

# Father Martin's ASHLEY



**FATHER JOSEPH C. MARTIN**  
**LORA MAE ABRAHAM**  
Co-Founders - Emeritus

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**LISA DEHORTY**  
Director of Admissions

**CHARLOTTE MECK, R.N.**  
Director of Nursing

**KRISTINE HITCHENS**  
Director of Family Services

**ALEX DENSTMAN**  
Director of Alumni Services

## **From Oakington Farms to Father Martin's ASHLEY**

Father Martin's Ashley was once known as Oakington Farms, one of the most beautiful estates of the upper bay region of Maryland.

The original tract of land, which consisted of eight hundred acres, was surveyed in 1659 for Colonel Nathaniel Utie. Colonel Utie was known as a "soldier of fortune" and an Indian trader. The Susquehannock Indians would bring their furs down the Susquehanna River which flows past Ashley, to be sold and/or bartered on the Spesutie Island on the Sassafras River, which the Colonel also owned.

Old land records further show that on March 2, 1672, Nathaniel Utie (gentleman) conveyed to Rutten Garrett (planter) a three hundred acre portion of the 800 acre tract known as Oakington, located on the north side of Swan Creek, for the sum of 3,000 pounds of tobacco. According to the rent rolls, Thomas Browne became the possessor of the remaining 500 acres. It is Mr. Browne's grave that can be found to the rear of the Carriage House.

In 1812, John Stump of Stafford, built the original stone mansion, now known as Noble Hall, for his son, John Wilson Stump and his new bride. The Stump family remained the owners until 1865.

In 1895, it was acquired by the "Hunt Club" and was known as "The Blind," an exclusive duck-shooting club. In 1905, James Laurence Breese, a member of "The Blind," purchased the property and engaged his good friend, the renowned architect, Mr. Stanford White, to design the south wing, now called the Van Every Room.

The property was resold in 1915 to Commodore Leonard Richards, a wealthy gentleman from the Wilmington, Delaware area. His contributions to the estate were the building of the north wing and the beautiful solarium, which overlooks the Bay. He also spent a considerable amount of money in improvements and beautification of the property.

After the death of Commodore Richards, the estate was leased in 1933 to Major Enoch B. Garey and for the next few years it was used as a private boys school.

In the autumn of 1935, U.S. Senator Millard E. Tydings purchased it. It was from the Tydings family that Ashley purchased the first twenty acres in 1981. After two years of renovations, Father Martin's Ashley, a non-profit, private treatment center for chemical dependency and alcoholism opened its doors to receive its first patients. Later, an additional twenty-three acres were purchased from the Tydings family and now houses the various lectures halls, dormitories, chapel, etc., that makes up the campus of Ashley.

The original house (Noble Hall) is of colonial structure, built of stone with one wing finished in shingles. The estate is situated upon a wooded knoll, with a superb view of the Susquehanna River and the upper reaches of the Chesapeake Bay.

# Information You Should Know

## What is the Telephone Policy?

- Incoming Calls
  - a. Direct incoming calls, faxes, or emails to patients are not allowed.
  - b. Due to the heavy volume of incoming calls, personal or non-essential telephone calls to patients will not be permitted.
  - c. Emergency calls (such as medical emergencies, urgent employment problems or other serious matters) will be dealt with immediately. Such calls should be relayed through our switchboard (410 273 6600 or 800 799 HOPE).
  - d. In lieu of telephone calls, families and friends are encouraged to write letters or send cards.
- Outgoing Calls
  - a. Outgoing calls are also limited.
  - b. No cellular phones are allowed.
  - c. The patient's counselor will indicate the day and time the patient may make calls. Generally, regular calls are scheduled in the afternoon and early evening during the week.
  - d. Please be aware that the calls are limited to ten minutes, so be understanding when it is time to end the call. The calls are limited to one per week.
  - e. A long distance calling card is required to make long distance calls. You may wish to send phone cards. They are also sold on campus at our store.

## Clothing

- Ashley policy states that no shorts can be worn except during recreation periods. Men may wear chinos, khakis or like trousers with casual shirts. Women may wear slacks or skirts (no mini skirts) and casual shirts. A jacket is recommended except for the warmest months. No suggestive T-shirts will be allowed. Ashley does provide a laundry service; your patient is aware of the laundry schedule.
- We ask that visitors adhere to this clothing policy as well.

## Visitation

- Family and friends are not to bring food, magazines, cameras, cell phones, camcorders, recorders or pets on visitation day. Books of a spiritual nature and flowers are welcome.
- Please see attached Visitation Policy.

