

# **DRUG/ALCOHOL ABUSE**

**PHILOSOPHY**



**POLICY**



**PREVENTION**



**TREATMENT**



**SELF-HELP RESOURCES  
FOR**

**ALLEGANY COLLEGE  
of MARYLAND  
FACULTY,  
STAFF,  
and STUDENTS**



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# A Message from the President

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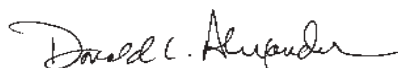
Dear Students, Faculty, and Staff:

This booklet contains Allegany College of Maryland's policy regarding drug/alcohol use in an educational environment, a description of medical and legal implications of using illegal substances, and a listing of off-campus resources which are available to assist persons having problems with substance abuse.

Our approach to substance abuse focuses on prevention through education, early intervention, and provisions of referral services as needed. I hope that anyone on our campus having such problems will gather information from this booklet and utilize the resources listed, some of which are our Student Assistance Program (SAP) and our Employee Assistance Program (EAP) offered through Zealand Psychological Associates.

I trust that you share my deep concern for providing an educational environment free of substance abuse. Working together, we can accomplish this goal.

Sincerely,

A handwritten signature in black ink that reads "Donald L. Alexander". The signature is written in a cursive style with a large, sweeping initial "D".

Donald L. Alexander, Ed.D.  
President

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*Allegany College of Maryland does not discriminate against any individual for reasons of race, sex, color, religion, national or ethnic origin, age or conditions of handicap in the admission and treatment of students, educational programs and activities, scholarship and loan programs, hiring of faculty and staff, or any terms and conditions of employment.*

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## • INTRODUCTION

This resource booklet has been developed to provide a comprehensive overview of the health risks and legal implications related to alcohol and drug use, and to serve as a reference for off-campus resources which are available to faculty, staff, and students at Allegany College of Maryland.

Alcohol and drug dependency has been called “democratic diseases” because they can victimize anyone regardless of sex, age, education, social status, or occupation. It is estimated that 1 out of 10 employees in the United States is an alcoholic, and untold millions more are “into drugs.”

Since substance abuse is one of our primary concerns relative to the health and welfare of members of the Allegany College of Maryland environment, we hope this guide is helpful to all who need help or who attempt to provide assistance.

## • PHILOSOPHY

The fundamental purpose of Allegany College of Maryland is to maintain an environment that supports and encourages the pursuit and dissemination of knowledge. All members of our academic community—faculty, staff, administrators, and students—share the responsibility for protecting that environment, and are expected to exemplify high standards of professional and personal conduct. The illegal or abusive use of drugs and alcohol by members of our academic community adversely affects the educational environment. Therefore, Allegany College of Maryland is committed to having a campus that is free of illegal drug use and drug and alcohol abuse.

In keeping with its primary purpose, Allegany College of Maryland will utilize educational strategies as its major approach to this problem, but everyone should be aware that any member of the College body who uses illegal drugs or abuses any drug including alcohol may be subject to prosecution and punishment by the civil authorities and disciplinary proceedings by the College. Allegany College of Maryland’s interest in punishing offenders is not punitive, but rather to establish clear limits of conduct for members of our campus community.

People who are using drugs should stop. Our policy does NOT punish people who seek rehabilitation but rather encourages rehabilitation. All information provided by people who voluntarily avail themselves of drug or alcohol counseling or rehabilitation services will be confidential. It will NOT be used against the individual.

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- **POLICY ON  
DRUG/  
ALCOHOL  
ABUSE**

Allegany College of Maryland supports the efforts of the State of Maryland and the United States to provide workplaces and learning centers free of illicit drug use and free of unlawful alcohol use. The College supports the Federal Drug-Free Workplace Act of 1988, the Federal Drug-Free Schools and Communities Act Amendments of 1989, and drug and alcohol abuse policies of the Maryland Higher Education Commission.

It is the College's intention to provide and maintain a work environment for the employees and students that is drug-free, healthful, safe, and secure. Employees are expected and required to report to work each day on time in an appropriate mental and physical condition, free of any illegal drugs/alcohol and capable of fulfilling their daily duties. The unlawful manufacture, distribution, dispensing, possession or use of a controlled substance (as defined by the Controlled Substance Act 21 U.S.C. section 802 and further defined at 21 C.F.R. section 1300.11 - 1300.15) and the unlawful possession or use of alcohol on College property or as part of any College activities off-campus is absolutely prohibited. Any unlawful activity with controlled substances or alcohol by students or employees while involved with a College activity, on or off the campus, will not be tolerated.

