

2022

Community Resource Guide



UNIVERSITY OF
BALTIMORE
School of Law

**Sayra and Neil
Meyerhoff Center for
Families, Children and the Courts**

www.law.ubalt.edu/centers/cfcc/

How to Use This Community Resource Guide

This Community Resource Guide is designed to assist anyone seeking resources and services related to mental health, substance use disorders, housing instability, and other challenges that can lead to family separation. Under each subject heading (e.g., mental health, alcohol and substance use) we have highlighted a particular organization that provides comprehensive services in this area. The highlighted organization appears in a blue box. The guide also lists other organizations who work in this space and provides a description of the services they provide, contact information, etc. Above each organization's name is a blue bar that provides a quick reference to the key populations that the organization serves. All organizations, however, are open to the general public, unless specifically indicated in the organization's description. In addition to a general description of the organization's services, you will find a red, yellow, orange, and/or green icon that relates to the organization's fee structure.

Index for Labels Used in This Resource Guide

- FREE** This icon indicates that the services provided at this organization are free.
- FINANCIAL ASSISTANCE** This icon indicates that this organization charges for services and provides financial assistance.
- ACCEPTS MEDICAID** This icon indicates that this organization charges for services and accepts Medicare and Medicaid.
- ACCEPTS INSURANCE** This icon indicates that this organization charges for services and accepts some private insurance plans.

Population Labels

These markers indicate some of the populations each organization targets. However, unless otherwise noted in the description, they also serve sections of the general public. If you have questions, please contact them using the information provided.

- Active Crisis** Persons in need of immediate medical stabilization for substance use or mental health disorders
- Children** Toddlers and those younger than 13 years of age
- Fathers with Children** Single fathers in need of services
- Food Insecure** Persons in need of food resources
- General Public** The general population is specifically served at these organizations
- HIV+** Persons who are HIV+ or are seeking HIV testing
- Housing Insecure** Persons in need of temporary or permanent housing
- Infants** Children younger than 3 years of age
- LGBTQ+** Lesbian, Gay, Bisexual, Transgender, and Queer persons
- Mental Health** Individuals experiencing mental health disorders
- Pregnancy** Individuals seeking pregnancy related healthcare
- STI** Sexually Transmitted Infection (STI); Individuals seeking STI treatment or testing
- Substance Use** Individuals experiencing substance use disorders
- Women** Women experiencing issues specific to their gender or the organization provides female-only services
- Youth** Adolescents, typically 13 years of age and older

Mental Health

✓ LGBTQ+ ✓ Substance Use ✓ Women ✓ Youth

Baltimore Wellness Centers Various Service Locations

1212 N. Wolfe Street
Baltimore, MD 21213
(410) 433-5175
www.bhsbaltimore.org

Here2Help Hotline: (410) 433-5175

Tamara Anderson: tamara.anderson@bhsbaltimore.org

Baltimore's Wellness & Recovery Centers offer a safe place to be with harm reduction services, peer support and connection to treatment, employment resources, and other social services.

Services

FREE

■ Charm City Care Connection

Phone: (301) 615-2191
Hours: M - Th, 2 pm - 5 pm
Address: 1212 N. Wolfe Street
Services: Harm reduction services, outreach, peer support, syringe services, naloxone, fentanyl test strips, case management, syringe delivery

FREE

■ Hearts and Ears

Phone: (410) 523-1694
Hours: W - Sat, 12 pm - 5 pm
Address: 611 Park Avenue, Suite A
Services: Services to support LGBTQ+ individuals, peer support, group activities, referral services

FREE

■ Helping Other People Through Empowerment (HOPE)

Phone: (410) 327-5830
Hours: Everyday: 8 am - 4:30 pm
Address: 2828 Loch Raven Road
Services: Peer support, referrals, meals, and more

FREE

■ Penn North

Phone: (410) 728-2080
Hours: M - F: 8am - 9pm, S/S 11am - 6pm
Address: 2410 Pennsylvania Avenue
Services: Referrals to treatment, peer support, trainings, holistic wellness services, COVID resources, 12-step groups, housing resources, workforce development, meals, computer lab access

FREE

■ On Our Own, Inc.