## Smoking Policy

- Smoking is allowed in designated outdoor areas only. Smoking in non-designated areas will be grounds for discharge. Patients will be required to provide all of their own tobacco products. Neither Ashley, Inc. nor its staff provides or purchases tobacco products for patients.

## Mail

- You may send letters or cards to the following address:

Patient Name  
c/o Father Martin's Ashley  
P.O. Box 240  
Havre de Grace, MD 21078

## Visiting Policy

In developing the visitation policies of Ashley, the safety and needs of family members and our patient community were taken into consideration.

Visitation is on Sunday afternoon from 1:00 to 3:30 p.m. Guests are limited to three family members or friends per week; there is no limit on the number of children under the age of 18 that may visit. Your patient's counselor will ask for his/her list of visitors on Friday afternoon. **Your name must be on the visitation list in order to participate in visitation. Visitation is not permitted the first week of treatment.** Patients who have family members or friends participating in the Family Wellness Program are not permitted additional visitors that weekend.

Visitors should plan to arrive beginning at 12:30 p.m. to register and sign the required confidentiality form. Registration is in Abraham Hall. Please leave personal items such as purses, back packs, cameras and cell phones in your vehicle; they are not permitted on the campus. If a package is brought for a patient, it must be checked in at Abraham Hall for inspection by the staff overseeing visitation.

Ashley requires all visitors to participate in an educational presentation every Visitation Sunday beginning at 1:00 p.m. with visiting following at 1:30 p.m. During this time, children younger than 12 will begin visitation in the Noble Hall Dining Room area with their patient community member. If visitors are not here for the educational session, they may not be able to visit that day.

There is a weekly commencement exercise every Sunday at 3:45 p.m. for patients who will be completing their inpatient program within the week. Visitors are welcome to attend the commencement exercise. Those not attending commencement will be asked to leave the facility at 3:30 p.m.

Visiting areas include Abraham Hall, Dahl Courtyard, Noble Hall Dining Room and the adjacent Sizer Room only. The Chapel is open for quiet meditation and reflection for both community members and visitors. All visitors to the Chapel are asked to be mindful of this and to engage in conversations elsewhere. When weather permits, the lawn area behind Noble Hall and the two gazebos on either side of the Chapel are also available. Visitors may only smoke in the smoking gazebo by Abraham Hall. All other areas of the campus are not available for visitation.

Patients are not allowed to go off the premises, into the parking lots, down by the water or into the woods with visitors.

***Please Note: Family/friends are not permitted at Ashley if they are under the influence of alcohol or drugs. If visitors arrive in that condition, they will be asked to leave, or arrangements may be made to have someone pick them up.***

## Rules of Conduct

There are some rules of conduct that you need to be aware of as the patient is entering treatment. These guidelines are necessary in order to assure safety and to promote the best possible learning environment.

The following behaviors will not be tolerated at Father Martin's Ashley and will be grounds for therapeutic discharge:

- Possession of, or use of, mood-altering chemicals
- No one is to purchase or give drugs to another person. *Random urine screens may be done at any time along with checks of patients' rooms for contraband. These searches will be conducted by our Nursing or PSA staff.*
- Fighting or persistent verbal abuse of another patient or staff
- Sexual involvement and/or persistent "pairing off"
- Acts that endanger the welfare of others
- Acts of intimidation
- Seductive behavior
- Gambling of any nature (card games of any nature are not allowed)
- Involvement in the occult
- Misuse, destruction and disrespect of Ashley property
- Violation of the "No Smoking" policy
- Swimming in the Bay waters
- Leaving the grounds without authorization
- Non-compliance with the program policies and procedures

Some of these behaviors, because of their nature, will result in immediate discharge from the facility, and you will be notified of such action. For other less serious offenses, the patient will be offered an opportunity to correct the behavior; but after the second warning, will also be therapeutically discharged. When appropriate, the primary case manager (counselor) will keep you informed if any such situation arises and offer you an opportunity to help intervene.

Thank you for your understanding and cooperation.

