



# **Behavioral Health Resources & Services Directory**

for Carroll County 2017-2018

**MENTAL HEALTH & SUBSTANCE ABUSE**



**The Partnership**  
*for a Healthier Carroll County*

[HealthyCarroll.org](http://HealthyCarroll.org)



## ACKNOWLEDGMENTS

*I am delighted to introduce the 2017 edition of the Carroll County Behavioral Health Directory. The Partnership for a Healthier Carroll County coordinates this effort along with key community members and organizations. In particular, The Partnership wishes to recognize the leadership and expertise of the Carroll County Public Library, the Carroll County Health Department, Carroll Hospital, the Get Connected Family Resource Center, and the financial contribution of the Rotary Club of Bonds Meadow.*

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

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

*Every effort was made to provide accurate and useful information. The entries are current as of the date of publication, but please refer to our website, [www.healthycarroll.org](http://www.healthycarroll.org) for any updates that we receive. From the website, you will be able to download and print sections of the guide that are most important to you and your family. Please note, the directory is not meant as an endorsement of any of the agencies or providers. This is also not an exhaustive list; there are other services for which you may be eligible.*

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



Dorothy L. Fox  
Executive Director & CEO  
The Partnership for a Healthier Carroll



Carroll County Health Department





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## GUIDING PRINCIPLES OF RECOVERY

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

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

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

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

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

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

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



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

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

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

*SAMHSA, December 2011*

## SIGNS AND SYMPTOMS OF DRUG ABUSE & ADDICTION

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

### Common signs and symptoms of drug abuse:

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

### Common signs and symptoms of drug addiction:

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



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

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

### **Physical warning signs of drug abuse:**

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

### **Behavioral signs of drug abuse:**

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

### **Psychological warning signs of drug abuse:**

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

*Based on: Drug Abuse and Addiction: Signs, Symptoms, and Help for Drug Problems and Substance Abuse [www.helpguide.org](http://www.helpguide.org)*

## THE LINK BETWEEN SUBSTANCE ABUSE & SEXUAL VIOLENCE

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

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

### **Increased Chances of Becoming a Victim of Sexual Violence:**

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

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



drug most commonly used by perpetrators to help commit sexual assault.

### **Increased Chances of Substance Abuse:**

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

Studies have shown a strong relationship between substance abuse and sexual abuse, even for those who did not use substances prior to the assault. Men and women reporting sexual abuse have higher rates of alcohol and drug use disorders than other men and women. Abuse victims reported initiating substance use earlier than their non-abused peers.

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

### **Seeking Treatment as a Victim and Substance Abuser:**

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

*(Source: Dawgert, Sarah (2009). Substance Abuse and Sexual Violence: Building Prevention and Intervention Responses. The Pennsylvania Coalition Against Rape.)  
Courtesy of Family and Children Services, Carroll County.  
Mental Illness: Recognizing Warning Signs*

## **MENTAL ILLNESS: RECOGNIZING WARNING SIGNS**

Most people believe that mental disorders are rare and “happen to someone else.” In fact, mental disorders are common and widespread. An estimated 61.5 million Americans experience mental disorder in a given year. One in 17—about 13.6 million—live with a serious mental illness such as major depression, bipolar disorder or schizophrenia<sup>1</sup>. Approximately 20 percent of youth ages 13 to 18 experience severe mental disorders in a given year. For ages 8 to 15, the estimate is 13 percent.

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

### **In adults: (Not all may apply)**

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



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

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

## **In younger children: (Not all may apply)**

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

*Nami.org/factsheets, 3/2013*

*1. National Institutes of Health, National Institute of Mental Health. (n.d.). Statistics: Any Disorder among Adults. Retrieved March 5, 2013, from [http://www.nimh.nih.gov/statistics/1ANYDIS\\_ADULT.shtml](http://www.nimh.nih.gov/statistics/1ANYDIS_ADULT.shtml)*

*2. National Institutes of Health, National Institute of Mental Health. (n.d.). Any Disorder among Children. Retrieved March 5, 2013, from [http://www.nimh.nih.gov/statistics/1ANYDIS\\_CHILD.shtml](http://www.nimh.nih.gov/statistics/1ANYDIS_CHILD.shtml)*

## SUICIDE FACTS

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

### Facts about Suicide:

- Suicide is the tenth leading cause of death in the U.S., claiming approximately 30,000 lives each year.
- Suicide per CDC is the third leading cause of death among those aged 14-55.
- Most suicidal persons give definite warning signs of their suicidal intentions, but others are often unaware of the significance of these warnings or unsure what to do about them.
- Firearms are the most common method of suicide across all age, sex, and ethnic groups, and rates are increasing.
- Talking about suicide does NOT cause someone to be suicidal, nor does it mean that someone is less likely to commit suicide.

### Warning Signs:

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

*(Sources: CDC – Center for Disease Control, WHO - World Health Organization, AAS – American Association of Suicidology, NAMI- National Alliance on Mental Illness, NIMH – National Institute of Mental Health, SMH – Screening for Mental Health*

**CERTIFIED  
TREATMENT**

**CERTIFIED TREATMENT****Access Carroll, Inc.****Integrated Health Care**

10 Distillery Drive, Suite 200, Westminster, MD 21157

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

*accesscarroll.org*

**BH Health Services, Inc.**

450 E. Main Street, Westminster, MD 21157-5540

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

*bhhealthservicesinc.com*

**Carroll County Youth Service Bureau, Inc.**

59 Kate Wagner Road, Westminster, MD 21157-6957

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

*ccysb.org*

**Carroll Hospital Behavioral Health Services****Ambulatory Care PHP/IOP**

Behavioral Health Services

200 Memorial Avenue, Westminster, MD 21157-5726

410-871-7110

*carrollhospitalcenter.org/behavioral-health*

**Catoctin Counseling**

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

410-848-9091

*catoctincounseling.com*

**Congruent Counseling Services**

6220 Georgetown Blvd. Suite C, Eldersburg, MD 21784

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

*congruentcs@gmail.com*

*congruentcounseling.com*



### **Genesis Treatment Services**

1106 Business Parkway S, Suite B, Westminster, MD 21157-3054  
410-751-7771 Fax: 410-751-7736  
*admin@genesistreatment.com*  
*genesistreatment.com*

### **I Can't We Can Counseling Center**

1438 Liberty Rd. Suites 3 & 4, Sykesville, MD 21784  
443-609-4302 Fax: 443-609-4625  
*icantwecancounselingcenter.org*

### **Network Health Services, Inc.**

2120 Liberty Road, Eldersburg, MD 21784-6723  
410-781-4158 Fax: 410-781-4801  
*networkhealthservices@yahoo.com*  
Monday - Friday 5:30 am - 11 am, Saturday. 7:00 am - 10:00 am

### **Mountain Manor Treatment Center, Westminster Outpatient**

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

### **North Carroll Addiction Recovery and Wellness Program**

1011 South Main Street, Hampstead, MD 21074  
Fax: 410-552-9881

### **Re-Entry Mental Health Services**

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

### **Right Turn Impact**

1209 Liberty Road, Suite #102, Sykesville, MD 21784  
410- 581-4900 Fax: 443-773-5568  
*impactdui.com*

**Shoemaker Center****Maryland Treatment Centers, Inc.**

Springfield Hospital Center

Medical Surgical Building - 3rd Floor

6655 Sykesville Road, Sykesville, MD 21784-7966

410-876-1990 Fax: 410-876-1690

**Westminster Recovery Center, LLC**

77 E. Main Street, Suite 300, Westminster, MD 21157-5015

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

*wrcf@verizon.net*

# **MENTAL HEALTH**

## MENTAL HEALTH

### **Advanced Behavior Health**

#### **Vera Kurdian LCSW-C, Regional Director**

1003 W 7th Street #500, Frederick, MD 21702

301-345-1022 Fax: 240-306-1735

*Verakurdian@gmail.com*

*abhmaryland.com*

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

#### **Baker, Nora — LCSW-C**

518 E. Baltimore Street, Suite 4, Taneytown, MD 21787-2402

443-875-8440 Fax: 717-642-6040

Hours available by appointment

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

#### **Billingslea, Nan — LCSW-C**

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

410-848-5155

Hours by appointment

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

#### **Boris, Thomas Edward — Ph.D., Psychologist**

215 Washington Heights, Westminster, MD 21157-5632

410-848-0244

Monday - Wednesday; by appointment

Specializes in anxiety and panic disorders. As a nationally board certified hypnotherapist, provides hypnosis for pain control, smoking cessation, and weight control. Contact provider for additional specialty areas. Certain insurance plans



accepted; please check for availability. Some fees negotiable. Serves all ages.

### **Carroll Counseling Centers**

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

1131 S. Main Street, Suite 202, Mount Airy, MD 21771-5457

301-829-2242 Fax: 301-829-2290

*office@carrollcounseling.com*

*carrollcounseling.com*

Monday - Friday: 9 am - 1 pm and 2 pm – 5 pm

Before and after hour appointment may be available upon request

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

### **Carroll County Youth Service Bureau, Inc.**

59 Kate Wagner Road, Westminster, MD 21157-6957

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

*ccysb.org*

Monday -Thursday: 8:30 am - 8:00 pm; Friday 8:30 am - 4:00 pm;

Saturday 9:00 am - 2:00 pm

Provides multi-disciplinary mental health and substance abuse treatment, as well as a continuum of specialty programs to children and adolescents, adults and families. For a detailed description of these services, please call or refer to the website, *ccysb.org*. Services include outpatient mental health services, substance abuse treatment, Assertive Community Treatment, family preservation, home-based family therapy, brief strategic family therapy, separation and divorce seminars, assessments for suicide and self-injury, interactive group therapy for adolescents, parent/child interactive therapy, and a training site for graduate social work and counseling students.

## **Carroll Mental Health Care**

Carrolltowne Healthcare Center

1643 Liberty Rd Suite 204, Eldersburg, MD 21784

410-552- 9004

*carrollmhc.com*

Tuesday and Thursday: 9:00 am – 1:00 pm & 2:00 pm – 6:00 pm;

Saturday: 9:00 am – 2:00 pm

Closed Monday, Wednesday and Friday

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

## **Catoctin Counseling**

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

410-848-9091

*catoctincounseling.com*

Provides counseling in substance abuse, domestic violence, anger management, mental health, families, and couples. Program length varies according to individual needs. Makes every effort to work with insurance companies. Offers a sliding fee scale for services in substance abuse, anger management, and substance abuse groups.

## **Cedar Ridge Counseling Centers, LLC**

1311 Londontowne Blvd., Suite 130A, Eldersburg, MD 21784-6556

2 Locust Lane, Suite 203, Westminster, MD 21157-5075

410-552-0773 Fax: 443.200.0267

*cedarridgecounseling.com*

Monday – Friday: 7:00 am – 10:00 pm;

Saturday – Sunday: 9:00 am – 5:00 pm

Mental health services include individual, couple, and family therapies. Provides biofeedback training, substance abuse assessment and counseling, school consultations, employee assistance, and parent education. Psychological testing is available. Counseling for dual-diagnosed addictions clients is also available. Fees vary with individual insurance coverage. Accepts various insurances and private pay. Serves all ages.

**Center for Eating Disorders, Sheppard Pratt**

Physicians Pavilion North

6535 N. Charles Street, Suite 300, Baltimore, MD 21204

410-938-5252 Fax: 410-938-5250

*EatingdisorderInfo@sheppardpratt.org**eatingdisorder.org*

Monday – Friday: 9:00 am – 5:00 p.m for Outpatient; Others by Appointment

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

**CentrePointe Counseling, Inc.**

354 Crest Lane, Westminster, MD 21157

(other locations in MD listed on website)

800-491-5369 x120 Fax: 301-774-3678

*centrepointecounseling.org*

Hours by appointment

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

**Congruent Counseling Services**

6220 Georgetown Blvd. Suite C, Eldersburg, MD 21784

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

*congruentcs@gmail.com**congruentcounseling.com*

Monday - Friday: 10:00 am – 9:00 pm

Offers individual, family, couples and marital counseling for various mental health and substance abuse concerns. Accepts most major insurance. Serves children, teens, and adults.

## **The Counseling Center for Change**

Dawn O'Meally, LCSW-C & Associates

1812 Baltimore Blvd., Suite B, Westminster, MD 21157

443-590-0030

*tcc4change.com*

Monday – Friday: 7:00 am – 8:00 pm; Some Saturdays

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

## **The Counseling Renaissance**

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

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

*gmrassa@verizon.net*

*counselingrenaissance.com*

Hours by appointment

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

## **Family and Children's Services**

22 North Court Street, Westminster, Maryland 21157

410-876 -1233 Fax: 410-876-4791

*fcsmd.org*

Monday – Friday: 8:30 am - 4:30 pm; After hours: 443-865-8031

Assists families who are facing separation, domestic violence, child sexual abuse, and other hardships that increase stresses of daily living. Offer domestic violence program, child abuse treatment services, general counseling and medication management. Accepts Medicare, Medical Assistance and most insurances and there is an Ability to Pay scale for those without insurance. Serves ages 3 to seniors. Psychiatrist sees ages birth to seniors.



## **Finksburg Counseling Services**

1812 Baltimore Boulevard, Suite A, Westminster, MD 21157-7144  
410-751-6176 Fax: 410-857-4176

Monday - Thursday: 9:00 am – 9:00 pm; Friday: 9:00 am – 5:00 pm

Mental health services include individual, couples, family, and group therapies as well as medication management therapy for adolescents, adults and seniors. Staff is comprised of psychiatrists, licensed clinical professional counselors, and licensed clinical social workers. The office is convenient to Carroll, Frederick, and Baltimore counties as well as southern Pennsylvania. Private insurance, Medicare, and self-pay are accepted. Serves ages 6 to adult.

## **Foster, Jodie — LCPC**

15 E. Main Street Suite 302, Westminster, MD 21157-5025  
443-536-7340 Fax: 410-751-6335

*jodiefosterlcpc@gmail.com*

*jodiefosterlcpc.com*

Monday - Friday, some evening hours available

Specializing in child and family therapy. Provides counseling services to individuals and/or families with a wide range of concerns. Issues include depression, anxiety, ADHD, parenting concerns, oppositional behaviors, bereavement, child abuse, trauma, bipolar disorder, and developmental disorders. In-network for Maryland Medicaid and out-of-network for all other insurances. Clients are provided with the necessary paperwork to submit claims on their own to their insurance company. Serves all ages.