Services: Peer support, educational support, referral services, case management, group activities

Harford Road Location

Phone: (443) 444-4500
Hours: W, Thu, F, Sa: 12pm - 7pm
Virtual Hours - Telehealth Peer Support:
M, T: 7am - 7pm
Address: 6301 Harford Road

Charles Village Center Location

Phone: (443) 610-5956
Hours: T, Th: 12 pm - 4 pm
Virtual Hours - Telehealth Peer Support:
W: 7am - 7pm
Address: 2225 N. Charles Street, 3rd floor

Telehealth: Available at On Our Own, Inc.

Quick Reference Sheet: <https://www.bhsbaltimore.org/wp-content/uploads/2021/06/Wellness-Centers-One-Pager.pdf>

Languages: The locations of Baltimore Wellness Centers use phone-based interpretation services.

✓ Active Crisis ✓ Mental Health ✓ Substance Use

Baltimore Crisis Response, Inc.

24 hour emergency hotline, mobile outreach team, temporary crisis housing

2041 E. Fayette Street
Baltimore, MD 21231
(410) 433-5255
www.bcresponse.org

Hotline: (410) 433-5175

Baltimore's only comprehensive crisis center, offering 24/7 individualized services to overcome mental health and substance use disorders in community-based settings. BCRI is equipped with a mobile crisis team and offers in-patient services for 15-30 day substance use rehab and 7-day in-patient detox. Participants who complete the program can also be referred to other services for other resources such as housing and financial assistance.

Services

FREE

FINANCIAL ASSISTANCE

- In-patient services, Rehab, Detox, Mobile crisis team, Case management, Addiction, and Community outreach

Languages: This organization uses phone-based interpretation services.

✓ HIV + ✓ Pregnancy ✓ Substance Use

New Hope Treatment Center

Located at Grace Medical Center

2401 West Baltimore Street
(410) 945-7706
www.lifebridgehealth.org/Grace/
SubstanceAbuseTreatmentPrograms.aspx

Grace Medical Center's outpatient substance use disorder treatment program offers many types of treatment and services to patients who struggle with the disease of addiction. Program admission priority is given to those who are IV drug users, HIV positive, or pregnant women.

Services

ACCEPTS MEDICAID

ACCEPTS INSURANCE

- Family education and counseling, Mental health screenings and referrals, Individual and group therapy, Peer recovery support services, Primary care

Languages: Deaf and hard of hearing language services available.

What to Expect

From a Mental Health Treatment Program



Jaydee Moultrie, LCSW-C
Licensed Clinical Social Worker
Baltimore VA Medical Center

Therapy can be a successful and important step to overcome the issues that may be affecting your life. Here is what you can expect as you start your journey:

What is Individual and Group Therapy?

Individual therapy involves you speaking confidentially with a therapist. In group therapy you'll join a small group of others to speak with a therapist. You can discuss with your therapist which type is best for you.

How long will I stay in therapy?

It depends on your needs: therapy could last for a limited number of sessions to help you achieve a specific goal, or the sessions could be ongoing until you feel confident enough to stop.

What is the first session like?

The first session is about getting to know you. Your therapist will ask you questions to gather information, such as your background, education, marital status, religion, your reason for being in therapy, what symptoms you're experiencing, and more. Your therapist will not diagnose you in the first session! Their goal is to make sure that they can provide you with the right level of care.

How will the remaining sessions go?

Sessions can be in-person, virtual, or by phone depending on your preference. Your therapist will ask you personal questions. You should strive to be honest in your answers and discussions! Your therapist is a truly neutral, objective, and non-judgmental listener. They have no preconceived notions about you and are there to collaborate with you to help you achieve your personal goals. Your therapist may also give you "homework" to do between sessions such as completing a questionnaire, journaling, a habit log, or something to think about. You can collaborate with your therapist to figure out activities that best fit you and your learning styles.

How will therapy help me?

The purpose of therapy is to develop the tools you need to deal with the issues that may be affecting the rest of your life. These tools include building self-esteem, reducing anxiety, strengthening coping mechanisms, and improving social and community functioning.