**(This is a description of managed care given to your patient.)**

## **IF MY INSURANCE IS UNDER “MANAGED CARE,” HOW DOES THAT WORK?**

- I. When an insurance plan is “managed,” authorization for inpatient services is required. The role of a managed care company is to oversee and approve benefits on behalf of your insurance company. Specific medical necessity criteria for inpatient substance abuse treatment have been established by your managed care company. We will present your medical and clinical information to your managed care company representative. They will review this information and approve services based on the plan’s established medical necessity criteria.
- II. Although your insurance plan may have 30 days available per calendar year for inpatient treatment, you may not meet the medical necessity criteria required by your managed care company in order to authorize those benefits.
- III. Day to day updates concerning authorizations can be obtained through your counselor, who receives a report daily that provides this information. The Patient Accounts Office will inform you of any changes in the authorized level of care or in the event additional services are no longer approved. We will inform you of this information as soon as it becomes available to us.
- IV. The clinical team may recommend a treatment plan that exceeds the amount of time authorized by your managed care company. Should this occur, and you desire to continue in treatment, you will meet with the Patient Accounts Office to discuss a self-pay arrangement.
- V. Ashley, Inc. takes in good faith the information we receive from your insurance or managed care company regarding your benefits and the authorization for services. However, the information given is not a guarantee of payment. If for any reason your claim is not paid by the insurance company, you will be responsible for your treatment charges.

## **WHAT IS ASHLEY’S POLICY FOR PAYMENT?**

Ashley is a private non-profit organization supported in large part by patient fees. If you have any questions in reference to insurance or finances, you may request an appointment with the Patient Accounts Office. We ask that any balance on your account be paid prior to your discharge.





## **Father Joseph C. Martin, S. S. - Biography**

Father Joseph C. Martin, S.S. (1924-2009), was a co-founder of Father Martin's Ashley and a noted authority and lecturer on alcoholism. Best known for his "Chalk Talk on Alcohol," delivered to alcoholics and their families with his charismatic style and sense of humor, Father Martin is credited with saving the lives of thousands of alcoholics and addicts. His "Chalk Talk" lecture, which began "I'm Joe Martin and I'm an alcoholic," and more than 40 films, are legendary.

### **The Early Years**

Father Martin was born in Baltimore on October 12, 1924, the fourth of seven children of Marie and James Martin. His leadership ability, communications skill, and charm became evident early in life. He was valedictorian of Loyola High School's class of 1942, and attended Loyola College from 1942 to 1944. He was ordained a priest for the Archdiocese of Baltimore in 1948. The following year he entered the Society of St. Sulpice, a community of priests devoted to the formation and education of seminarians and priests.

### **Addiction and Recovery**

When it became apparent to colleagues that he had a problem with alcohol, Father Martin was sent to Guest House in Lake Orion, MI, an alcoholism treatment center and sanctuary for Catholic priests. After returning home, he seized every opportunity to speak about alcoholism, captivating audiences with what became the "Chalk Talk on Alcohol."

In 1970, Father Martin reached out to Mae Abraham, a woman he met through A.A., and with her and her husband's encouragement, he made the decision to work in the field of recovery. In 1972, the United States Navy filmed "The Chalk Talk." It became known throughout the U.S. military and established Father Martin as a recognized leader in the addiction treatment field.

### **The Ashley Years**

Father Martin's Ashley opened in 1983. Just two years after opening, Forbes magazine ranked it as one of the top ten addiction treatment facilities in the country. Today, patients come from the East Coast and across the U.S. to the 78 bed facility, which has a reputation for treating alcoholism, drug addiction and relapse with respect for the dignity of each individual who enters its doors. To date, Ashley has provided treatment to more than 30,000 people suffering from the disease of addiction and has provided program services to their families.

### **The Later Years**

Although he retired from active management at Father Martin's Ashley in 2003, he continued to lecture, ending each talk, as he always did, "It's the likes of you that keep the likes of me going." He passed away at his home in Havre de Grace on March 9, 2009 at the age of 84.

## **Father Martin's Ashley, Inc.**

Your patient will be assigned to a counselor the day following admission. The counselor will create a treatment plan, facilitate group and individual counseling sessions, manage all aspects of your patient's treatment and recommend a continuing care plan. Your patient has designated \_\_\_\_\_ as his/her family support contact person. This person can expect weekly updates concerning the patient's progress from the counselor. The counselor will ask for feedback from this contact person and may request assistance with development of the continuing care plan. The counselor is not able to make contact with all family members or friends so we ask that involved family members be informed of the designated family contact and receive updates from them. The guarantor can expect updates regarding insurance and/or finances from the Inpatient Financial Coordinator when necessary. If you have questions or concerns, please contact the Director of Admissions at 800.799.4673 extension 253.



