



*Carroll
County
Substance
Abuse
Resource
Directory*

2008 edition

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Preface

The Partnership organization was founded on the belief that individuals and organizations in Carroll County, Maryland — with diverse skills and a shared-vision — can improve the health and quality of life in our community.

Research efforts have shown that drug addiction is a complex illness, which begins with the act of taking drugs. Over time, a person's ability to choose not to take drugs can be compromised. Drug addiction is a chronic disorder with dimensions that disrupt many aspects of individual, family, and community life.

Together with our partners, we are committed to reducing the prevalence of Substance Abuse with strategies to provide relief from addiction to and abuse of illegal and legal substances. This directory is one such strategy.

The possibility of substance abuse causes fear, guilt, and panic in the hearts of family and friends whose reaction may be a cry for help. Help does exist in our community and beyond; and can be found in these materials.

Extensive effort has gone into gathering this information, verifying accuracy and including quality essentials for this our third issue. While some of the articles and references seem dated, the information contained is still accurate and appropriate for dealing with Substance Abuse and its effects. This directory will be maintained on our website (www.healthycarroll.org) and can be downloaded for your convenience. We hope the 2008 edition will answer some common questions, connect you with valued resources, and assure the availability of better interventions.

Sincerely,

Tricia Supik, Executive Director/CEO
The Partnership

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Prevention Principles For Children and Adolescents

Prevention programs should be designed to enhance “protective factors” and move toward reversing or reducing known “risk factors.”

Prevention programs should target all forms of drug abuse, including the use of tobacco, alcohol, marijuana and inhalants.

Prevention programs should include skills to resist drugs when offered, strengthen personal commitments against drug use, and increase social competency (e.g., in communication, peer relationships, self-efficacy, and assertiveness), in conjunction with reinforcement of attitudes against drug use.

Prevention programs for adolescents should include interactive methods, such as peer discussion groups, rather than didactic teaching techniques alone.

Prevention programs should include a parents or caregivers component that reinforces what the children are learning — such as facts about drugs and their harmful effects — and that opens opportunities for family discussions about use of legal and illegal substances and family policies about their use.

Prevention programs should be long-term, over the school career with repeat interventions to reinforce the original prevention goals. For example, school-based efforts directed at elementary and middle school students should include booster sessions to help with critical transitions from middle to high school.

Family-focused prevention efforts have a greater impact than strategies that focus on parents only or children only.

Community programs that include media campaigns and policy changes, such as new regulations that restrict access to alcohol, tobacco, or other drugs, are more effective when they are accompanied by school and family interventions.

Community programs need to strengthen norms against drug use in all drug abuse prevention settings, including the family, the school, and the community.

Schools offer opportunities to reach all populations and also serve as important settings for specific sub-populations at risk for drug abuse, such as children with behavior problems or learning disabilities and those who are potential dropouts.

Prevention programing should be adapted to address the specific nature of the drug abuse problem in the local community.

The higher the level of risk of the target population, the more intensive the prevention effort must be and the earlier it must begin.

Prevention programs should be age-specific, developmentally appropriate, and culturally sensitive.

Effective prevention programs are cost-effective. For every \$1 spent on drug use prevention, communities can save \$4-5 in costs for drug abuse treatment and counseling.

*Based on: Division of Epidemiology and Prevention Research
National Institute on Drug Abuse
March 1997*

Risk and Protective Factors in Drug Abuse Prevention

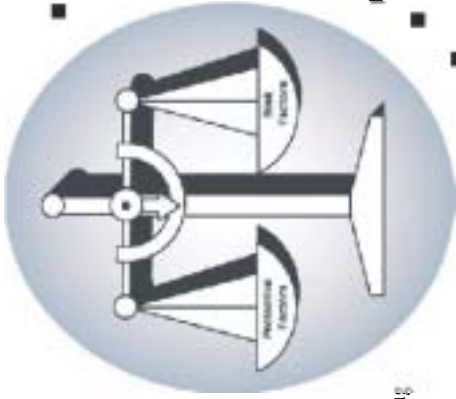
In more than 20 years of drug abuse research, NIDA has identified important principles for prevention programs in the family, school, and community. Prevention programs often are designed to enhance "protective factors" and to reduce "risk factors." Protective factors are those associated with reduced potential for drug use. Risk factors are those that make drug use more likely. Research has shown that many of the same factors apply to other behaviors such as youth violence, delinquency, school dropout, risky sexual behaviors, and teen pregnancy.

Protective factors:

- strong and positive family bonds;
- parental monitoring of children's activities and peers;
- clear rules of conduct that are consistently enforced within the family;
- involvement of parents in the lives of their children;
- success in school performance; strong bonds with institutions, such as school and religious organizations; and
- adoption of conventional norms about drug use.

Risk factors:

- chaotic home environments, particularly in which parents abuse substances or suffer from mental illnesses;
- ineffective parenting, especially with children with difficult temperaments or conduct disorders;
- lack of parent-child attachments and nurturing;
- inappropriately shy or aggressive behavior in the classroom;
- failure in school performance;
- poor social coping skills;
- affiliations with peers displaying deviant behaviors; and
- perceptions of approval of drug-using behaviors in family, work, school, peer, and community environments.



Insurance Information

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

When your insurance company does not cover substance abuse, or if you do not have insurance, there are programs which allow you to pay on a sliding scale based on family income and number of dependents.

Testing for Drugs of Abuse

It is imperative to have a **plan of action** prior to testing for any drugs of abuse. Perhaps the first thing to think about prior to considering testing for drugs of abuse is: **What behaviors or changes in behaviors have led me to believe that my child may have a drug problem?** These problems or changes may in and of themselves be enough for you decide to intervene. If you decide to test your child with an over-the-counter testing kit, make sure you know what you will do if the test is positive. Have a plan. Know where the resources are prior to initiating the test. Resources for prevention and intervention services can be found in this booklet.

Testing at laboratories is not available to the general public without a prescription from a doctor. So if you would like to have drug testing completed by a certified laboratory, you will need to contact your primary care physician to obtain the prescription. Be aware that the cost for drug testing varies from laboratory to laboratory. Additionally, it is important to note that if you have insurance, your insurance provider may pay only a small portion of the cost for the test and the remainder of the bill will become your responsibility. Testing for drugs is costly and can range from \$50 to well into the hundreds of dollars depending on what tests are requested.

There are a large number of over-the-counter home testing kits available. These home testing kits can test urine for various drugs of abuse. Drugs that these tests can detect include marijuana, cocaine, opiates (such as heroin), PCP (phencyclidine), and methamphetamines. Kits vary with respect to the number and type of drugs they test for. Kits contain materials to test from one to five urine samples.

The U.S. Food and Drug Administration (FDA) is responsible for approval and regulation of at home testing kits. While many home testing kits are sold, you should be sure that the kit is approved by the FDA for home use prior to purchase.

The body eliminates drugs from the body in several ways. Traces of most drugs, including those listed above, are present in the urine of a person who uses them. This makes it possible to test for drug use by testing the urine. Traces of many over-the-counter and prescription medicines also appear in

the urine. These medicines sometimes cause false positives when testing the urine for drugs of abuse. Check the instructions of your testing kit for information about interacting drugs.

Home testing kits can provide only a tentative indication of drug use. Tests that turn out positive or inconclusive require a more accurate test by a licensed medical laboratory to confirm the result. Several “at home” drug testing kits contain a two-step process with a container and envelope so you can mail a sample back to the manufacturer’s laboratory for confirmation of results.

Information On How Long Drugs Are Detectable In A Urine Drug Test

Drug detection depends on the amount of drugs ingested, time since last use, rate of an individual’s metabolism, and the amount of fluid intake. Because of these variables, times presented in the chart below are only a general guideline. These time frames are only approximations.

Drug and Retention Time:

- Amphetamines 2-3 days
- Benzodiazepines (Valium, Librium, etc.) 1-2 weeks
- Barbiturates:
 - Long Acting (e.g., Phenobarbital) 1-3 weeks
 - Short Acting (e.g., Secobarbital) 2-3 days
- Cocaine (Crack) 2-3 days
- LSD 1-3 days
- Marijuana (THC)
 - Infrequent Smokers days to 1 week
 - Moderate Smokers days to weeks
 - Chronic Smokers weeks
- MDMA (ecstasy) 3-5 days
- Methadone 2-3 days
- Opiates (Codeine, Morphine, Heroin, Oxycontin) 2-3 days
- Phencyclidine (PCP, Angel Dust) 1-7 days
(Chronic use may be up to 30 days)
- Propoxyphene (Darvon, Darvocet) 2-3 days

Points to Remember:

- Tests only give a “one-shot” perspective.
- Urinalysis may not verify presence of drug use if activity ceased in prior week.
- Tests are most reliable when in conjunction with an assessment by a certified addiction professional.
- An unanticipated test will provide the most accurate results.
- The test chosen may not be drug specific.

Principles Of Effective Treatment

1. ***No Single Treatment is Appropriate for All Individuals.*** Matching treatment settings, interventions, and services to each individual's particular problems and needs is critical to his or her ultimate success in returning to productive functioning in the family, workplace and society.
2. ***Treatment Needs to be Readily Available.*** Because individuals who are addicted to drugs may be uncertain about entering treatment, taking advantage of opportunities when they are ready for treatment is crucial. Potential treatment applicants can be lost if treatment is not immediately available or is not readily accessible.
3. ***Effective Treatment Attends to Multiple Needs of the Individual, Not Just His or Her Drug Use.*** To be effective, treatment must address the individual's drug use and any associated medical, psychological, social, vocational, and legal problems.
4. ***An Individual's Treatment and Services Plan Must Be Assessed Continually and Modified As Necessary to Ensure That the Plan Meets the Person's Changing Needs.*** A patient may require varying combinations of services and treatment components during the course of treatment and recovery. In addition to counseling or psychotherapy, a patient at times may require medication, other medical services, family therapy, patient instruction, vocational rehabilitation, and social and legal services. It is critical that the treatment approach be appropriate to the individual's age, gender, ethnicity, and culture.
5. ***Remaining in Treatment for an Adequate Period of Time is Critical for Treatment Effectiveness.*** The appropriate duration for an individual depends on his or her problems and needs. Research indicated that for most patients, the threshold of significant improvement is reached at about three months in treatment. After this threshold is reached, additional treatment can produce further progress toward recovery. Because people often leave treatment prematurely, programs should include strategies to engage and keep patients in treatment.

6. ***Counseling (Individual and/or Group) and Other Behavioral Therapies are Critical Components of Effective Treatment for Addiction.*** In therapy, patients address issues of motivation, build skills to resist drug use, replace drug-using activities with constructive and rewarding non drug-using activities, and improve problem-solving abilities. Behavioral therapy also facilitates interpersonal relationships and the individual's ability to function in the family and community.
7. ***Medications are an Important Element of Treatment for Many Patients, Especially When Combined with Counseling and Other Behavioral Therapies.*** Methadone and levo-alpha-acetylmethadol (LAAM) are very effective in helping individuals addicted to heroin or other opiates stabilize their lives and reduce their illicit drug use. Naltrexone is also an effective medication for some opiate addicts and some patients with co-occurring alcohol dependence. For persons addicted to nicotine, a nicotine replacement product (such as patches or gum) or an oral medication (such as bupropion) can be an effective component of treatment. For patients with mental disorders, both behavioral treatments and medication can be critically important.
8. ***Addicted or Drug-Abusing Individuals with Co-Existing Mental Disorders Should Have Both Disorders Treated in an Integrated Way.*** Because addictive disorders and mental disorders often occur in the same individual, patients presenting for either condition should be assessed and treated for the co-occurrence of the other type of disorder.
9. ***Medical Detoxification is Only the First Stage of Addiction Treatment and By Itself Does Little to Change Long-Term Drug Use.*** Medical detoxification safely manages the acute physical symptoms of withdrawal associated with stopping drug use. While detoxification alone is rarely sufficient to help addicts achieve long-term abstinence, for some individuals it is a strongly indicated precursor to effective drug addiction treatment.

10. ***Treatment Does Not Need to be Voluntary to be Effective.*** Strong motivation can facilitate the treatment process. Sanctions or enticements in the family, employment setting, or criminal justice system can increase significantly both treatment entry and retention rates and the success of drug treatment interventions.
11. ***Possible Drug Use During Treatment must be Monitored Continuously.*** Lapses to drug use can occur during treatment. The objective monitoring of a patient's drug and alcohol use during treatment, such as through urinalysis or other tests, can help the patient withstand urges to use drugs. Such monitoring also can provide early evidence of drug use so that the individual's treatment plan can be adjusted. Feedback to patients who test positive for illicit drug use is an important element of monitoring.
12. ***Treatment Programs Should Provide Assessment for HIV/AIDS, Hepatitis B and C, Tuberculosis and Other Infectious Diseases,*** and counseling to help patients modify or change behaviors that place themselves or others at risk of infection. Counseling can help patients avoid high-risk behavior. Counseling also can help people who are already infected manage their illness.
13. ***Recovery From Drug Addiction can be a Long-Term Process and Frequently Requires Multiple Episodes of Treatment.*** As with other chronic illnesses, relapses to drug use can occur during or after successful treatment episodes. Addicted individuals may require prolonged treatment and multiple episodes to achieve long-term abstinence and fully restored functioning. Participation in self-help support programs during and following treatment often is helpful in maintaining abstinence.