Although the College recognizes drug/alcohol dependency as an illness and a major health problem affecting society, it also recognizes drug use and activity as a potential health, safety, and security problem. Students and employees requiring assistance to deal with drug or alcohol abuse or dependency are encouraged to seek counseling and/or medical assistance through the use of the College's health insurance plan, as may be appropriate, or through the Student and Employee Assistance Programs which offer counseling and referral.

Certain student financial aid awards may only be made if the student is willing to certify or pledge that they will not engage in unlawful activities with regard to drugs and alcohol.

As a condition of employment, College employees must abide by the terms of this statement. In addition, employees have an affirmative duty to report any conviction under any criminal drug or alcohol abuse statute or other law within five days of conviction. This duty to report is required whether the criminal violation occurred on or off campus.

Violations of this policy statement shall be immediately addressed by the College and may result in disciplinary action which could include expulsion for students or termination for employees. The College may also refer violations for criminal prosecution by civil authorities where circumstances warrant.

Allegany College of Maryland's drug/alcohol abuse policy focuses primarily on prevention through education, early intervention and providing referral services as needed.

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**• POLICY ON DRUG/  
ALCOHOL ABUSE  
(continued)**

- A. Allegany College of Maryland Employees
1. Any intervention by a supervisor in a drug/alcohol related situation pertaining to a member of the College faculty/staff must be directly related with job performance or an on-campus problem arising from drug/alcohol abuse.
  2. Due to the sensitive nature of drug/alcohol abuse problems, individuals suspected of substance abuse will be approached only by their immediate supervisor and only after reasonable cause has been shown. The employee will be approached in a caring manner and in an atmosphere of strict confidence. The availability of counseling will be discussed. The supervisor and or Personnel Officer may contact the Counseling Agency to confirm that the employee has made and kept the appointment.
- B. Allegany College of Maryland Students
1. Intervention by an instructor, advisor, or supervisor in a drug/alcohol related situation pertaining to a student must be associated with the student's academic performance, an on-campus problem, or performance or problems occurring during a College-sponsored off-campus activity.
  2. Students suspected of substance abuse will be approached by the instructor, advisor, or supervisor in a caring manner. If circumstances warrant, the student may be reported and processed according to the Code of Student Conduct and student discipline policy as set forth in the Student Handbook. The student may be referred to the Counseling Agency responsible for the Student Assistance Program and, in certain circumstances, the Dean of Student Development may contact the counseling agency to confirm that the student has made and kept appointments.

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**• POLICY ON DRUG/  
ALCOHOL ABUSE  
(continued)**

**EDUCATION EFFORTS TO PREVENT DRUG/  
ALCOHOL ABUSE**

Education will include periodic seminars, College courses, and brochures which describe the hazards of drug use and abuse. The student newsletter (“Echo”), the faculty and staff newsletter, and bulletin board posters will list phone numbers of agencies in the area which may be called for counseling services.

Information concerning drug and alcohol abuse is distributed during Drug and Alcohol Week conducted at least annually by the Coordinator of Student Activities. Information pamphlets are available to College employees through the Personnel Office. Brochures on the Student and Employee Assistance Programs are directly mailed to all registered students and all employees upon request.

**COUNSELING AND REHABILITATION SERVICES TO  
PREVENT DRUG/ALCOHOL ABUSE**

Early intervention and referral services will be provided to employees and students by the Employee and Student Assistance Programs. Free short term counseling and referrals to agencies and private practitioners will be included. Training sessions for supervisors also will be conducted so that employees with substance abuse problems can be identified and helped.

**• POLICY ON DRUG/  
ALCOHOL ABUSE  
(continued)**

**DISCIPLINARY ACTION TO PREVENT DRUG/  
ALCOHOL ABUSE**

Disciplinary actions play a secondary role to education, counseling and guidance, however;

1. Should the offender be an employee of the College, the charges will be submitted in writing and signed by the person(s) making the charges, and submitted to the appropriate administrator, and action taken will be in accordance with current disciplinary policy found in the All-College Staff Manual.
2. If an employee found to be in violation of said policy refuses to cooperate with the College by using the Employee Assistance Program for counseling or referral, appropriate personnel action will be taken up to and including termination.
3. Should a student violate the College Drug/Alcohol Abuse Policy, action may be taken in accordance with the Code of Student Conduct and the student discipline policy in the Student Handbook.

