



# Network News

## On Our Own of Maryland, Inc.

### Contents

Breaking Down Substantial Barriers . . . . .	1
Welcome Letter . . . . .	2
You Are Welcome Here: Walk-In Support at WRCs . . . . .	5
Certified Peer Recovery Specialist CEU Course Catalogue . . . . .	6
Chesapeake Voyagers Lands New Location . . . . .	8
On Our Own of Frederick Moves to Market Street . . . . .	9
In The News . . . . .	10

We are a network of people with lived experience of mental health and/or substance use challenges and recovery journeys.



## Breaking Down Substantial Barriers

*Recognizing trauma and stigma in housing instability and substance use*

**By Nina Ovian**

Housing is a basic human need, and research across a wide range of disciplines shows that without it, we face dire physical and emotional consequences. While most people can agree on this understanding, our social systems still fail to come together to accept housing as a basic human right, and resist confronting the realities of those living day-to-day without it.

Being deprived of housing on a prolonged basis is a severe and dangerous trauma, which one cannot process or recover from until well after housing is established. The difference between understanding housing as just a need or as a full human right can be a product of the stigma surrounding homelessness and behavioral health. This stigma creates a treacherous pathway rife with barriers to permanent housing, and, if a person is also using substances, it can become practically impossible to complete. Policy must be rooted in the lives and needs of people currently experiencing homelessness, and many of the restrictions that target people who use substances seem to ignore the practical reality of housing insecurity.

People who use substances have higher rates of homelessness than those who do not, and among people who experience homelessness, those who use substances are more likely to remain homeless. This isn't due to a moral or individual failing, but a stigma created by policies and lack of resources available to certain people deemed "not deserving" of help.

Shelters are often not welcoming or warm environments; they are severely underfunded and over capacity. The staff are often overworked, underpaid, and not provided the proper emotional support for a job of that nature. There is very little privacy or security, and most of the people coming through are facing some sort of behavioral health crisis, be it mental health, substance use, or both, often with little to no behavioral health support. While people can and are connected to both physical and behavioral health care services upon entering a shelter, these can only provide a stopgap measure until the person can be removed from the ongoing trauma of homelessness. A human needs to be out of survival mode before they can truly focus on recovery, because the prolonged toxic stress of homelessness is an ongoing trauma.

*continues on page 3*

# Hello, Peers!

What's been changing in your life? From the shift in daylight hours to the falling leaves, all around us are signs and signals that prompt us to pause and reflect. Where have we grown? What are we no longer taking for granted? What is our common ground, and where are we going next?

Across the state, the field of peer support has been expanding rapidly with new positions popping up all over the behavioral health system. Folks with diverse lived experiences of mental health and substance use challenges are becoming more aware of our shared collective history of creating spaces for mutual support without stigma. Our new monthly virtual Roundtables and Mentoring Circles are building new connections between peers as we learn from each other as experts. **(Please join us! Check the calendar at [onourownmd.org](http://onourownmd.org) for upcoming sessions.)**

For some of us, the fall season brings on that "back to school" energy in a big way. Our OOOMD team has been busy presenting at multiple conferences to new audiences of people wanting to learn more about behavioral health. We've shared the reality of recovery, the power of peer support, and stigma-busting strategies with youth development professionals (Maryland United 4 Youth Conference), the aviation industry (Flight Attendant Drug and Alcohol Program Conference), and community leaders (Maryland Community Action Partnership's Human Services Conference), just to name a few.

If you're interested in advancing your skills in peer support best practices and effective advocacy, we hope you will take advantage of our many Certified Peer Recovery Specialist training offerings, available virtually and at no cost. See pages 6–7 for session descriptions.

With peers stepping forward, sharing out, and supporting each other, we are transforming our behavioral health system as surely as the changing leaves create a more colorful landscape. We're so glad you are part of our big family tree. Be well and keep in touch!

*Laurie Galloway*

President, Board of Directors

*Katie Rouse*

Executive Director



## On Our Own of Maryland, Inc. Board of Directors

### President

Laurie Galloway

### Vice President

Carolyn Cullison

### Treasurer

Sharon MacDougall

### Secretary

Bryan Johnson

### Members

Kim Burton

Brian Hepburn

Ken Jiretsu

Patrice O'Toole

Jim Raley

Nevett Steele, Esq.

