YOUR BRAIN. USE IT. DON'T ABUSE IT.
**Mission**

ANNE ARUNDEL COMMUNITY COLLEGE’S substance abuse education program, through education of students and employees, works to prevent alcohol and drug abuse by creating a campus environment where substance abuse is not accepted. Sponsored programs foster awareness of the effects and consequences of alcohol and drug use and/or abuse. The program also coordinates support services for students and employees who choose to confront an alcohol or drug problem.

**Drug and Alcohol Policy**

ANNE ARUNDEL COMMUNITY COLLEGE is committed to providing and maintaining an environment for students, faculty and staff that is drug-free, healthful, safe and secure. Faculty, staff and students are expected and required to report each day in an appropriate mental and physical condition, free of any illegal drugs and alcohol, and capable of fulfilling their daily duties. The college supports all local, state and federal laws related to drugs and alcohol abuse, including, but not limited to, the Drug-Free Workplace Act and the Drug-Free Schools and Campuses Act.

Although the college recognizes drug and alcohol dependency as an illness and a major health problem affecting society, it also recognizes drug and alcohol use as a potential health, safety and security problem. The college is committed to the education of students, faculty and staff regarding substance abuse prevention, detection and treatment and for this purpose has established a substance abuse education program.

The unlawful possession, use, manufacture, distribution and/or solicitation of a controlled substance is prohibited. The unauthorized possession, consumption and distribution of alcoholic beverages on college-controlled property or as part of any college-authorized activity is prohibited.

Faculty, staff and students who violate this policy shall be subject to appropriate disciplinary action, up to and including dismissal in accordance with college policies and procedures, and also may be subject to criminal prosecution.

**Educational Statement**

IN KEEPING WITH ITS CENTRAL MISSION OF TEACHING, AACC presents a substance abuse education program aimed at preventing alcohol abuse and illegal drug use. Educational efforts include lectures, presentations, demonstrations and distribution of literature on substance abuse prevention. The college encourages students, faculty and staff to participate. In general, the program teaches participants about the incompatibility of the abuse of alcohol or the use of illegal drugs with achieving a healthy and productive life within the community.

**Guidelines for Discipline**

STUDENTS, FACULTY AND STAFF ARE RESPONSIBLE as citizens for knowing about and complying with the provisions of federal, state and local law regarding illegal substances and alcohol. Any member of the college community who violates the law may be subject to both criminal and civil prosecution and punishment as well as college disciplinary proceedings.

The college will initiate disciplinary proceedings against students, faculty or staff when conduct is deemed a violation of college policy. If appropriate, the college will impose sanctions in accordance with established procedures applicable to the accused. Penalties for the violation of the Drug and Alcohol policy range from a written reprimand to dismissal from the college.

While the college recognizes a violation of its Drug and Alcohol policy as a serious breach of college standards of conduct, it also recognizes drug and alcohol dependency as an illness. The college encourages faculty, staff and students requiring assistance to deal with drug or alcohol abuse or dependency to seek professional assistance. The substance abuse education program will provide confidential referrals to appropriate community-based treatment on request.

**Procedures for Enforcement**

EVERY MEMBER OF THE COLLEGE COMMUNITY has a responsibility to enforce the Drug and Alcohol policy. When a student, faculty or staff member is suspected of abusing alcohol or misusing drugs, the Department of Public Safety and Police should be contacted.

A witness to a violation of this policy should take immediate action to ensure the safety and security of the college community by filing charges of the violation either with the employee’s supervisor, or, in the case of a student, with the Student Review Committee in accordance with the constituency procedures for discipline.

**Legal Sanctions**

LEGAL SANCTIONS FOR ILLEGAL DRUG AND ALCOHOL activity are severe. Maryland law (Article 27, paragraphs 276-302 of the Annotated Code) states felony conviction for manufacture, distribution, dispensing or possession of a controlled dangerous substance (or a counterfeit if a narcotic drug) is punishable by a prison sentence of up to 20 years or a fine up to $25,000 or both. Felony conviction for bringing into Maryland an illegal controlled dangerous substance (such as marijuana or cocaine) can bring a prison sentence of 25 years or a fine up to $50,000 or both.

First conviction on a misdemeanor for illegal delivery, sale or possession with intent to deliver or sell, or manufacture with intent to deliver or sell drug paraphernalia is subject to a fine up to $500. Subsequent drug paraphernalia conviction penalties are up to two years imprisonment, a fine up to $2,000 or both. Misdemeanor conviction for illegally smelling or inhaling any drugs, other noxious substances or chemicals which cause intoxication, inebriation, excitement, stupefaction, or dulling of the brain or nervous system is subject to imprisonment up to six months, a fine up to $500 or both.
ALCOHOL

Beer, Wine, Distilled Spirits

**SHORT-TERM EFFECTS:** acts on mood and emotions, relaxation, confusion, disrupts balance between reasoning and judgment, depression, anxiety, decreased alertness, stupor, unconsciousness

**LONG-TERM EFFECTS FROM EXCESSIVE USE:** tolerance, psychological dependence, physical dependence, kidney and liver failure, weight gain, blackouts, impotence, psychosis, ulcers, malnutrition, delirium, tremors, death

AMPHETAMINES

Benzedrine, Dexedrine, Methedrine, Preludin, Speed, Ice, Crystal, Glass, Ectsalot, Ritalin, Ecstasy