Alcohol & Substance Use

✓ HIV+ ✓ Housing Insecure ✓ Substance Use

Johns Hopkins Broadway Center for Addiction "911" Program

911 N. Broadway Street
Baltimore, MD 21205
(410) 955-5439

https://www.hopkinsmedicine.org/psychiatry/specialty_areas/substance_abuse/broadway_center_for_addiction.html

Johns Hopkins Broadway Center for Addiction offers substance use assistance to those in need. In reference to its primary service location at 911 N. Broadway, the program is sometimes referred to as the "911 Program." Patients receive outpatient opioid detoxification, intensive outpatient, standard outpatient, and opioid maintenance treatment. In all levels of care, patients receive individual counseling by a primary therapist/counselor who provides treatment aimed at short-term problem-solving (e.g., arranging stable housing), substance use education, sobriety planning and relapse prevention, HIV education and risk reduction counseling, and referral and follow-up to hospital and community resources. In addition, the program operates a certified halfway house for female patients - the Wilson House.

Services

FREE

FINANCIAL ASSISTANCE

- Outpatient opioid detox, Intensive and standard outpatient, Opioid maintenance, Counseling, Education, HIV education, Sobriety planning and relapse prevention, Referral services, Halfway-house services, 15 and 30-day sobriety programs with lunch provided

Languages: This organization uses phone-based interpretation services.

✓ General Public ✓ Substance Use

University of Maryland Center for Addiction Medicine

827 Linden Avenue
Baltimore, MD 21201
(410) 225-8240

www.umms.org/midtown/locations/addiction-medicine

New Patients/Referrals: (410) 225-8240

Current Patients: (410) 225-8230

At the Center for Addiction Medicine (CAM), their team of addiction specialists offers a full range of individualized addiction treatment programs to empower our patients in the fight against chemical and alcohol dependency. They facilitate rapid intake, flexible appointments, and rapid stabilization.

Services

FINANCIAL ASSISTANCE

ACCEPTS MEDICAID

ACCEPTS INSURANCE

- Detox (outpatient and inpatient), Opioid treatment, Intensive outpatient counseling, Telemedicine appointments

Languages: This organization uses phone-based interpretation services.

✓ Housing Insecure ✓ Substance Use

Baltimore Health Clinic

2310 N. Charles Street
Baltimore, MD 21218
(410) 844-4110

www.bhcbaltimore.com/services/addiction-recovery

Baltimore Health Clinic was formerly known as Bon Secours. BHC offers a voluntary and individualized drug and alcohol treatment program that provides medical detox for people struggling from abuse of, addiction to, or dependence on prescription drugs, street drugs, over-the-counter (OTC) drugs, and/or alcohol.

Services

FREE

FINANCIAL ASSISTANCE

ACCEPTS INSURANCE

- Substance abuse, Medication management, Teletherapy, Individual and/or group counseling and therapy, Short-term and shelter housing, Mental health services, Psychiatric rehab

Languages: This organization uses phone-based interpretation services and deaf and hard of hearing language services.

Food Insecure

General Public

HIV+

Substance Use

Penn North

Maryland Community Health Initiatives

2410 Pennsylvania Avenue, Suite 200

Baltimore, MD 21217

(410) 728-2080

www.penn-north.com

Maryland Community Health Initiatives, Inc. (Penn North) is a nonprofit organization that has been delivering essential behavioral health and recovery services through its Penn North Recovery Center in Baltimore City since 1993. The mission of Penn North is to help individuals and communities overcome substance abuse, poverty, homelessness, crime, and health inequalities.

Services

FREE

- Substance use treatment; Acudetox-acupuncture for addiction; Recovery services; Workforce development program; Supportive housing program; Weekly acupuncture and Oriental Medicine; Groceries provided monthly in partnership with the Maryland Food Bank; Monthly Healing Circles facilitated by Power Inside; Smoking cessation classes; Bi-monthly sex education, HIV, and STD testing facilitated by Total Healthcare; Nutrition education and cooking classes; Massage, zero balancing, and other forms of bodywork; Tai Chi, Qi Gong, and other martial arts; Mind-body techniques including yoga, meditation, visualization, and breathing; Exercise and fitness equipment; Art therapy; Referrals to outside services; employment assistance

Languages: Spanish language interpretation is available upon request.

Pregnancy

General Public

HIV+

Substance Use

Total Health Care, Inc.

