

YOU ARE NOT ALONE

if you need treatment for opioid dependency or alcohol/drug abuse. Many people have sought treatment and found recovery.

Help is available from a network of qualified and caring professionals in Queen Anne's County and nearby communities.



OUTPATIENT TREATMENT SERVICES

Assessments, Individual & Group Counseling
& Referrals

(contact provider for fee and insurance information)

Anne Arundel Counseling

410 768-5988

Bridges Behavioral Health

410 758-8750

Corsica River Mental Health

410 758-2211

Community Behavioral Health

844 224-5264 x14

Chester River Behavioral Health

410 778-5550

Shore Behavioral Health

410 819-1000 x5452

Addictions Recovery, Inc

410 923-6700

First Step Recovery Center

410 280-2333

New Life Addiction Services

410 255-6277

Your Primary Care Physician may be able to assist you with the services you are seeking.

While those with less severe or short term addictions may be successfully treated in an outpatient setting, severe or long-term addiction may require residential care.

RESIDENTIAL TREATMENT

A.F. Whitsitt Center, Chestertown, MD

410 778-6404

Hudson Health Services, Salisbury, MD

888 288-9086

Warwick Manor, East New Market, MD

410 943-8108

Hope House Treatment Center

Crownsville, MD

410 923-6700

Phoenix Recovery House, Edgewood, MD

800 671-9516

Pathways, Annapolis, MD

800 322-5858

Jackson Unit, Cumberland, MD

(Adolescents Only)

301 777-2290



For additional provider information
visit: www.mdcsf.org/search.html

Or call: 1 800-888-1965

Or call: 211 (Opiate Treatment Information)

MEDICATION ASSISTED TREATMENT

(Suboxone & Methadone)

Chesapeake Treatment Center

410 822-7150

B.N.J. Health Services

410 763-9040

Eric Ciganek, M.D.

410 758-5435

Joel Wilkerson, M.D.

410 827-7117

Robert Schreiber, M.D.

410 778-1144



RESOURCE WEBSITES

IWishIKnewMidShore.org

Supported by SAMHSA and the Maryland Behavioral Health Administration

www.findtreatment.SAMHSA.gov

Locate providers in your community

Eastern Shore Crisis Response Services

1 888 407-8018

24 hour hotline

www.mdcoalition.org

410 730-8267

Parent & caregiver support

www.freestatena.org

1 800-317-3222

Narcotics Anonymous
self help

www.cdaweb

1 888 CDA-HOPE

Chemically Dependent Anonymous
self help

Queen Anne's County Sheriff's Department

410 758-0770

ADDICTION

is a chronic, life threatening yet treatable disease.

Participation in a structured counseling program and self help groups have been proven to be the most effective means to a recovering life-style.

Focus your efforts on achieving the four goals associated with chronic illnesses:

- 1~ Educate yourself about the disease
- 2~ Recognize and accept that you have the disease
- 3~ Access resources to assist in your recovery
- 4~ Take personal responsibility for the continued treatment of your illness



Your local health department may be able to assist you with treatment resources.

| | |
|---------------------|--------------|
| Queen Anne's County | 410 758-1306 |
| Kent County | 410 778-1350 |
| Caroline County | 410 479-1882 |
| Dorchester County | 410 228-7714 |
| Talbot County | 410 819-5600 |

If you are in crisis or need help when the health department offices are closed, call

Eastern Shore Crisis Response Hotline at

1 888 407-8018

Maryland Youth Crisis Hotline

1 800 422-0009

These are 24 hour hotlines

NO ONE HAS TO DIE FROM AN OPIOID OVERDOSE

SIGNS OF AN OVERDOSE

difficulty breathing

clammy skin

lips, fingers or face turn blue

limp body

vomiting

death rattle—labored exhale that may sound

like snoring—Emergency resuscitation is needed IMMEDIATELY

WHAT TO DO IN AN OVERDOSE

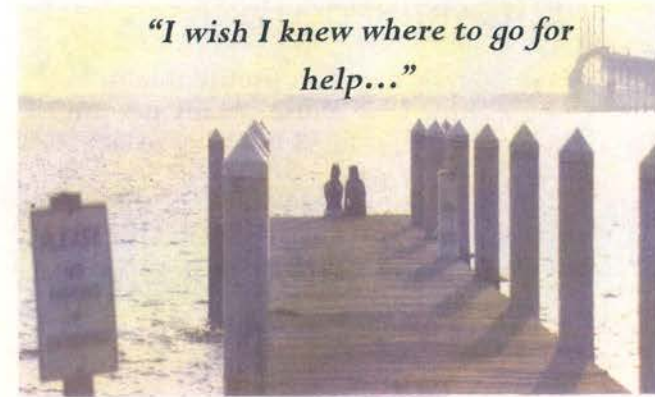
**** Call 911**

Stay with the person

Give NARCAN if available

DO NOT slap the person, put into a cold bath or try to induce vomiting

****Maryland law protects people assisting in an emergency overdose situation from arrest and prosecution for certain crimes**



SUBSTANCE ABUSE SERVICES

servicing the

RESIDENTS OF

QUEEN ANNE'S COUNTY

Queen Anne's County

Department of Health

Alcohol and Drug Abuse Services

205 N. Liberty Street

Centreville, Maryland 21617

410 758-1306



Joseph A. Ciotola, Jr., M.D.

Health Officer