**SHORT-TERM EFFECTS:** increased alertness, excitement, euphoria, decreased appetite, restlessness, rapid speech, irritability, insomnia, paranoia, stomach disorders, physically and psychologically addictive

**LONG-TERM EFFECTS:** tolerance, hardening of the arteries, mood swings, anxiety, hallucinations, sleep deprivation, severe malnutrition

ANABOLIC STEROIDS

Synthetic Testosterone, Roids

**SHORT-TERM EFFECTS:** cellular development of body and muscle tissue, mood elevation or depression, altered sex drive, increased aggressive behavior, may stunt growth, retention of sodium and fluids, stroke, severe acne

**LONG-TERM EFFECTS:** jaundice, increased chance of heart disease, liver damage, high blood pressure, endocrine imbalance. Males: can enlarge breasts, decrease testicular size and function, decrease sperm production. Females: menstrual irregularities, masculinizing effects, change in the genitals

ANTIDEPRESSANTS

A. Tricyclics (Elavil, Tofranil, Sinequan, Norpramin, Pamelo, Amitril) and Serotonin Uptake Inhibitors (Paxil, Prozac, Zoloft)

**SHORT-TERM EFFECTS:** relieves anxiety and depression, temporary impotence, nausea, slowed heart beat, decreased breathing rate, weight loss, headaches, apathy, depressed emotions

**LONG-TERM EFFECTS:** appear to be depressed, apathy, lethargy, insomnia, irregularities of heartbeat, sweating, dizziness, altered appetite, seizures, disturbed vision, altered sexual desire, overdose can cause death

B. Monoamine Oxidase Inhibitors, MAO Inhibitors (Nardil, Parnate, Marplan, Phenazine)

**SHORT-TERM EFFECTS:** hypertensive crisis, rapid pulse, headaches.

**LONG-TERM EFFECTS:** glaucoma, weight gain, sleep disturbances, fatigue, weakness, tremors, dry mouth, constipation

C. Antimanic (Lithium)

**EFFECTS:** lethargy, thirst, hand tremors, increased urination, weight gain

ANTIPSYCHOTICS

Thorazine, Compazine, Stelazine, Mellaril, Haldol, Trilafon, Sparine, Vesprin, Prolixin

**SHORT-TERM EFFECTS:** reduced anxiety, depression, restricted motor movement, slowed processing and responses to stimulation

**LONG-TERM EFFECTS:** overdose can cause death

BARBITURATES

Chloral Hydrate, Doriden, Nembutal, Phenobarbital, Seconal, Tuinal, Amytal, Pentothal

**SHORT-TERM EFFECTS:** sedative-hypnotic effects, relaxation, euphoria, decreased alertness, drowsiness, impaired coordination, slurred speech, stupor, hangover, high doses depress breathing, heart rate, temperature and muscular coordination, increased anxiety, depression, mood swings

**LONG-TERM EFFECTS:** physical and psychological dependence, excessive sleepiness, confusion, irritability, severe withdrawal, convulsions, depressed breathing and body functions, death

CAFFEINE

Coffee, Cola, Tea, No-Doz, Vivarin, Cocoa Beans

**SHORT-TERM EFFECTS:** increased alertness, accelerated heart rate, increased blood pressure, upset stomach, restlessness, insomnia

**LONG-TERM EFFECTS FROM EXCESSIVE USE:** nervousness, mental confusion, irritability, muscle twitches, increased tolerance, increased heart rate, breast lumps in women

CANNABIS

Hashish, Marijuana, Hash Oil, Grass, Pot, Reefer, Hemp, THC, Delta 9THC, Sinsemilla

**SHORT-TERM EFFECTS:** euphoria, mild hallucinogen, distortions in perception, increased heartbeat, increased appetite, bloodshot eyes, may create a psychological dependence, interferes with memory and intellectual performance, impaired concentration, dry mouth, mild hypnotic, exaggerated mood and personality

**LONG-TERM EFFECTS:** irritation of respiratory tract leading to lung disease, fatigue, hormonal changes, psychosis, antimotivational syndrome, impaired reproduction, birth abnormalities

COCAINE

Coke, Crack, Snow, Rock, Blow, Toot

**SHORT-TERM EFFECTS:** constriction of arteries, increased release of adrenalin, increased blood pressure and heart rate, risk of seizures, disruption and overstimulation of body’s chemical balance, euphoric rush, paranoia, muscle tremors, memory lapses, mental confusion, hallucinations, miscarriage, stroke, runny or stuffy nose if snorted, feeling of things crawling under the skin, dilated pupils, chronic insomnia, irritability, depression, psychosis

**LONG-TERM EFFECTS:** insomnia, agitation, severe emotional depression, extreme lethargy, inability to feel pleasure, lack of energy and motivation, feeling of impending death, damage to nasal septum when snorting, extreme weight loss, damage to heart and blood vessels, convulsions, respiratory arrest, death

HALLUCINOGENS

Psychedelics, LSD, PCP, Mescaline, Peyote Cactus, Scopolamine, Psilocybin, Mushrooms, STP, Serenity, Peace Pill, MDA, MDMA Ecstasy, DMT, Businessman’s Special, Belladonna, Nutmeg, Mace, Special or Super K