Dear Family or Significant Other:

The staff of Father Martin's Ashley is honored to support you and your loved one as you take your first steps toward recovery. This is an exciting time, but also one that can be confusing for all those impacted by the addiction. As such, the process of recovery includes not only the addicted person, but the family as well.

Families do not automatically heal when their loved ones find recovery. Rather, family members, as witnesses to their loved one's struggles, need to examine ways in which the disease of addiction has affected them. They need to attend to their own wounds and discover ways to mend.

Follow-up recovery studies indicate that family health is significantly improved and relapse rates lower if the family participates as a unit in the treatment process. After many years of providing addiction treatment, we, at Father Martin's Ashley, know this to be true.

Further, there is concrete evidence that participation in 12-Step programs such as Alcoholics Anonymous, Narcotics Anonymous, Nar-Anon, Al-Anon and Al-Ateen are effective tools for promoting growth and sobriety for the whole family. Al-Anon and Nar-Anon are 12-Step support groups for family members of alcoholics and addicts. To receive information about Al-Anon and Nar-Anon now, please call 888-425-2666 (Al-Anon) or 800-477-6291 (Nar-Anon).

This letter is to encourage you to attend our Family Wellness Program held weekly in Carpenter Hall on the campus of Ashley. Here you will have the opportunity to work with your loved one to communicate openly, resolve concerns and make plans that encourage everyone's recovery, all with the aid of specially trained counselors in a supportive environment. Specifics are as follows:

**Program Hours:** (You must register for all three days)

Friday	8:00 AM - 6:30 PM
Saturday	8:15 AM - 6:30 PM
Sunday	8:15 AM - 3:30 PM -- Commencement - 3:45 PM

**Cost:** Fee for the Family Wellness Program is as follows and includes group therapy, counseling, meals, personal workbooks and transportation to/from BWI airport, Aberdeen train station and local hotels, if needed. Lodging is not included. Please do not send cash or checks through the mail. Payment can be made during registration.

One participant	no cost
2 <sup>nd</sup> participant	\$390
Each additional participant thereafter	\$320*

**\*When registered as a group. Rates subject to change.**

**Dress Code:** Please dress in neat, comfortable clothing. Layers are recommended. No shorts, tank tops or seductive clothing items are allowed.

**Registration:** To make arrangements to attend the family program, start by expressing your interest to your loved one's counselor when he or she first calls you. The Family Program Administrator will follow up to determine your decision. Questions regarding the program may be directed to 800-799-HOPE (4673) Extension 227 or 410-273-2227.

800 Tydings Lane • Havre de Grace, MD 21078 • 800.799.HOPE (4673)

[fathermartinsashley.org](http://fathermartinsashley.org)

*A treatment center for alcoholism and drug addiction • Accredited by The Joint Commission • A 501(c)(3) non-profit organization*

**Grievance Procedure:** The staff of Ashley, Inc. strive to treat everyone with respect, dignity and in a professional manner. Should you find yourself in a disagreement with a staff member, or are concerned about the care given to your loved one, there are steps you can follow to resolve the issue.

1. Call the Program Director to discuss your concerns.
2. You may be asked to place your concerns in writing to the Program Director's attention. A written response will be returned to you within three business days indicating receipt of your written concerns. A written resolution to your concern will be returned to you within five business days following the original correspondence from the Program Director.
3. If this does not lead to a resolution of your concerns, the Program Director will arrange for you to talk to the Chief Executive Officer.
4. You also have the right to register a grievance with the Maryland Department of Health and Mental Hygiene and JCAHO.

Enclosed with this letter you will also find some other important information to review.

- **Overview of Family Wellness Program**
- **Overview of Children's Program, "Rainbow of Hope"**
- **The Family Questionnaire (separate attachment):** Please answer as many questions as possible and return to us electronically or via regular mail. Understand that, if deemed appropriate by the counselor, your responses may be shared with the patient.
- **Ashley Model of Care (separate attachment)**

#### **Other Helpful Information**

- **Phone, Faxes, Email and Mail Policy:**  
Direct phone calls, faxes or emails to patients are not allowed. Urgent calls such as medical emergencies, employment problems, or other serious matters may be channeled through the switchboard (410-273-6600 or 800-799-HOPE) and will be dealt with immediately.

We encourage you to write letters or send cards as often as possible.

Regarding outgoing calls, each patient is allowed phone time once weekly for a short period. Regular calls are scheduled in the afternoon and evening. You can help your family member in treatment by insuring that he or she has phone cards or coins for the phone room.

- **Visiting Policy:**  
We ask that you leave cell phones locked in your car. Cameras and pets also not permitted on the premises.