Policy Addition: 5/18/89

## • DRUG AND ALCOHOL OFFENSES •

<u>Type of Drug</u>	<u>Maximum Penalties for Possession</u>	<u>Maximum Penalties for Distribution, Manufacture and Possession in Sufficient Quantity to Indicate an Intent to Distribute</u>
Marijuana, Hashish, Marijuana Derivatives	1 year and/or \$1,000 misdemeanor	5 years and/or \$15,000 felony
Cocaine	4 years and/or \$25,000 misdemeanor	20 years and/or \$25,000 felony
Heroin	4 years and/or \$25,000 misdemeanor	20 years and/or \$25,000 felony
Phencyclidine (PCP)	4 years and/or \$25,000 misdemeanor	20 years and/or \$25,000 felony
Any substance classified in Schedule I or II which is a narcotic	4 years and/or \$25,000 misdemeanor	20 years and/or \$25,000 felony
Any other controlled dangerous substance classified in Schedule I, II, III, IV, or V	4 years and/or \$25,000 misdemeanor	5 years and/or \$15,000 felony

**• DRUG AND ALCOHOL  
OFFENSES  
(continued)**

**ADDITIONAL ALCOHOL AND DRUG OFFENSES**

**Motor Vehicle Offenses**

- DWI - Driving While Intoxicated

1st offense - \$1000.00 fine and/or 1 year in prison  
2nd offense - \$2000.00 fine and/or 2 years in prison  
3rd offense - \$3000.00 fine and/or 3 years in prison

- DUI - Driving Under the Influence

1st offense - \$500.00 fine and/or 2 months in prison  
2nd offense - \$500.00 fine and/or 1 year in prison

- DWI/D&A - Driving While Intoxicated with Drugs and/or  
Drugs and Alcohol

\$500.00 fine and/or 2 months in prison

- DUI/CDS - Driving Under the Influence of Controlled Dangerous  
Substance

\$500.00 fine and/or 2 months in prison

In addition to the criminal sanctions for motor vehicle offenses, the MVA can take the following administrative actions:

**POINTS**

- DWI - 12 points - possible suspension or revocation by MVA
- DUI - 8 points - possible suspension
- DUI Drug/Alcohol - 8 points
- DUI CDS - 12 points

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• **DRUG AND ALCOHOL  
OFFENSES**  
(continued)

**ADDITIONAL ALCOHOL AND DRUG OFFENSES**

**Possession of Alcoholic Beverages by Persons Under the Age of 21.**

1st offense - a fine up to \$500.00

Repeat offense - a fine up to \$1000.00

This is a civil citation not a criminal offense.

**Restricted License Under Age 21**

MVA shall impose on anyone under the age of 21 alcoholic restrictions on 0.02 or more as determined by an analysis by the person's blood or breath. Under age of 21, if alcohol content is 0.02 or above in the system, the license could be suspended or revoked.

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*Above information from Ted Malloy in the Office of the State's Attorney.*

# 10 Controlled Dangerous Substances - Uses & Effects

DRUGS/CSA SCHEDULES	TRADE OR OTHER NAME	MEDICAL USES	DEPENDENCE PHYSICAL	
<b>NARCOTICS</b>				
Opium	II III V	Dover's Powder, Paregoric, Parepectolin	Analgesic, antidiarrheal	High
Morphine	II III	Morphine, MS-Contin, Roxanol, Roxanol-SR	Analgesic, antitussive	High
Codeine	I III V	Tylenol w/Codeine, Empirin w/Codeine, Robitussin A-C, Fiorinal w/Codeine	Analgesic, antitussive	Moderate
Heroin	I	Diacetylmorphine, Horse, Smack	None	High
Hydromorphone	II	Dialaudid	Analgesic	High
Meperidine (Pethidine)	II	Demerol, Mepergan	Analgesic	High
Methadone	II	Dolophine, Methadone, Methadose	Analgesic	High
Other Narcotics	I II III IV V	Numorphan, Percodan, Percocet, Tylox, Tussionex, Fentanyl, Darvon, Lomotil, Talwin <sup>2</sup>	Analgesic, antidiarrheal, antitussive	High-Low

<b>DEPRESSANTS</b>				
Chloral Hydrate	IV	Noctec	Hypnotic	Moderate
Barbituates	II III IV	Amytal, Butisol, Fiorinal, Lotusate, Nembutal, Seconal, Tuinal, Phenobarbital	Anesthetic, anticonvulsant, sedative, hypnotic, veterinary euthanasia agent	High-Mod.
Benzodiazepines	IV	Ativan, Dalmane, Diazepam, Librium, Xanax, Serax, Valium, Tranxex, Verstran, Versed, Halcion, Pexipam Restoril	Antianxiety, anticonvulsant, sedative, hypnotic	Low
Methaqualone	I	Quaalude	Sedative, hypnotic	High
Glutethimide	III	Doriden	Sedative, hypnotic	High
Other Depressants	III IV	Equanil, Miltown, Noludar, Placidyl, Valmid	Antianxiety, sedative, hypnotic	Moderate