**SHORT-TERM EFFECTS:** nausea, vomiting, dizziness, sweating, may exaggerate unstable tendencies, intensifies or distorts visual stimuli, hallucinations

**LONG-TERM EFFECTS:** flashbacks, altered states of consciousness, suppressed judgment and reason, stimulated visual perception and degree of euphoria
INHALANTS
Glue, Paint Thinner and Removers, Correction Fluid, Gasoline, Laughing Gas (Nitrous Oxide), Formaldehyde, Aerosol Sprays, Anesthetics, Ether, Amyl Nitrate, Organic Nitrates, Solvents
SHORT-TERM EFFECTS: relaxation, hypersensitivity, impaired judgment, violence, reduced muscle reflex control, rapid heartbeat, impaired coordination, headache, nausea, visual disturbance, euphoria, depression, slurred speech, unsteady gait, drowsiness, irritability, excitement, impulsiveness
LONG-TERM EFFECTS: delirium with confusion, hallucinations, drowsiness, stupor, brain damage, lung and kidney damage, blood and bone marrow alteration, death

NICOTINE
Cigarettes, Pipe, Cigars, Snuff, Chewing Tobacco, Nicotine Gum, Nicotine Patch
SHORT-TERM EFFECTS: constricted blood vessels, raised heart rate and blood pressure, decreased appetite, increased alertness, partially deadened senses of taste and smell, dry mouth, relaxation
LONG-TERM EFFECTS: lung damage, heart irregularities, cancer, hypertension, nervousness, irritability, headaches, fatigue, insomnia, physiological and physical addiction

OPIATES
Opium, Codeine, Morphine, Heroin, Dilaudid, Percodan, Methadone, Hyocodan, Demerol, Talwin, LAAM
SHORT-TERM EFFECTS: stimulation, sense of detachment, depression, pin-point pupils, vomiting, nausea, drowsiness, inability to concentrate, slowed breathing and pulse, dry skin and itching, euphoria, mental clouding
LONG-TERM EFFECTS: tolerance, dependence, physical and/or psychological addiction, chronic skin rash, itching, insensitivity and unconsciousness, hepatitis, heart and lung abnormalities, ulcers, abscesses, kidney failure, premature labor, stillbirth, addiction of the fetus and baby, loss of sexual desire, death

SYNTHETIC DRUGS
Synthetic Marijuana (K2 or Spice), Salvia, Bath Salts
SHORT-TERM EFFECTS: severe agitation and anxiety, nausea, vomiting, tachycardia (fast, racing heartbeat), elevated blood pressure, tremors and seizures, hallucinations, dilated pupils
LONG-TERM EFFECTS: psychological and physical addiction, heart attacks, panic attacks, suicidal and other harmful thoughts and/or actions

TRANQUILIZERS
Sedatives/hypnotics, Librium, Equinol, Miltown, Valium, Xanax, Ativan, Halcion, Klonopin, Serax, Dalmane, Doriden, Placeidyl, Noctil, Vistaril, Rohypnol*

*Known as the “date rape drug,” this tasteless sedative, when slipped into drinks, causes an intense, drunk-like effect lasting up to eight hours. Street name “Roofies.”
SHORT-TERM EFFECTS: calming, depressed emotions, relaxation, lowered inhibitions, reduced intensity of physical sensations, drowsiness, loss of body heat, reduced muscular coordination, sleep, blurred vision, dizziness, stupor, tolerance
LONG-TERM EFFECTS: age-dependent tolerance, blood-cell destruction, jaundice, anxiety attacks, insomnia, agitation, abdominal cramps, seizures, delirium, uncontrolled heartbeat, coma, death

Laying Down the Law
ANYONE WHO DRIVES A MOTOR VEHICLE IN MARYLAND, whether licensed here or by another state, must comply with the Maryland Motor Vehicle Law and laws on mixing alcohol and other drugs with driving. The law also prohibits the manufacture, use, possession and distribution of false identification cards.

<table>
<thead>
<tr>
<th>Violation</th>
<th>Fine, Jail/Prison, License Penalties</th>
</tr>
</thead>
<tbody>
<tr>
<td>A. Driving while under the influence of alcohol (BAC of .08 or higher)</td>
<td>12 points on license or instant revocation</td>
</tr>
<tr>
<td></td>
<td>$1,000 for first offense, $2,000 for second offense</td>
</tr>
<tr>
<td>B. Driving while impaired (BAC of .04 to .07)</td>
<td>$500/60 days</td>
</tr>
<tr>
<td></td>
<td>8 points on license</td>
</tr>
<tr>
<td>C. Driving while impaired due to alcohol and/or drugs</td>
<td>$500/60 days</td>
</tr>
<tr>
<td></td>
<td>8 points on license</td>
</tr>
<tr>
<td>D. Driving while impaired due to consumption of a controlled dangerous substance</td>
<td>12 points on license or instant revocation</td>
</tr>
<tr>
<td></td>
<td>Up to $1,000/one year, complete drug/alcohol education program</td>
</tr>
<tr>
<td>Subsequent offenses for B, C, and D</td>
<td>$500/up to one year</td>
</tr>
<tr>
<td>For those under 21 years, driving with any alcohol in the body (BAC of .02 or higher)</td>
<td>$500/potential license suspension</td>
</tr>
</tbody>
</table>

OPEN CONTAINERS
In motor vehicle (driver and passengers) | $520/One point on license |

On public property or on private property used by the general public | Up to $500 (first offense), $1,000 (subsequent offense) |

FAKE IDS
Forging or falsely making an ID | Felony/10 years |

Selling/Issuing ID cards with a false date of birth | $2,000/two years for each separate offense |

Fraudulently obtaining a driver’s license | $500/two months |
| 12 points on license |

Misrepresenting age to obtain liquor | $500 |
| License revoked for six months to a year |
**Alcohol-Impaired Driving Destroys Lives**

A 12-ounce container of beer, a 5-ounce glass of wine or a 1.5-ounce shot of 80 proof liquor contains the same amount of alcohol. However, many mixed drinks contain more alcohol.