Based on:
Principles of Drug Addiction Treatment, A Research-Based Guide
National Institute on Drug Abuse NIDA
NH Publication No. 99-4180
Printed October 1999

Frequently Asked Questions

1. *What Is Drug Addiction Treatment?*

There are many addictive drugs, and treatments for specific drugs can differ. Treatment also varies depending on the characteristics of the patient.

Problems associated with an individual's drug addiction can vary significantly. People who are addicted to drugs come from all walks of life. Many suffer from mental health, occupational, health, or social problems that make their addictive disorders much more difficult to treat. Even if there are few associated problems, the severity of addiction itself ranges widely among people.

A variety of scientifically-based approaches to drug addiction treatment exists. Drug addiction treatment can include behavioral therapy (such as counseling, cognitive therapy, or psychotherapy), medications, or their combination. Behavioral therapies offer people strategies for coping with their drug cravings, teach them ways to avoid drugs and prevent relapse, and help them deal with relapse if it occurs. When a person's drug-related behavior places him or her at higher risk for AIDS or other infectious diseases, behavioral therapies can help to reduce the risk of disease transmission. Case management and referral to other medical, psychological, and social services are crucial components of treatment for many patients. The best programs provide a combination of therapies and other services to meet the needs of the individual patient, which are shaped by such issues as age, race, culture, sexual orientation, gender, pregnancy, parenting, housing, and employment, as well as physical and sexual abuse.

Treatment medications, such as methadone, LAAM, and naltrexone, are available for individuals addicted to opiates. Nicotine preparations (patches, gum, nasal spray) and bupropion are available for individuals addicted to nicotine.

Medications, such as antidepressants, mood stabilizers, or neuroleptics, may be critical for treatment success when patients have

co-occurring mental disorders, such as depression, anxiety disorder, bipolar disorder, or psychosis.

Treatment can occur in a variety of settings, in many different forms, and for different lengths of time. Because drug addiction is typically a chronic disorder characterized by occasional relapses, a short-term, one-time treatment often is not sufficient. For many, treatment is a long-term process that involves multiple interventions and attempts at abstinence.

2. *Why Can't Drug Addicts Quit On Their Own?*

Nearly all addicted individuals believe in the beginning that they can stop using drugs on their own, and most try to stop without treatment. However, most of these attempts result in failure to achieve long-term abstinence. Research has shown that long-term drug use results in significant changes in brain function that persist long after the individual stops using drugs. These drug-induced changes in brain function may have many behavioral consequences, including the compulsion to use drugs despite adverse consequences – the defining characteristic of addiction.

Understanding that addiction has such an important biological component may help explain an individual's difficulty in achieving and maintaining abstinence without treatment. Psychological stress from work or family problems, social cues, (such as meeting individuals from one's drug-using past), or the environment (such as encountering streets, objects, or even smells associated with drug use) can interact with biological factors to hinder attainment of sustained abstinence and make relapse more likely. Research studies indicate that even the most severely addicted individuals can participate actively in treatment and that active participation is essential to good outcomes.

3. *How Effective Is Drug Addiction Treatment?*

In addition to stopping drug use, the goal of treatment is to return the individual to productive functioning in the family, workplace, and community. Measures of effectiveness typically include levels of criminal behavior, family functioning, employability, and medical condition. Overall, treatment of addiction is as successful as treatment of other chronic diseases, such as diabetes, hypertension, and asthma.

According to several studies, drug treatment reduces drug use by 40 to 60 percent and significantly decreases criminal activity during and after treatment. For example, a study of therapeutic community treatment for drug offenders demonstrated that arrests for violent and nonviolent criminal acts were reduced by 40 percent or more. Methadone treatment has been shown to decrease criminal behavior by as much as 50 percent. Research shows that drug addiction treatment reduces the risk of HIV infection and that interventions to prevent HIV are much less costly than treating HIV-related illnesses. Treatment can improve the prospects for employment, with gains of up to 40 percent after treatment.

Although these effectiveness rates hold in general, individual treatment outcomes depend on the extent and nature of the patient's presenting problems, the appropriateness of the treatment components and related services used to address those problems, and the degree of active engagement of the patient in the treatment process.

4. *How Long Does Drug Addiction Treatment Usually Last?*

Individuals progress through drug addiction treatment at various speeds, so there is no predetermined length of treatment. However, research has shown unequivocally that good outcomes are contingent on adequate lengths of treatment. Generally, for residential or outpatient treatment, participation for less than 90 days is of limited or no effectiveness and treatments lasting significantly longer often are indicated. For methadone maintenance, 12 months of treatment is the minimum, and some opiate-addicted individuals will continue to benefit from methadone maintenance treatment over a period of years. Many people who enter treatment drop out before receiving all the benefits that treatment can provide. Successful outcomes may require more than one treatment experience. Many addicted individuals have multiple episodes of treatment, often with a cumulative impact.

5. *What Helps People Stay In Treatment?*

Since successful outcomes often depend upon retaining the person long enough to gain the full benefits of treatment, strategies for keeping an individual in the program are critical. Whether a patient stays in treatment depends on factors associated with both the

individual and the program. Individual factors related to engagement and retention include motivation to change drug-using behavior, degree of support from family and friends, and whether there is pressure to stay in treatment from the criminal justice system, child protection services, employers, or the family. Within the program, successful counselors are able to establish a positive, therapeutic relationship with the patient. The counselor should ensure that a treatment plan is established and followed so that the individual knows what to expect during treatment. Medical, psychiatric, and social services should be available.

Since some individual problems (such as serious mental illness, severe cocaine or crack use, or criminal involvement) increase the likelihood of a patient dropping out, intensive treatment with a range of components may be required to retain patients who have these problems. The provider then should ensure a transition to continuing care or “aftercare” following the patient’s completion of formal treatment.

6. *Is The Use Of Medications Like Methadone Simply Replacing One Drug Addiction With Another?*

No. As used in maintenance treatment, methadone and LAAM are not heroin substitutes. They are safe and effective medications for opiate addiction that are administered by mouth in regular, fixed doses. Their pharmacological effects are markedly different from those of heroin.

Injected, snorted, or smoked heroin causes an almost immediate “rush” or brief period of euphoria that wears off very quickly, terminating in a “crash”. The individual then experiences an intense craving to use more heroin to stop the crash and reinstate the euphoria. The cycle of euphoria, crash, and craving – repeated several times in a day – leads to a cycle of addiction and behavioral disruption. These characteristics of heroin use result from the drug’s rapid onset of action and its short duration of action in the brain. An individual who uses heroin multiple times per day subjects his or her brain and body to marked, rapid fluctuations as the opiate effects come and go. These fluctuations can disrupt a number of important bodily functions. Because heroin is illegal, addicted persons often become part of a

volatile drug-using street culture characterized by hustling and crimes for profit.

Methadone and LAAM have far more gradual onsets of action than heroin, and as a result, patients stabilized on these medications do not experience any rush. In addition, both medications wear off much more slowly than heroin, so there is no sudden crash, and the brain and body are not exposed to the marked fluctuations seen with heroin use. Maintenance treatment with methadone or LAAM markedly reduces the desire for heroin. If an individual maintained on adequate, regular doses of methadone (once a day) or LAAM (several times per week) tries to take heroin, the euphoric effects of heroin will be significantly blocked. According to research, patients undergoing maintenance treatment do not suffer the medical abnormalities and behavioral destabilization that rapid fluctuations in drug levels cause in heroin addicts.

7. *What Role Can The Criminal Justice System Play In The Treatment Of Drug Addiction?*

Increasingly, research is demonstrating that treatment for drug-addicted offenders during and after incarceration can have a significant beneficial effect upon future drug use, criminal behavior, and social functioning. The case for integrating drug addiction treatment approaches with the criminal justice system is compelling. Combining prison and community-based treatment for drug-addicted offenders reduces the risk of both recidivism to drug-related criminal behavior and relapse to drug use. For example, a recent study found that prisoners who participated in a therapeutic treatment program in the Delaware State Prison and continued to receive treatment in a work-release program after prison were 70 percent less likely than nonparticipants to return to drug use and incur re-arrest.

The majority of offenders involved with the criminal justice system are not in prison but are under community supervision. For those with known drug problems, drug addiction treatment may be recommended or mandated as a condition of probation. Research has demonstrated that individuals who enter treatment under legal pressure have outcomes as favorable as those who enter treatment voluntarily.

The criminal justice system refers drug offenders into treatment through a variety of mechanisms, such as diverting nonviolent offenders to treatment, stipulating treatment as a condition of probation or pretrial release, and convening specialized courts that handle cases for offenses involving drugs. Drug courts, another model, are dedicated to drug offender cases. They mandate and arrange for treatment as an alternative to incarceration, actively monitor progress in treatment, and arrange for other services to drug-involved offenders.

The most effective models integrate criminal justice and drug treatment systems and services. Treatment and criminal justice personnel work together on plans and implementation of screening, placement, testing, monitoring, and supervision, as well as on the systematic use of sanctions and rewards for drug abusers in the criminal justice system. Treatment for incarcerated drug abusers must include continuing care, monitoring, and supervision after release and during parole.

8. ***How Does Drug Addiction Treatment Help Reduce The Spread Of HIV/AIDS And Other Infectious Diseases?***

Many drug addicts, such as heroin or cocaine addicts and particularly injection drug users are at increased risk for HIV/AIDS as well as other infectious diseases like hepatitis, tuberculosis, and sexually transmitted infections. For these individuals and the community at large, drug addiction treatment is disease prevention.

Drug injectors who do not enter treatment are up to six times more likely to become infected with HIV than injectors who enter and remain in treatment. Drug users who enter and continue in treatment reduce activities that can spread disease, such as sharing injection equipment and engaging in unprotected sexual activity. Participation in treatment also presents opportunities for screening, counseling and referral for additional services. The best drug abuse treatment programs provide HIV counseling and other HIV testing to their patients.

9. *Where Do 12-Step Or Self-Help Programs Fit Into Drug Addiction Treatment?*

Self-help groups can complement and extend the effects of professional treatment. The most prominent self-help groups are those affiliated with Alcoholics Anonymous (AA), Narcotics Anonymous (NA), and Cocaine Anonymous (CA), all of which are based on the 12-step model, and Smart Recovery. Most drug addiction treatment programs encourage patients to participate in a self-help group during and after formal treatment.

10. *How Can Families And Friends Make A Difference In The Life Of Someone Needing Treatment?*

Family and friends can play critical roles in motivating individuals with drug problems to enter and stay in treatment. Family therapy is important, especially for adolescents. Involvement of a family member in an individual's treatment program can strengthen and extend the benefits of the program.

11. *Is Drug Addiction Treatment Worth Its Cost?*

Drug addiction treatment is cost-effective in reducing drug use and its associated health and social costs. Treatment is less expensive than alternatives, such as not treating addicts or simply incarcerating addicts. For example, the average cost for one full year of methadone maintenance treatment is approximately \$4,700 per patient, whereas one full year of imprisonment costs approximately \$18,400 per person.

According to several conservative estimates, every \$1 invested in addiction treatment programs yields a return of \$4 - \$7 in reduced drug-related crime, criminal justice costs, and theft alone. When savings related to health care are included, total savings can exceed costs by a ratio of 12 to 1. Major savings to the individual and society also come from significant drops in interpersonal conflicts, improvements in workplace productivity, and reductions in drug-related accidents.

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How Can I Tell If A Friend Or A Loved One Has A Problem With Alcohol, Marijuana, Or Other Illicit Drugs?

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

- Getting high on drugs or getting drunk on a regular basis.
- Lying about things, or the amount of drugs or alcohol they are using.
- Avoiding you and others in order to get high or drunk.
- Giving up activities they used to do such as sports, homework, or hanging out with friends who don't use drugs or drink.
- Having to use more marijuana or other illicit drugs to get the same effects.
- Constantly talking about using drugs or drinking.
- Believing that, in order to have fun, they need to drink or use marijuana or other drugs.
- Pressuring others to use drugs or drink.
- Getting into trouble with the law.
- Taking risks, including sexual risks, and driving under the influence of alcohol and/or drugs.
- Feeling run-down, hopeless, depressed, or even suicidal.
- Suspension from school for an alcohol- or drug-related incident.
- Missing work or poor work performance because of drinking or drug use.