## **Hodgins, Shannon, LCSW-C**

443-564-3473

*shannonvhodgins@yahoo.com*

Provides in-home therapy for Carroll County and surrounding areas. Specializes in anxiety, depression, mood and developmental disorders, trauma, behavioral concerns, family conflict and stress management. Accepts Medicare only. Only serves adult clients.

## **Hollander Counseling Associates, LLC - Relationships Work**

280 E. Main Street Suite 103, Westminster, MD 21157  
410-363-2825 Fax: 410-363-1612

*info@relationshipswork.com*

*relationshipswork.com*

Hours by appointment

Provides relationship coaching for individuals, couples, family and group therapy. Services include anxiety, depression, divorce, family counseling, marriage counseling, mediation, mental health - outpatient, parenting, personal counseling, stress. Accepts most insurances, but not Medical Assistance. Serves adults.

**Inner Journey Counseling Center, Rubin, Gregory – LCPC**

5420 Klee's Mill Road Suite 6, Sykesville, MD 21784-9230

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

*innerjourneycc.com*

*gregoryrubin@comcast.net*

Monday – Saturday, by appointment

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

**Inspirit Counseling Services of Maryland  
At Westminster United Methodist Church**

165 E. Main Street, Westminster, MD 21157

800-427-4027 410-433-8861 Fax: 410-443-1249

*info@inspiritmaryland.org*

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

**Integrative Counseling**

6220 Georgetown Blvd. Suite C, Eldersburg, MD 21784

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

*frontdesk@ccs-ic.com*

*integrative-counseling.com*

Hours by appointment



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

**Klein, Gary Medical Psychiatrist**

280 East Main Street, Suite 101, Westminster, MD 21157

410-876-8646

Monday - Friday: 9:00 am – 7:00 pm

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

**Life Renewal Services, Inc.**

247 E. Main Street, Westminster, MD 21157

443-289-8149 Fax: 443-821-3280

Offers psychiatric rehabilitation program to develop communication, social, independent living skills, coping skills, therapeutic and recreational activities. Provides psychiatric services on an outpatient basis, if medicine management is needed. Assists with behavioral and motivational problems, low self-esteem, anger issues and challenges with authority. Accepts Medical Assistance. Serves ages 4 thru 24.

**Locklear, Eileen, PhD.**

Eldersburg Medical Center

1645 Liberty Road, Suite 104, Eldersburg, MD 21784

410-795-4764 x1 Fax: 410-795-4462

Hours vary. No weekends.

Service areas include anxiety, depression, personality disorders, post-traumatic stress disorder, domestic violence, and adult survivors of abuse. No psychiatrist.

Accepts most insurance, but varies by plan. Medical Assistance not accepted. Serves ages 14 and older.

### **Main Street Mobile Treatment & Community Mental Health Center**

37 Main Street, Reisterstown, MD 21136

410-526-7882 Fax 410-526-9855

*Mscmhc2004@netscape.net*

[mainstreetmentalhealthinc.org](http://mainstreetmentalhealthinc.org)

Monday, Tuesday, and Thursday: 9:00 am – 6:00 pm;

Wednesday: 9:00 am – 8:00 pm;

Friday: 9:00 am – 4:00 pm

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

### **Mosaic Community Services, Inc.**

288 E. Green Street, Westminster, MD 21157-5410

410-751-5970 Fax: 410-751-5647

*mosaicinc.org*

Monday -Thursday 8:30 am - 8:00 pm; Friday 8:30 am - 4:00 pm

Serves to enhance the quality of life for people with mental illness. Mosaic is an affiliate of the Sheppard and Enoch Pratt Foundation. Clinical staff includes psychiatrists, psychologists, clinical social workers, nurses, and licensed counselors. Rehabilitation and housing staff members work in teams led by experienced psychiatric practitioners or a mental health professional. Services include vocational rehabilitation program. All programs are licensed by the State of Maryland. Accepts most insurance, Medicare, and Medical Assistance. Serves individuals ages 16 and older.

### **New Path Counseling Center, LLC**

Carroll Plaza Shopping Center

250 Englar Road, Suite 3, Westminster, MD 21157-2929

410-615-3469 Fax: 800-251-0179



*admin@newpathcounselingcenter.com*

*newpathcounselingcenter.com*

Monday, Tuesday, Wednesday and Friday 9:00 am - 9:00 pm;

Thursday 4:00 pm – 9:00 pm; Saturday 9:00 am - 5:00 pm

Offers individual, family, and couples therapy. Assessment and counseling for DUI issues/charges available. Works with substance abuse/addiction, depression, anxiety, stress, trauma, grief, divorce, work place issues, dual diagnosis, and relationship/marriage difficulties. Accepts most major insurance. Does not accept Medical Assistance. Serves ages 14 to 65.

### **New Perspectives**

Hunter Professional Center

904A Washington Road, Westminster, MD 21157-5827

410-751-9205 Fax 410-751-6191

*nperspectives.com*

Day and evening appointments available

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

### **North Carroll Abuser Intervention Recovery & Wellness Program**

North Carroll Counseling Center

1011 S. Main Street, Hampstead, MD 21074-2230

443-293-2665 Fax: 410-552-9881

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

resources in the community. Open to males who have been abusive to an intimate partner. Clients may volunteer or be court ordered to attend.

### **Patterson, Rosemary — Ph.D., Psychologist**

7349 Springfield Avenue, Sykesville, MD 21784-7548

410-549-1040 Fax: 410-549-1040

Monday -Thursday: By appointment

Offers family and couples counseling and individual therapy/counseling to children, adolescents, and adults. Accepts most major health insurance and Medicaid.

An adjustable fee schedule is available for those not covered by insurance or a participating provider. Medicare, Medicaid and most major insurance plans accepted. Fee for service also available for patients who prefer not to utilize their insurance.

Serves age 5 and up.

### **Potomac Case Management Services**

255 Clifton Blvd., Suite 309, Westminster, MD 21157

443-244-4113 800-975-2086 Fax: 443-293-7086,

*info@pcmsinc.org*

*pcmsinc.org*

Monday – Friday: 8:00 am – 4:30 pm

Services include targeted case management. Assist with connecting clients to services for maintaining housing, managing medication, ensuring medical needs are met, and linking to services for employment preparation. Accepts Medical Assistance. Serves children through adults.

### **Pro Bono Counseling Project**

110 West Road, Suite 202, Baltimore, MD 21204-2375

301-805-8191 Fax: 410-825-1388

*probonocounseling.org*

Monday – Friday: 9:00 am – 5:00 pm

Connects low-income families and individuals with licensed mental health professionals who provide care at no cost in Carroll County and throughout the state of Maryland.

This non-profit, public service project serves clients with a wide variety of mental health needs including family and couples issues, anxiety, self-esteem, social interaction, cancer survivors, adjustment to terminal illness, grief, separation and divorce, caregivers, physical



and sexual abuse. Available programs include the Jean Steirn Cancer Program, Caring for the Caregivers, Private Counseling for Public Service (for military service members and their loved ones), Parenting Alone, Helping to Build Healthy Families, Transition and Depression, Elderly and Underserved, and Victims of Violence. Serves all ages.

### **Progressive Counseling and Treatment Service, Inc.**

266 E. Main Street, Westminster, MD 21157-5528

410-848-7848 Fax: 410-857-5172

*pcounseling@yahoo.com*

Monday -Saturday: By appointment

Offers solution-focused therapy by providing life management strategies with a spiritual focus for individuals, families, couples, and children struggling with various clinical issues. Treatment areas include anxiety and depression, conflict resolution skills, marital counseling, parenting, adolescent issues, eating disorders, child abuse, young adult concerns such as college adjustment, family therapy for addictions, stress management, health-related issues, grief counseling, and career adjustment. Accepts Aetna, Blue Cross/Blue Shield and Medical Assistance. Fees are negotiated. Serves all ages.

### **Prologue, Inc.**

1425 Liberty Road, Suite 208, Eldersburg, MD 21748

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

*prologueinc.org*

Monday - Friday: 9:00 am - 5:00 pm

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

### **Re-Entry Mental Health Services**

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

410-848-9244

Monday -Thursday: 9:00 am - 9:00 pm

Provides therapy to the general public for loneliness and depression, anxiety,

marital conflicts, separation and divorce, phobias, stress, alcohol, codependence, and drugs. Other services include individual psychotherapy, family therapy, marital therapy, couple's therapy, group therapy, alcohol counseling, child psychotherapy, adolescent psychotherapy, stress management, and crisis management. Several clinicians are on staff, including psychiatrists, psychologists, psychiatric social workers, addiction counselors, and clinical nurse specialists. All clinicians are licensed and certified. The alcohol and drug counseling program is certified by the Alcohol and Drug Abuse Administration. Also offers a Maryland Vehicle Administration-approved DWI Alcohol Education Program. Accepts most major medical insurance plans, Medicare, and most HMOs.

### **Rhoton, Kim — LCSW-C, Licensed Therapist**

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

410-848-5155 x 3

Profile on *psychologytoday.com*

*kimrhoton@hotmail.com*

Hours by appointment, offer day and evening hours

Provides outpatient individual, child, couples, and family therapy using a strengths-oriented, time-limited approach. Offers therapy for adolescent and family issues, communication problems, separation, divorce, and co-parenting, marital issues including disconnect, and mental health issues. The focus is on helping clients resolve issues using their strengths and capabilities in a time-limited approach. Accepts Cigna plans, out of network, and fee for service. Serves children, adolescents and adults.

### **Rickeman, Alexandra Goerl**

443-861-5547

*alex@communicationforcouples.com*

*communicationforcouples.com*

Specializes in therapy for couples and families struggling with separation or divorce. Focuses on helping couples improve relational and communication skills. Offers premarital counseling. Serves all ages. Call for location and directions

### **Safe Harbor Christian Counseling**

For information on all locations go to *safeharbor1.com*

Lifehouse Church

1332 Londontowne Boulevard, Sykesville, MD 21784



410-857-4770

Call for appointment

Liberty Church

1641 Old Westminster Road, Westminster, MD 21157

410-902-1109

Call for appointment

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

### **Springfield Hospital Center**

6655 Sykesville Road, Sykesville, MD 21784-7966

410-970-7000 800-333-7564

Fax: 410-970-7005 TTY/TDD: 410-549-7950

*dhmh.maryland.gov/springfield*

Office hours: 8:00 am – 5:00 pm / Facility: Open 24/7

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

### **Thomas, Stephnie — Licensed Clinical Professional Counselor**

77 E. Main Street, Suite 204, Westminster, MD 21157-5064

410-236-1470 Fax: 410-751-2090

*stephnet@gmail.com*

*stephthomas.com*

Tuesday, Thursday and Friday by appointment only

Provides specialized psychotherapy services to those in need, particularly those with anxiety, obsessive compulsive disorder, and post-traumatic stress disorder. Offers counseling experience from a pastoral perspective, helping clients learn new ways of approaching and defusing the anxiety they feel in their everyday lives. Also works with issues such as chronic medical illnesses, fear of flying, depression, and interpersonal issues. Sliding fee scale is available on a limited basis. Accepts Aetna,

Blue Cross, Tricare, MHN, Cigna, and Medical Assistance. Clients are responsible for contacting and verifying insurance reimbursement rates. Serves ages 11 to 64.

**Thompson, Patricia, PhD**

1645 Liberty Road, Suite 104, Eldersburg, MD 21784  
410-795-4764

Offers individual, couple and family counseling in areas of anxiety, depression, grief and loss, women's, school, and parenting and behavioral issues. No psychiatrist available. Accepts most insurance but not Medical Assistance or Cigna. Serves ages 3 and older.

**Touchstone Counseling and Consultation, Inc.**

**Dr. Marianne S. Grabowski, D.Min., NCC, LCPC**

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

*touchstonecc@comcast.net*

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

**Transformations Psychotherapy Service**

Susan Berkowitz, LCSW-C

3403 Pleasant Plains Drive, Reisterstown, MD 21136  
410-876-2522

*transformutoday.com*

Hours after 3:00 pm by appointment

Service areas include Anxiety and Depression; Family therapy involving addiction, women's issues, trauma survivors; History of childhood or sexual trauma; Eye Movement Desensitization and Reprocessing, Depression; Eating Disorders; Marriage counseling; Mental Health-outpatient, personal counseling, sexual abuse, separation and divorce; postpartum depression; wellness. Out-of-network provider only. Out-of-pocket fees are negotiable. Serves ages 14 and older.



## **Villa Maria of Carroll County Behavioral Health Services Associated Catholic Charities**

1129 Business Parkway South, Suite A, Westminster, MD 21157-3004  
410-848-2037 Fax: 410-848-5273

*[catholiccharities-md.org/mental-health/mental-health-clinics/](http://catholiccharities-md.org/mental-health/mental-health-clinics/)*

Monday - Friday: 9:00 am – 5:00 pm and by appointment

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



# **SUBSTANCE ABUSE**

## **Access Carroll, Inc.**

### **Integrated Health Care**

10 Distillery Drive, Suite 200, Westminster, MD 21157

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

*info@accesscarroll.org*

*accesscarroll.org*

Full Time Integrated Care

Medical and Dental: Monday - Friday: 8:30 am - 5:00 pm

Behavioral Health: Monday - Thursday: 8:00 am - 8:00 pm;

Friday: 8:00 am - 4:30 pm

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

## **BH Health Services, Inc.**

450 E. Main Street, Westminster, MD 21157-5540

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

*bhhealthservicesinc.com*

Monday - Friday 5:00 am - 11 am; Sunday: 5:00 am - 9 am

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

## **Carroll County Youth Service Bureau, Inc.**

59 Kate Wagner Road, Westminster, MD 21157-6957

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

*ccysb.org*

Monday -Thursday: 8:30 am - 8:00 pm; Friday: 8:30 am - 4:00 pm;

Saturday: 9:00 am - 2:00 pm

Provides multi-disciplinary mental health and substance abuse treatment, as well as a continuum of specialty programs to children and adolescents, adults and families. For a detailed description of these services, please call or refer to the website, [ccysb.org](http://ccysb.org). Services include outpatient mental health services, substance abuse treatment,



Assertive Community Treatment, family preservation, home-based family therapy, brief strategic family therapy, separation and divorce seminars, assessments for suicide and self-injury, interactive group therapy for adolescents, parent/child interactive therapy, and a training site for graduate social work and counseling students.

