kids® was launched with the goal of leveraging the power of technology and media to support parents and caregivers in talking with kids about difficult issues and promote children's health and well-being. Talking with Kids® provides an opportunity to re-imagine strategies for family engagement by supporting parents with the tools and resources needed to influence positive outcomes in their child's well-being.

TEEN RESOURCE WEBSITES

Just Think Twice

Community Outreach and Prevention Support Section:

8701 Morrisette Drive, Springfield, VA, 22152 | 202-307-7936

www.justthinktwice.gov

Interactive website for information on drug trends, facts, and statistics.

Students Against Destructive Decisions (SADD)

1701 Rhode Island Ave NW, Washington, DC 20036 | 508-481-3568

sadd.org

(Formerly Students Against Driving Drunk) National non-profit dedicated to the safety and wellness of all students. Using 40 years of expertise to facilitate educational and engaging programming, SADD operates through school and community chapters (like student clubs) dedicated to advocating healthy decision-making.

NOTES:

[illegible]

INDEX

RESOURCE	PAGE
A Meal and More	70
Abuse Intervention Program, Springboard Community Services	46
Access Carroll, Inc. Integrated Health Care	17, 37, 81
Addiction Healing Center	37
Adult Children of Alcoholics and Dysfunctional Families	114
Adult Drug Treatment Court Program	94
Advanced Behavior Health	24
Al-Anon Family Groups of MD and DC, Area	24, 47
Al-Anon/Alateen Family Group Headquarters	114
American College Health Association	114
American Psychological Association	114
The Arc of Carroll County	57
Ardent Folk Weekly Meals	70
Association for Addiction Professionals (NAADAC)	114
Autism Society of America	57
Baker, Nora (LCSW-C)	24
Behavioral Health Administration (BHA) Programs and Resources	108
Behavioral Health Prevention Services	51
BH Health Services, Inc.	17, 37
Birth Certificates	74
Boris, Thomas Edward (Ph.D., Psychologist)	24
BridgingLife	81
Bureau of Alcohol, Tobacco, and Firearms (ATF)	115



RESOURCE

PAGE

Camp T.R.	46
Care Connect	81
CARE Healing Center	46, 61, 112
Caring and Sharing Ministries of Northwest Carroll County, Inc.	74
Caring Carroll, Inc.	57
Carpenter's Table	70
Caron Foundation	106
Carroll Community College Adult Education	64
Carroll Counseling Center	24
Carroll County Bureau of Aging and Disabilities	54, 82, 99, 108
Carroll County Bureau of Aging and Disabilities Caregiver Support Group	46
Carroll County Community Mediation Center	92
Carroll County Department of Social Services	74
Carroll County Food Sunday	70
Carroll County Government Housing & Community Development	100
Carroll County Health Department	100, 104
Carroll County Health Department Bureau of Community Health Nursing	82
Carroll County Health Department Bureau of Prevention, Wellness, and Recovery	83
Carroll County Public Library	64
Carroll County Sheriff's Office	90
Carroll County Sheriff's Office School Resource Officers (SRO) Program	51
Carroll County State's Attorney	90
Carroll County Workforce Development	65

RESOURCE	PAGE
Carroll County Youth Service Bureau, Inc.	17, 25, 37, 84
Carroll Health Group Locations	84
Carroll Hospital/LifeBridge Health Care	85
Carroll Hospital Behavioral Health Services Ambulatory Care PHP/IOP	18, 38
Carroll Lutheran Village Weller Circle Activity Center	47
Carroll Mental Health Care	25
Carroll Transit System	105
Catastrophic Health Planners	75
Catherine's Cause	112
Catholic Charities Head Start & Early Head Start of Carroll County	65
Catoctin Counseling	18, 25, 39, 61
Catoctin Pregnancy Center	85
Cedar Ridge Counseling Centers, LLC.....	26, 39
The Center for Eating Disorders at Sheppard Pratt	26
The Center for Healing Arts	75
Center for Substance Use, Addiction, and Health Research	115
Centers for Disease Control and Prevention	104, 115
CentrePointe Counseling, Inc.	26
CHANGE, Inc./Penn-Mar West	57
Cheetham, August (LCSW-C)	27
Church of the Open Door Divorce Care/Divorce Care for Kids/Grief Share	47
Church of the Open Door Handicapped Ministry	58
Circuit Court for Carroll County	92