Many of the signs, such as sudden changes in mood, difficulty in getting along with others, poor job or school performance, irritability, and depression, might be explained by other causes. 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.

How Can I Tell If I Have A Problem With Drugs Or Alcohol?

Drug and alcohol problems can affect every one of us regardless of age, sex, race, marital status, place of residence, income level, or lifestyle.

You may have a problem with drugs or alcohol, if:

- You can't predict whether or not you will use drugs or get drunk.
- You believe that, in order to have fun, you need to drink and/or use drugs.
- You turn to alcohol and/or drugs after a confrontation or argument, or to relieve uncomfortable feelings.
- You drink more or use more drugs to get the same effect that you got with smaller amounts.
- You drink and/or use drugs alone.
- You remember how last night began, but not how it ended, so you're worried you may have a problem.
- You have trouble at work or in school because of your drinking or drug use.
- You make promises to yourself or others that you'll stop getting drunk or using drugs.
- You feel alone, scared, miserable, and depressed.

*Based on: Just The Facts
NCADI-SAMHSA
Center for Substance Abuse Prevention
Publication No. RP0884*

Eleven Points for Parents to Protect Their Kids

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

- **Substance abuse is a preventable problem.** We, as parents, are much more powerful than we think. Upsetting us is the number one reason why kids do *not* use drugs, and kids who learn about drug risks from parents are only half as likely to start using.
- **Get and stay closely involved** with your kids' lives as they head through middle school and into high school. You won't connect well with your kids about serious health issues if you haven't been interested in the day-to-day events of interest to them – which test caused half the class to flunk, which of their friends got a part in the play, who lied to their parents and went down to the city with older kids.
- **Begin the dialogue when your kids are young.** Talk early and often. It doesn't have to be a formal “birds and bees” type discussion, but should springboard off “teachable moments” — like an incident in their town or school, a problem in your extended family, a popular music video or movie, or something on the news. Set a “no-use” expectation, including for alcohol, and make it explicit.
- **Monitor your kids.** Kids whose parents supervise them closely are only half as likely to develop a drug problem. Know the “who, what, why, where, when” of their activities, compare notes with other parents, and continue this practice as kids hit middle school, even when you no longer know all their friends, and friends' families.
- **Be the parent, not just the pal.** Your kids already have friends, but they need parenting. Consistently enforce boundaries for your family that apply even when kids are in other settings, or with families that have different rules. Teens like to be trusted, and will feel supported by clear and consistent boundaries that are explained in advance and are based on our love and concern for their well-being.
- **Addiction is a health problem.** It does not happen because someone is “a bad person,” but is an illness that is in fact the number one preventable adolescent health problem. (The American Academy of Pediatrics). It is not your fault. Stigma and shame due to past ignorance

and stereotypes about the problem are unwarranted. A drug disorder can take over your life and cause you to lie, steal and act badly toward even those you love. However, addiction has a physiological basis; chronic alcohol and other drug use change the brain and body chemistry, making it hard to stop. Thirty years ago, families were told: “your son needs to develop will-power to stop using cocaine...” Now we know better.

- **There is hope, help and healing** available for your family if someone develops a substance abuse problem. There are objective ways to assess the problem and many new treatments. Millions of people recover their health and turn their whole lives around, even though they tend not to be as visible as the public struggles of celebrities addicted to substances.
- **Don’t wait — know the warning signs and act early.** If you suspect your child has a drug or alcohol problem, you are probably right, and need to learn more about the problem and steps for helping. Intervene early, find the right type of help, and be persistent. Warning signs include sudden changes (which are otherwise unexplained) in personality, irritability and mood swings, habits and friends, excessive secrecy, and finding drug paraphernalia. There are objective “screener” short questionnaires that you can answer to determine the sort of problem you’re facing. It’s a myth that someone has to hit “rock bottom” before seeking and getting help. Without help, addiction tends to progress and can even, eventually, be fatal. Although earlier intervention is best, it is possible to get help at any stage of addiction, and success rates with quality treatment are comparable to those for other illnesses like diabetes, asthma, or hypertension.
- **Help is not just “rehab.”** Most people recover from addiction without formal, in-patient treatment, or “rehab.” There are many paths to wellness, including out-patient medical help, and sometimes a combination of treatment and a 12-Step, self-help program, which holds free meetings any time during the week.
- **Addiction runs in families**, similar to illnesses like cancer or heart disease. Kids who have a family pattern are at much higher risk of addiction if they use drugs or alcohol at all; no recreational use can stay safely under control, particularly during the formative years of

adolescence. Families with a history of alcoholism or drug addiction should talk about this, so their kids are aware. If there is a problem developing, family involvement and support makes treatment work better. Everyone – the addicted child and the parents and siblings – need strong help and mutual support to solve the problem.

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

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

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

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

Among the most common drug-related questions asked of parents is “Did you ever use drugs?” Unless the answer is “no”, it’s difficult to know what to say because nearly all parents who used drugs don’t want their children to do the same thing. Is this hypocritical? No. We all want the best for our children, and we understand the hazards of drug use better than we did when we were their age and thought we were invincible. To guide our children’s decisions about drugs, we can now draw on credible real-life examples of friends who had trouble as a result of their drug use: the neighbor who caused a fatal car crash while high; the family member who got addicted; the teen who used marijuana for years, lost interest in school, and never really learned how to deal with adult life and its stresses.

Some parents who used drugs in the past choose to lie about it, but they risk losing their credibility if their children discover the truth. Many experts recommend that when a child asks this question, the response should be honest.

This doesn’t mean that parents need to recount every moment of their experiences. As in conversations about sex, some details should remain private, and you should avoid providing more information than is actually sought by your child. Ask clarifying questions to make sure you understand exactly why and what a child is asking before answering questions about your past drug use, and limit your response to that information.

This discussion provides a good opportunity for parents to speak frankly about what attracted them to drugs, why drugs are dangerous, and why they want their children to avoid making the same mistake. There’s no perfect way to get this message across, only approaches that seem more fitting than others. Some suggestions:

- “I took drugs because some of my friends used them, and I thought I needed to in order to fit in. In those days, people didn’t know as much as they do now about all the bad things that can happen when you smoke marijuana or do other drugs. If I’d known then what I know now, I never would have tried them, and I’ll do everything I can to keep you away from drugs.”

- “Everyone makes mistakes, and when I used drugs, I made a big one. I’m telling you about this, even though it’s embarrassing, because I love you, and I want to save you from making the same stupid decision that I made when I was your age. You can learn from my mistakes without repeating them.”
- “I did drugs because I was bored and wanted to take some risks, but I soon found that I couldn’t control the risks — they were controlling me. There are much better ways of challenging yourself than doing drugs.”
- “At your age, between homework, friends, sports, and other interests, there are a lot of fun things going on. If you get into taking drugs, you’re pretty much giving up those other things, because you stop being able to concentrate, and you can’t control your moods or keep to a schedule. You’ll miss out on all these great experiences, and you’ll never get those times back.”
- “You don’t know how your body will react to drugs. Some people can get addicted really quickly and get really sick even using a drug for the first time.”
- “I started drinking/doing drugs when I was young, and I’ve been battling them ever since. They made me miss a big part of growing up, and every day I have to fight with myself so they don’t make me miss more — my job, my relationships, and my time with you. I love you too much to watch you set yourself on the same path.”

*Based on: Growing Up Drug Free, p. 6
Talking With Your Children
US Department of Education, 1998*

Helping Your Child Say "No" To Drugs

No matter where children grow up or who their friends are, nearly all of them are confronted at some time or another by friends with bad ideas – ways of testing limits, getting in trouble, and doing things they'll regret later. It's not so hard saying "No thanks, I have to go now" to a stranger. But it's a lot tougher when a child's friend — especially one whose approval means a lot to him — tries to get him to do something he knows is wrong.

Even "good kids" occasionally pester their friends into skipping a class or lying about why they were out together so late. But if friends or acquaintances entice your children to try tobacco, alcohol, or drugs, the consequences can be more serious. The best way to prepare children to succeed in these encounters is to "role play" — practice similar scenarios in advance. With the right words at the tip of their tongue, children can assert their independence while making it clear that they're rejecting their friends' choices and not the friends themselves.

You need to have these practice sessions before your child finds herself in any new situation. If your child hasn't asked you what she should do in such situations, find the time to bring it up yourself. Stress that you're working together on a skill that comes in handy whenever someone doesn't want to take "no" for an answer.

You might for instance, take the role of a boy she likes and try to persuade her to share a six-pack of beer with you. What can she say? "You're such a jerk!" is alienating. "I don't know..." leaves the door open and sounds like she could be coaxed. The middle ground, in which she's firm but friendly, works best. Help her rehearse key phrases that give reasons for why she simply won't have a beer.

- "My parents would kill me if they found out, and they always find out!"
- "No, I'm not into that stuff."
- "I tried it once, and I hate the taste."
- "My parents trust me to not drink, and I don't want to break that trust."

Or she could state the consequences of drinking:

- “I tried it once and ended up vomiting on everything!”
- “Drinking would make me feel out of control, and I hate that.”

She’ll need to be prepared for protests. She can meet them with the “broken record” technique, in which she repeats her reason for not drinking over and over until attempts at persuading her cease. Or she can make it clear that the discussion about beer is over by changing the subject: “Did you watch the basketball game last night?” or “Hey, do you know if that concert’s sold out?” If all else fails, she should leave the scene, saying, “I’ve got to go.”

*Based on: Growing Up Drug Free, p. 14
Talking With Your Children
US Department of Education, 1998*

The Link Between Substance Abuse And Sexual Violence

There are many risk factors for substance abuse. Among the most powerful is a prior history of childhood sexual abuse. Studies suggest the correlation may be as high as 70% (National Treatment Implementation Study, 1999).

Increased Chances of Substance Abuse: In a 2000 NIDA funded study of over 1400 adult females, childhood sexual abuse was associated with between 2.42 and 5.7 times the likelihood of developing either alcohol or drug dependence, depending on the kind of abuse, than those who had experienced no abuse. A 2000 Johns Hopkins study found that rape, sexual abuse and domestic violence are the most common causes of Post Traumatic Stress Disorder (PTSD) among women and that the chances that a woman will develop PTSD after being raped are 50-90%. That same study found that women who were victims of child sexual assault were twice as likely to be heavy alcohol consumers and three times as likely to become pregnant before the age of 18. Contributing to this condition are diminished family supports, positive role models and therapeutic interventions that often accompany such situations. Self medication as a means of feeling good or relief of emotional pain resulting from sexual violence can also contribute to the development of substance abuse or addiction.

Increased Chances of Becoming a Victim of Sexual Violence: Use of alcohol or drugs reduces inhibitions and judgment even at low levels. Often this impairment is not noticed by the user and can lead to making poor decisions or engaging in risky behavior. More than twenty different drugs have been associated with drug-facilitated sexual assault. These include illicit, therapeutic, and over-the-counter drugs such as sedatives, hypnotics, muscle relaxants and antihistamines. Alcohol and marijuana are the most commonly used substances in cases of sexual assault. A 2004 study looking at effects of drinking games found that 35% of the males admitted to trying to get someone else drunk during a drinking game in hopes of having sexual intercourse with them later; that 24% of the males admitted to having taken advantage of someone sexually after playing drinking games; 23% of males admitted to having had sex with someone who was too drunk to give consent after playing drinking games; and 35% of females felt that someone had taken advantage of them sexually

after playing a drinking game with them. Another 2004 review of surveys across 119 college campuses indicated that 4.7% of women surveyed reported being raped, and of that group, 72% said they were raped while they were intoxicated.

Treatment Issues For Those Victims Who Are Also Substance Abusers:

Because substance abuse/addiction and psychological effects of sexual violence are intertwined, and often interact with one another, effective treatment needs to address the existence of both components and their interaction. The key to effective treatment is a thorough evaluation and development of an individualized treatment plan based on that evaluation and all of the other factors and influences on the individual client. Decisions concerning the appropriate level, intensity, duration and course of treatment discussed elsewhere in this directory apply here as well.

Courtesy of: Rape Crisis Intervention Service of Carroll County, Inc.