<b>STIMULANTS</b>				
Cocaine	II	Coke, Flake, Snow, Crack	Local anesthetic	Possible
Amphetamines	II	Biphetamine, Delcobese, Desoxyn, Dexedrine, Obetrol	Attention deficit disorders, narcolepsy, weight control	Possible
Phenmetrazine	II	Preludin	Weight control	Possible
Methylphenidate	II	Ritalin	Attention deficit disorders, narcolepsy	Possible
Other Stimulants	III IV	Apidex, Cylert, Didrex, Ionamin, Melfiat, Plegine, Sanorex, Tenuate, Tepanil, Prelu-2	Weight control	Possible

<b>HALLUCINOGENS</b>				
LSD	I	Acid, Microdot	None	None
Mescaline and Peyote	I	Mexc, Buttons, Cactus	None	None
Amphetamine Variants	I	2,5-DMA, PMA, STP, MDA, MDMA, TMA, DOM, DOB	None	Unknown
Phencyclidine	II	PCP, Angel Dust, Hog	None	Unknown
Phencyclidine Analogues	II	PCE, PCPy, TCP	None	Unknown
Other Hallucinogens	I	Bufotenine, Ibogaine, DMT, DET, Psilocybin, Psilocyn	None	None

<b>CANNABIS</b>				
Marijuana	I	Pot, Acapulco Gold, Grass Reefer, Sinsemilla, Thai Sticks	None	Unknown
Tetrahydrocannabinol	I II	THC, Marinol	Cancer chemotherapy, anti-nauseant	Unknown
Hashish	I	Hash	None	Unknown
Hashish Oil	I	Hash Oil	None	Unknown

<sup>1</sup> Designated a narcotic under the CSA. <sup>2</sup> Not designated a narcotic under the CSA.

DEPENDENCE PSYCHOLOGICAL	TOLERANCE	DURATION (Hours)	USUAL METHODS OF ADMINISTRATION	POSSIBLE EFFECTS	EFFECTS OF OVERDOSE	WITHDRAWAL SYNDROME
High	Yes	3-6	Oral, smoked	Euphoria, drowsiness, respiratory depression, constricted pupils, nausea	Slow and shallow breathing, clammy skin, convulsions, coma, possible death	Watery eyes, runny nose, yawning, loss of appetite, irritability, tremors, panic, cramps, nausea, chills and sweating
High	Yes	3-6	Oral, smoked, injected			
Moderate	Yes	3-6	Oral, injected			
High	Yes	3-6	Injected, sniffed, smoked			
High	Yes	3-6	Oral, injected			
High	Yes	3-6	Oral, injected			
High-Low	Yes	12-24	Oral, injected			
High-Low	Yes	Variable	Oral, injected			
Moderate	Yes	5-8	Oral	Slurred speech, disorientation, drunken behavior without odor of alcohol	Shallow respiration, clammy skin, dilated pupils, weak and rapid pulse, coma, possible death	Anxiety, insomnia, tremors, delirium, convulsions, possible death
High-Mod.	Yes	1-16	Oral			
Low	Yes	4-8	Oral			
High	Yes	4-8	Oral			
Moderate	Yes	4-8	Oral			
Moderate	Yes	4-8	Oral			
High	Yes	1-2	Sniffed, smoked, injected	Increased alertness, excitation, euphoria, increased pulse rate & blood pressure, insomnia, loss of appetite	Agitation, increase in body temperature, hallucination, convulsion, possible death	Apathy, long periods of sleep, irritability, depression, disorientation
High	Yes	2-4	Oral, injected			
High	Yes	2-4	Oral, injected			
Moderate	Yes	2-4	Oral, injected			
High	Yes	2-4	Oral, injected			
Unknown	Yes	8-12	Oral	Illusions and hallucinations, poor perception of time and distance	Longer, more intense "trip" episodes, psychosis, possible death	Withdrawal syndrome not reported
Unknown	Yes	8-12	Oral			
Unknown	Yes	Variable	Oral, injected			
High	Yes	Days	Smoked, oral, injected			
High	Yes	Days	Smoked, oral, injected			
Unknown	Possible	Variable	Smoked, oral, injected, sniffed	Euphoria, relaxed inhibitions, increased appetite, disoriented behavior	Fatigue, paranoia, possible psychosis	Insomnia, hyperactivity, and decreased appetite occasionally reported
Moderate	Yes	2-4	Smoked, oral			
Moderate	Yes	2-4	Smoked, oral			
Moderate	Yes	2-4	Smoked, oral			
Moderate	Yes	2-4	Smoked, oral			