### **Carroll Hospital Behavioral Health Services Ambulatory Care PHP/IOP (with addiction component)**

200 Memorial Avenue, Westminster, MD 21157

410-871-7110

*carrollhospitalcenter.org/behavioral-health*

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

### **Catocin Counseling**

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

410-848-9091

*catocincounseling.com*

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

## **Cedar Ridge Counseling Centers, LLC**

1311 Londontowne Blvd., Suite 130A, Eldersburg, MD 21784-6556

2 Locust Lane, Suite 203, Westminster, MD 21157-5075

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

*cedarridgecounseling.com*

Monday – Friday: 7:00 am – 10:00 pm;

Saturday – Sunday: 9:00 am – 5:00 pm

Mental health services include individual, couple, and family therapies. Provides biofeedback training, substance abuse assessment and counseling, school consultations, employee assistance, and parent education. Psychological testing is available. Counseling for dual-diagnosed addictions clients is also available. Fees vary with individual insurance coverage. Accepts various insurances and private pay. Serves all ages.

## **The Counseling Renaissance**

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

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

*gmrassa@verizon.net*

*counselingrenaissance.com*

Hours by appointment

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

## **Genesis Treatment Services**

1106 Business Parkway S, Suite B, Westminster, MD 21157-3054

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

*admin@genesistreatment.com*

*genesistreatment.com*

Monday - Friday: 5:30 am - 1:00 pm; Saturday 6:00 am - 8:45 am

Provides opiate-addicted individuals treatment in a climate that supports dignity



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

### **I Can't We Can Counseling Center**

1438 Liberty Rd. Suites 3 & 4, Sykesville, MD 21784

443-609-4302 Fax: 443-609-4625

*icantwecancounselingcenter.org*

Provides a grass-roots, tough love, spiritual-based drug, alcohol, and substance abuse rehabilitation program. Offers holistic style treatment plan incorporating resources rooted within the 12 step principles. Programs include: intensive outpatient program (IOP), outpatient program (OP), driving under the influence education (DUI/DWI). Services include mental health services, case management, substance abuse treatment, on-site assessments, gender specific groups, HIV/AIDS testing prevention and education, certified supportive housing and GED prep classes.

### **Inner Journey Counseling Center, Gregory Rubin-LCPC**

5420 Klees Mill Road, Suite 6, Sykesville, MD 21784-9230

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

*innerjourneycc.com*

Monday - Friday: 8:00 am - 8:00 pm

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

### **Integrative Counseling**

6220 Georgetown Blvd. Suite C, Eldersburg, MD 21784

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

*frontdesk@ccs-ic.com*

*integrative-counseling.com*

Hours by appointment

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

### **Network Health Services, Inc.**

2120 Liberty Road, Eldersburg, MD 21784-6723

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

*networkhealthservices@yahoo.com*

Monday - Friday: 5:30 am - 11:00 am; Saturday: 7:00 am - 10:00 am

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

### **Mountain Manor Treatment Center, Westminster Outpatient**

Carroll Plaza Shopping Center, Suite 20 C

Westminster, MD 21157-2927

410-876-2425 Fax: 410-840-9388

Monday - Friday: 9:00 am - 5:00 pm; 24-hour answering service

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



## **New Path Counseling Center, LLC**

Carroll Plaza Shopping Center

250 Englar Road, Suite 3, Westminster, MD 21157-2929

410-615-3469 Fax: 800-251-0179

*admin@newpathcounselingcenter.com*

*newpathcounselingcenter.com*

Monday, Tuesday, Wednesday and Friday: 9:00 am - 9:00 pm;

Thursday: 4:00 pm – 9:00 pm; Saturday: 9:00 am - 5:00 pm

Offers individual, family, and couples therapy. Assessment and counseling for DUI issues/charges available. Works with substance abuse/addiction, depression, anxiety, stress, trauma, grief, divorce, work place issues, dual diagnosis, and relationship/marriage difficulties. Accepts most major insurance. Does not accept Medical Assistance. Serves ages 14 to 65.

## **North Carroll Recovery and Wellness Program**

### **North Carroll Counseling Center**

1011 S. Main Street, Hampstead, MD 21074-2230

443-293-2665 Fax: 410-552-9881

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

## **Re-Entry Mental Health Services**

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

410-848-9244

Monday - Thursday: 9:00 am - 9:00 pm

Provides therapy to the general public for loneliness and depression, anxiety, marital conflicts, separation and divorce, phobias, stress, alcohol, codependence, and drugs. This private mental health service provides therapies including individual psychotherapy, family therapy, marital therapy, couple's therapy, group therapy, alcohol counseling, child psychotherapy, adolescent psychotherapy, stress management, and crisis management. Five clinicians are on staff, including psychiatrists, psychologists, psychiatric social workers, addiction counselors, and clinical nurse specialists. All clinicians are licensed and certified. The alcohol and drug counseling program is certified by the Alcohol and Drug Abuse Administration; also

offers a Maryland Vehicle Administration-approved DWI Alcohol Education Program. Accepts most major medical insurance plans, Medicare, and most HMOs.

### **Right Turn Impact**

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

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

*impactdui.com*

24 hours a day/ 7 days a week/ 365 days a year

Right Turn-IMPACT specializes in education, treatment, counseling, and recovery alternatives for people suffering from alcohol/ drug abuse and addiction. For those facing legal consequences as a result of drug and alcohol related matters, we are widely recognized by the court system as a leader in recovery alternatives. We offer state-certified and MVA-approved programs and 24-hour supervised residential services in our private and secured facility. Our comprehensive residential services and treatment programs provide affordable alternatives to expensive treatment centers. Self-pay. Serves ages 18 and older.

### **Shoemaker Center**

**Maryland Treatment Centers, Inc.**

#### **Springfield Hospital Center**

Medical Surgical Building - 3rd Floor

6655 Sykesville Road, Sykesville, MD 21784-7966

410-876-1990 Fax: 410-876-1690

*carrollhealthdepartment.dhmh.md.gov/addiction/inpatient*

Monday - Friday: 8:00 am - 4:30 pm

Provides a residential substance abuse program which allows the patient's body time to become drug and alcohol free, and the mind an opportunity to understand the dynamics of addiction. This inpatient adult residential treatment facility offers medical assessment to evaluate level of care needed, with trained medical staff on duty 24-hours a day. Certified and licensed counselors or social workers offer individual counseling along with various forms of group therapy. Motivational enhancement, anger management, problem solving, interpersonal skills training, stress management, 12-step programming, peer counseling, gender-specific groups, role modeling, and aftercare planning are major components of the curriculum. Treatment involves the individual in treatment, family members or significant others affected by the



individuals substance abuse problem. Family education and treatment is provided to ensure an understanding of the disease concept. This facility is dual-diagnosed capable and tobacco free. Volunteer opportunities include facilitation of onsite 12-step meetings, transportation to outside 12-step meetings, and transportation to medical appointments or other services. Donations of men's and women's clothing, personal hygiene items, cleaning supplies, craft items, and educational materials are accepted. Participants must be at least 18 years of age; diagnosed with a substance abuse problem; be in need of 24-hour, 7-day residential treatment; be medically and psychiatrically evaluated by a practitioner for stability; be willing and capable of participating in all residential program activities; demonstrate a commitment to recovery, learning, and personal growth, and sign and agree to the terms of the program consent for treatment. Sliding fee scale based on income and number of dependents with proof of income. Self-pay accepted. Serves ages 18 and older.

### **Triunfo, LLC**

15910 Dark Hollow Road, Upperco, MD 21155-9349

410-789-0432

*Cconcha39@gmail.com*

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

### **Westminster Recovery Center, LLC**

77 E. Main Street, Suite 300, Westminster, MD 21157-5015

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

*wrc@verizon.net*

Monday - Thursday: 8:00 am - 6:00 pm; Friday: 8:00 am - 4:00 pm;

Saturday & Sunday: 8:00 am - 12:00 pm

To provide exceptional, affordable and easily accessible services to individuals who have abused or are addicted to the use of alcohol/ drugs. Emphasizes the importance of the programs of alcoholic and narcotics anonymous in the treatment of addictions. Offers Level One outpatient treatment programs, alcohol and drug education and counseling,

assessments and evaluations, 26-week programs, private alcohol and drug counseling, drug screenings, family services, interventions, and employment services. Advocates for clients in court, for employment issues and more. Self-pay, varies based on program and intensity. Serves adults age 18 and older.

# **COMMUNITY BASED SELF-HELP**

## **Al-Anon Family Groups of MD and DC, Area 24**

### **Baltimore Area Al-Anon Information Service**

PO Box 878, Olney, MD 20830

410-832-7094; Meetings: 888-425-2666; 24 Hr Hotline: 410-857-7000

24-hour answering machine for meeting information & messages

*webmaster24@marylanddc-alanon.org*

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

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

**Meeting locations and times below are current as of publication date. Please visit the website or call the contact information above to get further information.**

### **Al-Anon Meetings**

#### **Eldersburg Baptist Church**

2116 Liberty Road, Eldersburg, MD 21784

410-795-9481

Tuesday: 8 pm

#### **Immanuel Lutheran Church**

3184 Church Street, Manchester, MD 21102

410-374-4463

Friday: 8 pm

#### **Lazarus Lutheran Church at Immanuel Lutheran Church**

3184 Church Street, Manchester, MD 21102

410-374-4463

Monday: 8 pm

#### **Mt. Zion Church**

3006 Baltimore Boulevard, Finksburg, MD 21048

410-517- 2300

Saturday: 8 pm; Sunday: 7:30 pm



St Paul's United Church of Christ  
17 Bond Street, Westminster, MD 21157  
410-848-5975  
Monday: 7:30 pm

St. Benjamin's Lutheran Church  
700 Kriders Cemetery Road, Westminster, MD 21158  
410-848-3311  
Tuesday: 8 pm

St. John's UMC  
1205 N. Main Street, Hampstead, MD 21074  
410-239-8088  
Sunday: 8 pm

St. Mark's Evangelical Lutheran Church  
1616 Cape Horn Road, Hampstead, MD 21074  
410-374-9428  
Thursday: 8 pm

St. Paul's UMC  
200 Main Street, New Windsor, MD 21776  
410-635-2442  
Wednesday: 7:30 pm

Triangle Recovery Club  
2 North Court Street, 2nd Floor, Westminster, MD 21157  
[www.trcofwestminster.com](http://www.trcofwestminster.com) for complete list of meetings and times

Wesley Freedom UMC  
961 Johnsville Road, Eldersburg, MD 21784  
410-795-2777  
Monday: 8 pm

Westminster UMC  
165 E. Main Street, Westminster, MD 21157  
410-876-2124  
Wednesday: 12 pm; Saturday: 8 pm

## **Alcoholics Anonymous**

410-663-1922 - 24 Hour Hotline

For local information:

Carroll County Group, District 9

P.O. Box 251, Westminster, MD 21158

*D9mdaa.org (for Carroll County meeting locations and times)*

For regional information:

West Central Intergroup

(provides services to the AA groups of Frederick, Carroll and Montgomery Counties )

## **The Federated Charities Bldg.**

22 S. Market Street, Suite 7, Frederick, MD 21701-5432

301-662-0544

*pubinfo@westcentralaa.org*

*westcentralaa.org*

24-hour answering service

To assist alcoholics through group meetings with other alcoholics. AA does not:

1. Solicit members 2. Keep membership records or case histories 3. Engage in or sponsor research 4. Join "councils" or social agencies, although AA members, groups and service officers frequently cooperate with them 5. Follow-up on or try to control its members 6. Make medical or psychological diagnosis or prognosis 7. Provide "drying-out" or nursing services 8. Offer religious services 9. Engage in education or propaganda about alcohol 10. Provide domestic or vocational counseling 11. Provide housing, food, or clothing 12. Accept any money for its services or any contributions from non-AA sources. Open to anyone. No fees are charged.

## **Depression & Bipolar Support Group**

### **Westminster Senior & Community Center**

PO Box 564, Hampstead MD 21074

443-732-0015

*www.dbsgcc.com*

Free support group, for all ages, helping persons with depression, bipolar disorder or other mental health illness.



## **Divorce Care**

### **Church of the Open Door**

550 Baltimore Boulevard

Westminster, MD 21157-6102

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

TTY/TTD: 410-876-3838, Ext. 346

*mail@opendoorchurch.org*

*opendoorchurch.org/ministries/divorcecare*

Monday - Friday: 8:00 am - 4:00 pm

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

## **Divorce Care for Kids**

### **Church of the Open Door**

550 Baltimore Boulevard, Westminster, MD 21157-6102

410-876-3838 Fax: 410-876-0808

TTY/TTD: 410-876-3838, Ext. 346

*mail@opendoorchurch.org*

*opendoorchurch.org/ministries/divorcecare-for-kids-dc4k*

Monday - Friday: 8:00 am - 4:00 pm

Help for children to heal from the hurt caused by the separation or divorce of their parents. At this weekly group, kids make friends who understand how they feel and the things they are going through because of the divorce of their parents. This Bible-based program helps children learn how God's love can strengthen them and help turn tears to hope and joy. Master clubs are offered from 7:00 pm to 8:15 pm on Wednesday. A summer camp is available during June. Members also meet from 6:30 pm to 8:30 pm at the church. Serves ages 6 to 12.

## **Grief Share**

### **Church of the Open Door**

550 Baltimore Boulevard, Westminster, MD 21157-6102

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

*mail@opendoorchurch.org*

*www.opendoorchurch.org/ministries/griefshare*

Monday - Friday: 8:00 am - 4:00 pm

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

## **MCF Maryland Coalition of Families for Children's Mental Health**

10632 Little Patuxent Pkwy., Suite 234, Columbia, MD 21044-6255

410-730-8267 Fax: 410-730-8331

*info@mdcoalition.org*

*mdcoalition.org*

Monday - Friday: 9:00 am - 5:00 pm

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

## **NAMI of Carroll County**

### **National Alliance on the Mental Illness of Maryland (NAMI)**

PO Box 1928, Westminster, MD 21158-5928

410-857-3650

*info@namicc.md.org*

*namicc.md.org*



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

### **Nar-Anon Family Groups**

800-477-6291

*nar-anon.org*

9:00 am to 5:00 pm PST

Provides 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. For information about support group meetings in the Carroll County area, call the hotline number or check the website. Attendance is welcome without prior arrangement. 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; Hotline: 800-317-3222

*barsc@verizon.net*

*freestatena.org (for local meeting locations and times)*

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

### **Narcotics Anonymous Meetings**

Meeting locations and times below are current as of publication date. Please email or call the contact information above to get further information.

