



MARYLAND  
Department of Health

**SUBSTANCE USE PREVENTION, TREATMENT, AND  
RECOVERY RESOURCE GUIDE**

**Office of Child and Adolescent Substance Use Services**

**Behavioral Health Administration (BHA)**

**May 3, 2018**

The Behavioral Health Administration, Office of Child and Adolescent Substance Use Services, has developed this toolkit to provide youth and their families, schools, communities, and health care providers substance use prevention education and resources, and information on recovery-oriented activities across the continuum.

## ***Education***

“Designed to increase the public’s knowledge and awareness of a particular health issue. Public education campaigns may combine public service announcements (PSAs) on television, radio, or online with billboards and posters. Familiar public education slogans include ‘Friends don’t let friends drive drunk’ and ‘a mind is a terrible thing to waste’” (Substance Abuse and Mental Health Services Administration, 2016, para. 10).

1. Substance Abuse and Mental Health Services Administration (SAMHSA) is helping parents have a conversation with their youth about underage drinking through the social campaign ["Talk. They Hear You."](#) This campaign provides printable resources for parents and a web-based application compatible with desktop computers and mobile devices, available for download on Google Play, App Store, Windows Store, and Window Phone Store.
2. SAMHSA is supporting health care professionals to provide Medication Assisted Treatment (MAT) for opioid use disorders through the web-based [MATx Mobile App](#). This web-based application connects health care professionals with information on how to become a buprenorphine provider, commonly used medications for opioid use disorders, evidence-based treatment guidelines, helplines, and the SAMHSA MAT treatment locator.
3. [Drugs, Brains, and Behavior: The Science of Addiction](#) provides scientific information about the disease of drug addiction, including the many harmful consequences of drug abuse and the basic approaches that have been developed to prevent and treat the disease.
4. [Heroin, Fentanyl, and Opioids: From Understanding to Action](#) provides information to understand the opioid epidemic and how to take action.
5. [Prescription Drugs and Cold Medicines](#) provides information on prescription drug abuse and discusses the most commonly abused drugs by persons 14 years and older.
6. [Prescription Opioids and Heroin](#) provides facts on prescription opioids and heroin from the National Institute on Drug Abuse
7. [Brain Development, Teen Behavior, and Preventing Drug Use](#) Scientists are beginning to learn that it takes a brain about 25 years to fully develop, and that a huge burst of development happens during adolescence. That burst can explain a lot of unpredictable—and sometimes risky—teen behavior
8. [Family Resource Kit](#) Part of the Children’s Mental Health Matters! Campaign, the Family Resource Kit provides fact sheets which describe some common behaviors or diagnoses that children and teens may experience. A fact sheet is included regarding “Substance Use”.

## ***Health Promotion and Wellness***

1. [MindResilience.org](#) is a web-based platform funded by the BHA that defines and promotes wellness and resiliency throughout the lifespan and across various settings. The website has printable resources and tools to help individuals and communities learn the core concepts of resiliency and how to apply them in their respective environments.
2. [Mental Health First Aid \(MHFA\) Maryland](#) offers an 8-hour training, with national certification, that provides information on risk factors and signs of mental health and substance use problems and teaches how to respond to crisis and non-crisis situations using a 5-step action plan.
3. [Youth Mental Health First Aid](#) is recommended for those who regularly have contact with young people ages 12-18, including but not limited to parents, teachers, coaches, bus drivers, guidance counselors, and grandparents. The course teaches participants risk factors and warning signs of a variety of mental health challenges that are common among

adolescents including anxiety, depression, psychosis, eating disorders, AD/HD, disruptive behavior disorders, and substance use disorder. Participants will leave the course with an understanding of an action plan of how to help a young person who may be experiencing warning signs or may be in crisis.

4. SAMHSA provides information on [School and Campus Health](#) that can help to inform educators, students, and families about how other factors associated with a person's overall well-being can affect their mental health and use or abuse of substances.
5. [Talk to your Doctor](#) is a BHA funded statewide campaign that provides education on how to have an effective conversation with your doctor about risk of taking prescription drugs before being prescribed an opioid.
6. [Family Resource Kit](#) Part of the Children's Mental Health Matters! Campaign, the Family Resource Kit provides fact sheets which describe some common behaviors or diagnoses that children and teens may experience. A fact sheet is included regarding "Well Being & Resiliency".

