Carroll County Community Resources

Updated 12/4/08

Carroll County Library System operates a community directory on their website at http://community.carr.org/

ADHD Resources 2
Advocacy for Special Populations 3
Developmental Disabilities 3
Mental Health Advocacy: 5
Child Abuse Reporting: 6
Child Care Resources 6
Children's Education 8
Early Education: 8
Early Intervention Support Programs: 9
Early Intervention Websites: 10
Crisis Intervention Programs 11
Rape/Sexual Assault Services: 11
Domestic Violence/Intimate Partner Violence Resources: 12
Enrichment Programs 13
Mental Health: 14
Perinatal/Postpartum Depression Resources: 14
Local Agencies/Providers: 15
Mental Illness Resources 18
Parenting Education and Support Groups 19
Separation/Divorce Resources: 21
Substance Abuse/Addictions Treatment 21
Link to ACCESS to Treatment Programs by County: 23

- **<u>ADHD Resources</u>**

1. **CHADD of Carroll County** **410-751-3820**

1. **CHADD of Greater Baltimore (Children and Adults with ADHD)** **410-617-1500**
   Services provided: Support groups and information for parents of children and adults with AD/HD and ADD. Date and Time: 1st Wednesday of each month from 7-9pm. Fee: none
   Website: http://www.chadd-mc.org/chapters/baltimore.htm
   Parent support groups in Dundalk, Timonium, Howard and Montgomery County. Call or check the calendar for meeting dates and locations of this group at their website.
   - **For a list of chapters in the area and support groups go to:**
   http://www.chadd-mc.org/calendar/
   - **Howard County CHADD Chapter**
   Parent support group meetings generally held on the Second Tuesday of the month at:
   Norbel School
   6135 Old Washington Road
   Elkridge, Maryland, 21075
   - **Anne Arundel County CHADD Chapter** **410-721-2468**
   Severna Park Speaker Meetings are held the second Tuesday of every month at:
   Severna Park United Methodist Church
   731 Benfield Boulevard
   Severna Park, MD
   Website: http://www.aacochadd.org
   - **Dundalk Parent Support Group Meeting**
   Parent support group meetings generally held on the 1st Tuesday of the month at:
   Merritt Point Center, Room 9
   7701 Dunmanway
   Dundalk, MD
   - **Harford County Parent Support Group**
   Parent support group meetings are generally held the second Wednesday of each month at:
   Harford County Public Library
   100 E. Pennsylvania Ave.
   Bel Air, MD 21014
   - **Linthicum Adult Support Group**
   Support group meetings for adults with ADHD on the third Wednesday of each month at:
   St Christopher's Episcopal Church
   116 Marydel Rd
   Linthicum Heights, MD
   - **Timonium Speaker Meetings**
   Support group and speaker meetings on the first Wednesday of the month in October, November, December, February, April and May at:
   Loyola College Graduate School
   2034 Greenspring Drive
   Timonium, MD 21093

- **Advocacy for Special Populations**
  - **Developmental Disabilities**

1. **The ARC of Carroll County** **410-848-4124 or 876-2422 (Baltimore)**
   180 Kriders Church Road
   Westminster, MD 21158
   410-876-5317 Fax
   Website: www.arccarroll.com
   Services provided: Advocates for the rights of all citizens with mental retardation/developmental disabilities and their families. Provides support and promotes community education on issues related to mental retardation/developmental disabilities.

2. **The ARC of Maryland—Main Office**
   49 Old Solomons Island Road, Suite 205
   Annapolis, Maryland 21401
   410-571-9320 (Annapolis)
   410-974-6139 (Baltimore)
   410-974-6021 Fax
   Website: www.thearcmd.org

3. **FOCAS--Families of Children with Autism Support Group** **410-857-1596**
   862 Snowfall Way
   Westminster, MD 21157
   Email: focascc@yahoo.com
   Services Provided: FOCAS provides support to families of children with autism and those who provide services to them in Carroll County, Maryland. In addition to monthly meetings, FOCAS provides other services and activities including, but not limited to, small support groups, resource lists, guest speakers and social gatherings. Date and Time: Call for meeting information.

4. **Maryland Asperger Advocacy and Support Group** **Contact: MDAsperger@aol.com**
   14707 Old Hanover Road
   Boring, MD 21020 (off Hanover Pike between Reisterstown and Hampstead in Boring Post office)
   Website: www.aspergers.org/index.html
   Services provided: offers support and guidance to those who have normal to high intelligence and experience social-communication difficulties and sensory integration problems. Individuals diagnosed with High Functioning Autism (HFA), Pervasive Developmental Disorder (PDD), Nonverbal Learning Disorder (NVLD), Semantic-Pragmatic Disorder, Central Auditory Processing Disorder (CAPD), or hyperlexia are included.

5. **Speech Pathways** **410-374-0555**
   Westminster Professional Center
   532 Baltimore Blvd., Ste. 403 Westminster, MD
   Email: speechpathways@direcway.com with name and phone #.
   Services Provided: Meetings: PPST is a group specially designed for parents & caregivers of children with speech & language delays/disorders. The first group of its kind in Carroll County, PPST will offer parent training and support. Each meeting will include a meet & greet, a guest lecture on various topics & a Q&A time. Trained professionals & other parents/caregivers will be on hand for support and guidance.