RESOURCE

PAGE

Co-Dependents Anonymous (CODA) Recovery Is Contagious	112
Community Anti-Drug Coalitions of America	39
Community Table	70
Congruent Counseling Services	19, 27
Counseling Center for Change	27
The Counseling Renaissance	27, 39
Crisis Text line	16
Dads Works/Moms Works	76
Deeds of Faith Food Pantry	71
Developmental Disabilities Administration (DDA)	58
Disability Rights Maryland	58, 93
Disabled American Veterans, Old Glory Chapter #22	59, 76, 108
Division of Rehabilitation Services (DORS)	59
Drug Slang Dictionary and Translator	122
ESCAPE Ministries, Inc.	76
Express Care Locations	88
Family Grief Support Group	47
Family Law Hotline	93
Finksburg Counseling Services	28
First Call for Help	115
First Line Counseling, LLC	69
Five Moms: Stopping Teen Cough Medicine Abuse	122
Florence Behavioral Health Center	28

RESOURCE	PAGE
Flying Colors of Success, Inc.	59
Foster, Jodie (LCPC)	28
Frankly Communicating, Inc.	60
Freedom Center	99
Genesis Treatment Services	19, 40
GoodRx	97
Goodwill Industries of Monocacy Valley, Inc.	55
Goodwill Industries of Monocacy Valley, Inc. Training Services	66
Habitat for Humanity of Carroll County, Inc.	101
Hampstead Police Department	90
Harbor of Grace Enhanced Recovery Center	69
Hazelton Betty Ford Foundation	106
Healthcare Living for Families	19, 29, 40
Help Rx	97
HIV Information	115
Hope Health Systems	29
House of Ruth	61
Human Services Programs of Carroll County, Inc.	66, 77, 101
Infants and Toddlers Programs	67
Inner Journey Counseling Center, Gregory Rubin (LCPC)	29, 40
Inspirit Counseling Services of Maryland at Westminster United Methodist Church	30
Integrative Counseling	30, 41
Internet Drug Coupons	97



RESOURCE

PAGE

Judy Center Partnership	67
Just Think Twice	123
Kids in Safety Seats (KISS) Car Seat Loaner Program	55
Klein, Gary (Medical Psychiatrist)	30
Laura Lane Therapy, LLC	31
Legal Action Center	94
Life Renewal Services, Inc.	31
Lions Club International Locations	86
Literacy Council of Carroll County	68
Live Another Day	77
Loaves and Fishes Meal and Food Pantry	71
Main Street Mobile Treatment & Community Mental Health Center	31
Manchester Police Department	90
Marijuana Anonymous World Service	47
Maryland Association of Prevention Professionals and Advocates	41
Maryland Coalition of Families	112
Maryland Commitment to Veterans	102, 109
Maryland Department of Health (MDH)	116
Maryland Department of Juvenile Services Carroll County Office	94
Maryland Legal Aid Bureau	94
Maryland Network Against Domestic Violence	61
Maryland Office of the Public Defender, Carroll County Public Defender's Office	95
Maryland State Police, Barrack G	91

RESOURCE	PAGE
Maryland Tobacco Quitline	104
Maryland Volunteer Lawyers Service	95
Maryland Youth Crisis Hotline	112
MD Crisis Connect	78
Meals on Wheels of Central Maryland, Inc., Carroll County Branch	72
Medicaid Transportation	105
Men All in Recovery Support Group	48
Mental Health America	116
Network Health Services, Inc.	20, 41
Mission of Mercy	87
Mosaic Community Services, Inc.	32
Mothers Against Drunk Driving (MADD)	116
Motor Vehicle Administration)	116
Mount Airy Net	78
Mount Airy Police Department	91
Mountain Manor Treatment Center	20, 41
Mulligan's Recovery Center	42
My RX Advocate	97
Nar-Anon Family Groups	117
Narcotics Anonymous, Free State Regional Service Center	48
National Alliance of Hispanic Health	117
National Alliance on Mental Illness (NAMI) of Maryland/Carroll County	48, 112
National Association of Addiction Treatment Providers	106