## ***Prevention***

"Delivered prior to the onset of a disorder, these interventions are intended to prevent or reduce the risk of developing a behavioral health problem, such as underage alcohol use, prescription drug misuse and abuse, and illicit drug use as defined by Substance Abuse and Mental Health Services Administration" (SAMHSA, 2017, para. 10)

## **Risk and Protective Factors**

"Many factors influence a person's chance of developing a mental and/or substance use disorder. Effective prevention focuses on reducing those risk factors, and strengthening protective factors, that are most closely related to the problem being addressed" (SAMHSA, 2015, para. 2).

"Risk factors are characteristics at the biological, psychological, family, community, or cultural level that precede and are associated with a higher likelihood of negative outcomes" (SAMHSA, 2015, para. 3).

"Protective factors are characteristics associated with a lower likelihood of negative outcomes or that reduce a risk factor's impact. Protective factors may be seen as positive countering events" (SAMHSA, 2015, para. 4).

## **Risk Factors**

Parental substance abuse

Family history of mental illness

Child abuse and neglect

Neighborhood poverty and violence

Lack of economic opportunity

Intergenerational trauma

## **Protective Factors**

Parental involvement and supervision

Involvement in faith- based organization

Participation in afterschool activities

Nurturing environment

Humor

Hope and optimism

1. National Institute of Health (NIH) provides the [Family Checkup: Positive Parenting Prevents Drug Abuse](#), which highlights positive parenting skills that can potentially decrease a child's desire to experiment with drugs and could help build a family's protective factors.
2. SAMHSA provides [Parent Resources- Underage Drinking](#) a site that provide other external links to assist parents in providing useful information and conversational pieces that further the conversation about the dangers of drinking.
3. The National Center on Addictions and Substance Abuse website provides [Teen Substance Use Prevention](#) information and substance use warning signs.
4. Learn successful strategies to implement violence prevention and substance use prevention programs from 2005 – 2009 [Safe Schools/Healthy Students \(SS/HS\)](#) grantees, a SAMHSA funded initiative, and consider how these key-strategies can help you to build substance use prevention programs in your school and community.

## **SBIRT**

[Maryland SBIRT](#) Screening, Brief Intervention, Referral to Treatment is a statewide health care improvement initiative to encourage health care providers and patients to discuss alcohol and drug use as part of routine medical visits. It aims to reduce drug overdose deaths, disparities in health outcomes among under-served populations, and health care costs in Maryland (<http://www.marylandsbirt.org/about/>).

## Prevention Coordinators

Jurisdiction	Prevention Coordinator
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## ***Treatment***

“The treatment system for substance use disorders is comprised of multiple service components, including Individual and group counseling, Inpatient and residential treatment, Intensive outpatient treatment, Partial hospital programs, Case or care management, Medication, Recovery support services, 12-Step fellowship, and Peer supports” (SAMHSA, 2016, para. 2)

1. [National Institute of Drug Abuse: Treatment](#) Drug addiction is a chronic disease characterized by compulsive, or uncontrollable, drug seeking and use despite harmful consequences and changes in the brain, which can be long lasting. These changes in the brain can lead to the harmful behaviors seen in people who use drugs. Drug addiction is also a relapsing disease. Relapse is the return to drug use after an attempt to stop.
2. [Patient Guide](#) - The National Center on Addiction and Substance Abuse’s step by step guide was created to help you navigate the vast amount of information—and misinformation—about finding addiction treatment and the questions that may arise along your journey.
3. [Maryland's Crisis Hotline](#) is available 24 hours/7 days a week to provide support, guidance and assistance on how to access Substance Use Disorder services, in addition to the current mental health crisis services provided by this hotline.