Regular visiting is permitted on Sunday afternoon. Visitors should arrive by 12:45 p.m. to register and sign the required Confidentiality Form. Ashley requires visitors to participate in an educational presentation beginning at 1:00 p.m. with visiting following. If they are not here for the educational session, they may not be able to visit that day. Visitation ends at 3:30 p.m. When participating in the Family Wellness Program, additional visitors are not allowed. Packages/items for patients may only be brought in on Sundays. **Please read the detailed Visitation Policy Sheet.**

- **Commencement:** Each Sunday afternoon all patients who will be discharging that week are invited to speak at our Commencement Ceremony. Family members are invited and need to advise patient's counselor if they plan to attend.

Be assured that you will soon hear from the counselor assigned to work with your family member unless he or she does not sign a release giving us permission to talk with you.

Again, welcome and we are pleased that you have selected Ashley for your treatment needs. We look forward to seeing you in our Family Program.

Sincerely,

**Kristine Hitchens, PhD, LCSW-C, LCADC, CCDC**

Director of Family Services

Encls

# **Father Martin's ASHLEY**

## **QUESTIONS AND ANSWERS ABOUT OUR FAMILY WELLNESS PROGRAM**

### **WHAT IS THE FAMILY WELLNESS PROGRAM AT FATHER MARTIN'S ASHLEY?**

It is a comprehensive, three-day program where families and loved ones can learn about the disease of addiction, its effects on the family, codependency characteristics, the relapse process and coping skills to begin the recovery process. This program is a powerful tool to enhance wellness efforts for the whole family.

The program information is presented through experiential education and therapy groups which bring together both the family and his or her member in treatment. The program ends on Sunday afternoon with a graduation exercise to celebrate the beginning of a new life in recovery for the family.

The Family Wellness Program includes three therapeutic sessions in which you and your loved one will work together. On Friday, you will have an opportunity to meet with your loved one and his or her counselor. On Saturday, your family will participate in a group therapy session together. On Sunday, your family will work together on Family Recovery Planning. You will also have time together during meals and breaks. Through these different activities, your family will be able to express concerns and ask questions with trained counselors present. You will also have the opportunity to discuss expectations and develop plans together to maintain family recovery.

The Family Wellness Program scheduled times are as follows:

Friday	8:00 a.m. to 6:30 p.m.
Saturday	8:15 a.m. to 6:30 p.m.
Sunday	8:15 a.m. to 3:30 p.m.

- Families may stay on Sunday after the program ends to attend commencement exercises.

### **WHO SHOULD ATTEND?**

The program is open to anyone who:

- Is 18 years of age and older or is 15 to 17 years of age with the recommendation of the patient's counselor and is accompanied by a parent.
- Has a family member or significant other in treatment.
- Is an Ashley alumnus who wants to learn more about the family dynamics and addiction.

## **HOW DO I REGISTER?**

Family members should begin to think of making reservations to attend the program as soon as his or her loved one enters treatment. The patient's counselor will also address this need during his or her first call to the family.

If you wish to receive information before registering, you may contact the Family Program Office at 410-273-2227 or 800-799-4673, extension 227.

The Family Program Administrator will assist you with finalizing all details regarding lodging and transportation needs.

## **HOW CAN THIS PROGRAM HELP FAMILIES?**

Families and patients who attend the program together can expect to:

- Gain greater understanding of chemical addiction.
- Recognize the effects of addiction upon the entire family.
- Discontinue enabling behaviors that fuel addiction.
- Begin to reestablish trust, hope, communication, and coping skills.
- Create a family plan for recovery

To gain the full benefits listed above, participation in all three days is required.

# Family Wellness Program Schedule

## **Friday - The Disease of Chemical Addiction and Its Effects - Carpenter Hall**

8:00 to 8:30	Registration	Residents may visit with family in Carpenter Hall.
8:30 to 8:50	Orientation	
8:50 to 10:15	Neurobiology	
10:15 to 10:30	Break	
10:30 to 11:30	Getting Healthy in Recovery	
11:30 to 12:30	Lunch Break	Families and residents will be at separate tables.
12:30 to 2:00	Progression of Addiction for All Codependency Impact on Children Detachment	
2:00 to 4:00	Counselor Meetings plus Break	Families and residents together.
4:00 to 5:15	Enabling and Homework Assignment	
5:15 to 6:30	Dinner Break	Families and residents eat together.