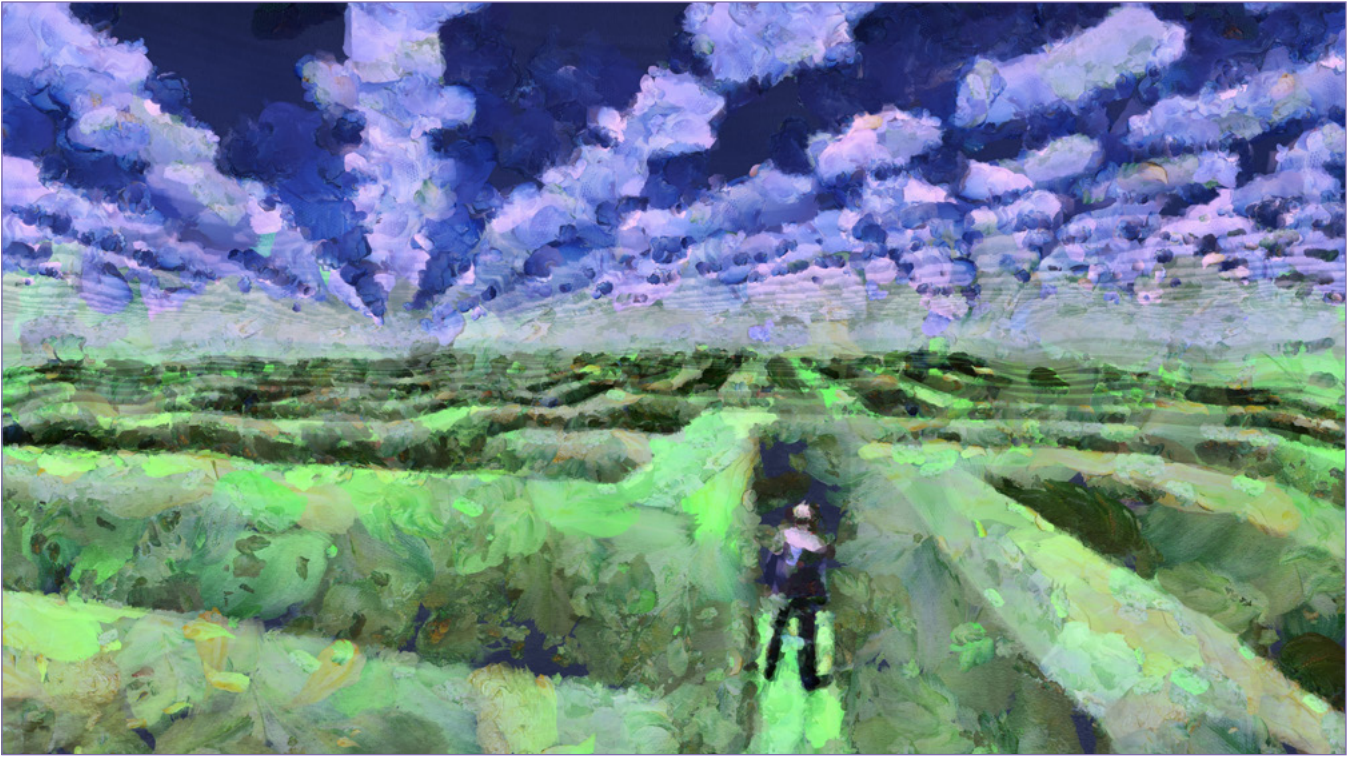
Avra Sullivan

Donna Wells

## About Network News

Network News is published quarterly by On Our Own of Maryland, Inc., a registered 501(c)(3) nonprofit organization. Our financial statements are available upon request. Views expressed herein are those of the authors, not necessarily of the board members or funders of OOOMD. Newsletter materials may be reproduced without further permission, if credited, except for copyrighted items.

*Breaking Down Substantial Barriers*  
continued from page 1



While many shelters may still let someone in while intoxicated, they will go through an individual's belongings and confiscate any substances in order to hinder further consumption while in the shelter. Many people avoid going into the shelter system because entering could mean experiencing withdrawal, something that may not be safe to do in that environment, without medical supervision or any semblance of privacy. While there may be a shelter bed available, with these conditions it might not be realistically safer than sleeping on the streets for someone who is substance dependent. This highlights a failure not of the individual, but of the systems created to serve homeless populations without accounting for the realities of homelessness.