### DWI/DUI* AUTO ACCIDENTS

Estimate Your Blood Alcohol Level

<table>
<thead>
<tr>
<th>Drinks</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
<th>7</th>
<th>8</th>
</tr>
</thead>
<tbody>
<tr>
<td>100 lbs.</td>
<td>.038</td>
<td>.075</td>
<td>.113</td>
<td>.150</td>
<td>.188</td>
<td>.225</td>
<td>.263</td>
<td>.300</td>
</tr>
<tr>
<td>120 lbs.</td>
<td>.031</td>
<td>.063</td>
<td>.094</td>
<td>.125</td>
<td>.156</td>
<td>.186</td>
<td>.219</td>
<td>.250</td>
</tr>
<tr>
<td>140 lbs.</td>
<td>.027</td>
<td>.054</td>
<td>.080</td>
<td>.107</td>
<td>.134</td>
<td>.161</td>
<td>.188</td>
<td>.214</td>
</tr>
<tr>
<td>160 lbs.</td>
<td>.023</td>
<td>.047</td>
<td>.070</td>
<td>.094</td>
<td>.117</td>
<td>.141</td>
<td>.164</td>
<td>.188</td>
</tr>
<tr>
<td>180 lbs.</td>
<td>.021</td>
<td>.042</td>
<td>.063</td>
<td>.083</td>
<td>.104</td>
<td>.125</td>
<td>.146</td>
<td>.167</td>
</tr>
<tr>
<td>200 lbs.</td>
<td>.019</td>
<td>.038</td>
<td>.056</td>
<td>.075</td>
<td>.094</td>
<td>.113</td>
<td>.131</td>
<td>.150</td>
</tr>
<tr>
<td>220 lbs.</td>
<td>.017</td>
<td>.034</td>
<td>.051</td>
<td>.068</td>
<td>.085</td>
<td>.102</td>
<td>.119</td>
<td>.136</td>
</tr>
<tr>
<td>240 lbs.</td>
<td>.016</td>
<td>.031</td>
<td>.047</td>
<td>.063</td>
<td>.078</td>
<td>.094</td>
<td>.109</td>
<td>.126</td>
</tr>
</tbody>
</table>

### DON’T DRINK & DRIVE

**CALL A CAB**

**FOR THOSE WHO ARE REGULAR DRINKERS,** the BAC is affected the same as it is for persons who are not regular drinkers. Though tolerance may be a factor for regular drinkers who may appear as if they can hold their liquor, they become as intoxicated in terms of BAC level as a person who drinks the same amount of alcohol, weighs the same and is not a regular drinker.

**Think BEFORE you drink.**

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**Finding Help in Anne Arundel County**

**ANNE ARUNDEL COUNTY HAS A NETWORK OF PRIVATE** substance abuse treatment providers who work with the county Department of Health to offer treatment services. There also are volunteer support groups.

The Anne Arundel County Substance Abuse Treatment Council provided the following lists of treatment programs, private practices, organizations, hot lines and self-help groups.

**ALCOHOL AND DRUG ABUSE TREATMENT SERVICES**

**AACO-DOH ADDICTIONS SERVICES**

*Methadone*

122 N. Langley Road, Suite A, Glen Burnie
Phone: 410-222-7428 • Fax: 410-222-0105

**AACO PARTNERSHIP FOR CHILDREN, YOUTH AND FAMILIES**

*Drug free communities*

1 Harry S Truman Parkway, Suite 103, Annapolis
Phone: 410-222-7423 • Fax: 410-222-7674

**AACO SAFE STATIONS**

Anyone seeking help with an addiction can walk into any Anne Arundel County fire or police station for immediate 24/7 assistance with treatment.

**A NEW WAY CLINIC**

*Alcohol and drug free outpatient, DWI treatment, DWI education*

2411 Crofton Lane, Crofton
Phone: 410-451-7323 • Fax: 410-541-8205

**ADEPT**

*Alcohol and drug free outpatient, DWI education, DWI treatment*

8028 Ritchie Highway, Suite 308, Pasadena
Opiate dependent group
Phone: 410-761-0725 • Fax: 410-761-2412

**ADOLESCENT AND FAMILY SERVICES**

*(ANNE ARUNDEL COUNTY DEPARTMENT OF HMH & ADDICTIONS)*

*Adolescent program, alcohol and drug free outpatient*

122 N. Langley Road, Glen Burnie
Phone: 410-222-6725 • Fax: 410-222-6748

**ALCOHOL AND DRUG INTERVENTION INC.**

*Alcohol and drug free outpatient*

7458 Baltimore Annapolis Blvd., Glen Burnie
Phone: 410-787-2288 • Fax: 410-787-9479

**ALCOHOL AND DRUG PROGRAMS MANAGEMENT INC.**

*Alcohol and drug free outpatient, DWI treatment, DWI education*

7495 Baltimore Annapolis Blvd., Suite 6, Glen Burnie
Phone: 410-768-3303 • Fax: 410-768-3305

**ALCOHOL AND DRUG RECOVERY**

*Alcohol and drug free outpatient, DWI education, DWI treatment*

929 West St., Annapolis
Phone: 410-268-6800 • Fax: 410-268-7598
ALCOHOL AND DRUG RECOVERY
Alcohol and drug free outpatient, DWI treatment, DWI education
8 N. Crain Highway, Glen Burnie
Phone: 410-768-3526 • Fax: 410-787-1942