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## • ADDICTIONS TREATMENT PROGRAMS

### THE STUDENT COUNSELING AND ASSISTANCE PROGRAM

(offered in conjunction with Zealand Psychological Associates)

In an effort to provide students with the services of a trained professional counselor when an immediate problem or “crisis” arises which has or may have an effect on academic performance, the College has entered in an Agreement with Zealand Psychological Associates.

#### ELIGIBILITY

Any student enrolled in credit coursework at Allegany College of Maryland.

#### SERVICES PROVIDED

Three (3) one-hour professional counseling sessions will be provided to eligible students per semester—limit of 8 semesters. (In many cases, only one or two sessions may be necessary, depending on the nature of the situation.)

#### COST

There is NO COST for the initial three (3) counseling sessions. If additional sessions are necessary, Zealand Psychological Associates will work with you to develop the best method of payment based on your ability to pay, etc.

#### CONFIDENTIALITY

The student is assured of complete privacy and confidentiality when using the services provided by this program.

#### REFERRALS

In some cases, after an initial counseling session, you may be directed to various private practitioners and community agencies offering individual, marital, and family counseling; specialists in financial planning; attorneys; and drug and alcohol detoxification and treatment programs.

#### NATURE OF PROGRAM

The Program is designed for students who are in need of assistance due to **IMMEDIATE, “CRISIS,” OR SHORT-TERM** problems which are affecting or could have an adverse effect on academic performance.

• **ADDICTIONS  
TREATMENT PROGRAMS  
(continued)**

These areas of problem/concern may include:

- marital
- personal: depression, grief, anxiety, stress, suicidal risk
- peer relationships
- family and/or children concerns
- health related crisis
- alcohol or drug abuse
- trauma aftermath

The Program is NOT designed for problems which a student may have been having for a long period of time. It is geared for the student who finds himself/herself suddenly facing a personal/emotional situation which would impact significantly on his/her studies at the College.

**HOW TO USE THE PROGRAM**

A student who is in need of professional counseling should call Zealand Psychological Associates directly at 301-722-8000 or drop by their office at 152 Bedford Street, Cumberland, MD.

Please identify yourself as an Allegany College of Maryland student and indicate that you would like to arrange an interview with a counselor as part of the ALLEGANY COLLEGE OF MARYLAND STUDENT ASSISTANCE AND COUNSELING PROGRAM.

The Zealand Psychological Associates intake staff person will then arrange a date and time for you to meet with a professional counselor. All sessions are held at their office on Bedford Street.

If for any reason you cannot make a scheduled session, you must notify Zealand Associates of your desire to cancel/reschedule at least twenty-four (24) hours in advance. Any student who does not cancel a counseling session in such a proper and timely manner will be denied future services under this Program, unless the student can provide a plausible explanation based on extenuating circumstances or personal considerations. (Even if this is the case, the "no show" session is counted as one of the three counseling sessions.)

**ADDITIONAL INFORMATION**

Additional information or any questions regarding this Program should be directed to Mrs. Joanna DuVall, Student Services Office, Allegany College of Maryland at 301-784-5206.

**• ADDICTIONS  
TREATMENT  
PROGRAMS  
(continued)**

**THE EMPLOYEE ASSISTANCE PROGRAM  
(offered in conjunction with Zealand Psychological Associates)**

**WHY THIS SERVICE?**

Allegany College of Maryland wants to cultivate growth and enhance the life of its staff and their families. Knowing that no one gets through adult life without problems, Allegany College of Maryland provides an Employee Assistance Program through the **ZEALAND PSYCHOLOGICAL ASSOCIATES**.

**GOALS OF THIS SERVICE**

To provide avenues of support and assistance to Allegany College of Maryland employees and their families in coping with personal and work-related problems.

**IN TIMES OF TROUBLE...**

Life does not always unfold smoothly even for those of us dedicated to developing our skills and expanding our horizons. Each of us at one time or another faces different forms of stress, disappointments or tragedy. We often have problems with interpersonal relationships, work, finances, alcohol, drugs, tobacco, food, loneliness, aging, death of loved ones. Many situations create worry, anxiety, stress or depression.