Ascension Episcopal Church

23 N. Court St., Westminster, MD 21157 (CAN, TOP), 410-848-3251

Crossroads Community Church

895 Leidy Rd., Westminster, MD 21157 (JFT, DISC, BEG), 443-487-4002

### Grace Lutheran Church

21 Carroll St., Westminster, MD 21157, 410- 848-7020

### Mt. Zion UMC

3006 Baltimore Blvd, Finksburg, MD 21048 (NS, DISC, SPK, STEP, TRAD), 410- 517-2300

### On Our Own

265 E. Main St., Westminster, MD 21157 (NS, TOP), 410- 751-6600

### St. Johns UMC

1205 N. Main St., Hampstead, MD 21074 (SPK), 410- 239-8088

### St. Marks Evangelical Lutheran Church

1616 Cape Horn Rd 21074, 410- 374-9428

### Triangle Recovery Club

2 North Court Street, Westminster, MD 21157

*trcofwestminster.com* for complete list

### Wesley Freedom UMC

961 Johnsville Rd., Eldersburg, MD 21784, 410- 795-2777

Legend: BT - Basic Text, BEG - Beginner, CAN - Candlelight, DISC - Discussion, VAR - Format Varies, JFT - Just for today, LIT - Literature Study, NS - Non Smoking, SPK - Speaker, STEP - Step, TOP - Topic, TRAD - Tradition

### New Life for Girls

806 Littlestown Pike, Westminster, MD 21158

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

*southeastNLFG@gmail.com*

*southeastnewlifeforgirls.com/*

Office Hours - Tuesday – Friday: 10:00 am - 4:00 pm

To rehabilitate women with drug and/or alcohol abuse problems through Christian teachings. Christian classes and counseling are part of the rehabilitation in this residential program. This organization is commonly referred to as Southeast New Life for Girls because of its location. No insurance accepted. Open to females between the ages of 18 and 45 years old.



## **Rape Crisis Intervention Service of Carroll County**

224 N. Center Street, Room 102, Westminster, MD 21157-5134

410-857-0900 Fax: 410-876-9147

*info@rapecrisiscc.org*

*rapecrisiscc.org*

Monday - Thursday: 9:00 - 5:00, Friday: 9:00 - 4:00

24-hour hotline: 410-857-7322

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

## **Reformers Unanimous/Victory Fellowship Church of the Open Door**

550 Baltimore Boulevard, Westminster, MD 21157-6102

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

*mail@opendoorchurch.org*

*opendoorchurch.org*

Provides a support group for individuals dealing with addiction. Meetings are from 7 to 9 pm on Friday in the Baker Auditorium (in the church building across from the Main Auditorium) on the campus of the Church of the Open Door. This program is court-approved. Meetings are free of charge. A minimal fee is charged for workbooks and program guides. Serves adults 18 and older.

## **Spirit of Freedom Ministries**

Christian Revival Center

3553 E. Lawndale Road, Reisterstown, MD 21136-4036

410-239-4660

[sof@crcmd.org](mailto:sof@crcmd.org)

[crcmd.org](http://crcmd.org)

Monday - Friday: 10:00 am - 2:00 pm; Voicemail after 2:00 pm

Provides support and educational program for all ages. The program is designed for those with alcohol or chemical substance problems, as well as anyone who is interested in knowing more about drugs and alcohol and the corresponding consequences. Spirit of Freedom is a Maryland State approved program and is a free service to anyone who would like to participate.

## **Triangle Recovery Club**

2 North Court Street, Westminster, MD 21157

[trcofwestminster.com](http://trcofwestminster.com)

Provides assistance to Carroll County's alcohol and drug recovery community. The basis for the assistance is to furnish a clean and safe environment in which to conduct all 12-step meetings. Visit [www.trcofwestminster.com](http://www.trcofwestminster.com) for meeting times. Triangle Recovery Club is open to any 12-step meetings which may include:

AA Alcoholics Anonymous

AI-anon (Family groups for families/friends)

Ala-teen (Family groups for families/friends)

HA- Heroin Anonymous

CDA- Chemical Dependency Anonymous

GA- Gamblers Anonymous

OA- Over Eaters Anonymous

NA- Narcotics Anonymous

Nar-Anon (Family groups for families/friends)

and more as they come



### **Weber Sober Homes**

P. O. Box 106, Woodbine, MD 21797

Contact, Kathy Weber: 410-552-5558

*Webersoberhomes@comcast.net*

Monday – Friday: 9:00 am – 5:00 pm

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

### **Westminster Rescue Mission and Thrift Store**

658 Lucabaugh Road, PO Box 285, Westminster, MD 21158

410-848-2222

*info@westminsterrescuemission.org*

*westminsterrescuemission.org*

Offers a long-term faith-based, residential recovery program for men ages 18 and up battling addiction. Program includes daily classes, chapel, on-site clinical and pastoral counseling, AA/NA/CR meetings and work therapy. Accepts no insurance. There is a one-time intake fee (\$500).



# PREVENTION

## PREVENTION

### **Carroll County Prevention Office for Substance Abuse Carroll County Health Department**

290 S. Center Street, Westminster, MD 21157-5219

410-876-4803

*Linda.auerback@maryland.gov*

*cchd.maryland.gov/*

Reduce substance abuse in Carroll County by working together to design and deliver comprehensive prevention services. This office works to increase substance abuse awareness and resiliency skills through multiple community involved and research-based programs. Anyone interested in volunteering is welcome. Also, Carroll County Coalition Against Underage Drinking, a network of community members working to support healthy youth development and provide education to raise awareness of underage drinking prevention.

Serves all ages.

### **Carroll County Sheriff's Office SRO Program Carroll County Public Schools**

125 N. Court Street, Westminster, MD 21157

410-386-1687

In conjunction with the Carroll County Board of Education, the Carroll County Sheriff's Office, Hampstead, Taneytown, and Westminster City Police present drug and alcohol education classes to all 8<sup>th</sup> thru 12<sup>th</sup> grade students. The curriculum provides students with accurate information about drugs and alcohol. It teaches them the physical, legal and social consequences of substance abuse, and also provides students with resistance skills and techniques. Deputies and officers also discuss a variety of other topics such as bullying and internet safety. Community presentations are available as schedules permit by contacting the Carroll County Sheriff's Office at 410-386-2900.



## **Choices of Carroll County**

PO Box 374, Westminster, MD 21158-0374

410-751-5327

*choices@choicesofcarrollcounty.org*

*choicesofcarrollcounty.org*

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

## **FoolProof Improvisational Theatre**

### **Community Foundation of Carroll County**

735 Uniontown Road, Westminster, MD 21158-4228

443-340-7005

*foolprooftroupe.org*

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



# **RESOURCE SUPPORT**

## CLOTHING AND HOUSEHOLD ITEMS

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

#### **Carroll County Health Department, Health Education**

290 S. Center Street, Westminster, MD 21157-5222

410-876-4448

*[cchd.maryland.gov/health-services-kids-safety-seats](http://cchd.maryland.gov/health-services-kids-safety-seats)*

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

### **Goodwill Industries of Monocacy Valley, Inc.**

301-662-0622

*[customercare@gimv.org](mailto:customercare@gimv.org)*

*[www.gimv.org](http://www.gimv.org)*

#### **Hours for locations below:**

Monday - Saturday: 10:00 am - 8:00 pm;

Sunday: 11:00 am - 7:00 pm

1346 Liberty Road, Sykesville, MD 21784-6411

410-552-5060

*[eldersburgmanager@gimv.org](mailto:eldersburgmanager@gimv.org)*

721 Hanover Pike, Unit 101

Hampstead, MD 21074-2034, 410-374-5907

*[hampsteadmanager@gimv.org](mailto:hampsteadmanager@gimv.org)*

200 Baltimore Boulevard, Westminster, MD 21157-5118

410-857-9993 Fax 410-857-9995

*[westminstermanager@gimv.org](mailto:westminstermanager@gimv.org)*

Provide low cost clothing, furniture, and household goods to residents of the local community with store revenues supporting Goodwill programs. The stores carry a variety of articles, both new and used, all of which are donated for resale. Items



include household wares, sporting goods, sewing/crafts, furniture, pictures, baby items, toys, linens, curtains, clothing, shoes, books, and some outdoor items.

## **The Mission Store**

### **Westminster Rescue Mission**

28 W. Main Street, Westminster, MD 21157-4816

410-848-8648

*info@westminsterrescuemission.org*

*westminsterrescuemission.org*

Monday - Saturday: 9:00 am - 4:00 pm

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

## **NESAP Thrift Store and Community Assistance Program**

1046 S. Carroll Street, Hampstead, MD 21074-1816

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

*nesap.inc.org@gmail.com*

*nesapinc.org*

Monday - Wednesday and Friday -Saturday: 9:00 am - 3:00 pm;

Thursday: 9:00 am - 8:00 pm

North East Social Action Program (NESAP) Services is a Christian non-profit, cooperative community outreach organization. Services include financial assistance for rent, fuel utilities, transportation, minor medical, as well as food, clothing, school supplies and Christmas assistance.

NESAP Thrift Store provides an ever-changing variety of carefully selected second-hand clothing, jewelry, small appliances, books, toys, furniture, house-wares and collectibles. The store helps fund the Assistance Programs and provides items free of charge for those in need. Serves all ages.

## **Second Chances**

### **Human Services Programs of Carroll County, Inc.**

23 W. Green Street, Westminster, MD 21157

410-848-5599

Tuesday and Thursday 10:00 am to 3:00 pm with voucher that can be picked at the Human Services Program Office at 10 Distillery Drive and the 4th Friday of every month no voucher is required – 11:00 am to 2:00 pm

This household goods recycle program accepts donations of new and gently used goods like household items, small appliances, decorations, toys, clothing, and furniture and provides these to those in need at no charge.

## **St. James Thrift Shop**

### **St. James Episcopal Church**

234 S. Main Street, Mount Airy, MD 21771-5317

301-829-0314

*thriftshop@stjamesmtairy.org*

*stjamesmtairy.org*

Tuesday - Saturday: 10:00 am - 4:00 pm;

Every 3rd Thursday: 10:00 am to 6:00 pm

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



## EDUCATION AND EMPLOYMENT

### **Carroll Community College Adult Education**

#### **Carroll Community College**

224 N. Center Street, Westminster, MD 21157-5134

410-386-8630 Fax: 410-386-8631

*carrollcc.edu/basicskills/*

Reception desk - Monday - Friday: 8:30 am - 4:30 pm

Help county adults and out-of-school youth obtain high school diplomas, improve basic reading, writing and math skills or improve English language and literacy skills so that they can become self-directed learners, effective workers, responsible citizens, and productive members of their families and communities. Two options are offered for earning a Maryland State High School Diploma: The National External Diploma Program is a confidential, self-paced portfolio assessment based on life and academic skills; the General Educational Development (GED) Test Preparation Courses prepare learners for the four subject area tests which measure academic skills and concepts associated with a high school program of instruction. The program also offers English classes for speakers of other languages for students wishing to improve speaking, reading and writing skills. Classes for parents are also available. Adult education classes are offered throughout Carroll County; most are free of charge. Serves individuals ages 17 years and older - Must be withdrawn from school.

### **Carroll County Business and Employment Resource Center (BERC)**

#### **Carroll County Department of Economic Development**

224 N. Center Street, Westminster, MD 21157-5134

410-386-2820 Fax: 410-876-2977

*info@carrollworks.com*

*carrollworks.com*

Monday -Thursday: 8:00 am - 4:30 pm; Friday: 8:00 am - 2:00 pm

Available programs to develop a highly effective workforce for new and existing businesses; to assist job seekers in achieving, advancing, and retaining employment, and to encourage lifelong learning. Services provided to businesses include customized workforce development services and information, training grants information, and business development support. Services to dislocated workers, displaced homemakers, individuals with disabilities, adults, and youth include

skills assessment, employment counseling, career guidance, job search techniques, skills upgrade training, General Educational Development (GED) test preparation, remedial education, and job placement assistance. Also services are available to Veterans to help find employment, vocational guidance, training opportunities and referral to supportive services. The Resource Center, located in the Carroll County Multi-Service Building offers job postings, computerized job registration, Internet access, computer labs, workshops, fax service, and a library of job search and career planning resources.

### **Carroll County Public Library**

410-386-4488, 410-386-4500

Monday - Thursday: 9:00 am - 8:45 pm;

Friday and Saturday: 9:00 am - 5:00 pm;

Sunday (Westminster & Eldersburg): 1:00 pm - 5:00 pm;

Sunday (other branches from Oct. - April): 1:00 pm - 5:00 pm

*ask@carr.org*

*library.carr.org*

Carroll County Public Library creates and provides our community with enriching and innovative resources, experiences, and services. Summer reading programs, book, videogame, audiobook, CD and DVD lending, computer, Wi-Fi and internet use.

### **Eldersburg Branch**

6400 Hemlock Drive West, Eldersburg, MD 21784

410-386-4460

### **Finksburg Branch**

2265 Old Westminster Pike, Finksburg, MD 21048

410-386-4505

### **Mount Airy Branch**

705 Ridge Avenue, Mount Airy, MD 21771

410-386-4470, 301-829-5290

### **North Carroll Branch**

2255 Hanover Pike, Hampstead, MD 21074

410-386-4480

### **Taneytown Branch**

10 Grand Drive, Taneytown, MD 21787



410-386-4510

### **Westminster Branch**

50 East Main Street, Westminster, MD 21157

410-386-4490

### **Carroll County Public Schools Birth through Five Program**

125 North Court Street, Westminster, MD 21157

410-876-4437 - Infant & Toddler (0 -3 year old)

410-751-3295 - Child (3 year old to Kindergarten)

Fax: 410-751-3496

Offers early intervention services to eligible children, 0-5 years of age, and their families at no cost. Participation is voluntary. To qualify to receive services under the Individualized Family Service Plan (IFSP), the child must be under three and meet one of the following criteria: demonstrate a 25% delay in at least one developmental area, demonstrate atypical development, and/or have a diagnosed condition that places him/her at risk of developmental delays. No cost to Carroll County residents. Serves birth to 5 years.