1501 W. Saratoga Street

Baltimore, MD 21223

(410) 383-8300

www.totalhealthcare.org

If you, or someone you love, is struggling with addiction to alcohol, drugs, or other substances, you are not alone. Total Health Care is here for you at every step of your journey. Led by their team of trained providers, their state-certified outpatient programs are designed to care for your whole person—physically, psychologically, socially, and spiritually—and give you the treatment, knowledge, and tools you need for an enduring recovery.

Services

FINANCIAL ASSISTANCE

ACCEPTS MEDICAID

ACCEPTS INSURANCE

- Primary care and preventive services, Alcohol and substance use treatment, Behavioral and mental health services, Case management, Dental services, Family planning, Health and nutrition education, Health screenings, HIV/AIDS primary care and social support services, Immediate out-patient care, OBGYN, On-site pharmacy, Vision and hearing screening, Transportation, Well-baby care, Diabetes program, Health education & community outreach, Pediatric asthma clinic, Substance use program, Women's health care, Men's health program

Additional Information: This organization provides individual and group substance use counseling, as well as on-site Narcotics Anonymous meetings, Individual, group and family mental health counseling, Medication management including buprenorphine and naltrexone maintenance programs to help manage the symptoms of withdrawal, Peer support mentoring and weekly peer support meetings, and Peer Clubhouse activities, such as game days and field trips, to foster sober friendships and connections. They provide case management services to connect you to housing, transportation, education, job training, and more coordinated care with on-site specialists, including primary care and dental care to help you manage your total health. Acupuncture services are available to help decrease withdrawal symptoms and manage cravings.

Languages: This organization uses phone-based interpretation services.

Levels of Care in Addiction Treatment

There is no “one size fits all” approach to addiction treatment. Many rehab centers use a continuum of care, which means that clients enter treatment at the level of care that aligns with their needs. The various levels of the continuum of care are explained below.

Level 0.5: Early Intervention

Early intervention services focus on providing education and resources for those who may be at risk for a substance use disorder but do not yet experience symptoms that would qualify them for an outpatient service. A common form of early intervention is counseling or therapy.

Level 1: Outpatient

In a general outpatient program, a patient lives at home and attends treatment at a medical facility. Treatment includes individual psychotherapy or behavioral therapy. Treatment is usually an hour session once or twice a week, depending on what the patient decides in consultation with the therapist.

