



Walden Sierra Walden Behavioral Health

dedicated to providing a comprehensive array of crisis, behavioral health, trauma and recovery services that contribute to the well-being of Southern Maryland

301-997-1300 ♦ 888-912-7366 ♦ 24 hour crisis hotline: 301-863-6661
www.waldensierra.org ♦ www.facebook.com/help.hope

Now offering: psychiatry & mental health clinics- Lexington Park & Charlotte Hall!

- ❖ We are accredited by CARF (Commission on Accreditation of Residential Facilities) International and licensed by the State of Maryland to provide professionally facilitated mental health services and drug and alcohol assessment and treatment.
- ❖ Walden has been a positive not-for-profit presence in Southern Maryland since 1973.
- ❖ With 40 years of innovation and response to community need behind us, we have built a comprehensive system of crisis, clinical and recovery supportive services now regarded as a behavioral health leader in the state.
- ❖ We are committed to offering individuals and families a Recovery Oriented System of Care in trauma-informed settings.
- ❖ Walden utilizes evidenced-based practices such as Cognitive Behavioral Therapy, Motivational Interviewing, Risking Connection, and Seven Challenges.

- **Walden is accessible. We work with all insurance providers to be accepted as either In Network or Out of Network for payment.**
- **We accept Medicaid/Medical Assistance.**
- **Self-pay is also accepted.**

Our Services by locations:

- ❖ Residential Treatment: Charlotte Hall, California (Md)
- ❖ Outpatient: Charlotte Hall, Lexington Park, California, Prince Frederick, Waldorf
- ❖ Psychiatric: Charlotte Hall, Lexington Park
- ❖ Recovery Support: Lexington Park, California
- ❖ Community Services: Lexington Park (St. Mary's County residents)





Outpatient (Mental Health, Psychiatric, Drug and Alcohol Treatment)

- Walk-in Assessments
 - Charlotte Hall, Lexington Park, Waldorf
- Children, Adolescents and Adults
- Psychiatric Sessions by appointment **NEW!**
Charlotte Hall, Lexington Park
- Mental Health Therapy- **4 locations!**
- Screening & Referrals in primary care
- MVA classes
- Outpatient & Intensive Outpatient Treatment
- Relapse Prevention
- Introduction to Recovery Support
- Continuing Care services
- Family Education Resources
- Referral & Placement in Recovery Housing (sober living)

Residential Treatment for Adults

Inpatient Treatment (Anchor)

- Medically Managed Detoxification
- Short Term (Intermediate Care) with individualized lengths of stay
- Structured program includes individual, group, educational and therapeutic sessions
- Access to psychiatric services
- Medication assisted therapy options
- Family Education
- Introduction to Recovery Support
- Access to Recovery site

Half-Way Houses (North Star and Compass)

- Counselor-led treatment groups emphasizing recovery and life skills
- Individualized counseling
- Access to Care Coordination
- Access to Psychiatric & Mental Health Services
- Recovery Support
- Employment encouraged
- Family Education
- Average stay of 60-90 days

Recovery Support Services –open to the public

For adults:

- Beacon of Hope Recovery Community Center
 - Open Fridays 4:30-9:30 p.m., Saturdays and Sundays 1-7 p.m.
- Recovery Coaching/Peer Support Staff
 - 1-1 and small group coaching
- Special Events
- “Give Back” options for Walden alumni

Community Training:

- Mental Health First Aid U.S.A.
- Recovery Coach Academy

For adolescents with concerns about alcohol or drugs:

- The Cove/D.F.Z. Youth Recovery Center
 - Open Mon-Fri 3-7 p.m. & Sun 1-4 p.m.
- Wellness Coaching/Peer Support Staff
- Young People “Give Back” options

Community Services- available in St. Mary’s County at our Lexington Park crisis site

24 hour crisis hotline: 301-863-6661

Crisis, Counseling and Advocacy Services for children, adolescents and adults impacted by:

- Domestic Violence
- Rape Crisis
- Adults Molested as Children
- Victims of Crime
- State-certified Abuser Intervention Program