## **Treatment Locators**

1. [Maryland Crisis Connect](#) Resource Directory
2. [Referral Connect](#) is a Beacon Health Options (Beacon) online directory for locating providers. Referral Connect offers you the ability to locate Beacon network providers and facilities throughout the country.
3. [Maryland Provider Map](#)- This is a map that has been created to assist consumers to locate various behavioral health providers that accept Medicaid insurance.
4. [Network of Care](#) provides vital information that helps link individuals to resources, including treatment providers.
5. [Maryland Behavioral Health Administration Treatment Locator](#)
6. [SAMHSA Behavioral Health Treatment Services Locator](#)
7. [National Council for Behavioral Health Provider Locator](#)
8. [Maryland Community Services Locator \(MDCSL\)](#)
9. [SAMHSA Opioid Treatment Program Directory](#)



## Maryland Behavioral Health for Adolescents and Young Adults (MD-BHAY)

Maryland Behavioral Health for Adolescents and Young Adults (MD-BHAY) is a four-year SAMHSA funded grant awarded to the BHA and is being implemented in partnership with the University Of Maryland School Of Medicine. The grant is intended to improve access and quality of substance use treatment for youth ages 12-24 and address system barriers that impact this population.

Through this project, two local community-based treatment providers are delivering the evidence-based treatment utilizing Adolescent Community Reinforcement Approach (A-CRA), an approach intended for outpatient treatment settings, in a total of 5 schools in Maryland’s Central Region: Baltimore City and Baltimore County Public School Systems.

### PROVIDER SITE #1—BALTIMORE CITY

#### *School Sites:*

Digital Harbor High School, New Era Academy, Western High School, and Franklin Square Elementary School

#### *Clinic Site:*

HARBEL Prevention and Recovery Center

#### *School and Community-Based Treatment Providers:*

[HARBEL Prevention and Recovery Center](#)

[Center for School Mental Health \(CSMH\)](#)

### PROVIDER SITE #2—BALTIMORE COUNTY

#### *School Site:*

Dundalk High School

#### *Clinic Site:*

Friends Research Institute (DBA Epoch Counseling Center)

#### *School and Community-Based Treatment Providers:*

[Epoch Counseling Center](#)

Center for School Mental Health (CSMH)

## Treatment in Schools

Providers wishing to offer Medicaid reimbursable SUD services in schools are able to through guidelines outlined in [Beacon Health Options Provider Manual Chapter 6.38a](#). Treatment providers may be reimbursed by Medicaid for outpatient SUD services provided in the school setting when billed with the Place of Service (POS) Identifier “03” for schools. You can visit the Maryland Department of Education’s website for a directory listing your [Local Education Agency](#) for more information

Medicaid reimbursable SUD services provided in the school building include:

- SUD assessment (H0001)
- Level 1 group and individual SUD counseling (H0004, H0005)

## ***Recovery***

1. SAMHSA, 2017, para. 3 defines recovery as “a process of change through which individuals improve their health and wellness, live self-directed lives and strive to reach their full potential”
2. [Continuing Care](#) A Parent’s Guide to Your Teen’s Recovery from Substance Abuse
3. [Find Local A. A. Meetings](#) Locate Alcoholics Anonymous programs and meetings.
4. [Find Local N. A. Meetings](#) Locate helplines and websites for local groups near you who can assist you in finding a meeting
5. [Find Local Al-Anon Meetings](#) Opportunity for loved ones of an individual with a substance use disorder to connect and learn from the experiences of others who have faced similar problems
6. [Find Local Alateen Meetings](#) Opportunity for loved ones of an individual with a substance use disorder, who are youth/teens, to connect and learn from the experiences of others who have faced similar problems
7. [Find Local Wellness & Recovery Centers](#) Locate on Our Own of Maryland affiliated Peer-Run Wellness & Recovery Centers in your community
8. [Find Local Celebrate Recovery Meetings](#) Locate Celebrate Recovery groups in your area

### **State Funded Adolescent Clubhouses**

The BHA funds and provides oversight for eight Adolescent Recovery Clubhouses that are located in DC Metro Area, Central, and Southern Maryland. The Adolescent Clubhouse is a recovery-oriented activity that provides recovery support and continuing for youth ages 12 – 17. Adolescents appropriate for admission are currently receiving treatment for substance use disorders, including opioid use disorders, or following discharge from treatment. Each unique clubhouse uses evidence-based and promising practices to provide screening, intervention, and recovery support to adolescents. Through various approaches to substance use intervention and recovery, the clubhouse’s recovery-oriented model supports diminishing triggers and cues that led to past substance abuse and uses youth driven activities to engage adolescents in more enriching and healthy ways.