### **Catholic Charities Head Start & Early Head Start of Carroll County**

255 Clifton Blvd., Suite 101, Westminster, MD, 21157

410-871-2450

*info@cc-md.org*

*catholiccharities-md.org/children-and-families/head-start/carroll-county*

Monday - Friday: 8:00 am - 4:00 pm

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

### **Goodwill Industries - Employment Resource Center**

**Goodwill Industries of Monocacy Valley, Inc.**

200 Baltimore Boulevard, Westminster, MD 21157-5118

410-857-9993 Fax: 410-857-9995

*customercare@gimv.org*

*www.gimv.org*

Monday - Friday: 9:00 am - 5:00 pm

Offers job placement services to individuals with barriers to employment. Clients are referred to the free Steps for Success class at 1 pm each Tuesday. Also provides basic Word and Excel computer classes on Tuesday and Thursday afternoons. C.A.R.E.S. certificates are available at local non-profits to be used at local Goodwill stores for free clothing, household goods, and beds. Employment Certificates are only for participants in Goodwill programs.

### **Human Services Programs of Carroll County, Inc.**

10 Distillery Drive, Ground Floor, Westminster, MD 21157

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

*hspinc.org*

Monday - Thursday: 8:00 am - 5:00 pm; Friday: 10:00 am - 5:00 pm

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

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

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

Emergency & Prevention Services - Connects individuals with an array of funds throughout the community and the state to assist them with paying utilities and preventing evictions. Emergency Services partners with the Maryland Energy



Services Programs (MEAP) and the Office of Home Energy Programs (OHEP) of the Department of Human Resources. Programs Include: Family Links and Energy Assistance.

### **Judy Center Partnership Carroll County Public Schools**

(Located at Robert Moton Elementary School)

1413 Washington Road, Westminster, MD 21157

410-751-3613

[carrollk12.org/instruction/curriculum/judycenter](http://carrollk12.org/instruction/curriculum/judycenter)

Monday - Friday: 8:00 am – 4:00 pm

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

### **Literacy Council of Carroll County, Inc.**

255 Clifton Boulevard, Suite 314, Westminster, MD 21157-4787

410-857-0766

Monday - Friday: 9:30 am - 12:30 pm

[lcouncil@carr.org](mailto:lcouncil@carr.org)

[literacy.carr.org](http://literacy.carr.org)

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

## **STEP (Schapiro Training & Employment Program)**

### **A Division of Chesapeake Goodwill Industries**

257 E. Main Street, Westminster, MD 21157-5553

410-848-7793 Fax: 410-875-3371

Monday - Friday: 8:00 am - 4:30 pm

The STEP Supported Employment division assists individuals with serious and persistent psychiatric disabilities secure and maintain employment in a competitive labor force. Employment Specialist take a holistic approach while providing wrap around services to the consumer. The STEP Psychiatric Rehabilitation division is an individualized, person-directed program that assists individuals with mental illness to develop, enhance and maintain psychiatric stability, social skills, independent living skills and access resources in order to live successful independent lives.

## **Vocational Pathways**

Mosaic Community Services, Inc.

288 E. Green Street, Westminster, MD 21157

410-876-3007, Ext. 1673 Fax: 410-751-7797

*[mosaicinc.org/programs-services/vocational-services](http://mosaicinc.org/programs-services/vocational-services)*

Monday – Friday: 8:00 am – 4:00 pm

Offers vocational rehabilitation to people with psychiatric disabilities and other barriers to employment. Contact provider for specialty areas. Accepts Medicaid. Serves ages 16 to older adults.



## DISABILITIES SERVICES

### **The Arc of Carroll County**

180 Kriders Church Road, Westminster, MD 21158

410-848-4124

*arccarroll.org*

Monday - Friday: 9:00 am - 3:00 pm

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

### **Autism Society of America**

4340 East/West Highway, Suite 350, Bethesda, MD 20814

1-800-328-8476 (800-3-AUTISM)

*autism-society.org*

Monday - Friday: 9:00 am - 9:00 pm

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

### **Caring Carroll, Inc.**

P. O. Box 842, Westminster, MD 21158

410-775-5596

*caringcarrollinc@gmail.com*

*caringcarroll.org*

Monday - Friday: 9:00 am - 3:00 pm

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

### **CHANGE, Inc.**

115 Stoner Avenue, Westminster, MD 21157

410-848-1824 or 410-876-2179 Fax 410-857-4053

*changeinc.cc*

CHANGE, Inc. is a private, non-profit organization that provides individuals with a developmental disability the opportunity to live more independently and become active members of their community. Provides services to five counties in the Greater Baltimore region (Baltimore, Carroll, Howard, Montgomery and Frederick) and serves over 200 adults and children with developmental disabilities annually. Other services include life skills, employment and support services programs.

**Church of the Open Door Handicapped Ministry**

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

Handicapped Ministry is an outreach to the mentally and physically handicapped for all ages. Meets on Sundays 10:30 am Open to all ages.

Reformers Unanimous, a faith-based addiction program for 18 years old and up, is designed to direct the addicted back to God's support group, the local church. Meets on Friday nights from 7:00 pm - 9:00 pm

**Developmental Disabilities Administration (DDA)**

**Western Maryland Regional Office (includes Carroll)**

1360 Marshall Street, Hagerstown, MD 21740  
301-791-4670 Toll free: 1-888-791-0193

*dda.dhmh.maryland.gov*

Monday - Friday: 8:00 am - 5:00 pm

Provides services to all ages and to a limited number of people with developmental disabilities. Administrative oversight, coordination, and management of the DDA funded community-based services for eligible individuals in Maryland. Regional teams establish individual eligibility and control, access to services, manage available funding and monitor service provision to ensure quality of services. Community services are purchased primarily from private non-profit provider agencies that offer a range of programs, such as residential, vocational and a variety of support services.

**Disabled American Veterans, Old Glory Chapter #22**

PO Box 764, Westminster, MD 21158-0764  
443-375-0595



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

### **Disability Rights Maryland**

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

410-727-6352 x 0 or 1-800-233-7201

*DisabilityRightsMD.org*

Monday - Friday 9:00 am - 5:00 pm

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

### **Division of Rehabilitation Services (DORS)**

1004 Littlestown Pike Suite B1, Westminster, MD 21157

410-848-4456 - 888-554-0334

*westminster.dors@maryland.gov*

*dors.state.md.us*

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

### **Flying Colors of Success, Inc.**

88 E. Main Street, Westminster, MD 21157

410-876-0838

*flyingcolorsofsuccess.org*

Office: Monday – Friday: 9:00 am to 5:00 pm

Homes: 24/7, 365 days

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

### **Frankly Communicating, Inc.**

904 F Washington Road, Westminster, MD 21157

410-871-2990

*franklycommunicating.com*

Monday - Friday: 8:30 am – 7:30 pm

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

### **Target Community & Educational Services, Inc**

111 Stoner Avenue, Westminster MD 21157

410-848-9090 or 888-831-3476 Fax: 410-848-7409

*targetcommunity.org*

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



## FOOD AND HOT MEALS

### GROCERIES

#### **Carroll County Food Sunday**

##### **Citizen Services Building**

10 Distillery Drive (Ground Floor), Westminster, MD 21157-5021

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

*ccfs@qis.net*

*ccfoodsunday.org*

Collects non-perishable food and money to buy food, and make it available to people who are hungry. Donations are accepted at any time, but food and money are formally solicited on a quarterly basis. Food Sunday distributes from the following county sites:

Westminster, from 10:00 am to 11:15 am and 1:00 pm to 2:15 pm, Tuesday through Thursday, and 9:00 am to 11:15 am, Saturday at 10 Distillery Drive (ground floor).

Taneytown, from 9:30 am to 11:15 am, Thursday at St. Joseph's Catholic Church, 44 Frederick Street. Eldersburg, from 10:00 am to 12:00 pm, Wednesday at St. Joseph's Catholic Church, Freedom Avenue and Liberty Roads. The food is free and served to anyone in need.

#### **Deeds of Faith Food Pantry**

##### **Crosswind Church**

640 Lucabaugh Mill Road, Westminster, MD 21157-3814

410-848-5537 Fax: 410-876-0162

*mycrosswind.com/deeds-of-faith-food-pantry*

Monday - Friday: 8:30 am - 4:30 pm (Church office)

Pantry Hours- Mon: 4:00 pm to 7:00 pm;

Friday: 10:00 am - 12:00 pm, 2:30 pm - 4:30 pm

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

255 Clifton Boulevard, Suite 312, Westminster, MD 21157-4787

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

*carroll@mowcm.org*

*mealsonwheelsmd.org*

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

### **Silver Run Community Food Pantry**

3978 Littlestown Pike, Westminster, MD 21158-1541  
410-346-7146

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

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

### **South Carroll Food Pantry**

4th Saturday 8:30 am – 1:00 pm  
961 Johnsville Road, Sykesville, MD 21784-4903  
410-795-2777 Fax: 410-549-8700  
*wfumc@wesleyfreedom.org*

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

### **Thanksgiving Day Community Dinner Shepherd's Staff**

30 Carroll Street, PO Box 127, Westminster, MD 21157  
410-857-5944  
*shepstaff@comcast.net*  
*shepstaff.org*

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



## **Women, Infant, and Children Program (WIC)**

### **Carroll County Health Department**

290 S. Center Street, Westminster, MD 21157-5219

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

Monday - Friday: 8:30 am - 4:30 pm

[cchd.maryland.gov](http://cchd.maryland.gov)

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

## MEALS

### MONDAY

#### **11:30 am - Feed My Sheep**

**Wesley Freedom United Methodist Church**

961 Johnsville Road, Sykesville, MD 21784

410-795-2777 Fax: 410-549-8700

*wfumc@wesleyfreedom.org*

#### **12:00 pm - Loaves and Fishes**

**Westminster United Methodist Church**

165 E. Main Street, Westminster, MD

410-848-8325 / Fax: 410-876-9990

*info@wumcmd.org / wumcmd.org*

### TUESDAY

#### **12:00 pm - Table of Grace Soup Kitchen**

**Grace Lutheran Church**

21 Carroll Street, Westminster 21157

410-848-7020

### WEDNESDAY

#### **12:00 pm - Loaves and Fishes / St. John Catholic Church**

**Ascension Episcopal Church**

23 N. Court Street, Westminster, MD 21157

410-848-3251

### THURSDAY

#### **11:30 am - Carpenter's Table**

**St. Joseph Roman Catholic Church**

44 Frederick Street, Taneytown, MD 21787

410-857-5733

#### **11:30 am - Feed My Sheep**

**Wesley Freedom United Methodist Church**

961 Johnsville Road, Sykesville, MD 21784



410-795-2777 Fax: 410-549-8700  
wfumc@wesleyfreedom.org

**12:00 pm - A Meal and More**

**St. Paul's United Church of Christ**

17 Bond Street, Westminster, MD 21167

410-848-5975

*office@stpauls-ucc.org*

*stpauls-ucc.org*

**6:00 pm - Ardent Folk**

**Grace Lutheran Church**

21 Carroll Street, Westminster 21157

410-848-7020

**FRIDAY**

**11:30 am - Feed My Sheep**

**Wesley Freedom United Methodist Church**

961 Johnsville Road, Sykesville, MD 21784

410-795-2777 Fax: 410-549-8700

*wfumc@wesleyfreedom.org*

**12:00 pm - Shepherd's Table**

**Westminster United Methodist Church**

961 Johnsville Road, Sykesville, MD 21784

410-795-2777 Fax: 410-549-8700

*wfumc@wesleyfreedom.org*

**Shepherd's Table**

410-857-5944, *shepstaff.org*, *shepstaff@comcast.net*

**SATURDAY**

**12:00 pm - Loaves and Fishes**

**Westminster Church of the Brethren**

1 Park Place, Westminster, MD 21157

410-848-8090 Fax: 410-848-0735

*office@westminsterbrethren.org*

*westminsterbrethren.org*

## GENERAL ASSISTANCE

### Birth Certificates

#### Carroll County Health Department

290 S. Center Street, Westminster, MD 21157-5219

410-876-2152

[cchd.maryland.gov/community-services-birth](http://cchd.maryland.gov/community-services-birth)

Provides birth and death certificates for the public. Persons must be born in Maryland to obtain a copy of his or her birth certificate through the Health Department. Death certificates are now available to the public. Proper identification is required and there is a fee for each copy of the certificates.

### Caring and Sharing Ministries of Northwest Carroll County, Inc.

PO Box 384, Taneytown, MD 21787-0384

410-756-2302

[graceucctaneytown@verizon.net](mailto:graceucctaneytown@verizon.net)

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

### Carroll County Department of Social Services

1232 Tech Court, Westminster, MD 21157-3029

410-386-3300

[d1carrolldept\\_dhr@maryland.gov](mailto:d1carrolldept_dhr@maryland.gov)

[dhr.maryland.gov/county/carroll/](http://dhr.maryland.gov/county/carroll/)

Monday - Friday: 8:00 am - 4:30pm

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

**Family Investment:** To administer public assistance benefits to eligible individuals



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

**Social Work:** To protect children and vulnerable adults, and to support healthy functioning of individuals and families. **Adult Protective Services:** Protection of vulnerable adults at risk of abuse, neglect/self-neglect, or exploitation. **In-Home Aide Services:** Chore services, personal care, respite care for adult protective service clients. **In-Home Family Services:** Provides social work services to families in need of maintaining a stable and safe environment for their children. **Protective Services for Children:** Investigates reports of child abuse or neglect and provides child safety services due to abuse and/or neglect.

**Foster Care for Children:** Temporary care for children whose parents are unwilling or unable to care for them. **Adoption Services:** Conducts home studies, places children, refers to other agencies. Speakers are available on a variety of topics such as child abuse, child welfare, and other social work areas. To report suspected child or adult physical and sexual abuse, neglect, and/or mental injury, call 410-386-3434 twenty-four hours a day, seven days a week. No charge for services, In-Home Aide Services may have a fee determined by income.

### **Catastrophic Health Planners**

255 Clifton Blvd, Suite 202, Westminster, MD 21157

410-871-0751 Fax: 410-871-0752

Monday - Friday: 9:00 am - 4:00 pm

*chp1@comcast.net*

*chp1.org*

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

## **The Center for Healing Arts**

112 East Main Street, Westminster, MD 21157

410-848-9257

*vickii@centerfor-healingarts.com*

*centerfor-healingarts.com*

Monday – Thursday: 9:00 am – 8:00 pm;

Friday: 9:00 am - 5:00 pm

Fees and hours vary with individual practitioners.