## **Saturday - Recovery Planning - Carpenter Hall**

8:00 to 8:30	Gather	Family and residents together.
8:30 to 11:30	Multi-Family Group Therapy	Family and residents together.
11:30 to 1:00	Lunch Break	Family and residents eat together.
1:00 to 2:30	Stages of Recovery for All and Common Obstacles	
2:30 to 3:00	Break	Time to visit together.
3:00 to 3:45	What Can I Do? Review and Homework Assignments	
3:45 to 4:00	Break	Time to visit together.
4:00 to 5:00	Al-Anon/Nar-Anon Meeting	
5:00 to 6:30	Dinner Break	Families and residents eat together.

## **Sunday - Commitment to Recovery - Carpenter Hall**

8:15 to 8:50	Stress Management	
9:00 to 10:00	Chapel or Break or Video	Family and residents can be together.
10:00 to 11:30	Relapse Process and Prevention	
11:30 to 12:30	Lunch Break	Family and residents eat together.
12:30 to 2:00	Family Recovery Planning	Family and residents together.
2:00 to 2:10	Turn in Evaluations and Mailing List Form	Families and residents.
2:10 to 3:00	Family Graduation	Families and residents together.
3:00 to 3:30	Visitation	Families and residents together.
3:45	Patient Commencement (optional for families)	

# Rainbow of Hope Children's Program

## Informational Sheet

**1. Is the program only open to the alumni of Father Martin's Ashley?**

The public is welcome as are the alumni of Ashley. The Rainbow of Hope Program is open to any child whose life has been impacted by a loved one's addiction to alcohol or other drugs.

**2. Why is it important for our children to participate in such programs?**

Childhood can and should be a time of wonder and discovery, when parents nurture, protect, and care for the precious gifts of life they have brought into the world. However, for children of addicted parents (whether active or in recovery) life often is filled with shame, anxiety, and fear. Now more than ever it is important to give your children the gift most of us wish we had from our families - a chance to be heard.

**3. What do children do in the program?**

Through art, fun, games and group exercises, children learn that their loved ones are not bad people, but sometimes make poor choices and decisions because of the addiction. Above all, they learn the addiction is not their fault and that they are not responsible for the parent's alcohol/drug use.

**4. How long is the program?**

One day. We begin on Saturday morning at 8:45 a.m. and conclude at 3:00 p.m. Throughout the day there are breaks, snacks and lunch provided for the children. Parents and guardians participate in their own counselor-facilitated group session throughout the day.

**5. How often will the Children's Program take place?**

The program runs numerous times per year. Additional sessions are added as needed.

**6. What are the ages of the children who participate in the program?**

The program serves youngsters ages six through fourteen. We will only accept a small number of youngsters for each weekend program. We want to keep the number small so as to give a lot of personal attention to each child.

**7. How much does the program cost?**

The fees are as follows and includes both programs (children and parents/guardians), snacks and lunch for the children.

1 child	\$ 75
2 children	\$100
3 or more children	\$125

**8. Is sobriety a prerequisite for program participation?**

We would hope so but the intent of the program is to reach out to children impacted by the disease of addiction. We do expect that the parent or caregiver involved in the program be free of all mood-altering chemicals throughout the day.

**For more information or to register your child, please contact the Program Coordinator in the Family Wellness Program at 800-799-4673 ext 227 or 410-273-2227 or visit our website [www.fathermartinsashley.org](http://www.fathermartinsashley.org).**

## AREA ACCOMMODATIONS

**PLEASE NOTE:** Transportation service to/from lodging for the Family Wellness Program is available for those people staying in Havre de Grace and Aberdeen only.

### **HAVRE DE GRACE**

#### **Currier House**

Jane Currier

800 S. Market Street

Havre de Grace, MD 21078

410-939-7886 800-827-2889

[www.currier-bb.com](http://www.currier-bb.com)

Rates range between \$85 and \$135

All rooms have a private bath, some have private balconies

Non-smoking rooms only

Cable TV

Built in 1790 with all original antiques; Part of the Underground Railroad – a safe house

Good for those who enjoy personalized service and older, eclectic, historic homes and furnishings;

No first floor bedrooms

#### **La Cle-D'or Guesthouse**

Ron Browning

226 N. Union Avenue

Havre de Grace, MD 21078

410-939-6562

[www.lacledorguesthouse.com](http://www.lacledorguesthouse.com)

FMA discount: 10% off all rooms (rates range between \$120 and \$160)

Full breakfast

Some rooms with private bath

Non-smoking rooms only

Cable TV/VCR or DVD

DVD/Video Library

Built in 1868

Good for those who enjoy personalized service and older, eclectic, historic homes and furnishings;