The day-to-day reality of being without basic needs like food, water, or housing is in and of itself a threat to one's behavioral health; the results of homelessness can have long-lasting and negative consequences for the mind. Sleep deprivation, lack of regular access to things like bathrooms and clean water, and a societal stigma that leads to social isolation are things that would

*“A human needs to be out of survival mode before they can truly focus on recovery, because the prolonged toxic stress of homelessness is an ongoing trauma.”*

*continues on next page*

*Breaking Down Substantial Barriers*  
continued from previous page

degrade anyone's mental health, even if they had no preexisting conditions. The experience of homelessness will also exacerbate any preexisting behavioral health challenges, as the focus shifts to survival rather than addressing those specific challenges. A person who is dependent on substances is not likely to address that dependency until after they have had a meal and a safe place to sleep.

It is reasonable that people find ways to cope with the conditions surrounding homelessness, and obtaining drugs or alcohol can be more accessible than most forms of mental health care. Even those linked to care who may also be candidates for psychiatric medication may struggle if they face frequent thefts and are unlikely to be able to hold onto prescriptions and possessions long-term, a common reality for many people living on the streets. This causes them to be more likely to rely on street drugs as they can more easily get what they need at the moment, and not have to hold onto monthly supplies. During this time, dependencies on drugs and alcohol are likely to arise.

It must be understood that the road to and within recovery is long and complicated, and cannot be sped up by enforcing shallow or unrealistic requirements for acceptance into a housing program. Even something as simple as deciding you want to change your substance use habits could take months for someone who has obtained housing. It is not as simple as giving someone housing, but also giving them the time to trust that it won't be taken away again.

While there can be more leniency and discretion in shelters when it comes to active substance use, this decreases substantially when it comes to more long-term solutions to housing. Due to policies attached to many funding sources, most long-term housing programs across the country have initial requirements for sobriety or substance use, as well as policies allowing eviction and program termination for substance use. While some programs argue there is a differentiation between

*“The emphasis on no- or low-barrier entry into housing affirms the humanity and reality of those struggling with housing insecurity.”*

substance “use” and substance “abuse,” the delineation is still determined by the housing program and not the person in recovery.

Policy is not neutral; it can be both influenced by stigma and responsible for the creation of stigma. A policy barring people who use substances from entering into long-term housing programs makes the statement that they are not deserving of receiving this fundamental support. When the war on drugs expanded into social services, it created the narrative that people who use substances were responsible for their current situation, and that only through abstinence from those substances could they become worthy of these basic human necessities once again.

There are exceptions to abstinence-based models of housing popping up and growing interest across the country, such as programs that utilize a housing first or harm reduction model, acknowledging and accepting the realities of substance use and homelessness. “Housing first” is exactly what it sounds like, providing the housing first, and setting the stage for the rest to follow. The emphasis on no- or low-barrier entry into housing affirms the humanity and reality of those struggling with housing insecurity. Policies and programs that fit within this model take on the important work of destigmatizing homelessness, an important step in being able to acknowledge the trauma of housing insecurity, and hopefully moving towards ending homelessness entirely. ■



# **You Are Welcome Here: Walk-In Support at WRCs**

*Peer-run Wellness and Recovery Centers across Maryland offer walk-in services for people experiencing homelessness.*

## **Mailing Address Use**

Members of a Wellness & Recovery Center (WRC) without a permanent mailing address can receive mail in care of the WRC. Having a secure way to receive mail is essential in keeping up with correspondence related to SSD/I and other benefits, housing voucher status, and other legal and financial matters.

## **Vital Documents**

WRC staff help members secure vital documents such as birth certificates, State IDs, or Social Security cards needed for applications for benefits, housing, employment, and legal matters, either as a service or in partnership with other programs. Members may also provide copies of their vital documents to WRC staff for safe keeping, especially if they have experienced theft of their personal belongings in shelters or on the street.

## **Laundry, Shower, and Personal Hygiene**

Many WRCs have a shower and/or laundry machines available for members to use, and/or provide toiletries, personal hygiene supplies, fresh socks and underwear, and laundry detergent. WRCs may also provide harm reduction supplies, like overdose prevention/Narcan, wound care, and sexual health protection kits.

## **Information Access**

WRCs ensure people experiencing homeless are aware of current events, local news, and the weather forecast, as well as have access and support to use a telephone, television, and computer with internet connection.

## **Meals and Food**

WRCs provide nourishment for members in a variety of ways, depending on the logistical capacity of the Center building. Some provide a full hot meal on days when the Center is open, others provide meals in conjunction with social or educational events, and most maintain a supply of non-perishable snacks or food available at any time.