Offers integrative bodywork, meditation counseling, massage therapy, acupuncture and Felden Kraus method, Chinese herbal medicine, acupressure, Chinese dietary therapy, psychotherapy for individuals, couples and families. Other services include massage therapy during pregnancy, pre and neonatal massage, hot stone, Reiki, integral nursing, workshops and retreats. Serves all ages depending on treatment modality. Insurance not accepted. Self-pay only.

## **Dads Works**

255 Clifton Blvd. Suite 301, Westminster, MD 21157

443-605-6358

*davidberry@dadsworks.org*

*dadsworks.org*

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

## **Disabled American Veterans, Old Glory Chapter #22**

PO Box 764, Westminster, MD 21158-0764

443-375-0595

To provide emergency services for disabled American veterans including assistance with paperwork for needed services. On a state level, DAV offers counseling on veterans compensation, health care, pension, employment rights, and more. Also extends disaster relief to disabled veterans affected by natural calamities.



Nationwide, the organization works toward legislation benefiting disabled veterans, their widows, spouses and orphans. This chapter also supports programs at Veterans Administration Medical Centers in Baltimore; Fort Howard, and Martinsburg, West Virginia. For veterans who served and have a service-connected disability, their immediate families, and Gold Star mothers.

### **ESCAPE Ministries, Inc.**

Messiah Lutheran Church Building  
5600 Old Washington Road, Sykesville, MD 21784-8618  
410-549-7230  
*escapeministries@hotmail.com*

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

### **Family and Children's Services**

22 North Court Street, Westminster, Maryland 21157  
410-876 -1233 Fax: 410-876-4791  
*fcsmd.org*

Monday – Friday: 8:30 am - 4:30 pm; After hours call: 443-865-8031

Assists families who are facing separation, domestic violence, child sexual abuse, and other hardships that increase stresses of daily living. Offer domestic violence program, child abuse treatment services, general counseling and medication management. Accepts Medicare, Medical Assistance and most insurances and there is an Ability to Pay scale for those without insurance. Serves ages 3 to seniors. Psychiatrist sees ages birth to seniors.

### **Human Services Programs of Carroll County, Inc.**

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

*hspinc.org*

Monday - Thursday: 8:00 am - 5:00 pm Friday: 10:00 am - 5:00 pm

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

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

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

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

### **Moms Works**

255 Clifton Blvd. Suite 301, Westminster, MD 21157

443-536-4669

*diane@momsworks.org*

Helps families by serving mothers to overcome barriers to success. Services include classes in parenting, communication, relationship skills, employment, anger management, overcoming substance abuse, violence, child visitation and money management. Mother support group meets every week either on Tuesday morning or Wednesday evening. Meetings are confidential. All moms served. Does not accept insurance.



## **Mount Airy Net**

(located inside Calvary United Methodist Church)

403 S. Main Street, Mount Airy, MD 21771-5346

301-829-0472 (Leave voice mail message for service.)

*mountairy.net.org*

Mount Airy Net is a cooperative network of churches, civic organizations, and caring individuals. Services provided are emergency assistance for needy persons in the four-county Mount Airy area. Emergency assistance is available in the following areas: fuel/electricity, pharmaceutical, food, clothing, shelter (limited), and other appropriate needs. No fees are charged.

## **Northeast Social Action Program, Inc. (NESAP)**

1046 S. Carroll Street, Hampstead, MD 21074

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

Monday - Friday: 8:00 am - 3:00 pm

*nesapinc@gmail.com*

*nesapinc.org*

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

## **On Our Own**

265 E Main Street, Westminster, MD 21157

Call for hours: 410-751-6600

*onourownofcarrollcounty.org*

Wellness and Recovery Center. Provides peer support and a safe environment for those suffering from mental health disorders and or struggling with substance abuse to come and work on or begin their recovery journey. Provides a variety of support groups. Some examples include men's & women's support, recovery support, anger management, Narcotics and Alcoholics Anonymous, DTR (Double Trouble in Recovery), goals group, anxiety support, WRAP (Wellness Recovery Action Plan) classes, etc. Also host educational workshops, monthly dinners, movie night, and weekly game nights. Provide community resources, make referrals and assist with

navigating the behavioral health care system. Advocates, when needed, as well as provide education to decrease stigma. There is a \$10 annual membership fee but not required, if unable to pay. Does not accept insurance. Serves ages 18 and up.

**Salvation Army, Carroll County Family Service Center  
Salvation Army Baltimore Region**

300 Hahn Road, Westminster, MD 21157

410-876-9358 Fax: 410-876-1964

*tsabaltimore.org*

Monday - Friday: 9:00 am - 3:00 pm;

Closed 12:00 pm - 1:00 pm for lunch

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

**Shepherd's Staff**

30 Carroll Street, Westminster, MD 21157-4831

410-857-5944 Fax: 410-857-6122

Monday, Tuesday, and Friday: 10:00 am - 2:00 pm;

Thursday: 3:00 pm - 7:00 pm; Wednesday: Closed

*shepstaff@comcast.net*

*shepstaff.org*

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

**Social Security Administration, Carroll County Office**

125 Airport Drive, Suite 10, Westminster, MD 21157

800-772-1213 Fax: 410-857-1736

*socialsecurity.gov*

Monday, Tuesday, Thursday, Friday: 9:00 am - 4:00 pm;

Wednesday: 9:00 am-12:00 pm

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

**St. Vincent de Paul Society**

43 Monroe Street, Westminster, MD 21157

410-848-8693

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

## HEALTH SERVICES

### **Access Carroll, Inc.**

#### **Integrated Health Care**

10 Distillery Drive, Suite 200, Westminster, MD 21157

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

*info@accesscarroll.org*

*accesscarroll.org*

#### Full Time Integrated Care

Medical and Dental: Monday - Friday: 8:30 am - 5:00 pm

Behavioral Health: Monday - Thursday: 8:00 am - 8:00 pm;

Friday: 8:00 am - 4:30 pm

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

### **Bureau of Community Health Nursing**

#### **Carroll County Health Department**

290 S. Center Street, Westminster, MD 21157-5219

410-876-4900 800-966-3877

*cchd.maryland.gov/health-services-home*

Monday – Friday: 8:00 am – 5:00 pm

To partner with Carroll County residents to promote, protect, and maintain their health.

Administrative Care Coordination (ACC) Ombudsman: 410-876-4941

Issues with Medical Assistance

Adult Evaluation and Review Services (AERS): 410-876-4949

Evaluation and assistance for adults at risk for nursing home placement

Best Beginnings: 410-876-4930

Prenatal care program for uninsured women

Breast Cancer Cervical Cancer (BCCP): 410-876-4423

Free mammograms and GYN exams for eligible women, diagnosis



and treatment of breast and cervical cancer

Communicable Disease: 410-876-4936

Services related to communicable diseases, rabies prevention and control, tuberculosis (TB) prevention and control

Human Immunodeficiency Virus (HIV): 410-876-4771

Acquired Immune Deficiency Syndrome (AIDS), counseling, testing, and medical case management

Maryland Children's Health Program (MCHP): 410-876-4916 / 410-876-4960

Medical Assistance enrollment for pregnant women, children, and families

Maternal Child Health: 410-876-4942

Services to assist children with their health, case management, childhood immunization, elevated lead, school health, school hearing and vision

Birth to 5: 410-751-3226

Services for children with developmental delays

Child Find (ages 3 – 5) 410-751-3295

Infant and Toddlers (ages 0 – 3) 410-876-4437

Children with Special Health Care Needs (CSHCN): 410-876-4956

Services for children with unmet health care needs

Medical Assistance Nurse Monitoring: 410-876-4949

Community First Choice, assistance with personal care needs for persons who receive Medical Assistance

Reproductive Health: 410-876-4930

Sexually transmitted diseases, clinic for diagnosis and treatment of sexually transmitted infections, women's health, colposcopy, family planning, medical services for women in need of reproductive health care

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

290 S. Center Street, Westminster, MD 21157-5219

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

*cchd.maryland.gov*

Monday - Friday 8:00 am - 4:30 pm

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

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

**Collaboration for Homeless Enhancement Services (CHES)** - CHES provides wrap around services based on an Assertive Community Treatment (ACT) model for persons with mental illness and/or substance use disorders and veterans who are experiencing homelessness.

Wrap around services are intensive and person centered. These services are intended to provide help to an individual to stabilize, reduce crises in their lives and attain self-sufficiency and success by providing intensive peer support, Critical Time Intervention Case Management, transportation to appointments and Housing Services.

### **Care Connect**

200 Memorial Avenue, Westminster, MD 21157-5629

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

*healthaccess@carrollhospitalcenter.org*

*carrollhospitalcenter.org/CareConnect*

Monday - Friday: 8:30 am - 4:30 pm; voice mail after hours

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



## **Carroll County Bureau of Aging and Disabilities**

125 Stoner Avenue, Westminster, MD 21157-5451

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

*ccgovernments.carr.org/ccg/aging*

Monday - Friday: 8:00 am - 5:00 pm

### **Home & Community Based Services Programs**

#### **Community Options (CO) Waiver**

The Community Options waiver (CO) serves individuals who are medically, technically and financially eligible for Medicaid waiver services who have been transitioned or diverted from a nursing facility. Eligible individuals must be age 18 years or over, require a nursing facility level of care, choose to receive services in the community, and have a cost neutral plan of services that supports the individual to safely live in the community. The Community Options Waiver offers:

Assisted Living, Medical Day Care, Nutritionist/Dietician, Home delivered Meals, Personal Emergency Response Systems, Environmental Assessments, Assistive Technology, Nurse Monitoring, Personal Care, Supports Planning/Case Management, Transition Services (for example, assisting an individual to leave an institutional setting and return to the community) and additional services.

#### **Community First Choice**

The Affordable Care Act created a program called Community First Choice (CFC), which provides states the option to offer certain community-based services as a state plan benefit to individuals who meet an institutional level of care. There is no wait list for services through the CFC program. Services are provided in the individual's home or community residence by agency employed providers. The program does not have age, cost neutrality or enrollment limitations CFC offers: Personal Assistance Services, Supports Planning/Case Management, Nurse Monitoring, Home delivered Meals, Assistive Technology, Accessibility Adaptations, Environmental Assessments, Personal Emergency Response Systems (PERS) and additional services.

#### **Money Follows the Person (MFP)**

Money Follows the Person (MFP) in Maryland will help people transition from an institution, for example a nursing facility, to community living in an apartment, private home, or small group setting. MFP initiatives increase outreach to individuals in institutions and decrease barriers to transition. New efforts under MFP include peer mentoring, enhanced transition assistance, improved information technology,

housing assistance, flexible transition funds, and the addition of waiver services to existing waivers.

### **State Health Insurance Assistance Program (SHIP)**

Trained health insurance counselors are available on an appointment basis to help seniors, age 60 and older, with questions and problems regarding:

- \* Medicare
- \* Medigap
- \* Health Maintenance Organizations (HMO's)
- \* Long Term Care
- \* Qualified Medicare Beneficiary
- \* Pharmacy Assistance.

Home visits are available when needed for the homebound.

### **Carroll Health Group**

*Carrollhealthgroup.com*

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

### **Eldersburg**

1380 Progress Way, Suite 102, Eldersburg, MD 21784  
410-795-0257 Fax: 410-549-7354

### **Hampstead**

2319 E-F Hanover Pike, Hampstead, MD 21074  
410-374-0675 Fax: 410-374-3847

### **Manchester**

4175-A Hanover Pike, Manchester, MD 21102  
410-239-2662 Fax: 410-374-8786

### **Mount Airy**

504 East Ridgeville Boulevard, Suite 110, Mt. Airy, MD 21771  
301-829-5906 Fax: 301-829-5909

### **Reisterstown**

113 Westminster Road, Suite 101, Reisterstown, MD 21136



410-517-2840 Fax: 410-517-2587

### **Taneytown**

520 East Baltimore Street, Suite 8, Taneytown, MD 21787

443-487-5454 Fax: 443-487-5448

### **Westminster**

826 Washington Road, Suite 120, Westminster, MD 21157

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

### **Westminster**

444 WMC Drive, Suite 100, Westminster, MD 21157

410-751-2595 Fax: 410-751-2595

### **Westminster - Carroll Lutheran Village**

300 St. Luke Circle, Westminster, MD 21157

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

### **Carroll Hospital**

200 Memorial Avenue, Westminster, MD 21157

410-848-3000

*info@CarrollHospitalCenter.org*

*carrollhospitalcenter.org*

Carroll Hospital, a LifeBridge Health center, provides preventative and medical care for people in every stage of life. Whether one is in need of a physician or specialist, emergency treatment, surgery, specialized care or wellness education, Carroll Hospital is dedicated to being the definitive resource for health care in the community. A Speakers Bureau provides health-related presentations; call 410-871-7121. The hospital's Care Connect service provides physician referrals and health navigation services; call 410-871-7000. The TTY/TDD number is 410-871-7186.

### **Express Care**

1311 Londontown Boulevard, Eldersburg, MD 21784

410-549-7222

1011 Baltimore Boulevard, Westminster, MD 21157

410-848-3990

Open 7 days a week from 8:00 am – 9:00 pm

With prescription and lab services available on site, ExpressCare clinics, a LifeBridge

Health Partner, offer urgent medical treatment for common illnesses and injuries, flu shots, pre-employment and sports physicals, work-related injury services, and much more. Accepts most medical insurance. No appointment necessary. Serves all ages.

### **Family and Children's Services**

22 North Court Street, Westminster, Maryland 21157

410-876 -1233 Fax: 410-876-4791

*fcsmd.org*

Monday – Friday: 8:30 am - 4:30 pm; After hours call: 443-865-8031

Assists families who are facing separation, domestic violence, child sexual abuse, and other hardships that increase stresses of daily living. Offer domestic violence program, child abuse treatment services, general counseling and medication management. Accepts Medicare, Medical Assistance and most insurances and there is an Ability to Pay scale for those without insurance. Serves ages 3 to seniors. Psychiatrist sees ages birth to seniors.

### **LIONS CLUB INTERNATIONAL**

#### **Deer Park Lions Club Foundation, Inc.**

PO Box 596, Finksburg, MD 21048-0596

410-848-8254

*e-Clubhouse.org/sites/DeerParkME*

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

#### **Hampstead Lions Club**

PO Box 121, Hampstead, MD 21074-0121

443-250-5165

*hampsteadlionsclub.org*

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

**New Windsor Lions Club**

PO Box 167, New Windsor, MD 21776-0167

410-596-7912

*nwlions@comcast.net*

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

**Roaring Run Lions Club**

PO BOX 190, Finksburg, MD 21048-0190

410-876-3378

*auerback9@yahoo.com*

*e-clubhouse.org/sites/roaringrun/*

Enable vision and hearing screenings on an entry level scale and the club provides correcting visual aids for children or adults who are unable to afford them.