RESOURCE

PAGE

National Association for Children of Addiction	117
National Association of State Alcohol and Drug Abuse Directors, Inc. (NASADAD)	117
National Center on Substance Abuse and Child Welfare	118
National Council on Problem Gambling	118
National Domestic Violence Hotline	61
National Indigenous Women's Resource Center	119
National Institute on Alcohol Abuse and Alcoholism (NIAAA)	118
National Institute on Drug Abuse	51, 118
National Institute of Mental Health (NIMH)	118
National Treatment Accountability for Safer Communities (TASC)	119
The National Voice on Fetal Alcohol Spectrum Disorders (FASD United)	119
NeedyMeds	98
Network of Care Maryland	107
New Life for Girls	102
New Path Counseling Center, LLC	42
New Perspectives	32
Nimel Mental Health	42
Northeast Social Action Program, Inc. (NESAP)	78
Northeast Social Action Program Thrift Store and Community Assistance Program	55
North Carroll Counseling and Wellness Center	20, 62
Office of the States Attorney Carroll County Maryland Special Victim Unit (SVU).....	96

RESOURCE	PAGE
On Our Own Wellness and Recovery Center	78
Parents. The Ant-Drug	122
Partnership to End Addiction	122
Potomac Community Services	32
Pregnancy Support Center	88
Pro Bono Counseling Project	33
ProLife of Carroll County	88
Prologue, Inc.	33
Re-Entry Mental Health Services	21, 33, 43
Relationships Work	34
Robert Wood Johnson Foundation Washington, DC Office	119
Rhoton, Kim (LCSW-C, Licensed Therapist)	34
Rickeman, Alexandra	34
Right Turn IMPACT	21, 43
Rx Outreach	98
Safe Call Now	69
Safe Harbor Christian Counseling	35
The Salvation Army Carroll County	72
Santé, Carroll County Mobile Crisis Team	16
SCBN Prescription Advocacy	98
Shepherd's Staff	72, 79
Shepherd's Table Soup Kitchen	72
Shoemaker Center/Maryland Treatment Centers, Inc.	21, 43



RESOURCE

PAGE

Silver Run Community Food Pantry	72
Sober Truth	22, 44
Social Security Administration Carroll County Office	79
South Carroll Food Pantry	73
Springboard Community Services	35, 62, 80, 88
Springfield Hospital Center	36
St. James Thrift Shop	56
St. Vincent DePaul Society	79
Students Against Destructive Decisions (SADD)	123
Substance Abuse and Mental Health Services Administration (SAMHSA)	120
SAMHSA Center for Substance Abuse Treatment (CSAT)	120
SAMHSA Drug Free Workplace	120
SAMHSA Programs and Campaigns	120
SAMHSA Treatment Locator	49
SAMHSA Treatment Referral	120
Suicide and Crisis Lifeline	16, 121
Swetz, Anthony – Ph.D.	36
Sykesville Police Department	91
Table of Grace Soup Kitchen	73
Talking With Kids®	123
Taneytown Police Department	91
Target Community & Educational Services, Inc.	60
Thomas, Stephnie (LCPC)	36

RESOURCE	PAGE
Tobacco News Admin	104
Treatment Communities of America	22
Trevor Lifeline	16
Triangle Recovery Club	49
Triunfo, LLC	44
U.S. Department of Transportation Federal Motor Carrier Safety Administration (FMCSA)	121
U.S. Department of Transportation National Highway Traffic Safety Administration (NHTSA)	121
Veterans Services Program of Carroll County	109
Veterans Crisis Hotline	16, 109
Vocational Pathways/Mosaic Community Services	68
Weber Sober Homes	49, 103
West Central Intergroup of Maryland, Inc. (WCI) Alcoholics Anonymous (AA) Members	50
Westminster Office of Housing Services	103
Westminster Police Department	91
Westminster Recovery Center, LLC	23, 45
Westminster Rescue Mission	23, 45, 50, 103
The White House Office of National Drug Control Policy	121
Women, Infant, and Children Program (WIC)	73
Women's Law Center of Maryland, Inc.	63, 96

NOTES:

[illegible]