## **Clothing and Gear**

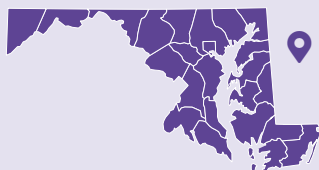
Many WRCs are able to coordinate donations of clothing (everyday or business), shoes, backpacks, coats, etc., either by maintaining a clothing closet, or working with local supporters to match incoming donations with individual needs. Some centers are able to provide members experiencing homelessness with tarps, tents, and other protective gear for sheltering from the elements.

## **Connection with Clinical Services**

WRC staff can not only help members connect with their chosen clinical or resource support services, but in many cases can facilitate transportation directly to appointments or provide private meeting space at the Center for members to meet with their support team.

## **Social Support**

All WRCs provide individual and group peer support, and caring social connections within a nonjudgmental and safe community. Support and assistance is offered on a completely voluntary basis, free of charge, and provided by trained peer staff and volunteers.



**Connect with your local Wellness & Recovery Center via the directory inside the back cover.**



# Free Certified Peer Recovery Specialist CEUs from On Our Own of Maryland, Inc.

## Ethics & Advocacy

### **Stigma ... In Our Work, In Our Lives (2 hours)**

*1 hour Recovery/Wellness  
0.83 hours Advocacy*

In this interactive workshop, participants identify stigmatizing actions and attitudes and their impact on the design, delivery, and receipt of services, and develop possible solutions and action steps to reduce stigmatizing behaviors, attitudes, and practices within the mental health and addiction recovery communities.

### **Stigma and Behavioral Health: Why it Matters and What You Can Do (30 minutes)**

*0.5 hours Ethics*

What is stigma? How does it play out? And what can we do about it? This 30-minute webinar will explore these basic questions in an abbreviated format. Now more than ever, support is needed for mental health and substance use issues, and stigma is the biggest barrier to recovery from behavioral health challenges.

### **Ethics and Boundaries for Peer Recovery Specialists (1 hour)**

*1 hour Ethics*

Being able to establish and maintain boundaries is not only a good practice for self-care but is also necessary for good professional relationships. Join On Our Own of Maryland as we review information about the ethical requirement of establishing and maintaining boundaries, establishing boundaries as a means of self-care, and the basics of confidentiality.

### **Stigma: Language Matters (2 hours)**

*1 hour Advocacy  
1 hour Ethics*

The language we use to communicate with each other makes an impact. It can unintentionally stigmatize people working to recover from mental health or substance use challenges, or it can allow them to feel seen, respected, and hopeful. In this workshop, we'll explore the power of language and how it impacts all stakeholders in the behavioral health community. Participants will also develop alternatives to stigmatizing language and learn to integrate these concepts into their professional and personal lives.

### **Storytelling for Advocates (2 hours)**

*2 hours Advocacy*

This workshop provides participants with a framework for how to tell their recovery story in a safe and effective way, and how to begin to construct their story. Strategic sharing is used for sharing personal recovery stories for the purpose of advocacy, self-empowerment, stigma reduction, peer support, and education. It involves making intentional and thoughtful decisions regarding when stories are shared, for what purpose, how much is shared, and with whom, to make sharing a positive experience for the storyteller and the audience.

### **Supporting Diverse Populations: LGBTQ (2 hours)**

*2 hours Ethics*

This interactive training, designed by a young queer woman, is designed to help individuals develop a more in-depth knowledge and understanding of the LGBTQ community. Participants can expect to learn basic terminology and gain an understanding of SOGIE (Sexual Orientation, Gender Identity and Gender Expression), microaggressions, and the intersection of faith and the LGBTQ community.

 Visit [onourownmd.org](https://onourownmd.org) to see the current public training schedule

# Grow your networks, enhance your skills, and work toward your goals.



## Recovery, Wellness, & Mentoring

### A Creative Approach to the Eight Dimensions of Wellness (2 hours)

#### 2 hours Recovery/Wellness

Did you know that there are eight different dimensions of wellness? Wellness is so much more than physical and mental health! The webinar will provide an overview of all eight dimensions, as well as introduce creative ideas for participants to work on a dimension of their choosing. Research shows that creativity is an integral component of recovery, and it can provide individuals with an expression of feelings that cannot be easily identified or put into words.

### Mastering Telemedicine (1 hour)

#### 1 hour Recovery/Wellness

With so much of health care going virtual during the pandemic, many people are left confused and overwhelmed with the switch. This one-hour virtual webinar will break down exactly what telemedicine is and how to get the most out of your virtual health care visit with a range of tips and advice on engaging with telemedicine, including practical steps to take before, during, and after your appointment, as well as how to include an advocate in the process.