6. **The Parent's Place of Maryland** **Telephone (voice or TDD): 410-768-9100**
   801 Cromwell Park Drive, Suite 103,
   Glen Burnie, MD 21061
   Website: http://www.ppmd.org/index.asp
   Services Provided: provides parents of children with disabilities with support, information and guidance. Also provides workshops for parents, educators and professionals. Their sole purpose is to enhance the lives of persons with disabilities.

7. **Pathfinders for Autism** **1-866-806-8400**
   120 Allegheny Avenue
   Towson, MD 21204
   Services provided: provides information, support and resources to families of children with autism. **Website: http://www.pathfindersforautism.org**

- **Mental Health Advocacy:**

1. **MD Coalition of Families for Children's Mental Health** **410-730-8267**
   10632 Little Patuxent Pkwy, Suite 119
   Columbia, MD 21044
   Toll Free: 1.888.607.3637
   Fax: 410.730.8331
   Services Provided: a grassroots coalition of family and advocacy organizations dedicated to improving services for children with mental health needs and their families and building a network of information and support for families across Maryland.
   Website: www.mdcoalition.org

2. **NAMI of Carroll County** **410-795-4363**
   255 Clifton Boulevard, Suite 301
   Westminster, MD 21157-4787
   Fax: 410-795-6312
   Email: info@namiccmd.org
   Website: http://www.namiccmd.org
   Services provided: to provide an educational organization and support group for individuals and families who have had their lives touched by mental illness. The support group is a partnership in which members learn and grow together. Meetings are from 7 to 8:30 pm the first Monday of each month at On Our Own, Winchester Exchange, 27 E. Main Street, Westminster, and the third Tuesday of each month at the South Carroll Senior Activities Center, 5745 Bartholow Road, Eldersburg.

- **Child Abuse Reporting:**

1. **Carroll County CPS** — **410-386-3434 (24 hours)**
   10 Distillery Drive — **(Baltimore Area: 410-876-2190)**
   Westminster, Maryland 21157
   FAX (410) 386-3477

2. **Frederick County CPS** — **(301) 694-2464**
   100 East All Saints Street — **(After hours (301) 694-2100) Police**
   Frederick, Maryland 21701
   FAX (301) 631-2639

3. **Link to CPS agencies by County: http://www.dhr.state.md.us/cps/address.htm**

4. **Carroll County Child Advocacy Center c/o C.A.S.A. Unit** — **410-386-3640**
   10 Distillery Drive
   Westminster, MD 21157
   Email: lholmes@ccg.carr.org

5. **Frederick County Child Advocacy Center** — **301-694-1762**
   PO Box 1907
   Frederick, MD 21702

6. **Washington County Child Advocacy Center** — **240-420-4308**
   24 N. Walnut Street, Suite 206
   Hagerstown, MD 21740

7. **Pennsylvania:** **Child Abuse Hotline: 1-800-932-0313**

8. **Virginia:** **CPS Hotlines: Out-of-state Hotline: 1-804-786-8536**
   In-state Hotline: 1-800-552-7096

9. **West Virginia:** **Child Abuse and Neglect Hotline: 1-800-352-6513**

10. **Baltimore County Child Protective Services** — **410-853-3000**
    Drumcastle Government Center — **410-853-3698 (FAX)**
    6401 York Road
    Baltimore, MD 21212

11. **Baltimore City Child Protective Services** — **410-361-2235 (24 hours)**
    1900 N. Howard Street — **443-423-7003 or 7002 FAX**
    Baltimore, MD 21218 — **(after 3:30 fax to 443-423-5950)**

- **Child Care Resources**

1. **Child Care Choices (Carroll County)** **410-751-2917**
   255 Clifton Blvd., Suite 319
   Westminster, Maryland 21157
   LOCATE: 1-877-230-7422
   Services Provided: Central resource and advocate for child care concerns, phone-in referral service assisting parents looking for licensed child care, and provides ongoing training for child care professionals.
   Website: www.fcmha.org/childcare.htm
   Email: childcarechoices@fcmha.org

2. **Child Care Choices (Frederick County)** **301-662-4549**
   263 West Patrick Street
   Frederick, Maryland 21701
   LOCATE: 301-695-4508
   Website: http://www.fcmha.org/childcare.htm
   Services Provided: Central resource and advocate for child care concerns, phone-in referral service assisting parents looking for licensed child care, and provides ongoing training for child care professionals.
   Website: www.fcmha.org/childcare.htm
   Email: childcarechoices@fcmha.org
   LOCATE: 1-800-924-9188 in Allegany & Garrett Counties
   LOCATE: 301-733-6914 in Washington County

3. **Maryland Child Care Resource Network:**
   http://www.mdchildcare.org/mdcfc/network/mainnumbers.html

- **Children's Education**

  - **Early Education:**

1. **Carroll County Public Schools** **410-751-3000**
   Main Administrative Offices:
   125 North Court Street
   Westminster Maryland 21157
   E-Mail: publicinfo@k12.carr.org