National Organizational Resources**Adult Children of Alcoholics (ACA/ACoA)****310-534-1815 (Message only)**PO Box 3216
Torrance, CA 90510**AIDS Information Clearinghouse****800-458-5231****Alanon/Alateen Family Group Headquarters, Inc.****800-356-9996 (Literature)**1600 Corporate Landing Parkway
Virginia Beach, Virginia 23454-5617

800-344-2666 (Meeting Referral)

Alcohol and Drug Help Line**1-800-821-4357***24-hour referrals nationwide to individuals battling drug and alcohol abuse***Alcoholics Anonymous****212-870-3400 (Literature)**475 Riverside Drive
New York, NY 10115

212-647-1680 (Meeting Referral)

American College Health Association**410-859-1500***Call for brochures on alcohol problems or fax 410-859-1510*PO Box 28937
Baltimore, MD 21240-8937**American Psychiatric Association****703-907-7300***Contact Answer Center for written information on alcohol/substance abuse*1000 Wilson Blvd, Suite 1825
Arlington, VA 22209-3901**American Psychological Association***Call for local referral to a psychologist***800-964-2000***Call for materials about psychological problems that relate to alcohol disorders***202-336-5898**750 First Street, SE
Washington, DC 20002-4242

Center for Substance Abuse Treatment 800-662-HELP (4357)

Center for Substance Abuse Prevention Workplace Helpline
800-843-4971

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

Chemical Dependent Anonymous (DCA)

Washington Metro Area 301-369-6556

Annapolis Area 410-260-3009

Children of Alcoholics Foundation, Inc. 646-505-2060

164 West 74th Street Fax: 212-595-2553

New York, N.Y. 10023

Cocaine Anonymous 202-726-1717

Co-Dependents Anonymous (CODA) 410-256-7775

Compulsive Gambling Hotline 800-567-8238

Emotions Anonymous

D.C. Area 202-364-9448

Towson Area 410-665-5299

Families Anonymous 800-736-9805

PO Box 3475 Fax: 310-815-9682

Culver City, California 90231-3475

First Call for Help 800-492-0618

Hazelden Educational Materials 800-257-7810

Pleasant Valley Road

PO Box 176

Center City, MN 55012-0176

- Latino Council on Alcohol and Tobacco** **202-265-8054**
 1616 P Street, NW 202-265-8056
 Suite 430
 Washington, DC 20036
- Marijuana Anonymous World Services** **800-766-6779**
 PO Box 2912
 Van Nuys, CA 91404
- Mothers Against Drunk Driving (MADD)** **214-744-6233**
 Victim Hotline: 800-GETMADD (438-6233)
 511 E. John Carpenter Freeway, Suite 700
 Irving, TX 75062
- Nar-Anon Family Group Headquarters, Inc.** **800-477-6291**
 22527 Crenshaw Boulevard, Suite 200B
 Torrance, CA 90505
- Narcotics Anonymous (NA)** **813-773-9999**
 PO Box 9999 Fax: 818-700-0700
 Van Nuys, CA 91409
- National Association for Children of Alcoholics** **888-554-2627**
Call for additional information and materials.
- National Association of Alcoholism and Drug Abuse
 Counselors** **800-548-0497**
Call for written information on alcoholism and drug addiction
- National Clearinghouse for Alcohol and Drug
 Information** **301-468-2600**
 PO Box 2345 800-729-6686
 Rockville, Maryland 20847-2345
- National Coalition of Hispanic Health** **800-504-7081**
 1501 Sixteenth Street, N.W. 202-387-5000
 Washington, DC 20036

National Council on Alcoholism and Drug

Dependence, Inc.

22 Cortlendt Street, Suite 801
New York, NY 10007-3218

800-269-2255

212-269-7797

Fax: 212-269-7510

National Highway Traffic Safety Information

202-366-9550

1200 New Jersey Avenue, SE
Washington, DC 20590

Auto Safety Hotline: 888-327-4236

National Inhalant Prevention Coalition

800-269-4237

322A Thompson Street
Chattanooga, TN 37405

Fax: 512-477-3932

National Institute on Alcohol Abuse and Alcoholism

301-443-3860

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

5635 Fishers Lane
Bethesda, MD 20892-9304

National Mental Health Association

800-969-NMHA (6642)

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

2000 N. Beauregard Street, 6th Floor
Alexandria, VA 22311

**National Organization on Fetal Alcohol
Syndrome**

800-66NOFAS (666-6327)

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

900 17th Street, N.W., Suite 910
Washington, DC 20006

National Women's Health Network

202-682-7814

514 10th Street, NW, Suite 400
Washington, DC 20004

Rational Recovery Systems

800-303-CURE (2873)

PO Box 800
Lotus, CA 95651

530-621-2667

530-621-4374

Relapse Prevention Hotline

800-RELAPSE (735-2773)

Secular Organizations for Sobriety (SOS)

323-666-4295

4773 Hollywood Boulevard
Hollywood, CA 90027

Tough Love

866-828-0178

U.S. Department of Health and Human Services

800-662-HELP (4357)

Center for Substance Abuse Treatment

Information and Treatment Referral Hotline

Websites to Visit

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

Support/Self-Help Groups and Services

Adult Children of Alcoholics	www.adultchildren.org
Al-Anon/Alateen	www.al-anon.alateen.org
Alcoholics Anonymous	www.aa.org
Cocaine Anonymous	www.ca.org
Dual Recovery Anonymous: A 12-Step Program	www.dualrecovery.org
Jewish Alcoholics, Chemically Dependent Persons and Significant Others	www.jacsweb.org
Marijuana Anonymous	www.marijuana-anonymous.org
Narcotics Anonymous	www.na.org
Women for Sobriety	www.womenforsobriety.org
Partners for Recovery	www.pfr.samhsa.gov
Nar-Anon Family Groups	www.nar-anon.org
Holy Trinity Outreach	www.holytrinityrehab.com

Treatment Resources

Alcohol and Drug Abuse Administration-Directory of Services in Maryland	www.maryland-adaa.org/resource
Caron Foundation	www.caron.org
National Center for Substance Abuse Treatment	www.csat.samhsa.gov
Hazelden Foundation	www.hazelden.org
National Association of Addiction Treatment Providers	www.naatp.org

National and State Resources

Maryland Alcohol and Drug Abuse Administration	www.maryland.adaa.org
Bureau of Alcohol, Tobacco, and Firearms	www.atf.treas.gov
Centers for Disease Control and Prevention	www.cdc.gov

- National Association of Alcoholism and Drug Abuse Counselors www.naadac.org
- National Association of Alcoholism and Drug Abuse Directors www.nasadad.org
- National Black Alcoholism and Addictions Council www.nbacinc.org
- National Center on Addiction and Substance Abuse
at Columbia University www.casacolumbia.org
- National Center for Substance Abuse Prevention www.captus.samhsa.gov/home.cfm
- National Clearinghouse for Alcohol and Drug Information www.health.org
- National Council Against Drug Abuse www.drugfree.org.sg
- National Highway Traffic Safety Administration www.nhtsa.dot.gov
- National Inhalant Prevention Coalition www.inhalants.org
- National Institute on Alcohol Abuse and Alcoholism www.niaaa.nih.gov
- National Institute on Drug Abuse www.nida.nih.gov
- National Organization on Fetal Alcohol Syndrome www.nofas.org
- National Women’s Resource Center www.healthywomen.org
- Office of National Drug Control Policy www.whitehousedrugpolicy.gov
- Safe and Drug Free Schools Program www.ed.gov/offices/OESE/SDFS/index.html
- Working Partners for an Alcohol
and Drug-Free Workplace www.dol.gov/workingpartners
- Center for Substance Abuse Research www.cesar.umd.edu

Teen Sites

- Just Think Twice www.justthinktwice.com
- Above the Influence www.abovetheinfluence.com
- Check Yourself www.checkyourself.com
- NIDA for Teens www.teens.drugabuse.gov
- Students Against Destructive Decisions (SADD) www.saddonline.com

Sites For Parents and Concerned Adults

- Drug Slang Dictionary and Translator www.noslang.com/drugs
- Five Moms: Stopping Teen Cough Medicine Abuse www.fivemoms.com
- Kickbutt www.kickbutt.org
- Mothers Against Drunk Drivers www.madd.org
- Moyers on Addiction: Close to Home www.wnet.org/closetohome
- Netlingo www.netlingo.com
- Not My Kid www.notmykid.org

Partnership for A Drug-Free America	www.drugfree.org
Talking With Kids About Tough Issues	www.talkingwithkids.org
Truth: The Anti-Drug	www.theantidrug.com
Urban Dictionary	www.urbandictionary.com

Miscellaneous Substance Abuse Related Sites

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

Licensed and Certified Treatment Programs

	Adolescent Treatment	Detox Services	Dual Diagnosis Capable	Dual Diagnosis Enhanced	DWI/DUI Education Services	Early Intervention	Intensive Outpatient	Men's Services	Opiate Maintenance Therapy	Partial Hospitalization	Long-Term Residential Services	Short-Term Residential Services	Traditional Outpatient	Women's Services
Carroll Hospital Center, Behavioral Health Services				<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>	
Carroll County Health Department, Bureau of Addiction Treatment Services			<input checked="" type="checkbox"/>										<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Carroll County Long-Term Treatment Facility			<input checked="" type="checkbox"/>								<input checked="" type="checkbox"/>			
Catoctin Counseling Center				<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>									
Junction Inc.	<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>							<input checked="" type="checkbox"/>
Network Health Services, Inc.			<input checked="" type="checkbox"/>						<input checked="" type="checkbox"/>					
Re-Entry Mental Health & Substance Abuse				<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>							<input checked="" type="checkbox"/>	
Shoemaker Center		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>					<input checked="" type="checkbox"/>				<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>
The Haven Counseling Services			<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>								<input checked="" type="checkbox"/>	

*Licensed and Certified
Treatment Programs*

**Ambulatory Care Addictions Programming
Behavioral Health Services, Carroll Hospital Center
200 Memorial Avenue
Westminster, MD 21157-5726
410-871-6964**

Internet: <http://www.carrollhospitalcenter.org/content/BehavioralHealth.htm>

Contact: Larry M. Welsh, RN, BS, Director, Behavioral Health Services — 410-871-6978

Contact: Addictions Program Counselors — 410-871-6964

Contact: Deborah Rienhimer, MS, Coordinator of Addiction Services — 410-871-6983

Purpose: To provide clinically intensive substance abuse treatment, education, and support in a structured, yet non-residential, environment.

Services: This program is less intensive than inpatient treatment programs, yet, is designed to meet specific needs of persons seeking treatment appropriate to these levels of care. The center includes an intensive outpatient program for addictions (for adults and adolescents with an addiction who do not require hospitalization), a psychiatric partial hospitalization dual diagnosis program (for those with a psychiatric or behavioral condition who also need substance abuse treatment), and a 12-hour, certified program for people charged with driving while intoxicated. Appointments must be scheduled for addiction evaluations. Meetings for ASAM Level II adults and adolescents (individuals needing intensive therapy or partial hospitalization) are on Monday, Wednesday, Thursday evenings. ASAM Level I meetings (individuals who need outpatient services) are on Tuesday and Thursday evenings. Those with co-occurring conditions meet Monday through Friday, and the DWI education program is on Tuesday and Friday evenings. These programs provide an opportunity for persons interested in abstinence as a primary goal to reside at home and continue to attend work or school. Education, group therapy, and therapeutic activities are included for patients and their

families. Treatment teams include licensed addictions counselors, licensed social workers, nursing staff, and psychiatrists. Serves adolescents and adults. Serves Carroll and adjacent counties.

Eligibility: Sobriety and abstinence are required for program participation. Eligible individuals include those in crisis, those having trouble complying with treatment, and those who have been admitted to similar programs in the past. Please call or check the Internet site for details.

Fees: Most forms of medical insurance are accepted, including Medicare and Medicaid.

**Outpatient Treatment Services
Carroll County Health Department
290 S. Center Street ♦ PO Box 845
Westminster, MD 21158-0845
410-876-4800
Fax: 410-876-4832**

- Email:** sdoyle@dhhm.state.md.us
- Internet:** <http://www.carrollhealthdepartment.dhhm.md.gov/addiction/outpatient.html>
- Hours:** Mon-Thu 8 am-8:30 pm, Fri 8 am-4:30 pm
- Contact:** Susan M. Doyle, RN, CARN, Coordinator of Addictions Services
— 410-876-4800, sdoyle@dhhm.state.md.us
- Contact:** Harald M. Graning, Jr., LCSW-C, LCADC, Clinical Director
— hgraning@dhhm.state.md.us
- Purpose:** To provide substance abuse education and treatment to Carroll County residents over the age of 18 who have substance use, abuse, and dependence disorders.
- Services:** Both group and individual counseling are provided to clients who are initially taught the basic steps necessary to understand how to obtain and maintain abstinence. The client is then encouraged to examine the function that alcohol and/or drugs have played in his/her past and to develop methods for learning new and more appropriate coping skills. Each treatment plan is designed with client input. Treatment is individualized, based on the expressed need of the client and can involve sessions with family members or significant others. Duration of treatment varies; however, the average length of treatment is six to eight months. Services are also provided to inmates at the Carroll County Detention Center. This facility is dual-diagnosed capable. Serves ages 18 and older. Serves Maryland residents.
- Eligibility:** Primarily serves the underinsured, uninsured, and indigent.
- Fees:** A sliding fee scale based on income and number of dependents is applied when proof of income is provided.

