



## Residential Crisis Program

Mountain Manor Recovery Support Services offers four residential crisis beds (2 men, 2 women). Crisis services offer an alternative to hospital inpatient admission or an extended stay in a hospital.

Individuals must be 18 or over who would otherwise be placed in an inpatient facility if not for the availability of the crisis unit.

Persons must be ambulatory, able to provide self-care and administer their own medications. No detox is provided.

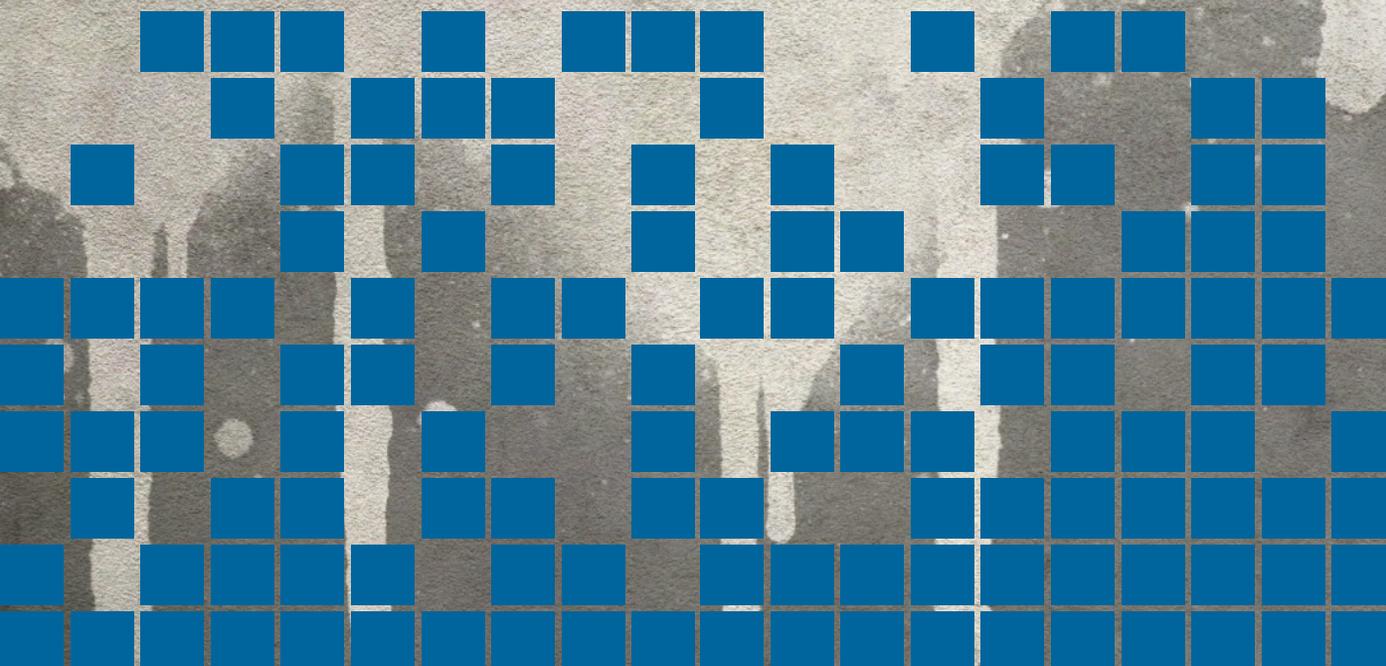
While the person is in crisis placement, we work to link people to services and supports in the community, which include financial counseling, social, medical and mental health supports. We also offer each person admitted to our crisis beds an assessment and evaluation to determine current mental status, develop an individual service plan and a discharge/ transition plan. Crisis bed stays are for 10 days.

## Referrals

Any Carroll County resident who is homeless may be referred by the Carroll County Health Department (CCHD). Contact the CCHD at (410) 876-4800 or RSS at (410) 795-5767.