2. **Carroll County Public Schools, Office of Special Education** **410-751-3820**
   - **Carroll County -- Infant and Toddlers Program (0-3)** **410-876-4437**
   - **Child Find Program (3-5)** **410-751-3295**

3. **Learning Disabilities Association of Carroll County** **410-795-8621**
4. **Learning Disabilities Association of Maryland** **410-265-8188**
5. **Parent Information and Training Center:** **410-751-3033, x. 276**

6. **Judith P. Hoyer Early Child Care and Education Center (Judy Center)** **410-751-3613**
   Services provided: The Judy Center at Robert Moton ES promotes school readiness for children, birth through age 5 by fostering skills that help them to become successful learners. Families have access to a wide variety of programs through collaboration and coordination among community-based agencies and organizations. For additional information, please contact Sue Mitchell at 410-751-3613 or via email. **Email: smmitch@k12.carr.org**

7. **Frederick County Public Schools** **General Info: 301-644-5000**
   Main Administrative Offices:
   115 East Church Street
   Frederick, MD 21701
   7630 Hayward Road
   Frederick, MD 21702
   Website: http://www.fcps.org/index.cfm
   - **Frederick County -- Infants and Toddlers Program (0-3):** **301-694-1611**
   - **Child Find Program (for ages 3 through 5)** **301-644-5276**
     Services Provided: preschoolers with may receive services in community based settings, an early childhood class or in a special center. Placement is based on the individual student's needs and is determined during the IEP meeting.

- **Early Intervention Support Programs:**

1. **Carroll County Health Department, Healthy Start** **410-876-4960 or 410-876-4916**
   PO Box 845
   Westminster, MD 21158
   Services provided: strength-based, family-centered services and support to first time parents who reside in Carroll County.

2. **Carroll County Family Support Center**
   Parent Agency Human Services Programs of Carroll County, Inc. **410-857-0629**
   10 Distillery Drive, 3rd Floor
   Westminster, MD 21157-5021
   Fax: 410-857-9202
   Email: familycenter@hspinc.org
   Website: http://www.hspinc.org/Family%20Center.htm
   Services provided: provides support and education to assist parents to be self-sufficient and nurturing parents, and to promote the health and development of children ages birth to three**.** Programs include adult education, General Educational Development Tests (GED), computer literacy, and job readiness, parent education classes and support groups, including Dads Works. Coordinates services such as general counseling, referrals, case management, and fatherhood services. Offers a child development program including care for children while parents attend programs, daily parent and child activities, and developmental screenings. Also offers peer support and recreational activities for families. In addition, provides health classes, education, and outreach. Transportation to and from the center may be available, schedule permitting.

3. **Frederick Healthy Families Program** **301-696-2058**
   22 S. Market Street, Frederick, MD 21701
   fax: 301-695-9671**.** designed to support first-time parents.
   Services provided: strength-based, family-centered services and support to first time parents who reside in Frederick County.

4. **Frederick Healthy Start Program** **301-600-1745**
   Nursing Division
   350 Montevue Lane
   Frederick, MD 21702
   Services provided: The goal of this case management program is to improve birth outcomes and reduce infant mortality and morbidity for Medicaid/MCHP eligible pregnant women, infants and children less than 2 years of age through home visits and outreach/educational activities. Services are provided by Healthy Start Nurses with the assistance of an Interpreter as needed.

5. **Family-Child Resources** **717-757-1227**
   Square Commercial Center **Parenting Helpline (York County only):** **717-600-1166**
   1 Center Square, Suite 3
   Hanover, PA 17331
   3995 East Market Street **717-630-2882**
   York, PA 17402
   Website: http://www.f-cr.com/
   Services provided: two locations provide comprehensive services including outpatient counseling, parenting, drug and alcohol prevention, early intervention services, employee assistance program, in-home parenting program, juvenile justice programs and kids' groups including separation and

divorce, body safety, coping skills and getting along with others. Also including parenting groups and parenting help-line.

6. **Monocacy Neurodevelopmental Center:** **301-662-3808**
   65 Thomas Johnson Dr., Suite A
   Frederick, Maryland 21702
   Website: www.moncacycenter.com
   Services provided: We address problems of relating, communicating, self-regulation, planning, attending, learning and behavior found in individuals with Autism, Asperger's Syndrome, Pervasive Developmental Disorders, ADHD, Learning Disorders, and Speech & Language issues.

7. **Up-County Family Center** **301-447-2810**
   Catholic Charities/ Friends of the Family
   303 W. Lincoln Ave.
   Emmitsburg, MD 21727
   Annapolis, MD 21401
   Services provided: parenting classes, parent/child activities; employment support counseling, nutrition, and referrals. Center assists young parents in parenting skills, child activity, outreach, job skills development, education, health education, and peer support.