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

Carroll County Long-Term Treatment Facility
Spectrum Health Systems, Inc.
7295 Buttercup Road
Sykesville, MD 21784-7463
410-795-5797
Fax: 410-795-6770

Email: lauraames@spectrumhealthsystems.org

Internet: <http://www.spectrumhealthsystems.org>

Contact: Christina Trenton, Program Director — 410-795-5767

Contact: Laura Ames, MS, CRRN, Chief Operating Officer —
508-792-5400, Ext. 7117, lauraames@spectrumhealthsystems.org

Purpose: To provide long-term residential treatment services to men and women who have a primary diagnosis of alcoholism or drug dependency.

Services: Targets the chronic substance abuser and the dynamic risk factors commonly associated with substance abuse. Works in partnership with referral sources, clients, and their families. A cognitive behavioral curriculum is designed to teach clients the skills needed for recovery. Motivational enhancement, anger management, problem solving, interpersonal skills training, stress management, 12-step programming, peer counseling, gender specific groups, role modeling, and after-care planning are major components of the curriculum. Relapse prevention training, comprehensive after-care planning, alumni meetings, and linkages to community resources help facilitate continued recovery following discharge. This facility is dual diagnosed capable and tobacco free. Serves ages 18 and older. Serves Carroll County.

Eligibility: Participants must be at least 18; have a history of alcohol or drug use; be in need of 24-7 residential treatment; be free of any physical addiction requiring an inpatient, medically managed, detoxification; be medically and psychiatrically stable; be willing and capable to participate in all program activities; demonstrate

a commitment to recovery, learning, and personal growth, and sign and agree to the terms of the consent for treatment.

Fees: Fees are on a sliding scale based on income and number of dependents.

Catoctin Counseling
63 E. Main Street ♦ Suite 8
Westminster, MD 21157-5036
410-848-9091

- Contact:** Victoria L. Schoberg, Clinical Counselor — 410-848-9091
- Contact:** Meredith Barger, Clinical Counselor
- Purpose:** To provide a full spectrum community mental health agency.
- Services:** Counseling is offered for substance abuse, domestic violence/anger management, mental health, families, and couples. Program length varies according to individual needs. Serves Carroll County.
- Fees:** Accepts many insurances.

Haven Counseling Services
1636 W. Old Liberty Road ♦ Suite 1
Eldersburg, MD 21784-9335
410-635-8400
Fax: 410-635-8444

- Email:** thehavencounseling@netscape.com
- Hours:** Mon-Fri 8 am-8 pm, Sat 8 am-noon
- Contact:** Jacquelyn Hyder, LCPC, LCADC, Executive Director — 410-635-8400
- Contact:** Helen Diehl, Office Manager
- Purpose:** To provide outpatient addictions, mental health, and pastoral counseling in a caring and confidential setting.
- Services:** Provides comprehensive assessment, individual and/or group therapies, pastoral counseling, and education to address mental health issues. Also works with addictions and dual diagnoses. Staff members include a psychiatrist, licensed psychologist, licensed professional counselor, and licensed alcohol and drug counselors. This addictions program is certified by the State of Maryland, and provides addictions evaluations, treatment, and DWI education programs in three- or six-week formats. Serves ages 7 to adult for mental health issues, and those over 18 for addictions treatment. Serves Carroll, Howard, and Frederick counties.
- Fees:** Accepts most insurance and self pay.

Junction, Inc.
98 N. Court Street ♦ PO Box 206
Westminster, MD 21158-0206
410-848-6100

- Email:** junctioninc@yahoo.com
- Hours:** Mon-Thu 9 am-8 pm, Fri 9 am-5 pm; answering service after 8 pm
- Contact:** Olivia Myers, Executive Director — 410-848-6100 or 410-876-1788
- Contact:** Mark Yount, Prevention Coordinator
- Purpose:** To provide substance abuse prevention and treatment services to Carroll County citizens.
- Services:** Prevention services include information, educational, and community programs, an extensive resource library, and technical assistance. The Prevention Office provides direct services through parenting education programs and the Community Conference program. Groups or individuals seeking speakers or information on prevention activities should contact the Prevention Office. Junction also offers drug-free, outpatient counseling services for substance abusers and their families. Treatment services include individual, family, and group counseling, with urinalysis as an adjunct. Provides intensive outpatient treatment for adolescents, referrals for inpatient treatment, and other appropriate services. Also provides MVA-certified treatment for those convicted of Driving While Intoxicated. Maintains a 24-hour drug crisis hotline. Serves Carroll County.
- Eligibility:** Provides treatment for adolescents and adults.
- Fees:** Prevention services are free to the public. Treatment fees are based on a sliding scale.

Metwark Health Services
2120 Liberty Road
Eldersburg, MD 21784-6723
410-781-4158
Fax: 410-781-4801

- Hours:** Mon-Fri 6 am-1 pm, Sat 7 am-10 am
- Contact:** Angelene Halper-Rinta , LCADC, LCPC, Clinical Director/
Supervisor — 410-781-4158, Ladey5@hotmail.com
- Contact:** Diane Wood, LPN, Nursing Supervisor — 410-781-4158
- Purpose:** To provide assistance to the client and his/her family in developing skills necessary to achieve and maintain a healthy, drug-free lifestyle.
- Services:** This methadone maintenance program helps participants stabilize their social, financial, legal, and family issues, while the physiological problems associated with withdrawal from and craving for opiates are eradicated by the daily medication dose. Maintenance doses of methadone vary according to many factors, and are determined on an individual basis. Safe, responsible detoxification may be accomplished at the request of the client. However, we recommend that the person has begun to meet his or her individually established treatment goals prior to beginning a detox schedule.
- Eligibility:** Admission is open to any individual over 18 who has an opioid dependence, regardless of race, ethnicity, gender, sexual orientation, residency status, or root cause of the opioid dependence. Dependence must be of one year or more.

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

Hours: Mon-Thu 9 am-9 pm, Fri 9 am-5 pm; 24-hour answering service

Contact: Walter Dolata, Clinical Director — 410-876-2425

Contact: Holly Cabbage, Office Coordinator

Purpose: To provide outpatient drug and alcohol treatment, and inpatient assessments.

Services: Services include: evaluation and assessment, individual counseling, group counseling, family education/counseling, didactic/comprehensive/relapse prevention, co-dependency counseling, continuing care, women's and men's issues group, and the Motor Vehicle Administration alcohol education program. The 24-hour toll free emergency number is 800-537-3422. Serves Carroll, Frederick, Howard, Baltimore counties, and the surrounding area.

Eligibility: Serves ages 18 and older. Can give referrals to various juvenile programs in the Baltimore area.

Fees: Sliding scale fees and insurance credits.

Re-Entry Mental Health Services
40 S. Church Street ♦ Suite 105
Westminster, MD 21157-5414
410-848-9244

- Hours:** Mon-Thu 9 am-9 pm
- Contact:** Sherrill Cheeks, MD, Medical Director — 410-848-9244 or 410-876-6149
- Contact:** Mary Henline, Executive Administrator
- Purpose:** To provide therapy to the general public for loneliness and depression, anxiety, marital conflicts, separation and divorce, phobias, stress, alcohol, codependence, and drugs.
- Services:** This private mental health service provides therapies including individual psychotherapy, family therapy, marital therapy, couple's therapy, group therapy, alcohol counseling, child psychotherapy, adolescent psychotherapy, psychological testing, chemotherapy, stress management, and crisis management. Twelve clinicians are on staff, including psychiatrists, psychologists, psychiatric social workers, addiction counselors, and clinical nurse specialists. All clinicians are licensed and certified. The alcohol and drug counseling program is certified by the Alcohol and Drug Abuse Administration; also offers a Maryland Vehicle Administration-approved DWI Alcohol Education Program.
- Fees:** Accepts most major medical insurance plans, Medicare, and most HMOs.

Shoemaker Center
Carroll County Health Department, Addiction Bureau
Springfield Hospital Center ♦ Medical Surgical Building
6655 Sykesville Road
Sykesville, MD 21784-7966

290 S. Center Street ♦ PO Box 845
Westminster, MD 21158-0845
410-876-1990
Fax: 410-876-1690

- Email:** cbaker@dhhm.state.md.us
- Internet:** <http://www.carrollhealthdepartment.dhhm.md.gov/addiction/inpatient.html>
- Hours:** Business Hours: Mon-Fri 8 am-4:30 pm; Operational 24 hours
- Contact:** Cathy Baker, RN, CARN, Program Director — 410-876-1990, cbaker@dhhm.state.md.us
- Contact:** Michele Ulsch, LCADC, LCSW, Clinical Director — mulsch@dhhm.state.md.us
- Purpose:** To provide a residential substance abuse program which allows the patient's body time to become drug and alcohol free, and the mind an opportunity to understand the dynamics of addiction.
- Services:** This inpatient adult residential treatment facility offers medical assessment to evaluate level of care needed, with trained medical staff on duty 24-hours a day. Certified and licensed counselors or social workers offer individual counseling along with various forms of group therapy. Motivational enhancement, anger management, problem solving, interpersonal skills training, stress management, 12-step programming, peer counseling, gender-specific groups, role modeling, and aftercare planning are major components of the curriculum. Treatment involves the individual in treatment, family members or significant others affected by the individual's substance abuse problem. Family education and treatment is provided to ensure an understanding of the disease concept. This facility is dual-diagnosed capable and tobacco free.

Listings are accurate as of the date of publication.

Serves ages 18 and older. Serves Carroll, Frederick, Harford, Howard, and Baltimore counties for men; statewide for women.

Eligibility: Participants must be at least 18 years of age; diagnosed with a substance abuse problem; be in need of 24-hour, 7-day residential treatment; be medically and psychiatrically evaluated by a practitioner for stability; be willing and capable of participating in all residential program activities; demonstrate a commitment to recovery, learning, and personal growth, and sign and agree to the terms of the program consent for treatment.

Fees: Sliding fee scale based on income and number of dependents when proof of income provided.

Treatment Programs

**Berkowitz, Susan — Licensed Clinical Social Worker
Transformations Psychotherapy Services
77-81 E. Main Street ♦ Suite 204
Westminster, MD 21157-5064
443-416-4971**

Fax 410-876-7322

Email: transformu@aol.com

Contact: Susan Berkowitz, LCSW-C, Individual Practitioner —
443-416-4971

Purpose: To provide outpatient mental health services.

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

Cedar Ridge Counseling Centers, LLC**1475 Liberty Road ♦ Suite 208****Eldersburg, MD 21784-6432****410-552-0773****79 E. Main Street ♦ Suite 400****Westminster, MD 21157-5026****410-552-0773****Email:** cedarridgecc@aol.com**Internet:** <http://www.cedarridgecounseling.com>**Hours:** Mon-Fri 8 am-9 pm, Sat 9 am-5 pm**Contact:** Erich Bonny, Licensed Clinical Social Worker — 410-552-0773**Contact:** Catherine Bonny, Licensed Clinical Social Worker —
410-552-0773, Ext. 012**Contact:** Dr. Clifford Essman, Psychologist — 410-552-0773, Ext. 017,
cliff218@aol.com**Purpose:** To provide comprehensive mental health and substance abuse services for all ages.**Services:** Mental health services include individual, couple, and family therapies. Cedar Ridge also provides biofeedback training, substance abuse assessment and counseling, school consultations, employee assistance, and parent education. Psychological testing is available. Counseling for dual-diagnosed addictions clients is also available. All ages are served with private pay or insurance coverage. Serves Carroll and surrounding counties.**Fees:** Fees vary with individual insurance coverage.

New Life For Girls
806 Littlestown Pike
Westminster, MD 21157-4713
410-848-1360
Fax: 410-848-1361

- Email:** newlifeministries@verizon.net
Internet: <http://www.newlifeforgirls.org>
Hours: Mon-Fri 9 am-4 pm
Contact: Rev. Edwin Matos, Director — 410-848-1360
Contact: Susan R. Matos, Director
Purpose: To rehabilitate women with drug and/or alcohol abuse problems through Christian teachings.
Services: Christian classes and counseling are part of the rehabilitation in this residential program. This organization is commonly referred to as “Southeast New Life For Girls” because of its geographic location. Serves Maryland, Pennsylvania, California, New York, Illinois, and Maine.
Eligibility: Open to females between the ages of 18 and 45.
Fees: An induction fee of \$100 is charged.

Rubin, Gregory — LCPC
5420 Klee Mill Road, South ♦ Suite 6
Sykesville, MD 21784-9230
410-615-6846

- Email:** gregoryrubin@comcast.net
- Hours:** Mon-Sat by appointment; morning, afternoon & evening available
- Contact:** Gregory Rubin, LCPC, Psychotherapist — 410-615-6846 or 410-552-5290, gregoryrubin@comcast.net
- Purpose:** To provide therapeutic services to children, adolescents, adults, individuals, and families.
- Services:** Offers individual, family, and marital counseling. Treatment areas include: depression; substance abuse; anxiety; grief, bereavement, and loss; life transition and review; problems at school or work, and spiritual conflicts. Mr. Rubin's practice is dual diagnosed enhanced. Serves ages 6 through the elderly. Serves Carroll, Howard, Baltimore, and Frederick counties.
- Fees:** Fees are variable and billable through insurance.