### Eating Disorders: What Are They and What Help is Available? (1 hour)

#### 0.5 hours Advocacy

#### 0.5 hours Mentoring/Education

Eating disorders are a problem not enough are talking about. This webinar covers what eating disorders are, how they develop, common types, and treatment methods. Through starting the conversation about eating disorders, this workshop is designed to help peers gain a deeper knowledge of the struggles those with eating disorders face, and better prepare them for advocacy roles.

### Everyday Mindfulness (1 hour)

#### 1 hour Recovery/Wellness

This workshop explores what mindfulness is, how it can be a tool and technique with its own intrinsic value, and how mindfulness principles can be applied in practical ways to improve overall wellness. We will bring these skills into everyday areas such as sleep or nutrition. By applying mindfulness in concrete, manageable, achievable ways, we set the stage for an accumulation of small successes that promote increased motivation to continue the practice of everyday mindfulness.

### Navigating Turbulent Times With WRAP (1 hour)

#### 1 hour Recovery/Wellness

Do you struggle to stay balanced and emotionally healthy during chaotic times? In this one hour webinar, you will get an overview of WRAP®, Wellness Recovery Action Plan, and learn how developing one can help to enhance your health and wellness. Denise Camp, Advanced Level WRAP® Facilitator for On Our Own of Maryland will share her experiences and wellness tips for using a plan during these turbulent times.

### Understanding Harm Reduction (1.5 hours)

#### 1 hour Recovery/Wellness

#### 0.5 hours Advocacy

This webinar provides a clear explanation of what harm reduction is and how it can be applied to substance use, mental health, sexual health, and any aspect of life. An overview of harm reduction specifically in Maryland is included.

✉ Email [training@onourownmd.org](mailto:training@onourownmd.org) to schedule a private session of any training for your group

# Chesapeake Voyagers Lands New Location

*Doubled space supports expanded peer support programming for the Mid-Shore Region*

By Katie Rouse

When you support peers from across a five-county region, your home base needs to be a place where everyone can fit in – literally. Since their start in 2009, Chesapeake Voyagers, Inc. (CVI) has been growing as the only independently peer-run Wellness & Recovery Center in Maryland's Mid-Shore region, which includes Kent, Queen Anne's, Talbot, Caroline, and Dorchester Counties on the Eastern Shore.

Just before the COVID pandemic hit, CVI Executive Director Diane Lane and the Board of Directors started exploring what it would take to find a bigger space. That conversation had to be paused while CVI quickly pivoted to offer virtual peer support, individual in-person services, and other creative COVID-responsive solutions like grab-and-go lunches. However, the idea of expanding their space continued to grow, especially while figuring out physical distancing requirements to safely resume larger support groups and activities.

In May 2021, Diane reached out to their landlord to inquire about a newly vacant space in the same complex as CVI's offices. What happened next was something out of a Hallmark movie.

"He asked us what we do, and we explained how we support the peer community, our groups and activities, meals, offering people in recovery a safe and accepting space. Then he said, 'actually, I'm about to have a new property available that might be a good match for you. Here's the address; why don't you take a look?'"

Driving up to the standalone building on Dutchman's Lane, "it looked more like a house than an office building: painted shutters, a porch, a nice backyard. It felt very welcoming," Diane recounted. At more than double their current location's size, the single-floor building offered an ideal set of amenities: space for multiple meeting rooms, staff offices with windows, a kitchen, ample outdoor space, accessibility ramps at the front and back doors, and four bathrooms!

Back at their office, Diane and the CVI staff team quickly got to work on reenvisioning the building's existing floor plan to better support the activities of the center. "We knocked out walls to shape the space for



L-R: Rose Regan, Avra Sullivan, Diane Lane, Jen Bridges, and Heath Hendrickson of Chesapeake Voyagers, Inc. stand by their new sign.



The new Chesapeake Voyagers building.



The new Respite Room at Chesapeake Voyagers.

what we needed most – like being able to hold a support group without disruption and still give other people a place to socialize – something we always wanted to do



but didn't have the room for in our current space," she explained.

Dreams in hand, the next step was figuring out how to afford a larger center. That's where CVI's strong and long-standing partnership with their Local Behavioral Health Authority, Mid-Shore Behavioral Health Systems, took center stage. Diane had worked up a proposal that leveraged the planned annual cost adjustment increases for behavioral health service providers (including Wellness & Recovery Centers) and some short-term supplemental funding to show how the center could quickly become successful in sustaining a larger budget. The leadership at Mid-Shore Behavioral Health "encouraged us to ask for what we needed," explained Diane, and referred the final proposal to the Behavioral Health Administration for review.