No first floor bedrooms

#### **Old Chesapeake Hotel and Suites**

Ken and Laurie Beyer

100 St. John Street

Havre de Grace, MD 21078

410-939-2550

[www.oldchesapeakehotel.com](http://www.oldchesapeakehotel.com)    [laurie@oldchesapeakehotel.com](mailto:laurie@oldchesapeakehotel.com)

FMA discount: \$99 for any suite

No breakfast available, but several of the suites are within walking distance of local restaurants

Offers a variety of different locations throughout Havre de Grace

Some suites are within historic homes and some are in more modern buildings

Some suites are closer to downtown shops and some are closer to the water

All suites include full kitchens. Some suites include Jacuzzi tubs.

Non-smoking rooms only

Cable TV

Wifi

Good for those who enjoy historic homes or modern conveniences, kitchen access and suite-style accommodations

### **Spencer Silver Mansion**

Carol Nemeth

200 S. Union Avenue

Havre de Grace, MD 21078

410-939-1485 800-780-1485

[www.spencersilvermansion.com](http://www.spencersilvermansion.com)

FMA discount: 10% off all rooms (rates range between \$85 and \$160)

Full breakfast

Some rooms with private bath, private entrance

Non-smoking rooms only

Beautiful Garden

Cable TV/DVD

DVD Library

Wifi

Built in 1896

Good for those who enjoy personalized service and older, eclectic, historic homes and furnishings;

No first floor bedrooms

### **Super 8**

929 Pulaski Highway

Havre de Grace, MD 21078

410-939-1880

[www.super8hdg.com](http://www.super8hdg.com) [super8hdg@comcast.net](mailto:super8hdg@comcast.net)

FMA discount: All rooms are \$50, excluding occasional area special event weekends

Limited continental breakfast

1<sup>st</sup> floor accessible rooms

Smoking and Non-smoking rooms

Cable TV

Wifi

Refrigerators in all rooms; Some rooms with microwaves

Good for those who are seeking affordable and basic yet overall safe and comfortable accommodations

### **Vandiver Inn**

John and Susan Muldoon

301 S. Union Avenue

Havre de Grace, MD 21078

410-939-5200 800-245-1655

[www.vandiverinn.com](http://www.vandiverinn.com)

FMA discount: All \$119 rooms for \$99; All other rooms 10% off (rates range between \$139 & \$159)

Full breakfast

Private baths in all rooms

Some rooms with porches, gas fireplaces and whirlpool tubs, ramp access

Non-smoking rooms only

Cable TV

Wifi

Built in 1886

Good for those who enjoy older, historic homes and furnishings

## **ABERDEEN**

### **Courtyard Marriott**

830 Long Drive

Aberdeen, MD 21001

410-272-0440

[www.marriott.com/hotels/travel/bwibd-courtyard-aberdeen](http://www.marriott.com/hotels/travel/bwibd-courtyard-aberdeen)

FMA discount: \$109 for two double or one king bed (subject to availability)

Hot buffet breakfast

Suites available

Non-Smoking rooms only

Elevator

Refrigerators in all rooms; Microwave upon request

Cable TV

Wifi

Restaurant on site

Next to Little League field

Fitness Center

Small indoor pool and spa

Outdoor patio with grill access

Good for those who enjoy modern, comfortable accommodations, decorative touches and technology.

This property is not near neighborhood stores but is located next to Ripken Stadium.

### **Days Inn**

783 W Bel Air Avenue

Aberdeen, MD 21001

410-272-8500

[www.daysinnaberdeen.com](http://www.daysinnaberdeen.com)

FMA discount: \$49.95 for two double or one king bed

Continental breakfast

Smoking and Non-Smoking rooms

First floor accessible rooms

Inside and outside corridor rooms

Refrigerator and microwave in all rooms

Cable TV

Wifi

Lobby computer

Small outdoor pool

Good for those who are seeking affordable and basic yet overall safe and comfortable accommodations

### **Hilton Garden Inn**

1050 Beards Hill Road

Aberdeen, MD 21001

410-272-1777

[www.hiltongardeninn.hilton.com](http://www.hiltongardeninn.hilton.com)

Opened September 2009

FMA discount: \$109 for two double or one king bed or \$119 including breakfast. Ask for Roxanne, Director of Sales if having any trouble getting this rate.