Rubin, Jeffrey S. — LCSWC
5420 Klee Mill Road, South ♦ Suite 6
Sykesville, MD 21784-9230
410-552-6633
Fax: 410-552-6633

- Email:** jeffrubinlcswc@verizon.net
- Hours:** Mon-Fri 8 am-7 pm
- Contact:** Jeffery S. Rubin, LCSWC, Psychotherapist — 410-552-6633
- Purpose:** To provide psychotherapy services.
- Services:** Counseling is offered for individuals and couples. Subjects covered include relationship issues, co-dependency problems, mood disorders, addiction issues in later recovery, and developmental transition difficulties. Serves older adolescents and adults.
- Fees:** Fees are partially covered by most health insurance programs.

Triunfo, LLC
512 Bunker Hill Court
Sykesville, MD 21784
410-978-0328

- Email:** clconcha39@yahoo.org
- Hours:** Mon-Fri 9 am-3 pm
- Contact:** Carlos L. Concha, MCC/LSAC, Licensed Counselor —
410-978-0328
- Purpose:** To help individuals reach their potential in areas of their needs
- Services:** Board certified, bilingual counselor providing counseling and therapy in the areas of addiction, couples communication (PREP modality), anger management, and problem solving. Translator and interpreter plus notary public services also available. Counselor will work with the hispanic population in cultural assessment or problem solving. Serves adults.
- Fees** \$40-\$50 per hour

Support Programs

**ACTS — Alcohol Chemical Treatment Series
Christian Revival Center
3553 E. Lawndale Road
Reisterstown, MD 21136-4036
410-239-4660**

- Email:** crcnofear@aol.com
- Internet:** <http://www.christianrevival.org/rehabilitation.php>
- Hours:** Mon-Fri 10 am-2 pm; voice mail after 2 pm
- Contact:** Peter Carey, Coordinator — 410-239-4660
- Purpose:** To educate users of drugs and alcohol about the dangers involved; to present a sense of reality in terms of how abuse affects the entire family, and the individual's interaction with society.
- Services:** Meetings are from 6 to 7 pm every Thursday and noon to 1 pm on Saturday. This 36-week course covers a wide variety of substances and how to reclaim reality after addiction. The volunteer instructors provide morally instructive presentations. There is no inpatient facility, nor are volunteers qualified to counsel. Classes are for one hour, followed by refreshments and fellowship.
- Eligibility:** Everyone is welcome. This program is dual diagnosed capable.
- Fees:** ACTS is a free program.

**Al-Anon Family Groups of MD and DC, District 3, Carroll
Baltimore Area Al-Anon Information Service
410-857-7000**

Internet: <http://www.qis.net/~alanon>

Hours: 24-hour answering machine for information & messages

Contact: Susie Howes, District Representative — 410-549-1545

Contact: Baltimore Area Al-Anon Office — 410-832-7094

Purpose: To provide a worldwide fellowship of relatives and friends of alcoholics who share experiences, strengths, and hopes for solving common problems.

Services: This organization is not allied with any denomination, organization, or institution. County meetings are:

- Sunday at 8 pm at St. John's United Methodist Church, 1205 N. Main Street, Hampstead;
- Monday at 8 pm at St. Paul's United Church of Christ, Bond and Green Streets, Westminster, and Wesley Freedom United Methodist Church, Johnsville Road and Route 26, Eldersburg;
- Tuesday at 8 pm at Westminster United Church of Christ, 75 Lamb Drive (off of Route 97 North), and Elders Baptist Church, 1216 Liberty Road, Eldersburg;
- Wednesday at noon at Ascension Episcopal Church, 23 N. Court Street, Westminster, and at 7:30 pm at St. Paul's United Methodist Church, 200 Main Street, New Windsor;
- Thursday at 8 pm at St. Mark's Lutheran Church, 1616 Cape Horn Road, Snydersburg;
- Friday at 8 pm at Immanuel Lutheran Church, 3184 Church Street, Manchester;
- Saturday at 8 pm at Ascension Episcopal Church, Westminster.

The anonymity of all members is guarded.

Eligibility: All meetings are open to anyone desiring help.

Fees: No dues or fees are charged.

Listings are accurate as of the date of publication.

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

Email: intergroup@baltimoreaa.org

Internet: <http://www.baltimoreaa.org>

Hours: 24-hour answering services

Contact: Susan Krieger, Administrator — 410-663-1922

Purpose: To assist alcoholics through group meetings with other alcoholics.

Services: 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.

Eligibility: Unlimited service area. Open to anyone.

Fees: No fees are charged.

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

Carroll County Community Conference
PO Box 206
Westminster, MD 21158-0206
410-848-6100
Fax: 410-876-5187

Email: jlamb@junctioninc.org

Hours: Mon-Fri 9 am-5 pm

Contact: Janet Lamb, LSCW-C, Coordinator — 443-605-6799,
jlamb@junctioninc.org

Purpose: To provide an opportunity for people who have been affected by a person's harmful behavior to come together, talk about what happened, hear how others have been affected, and consider ways to best repair the harm.

Services: This alternative to the justice system holds young people accountable for their behavior while working to create an agreement acceptable to everyone, help repair the damage, and provide an environment for healing. Also helps young participants think positively, learn problem solving skills, and develop constructive behavior. Both parent and child must volunteer to participate in the program; supporters of the youth involved and of the people affected by the harmful behavior are also encouraged to attend. Conferences are at convenient times and locations, based on the needs of the participants. Serves Carroll County.

Fees: Conferences are free, and available for undisputed harm cases.

**Carroll County Department of Juvenile Services
101 N. Court Street
Westminster, MD 21157-5166
410-871-3600
Fax: 410-871-3620**

Email: jonesmike@djs.state.md.us

Internet: <http://www.djs.state.md.us>

Hours: Mon 8 am-8 pm, Tues-Fri 8 am-5 pm

Contact: David J. Tucker, Carroll County Manager — 410-871-3605, tuckerd@djs.state.md.us

Contact: Michael Jones, Unit Supervisor — 410-871-3615, jonesmike@djs.state.md.us

Purpose: To provide court-ordered supervision of delinquent youth, and provide assistance for youth exhibiting at-risk behaviors.

Services: Also provides counseling services to juveniles and their families placed on probation or under protective supervision by the court. Other programs include anger management classes, smoking cessation sessions, substance abuse support, case management for delinquent youth, and victim awareness programs. Serves youth ages 8 to 21. Serves Carroll County.

Eligibility: Participants must be Carroll County residents.

Fees: Most services are free, although some referral services have their own fees.

**Celebrate Recovery
Uniontown Bible Church
321 Clear Ridge Road
Union Bridge, MD 21791-9037
410-857-9644
Fax: 410-857-9854**

Email: office@utown.org

Internet: <http://www.utown.org>

Hours: Mon-Fri 8:30 am-3:30 pm

Contact: Dave Dent, Executive Pastor — 410-857-9644, dave@utown.org

Purpose: To provide a Christ-centered substance abuse recovery program.

Services: Meets each Monday from 7 to 9 pm. This Bible-based program encourages spiritual growth as a way to free individuals from addictive, compulsive, and dysfunctional behaviors. Pastor Dent does not consider himself an expert, but started his own recovery journey in 1992 and has been involved in this program since 1999.

Eligibility: Open to anyone seeking to overcome any hurt, habit, struggle, or life issue.

Dads Works
Human Services Programs of Carroll County, Inc.
10 Distillery Drive ♦ PO Box 489
Westminster, MD 21158-0489
410-386-6638
Fax: 410-386-6675

Email: dadsworks@hspinc.org

Internet: <http://www.hspinc.org>

Contact: David Berry, Coordinator — 410-386-6638

Purpose: To help fathers be great dads by providing weekly support groups, teaching parenting skills, anger management, communication and relationship skills, and providing support or referrals for other identified needs.

Services: Dads Works is free and provides assistance with issues that many fathers face, such as child support, employment, anger management, stress, parenting, substance abuse, visitation, custody, self-esteem, relationships, and money management. Group meetings are either Wednesday mornings or Thursday evenings. Serves all ages. Serves Carroll County

Eligibility: Open to any father, whether expectant, custodial or non-custodial.

Heroin Action Coalition of Carroll County
PO Box 536
Hampstead, MD 21074-0536
410-374-1048

- Email:** help@heroinaction.org
- Internet:** <http://www.heroinaction.org>
- Contact:** Barbara Thomas, President (1/07-1/08) — 443-375-6412
- Purpose:** To provide support to families dealing with substance abuse.
- Services:** Support group meetings are from 7 to 9 pm the first Thursday of each month at the Carroll County Office Building, 225 N. Center Street, Westminster. Operates a 24-hour substance abuse hotline at 410-386-2424 where callers can receive a list of detoxification and/or treatment services, or just a sympathetic ear. The toll free number is 866-HEROIN-1 (437-6461)
- Eligibility:** Meetings are open to anyone affected by substance abuse, or anyone interested in making a difference in Carroll County. Serves all ages. Serves Carroll and Howard counties.
- Fees:** No fees are charged.

MADD Northern Maryland Affiliate, Serving Carroll County
7400 York Road ♦ Room 306
Towson, MD 21204-7531
410-876-MADD
Fax: 410-321-1044

Email: maddnorthmd@yahoo.com

Internet: <http://www.madd.org>

Hours: Mon-Thu 9 am-4 pm

Contact: MADD Northern Maryland Office — 410-321-6233

Purpose: To stop drunken driving, support the victims of this violent crime, and prevent underage drinking.

Services: Provides personal support by MADD-trained victim advocates, court monitoring, public education and awareness, encourages new laws as needed, and supports police in enforcement of existing laws. Victim Hotline: 1-877-MADD-HELP for immediate response. All ages are welcome.

Eligibility: Open to all concerned citizens, victims and their families.

Fees: Membership is free.

Maryland Drug and Alcohol Monitoring Programs
626 Admiral Drive
Suite C 236
Annapolis, MD 21401-2151
443-995-1292

Email: scram@mddamp.com
Internet <http://www.mddamp.com>

Contact: John Fulmer, President and Marketing Partner — 443-995-1292

Purpose: To provide drug and alcohol testing and monitoring to individuals and agencies.

Services: Provides 24-hour, 7-day per week, continuous alcohol monitoring through the SCRAM (Secure Continuous Remote Alcohol Monitor) system. Participants, who generally have been convicted of alcohol- or drug-related offenses, wear a tamper-proof ankle bracelet which measures alcohol content twice each hour. This information is then transmitted by modem to the monitoring agency.

**Nar-Anon Family Groups for
Maryland/Washington DC/Northern Virginia
800-477-6291**

Internet: <http://www.naranon-maryland.com>

Contact: Miss Gwen, DC/Northern Virginia Chairperson —
301-449-1645

Contact: Miss Joan, Local Contact — 410-337-8099

Contact: Miss Marie, Local Contact — 410-284-1999

Purpose: To provide a support group for the family and friends of drug abusers; to learn that the drug user's illness affects the lives of everyone close to them, and that Nar-Anon is for the parent, spouse, child, sibling, friend, or employer.

Services: For information about support group meetings in the Baltimore area, call the hotline number. A Hanover, Pennsylvania, meeting is from 8 to 9 pm, Thursday, at St. Joseph Church, 5505 Grandview Road.

Eligibility: Attendance is welcome without prior arrangement.

Fees: There are no charges or other obligations.

Narcotics Anonymous, Free State Regional Service Center
217 N. Warwick Avenue
Baltimore, MD 21223-1416
410-566-4022
Fax: 410-362-8505

Email: barsc@verizon.net

Internet: <http://www.freestatena.org>

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

Contact: Frank Dyson, Office Manager — 410-566-4022

Purpose: To provide a twelve-step recovery program for addicts.

Services: The Hotline number is 800-317-3222. Call for information on meeting locations. Serves all ages. Serves Maryland and the District of Columbia.

Eligibility: A sincere desire to stop using narcotics.

Fees: No fees are charged.

**Optimist Club of Westminster
Optimist Club International
PO Box 211
Westminster, MD 21158-0211
410-876-7356**

Email: ddorsey@westminsteroptimist.org

Internet: <http://www.westminsteroptimist.org>

Contact: Darlene Dorsey, President (10/07-10/08) — 410-876-7356

Purpose: To sponsor various community projects.

Services: Organizes the “Just Say No” Programs at William Winchester, Robert Moton, Westminster, Friendship Valley, Cranberry Station and Runnymede Elementary Schools, and St. John Catholic School.