- **Early Intervention Websites:**

1. **Healthy Mothers, Healthy Babies Coalition:** **www.hmhb.org/**
2. **Maternal and Child Health Bureau, Department of Health and Human Services** **www.mchb.hrsa.gov**
3. **National Association of Child Care Resource and Referral Agencies:** **www.naccrra.org**
4. **National Association for the Education of Young Children:** **www.naeyc.org**
5. **National Partnership for Women and Families:** **www.nationalpartnership.org**
6. **Zero to Three:** **www.zerotothree.org**

- **Crisis Intervention Programs**

1. **Carroll County**: **Call the Maryland Crisis Hotline @ 1-800-422-0009**
   (Also the Youth Crisis Hotline)

2. **National Suicide Hotline:** **1-800-SUICIDE (1-800-784-2433) (24/7)**

3. **First Call For Help:** **(410) 685-0525** in the greater Baltimore dialing area
   (800) 492-0618 outside Baltimore, within Maryland (toll-free)
   (410) 685-2159 TTY for hearing impaired (8:30 a.m. - 4:30 p.m. weekdays) all other hours, dial 711, Maryland Relay.
   Services provided: a free, confidential service that connects callers with health and human services using the only statewide comprehensive information and referral directory in Maryland. We're available 24 hours a day seven days a week.

- **Rape/Sexual Assault Services:**

  - **Rape/Crisis Intervention Service of Carroll County** **410-857-7322 (hotline)**
    224 N. Center Street, Room 102
    P.O. Box 1563
    Westminster, MD 21158
    Services Provided: counseling, medical and legal accompaniment, information and referral

  - **Maryland Coalition Against Sexual Assault, Inc. (MCASA)** **1-800-983-RAPE(7273)**
    1517 Gov. Ritchie Highway, Suite 207 **410-974-4507**
    Arnold, MD 21012
    --Link to Maryland Rape Recovery Centers by County:
    http://www.mcasa.org/A/3/A3.htm

- **Domestic Violence/Intimate Partner Violence Resources:**

1. **Family and Children's Services of Central Maryland, Inc.** **Hotline: 410-857-0077**
   West End Place **410-876-1233**
   7 Schoolhouse Avenue
   Westminster, MD 21157
   Website: http://www.fcsmd.org/programs.htm
   Email: westminster@fcsmd.org
   Services provided: hotline, crisis counseling, emergency shelter, court accompaniment, and therapy for victims of domestic violence and abusers. To arrange for an assessment or further information, contact the office.

2. **Link to IPV resources by county: http://www.mnadv.org/dv_providers.html**

3. **Carroll County Domestic Violence Unit** **410-386-2345**
   Carroll County State's Attorney's Office
   55 N. Court Street, Suite 100
   Westminster, MD 21157-5155
   Email: ccdomesticviolence@ccg.carr.org
   Website: http://ccgovernment.carr.org/ccg/stateatt/dvunit.htm
   Service provided: Assesses the specific needs of victims and makes appropriate referrals to local resources; explains the court process; provides trial date and bail review information; accompanies victims to court; assists in transportation to court; aids in preparation of Victim Impact Statement and related forms; provides emotional support; accompanies victims to file criminal charges; evaluates and addresses victims' safety issues, and conducts extensive case preparation. The Domestic Violence Unit specializes in domestic violence situations involving married individuals, dating violence, and similar cases. The Unit can provide wireless security alarms and cellular telephones on a temporary basis to victims of domestic violence who meet eligibility requirements. In addition, it will provide training about domestic violence and the criminal justice system, and act as speakers on these topics for civic and community groups.

4. **Maryland Coalition Against Sexual Assault, Inc. (MCASA) 1-800-983-RAPE(7273)**
   1517 Gov. Ritchie Highway, Suite 207 **410-974-4507**
   Arnold, MD 21012

5. **Link to Maryland Rape Recovery Centers by County**: **http://www.mcasa.org/A/3/A3.htm**

- **Enrichment Programs**

1. **YMCA: Carroll County Family Branch** **410-848-3660**
   1719 Sykesville Rd.
   Westminster, MD 21157
   Fax: 410-876-9319

2. **Girl Scouts of Central Maryland, Inc.** **410-848-6444**
   165 Main Street
   Westminster, MD

3. **Kids@Carroll**
   Carroll Community College, Continuing Education and Training **410-386-8100**
   1601 Washington Road
   Westminster, MD 21157-6944
   Fax: 410-876-5869
   Email: **slong@carrollcc.edu**
   Website: **http://www.carrollcc.edu**
   Services provided: enrichment programs include computer technology, science, the arts, languages and more. Call or check the Internet site for additional details. Summer!Kids@Carroll provides week-long enrichment activities during the summer months.
   Fees: Out-of-county and out-of-state residents pay additional fees.
   Ages Served: Serves elementary, middle, and high school age children.

4. **Job's Daughters, Bethel #31 of Westminster 410-781-6207**
   International Order of Job's Daughters
   5460 Hodges Road
   Sykesville, MD 21784-8828
   Website: **http://www.iojd.org**
   Services provided: Purpose is to provide a girls' organization that teaches skills in leadership, community service, and fund raising. Other enrichment and activities scheduled throughout the year.

- **Mental Health:**

1. **Perinatal/Postpartum Depression Resources:**
   - **Websites:** **www.healthynewmoms.org**
     www.1800ppdmoms.org
     www.postpartum.net
     www.nimh.nih.gov

   - **Carroll Hospice (Carroll Hospital Center)** **Westminster: 410-871-8000**
     200 Memorial Avenue **Baltimore: 410-876-8044**
     Westminster, MD 21157
     Website: **www.CarrollHospitalCenter.org**
     Services provided: bereavement and counseling for those with grief and loss; support groups for children and adolescents.