Less than two weeks later, the answer came. "I screamed when I opened the email," recalled Diane, laughing. "Avra [Sullivan, Program Coordinator] ran over, asking what was wrong." The CVI team was overjoyed to receive the notice that the funding request had been approved. Getting the green light to dramatically expand the Wellness & Recovery Center "brought tears to my eyes. It all fell into place so quickly; it just feels like it was meant to be."

Renovations completed and moving finished, CVI opened the doors to their new home at 607 Dutchman's Lane on August 10. Since then, they've been happy to see known and new faces appear in the doorway, including some former members who have reconnected with the center in its new location.

In addition to creating different community rooms for large and small groups to run concurrently, CVI was also awarded funds through the Talbot County Recovery NOW fund at the Talbot County Department of Economic Development and Tourism to outfit two exciting, brand new health-focused zones in their center. The Fitness/Activity room offers two treadmills (with one designed especially for low-impact mobility training), and video game platforms for fun relaxation. The Respite Room features a reclining rocker, soft lighting, and sensory soothing items. Along with a new storage space for donated housewares, linens, and specific clothing items (coats, business wear), CVI's new location offers everyone more of the resources, support, and social rejuvenation that makes going to the Wellness & Recovery Center feel like coming home. ■

## On Our Own of Frederick Moves to Market Street

By Katie Rouse

Congratulations to the staff and peers of On Our Own of Frederick, who moved into a new location at 22 South Market Street in August. The new space offers several amenities, including conference rooms with equipment for running hybrid in-person and virtual training and support groups, and easy access to other services in the same building, such as Maryland Legal Aid. Now located in the heart of downtown Frederick, the Center is even more visible to the larger community as a source for peer support and resources. ■



On Our Own Frederick's Executive Director Jill Krisnitsky (R) and Program Director/Recovery Coordinator Stephanie Randall (L) celebrate the Grand Opening of the new location.



Now located on a main street in downtown Frederick.

# In The News

## Congratulations

Congratulations to **Lower Shore Friends** for celebrating 25 years of providing critical wellness and recovery peer support services across Wicomico, Worcester and Somerset Counties in Maryland. In October 2020, the County Council of Wicomico County recognized Lower Shore Friends for their dedicated work uplifting and supporting community members with behavioral health challenges living on the Eastern Shore by awarding the center a *Certificate of Appreciation for 25 Years of Service*. A big thank you to Wilmore “Bunky” Sterling and the dedicated staff at Lower Shore Friends for the important work you do everyday! Your work has made a tremendous difference in the lives of so many people.

Hearty congratulations to **Denise Camp**, who celebrated her 10th Anniversary as the WRAP Outreach Project Coordinator at OOOMD. Denise’s enthusiasm and dedication to expanding access to peer support through Wellness Recovery Action Plan training across the state has been unwavering, and she has been a guide and mentor to many peers in achieving their Certified Peer Recovery Specialist and Certified WRAP Facilitator credentials. Here’s to another ten terrific years!

A very warm welcome to **Jen Doll**, who recently joined OOOMD as our new Peer Network Support Specialist. Jen brings a diverse skill set to our team from her lived experience and her work within education, nonprofit administration, and community-based acupuncture settings. Her commitment to community and personal wellness is influenced by the wisdom of plant-based and herbal medicine traditions, harm reduction frameworks, and solidarity with mutual aid networks. In this new role, Jen provides administrative and technical assistance support for our Wellness & Recovery Network.

## Condolences

Our deepest condolences to the family, friends, and colleagues of **Gregory E. Riddick Sr.**, who passed away of natural causes in August 2021. Riddick, as he was known to many, was a passionate advocate and champion for peer support, trauma-informed care, healing and recovery through his work as a CCAR-T Recovery Academy Trainer, Victim Assistance Specialist, and community leader in Baltimore City. In addition to creating the Trill Foundation and Top Notch Ministries to provide support and resources to peers and families, Riddick was also an energetic member of many community organizations, including Roberta’s House, Baltimore Crisis Response Inc., HOPE, HTP Homes, Disability Rights Maryland, and others. We know his life will be honored and legacy carried on by the hundreds of peers and advocates he inspired and mentored.

Our heartfelt support goes out to the family and friends of **Gena Small**, a former longtime staff member of the Office of Consumer Advocates in Hagerstown. Gena passed away in September 2021 after a battle with cancer. During her time at OCA, she supported many peers through their recovery and wellness journeys through OCA’s Self Directed Care Program. She made a difference in our community, and she will be missed.