ANNE ARUNDEL COUNSELING INC.
Alcohol and drug free outpatient, DWI treatment
Empire Towers: 7310 Ritchie Highway, Glen Burnie
College Parkway Center: 1298 Bay Dale Drive, Suite 216, Arnold
Phone: 410-768-5988 • Fax: 410-768-5989

ASHLEY ADDICTION TREATMENT
800 Tydings Lane, Havre de Grace
Phone: 410-273-2461

BASICS INC.
Alcohol and drug free outpatient, DWI treatment
621 Ridgley Ave., Suite 400, Annapolis
Phone: 410-266-0777

CHRYSALIS HOUSE
Long term care, outpatient services
1570 Crownsville Road, Crownsville
Phone: 410-974-6829 • Fax: 410-974-6350

CORNERSTONE PASTORAL CARE & COUNSELING
8 Carvel Circle, Edgewater
Phone: 410-266-8596 • Fax: 410-266-9740

DAMASCUS HOUSE
Halfway House
4203 Ritchie Highway, Baltimore
Phone: 410-789-7446 • Fax: 410-789-1987

E.J.A.L. HEALTH SERVICES INC.
Medication assisted treatment
550 Crain Highway, Glen Burnie,
Phone: 410-761-3686

FERRY POINT INC. (TREATMENT SERVICES)
Alcohol and drug free outpatient, DWI education, DWI treatment
8379 Piney Orchard Parkway, Suite F, Odenton
Phone: 410-674-8500

FIRST STEP RECOVERY CENTER INC.
Substance abuse, alcohol and drug free outpatient
1419 Forest Drive, Suite 104, Annapolis
Phone: 410-280-2333 • Fax: 410-280-9866

HAWKES COUNSELING SERVICES
Alcohol and drug free outpatient, DWI treatment, DWI education
4109 Ritchie Highway, Brooklyn
Phone: 410-298-8046 • Fax: 410-597-8773

HELPING UP MISSION
1029 E. Baltimore St., Baltimore
Phone: 410-675-7500

HOPE HOUSE (ADULT)
26 Marbury Drive, Crownsville
Phone: 410-923-6700 • Baltimore phone: 410-837-0209 • Fax: 410-923-6213

MCCLANAHAN & ASSOCIATES
Alcohol and drug free outpatient, DWI treatment
1454 Baltimore Annapolis Blvd., Arnold
Phone: 410-626-7550 • Fax: 410-626-8805

OMNI HOUSE
P.O. Box 1270, 1419 Madison Park Drive, Building H, Glen Burnie
Phone: 410-768-2719 • Fax: 410-760-0963

OPEN DOOR OF ANNE ARUNDEL COUNTY
Outpatient, individual, family and group counseling to adult and adolescent substance abusers
122 N. Langley Road, Glen Burnie
Phone: 410-222-0100 treatment referral • 410-222-0120 community treatment
410-222-6725 adolescent and family services

PATHWAYS
Residential drug free, alcohol and drug free outpatient, nonresidential intermediate
2620 Riva Road, Annapolis
Phone: 410-573-5402 • 800-322-5858 • Fax: 410-573-5401

PSYCHOTHERAPEUTIC TREATMENT
839 Bestgate Road, Annapolis
www.gaudenzia.org
Short-, intermediate- and long-term substance abuse and mental health services for adults, women with children, homeless and HIV symptomatic substance abusers.
Information: Zach Hart • 410-224-1188

SAMARITAN HOUSE
Halfway House
P.O. Box 6309, Annapolis
Physical Address: 2610 Green Briar Lane, Annapolis
Phone: 410-269-5605 • Fax: 410-268-6965

TRANSFORMATION (adult)
407 S. Crain Highway, Suite 101, Glen Burnie
Phone: 410-761-9998 • Fax: 410-761-9998

WE CARE ARUNDEL HEALTH SERVICES
Medication assisted treatment
13 Aquahart Road, Glen Burnie, MD 21061
Phone: 410-766-9668 • Fax: 410-766-9673
HOTLINES AND OTHER RESOURCES

ANNE ARUNDEL COMMUNITY COLLEGE NARCAN TRAINING SUBSTANCE ABUSE EDUCATION OFFICE
Phone: 410-777-2527

ANNE ARUNDEL COUNTY DISTRICT AND CIRCUIT DRUG COURT
8 Church Circle, Annapolis
http://www.circuitcourt.org/learn-about/drug-treatment-court
Provides an alternative to the penal system through the use of a drug monitoring program with the goal of achieving sobriety.
Information: Robin Rickard • 443-463-6746 • sarick39@aacounty.org