Additionally, support is provided to the Low Vision Research Foundation and Leader Dogs for the Blind. RRLC has medical equipment (wheelchairs, walkers, hospital beds, etc.) available for loan to members of the community.

**Silver Run/Union Mills Lions Club**

343 W. Deep Run Road, Westminster, MD 21158-2215

410-848-6855

*silverrununionmillsions.com*

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

**Taneytown Lions Club**

PO Box 555, Taneytown, MD 21787-0555

*lionsclub.taneytown@gmail.com*

*taneytownlionsclub.com*

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

### **Westminster Lions Club**

PO Box 246, Westminster, MD 21158-0246

410-857-8461

*lionsclubofwestminster.org*

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

### **Mission of Mercy Taneytown - Trinity Evangelical Lutheran**

38 W. Baltimore Street, Taneytown, MD 21787

410-833-5870

*amissionofmercy.org*

Provides free healthcare, free dental care and free prescription medications to the uninsured and underinsured. Currently served twice per month on Wednesdays (please confirm, as schedules may change). New patients must call the appointment number below. If no appointments are available, there may be a limited number walk-in appointments. Patients are advised to arrive early in the morning to increase chances of being seen on a walk-in basis. Dental patients are seen on a first-come, first-served walk-in basis. Walk-in appointments are not guaranteed and are based on availability. Both extractions and fillings are performed in Taneytown. For an appointment call 410.833.5870. You must leave a message with a call back number.

### **ProLife Carroll County**

4070 Baptist Road, Taneytown, MD 21787-1712

410-756-4886 or 410-848-0716

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



## LAW ENFORCEMENT

### **Carroll County Sheriff's Office**

100 N. Court Street, Westminster, MD 21157-5112  
410-386-2900 Fax: 410-876-1152  
[ccgovernment.carr.org/ccg/sheriff/](http://ccgovernment.carr.org/ccg/sheriff/)

### **Carroll County State's Attorney**

55 N. Court Street, Suite 100, Westminster, MD 21157-5155  
410-386-2671 888-302-8925 Fax: 410-876-9286  
[ccstatesattorney@ccg.carr.org](mailto:ccstatesattorney@ccg.carr.org)  
[carrollcountystatesattorney.org/](http://carrollcountystatesattorney.org/)

### **Hampstead Police Department**

1112 S. Main Street, Hampstead, MD 21074-2255  
410-239-8954 Fax: 410-239-8659  
[police@qis.net](mailto:police@qis.net)  
[hampsteadmd.gov](http://hampsteadmd.gov)

### **Manchester Police Department**

3215 Long Lane, P.O. Box 830, Manchester, MD 21102-1782  
410-239-6900 Fax: 410-239-2058  
[manchestermd.gov/police/](http://manchestermd.gov/police/)

### **Maryland State Police, Barrack G**

1100 Baltimore Boulevard, Westminster, MD 21157-7025  
410-386-3000  
[msp.westminster@maryland.gov](mailto:msp.westminster@maryland.gov)  
[mdsp.org](http://mdsp.org)

### **Maryland State Police in Mount Airy**

Maryland State Police Resident Trooper Program  
2 Park Avenue, Mount Airy, MD 21771-5438  
301-829-0218  
[mountairymd.org/160/Police-Department](http://mountairymd.org/160/Police-Department)

**Sykesville Police Department**

7547 Main Street, Sykesville, MD 21784-7364

410-795-0757 Fax: 410-796-8864

*[townofsykesville.org/2161/Police-Department](http://townofsykesville.org/2161/Police-Department)*

**Taneytown Police Department**

120 E. Baltimore Street, Taneytown, MD 21787-2110

410-751-1150 Fax 410-751-0755

*[taneytown.org/departments/police\\_department](http://taneytown.org/departments/police_department)*

**Westminster Police Department**

36 Locust Street, Westminster, MD 21157-5043

410-848-4646

*[wpd@westgov.com](mailto:wpd@westgov.com)*

*[westminstermd.gov/165/Police](http://westminstermd.gov/165/Police)*



## LEGAL

### **Adult Drug Treatment Court Program**

Circuit Court for Carroll County

55 N. Court Street, Westminster, MD 21157-5155

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

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

### **Carroll County Community Mediation Center**

Carroll Community College

255 Clifton Boulevard, Suite 311, Westminster, MD 21157-4787

410-848-1764 Fax 410-848-5479

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

Office Hours: Monday - Friday: 9:00 am - 6:00 pm

Services provided everyday 9:00 am - 9:00 pm

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

### **Carroll County Department of Juvenile Services**

101 N. Court Street, Westminster, MD 21157-5166

410-871-3600 Fax 410-871-3620

*djs.state.md.us*

Monday - Friday: 8:00 am - 5:00 pm

Provides court-ordered supervision of delinquent youth, and assistance for youth exhibiting at-risk behaviors. Offers counseling services to juveniles and their families placed on probation or under protective supervision by the court. Other

services include anger management classes, smoking cessation sessions, substance abuse support, case management for delinquent youth, and victim awareness programs. Offers free drug abuse, prevention education to community, business, school, church, and civic groups on important issues facing juveniles and our society. Programs include: Profiles of At-Risk Youth, Alternatives to Incarceration, and Young Women and the Criminal Justice System. Also provides Victim Awareness Education Counseling through school-based juvenile counselors in all current high schools. Please call to arrange for a speaker. Most services are free, although some referral services have their own fees. Serves youth ages 8 to 21.

### **Carroll County Office of the Public Defender**

101 N. Court Street, Suite 140, Westminster, MD 21157-5166

410-871-3636 Fax: 410-871-3640

*opd.state.md.us*

Monday - Friday: 8:00 am - 5:00 pm

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

### **Carroll County Victim Witness Assistance Unit**

#### **Carroll County State's Attorney's Office**

55 N. Court Street, Suite 100, Westminster, MD 21157-5155

410-386-2671 Fax 410-876-9286

*carrollcountystatesattorney.org*

Monday - Friday: 8:00 am - 5:00 pm

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



agencies and counseling services, as well as safe facilities, will be made when necessary. The Director is able to provide a speaker to community groups.

### **Disability Rights Maryland**

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

410-727-6352 x 0 or 1-800-233-7201

*DisabilityRightsMD.org*

Monday - Friday 9:00 am - 5:00 pm

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

### **Family Law Administration**

#### **Circuit Court of Carroll County**

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

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

*mdcourts.gov/clerks/carroll/family.html*

Monday - Friday: 8:30 am - 4:30 pm

To coordinate and monitor family support services, both private and public, which are provided to parties in pending domestic court cases in Carroll County. Referrals are available for mediation, parent education classes, legal services, counseling, custody evaluations, visitation services, anger management classes, resources for domestic violence victims, and other support services. The Division also coordinates efforts between the judiciary, attorneys, and service providers to expand resources available in the county. Free family law legal advice by volunteer lawyers on Tuesdays 4:00 pm - 7:00 pm and on Thursdays 9:00 am - 12:00 pm for self-represented persons of low income, including help with forms in Maryland domestic law. Services first come, first serve. If the Carroll Circuit Court orders services that require a fee, a waiver of that fee may be submitted to Family Law Administration and given if funds are available and income requirements are met. A free domestic legal information seminar will be given on the first Tuesday of each month from 4:00 pm - 7:00 pm to all interested persons. All ages served.

## **Family Law Hotline**

800-845-8550

Monday - Friday: 9:30 am - 4:30 pm

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

## **Legal Aid Bureau, Inc.**

22 S. Market Street, Suite 11, Frederick, MD 21701-5572

800-679-8813

*mdlaborg*

Intake: Monday, Wednesday, Friday: 9:00 am - 12:00 pm;

Carroll County Seniors Intake: Monday - Friday: 9:00 am - 12:00 pm

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

## **Maryland Volunteer Lawyers Service**

201 N. Charles Street, Suite 1400, Baltimore, MD 21201

800-510-0050 or 410-547-6537 Fax: 433-451-4081

*mvlslaw.org*

Monday - Thursday: 9:00 am - 1:00 pm

To provide free quality civil legal assistance to Marylanders with limited income. Provides free (and in some cases low cost) legal representation to Marylanders with limited income. We also provide free legal help for community-based nonprofits that are working to strengthen low-income communities in Maryland. Each eligible individual client is matched with a volunteer lawyer who has the appropriate skills and



expertise to provide quality representation. With a volunteer pool of 2,700 lawyers, MVLS provides services in every jurisdiction in the state. Check the Internet site for a complete description of our services. Clients are responsible for all non-waivable court fees. Serves all ages.

**Women’s Law Center of Maryland, Inc.**

305 W. Chesapeake Avenue, Suite 201, Towson, MD 21204-4447

*admin@wlcmd.org*

*wlcmd.org/kcprograms.html*

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

## **PRESCRIPTION ASSISTANCE**

### **Goodrx.com**

*goodrx.com*

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

### **Help Rx Info**

*HelpRx.info*

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

### **Internet Drug Coupons**

*internetdrugcoupons.com*

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

### **My RX Advocate**

1-877-331-0362

*myrxadvocate.com*

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

### **NeedyMeds**

PO Box 219, Gloucester, MA 01931



1-800-503-6897

*info@needymeds.org*

*NeedyMeds.org*

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

### **Partnership for Prescription Assistance**

1-888-477-2669 (Tech support only)

*pparx.org*

Prescription expense assistance, prescription medication services, psychiatric medication services. Must have e-mail address.

### **Rx Outreach**

1-800-769-3880

*rxoutreach.com*

Monday – Friday: 8:00 am - 6:30 pm

Managed by Express Scripts Specialty Distribution Services, Inc., a licensed mail order pharmacy. Not a prescription insurance program nor an Internet pharmacy.

The program offers prescription medicines to uninsured individuals and families and those who have limited prescription coverage. Bilingual Spanish services available.

### **SCBN Prescription Advocacy**

1-888-331-1002

*scbn.org*

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

## REFERRAL SERVICES

### **Carroll County Bureau of Aging and Disabilities**

125 Stoner Avenue, Westminster, MD 21157-5451

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

[ccgovernment.carr.org/ccg/aging/](http://ccgovernment.carr.org/ccg/aging/)

Monday - Friday: 8:00 am - 5:00 pm

### **Home & Community Based Services Programs**

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The Community Options waiver (CO) serves individuals who are medically, technically and financially eligible for Medicaid waiver services who have been transitioned or diverted from a nursing facility. Eligible individuals must be age 18 years or over, require a nursing facility level of care, choose to receive services in the community, and have a cost neutral plan of services that supports the individual to safely live in the community. The Community Options Waiver offers:

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### **State Health Insurance Assistance Program (SHIP)**

Trained health insurance counselors are available on an appointment basis to help seniors, age 60 and older, with questions and problems regarding:

- \* Medicare
- \* Medigap
- \* Health Maintenance Organizations (HMO's)
- \* Long Term Care
- \* Qualified Medicare Beneficiary
- \* Pharmacy Assistance.

Home visits are available when needed for the homebound.

### **Family Links Services**

#### **Human Services Programs of Carroll County, Inc.**

10 Distillery Drive, Suite G-1, Westminster, MD 21157-5021

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

*hspinc.org*

Monday -Thursday: 8:00 am - 4:00 pm, Friday: 10:00 am - 4:00 pm

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

## **Freedom Center**

c/o CC Bureau of Aging & Disabilities  
125 Stoner Avenue, Westminster, MD 21157  
410-386-3828  
*thefreedomcenter-md.org*

Monday, Wednesday and Friday: 8:00 am – 4:00 pm  
(Home office is 550 Highland St., Suite 510, Frederick, MD 21701;  
toll free 844-513-3027)

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

## **Get Connected Family Resource Center**

Mosaic Community Services  
255 Clifton Boulevard, Suite 204, Westminster, MD 21157  
410-871-0008 Fax: 410-871-0228  
*getconnectedcc.org*

Monday - Thursday: 9:00 am - 5:00 pm, Friday: 9:00 am - 1:00 pm

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



## SHELTER & HOUSING

### **Bureau of Prevention, Wellness, and Recovery**

#### **Carroll County Health Department**

290 S. Center Street, Westminster, MD 21157-5219

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

*[cchd.maryland.gov/behavioral-health-path-program](http://cchd.maryland.gov/behavioral-health-path-program)*

Monday - Friday: 8:00 am - 4:30 pm

#### **Projects for Assistance In Transition From Homelessness – PATH**

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

### **Carroll County Bureau of Housing and Community Development**

#### **Carroll County Department of Citizen Services**

10 Distillery Drive, Suite 101, Westminster, MD 21157-5021

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

*[ccgovernment.carr.org/ccg/housing/default.asp](http://ccgovernment.carr.org/ccg/housing/default.asp)*

Monday - Friday: 8:00 am - 5:00 pm

To assure affordable, decent, safe, and sanitary housing for eligible families in communities of their choice while encouraging participants' economic self-sufficiency. Provides technical and financial assistance related to housing and community development for all segments of Carroll County (except Westminster, which is served by its own Office of Housing and Community Development). Programs include: Section 8 Housing Choice Vouchers- administers 649 tenant-based vouchers for income eligible families and individuals working or living in the service area. Section 8 Family Self-Sufficiency- available to eligible housing participants interested in achieving increased economic self-sufficiency and realization of their life goals. Rental Allowance- temporary financial housing assistance for eligible county families who are homeless, or at risk of becoming homeless, is available in partnership with Human Services Programs of Carroll County, Inc. A similar program for working families is available in partnership with the Carroll County Department of Social Services. Special activities

include observing Fair Housing Month in April, and Homeownership Week during the first week of June. TT assistance is provided through Maryland Relay 7-1-1- or 1-800-735-2258. Open to county residents, based on income. Serves ages 18 and older.

### **Continuum of Care Program**

The purpose is to provide permanent housing in connection with supportive services to people with disabilities and who are experiencing homelessness and their families. The primary target populations are people who are homeless who have serious mental illness or co-occurring disorders and have been chronically homeless due to their illness. This program also targets people with forensic backgrounds in an effort to provide housing options that may not otherwise exist for this group.