### **State Funded Adolescent Clubhouses**

#### **[Anne Arundel \(Rediscovering Me\)](#)**

5317-C Ritchie Highway  
Brooklyn Park, MD 21225  
Program Director  
**Cynthia Ruby** (410) 766-9452

#### **[Anne Arundel \(H2O 4 Life\)](#)**

1479 Tyler Ave.  
Annapolis, Maryland 21403  
Program Director

#### **[Baltimore City](#)**

2641 Maryland Ave.  
Baltimore, MD 21218  
Program Director  
**Devon Blackwood** (410) 235-2800

#### **[Baltimore County](#)**

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Dundalk, MD 21222  
Program Director  
**Linda Bryan** (410) 288-4356

Frederick County

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Program Director  
**Jeffrey Thompson** (301) 600-4804

Prince George's County

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Program Director  
**Joe Woods** (301) 324-2990

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***Training***

1. [The Youth Co-Occurring Disorders \(COD\) Training](#) is a BHA funded statewide training for Behavioral Health Providers that seeks to disseminate information to the public and to behavioral health professionals on co-occurring mental health/substance abuse disorders, and to train clinicians on how to support the behavioral health of youth and their families.
2. [Peer Recovery Specialists - An Interprofessional Training](#) is a BHA funded statewide training for Peer Recovery Specialists designed to:
  - a. Provide an overview of the role and responsibilities for individuals who are interested in becoming a Peer Recovery Specialist
  - b. Inform professionals about the role and responsibilities and how to effectively partner with Peer Recovery Specialists
  - c. Offer educational opportunities to support recertification for individuals already certified as Peer Recovery Specialists
    - i. Training modules include informative and engaging PowerPoint presentations, interviews with experts, and role plays that highlight and demonstrate best practice skills and strategies.
3. [Opioid Overdose Response Training](#) provides information on various trainings state wide and contact information for each jurisdiction.
4. [Maryland Assembly on School Based Health Centers 2017 Webinar Series](#) provides professional development opportunities in the area of somatic and behavioral health
5. [The Treatment and Services Adaptation Center](#) has developed a series of free, online trainings to support trauma-informed schools and school-based behavioral health providers serving trauma-exposed youth.
6. [Naloxone Final Cut](#) is a BHA funded statewide campaign that provides education on how to administer Naloxone.

## *Additional Resources*

### **Local Behavioral Health Authorities (LBHAs)/Core Service Agencies (CSAs)/Local Additions Authorities (LAAs)**

#### **Maryland Behavioral Health Authorities**

### **Local Health Departments**

[Allegany County Health Department](#)

[Anne Arundel County Department of Health](#)

[Baltimore City Health Department](#)

[Baltimore County Department of Health](#)

[Calvert County Health Department](#)

[Caroline County Health Department](#)

[Carroll County Department of Health](#)

[Cecil County Health Department](#)

[Charles County Department of Health](#)

[Dorchester County Health Department](#)

[Frederick County Health Services Division](#)

[Garrett County Health Department](#)

[Harford County Health Department](#)

[Howard County Health Department](#)

[Kent County Health Department](#)

[Montgomery County Department of Health & Human Services](#)

[Prince George's County Health Department](#)

[Queen Anne's County Department of Health](#)

[St. Mary's County Health Department](#)

[Somerset County Health Department](#)

[Talbot County Health Department](#)

[Washington County Health Department](#)

[Wicomico County Health Department](#)

[Worcester County Health Department](#)

### **Other Youth/Child- Serving Agencies**

1. Department of Juvenile Services- Treatment Programs ([DJS](#))
2. Maryland State Department of Education ([MSDE](#))
3. Department of Human Services (commonly known as Department of Social Services; [DSS](#))
4. Behavioral Health Administration ([BHA](#))
5. Development Disabilities Administration ([DDA](#))
6. Local Management Boards ([LMBs](#))

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