Our caring thoughts and sympathies are with the family and friends of **George McElfatrick**, an active member and leader in the On Our Own communities in Prince George’s and Montgomery counties, who passed away in September 2021. George was devoted to helping peers in whatever way he could, including as a support group facilitator, volunteer, staff, and former Executive Director of On Our Own of Prince George’s County. We will miss his musical talents at network events, where he often rapped inspiring rhymes about the importance of striving to be the best people we can be.

To submit updates for the next In The News, please email [oomd@onourownmd.org](mailto:oomd@onourownmd.org)

# Wellness & Recovery Organizations

## STATEWIDE

**On Our Own of Maryland, Inc.**  
7310 Esquire Ct  
Elkridge, MD 21075  
**410-540-9020**  
[onourownmd.org](http://onourownmd.org)

**Main Street Housing, Inc.**  
7310 Esquire Ct  
Elkridge, MD 21075  
**410-540-9067**  
[mainstreethousing.org](http://mainstreethousing.org)

## ALLEGANY COUNTY

**HOPE Station (OCA, Inc.)**  
632 N Centre St  
Cumberland, MD 21502  
**240-362-7168**  
[ocamd.org](http://ocamd.org)

## ANNE ARUNDEL COUNTY

**On Our Own of Anne Arundel County, Inc.**  
132 Holiday Ct, #210  
Annapolis, MD 21401  
**410-224-0116**  
[onourownannapolis@gmail.com](mailto:onourownannapolis@gmail.com)

## BALTIMORE CITY

**Hearts & Ears, Inc. \***  
611 Park Ave, Suite A  
Baltimore, MD 21201  
**410-523-1694**  
[heartsandears.org](http://heartsandears.org)

**Helping Other People Through Empowerment, Inc.**  
2828 Loch Raven Rd  
Baltimore, MD 21218  
**410-327-5830**  
[hopebaltimore.com](http://hopebaltimore.com)

**On Our Own Charles Street Center**  
2225 N Charles St  
Baltimore, MD 21218  
**443-610-5956**  
[tonyww21214@aol.com](mailto:tonyww21214@aol.com)

**On Our Own, Inc.**  
6301 Harford Rd  
Baltimore, MD 21214  
**410-444-4500**  
[onourownbaltimore.org](http://onourownbaltimore.org)

## BALTIMORE COUNTY

**On Our Own Catonsville Center**  
7 Bloomsbury Ave  
Catonsville, MD 21228  
**410-747-4492**, x1203

**On Our Own Dundalk & One Voice**  
299 Willow Spring Rd  
Dundalk, MD 21222  
**410-282-1706**  
[nancymyers1979paco@gmail.com](mailto:nancymyers1979paco@gmail.com)

**On Our Own Towson Center**  
Sullivan Day Hospital  
Building D, Room D020  
Sheppard Pratt Campus  
6501 N Charles St  
Towson, MD 21285  
**410-494-4163**  
[towsonooo@outlook.com](mailto:towsonooo@outlook.com)

**Marty Log Wellness & Recovery Center (Prologue, Inc.) †**  
3 Milford Mill Road  
Pikesville, MD 21208  
**410-653-6190**  
[briankorzec@prologueinc.org](mailto:briankorzec@prologueinc.org)

## CALVERT COUNTY

**On Our Own of Calvert, Inc.**  
120 Jibbail Dr  
Prince Frederick, MD 20678  
**410-535-7576**  
[onourownofcalvert@comcast.net](mailto:onourownofcalvert@comcast.net)

## CARROLL COUNTY

**On Our Own of Carroll County, Inc.**  
265 E Main St, Suite C  
P.O. Box 1174  
Westminster, MD 21158  
**410-751-6600**  
[onourownofcarrollcounty.org](http://onourownofcarrollcounty.org)

## CECIL COUNTY

**On Our Own of Cecil County**  
223 E Main St  
Elkton, MD 21921  
**410-392-4228**  
[cpounds.onourown@gmail.com](mailto:cpounds.onourown@gmail.com)

## CHARLES COUNTY

**Wellness and Recovery Community Center (Charles County Freedom Landing) †**  
400 Potomac St  
P.O. Box 939  
La Plata, MD 20646  
**301-932-2737**  
[freedomlanding.com](http://freedomlanding.com)

## EASTERN SHORE

**Caroline, Dorchester, Kent, Queen Anne's, & Talbot Counties:**

**Chesapeake Voyagers, Inc.**  
607 Dutchmans Ln  
Easton, MD 21601  
**410-822-1601**  
[chesapeakevoyagers.org](http://chesapeakevoyagers.org)