**PROBLEMS GROW...**

Not recognizing or dealing with problems can make them more serious and difficult to solve. Once these problems get a foothold on one part of our lives, they often tend to spread to others... our marriage or other relationships, our work, our health, our social conduct, even our self-respect.

**. . . AND ADD TO LIFE STRESSES**

The problems we carry often affect others close to us. Recognizing that personal problems can affect our job performance, Allegany College of Maryland is striving to provide choices for all employees and their families. It is hoped that when faced with a problem, employees and their families will take advantage of this confidential service.

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**• ADDICTIONS  
TREATMENT  
PROGRAMS  
(continued)**

**THERE ARE PLACES TO TURN FOR HELP**

Sometimes it can be very difficult to admit to ourselves that we do have a problem and need help. What is a tremendous burden to one person can become a lighter load when shared with someone else. **ZEALAND PSYCHOLOGICAL ASSOCIATES** are professionals trained to assess, help, and do appropriate referrals if necessary.

**WHAT TYPE OF PROBLEMS CAN BE DEALT WITH THROUGH THE EMPLOYEE ASSISTANCE PROGRAM?**

This confidential service will provide help for problems such as: marriage and family counseling, psychological stress, alcohol and chemical dependency, smoking cessation, weight control, life crisis, as well as other personal problems.

**WHO IS ELIGIBLE?**

All Allegany College of Maryland full-time employees and their families.

**IS THERE ANY CHARGE FOR THIS SERVICE?**

There is no charge for the first three (3) counseling sessions per year. If extended counseling is needed, the charges will become the responsibility of the employee and the employee benefit plan.