   - **Center for Infant & Child Loss at UMAB** **1-800-808-SIDS (7437)**
     630 W. Fayette Street Room 5-684
     Baltimore, Maryland 21201
     Email: caring@infantandchildloss.org
     Website: http://www.infantandchildloss.org
   - **Link to Perinatal Loss support groups in Maryland:**
     http://www.infantandchildloss.org/index.php?module=pagemaster&PAGE_user_op=view_page&PAGE_id=44&MMN_position=39:7

- **Local Agencies/Providers:**

For a full listing of Mental Health Providers in the Carroll County area, go to:
http://community.carr.org/default.asp

1. **The Pro Bono Counseling Project 410-323-5800; 301-805-8191 or 1-877-323-5800**
   Services provided: provides counseling on a wide variety of issues, including family and couples issues and depression, for person with low incomes; generally provided at no cost. Statewide.
   Website: **www.probonocounseling.org**

1. **Carroll County Youth Services Bureau 410-848-2500 or 410-876-2500**
   JCK Center
   332-140 Village Road Suites 1-7
   Westminster, MD 21157
   Email: **lynndavis@ccysb.org**
   Website: **http://www.ccysb.org**
   Fax: 410-876-3016
   Services provided: provides outpatient mental health treatment, as well as an array of specialty programs to children, adolescents, adults, and families; **outpatient mental health services**; **mobile mental health services**; **family preservation** — home-based family therapy; parenting education programs; **separation and divorce seminars**; suicide, self-injury, and violence assessments in conjunction with the Carroll County Public Schools; **parent-teen mediation**; family intervention services with the **Department of Juvenile Services**; return/diversion services; Community Learning And Suspension Service (CLASS) program with the Carroll County Public Schools; after-school support programs at middle schools; Program for the Reduction of Incidents of Disruption in Elementary schools (PRIDE) support services; Judy Center early childhood intervention; Business and Employment Resource Center (BERC) assessments, and training site for graduate social work and counseling students.

2. **Carroll Hospital Center 410-848-3000**
   200 Memorial Avenue
   Westminster, MD 21157-5629
   Website: **http://www.carrollhospitalcenter.org/Services/women/mater**
   Services provided: outpatient, inpatient behavioral health services as well as an intensive outpatient addictions program. Bereavement services for child and adults.

3. **Granite House, Inc. (Sheppard-Pratt) 410-751-5970**
   288 E. Green Street
   Westminster, MD 21157-5410
   Email: jglennon@granitehouse.org
   Website: **http://www.granitehouse.org**
   Services provided: To assist community members with mental illness to live successful, satisfying, and productive lives. An affiliate of the Sheppard and Enoch Pratt Foundation. Clinical staff includes psychiatrists, psychologists, clinical social workers, nurses, and licensed counselors. Rehabilitation and housing staff members work in teams headed by experienced psychiatric practitioners or a mental health professional. Ages: individuals aged 14 and older.

4. **Family and Children's Services of Central Maryland 410-876-1233**
   22 N. Court Street

Westminster, MD 21157-5110
Email: westminster@fcsmd.org
Website: http://www.fcsmd.org
Services provided: general counseling: Individual, couples, parent/child, and family with emphasis on the family unit. Domestic Violence program: Shelter, crisis counseling, court advocacy, and therapeutic services (including individual and group counseling) for adult and child victims of domestic violence. Abuser Intervention Program: Two phase group therapy for domestic violence offenders, and Anger Management groups for non-intimate partner issues; Sexual Abuse Treatment Center: Crisis intervention and therapeutic services (including individual, family, and group counseling) for children and adults who have been sexually victimized.

5. **Catoctin Counseling** **410-848-9091**
63 E. Main Street, Suite 8
Westminster, MD 21157-5036
Services provided: provides counseling for substance abuse, domestic violence/anger management, mental health, families, and couples. Program length varies according to individual needs.
Fees: Accepts many insurances.
Area Served: Serves Carroll County.

6. **Eldersburg Mental Health Center, Inc.** **410-549-6282**
1643 Liberty Road, Suite 204
Carrolltown Health Care Center
Eldersburg, MD 21784-6543
Email: emhc204@hotmail.com
Services provided: provides mental health evaluations, counseling, medication monitoring, hypnosis, and public education; multi-specialty environment includes psychiatrists, psychologists, and social workers. Treatment is offered for depression, bi-polar disorder, anxiety and panic, schizophrenia, attention-deficit disorders, substance abuse, and a variety of dementia-related or emotional conditions. Counseling is available for individuals, couples, and families. Group therapy is also offered. Fees most insurance accepted, or self-pay. Ages Served Serves all ages. Area Served Serves Maryland, Pennsylvania, and West Virginia.

7. **Re-Entry Mental Health Services** **410-848-9244**
40 S. Church Street, Suite 105
Westminster, MD 21157-5414
Services provided: 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, psychological testing, chemotherapy, stress management, and crisis management. Twelve clinicians are on staff, including psychiatrists, psychologists, psychiatric social workers, addiction counselors, and clinical nurse specialists. All clinicians are licensed and certified. The alcohol and drug counseling program is certified by the Alcohol and Drug Abuse Administration; also offers a Maryland Vehicle Administration-approved DWI Alcohol Education Program. Accepts most major medical insurance plans, Medicare, and most HMOs.