**Somerset, Worcester, & Wicomico Counties:**

**Lower Shore Friends, Inc.**  
207 Maryland Ave, Ste 4 & 5  
P.O. Box 3508  
Salisbury, MD 21802  
**410-334-2173**  
[wlmrstr@aol.com](mailto:wlmrstr@aol.com)

## FREDERICK COUNTY

**On Our Own of Frederick County, Inc.**  
22 S Market St, Suite 110  
Frederick, MD 21701  
**301-620-0555**  
[onourownfrederick.org](http://onourownfrederick.org)

## GARRETT COUNTY

**Mountain Haven (OCA, Inc.)**  
206 E Alder St  
Oakland, MD 21550  
**301-334-1314**  
[ocamd.org](http://ocamd.org)

## HARFORD COUNTY

**New Day Wellness & Recovery Center**  
126 N Philadelphia Blvd  
Aberdeen, MD 21001  
**410-273-0400**  
[newdaywellness.org](http://newdaywellness.org)

## HOWARD COUNTY

**On Our Own of Howard County, Inc.**  
6440 Dobbin Rd, Suite B  
Columbia, MD 21045  
**410-772-7905**  
[oohci.org](http://oohci.org)

## MONTGOMERY COUNTY

**Common Ground Wellness & Recovery Center (Sheppard Pratt) †**  
200 Girard St, Suite 203  
Gaithersburg, MD 20877  
**301-605-1561**  
[cynthia.elliott@sheppardpratt.org](mailto:cynthia.elliott@sheppardpratt.org)

**Peer Wellness and Recovery Services, Inc.**  
8919 Walden Rd  
Silver Spring, MD 20901  
**240-292-9727**  
[yarmeaux@gmail.com](mailto:yarmeaux@gmail.com)

**Silver Spring Wellness & Recovery Center (Affiliated Santé Group) †**  
1400 Spring St, Suite 100  
Silver Spring, MD 20910  
**301-589-2303**, x108

## PRINCE GEORGE'S COUNTY

**On Our Own of Prince George's County, Inc.**  
Contact Patrice O'Toole at  
[onourownannapolis@gmail.com](mailto:onourownannapolis@gmail.com)

## ST. MARY'S COUNTY

**On Our Own of St. Mary's County, Inc.**  
41665 Fenwick St #13  
P.O. Box 1245  
Leonardtown, MD 20650  
**301-997-1066**  
[oooinsmc@verizon.net](mailto:oooinsmc@verizon.net)

## WASHINGTON COUNTY

**Office of Consumer Advocates, Inc. (OCA, Inc.)**  
121 E Antietam St  
Hagerstown, MD 21740  
**301-790-5054**  
[ocamd.org](http://ocamd.org)

**Soul Haven (OCA, Inc.)**  
119 E Antietam St  
Hagerstown, MD 21740  
**301-733-6676**  
[ocamd.org](http://ocamd.org)

## ABOUT OUR NETWORK

Unless noted, listed organizations are member affiliates of On Our Own of Maryland, Inc. Affiliates are independent peer-run nonprofits.

\* LGBTQ-operated, with LGBTQ focus

† Not a member affiliate



**On Our Own of Maryland, Inc.**  
7310 Esquire Ct  
Mailbox 14  
Elkridge, MD 21075

NONPROFIT ORG  
U.S. POSTAGE PAID  
BALTIMORE, MD  
PERMIT NO. 4868

---

## On Our Own of Maryland, Inc.

### Mission

On Our Own of Maryland, Inc. (OOOMD) is a statewide peer-operated behavioral health advocacy and education organization which promotes equality, justice, autonomy, and choice about life decisions for individuals with mental health and substance use needs.

### Vision

All areas of Maryland will have and maintain a continuum of behavioral health services that supports recovery and wellness for all and is guided by peers with mental health and/or substance use challenges.

### Staff

**Executive Director**  
Katie Rouse

**Fiscal Manager**  
Nancy Hall

**Director of Training & Communications**  
Jennifer Brown

**Training & Operations Coordinator**  
Michael Madsen

**WRAP® Coordinator / Training Specialist**  
Denise Camp

**Training Specialist**  
Nina Ovia

**Director of Network & Peer Services**  
Michelle Livshin

**Peer Network Support Specialist**  
Jen Doll

**Transitional Age Youth Project Manager**  
Rowan Willis-Powell

**Transitional Age Youth Mentorship Specialist**  
Huck Talwar