### **Habitat for Humanity of Carroll County, Inc.**

#### **Habitat for Humanity International**

255 Clifton Boulevard, Suite 301, Westminster, MD 21157-4786  
410-751-7722

*info@cchabitat.org*

*cchabitat.org*

Hours by appointment

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

### **Human Services Programs of Carroll County, Inc.**

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

*hspinc.org*

Monday - Thursday: 8:00 am - 5:00 pm; Friday: 10:00 am - 5:00 pm



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

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

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

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

### **Maryland Commitment to Veteran's**

201 W. Preston Street, Baltimore, MD 21201

410-725-9971 877-770-4801

[veterans.dhmh.maryland.gov/Pages/home.aspx](http://veterans.dhmh.maryland.gov/Pages/home.aspx)

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

### **New Life for Girls**

806 Littlestown Pike, Westminster, MD 21158

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

[southeastNLFG@gmail.com](mailto:southeastNLFG@gmail.com)

[southeastnewlifeforgirls.com/](http://southeastnewlifeforgirls.com/)

**Office Hours: Tuesday – Friday 10:00 am - 4:00 pm**

To rehabilitate women with drug and/or alcohol abuse problems through Christian teachings. Christian classes and counseling are part of the rehabilitation in this residential program. This organization is commonly referred to as Southeast New Life for Girls because of its location. No insurance accepted. Open to females between the ages of 18 and 45 years old.

### **Weber Sober Homes**

P. O. Box 106, Woodbine, MD 21797

Contact: Kathy Weber 410-552-5558

*Webersoberhomes@comcast.net*

Monday – Friday: 9:00 am – 5:00 pm

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

### **Westminster Office of Housing Services**

#### **Westminster City Government**

56 W. Main Street, Westminster, MD 21157

410-848-2261 Fax: 410-876-0865

*housing@westgov.com*

*westgov.com*

Monday - Thursday: 7:30 am - 5:30 pm; Closed weekends/holidays

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



## **Westminster Rescue Mission and Thrift Store**

658 Lucabaugh Road, PO Box 285, Westminster, MD 21158

410-848-2222

*info@westminsterrescuemission.org*

*westminsterrescuemission.org*

Offers a long-term faith-based, residential recovery program for men ages 18 and up battling addiction. Program includes daily classes, chapel, on-site clinical and pastoral counseling, AA/NA/CR meetings and work therapy. Accepts no insurance. There is a one-time intake fee (\$500).

## TRANSPORTATION

### **Carroll Transit System**

1300 Old Meadow Branch Road, Westminster, MD 21158

410-363-0622

*www.carrolltransitsystem.com*

Monday – Friday: 7:00 am – 5:00 pm

Demand Response services: Door-to-door service for Carroll County residents traveling within the county. Based on availability, it runs Monday through Friday. All fares are based on 5 mile increments. Advanced reservation is required; no same day transportation.

TrailBlazer: Westminster route operates on Saturdays from 8:00 am - 4:00 pm. All fares must be paid at the time of boarding the vehicle and the exact fare is required. Fares may be paid by cash. Routes are Taneytown to Westminster; Eldersburg to Westminster; route around Westminster and Eldersburg. Serves all ages

Veteran Shuttle service: The VA Shuttle services veterans in Carroll County, and must be registered for the program through the Bureau of Aging.



## ORGANIZATIONAL RESOURCES

<b>Adult Children of Alcoholics (ACA-ACoA)</b> PO Box 3216, Torrance, CA 90510 (Message Only)	<b>310-534-1815</b>
<b>AIDS Information</b> Aidsinfo.nih.gov	<b>800-448-0440</b>
<b>Alanon/Alateen Family Group Headquarters</b> 1600 Corporate Landing Parkway Virginia Beach, VA 23454-5617	<b>800-356-9996</b> (Message Only)
<b>Alcohol and Drug Help Line</b> 24-hour referrals nationwide to individuals battling drug and alcohol abuse	<b>800-821-4357</b>
<b>Alcoholics Anonymous</b> 475 Riverside Drive, New York, NY 10115	<b>800-492-0209</b>
<b>American College Health Association</b> PO Box 28937, Baltimore, MD 21240-8937 Call for brochures on alcohol problems or fax 410-859-1510	<b>410-859-1500</b>
<b>American Psychological Association</b> 750 First St, NE, Washington, D.C. 20002-4242 Call for materials about problems that relate to alcohol disorders	<b>800-336-5500</b>
<b>Catherine's Cause</b> Works to prevent drunken driving through victim impact forums and high school presentations	<b>410-374-8987</b>
<b>Center for Substance Abuse Treatment</b>	<b>800-662-HELP</b> (4357)
<b>CSAT Workplace Helpline</b>	<b>800-967-5752</b>
<b>Co-Dependents Anonymous (CODA)</b>	<b>410-256-7775</b>
<b>Families Anonymous</b> PO Box 3475, Culver City, CA 90231-3475	<b>800-736-9805</b> Fax: 310-815-9682

<b>First Call for Help</b>	<b>800-492-0618</b>
<b>Get Connected Family Resource Center</b>	<b>410-871-0008</b>
<b>Maryland Coalition of Families</b>	<b>888-607-3637</b>
<b>Maryland Youth Crisis Hotline</b>	<b>800-422-0009</b>
<b>Mothers Against Drunk Driving (MADD) Victim Hotline:</b>	<b>410-321-6233 877-MADD-HELP</b>
<b>Nar-Anon Family Group Headquarters, Inc.</b> 22527 Crenshaw Blvd, Suite 200B, Torrance, CA 90505	<b>800-477-6291</b>
<b>National Alliance of Hispanic Health</b> 1501 Sixteenth St., N.W. Washington, D.C. 20036	<b>800-504-7081 202-387-5000</b>
<b>National Association for Children of Alcoholics</b> Call for additional information and materials	<b>888-554-2627</b>
<b>National Association of Alcoholism and Drug Abuse Counselors</b> Call for written information on alcoholism and drug addiction	<b>800-548-0497</b>
<b>NAMI Carroll County</b>	<b>410-857-3650</b>
<b>National Gambling Hotline</b>	<b>800-522-4700</b>
<b>National Inhalant Prevention Coalition</b> 322A Thompson St., Chattanooga, TN 37405	<b>800-269-4237</b> Fax: 512-477-3932
<b>National Institute on Alcohol Abuse and Alcoholism</b> 5635 Fishers Lane, Bethesda, MA 20892-9304 Call for information and/or materials or visit the NIAAA website at <a href="http://www.niaaa.nih.gov">www.niaaa.nih.gov</a>	<b>301-443-3860</b>
<b>National Mental Health Association</b> 2000 N. Beauregard St., 6th floor, Alexandria, VA 22311 Call for a referral to a local affiliate and written information on alcoholism and other related mental illnesses	<b>800-969-NMHA (6642)</b>



**National Organization on Fetal Alcohol Syndrome** 800-66NOFAS  
900 17th St., N.W., Suite 910, Washington, D.C. 20006 (666-6327)  
Call for educational materials and to speak with a health professional on a call back basis.

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

**Rape Crisis Hotline** 410-857-0900

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

**Substance Abuse and Mental Health Services Administration**  
**U.S. Department of Health and Human Services** 877-726-4727  
5600 Fishers Lane, Rockville, MD 20857  
**Information and Treatment Referral Hotline** 800-662- HELP  
(4357)

## WEBSITES TO VISIT

Information on these websites 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

AddictionResource	<a href="http://addictionresource.com">addictionresource.com</a>
Adult Children of Alcoholics	<a href="http://adultchildren.org">adultchildren.org</a>
Al-Anon/Alateen	<a href="http://al-anon.alateen.org">al-anon.alateen.org</a>
Alcoholics Anonymous	<a href="http://aa.org">aa.org</a>
Celebrate Recovery	<a href="http://celebraterecovery.com">celebraterecovery.com</a>
Cocaine Anonymous	<a href="http://ca.org">ca.org</a>
Holy Trinity Outreach	<a href="http://htnr.net">htnr.net</a>
Jewish Alcoholics, Chemically Dependent Persons and Significant Others	<a href="http://jacswb.org">jacswb.org</a>
Marijuana Anonymous	<a href="http://marijuana-anonymous.org">marijuana-anonymous.org</a>
Narcotics Anonymous	<a href="http://na.org">na.org</a>
Nar-Anon Family Groups	<a href="http://nar-anon.org">nar-anon.org</a>
Partners for Recovery	<a href="http://samhsa.gov/partners-for-recovery">samhsa.gov/partners-for-recovery</a>
Women for Sobriety	<a href="http://womenforsobriety.org">womenforsobriety.org</a>

### TREATMENT RESOURCES

BeaconHealthOptions	<a href="http://maryland.beaconhealthoptions.com">maryland.beaconhealthoptions.com</a>
Behavioral Health Administration — Directory of Services in Md.	<a href="http://bha.health.maryland.gov">bha.health.maryland.gov</a>
Caron Foundation	<a href="http://caron.org">caron.org</a>
Hazelden Foundation	<a href="http://hazelden.org">hazelden.org</a>
National Association of Addiction Treatment Providers	<a href="http://naatp.org">naatp.org</a>
National Center for Substance Abuse Treatment	<a href="http://samhsa.gov">samhsa.gov</a>



Network of Care

[networkofcare.org](http://networkofcare.org)

## NATIONAL AND STATE RESOURCES

Bureau of Alcohol, Tobacco, and Firearms	<a href="http://atf.gov">atf.gov</a>
Centers for Disease Control and Prevention	<a href="http://cdc.gov">cdc.gov</a>
Center for Substance Abuse Research	<a href="http://cesar.umd.edu">cesar.umd.edu</a>
Maryland Behavioral Health Administration	<a href="http://bha.health.maryland.gov">bha.health.maryland.gov</a>
Maryland Department of Health	<a href="http://health.maryland.gov">health.maryland.gov</a>
Motor Vehicle Administration	<a href="http://mva.maryland.gov">mva.maryland.gov</a>
National Association of Alcoholism and Drug Abuse Counselors	<a href="http://naadac.org">naadac.org</a>
National Association of Alcoholism and Drug Abuse Directors	<a href="http://nasadad.org">nasadad.org</a>
National Center on Addiction and Substance Abuse at Columbia University	<a href="http://casacolumbia.org">casacolumbia.org</a>
National Center for Substance Abuse Prevention	<a href="http://samhsa.gov">samhsa.gov</a>
National Clearinghouse for Alcohol and Drug Information	<a href="http://store.samhsa.gov">store.samhsa.gov</a>
National Highway Traffic Safety Administration	<a href="http://nhtsa.gov">nhtsa.gov</a>
National Inhalant Prevention Coalition	<a href="http://inhalants.org">inhalants.org</a>
National Institute of Mental Health	<a href="http://nimh.nih.gov">nimh.nih.gov</a>
National Institute on Alcohol Abuse and Alcoholism	<a href="http://niaaa.nih.gov">niaaa.nih.gov</a>
National Institute on Drug Abuse	<a href="http://nida.nih.gov">nida.nih.gov</a>
National Organization on Fetal Alcohol Syndrome	<a href="http://nofas.org">nofas.org</a>
National Women's Resource Center	<a href="http://healthywomen.org">healthywomen.org</a>
Nine Zero Project	<a href="http://ninezero.org">ninezero.org</a>
Office of National Drug Control Policy	<a href="http://whitehouse.gov/ondcp">whitehouse.gov/ondcp</a>
Substance Abuse and Mental Health Services Administration (SAMHSA)	<a href="http://samhsa.gov">samhsa.gov</a>

## TEEN SITES

Above the Influence	<a href="http://abovetheinfluence.com">abovetheinfluence.com</a>
Just Think Twice	<a href="http://justthinktwice.com">justthinktwice.com</a>
NIDA for Teens	<a href="http://teens.drugabuse.gov">teens.drugabuse.gov</a>
Students Against Destructive Decisions (SADD)	<a href="http://sadd.org">sadd.org</a>

## SITES FOR PARENTS AND CONCERNED ADULTS

Drug Slang Dictionary and Translator	<a href="http://noslang.com/drugs">noslang.com/drugs</a>
Five Moms: Stopping Teen Cough Medicine Abuse	<a href="http://fivemoms.com">fivemoms.com</a>
Kick Butts Day	<a href="http://kickbuttsday.org">kickbuttsday.org</a>
Mothers Against Drunk Drivers	<a href="http://madd.org">madd.org</a>
Moyers on Addiction: Close to Home	<a href="http://billmoyers.com/series">billmoyers.com/series</a>
Netlingo	<a href="http://netlingo.com">netlingo.com</a>
Partnership for Drug-Free Kids	<a href="http://drugfree.org">drugfree.org</a>
Talking With Kids About Tough Issues	<a href="http://talkingwithkids.org">talkingwithkids.org</a>
Truth: The Anti-Drug	<a href="http://theanti-drug.com">theanti-drug.com</a>
Urban Dictionary	<a href="http://urbandictionary.com">urbandictionary.com</a>

## SUICIDE SITES

National Suicide Prevention Lifeline	<a href="http://suicidepreventionlifeline.org">suicidepreventionlifeline.org</a>
SPEAK	<a href="http://speakforthem.org">speakforthem.org</a>

## MISCELLANEOUS SUBSTANCE ABUSE RELATED SITES

American Association for the Treatment of Opioid Dependence	<a href="http://aatod.org">aatod.org</a>
American Society of Addiction Medicine	<a href="http://asam.org">asam.org</a>
Christopher D. Smithers Foundation	<a href="http://smithersfoundation.org">smithersfoundation.org</a>
College Drinking- Changing the Culture	<a href="http://collegedrinkingprevention.gov">collegedrinkingprevention.gov</a>
Community Anti-Drug Coalitions of America	<a href="http://cadca.org">cadca.org</a>
Join Together	<a href="http://jointogether.org">jointogether.org</a>



<b>Legal Action Center</b>	<b>lac.org</b>
<b>Maryland Association of Prevention Professionals and Advocates</b>	<b>mappamd.org</b>
<b>Monitoring the Future Study</b>	<b>monitoringthefuture.org</b>
<b>Pacific Institute for Research and Evaluation</b>	<b>pire.org</b>
<b>Robert Wood Johnson Foundation</b>	<b>rwjf.org</b>
<b>Therapeutic Communities of America</b>	<b>tcanet.org</b>
<b>Tobacco Bulletin Board Service</b>	<b>tobacco.org</b>



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