Level 2: Intensive Outpatient

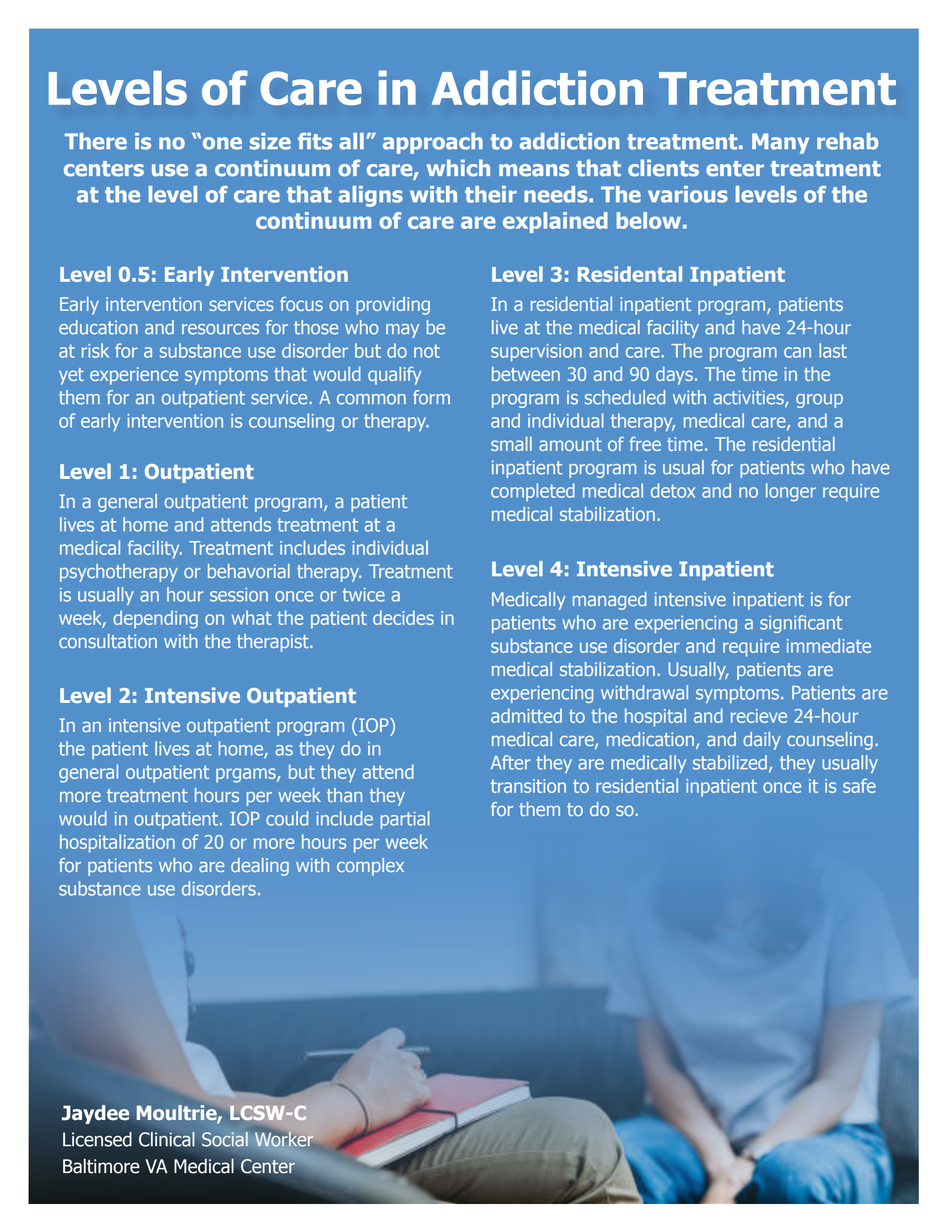
In an intensive outpatient program (IOP) the patient lives at home, as they do in general outpatient programs, but they attend more treatment hours per week than they would in outpatient. IOP could include partial hospitalization of 20 or more hours per week for patients who are dealing with complex substance use disorders.

Level 3: Residential Inpatient

In a residential inpatient program, patients live at the medical facility and have 24-hour supervision and care. The program can last between 30 and 90 days. The time in the program is scheduled with activities, group and individual therapy, medical care, and a small amount of free time. The residential inpatient program is usual for patients who have completed medical detox and no longer require medical stabilization.

Level 4: Intensive Inpatient

Medically managed intensive inpatient is for patients who are experiencing a significant substance use disorder and require immediate medical stabilization. Usually, patients are experiencing withdrawal symptoms. Patients are admitted to the hospital and receive 24-hour medical care, medication, and daily counseling. After they are medically stabilized, they usually transition to residential inpatient once it is safe for them to do so.



Jaydee Moultrie, LCSW-C
Licensed Clinical Social Worker
Baltimore VA Medical Center

Homelessness & Housing Services

✓ Housing Insecure ✓ LGBTQ+ ✓ Youth

Baltimore Safe Haven

2117 North Charles Street
Baltimore, MD 21218
(443) 869-6867
www.baltimoresafehaven.org

Contact: info@baltimoresafehaven.org

Drop-In Center: M-F 11 am - 4 pm

Baltimore Safe Haven provides Baltimore City LGB(T)Q+ people currently living in survival mode with opportunities to thrive. They provide at-risk LGB(T)Q+ people in Baltimore City with opportunities to transform their lives. Baltimore Safe Haven focuses on those members with an annual median income of less than \$10,000, who are currently engaged in or have a history in sex work, who are substance users, and who are either homeless or at risk of becoming homeless.

Services

FREE

■ Mobile Outreach Program

The Mobile Outreach Program provides hygiene products, food, and transportation. Operates Friday & Saturday nights, 11 pm - 4 am.

FREE

■ Youth Program - Genesis Project:

The youth program at Baltimore Safe Haven is a 3-phase program for Baltimore youth who are homeless or at risk of becoming so. The program (1) provides shelter for 90 days, (2) provides semi-permanent housing, and (3) settles youth in scattered-site permanent housing units. Services include primary and mental healthcare, case management, substance use treatment, legal services, and vocational training.