## Non-Discrimination Policy

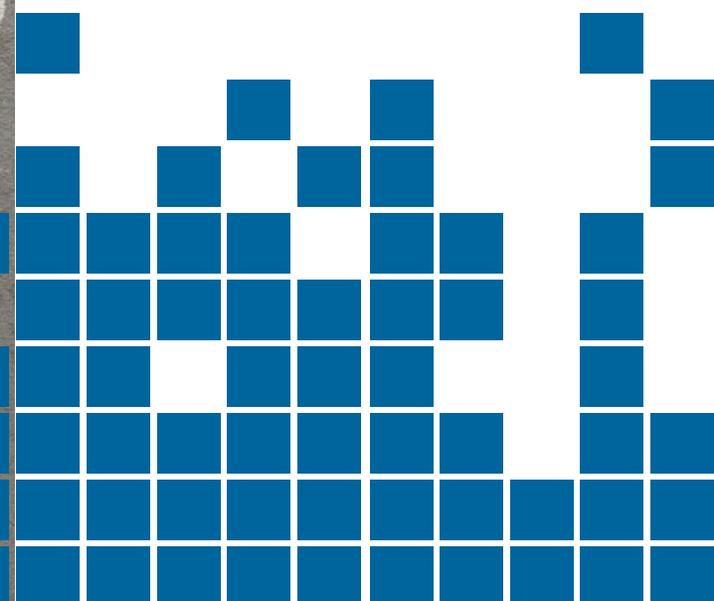
No one will be refused admission on the basis of race, sex, religion, sexual orientation, national origin, or the inability to pay for services provided (Title VI, P.L. 88-32)



Mountain  
Manor

# Recovery Support Services & Crisis Beds

7295 Buttercup Road  
Sykesville, MD 21784  
(410) 795-5767 (voice)  
(410) 795-6770 (fax)



## Recovery Support Services (RSS)

RSS provides an integrated network of recovery-oriented behavioral health services that foster self-sufficiency. Carroll County has contracted with Maryland Treatment Centers/Mountain Manor to establish the Recovery Support Services described in this brochure.

RSS is a six- to nine-month recovery support program offered to homeless Carroll County residents with a history of substance abuse or co-occurring mental health disorders.

### Program Goals & Objectives

Each client will:

- Develop and follow a Recovery Plan and Transitional Plan to Independent Living
- Improve social and psychiatric health as well as physical and behavioral health
- Develop positive working skills as well as consistent skills in activities of daily living
- Achieve full employment or the ability to become financially self-sufficient
- Develop a Personal Relapse Prevention Plan
- Develop a positive support system and become actively involved in a self-help group/twelve step program.

## Basic Admission Criteria

Residents must:

- Be 18 years of age or older and homeless.
- Have a history of substance abuse or co-occurring substance abuse and mental health disorders.
- Participate in 20 hours of structured activities each week (including employment, volunteering, or participating in on-site or off-site therapeutic groups). RSS offers life skills and other groups as well.
- Contribute 30% of their gross income and apply for all eligible benefits.
- Agree to become employed, develop a job-seeking plan or enroll in an educational/ vocational program or be productive in other daily activities (all admissions are voluntary).
- Be physically and mentally capable of participating in the program schedule.
- Be ambulatory or able to self-care for personal hygiene and capable of self-administration of prescribed medications and OTC medications and appropriate supplements.

Medications are locked in a secure location. Residents have access to medications only at designated times.

Benzodiazepines and narcotics are not allowed in the program, except under certain exceptions, which are considered on an individualized basis.

## Addiction

Addiction is a disease - one that must be managed for the remainder of a person's life. If someone is struggling with substance abuse, treatment addresses the underlying issues that may have led to negative consequences. RSS supports treatment offered by other providers at our location. RSS supports many of the tools needed to implement skills learned and developed through treatment.

Our program provides a cost-effective alternative to unnecessary emergency room visits, or in-patient stays and allows for early release from the legal system.

We offer individualized support that engage the resident in the recovery process. We know that many of our residents no longer have positive relationships with their family. We work to restore those relationships and establish new trusting relationships for a person free from alcohol, heroin or other substances.