ANNE ARUNDEL COUNTY PUBLIC SCHOOLS STUDENT SAFETY HOTLINE
877-676-9854 – 24 hours a day, seven days a week

ANNE ARUNDEL MENTAL HEALTH AGENCY
1 Truman Parkway, Annapolis
www.aamentalhealth.org

CRISIS RESPONSE SYSTEM
Also known as the “Community Warmline,” the Crisis Response System responds to substance use and mental health emergency calls in Anne Arundel County 24 hours a day, seven days a week.
410-768-5522

ARUNDEL HOUSE OF HOPE
514 N. Crain Highway, Glen Burnie
www.arundelhoh.org
Provides emergency and transitional shelter, life-skills training and recovery services.
Family Project for Women with Children in Recovery, Community Resource Center, Patriot House, Winter Relief
Information: Phil Bailey • 410-863-4888 • pbailey@arundelhoh.org

ARUNDEL LODGE INC.
2600 Solomons Island Road, Edgewater
1419 Forest Drive, Suite 102, Annapolis
www.arundellodge.org
Outpatient: Arundel Lodge helps men, women, youth and their families living with behavioral health disorders maintain dignity and enter recovery. Mental health and substance abuse services; same-day access providing therapy, group, family and children services; medication management.
Information: Leigh Ragan • 410-280-2333 • liragan@arundellodge.org

CHESAPEAKE LIFE CENTER
90 Ritchie Highway, Pasadena
In conjunction with Hospice of the Chesapeake, the center provides support for those grieving unexpected death with counseling and support groups.
Information: Joy McCrady • 410-987-2129 • jmccrady@chesapeakelifecenter.org

DOMESTIC VIOLENCE HOT LINE
Information: 410-222-6800

EVOLVE LIFE CENTERS
2904 B Mountain Road, Pasadena
Evolvecenters.com
Recovery housing offering a range of services to people in early recovery.
Information: Kristin Edwards • 443-548-3733 • Kristenedwards42@gmail.com

SUBSTANCE ABUSE AND MENTAL HEALTH SERVICES ADMINISTRATION (SAMSHA)
Information: 800-729-6686 • www.samsha.gov
SAMSHA Disaster Distress Helpline: 800-985-5990

FOUNDATIONS PRP
1025 W. Nursery Road, Suite 118, Linthicum Heights
Outpatient, day treatment or partial hospitalization health facility for mental illness.
Contact: Cathy Lawrence • 410-789-7772

GRASSROOTS CRISIS INTERVENTION CENTER/SUICIDE PREVENTION HOT LINE
Main stress line (information): 800-243-7337
Phone: 410-531-6677

HANDS OF HOPE INC.
97 Summerfield Drive, Annapolis
Mentorship, certified parenting classes, seminars, health awareness education, outreach services and programs targeting youth and families; Minority Outreach Technical Assistance, tobacco enforcement and education.
Information: Sherry Medley • 410-991-1286 • sdmedley54@yahoo.com

HEALTH CARE ACCESS MARYLAND/RECOVERY CARE SERVICES
201 E. Baltimore St., Baltimore
www.healthcareaccessmaryland.org
Health insurance enrollment: In partnership with the Maryland Health Benefit Exchange, HCAM navigators help Marylanders enroll in qualified plans. Provides care coordination for county residents for substance abuse treatment.
Information: Mariana Izraelson, Psy.D., LCADC • 410-649-0523 • mizraelson@HCAMaryland.org

KEEP SOBER.ORG
1352 Cape St. Claire Road, Annapolis
Online assessment: A telebehavioral health provider for substance abuse. Free online programs; early intervention and education to promote recovery.
Information: Stan Bielak • 410-349-0900 • stan@keepsober.org

MARYLAND COALITION OF FAMILIES
10632 Little Patuxent Parkway, Suite 234, Columbia
www.mdcoalition.org
One-to-one support: Families in every jurisdiction can receive one-to-one support and assistance from the MCF family peer support specialist who has personal experience caring for a young person with substance use challenges. MCF staff will work with parents and caregivers.
Information: Laura Seebeck • 443-896-8530 • lseebeck@mdcoalitio.org

MARYLAND POISON CENTER
Information: 800-492-2414

MARYLAND YOUTH CRISIS HOTLINE
24 hours a day, seven days a week
Information: 800-422-0009

MOTHERS AGAINST DRUNK DRIVING (MADD)
Information: 800-446-6233

MARYLAND COMMUNITY SERVICES LOCATOR
Information: www.mdcsl.org

MARYLAND POISON CENTER
Information: 800-492-2414

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MARYLAND COMMUNITY SERVICES LOCATOR
Information: www.mdcsl.org

MARYLAND POISON CENTER
Information: 800-222-1222

MOBILE CRISIS HOTLINE (WARMLINE)
Information: 410-768-5522
RESTORATION COMMUNITY DEVELOPMENT CORP.
302 Crain Hwy S., Suite 2A, Glen Burnie
Services: Youth empowerment services, mentoring program, after school, 12-17 years old.
Information: Sheryl Menendez • 443-618-6190 • senendex@lorwfamily.com
Euphernia Griffin • 443-433-8866 • niecygz@gmail.com