Rape Crisis Intervention Services of Carroll County
224 N. Center Street ♦ Room 102
PO Box 1563
Westminster, MD 21158-8563
410-857-0900
Fax: 410-876-9147

Email: rape_crisis@verizon.net
Internet: <http://www.rapecrisiscc.org>

Hours: Mon-Fri 9 am-5 pm; 24-hour hotline 410-857-7322

Contact: Janice A. Kispert, CEO — 410-857-0900, jkispertcris@verizon.net
Contact: Lisa A. Aughenbaugh, Business Administrator

Purpose: To provide counseling and support services to people in the community hurt by sexual violence, and to eliminate sexual violence in Carroll County through education and advocacy.

Services: 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. Counselors are not required to report crimes, except in cases of child abuse. Services are available to both female and male victims, as well as family members. Serves adults and youth ages 12 and older. Serves Carroll County.

Fees: Services are free and confidential. Donations are solicited for therapy services.

**Reformers Unanimous/Victory Fellowship
Church of the Open Door
550 Baltimore Boulevard
Westminster, MD 21157-6102
410-876-3838
Fax: 410-876-1808**

Email: mail@opendoorchurch.org

Internet: http://www.opendoorchurch.org

Contact: Dr. Frederick Holbrook, Director — 410-876-3838, Ext. 317,
rholbrook@opendoorchurch.org

Purpose: To provide a support group for individuals dealing with addiction.

Services: Meetings are from 7 to 9 pm on Friday in the Baker Building (next to the main auditorium) on the campus of the Church of the Open Door. This program is court-approved.

Fees: Meetings are free of charge. A minimal fee is charged for workbooks and program guides.

**Solid Rock Support Group
Sonrise Community Church
1114 Old Westminster Road
Westminster, MD 21157-6711
410-848-8959**

Email: luv2shell@juno.com

Contact: Linda Thomas, Facilitator —
410-848-8959, luv2shell@juno.com

Purpose: To provide a support group for parents, siblings, and friends of drug addicts.

Services: This nondenominational group provides empathetic listening, nonjudgemental support, and confidential discussions for the parents and loved ones of young people who are struggling with drug addiction. Call for appointment.

Support

**Spirit of Freedom Ministries Christian Intervention Program
Christian Revival Center
3553 E. Lawndale Road
Reisterstown, MD 21136-4036
410-239-4660**

- Email:** crcnofear@aol.com
- Internet:** <http://www.christianrevival.org/rehabilitation.php>
- Hours:** Mon-Fri 10 am-2 pm; voice mail after 2 pm
- Contact:** Peter Carey, Coordinator — 410-239-4660, pcareysf@comcast.net
- Purpose:** To educate users of drugs and alcohol about the dangers involved; to present a sense of reality in terms of how abuse affects the entire family, and the individual's interaction with society.
- Services:** Meetings are from 6 to 7 pm every Thursday, and noon to 1 pm each Saturday at the Christian Revival Center. This 20- to 48-week course covers a wide variety of substances and how to reclaim reality after addiction. The volunteer instructors provide morally instructive presentations. There is no inpatient facility, nor are volunteers qualified to counsel. Classes are one hour long. Spirit of Freedom is not only for people who are addicted to drugs and alcohol; it is also for those who need to be educated about drugs and alcohol. The motto is "Bringing Families Together Who Are Worlds Apart."
- Eligibility:** Everyone is welcome. This program is dual diagnosed capable.
- Fees:** Spirit of Freedom is a free program.

Westminster Rescue Mission
658 Correll Drive ♦ PO Box 285
Westminster, MD 21158-0285
410-848-2222

- Internet:** <http://www.westminsterrescue.homestead.com>
- Hours:** Mon-Sat 8 am-4 pm
- Contact:** Rev. Robert Beall, Executive Director — 410-848-2222
- Purpose:** To rehabilitate alcoholics and drug addicts by treating their bodies, souls and spirits through the gospel.
- Services:** Provides shelter, food and clothing for men. Noon meals for anyone who is hungry. Serves all ages. Serves Carroll County and surrounding area.
- Eligibility:** Shelters for men, women, and children are available.

**Women's and Children's Shelter
Westminster Rescue Mission
658 Correll Drive ♦ PO Box 285
Westminster, MD 21158-0285
410-876-0225
Fax: 410-876-8562**

- Email:** wrmwomens@verizon.net
- Hours:** Mon-Fri 6:30 am-4:30 pm
- Contact:** Nicole Byrd, Director of the Women's Center — 410-876-0225, wrmwomens@verizon.net
- Contact:** Pam Burdette, Program Coordinator
- Purpose:** To provide a faith-based addictions program committed to helping women stabilize their lives, allowing them to be productive citizens in the community.
- Services:** Offers faith-based addictions programs, General Educational Development (GED) and literacy training, work therapy, and individual counseling. Participants are required to take three classes each day. Special events include a July 4th Community Celebration, May Day, Fall Fest, March Gladness, and Christmas bazaars. Volunteer opportunities are available on a limited basis. Serves women ages 18 and older. Serves Carroll County and surrounding area.
- Fees:** Donations are accepted.

Prevention Programs

Choices
PO Box 374
Westminster, MD 21158-0374
410-751-5327

- Email:** choices@westgov.com
Internet: http://www.westgov.com/police/community_info/Choices.htm
- Contact:** Sgt. Michael Bible, Westminster Police Dept. — 410-848-4646
Contact: George Butler, Drug Investigator — 410-751-5327, gbutler@ccg.carr.org
- Purpose:** To help young adults learn the consequences of substance abuse in an effort to interrupt the destructive cycle of alcohol and chemical dependencies.
- Services:** This program consists of four 3-hour sessions for four consecutive Thursday evenings, and is under the professional direction of the Carroll County Sheriff's Department, the Westminster Police Department, and trained community volunteers. Additional sponsors include the Westminster Fire Department, Carroll Hospital Center, and local funeral homes. Students see the consequences of drug and alcohol choices, and hear how similar choices have impacted guest speakers who have witnessed alcohol and drug abuse. Site tours, educational presentations, videos, and homework assignments are also included. Meetings are from 6 to 9 pm. Targets young adults aged 18 to 22 with a alcohol and/or drug problems. Serves Carroll County.
- Fees:** The cost of the four sessions and the educational material is \$150. Scholarships are available.

**CRASH Coalition, Carroll Resources to Advance Safer Highways
Carroll County Health Department
290 S. Center Street ♦ PO Box 845
Westminster, MD 21158-0845
410-876-4819**

- Internet:** <http://www.carrollhealthdepartment.dhmmh.md.gov/healthserv/highsafe.html>
- Contact:** Health Educator, 410-876-4819
- Purpose:** To educate the public about traffic safety in Carroll County.
- Services:** The community-based coalition sponsors educational programs and public awareness campaigns on such topics as seat belt use, drinking and driving, young driver safety, motorcycle safety, older driver safety, car seat use, aggressive driving, bike safety, and school bus safety. Call for special events and upcoming program lists, and for dates of the next car seat checkup event.

**DARE Unit (Drug Abuse Resistance Education)
Youth Intervention Task Force, Carroll County Public Schools
1100 Baltimore Boulevard
Westminster, MD 21157-7025
410-386-3000**

Hours: 24-hour voice mail access

Contact: Tfc. Paul Schur, DARE officer, Maryland State Police —
410-386-3000, pschur@mdsp.org

Contact: Sgt. Keith Benfer, DARE officer, Westminster City Police —
410-848-4646, 410-848-4230 (fax), kbenfer@westgov.com

Contact: Tfc. Brian Clinton, DARE officer, Maryland State Police —
bclinton@mdsp.org

Contact: Cpl. Worthy Washington, DARE officer, Carroll County Sheriff's
Department — 410-386-2900, 410-876-1152 (fax)

Purpose: To present drug and alcohol abuse resistance education to all
6th grade students, as well as various safety presentations offered
at elementary, middle, and high schools.

Services: This 10-lesson curriculum provides students with accurate
information about drugs, alcohol, and abuse; teaches students
the consequences of substance abuse, and also provides students
with resistance skills and techniques. Safety topics include, but
are not limited, to: latchkey safety, child molestation prevention,
enhanced 911 learning program, bicycle safety, identity theft,
Internet safety, gangs, and identifying methamphetamine
laboratories. The DARE Unit will provide special presentations
to civic groups upon written request, schedule permitting. Serves
Carroll County.

- Tfc. Schur works with South Carroll, Century, and Liberty high schools; Oklahoma Road and Sykesville middle schools, and Carrolltowne, Eldersburg, Freedom, Linton Springs, Mechanicsville, and Piney Ridge elementary schools.

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

- Sgt. Benfer works with Carroll Lutheran School, Faith Christian School, St. John School, East and West middle schools, and Cranberry Station, Friendship Valley, Westminster, William Winchester, and Robert Moton elementary schools.
- Cpl. Washington works with Seventh Day Adventist School; North Carroll Community School; Francis Scott Key and North Carroll high schools; New Windsor, Northwest, and West middle schools, and Elmer Wolfe, Runnymede, Taneytown, and Winfield elementary schools.
- Tfc. Clinton works with Winters Mill and Westminster high schools; Gateway School; Carroll County Career and Technology Center; Mount Airy, North Carroll and Shiloh middle schools, and Charles Carroll, Hampstead, Manchester, Mount Airy, Parr's Ridge, Sandymount, and Spring Garden elementary schools.

Drug Free Schools Program
Carroll County Public Schools — Student Services Department
125 N. Court Street
Westminster, MD 21157-5192
410-751-3331
Fax: 410-751-3695

- Email:** ambible@k12.carr.org
- Internet:** <http://www.carrollk12.org/instruction/studentservices/subabuse/subabuseindex.htm>
- Hours:** Tue-Thu 8 am-4 pm; 24-hour voice mail
- Contact:** Anna M. Bible, Drug Free Schools Coordinator —
410-751-3331, ambible@K12.carr.org
- Purpose:** To implement tobacco, alcohol, and other drug abuse prevention strategies for students, and to work with agencies countywide in the prevention efforts.
- Services:** Carroll County Public Schools provides prevention programs for the students. Current substance abuse prevention information is provided in each school's monthly newsletter.

**FoolProof Improvisational Theatre
Junction, Inc.
90 Willis Street
Westminster, MD 21157-5128
410-876-7415**

- Email:** paulz@foolprooftroupe.com
Internet: <http://www.foolprooftroupe.com>
- Contact:** Paul Zimmermann, Director — 410-876-7415,
paulz@foolprooftroupe.com
- Purpose:** To perform issue-oriented improvisations for youth and parent groups to help open lines of communication.
- Services:** Issues such as drug abuse, alcohol abuse, suicide, teenage pregnancy, peer pressure, divorce, and AIDS provide the basis for scripts. Members perform for schools, drug and alcohol rehabilitation centers, church youth groups, service organizations, PTA groups, or anyone else requesting the service. Program lengths vary, but they are generally one hour in length with thirty minutes for scenes and thirty minutes for communication between the audience and characters. The actors will develop a show on a particular theme upon request. Actors must be of high school age. Serves Carroll County and surrounding area.
- Fees:** A donation of \$100, payable to Junction, Inc., is requested.

RAD, Residents Attacking Drugs, Inc.
PO Box 188
Westminster, MD 21158-0188
410-876-3378

Email: staff@heroinkills.org

Internet: http://www.heroinkills.org

Contact: Linda Auerback, President — 410-876-3378

Contact: Debbie Kehs, Vice President — 410-876-0121

Purpose: To continuously seek innovative ways to increase drug awareness, introduce prevention tools to our community, and to engage our youth in productive and healthy activities.

Services: This resource group sponsors community forums, and sets up forums and speakers for other groups to educate the public about drugs in our community. The group has produced a video entitled “Heroin Kills,” which is being shown at schools world-wide and on cable television to increase awareness about the danger of drugs among youth. Latest projects include a one-minute public service announcement and a five-minute music video with the title song “Heroin Kills.” Both projects are being shown in many states. Serves Carroll County.

Eligibility Any community member interested in fighting against drug use is welcome to join.

Teen Choices
PO Box 374
Westminster, MD 21158-0374
410-751-5327

- Email:** choices@westgov.com
- Internet:** http://www.westgov.com/police/community_info/Choices.htm
- Contact:** Sgt. Michael Bible, Westminster Police Dept. — 410-848-4646
- Contact:** George Butler, Drug Investigator — 410-751-5327, gbutler@ccg.carr.org
- Purpose:** To help students learn the consequences of substance abuse in an effort to interrupt the destructive cycle of alcohol and chemical dependencies.
- Services:** This program consist of three 2 1/2 hour sessions for three evenings. The first night, the parents are required to attend an informational sharing meeting. Meetings are from 6:00 to 8:30 pm. Targets teenagers ages 13 to 17 years with alcohol or minor drug problems. Serves Carroll County.
- Fees:** The cost of the three sessions and educational materials is \$100. Scholarships are available.