✓ Fathers with Children ✓ General Public ✓ Youth

Sarah's Hope

Organization of St. Vincent de Paul

1114 N. Mount Street
Baltimore, MD 21217
(410) 982-0845

www.episcopalhousing.org/project/sarahs-hope/

General Info: info@episcopalhousing.org

Contact: Penny Gibson

penny.gibson@vincentbaltimore.org

Sarah's Hope is a shelter serving homeless families in Baltimore City. The Episcopal Housing Corporation's mission is to respond to God's call to establish justice for those most in need by building affordable housing and creating the foundations for healthy and sustainable communities

Services

FREE

- Emergency homeless shelter, Temporary housing, Meals, Intensive case management, Life skills training, Employment and readiness classes, Parenting classes, Health screenings, Public school enrollment, Daycare services and other child and youth activities, adult education classes

Fathers with Children:

Smaller private quarters are available to allow families with fathers and older teenaged boys to remain intact. Men in Recovery program available at the Oxford House at Sarah's Hope.

Languages: This organization uses internet-based interpretation services. Spanish-speaking professionals are available at this location.

✓ Children ✓ LGBTQ+ ✓ Pregnancy ✓ Women ✓ Youth

Loving Arms, Inc.

3313 Oakfield Avenue
Gwynn Oak, Maryland 21207
(443) 415-1174 or (410) 367-5869
www.lovingarmsinc.com/services

Contact: lovingarms3@gmail.com

Loving Arms' goal is to empower, awaken, and restore hope to children, young adults, and their families. Loving Arms focuses on minors, who are runaway, homeless, and/or unstably housed, as well as children who are victims of human trafficking. They honor dignity in every person who seeks comfort, support, or assistance through their programs. In addition, they provide short-term emergency shelter, mentoring, case management, and other supportive services that help individuals return to a productive and meaningful life. The organization lives out their mission through their direct service programs, volunteer efforts, and community education.

Services

FREE

- Access to emergency and long term housing, Emergency housing/shelter, transitional housing, Pregnant and/or parenting youth 16-21, LGBTQ+ youth, Prevention and early intervention services, Mentoring to youth of incarcerated parent, Mediation & counseling services (individual, family, and group), Parenting classes and support groups, Human trafficking training (children, young adults, and parents), Intake and assessment services, Case management and referral services, Street outreach, Consultation, and Other support

Languages: This organization uses phone-based interpretation services.

✓ Children ✓ Families ✓ LGBTQ+ ✓ Women ✓ Youth

Healthcare for the Homeless

421 Fallsway
Baltimore, MD 21202
(410) 837-5533
www.hchmd.org

Baltimore City Shelter Hotline: (443) 984-9540
between 9:30 am - 9 pm

In partnership with caregivers, advocates, donors and their neighbors without homes, they provide comprehensive health care services and supportive services to people experiencing homelessness; apply a whole-person approach to care, considering all aspects of life and health in an individual's treatment; and advocate for affordable housing and livable incomes for all.

Services

FREE

ACCEPTS
MEDICAID

ACCEPTS
INSURANCE

- Comprehensive health services, housing applications, Representative payee services, Benefits and income access, Move-in support and supplies, Comprehensive youth services in LGBTQ-friendly setting, Primary and dental care, Pregnancy tests, HIV/STI testing, Specialized care for young people HIV+, and Addictions and mental health counseling (must be 21 and living in a shelter, couch surfing, runaway, or getting out of foster care or the criminal justice system)

Languages: This organization uses phone-based interpretation services. They have a Spanish version of their website and a Spanish brochure: <https://www.hchmd.org/sites/default/files/wysiwyg/Clinic%20Info%20Card%20ESP%2010.19.pdf>



Baltimore City Mayor's Office of Homeless Services

Baltimore City Shelter Hotline

443-984-9540

Call 443-984-9540 to connect with emergency shelter for the night. The hotline is open 9:30 AM to 9 PM, Monday through Friday.

After hours and weekend shelter requests should be made by calling shelters directly.



Sayra and Neil Meyerhoff Center for
Families, Children and the Courts

www.law.ubalt.edu/centers/cfcc/



@UBaltLawCFCC