

HOW DO I KNOW WHEN THERE IS A DRINKING OR DRUG PROBLEM?

Answering the following four questions can help you find out if you or a loved one has a drinking problem.

- Have you ever felt that you should cut down on your drinking or drug use?
- Have people annoyed you by criticizing your drinking or drug use?
- Have you ever felt bad or guilty about your drinking or drug use?
- Have you ever had a drink or taken drugs first thing in the morning to steady your nerves or to get rid of a hangover?

One “yes” answer suggests a possible alcohol or drug problem. More than one “yes” means it is likely that a problem exists.

If you think that you or someone you know might have a drinking or drug problem, it is important to see a doctor or other health care provider right away.

WHAT IS INVOLVED IN ALCOHOL AND DRUG ABUSE TREATMENT?

ADULT SERVICES

Specialized services are available at this location for adult County residents age 18 years and older.

- **Counseling services for adults with serious alcohol and other substance abuse problems:** Program participants attend individual and group counseling and skill-building sessions over several weeks. Those who have completed treatment can receive ongoing support to aid in their sustained recovery.
- **DUI/DWI (Driving Under the Influence/Driving While Intoxicated) services:** Clients who have received a drinking while driving charge can complete either a 12-week Group Education or 26-week counseling program (determined by legal circumstances) to keep driving privileges. The fees will be identified at the time of assessment.

- **Compulsive gambling and stop-smoking programs:** All Prince George’s County residents age 18 and older are eligible for gambling counseling, smoking cessation, and/or free nicotine patches. Anti-smoking community education programs are also available.
- **Referrals to other services:** When more help is needed, we assist the client in connecting to other community health resources.
- **Specialized services for adult women, including pregnant women and women with children:** Women who have children and also need services for alcohol abuse, other drug abuse, and mental health issues receive intensive outpatient case management that addresses drug/substance abuse addiction and mental health issues, provides supervision of clients’ pre-school age children, and facilitates transportation to and from the location.
- **Prevention services for school groups, neighborhood groups, faith-based groups, and work places.**

WHAT TO DO NOW?

HELP IS HERE

Call the staff of Behavioral Health Services, Prince George’s County Health Department, to schedule an appointment at the Center nearest you. See the detachable wallet card below for a full list of Center locations.

Hours of Operation

Monday–Thursday	Friday
8:00 a.m. to 8:00 p.m.	8:00 a.m. to 4:30 p.m.

FEES

Any charges for services will be based on a sliding-fee scale, and no one is turned away due to an inability to pay. Maryland Medical Assistance and PAC insurance are accepted.



Adult, Adolescent, and Family Behavioral Health Services



PRINCE GEORGE'S COUNTY HEALTH DEPARTMENT

Capitol Heights
301-324-2872

Cheverly
301-583-5920

Clinton
301-856-9400

Landover
301-324-2989

Langley Park
301-434-4890

Laurel/Beltsville
301-498-4500

General Information
1-888-561-4049

MARYLAND RELAY
711 for TTY/STS

ALCOHOLICS ANONYMOUS
202-966-9115

**NARCOTICS ANONYMOUS
CRISIS HOTLINE**
301-864-7161

WHAT IS ALCOHOL ABUSE?

If drinking alcohol interferes with your health or daily living, it is considered to be problem drinking.

Symptoms of alcohol or other drug abuse include:

- Personality changes
- Blackouts: Not being able to remember things that are said and done when drinking
- Tolerance-drinking, smoking, or using drugs more and more for the same "high"
- Denial of a problem
- Gulping or sneaking drinks or hits
- Using alcohol or drugs alone or early in the morning
- Experiencing changes in academic performance, work performance, increased absenteeism, and loss of interest in sports or other favorite activities

HELPFUL WEB SITE LINKS

Prince George's County Health Department

www.princegeorgescountymd.gov/health
www.lmlnThisForMe.com

National Institute on Drug Abuse

www.nida.nih.gov

National Institute on Alcohol Abuse and Alcoholism

www.niaaa.nih.gov

NON-DISCRIMINATION CLAUSE

The Prince George's County Health Department, by law and/or policy, does not permit discrimination in the delivery of services and employment on the basis of handicapped status, race, color, or national origin; additionally, discrimination in any phase of employment practices, policies, and procedures on the basis of religion, age, sex, or political affiliation is prohibited. This encompasses all facilities and programs directly operated by Prince George's County Health Department, grant-in-aid programs, providers of health services receiving federal funds through Prince George's County Health Department, contractors, and subcontractors.



Rushern L. Baker, III
County Executive



CHILDREN AND PARENTS PROGRAM (CAP)

YOU CAN HAVE A
DRUG-FREE LIFE



WHAT IS DRUG ABUSE?

Drug abuse can occur with use of illegal drugs such as marijuana, cocaine, heroin, or other "street drugs," as well as misuse of prescribed medication.

Symptoms of drug abuse include:

- Tolerance: Needing increasingly larger amounts of drugs to get high
- Craving drugs or alcohol
- Loss of control: Trying to cut down on the use of drugs or stop using without success
- Experiencing changes in academic performance, work performance, increased absenteeism, and loss of interest in sports or other favorite activities



BEHAVIORAL HEALTH SERVICES FOR PRINCE GEORGE'S COUNTY RESIDENTS

JCAHO-Accredited Program (Joint Commission on Accreditation of Healthcare Organizations)

ADAA-Certified (Alcohol and Drug Abuse Administration)

CAP is certified by the Maryland State Office of Health Care Quality to provide substance abuse and mental health treatment.

TEAR OUT FOR INFORMATION ON THE GO

YOU CAN HAVE A
DRUG-FREE LIFE

Call us to schedule an appointment at the Center nearest you.

Children and Parents Program (CAP)

Prince George's County Health Department
501 Hampton Park Boulevard, Capitol Heights, MD 20743
301-324-2872 | www.lmlnThisForMe.com



Rushern L. Baker, III
County Executive