Think Before You Drink Foundation
4630 Lower Beckleysville Road
Hampstead, MD 21074-2612
410-374-2840
Fax: 410-374-1732

Email: truth@qis.net

Internet: <http://www.qis.net/~hughessr>

Hours: 24 hours/7 days

Contact: Craig W. Hughes, Sr., Founder/Executive Director (1/08-1/09)
— 410-374-2840 or 443-375-1851 (cell phone),
hughessr@qis.net

Purpose: To educate the public about how alcohol abuse damages the body mentally, physically, and psychologically, and to highlight the billions of dollars society spends each year on treating alcoholism.

Services: Offers presentations to schools and other organizations, which include printed materials and personal accounts to help educate young people about the dangers of alcohol abuse. Presentations also include use of Drunk Busters Impairment Goggles, which simulate the effects of intoxication. The foundation accepts student workers through the Volunteer Community Service Program. Regular meetings are from 1 to 3 pm on Saturday; call for location. Serves all ages, but focuses primarily on youth. Serves Carroll, Baltimore, Frederick and Howard counties.

Eligibility Anyone willing to help the community is welcome to attend.

Fees: Donations are always welcome.

Tobacco Programs

**American Cancer Society —
Howard, Carroll and Frederick County Unit
American Cancer Society, South Atlantic Division, Inc.
1393 Progress Way ♦ Suite 908
Eldersburg, MD 21784-6473
888-535-4555
Fax: 410-781-4317**

Email: psmelkinson@cancer.org

Internet: <http://www.cancer.org>

Contact: Phyllis Smelkinson, Community Specialist — 888-535-4555 or 410-781-6908, psmelkinson@cancer.org

Purpose: To work toward eliminating cancer as a major health problem through education, patient assistance, advocacy, fundraising and research.

Services: This voluntary health organization provides community outreach on cancer prevention and early detection through educational programs and events. Provides transportation to cancer treatment centers. Some limited financial assistance provided for pain and nausea medications. Personal help available through various support programs. Literature available to patients, their families, and the general community on prevention, risk reduction, diagnosis, treatment, rehabilitation, and continuing care. For information regarding support groups and patient services, call the Resource Center at 888-227-6333. For additional cancer information, call 800-ACS-2345.

Eligibility: Open to all.

Fees: No fees are charged.

American Lung Association of Maryland
11350 McCormick Road ♦ Executive Plaza I
Suite 600
Hunt Valley, MD 21031-1002
410-560-2120
Fax: 410-560-0829

Email: info@marylandlung.org

Internet: http://www.marylandlung.org

Hours: Mon-Fri 8:30 am-4:30 pm

Contact: Stephen M. Peregoy, President/CEO — 410-560-2120

Purpose: To prevent lung disease and promote lung health.

Services: Priorities are asthma, tobacco use cessation and prevention, and air quality. Programs and services include: Open Airways For Schools, a school-based asthma education program for 8-11 year olds with asthma; Camp Superkids, a week-long overnight camp for children with asthma which provides asthma education, medical supervision, and general camp activities; a grassroots network for individuals interested in supporting legislative activities in connection with minors' access to tobacco, smoke-free workplaces, and clean air issues; providing items such as literature and posters on a variety of lung-related issues such as lung disease, lung health, smoking cessation, clean air, legislative activities, and research, and "Breath of Life," a quarterly newsletter about the Lung Association, its events, activities, and programs. An additional phone number is 800-LUNG-USA (800-586-4872). Branch offices are located in Hunt Valley, Cumberland, and Salisbury. Serves Maryland.

Boris, Thomas Edward — Ph.D., Psychologist
215 Washington Heights
Westminster, MD 21157-5632
410-848-0244

Hours: Mon-Wed by appointment

Contact: Thomas Edward Boris, Ph.D., NBCCH Psychologist —
410-848-0244

Purpose: To provide outpatient mental health services.

Services: 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. Serves all ages.

Fees: Certain insurance plans accepted; please check for availability. Some fees negotiable.

**Learning Center
Carroll Hospital Center
200 Memorial Avenue
Westminster, MD 21157-5629
410-871-6842
Fax: 410-871-7086**

Email: thelearningcenter@carrollhospitalcenter.org
Internet: <http://www.carrollhospitalcenter.org/education/default.as>

Hours: Mon-Fri 8-4

Contact: Learning Center — 410-871-6841

Purpose: To provide smoking cessation education to in-patients and, in collaboration with the Carroll County Health Department, to provide smoking cessation education to interested community members.

Services: Programs include:

- Jump Start to Quitting — a quick quit, 2-hour clinic to get started or refresh your plan. Registration is required. Call 410-876-4429 or 410-857-5000.
- Stop Using Tobacco for Life — an extensive quit program with two-hour sessions for seven consecutive weeks. Registration is required. Call 410-876-4429 or 410-857-5000.
- The Next Step Maintenance Program — one-hour sessions twice a month to help participants stay tobacco free. No registration needed.
- Carroll Hospital Center — 7 pm -8 pm, 1st & 3rd Tuesday of each month, year round.
- Carroll County Health Department — 1 pm -2 pm, 2nd & 4th Thursday of each month, year round.

**Tobacco Prevention, Education, and Cessation Program
Cigarette Restitution Fund Program
Carroll County Health Department
290 S. Center Street ♦ PO Box 845
Westminster, MD 21158-0845
410-876-4443
Fax: 410-876-4441**

- Email:** bwhite@dhhm.state.md.us
- Internet:** <http://www.carrollhealthdepartment.dhhm.md.gov/healthserv/tobaccoprevent.html>
- Hours:** Mon-Fri 8 am-4:30 pm
- Contact:** Barbara White, Coordinator — 410-876-4443 or 800-966-3877, Ext. 4443, bwhite@dhhm.state.md.us
- Contact:** Cessation Coordinator — 410-876-4429
- Purpose:** To decrease the number of adults and youth using tobacco in Carroll County.
- Services:** Services are offered in the following areas:
- Community — offers community mini grants and programs for tobacco use prevention, cessation, and education.
 - School Based — works with the Carroll County Public Schools to support tobacco prevention curriculum and provide an alternate program for students caught using tobacco in school.
 - Enforcement — works with local law enforcement to check compliance with state and local tobacco laws.
 - Cessation — provides free smoking cessation classes and self-help materials for quitting tobacco use. Participants in classes can receive vouchers to use toward the cost of nicotine replacement products or Chantix. Serves Carroll County.

*Law Enforcement
Resources*

Adult Drug Treatment Court Program

410-386-2851

Circuit Court for Carroll County

Fax: 410-386-2596

55 N. Court Street

Westminster, MD 21157-5155

Email: djackson@ccg.carr.org

Contact: Diane L. Jackson, Drug Treatment Court Coordinator —
410-386-2851, djackson@ccg.carr.org

Contact: Dena Black, Drug Treatment Court Case Manager —
410-386-2852, drblack@ccg.carr.org

Purpose: To reduce dependency through effective allocation of community resources to an intensive, court-supervised program that combines treatment with support services for eligible offenders.

Services: Provides intensive case-management and referrals for community services and resources. Drug Treatment Court is the 2nd and 4th Fridays of each month at the Courthouse Annex, 55 N. Court Street, Westminster.

Eligibility: Individuals are referred to Drug Court by the Carroll County Circuit Court. Serves adults.

Carroll County Narcotics Task Force

410-386-3100

1100 Baltimore Boulevard

Westminster, Maryland 21157

A multi-agency law enforcement unit dedicated to the enforcement of narcotics violations in the Carroll County Area - anonymous information may be given.

Carroll County Detention Center

410-386-2628

100 N. Court Street

Westminster, MD 21157-5112

Email: ghardinger@ccg.carr.org

Internet: <http://www.carrollcountysheriff.com/detentionctr.htm>

Contact: George Hardinger, Warden — 410-386-2620, ghardinger@ccg.carr.org

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

Carroll County Sheriff's Office

100 N. Court Street
Westminster, MD 21157-5112

410-386-2900
Fax: 410-876-1152

Email: rlkeefe@carr.org
Internet: <http://www.carrollcountysheriff.com>

Contact: Kenneth L. Tregoning, Sheriff (12/06-12/10) — 410-386-2900
or 888-302-8924

Contact: Robert L. Keefer, Chief Deputy/Sheriff Services —
rlkeefe@carr.org

Carroll County Sheriff's Office, New Windsor**410-386-2900**

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

Contact: Cpl. Mark Tausen, Community Deputy — 410-386-2900

Carroll County Sheriff's Office, Union Bridge**410-386-2900**

Carroll County Sheriff Community Deputy Program
104 W. Locust Street
Union Bridge, MD 21791-9132

Contact: Dfc. Vincent Pacelli, Community Deputy — 410-386-2900

Carroll County State's Attorney**410-386-2671**

55 N. Court Street, Suite 100
PO Box 606
Westminster, MD 21158-0606

Fax: 410-876-9286

Email: ccstatesattorney@carr.org
Internet: <http://www.carr.org/stateatt>

Hours: Mon-Fri 8-5

Contact: Jerry F. Barnes, State's Attorney (11/06-11/10) — 410-386-2671
or 888-302-8925, ccstatesattorney@carr.org

Carroll County Victim Witness Assistance Unit

Carroll County State's Attorney's Office

55 N. Court Street, PO Box 606

Westminster, MD 21158-0606

410-386-2073**Fax: 410-876-9286****Internet:** <http://ccgovernment.carr.org/ccg/stateatt/vicwit.htm>**Hours:** Mon-Fri 8-4:30**Contact:** Joyce Schaum, Director — 410-386-2073 or 410-386-2671**Contact:** Michelle Schaffer, District Court Coordinator — 410-386-2174**Family and Community Mediation Program**

Carroll County Youth Service Bureau

332-140 Village Road

Suites 1-6, JCK Center

Westminster, MD 21157-6196

410-848-2500**Fax: 410-876-3016****Email:** awomaski@ccysb.org**Internet:** <http://www.ccysb.org>**Hours:** Mon-Fri 10 am-8 pm**Contact:** Amy Womaski, Director of Mediation Services —410-848-2500, awomaski@ccysb.org**Contact:** Melissa Holland, Assistant Director**Hampstead Police Department**

1112 Main Street

Hampstead, MD 21074-2255

410-239-8954**Fax: 410-239-8659****Email:** police@qis.net**Contact:** R. Kenneth Meekins, Chief of Police — 410-239-8954,police@qis.net**Manchester Police Department**

3215 Long Lane, PO Box 830

Manchester, MD 21102-0830

410-239-6900**Email:** mpd21102@qis.net**Contact:** Gerald Gall, Chief — 410-239-6900, gallmpd@comcast.net

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

Maryland State Police, Barrack G**410-386-3000**1100 Baltimore Boulevard
Westminster, MD 21157-7025**Fax: 410-386-3003****Email:** westminster@mdsp.org**Internet:** <http://www.mdsp.org>**Contact:** Lt. A. Dean Richardson, Barrack Commander — 410-386-3009**Contact:** 1/Sgt. Kevin Lewis, Coordinator, Resident Trooper Program —
410-386-3012, klewis@mdsp.org**Contact:** Gregory Shipley, Public Relations/Media Contact —
410-653-4236**Mount Airy Police Department****301-829-0218**Maryland State Police Resident Trooper Program
Park Avenue and Main Street, PO Box 50
Mount Airy, MD 21771-0050**Internet:** <http://www.carr.org/mtairy/police.htm>**Contact:** Sgt. Palmer Grotte, Resident Trooper — 301-829-0218 or
410-386-3000**Contact:** Tfc. Christopher Heid, Resident Trooper — 301-829-0218 or
410-386-3000**Sykesville Police Department****410-795-0757**7547 Main Street
Sykesville, MD 21784-7364**Fax: 410-795-8864****Email:** policeadmin@sykesville.net**Internet:** <http://www.sykesville.net/police>**Contact:** John R. Williams, Jr., Chief of Police — 410-795-0757**Taneytown Police Department****410-751-1150**120 E. Baltimore Street
Taneytown, MD 21787-2110**Fax: 410-751-0755****Contact:** Bill Tyler, Chief of Police — 410-751-1150

Westminster Police Department

36 Locust Street, PO Box 300

Westminster, MD 21158-0300

410-848-4646**Fax: 410-848-4230****Email:** wpd@westgov.com**Internet** http://www.westminsterpolice.com**Contact:** Jeffrey Spaulding, Police Chief — 410-848-4646 or
410-876-3100, jspaulding@westgov.com



Carroll County Drug Task Force
1100 Baltimore Boulevard
Westminster, Maryland 21157
Office: 410-386-3100 Fax: 410-857-8774

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Carroll County Drug Task Force
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that made printing of
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