SAMHSA DISASTER DISTRESS HELPLINE
800-985-5990; Text: “TalkWithUs” to 66746

SERENITY SISTAS RECOVERY HOME FOR WOMEN
Annapolis
Housing for women: Bridging the gap from a drug treatment facility to a healthy daily routine working toward independent living by providing recovering addict and alcoholic women with a healthy, safe and clean environment through supportive housing, mentoring, education and workforce guidance.
Contact: Angel Traynor • 410-507-7583 • serenitysista1@gmail.com

WE CARE AND FRIENDS
Stanton Community Center
92 W. Washington St., Annapolis
Information: 410-263-2874 • wecareandfriends@yahoo.com

SELF-HELP GROUPS

ADULT CHILDREN OF ALCOHOLICS
Information: 410-766-1984 • www.adultchildren.org

AL-ANON/ALATEEN INFORMATION SERVICE
P.O. Box 763, Severna Park
Services: Various support group locations throughout Anne Arundel County for family and friends of alcoholics. No fees or dues, voluntary contributions
Information: 410-766-1984 • www.md-al-anon.org

ALCOHOLICS ANONYMOUS
169 Duke of Gloucester St., Annapolis
Represented by the Annapolis Area Intergroup
Information: 410-268-5441 • http://www.annapolisareaintergroup.org

CO-DEPENDENTS ANONYMOUS
2664 Riva Road, Annapolis – Heritage Complex, Independence Conference Room
Support Group for families and friends who have felt desperation concerning the destructive behavior of someone near to them, whether caused by drugs, alcohol or related behavioral problems. Anyone with concerns is encouraged to attend, even if there is only a suspicion of a problem. The focus is on supporting members rather than attempting to change the behavior of those with the substance abuse problem. Identities are protected at meetings; participants are known by first names only.
Meetings are on the first and third Tuesday of each month at 7 p.m.
Information: Anne Myers 410-303-3003 • myersbusiness@comcast.net
443-607-8204 • jakem33@icloud.com

FAMILIES ANONYMOUS
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Information: Anne Myers 410-303-3003 • myersbusiness@comcast.net
443-607-8204 • jakem33@icloud.com

GAMBLERS ANONYMOUS
Information: Phone: 888-444-2359

NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI)
P.O. Box 309, Arnold
www.namiaac.org
NAMI improves the lives of individuals and families affected by mental illness by providing support, resources, advocacy and education for raising awareness, fighting stigma, and inspiring hope.
Information: NAMI Anne Arundel County Helpline • 443- 569-3498

NATIONAL SUICIDE PREVENTION HOTLINES
800-SUICIDE (784-2433)
800-273-TALK (8255)

NICK’S PLACE INC.
4604 W. Caroline Ave., Beltsville 20705
www.nicksplace.org
Recovery House: A six- to 12-month recovery home for men ages 20-26 which promotes positive peer support and a healthy family unit. Focus is on relapse prevention through mental, physical and spiritual education, participation in 12-step, and Nick’s Place in-house programs.
Information: LaToya Nkongolo • 301-937-4356 • latoyankongolo@gmail.com

PREVENTSUBSTANCEABUSE.ORG
The Maryland Strategic Prevention Framework (MSPF) Coalitions of Anne Arundel County work inside the community to promote public health, public safety and wellness by reducing drug and alcohol abuse among young people through evidence-based prevention strategies. Multiple prevention coalitions mobilize community members throughout the county to take an active stand in preventing underage drinking and substance use in Anne Arundel County.
- Annapolis Substance Abuse Prevention (ASAP)
- Northern Lights Against Substance Abuse Coalition (NLASA)
- South County Bridges to a Drug Free Community Coalition
- Western Anne Arundel Substance Abuse Prevention Coalition (WASP)
Tip Line: 443-390-8477 (report underage drinking — confidential)

RECOVERY ANNE ARUNDEL ROSC
Glen Burnie
www.recoveryannearundel.org
Support network for individuals, families and our community on the journey toward recovery and wellness from addiction and mental health challenges.

RECOVERY ART STUDIO
Annapolis
www.recoveryartstudio.com
Teaching the healing power of art with spiritual principals of the 12 steps as a tool for long-term recovery; and how trauma impacts addiction, desperation inspires change, and recovery offers hope.
Information: Robin M. Gilliam • 410-610-6753 • robins.art@verizon.net

RECOVERY SUPPORT SERVICES (ANNE ARUNDEL COUNTY DEPARTMENT OF HEALTH)
839 Bestgate Road, Suite 300, Annapolis
www.aahealth.org
Clients in substance abuse treatment receive the resources and skills needed to transition successfully from treatment to sustained recovery. Peer Support Services, State Care Coordination and Recovery Community Centers also are offered.
Information: 410-222- 7076

RESTORATION COMMUNITY DEVELOPMENT CORP.
302 Crain Hwy S., Suite 2A, Glen Burnie
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839 Bestgate Road, Suite 300, Annapolis
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Information: 410-222- 7076
REFORMERS UNANIMOUS
Granite Baptist Church, 7823 Oakwood Road, Glen Burnie
www.recovery.com
Recovery program: Biblically based; designed to rescue, recover and restore those engaged in addictive behaviors. Recovery class for addicted men and women with resources available for the family.
Information: Michael Kelly • 443-848-9679 • mikekelly103@gmail.com