8. **Carroll Counseling Center** **410-549-5181**
   1380 Progress Way
   Sykesville, MD **Mt. Airy location also: call 301-829-2242 for more info.**
   Website: www.carrollcounseling.com
   Services provided: individual, group and family therapy provided by licensed psychologists. Psychiatric evaluation and management for patients.

9. **Main Street Mobile Treatment & Comm. Mental Health Center** **410-526-7882**
   37 Main Street
   Reisterstown, MD 21136-1236
   Email: mscmhc2004@netscape.net
   Services provided: provides comprehensive mental health treatment in the community and in the office. Offers a holistic approach to mental health treatment for individuals, families, and groups. Also provides medication prescription and monitoring, health promotion and training, and case management services. Crisis services, client advocacy, and referrals to other community services are available. Special services are provided for children. The mobile treatment center brings these services to homebound clients. Fees: Medical assistance, Medicare, and select private insurances are accepted. A sliding scale fee is also available. Area Served Serves Carroll and Baltimore counties.

10. **Finksburg Counseling Services** **410-751-6176**
    1812 Baltimore Boulevard, Suite C
    Westminster, MD 21157-7144
    Services provided: provides outpatient mental health treatment for children and adults, including individual therapy, couples therapy, family therapy, and group therapy for children, adolescents, adults, and seniors. Staff is comprised of psychiatrists, licensed clinical professional counselors, licensed marriage and family therapists, and licensed clinical social workers. The office is convenient to Carroll, Frederick, and Baltimore counties as well as southern Pennsylvania. Fees Private insurance, Medicare, and self pay is accepted. Ages Served Serves ages 3 to adult.

- **Mental Illness Resources**

1. **NAMI (National Alliance for the Mentally Ill)—Metro Baltimore: (410) 435-2600**
5210 York Road/ Baltimore, MD 21212
(410) 435-0355 (fax)
Services Provided: Advocacy and support group for family members and friends of people with mental illness. Services include peer education programs and mutual (peer-led) support groups, a help-line, active family peer support groups meet in Baltimore County and City monthly; active peer support groups for consumers of mental health services meet in Baltimore City monthly. Community Outreach and Public Education; Information Meetings and Workshops:
Website: http://www.nami.org/MSTemplate.cfm?Section=Basics_about_NAMI-Metro_Baltimore&Site=NAMI_Metropolitan_Baltimore&Template=/ContentManagement/HTMLDisplay.cfm&ContentID=45107

2. **MD Coalition of Families for Children's Mental Health Phone: 410.730.8267**
10632 Little Patuxent Pkwy, Suite 119
Columbia, MD 21044
Toll Free: 1.888.607.3637
Fax: 410.730.8331
Services provided: a grassroots coalition of family and advocacy organizations dedicated to improving services for children with mental health needs and their families and building a network of information and support for families across Maryland.
Web: **www.mdcoalition.org**

3. **DRADA (Depression & Related Affective Disorders Association)**
2330 W. Joppa Road, Suite 100 **410-583-2919; Toll Free: 888-288-1104**
Lutherville, MD 21093-4605
Website: **www.drada.org**
Email: **drada@jhmi.edu**
Services provided: provides information, education and support services to individuals, families and professionals about depression and bipolar disorder.

4. **The Mental Health Association of Maryland: 1-800-572-MHAM (6426)**
700 W. 40th Street, Suite 460
Baltimore, MD 21211
410-235-1178
Website: http://www.mhamd.org/
Services provided: provides education and advocacy on behalf of people with mental illness and coordinates with the following **local chapters**:
- **Metropolitan Baltimore** (serves Balto. City, Co. and Harford Counties): 410-235-1178, ext. 202
- **Howard County:** 410-995-3323
- **Lower Shore (**serves Somerset, Wicomico and Worcester Counties): 410-543-2057
- **Montgomery County**: 301-424-0656
- **Prince George's County:** 301-424-0656
- **Talbot County (serves the Eastern Shore):** 410-822-0444
- **Washington County**: 301-733-6555

- **Parenting Education and Support Groups**

1. **CCYSB (Carroll County Youth Services Bureau) Call 410-848-2500 or 410-876-2500**
   JCK Center
   332-140 Village Road Suites 1-7
   Westminster, MD 21157
   Website: http://www.ccysb.org/
   Services provided: Parent Education Workshops such as ADHD, 1-2-3 Magic, Disciplining with Love, Dealing with Challenging Children, and Parenting Teenagers, Separation and Divorce are provided at the agency, in neighborhood schools, and at other locations in the community. Spring 2007 Workshops include Attention Difficulties in Children. A Co-Parenting Seminar (Separation & Divorce) is a two evening seminar that teaches parents to help their children adjust to critical changes in family life. Designed for separated, divorced, and never married parents, the Seminar emphasizes strategies for developing healthy co-parenting relationships and minimizing conflict. The seminars are scheduled on a regular basis and are taught by experienced family counselors and therapists trained and certified to teach this course. The fee for the seminar is $100, with need-based scholarships available through the Circuit Court of Carroll County (Family Law Office).