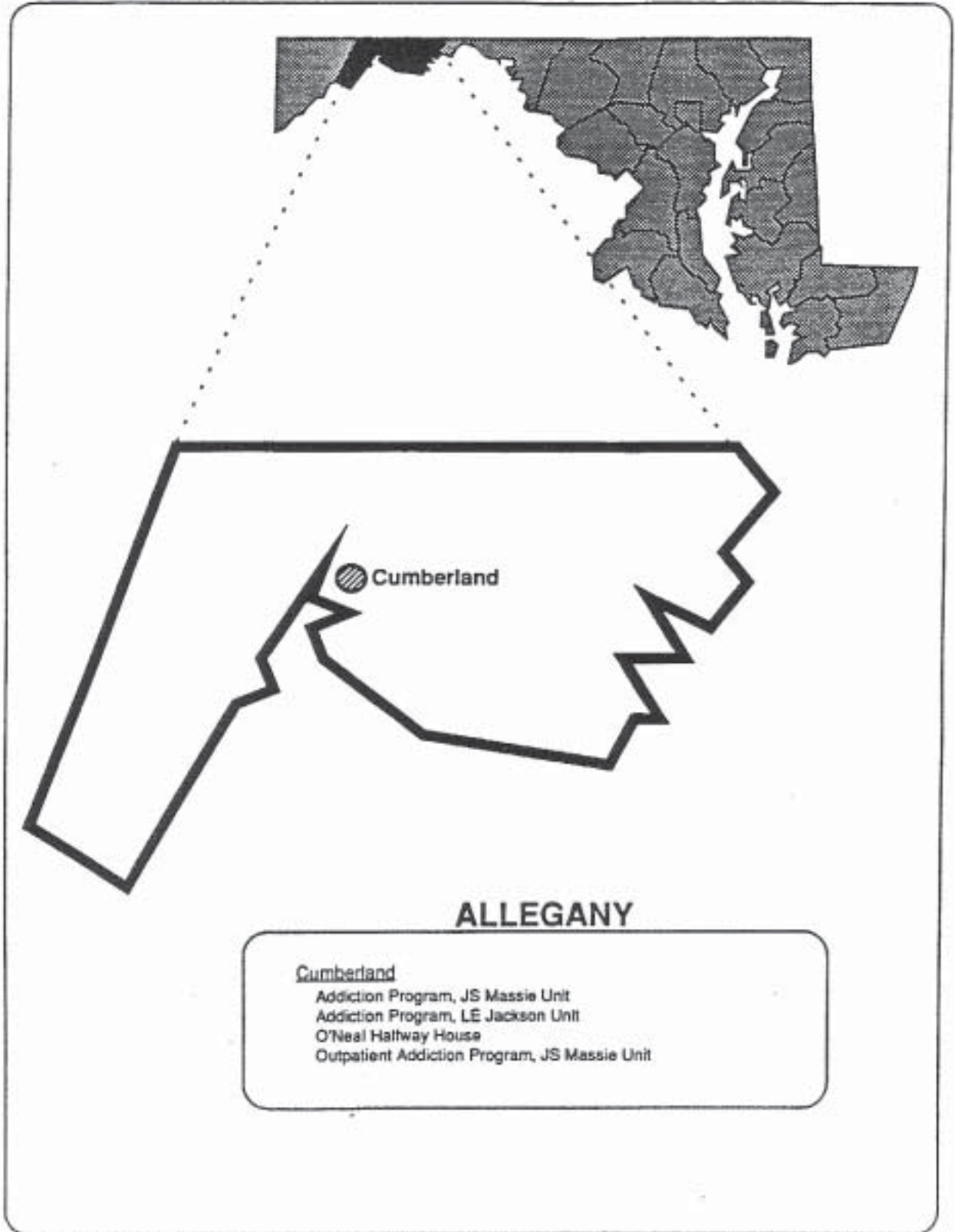
**WHEN TO SEEK HELP**

As soon as you think there is a problem you cannot handle, seek help. Many personal problems do not get better without outside assistance.

**HOW TO OBTAIN THIS SERVICE**

Contact the Personnel Officer, located in the College Center, 301-784-5230, or Zealand Psychological Associates, 152 Bedford Street, 301-722-8000. **All contact with the EAP service is strictly confidential and handled in the same way the privileged information you give your doctor or clergyman.** Employees who use the EAP service are assured that their problem and its source, treatment, or disposition will remain confidential.

• ADDICTIONS TREATMENT PROGRAMS *(continued)*



• **ADDICTIONS  
TREATMENT  
PROGRAMS**

(continued)

<b>Addiction Program, JS Massie Unit</b>	<b>Treatment</b>
Allegany County Health Department — Finan Center Willowbrook Road, PO Box 1745 Cumberland, MD 21502 (Allegany)	
Phone: 301-777-2285	HOTLINE: NONE
Contact: Robert L. Cassidy	

**Offers:**

Drug Abuse/Alcoholism Services provided at Residential Facility

**Admission Time & Capacity:**

Inpatient waiting time: 2-3 weeks  
 Inpatient treatment capacity is: 25

Outpatient waiting time: N/A

**Insurance:**

Third party reimbursement is accepted.

**Hours of Operation:**

**24 hours/day  
7 days/week**

**Ages Treated:**

18 through adult

**Services:**

Outreach	DWI/Asap
X AFTERCARE FOLLOW-UP	X EMPLOYEE ASSISTANCE PROGRAM
Child Care	X INDIVIDUAL THERAPY/COUNSELING
X TRANSPORTATION	X GROUP THERAPY/COUNSELING
Early Intervention	X FAMILY THERAPY/COUNSELING
X SELF-HELP GROUPS AVAILABLE	Teen Suicide Prevention
X PHYSICAL EXAMINATIONS	Crisis Intervention
Research	Aversive Techniques
X TREAT IV DRUG USERS	

**Specializations:**

Blacks	Youth
Hispanics	Women
American Indian/Alaskan Natives	Cocaine Users
Asian/Pacific Islanders	Impaired Health Professionals
Public Inebriates	
Elderly	X ALL POPULATIONS

*Referrals from Allegany County Health Department Addictions Unit.*

• **ADDICTIONS  
TREATMENT  
PROGRAMS**

(continued)

<b>Addiction Program, Lois E. Jackson Unit</b>		<b>Treatment</b>
Allegany County Health Department Willowbrook Road Cumberland, MD 21502 (Allegany)		
Phone: 301-777-2290		Hotline: <b>None</b>
Contact: Richard J. Cioni, MS		

**Offers:**

Drug Abuse/Alcoholism Services provided at Health Department Unit, at Hospital --  
60-day treatment stay

**Admission Time & Capacity:**

Inpatient waiting time: 2-week minimum  
Inpatient treatment capacity is: 33

Outpatient waiting time: N/A

**Insurance:**

Third party reimbursement is accepted.