ROAD TO RECOVERY PROGRAM
(ANNE ARUNDEL COUNTY DEPARTMENT OF HEALTH)
Ordnance Road Correctional Center
600 E. Ordnance Road, Glen Burnie
www.aahealth.org
Program helps offenders and ex-offenders prepare to return to society following incarceration. Inmates detained while on a community methadone program receive medication-assisted treatment. Patients receive medical evaluation, individual counseling, case management, assessment and release planning, recovery coaching, and family reunification support. When ready for release, the patient is transitioned to the Department of Health's Adult Addictions Methadone Program until admitted to their original program, thus ensuring no break in treatment. After the patient is released, the primary goal is to keep them in recovery services which results in a reduction of criminal activities and recidivism rates.
Information: 410-222-0100

SEX AND LOVE ADDICTS ANONYMOUS
Phone: 210-828-7900 • www.slaafws.org

SMART RECOVERY: BALTIMORE WASHINGTON COUNSELING CENTER
8258 Veterans Highway, Suite 13
Millersville, MD 21108
Phone: 410-768-6088

NARCOTICS ANONYMOUS
P.O. Box 744, Millersville
www.NA.org
Nonprofit fellowship: Men and women of all ages meet regularly to help each other stay clean. Approximately 60 meetings are held at different times and locations every day of the week in Anne Arundel County.
Information: bayareaanapr@gmail.com

NAR-ANON FAMILY GROUPS
102 N. Bend Terrance, Glen Burnie
www.area14naranon.com
Nar-Anon is a 12-step program designed to help relatives and friends of addicts recovering from the effects of living with an addicted relative or friend. Recovery program uses Nar-Anon's 12 Steps and 12 Traditions. The only requirement to be a member and attend a meeting is that there is a problem of drugs or addiction with a relative or friend.

OPPIOID OVERDOSE RESPONSE (NALOXONE) TRAINING
(ANNE ARUNDEL COUNTY DEPARTMENT OF HEALTH)
www.aahealth.org
The Adult Addiction Program offers free training and certification to community members on the use of intranasal naloxone, a prescription medicine to reverse an opioid overdose and prevent death. The training is for family members, friends and associates of anyone who is using and at risk of overdosing on heroin or prescription pain medications, as well as anyone who works in a community service, recovery, treatment or transitional housing setting.
Information: 410-222-0100, 5 a.m.-5 p.m. Monday through Friday

OVEREATERS ANONYMOUS
Information: 410-919-8688

PREVENTION AND EDUCATION SERVICES
(ANNE ARUNDEL COUNTY DEPARTMENT OF HEALTH)
122 N. Langley Road, Suite B, Glen Burnie
www.aahealth.org
Prevention and Education Services works with the community to promote public health by reducing drug and alcohol abuse among young people through evidence-based prevention strategies. Presentations, training and exhibits are provided to schools, civic and community groups, faith-based programs, and parent groups. The Strengthening Families Program provides training in parenting, children's social and life skills, and family relationship skills. The Strategic Prevention Framework Coalitions mobilizes the community to decrease underage drinking and substance abuse through environmental strategies.
Information: 410-222-6724

If you need immediate assistance with a treatment referral, refer to the Substance Abuse Education Brochure on the college website: www.aacc.edu/media/college/health-center/documents/SubstanceAbuseBooklet.pdf
If you are in crisis, contact the Crisis Response Line at 410-768-5522

For an appointment call 410-777-2527 or email Illawsonmunsey@aacc.edu
SUBSTANCE ABUSE EDUCATION OFFICE

LORETTA L. LAWSON-MUNSEY R.N., C.C.M., C.P.P.
COORDINATOR, SUBSTANCE ABUSE EDUCATION OFFICE
101 College Parkway SUN 120
Arnold, MD 21012-1895
Phone: 410-777-2527
lllawsonmunsey@aacc.edu

NARCAN/NALOXONE TRAINING
AACC Substance Abuse Education Office offers free training and certification on the use of intranasal naloxone, a medicine to reverse an opioid overdose and prevent death.
Call 410-777-2527 for Information

COLLEGIATE RECOVERY CENTER LOUNGE, SUN 217
The CRC is a student lounge offering fellowship & support for those in or seeking recovery. The CRC also offers open hours for friends and family affected by a loved one’s substance use.
Call 410-777-2527 for hours and information

PEERS (Prevention, Engagement, Education & Recovery Support)
Peer Health Student Club
Call 410-777-2527 for Information

AACC TOBACCO PREVENTION & CESSATION OFFICE
Student Union Room 120
Call 410-777-2480 for Information

AACC STRESSLESS ROOM
20 minutes in a private room with soft lighting, stress management resources & an electric Zero Gravity, Shiatsu Massage Chair
Student Union Room 120
Call 410-777-2480 for Information

Go to:
www.aacc.edu/resources/health-and-personal-counseling/
and click on “Substance Abuse Education.”

NOTICE OF NONDISCRIMINATION: AACC is an equal opportunity, affirmative action, Title IX, ADA Title 504 compliant institution. Call Disability Support Services, 410-777-3366 or Maryland Relay 711, 72 hours in advance to request most accommodations. Requests for sign language interpreting, alternative format books or assistive technology require 30 days notice. For information on AACC’s compliance and complaints concerning sexual assault, sexual misconduct, discrimination or harassment, contact the federal compliance officer and Title IX coordinator at 410-777-1229, complianceofficer@aacc.edu or Maryland Relay 711. 9/18