2. **Carroll County Family Support Center**
   Parent Agency Human Services Programs of Carroll County, Inc. 410-857-0629
   10 Distillery Drive, 3rd Floor
   Westminster, MD 21157-5021
   Fax: 410-857-9202
   Email: familycenter@hspinc.org
   Website: http://www.hspinc.org/Family%20Center.htm
   Services provided: provides support and education to assist parents to be self-sufficient and nurturing parents, and to promote the health and development of children ages birth to three**.** Programs include adult education, General Educational Development Tests (GED), computer literacy, and job readiness. Provides parent education classes and support groups, including Dads Works. Parenting and education classes are available on Wednesday evening; Dads Works and education classes are available on Thursday evening. Please call for times. Coordinates services such as general counseling, referrals, case management, and fatherhood services. Offers a child development program including care for children while parents attend programs, daily parent and child activities, and developmental screenings. Also offers peer support and recreational activities for families. In addition, provides health classes, education, and outreach. Transportation to and from the center may be available, schedule permitting.

3. **Carroll Hospital Center 410-848-3000**
   200 Memorial Avenue
   Westminster, MD 21157-5629
   Website: http://www.carrollhospitalcenter.org/Services/women/mater
   Services provided: to prepare expectant parents and their families for childbirth. Service Programs include Grandparenting Today for soon-to-be grandparents; I Am Special sibling preparation; In The Beginning preconception/early pregnancy; Prepared Childbirth with separate sessions for first-time parents and couples who are growing their family; Infant CPR, and the Annual Maryland Baby Shower, an educational event for expectant parents. Prenatal exercise programs are also offered**.**

4. **Bright Futures Teen Parent Support, Inc.** **410-635-3371**
   P.O. Box 966
   Eldersburg, MD 21784-0966
   Services provided: a ministry based program based on Christian principles, established to help teenage parents in Carroll County, Maryland complete their education and learn life skills needed to raise their children.

5. **PATH: Parents at Home** **410-549-2725**
   PO Box 951
   Eldersburg, MD 21784-0951
   Email: parents_at_home_cc@yahoo.com
   Purpose: to help stay-at-home parents build strong, supportive communities.
   Services provided: Helps members avoid isolation that often accompanies being a stay-at-home parent. Offers structured activities and playgroups.

6. **Family-Child Resources** **717-757-1227**
   Square Commercial Center **Parenting Helpline (York County only): 717-600-1166**
   1 Center Square, Suite 3
   Hanover, PA 17331

   3995 East Market Street **717-630-2882**
   York, PA 17402
   Website: http://www.f-cr.com/
   Services provided: two locations provide comprehensive services including outpatient counseling, parenting, drug and alcohol prevention, early intervention services, employee assistance program, in-home parenting program, juvenile justice programs and kids' groups including separation and divorce, body safety, coping skills and getting along with others. Also including parenting groups and parenting help-line

7. **The Family Tree/Parent Stress line:** **1-800-243-7337**
   2108 N. Charles Street
   Baltimore, MD 21218 **Office: 410-889-2300**
   Fax: 410-637-8387
   Website: http://familytreemd.org/
   Services provided: offers a range of programs providing structured support and home based education to parents and their children; advocacy and outreach services offered free-of-charge to thousands of families. Programs include **Family Education and Support, Positive Parenting Program:** 12-week skill-building program through the development and strengthening of their own skills**. Parent Assistance in the Home (PATH)**: a home-based program parenting where a Family Support Advocates assesses a family's needs and services are provided in the home for 60 to 90 minutes weekly and offers short-term, intensive intervention for up to 12 weeks.
   Family Life Workshops and Groups: Workshops are currently offered in Anne Arundel, Baltimore, Howard and Prince George's counties and Baltimore City. **Neighborhood Investment programs** and Community Services programs. Included **Parents Anonymous® Groups.**

8. **Parent Information and Training Center** **410-751-3033, ext. 276**

- **Separation/Divorce Resources:**

1. **CCYSB (Carroll County Youth Services Bureau)** **Call 410-848-2500 or 410-876-2500**
   JCK Center
   332-140 Village Road Suites 1-7
   Westminster, MD 21157

2. **Carroll County Youth Service Bureau** **410-876-2500**
   Community Mediation Programs
   332-140 Village Road, JCK Center
   Westminster, Maryland 21157
   Fax: 410-876-3016
   Email: ccysb@carr.org
   Types of Mediation: Parent/Teen, Husband/Wife, Family/Relationships, Neighbors, Churches, Employer/Employee, Community and Business, Landlord/Tenants, Others
   Mediation Fee's: FREE

3. **Parents Without Partners, Inc., Carroll County Chapter #935** **410-876-6504**
   PO Box 282
   Westminster, MD 21158-0282
   Email: mgienow@adelphia.net
   Website: http:// www.dikani.tripod.com/parentswithoutpartners935
   Services provided: offers educational programs and support groups for single parents, including regional council conferences; social, recreational, and educational activities for adults and children; fund-raising and public speaking, and community service projects.