**Hours of Operation:**

**24 hours/day  
7 days/week**

**Ages Treated:**

13 - 18 years

**Services:**

Outreach	DWI/Asap
Aftercare Follow-up	Employee Assistance Program
Child Care	X INDIVIDUAL THERAPY/COUNSELING
Transportation	X GROUP THERAPY/COUNSELING
Early Intervention	X FAMILY THERAPY/COUNSELING
X SELF-HELP GROUPS AVAILABLE	X TEEN SUICIDE PREVENTION
X PHYSICAL EXAMINATIONS	X CRISIS INTERVENTION
Research	Aversive Techniques
X TREAT IV DRUG USERS	

**Specializations:**

Blacks	X YOUTH
Hispanics	Women
American Indian/Alaskan Natives	Cocaine Users
Asian/Pacific Islanders	Impaired Health Professionals
Public Inebriates	
Elderly	

• **ADDICTIONS  
TREATMENT  
PROGRAMS**

(continued)

**Outpatient Addiction Program**

**Treatment**

Allegany County Health Department  
Willowbrook Road, P.O. Box 1745  
Cumberland, MD 21502 (Allegany)

Phone: 301-777-5680 FAX: 301-777-2095 TTY: 1-800-735-2258  
Contact: Jim Brenneman, Program Director

Hotline: **None**

**Offers:**

Drug Abuse/Alcoholism Services provided at Health Department

**Admission Time & Capacity:**

Inpatient waiting time: N/A

Outpatient waiting time: 6 wks.

Outpatient treatment capacity is: 206

**Insurance:**

Third party reimbursement is accepted most ins. (including MD Medicaid). Sliding fee for state of Maryland residents.

**Hours of Operation:**

MON 8:00 am to 8:30 pm  
TUES 8:00 am to 8:30 pm  
WED 8:00 am to 8:30 pm  
THUR 8:00 am to 8:30 pm  
FRI 8:30 am to 7:30 pm

**Ages Treated:**

Not specified

Youth and adults are treated SEPARATELY

**Services:**

Comprehensive Substance Abuse Assessments  
DWI and Court-Referred  
Individual Therapy  
Group Therapy  
Family and Couples Counseling  
Crisis Intervention  
Relapse Prevention Therapy

Drug or alcohol urine screening  
Intensive Outpatient Program  
Jail Substance Abuse Program  
at Allegany County  
Detention Center

**Specializations:**

X YOUTH

X DUAL DIAGNOSIS

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**•SELF HELP  
RESOURCES**

**•ALCOHOLICS ANONYMOUS**

**•Alcoholics  
Anonymous**

**Services**

It is an informal international fellowship of people who join because they cannot control their use of alcohol. Their purpose is to stay sober and help others who want to remain sober. They do not recruit new members; new members are always welcome. They meet and talk about their alcohol problems.

**Eligibility**

Desire to stop drinking.

**To Join**

Come to a meeting. See listings on p. 21 of this booklet.

**Fee**

None

**Area Served**

Allegany County and surrounding Tri-State area.



**•SELF HELP  
RESOURCES**  
*continued*

**•AL-ANON**

**Services**

Informal fellowship of family members and friends of problem drinkers. They meet to share practical suggestions on day to day living with someone who has a drinking problem.

**To Join**

Come to a meeting

**Fee**

None

**Area Served**

Allegheny County and Tri-State Area

**Sunday**

8:00 p.m.  
**Seton Group**  
Sacred heart Hospital Auditorium  
900 Seton Drive  
Cumberland, MD

**Monday**

8:00 p.m.  
**Liberty Club**  
125 Liberty St.  
Oakland, MD

**Tuesday**

12:15 p.m.  
**Listen & Learn Group**  
Trinity Lutheran Church  
328 N. Centre Street  
Cumberland, MD

**Friday**

8:00 p.m.  
**Came to Believe Group**  
First Presbyterian Church  
33 W. Broadway Street (2nd floor)  
Frostburg, MD

8:00 p.m.  
**Fort Cumberland Group**  
Emmanuel Episcopal Church  
Parish House  
16 Washington Street  
Cumberland, MD

•**SELF HELP  
RESOURCES**  
*continued*

•**NARCOTICS ANONYMOUS**

**Services**

Group Therapy for addicts who want to remain drug free. Based on AA theory.

**To Join**

Attend a meeting

**Fee**

None

***Monday***

8:00 p.m.

**Welcome Home (OD)**

Fort Recovery  
418 Centre Street  
Cumberland, MD

**Trinity (OD)**

Rt. 220 S. at Moorefield  
Junction, turn left onto Trinity Road,  
go 100 yards past Rt. 50 and Rt. 220,  
Junction, WV

***Tuesday***

8:00 - 9:00 p.m.

**Joseph S. Massie Unit (OD)**

***Wednesday***

8:30 p.m.

**Hand and Hand Learn to Live Group**

Fort Recovery (upstairs)  
418 Centre Street  
Cumberland, MD

***Thursday***

8:00 - 9:00 p.m.

**Joseph S. Massie Unit (OD)**

***Sunday***

10:30 - 11:30 a.m.

**Joseph S. Massie Unit (OD)**

**Questions**

1-800-777-1515