4. **Family-Child Resources** **717-757-1227**
   Square Commercial Center **Parenting Helpline (York County only): 717-600-1166**
   1 Center Square, Suite 3
   Hanover, PA 17331

   3995 East Market Street **717-630-2882**
   York, PA 17402
   Website: http://www.f-cr.com/
   Services provided: two locations provide comprehensive services including outpatient counseling, parenting, drug and alcohol prevention, early intervention services, employee assistance program, in-home parenting program, juvenile justice programs and kids' groups including separation and divorce, body safety, coping skills and getting along with others. Also including parenting groups and parenting help-line

- **Legal Services:**

1. **Legal Aid (low income)** **1-800-679-8813**
Website: http://www.mdlab.org/

2. **Maryland Disability Law Center** **410-727-6352**
Services: Maryland Disability Law Center (MDLC) is the designated Protection and Advocacy agency for the State of Maryland, mandated to advance the civil rights of people with disabilities. We are a non-profit legal services organization. We use an array of strategies including information and

referral, direct representation, abuse and neglect investigations, technical assistance, community outreach and training. Our goal is to create a more integrated and just society by advancing the legal rights of people with disabilities and ensuring equal opportunities to participate in community life.
Website: http://www.mdlclaw.org/chemicalcms/home.php

3. Maryland Volunteer Lawyer Service 410-547-6537
Services: MVLS provides free or reduced fee representation to low-income individuals and non-profits throughout Maryland who have civil legal problems.
Website: http://www.mvlslaw.org/

4. Maryland Mediation Centers 410-553-0206
407 South Crain Highway
Suite 200 B
Glen Burnie, Maryland 21061
Services: Community Mediation Maryland Centers are located throughout the State of Maryland. All provide mediation services at the community level, regardless of participants' ability to pay, making mediation accessible to any member of the community.
Website: http://www.marylandmediation.org/centers.htm

- **Substance Abuse/Addictions Treatment**

1. **Addictions Care and Support Parent Agency** **410-848-3000**
   Carroll Hospital Center Behavioral Health Services **410-871-6964**
   200 Memorial Avenue
   Westminster, MD 21157-5726
   Website: http://www.carrollhospitalcenter.org/services/behavioral/
   Services provided: intensive outpatient program for addictions (for adults and adolescents with an addiction who do not require hospitalization), a psychiatric partial hospitalization dual diagnosis program (for those with a psychiatric or behavioral condition who also need substance abuse treatment), and a 12-hour, certified program for people charged with driving while intoxicated.

2. **Heroin Help Line:** **410-386-2424**
3. **Heroin Action Coalition of Carroll County** **410-386-2671**

4. **Mountain Manor Treatment Centers:** **410-876-2425**
   Westminster Adult Outpatient Office
   Carroll Plaza Shopping Center
   Suite 2
   Westminster, MD 21157

   a. **Mountain Manor -- Emmitsburg** **301-447-2361 or 1-800-537-3422**
   Adult Residential Program
   9701 Keysville Road
   Emmitsburg, MD 21727

   b. **Frederick Adult Outpatient Office** **301-662-1407**
   137 North Market Street, Suite 2A
   Frederick, MD 21701

   c. **Main Administrative Offices** **410-233-1400**
   3800 Frederick Ave.
   Baltimore MD 21229
   Email: cnejus@ mountainmanor.org
   Services provided: Adolescent, adult, residential, outpatient, intensive outpatient, partial hospital, mental health, dual diagnosis, women and children.

5. **Carroll County's Access to Treatment Program Coordinator:** **410-876-4410**
   This coordinator will assist local citizens and organizations in identifying alcohol and drug addiction treatment needs and services, and coordinate the delivery of publicly funded treatment in this county.

   - **Link to ACCESS to Treatment Programs by County:**
     http://www.ncaddmaryland.org/access.cfm

6. **Baltimore Area Alcoholics Anonymous** **410-663-1922**
   8635 Loch Raven Boulevard, Suite 4 Baltimore, MD 21286-2309
   Email: intergroup@baltimoreaa.org
   Website: http://www.baltimoreaa.org
   Maryland Website: http://www.marylandaa.org/
   National Website: www.alcoholics-anonymous.org
   Services provided: support groups and education about alcohol addictions.

7. **Al-Anon Family Groups of MD and DC, District 3, Carroll Agency** **410-857-7000**
   3061 Crown Circle
   Manchester, MD 21102-1824
   Website: **http://www.qis.net/~alanon**
   Maryland Website: **http://www.md-al-anon.org/**
   E-mail: **alanon@md-al-anon.org**
   Services provided: provides a worldwide fellowship of relatives and friends of alcoholics who share experiences, strengths, and hopes for solving common problems. Call for local support groups.

8. **The Freestate Region of** N**arcotics Anonymous (NA):** **1-800-317-3222**
   Maryland Website: http://www.freestatena.org/
   National Website: http://www.na.org/

9. **Harbour Pointe: Gambling Hotline: 1-800-LOST BET (1-800-567-8238); 410-244-0783**
   924 East Baltimore Street
   Baltimore, Maryland 21202
   Services provided: Hotline is operated by professionals and volunteers. This line responds to calls from compulsive gamblers and their loved ones who are in crisis. Makes referrals to Gamblers Anonymous and other self-help groups.
   Website: http://www.lostbet.com/