Breakfast available through restaurant (additional charge)

Suites available

Smoking and Non-Smoking rooms

Elevator and accessible rooms  
Refrigerator and microwave in all rooms  
Cable TV  
Wifi  
Restaurant on site; Room service  
24 hour business center  
Fitness Center  
Indoor pool and Spa  
Good for those who enjoy traditional, comfortable accommodations and modern technology near neighborhood stores

### **Holiday Inn – Chesapeake House**

1007 Beards Hill Road

Aberdeen, MD 21001

410-272-8100

[www.ihg.com](http://www.ihg.com)

FMA discount: \$89 for two double or one king bed

Hot buffet breakfast

Smoking and Non-Smoking rooms

Elevator

Refrigerator and microwave in all rooms

Cable TV

Wifi

Game room

Fitness Center

Restaurant on site; Room service

Indoor heated pool

Good for those who are seeking moderate and comfortable accommodations

### **La Quinta Inn and Suites**

793 W Bel Air Avenue

Aberdeen, MD 21001

410-272-6000

[www.lq.com](http://www.lq.com)

FMA discount: \$79 for two double or one king bed

Hot buffet breakfast

Suites available with kitchenette

Pillow top mattresses

Smoking and Non-Smoking rooms

First floor accessible rooms

Refrigerator and microwave in all rooms

Cable TV

Wifi

Lobby computer and printer

Fitness Center

Large outdoor pool

Outdoor patio with grill access

Good for those who enjoy moderate and comfortable accommodations

## **RIVERSIDE**

### **Candlewood Suites**

4216 Philadelphia Road

Bel Air, MD 21015

410-914-3060

[www.candlewoodsuites.com](http://www.candlewoodsuites.com)

FMA discount: \$79.99 for a single, \$89.99 for a double. Ask for Shirley.

No breakfast available but close to neighborhood restaurants

All rooms are suites with fully equipped kitchens

Newly opened

Smoking and Non-smoking rooms

Elevators and accessible rooms

Cable TV

Wifi

Fitness Center

Gazebo with grill access

Good for those who desire modern accommodations, suite layouts and kitchen facilities

### **Country Inns & Suites**

1435 Handlir Drive

Bel Air, MD 21015

410-297-9444

[www.countryinns.com/riversidemd](http://www.countryinns.com/riversidemd)

FMA discount: \$89 for 2 queens or 1 king

Hot buffet breakfast

Smoking and Non-smoking rooms

Elevators and accessible rooms

Refrigerator and microwave in all rooms

New mattresses

Cable TV

Wifi

Lending Library

Fitness Center

Outdoor pool

Good for those who are seeking traditional, affordable and comfortable, accommodations

### **ExtendedStay Hotel**

1361 James Way

Bel Air, MD 21015

800 EXT STAY

[www.ExtendedStayHotels.com](http://www.ExtendedStayHotels.com)

FMA discount: \$79.99 for room with queen size bed; \$89.99 for room with two double beds

Ask for Will Thompson, Hotel Manager to book a room with FMA discount

No breakfast but in walking distance of restaurants and convenience stores

Smoking and Non-smoking rooms

First floor accessible rooms

Full kitchen in every room

Cable TV

Wifi for a minimal charge

Pet friendly (additional charge)

Good for those who are seeking comfortable accommodations, kitchen facilities or longer term stays

### **Homewood Suites by Hilton**

4170 Philadelphia Road

Bel Air, Maryland, USA, 21015

410-297-8585

[www.homewoodsuites1.hilton.com](http://www.homewoodsuites1.hilton.com)

FMA discount: 15% off (regular rates range from \$119 to \$159)

Hot breakfast buffet

Smoking and Non-smoking rooms

Newly opened

All rooms are suites with fully equipped kitchenettes

Elevators and accessible rooms

Cable TV

Wifi

Fitness Center

Indoor pool

Outdoor patio area with grill access

Sports court

Good for those who desire warm yet modern accommodations, suite layouts and kitchen facilities

### **Spring Hill Suites by Marriott**

1420 Handlir Drive

Bel Air, MD 21015

410-297-4970

[www.Marriott.com/BWIAB](http://www.Marriott.com/BWIAB)

FMA discount: \$109 per room

Hot breakfast buffet

All rooms are studio suites

Non-smoking rooms only

Refrigerator and microwave in all rooms

Elevators and accessible rooms

Cable TV

Wifi

24 hour business center

Fitness Center

Small, heated indoor pool and spa

Good for those who are seeking modern accommodations, decorative touches and suite layouts

### **Wingate by Wyndham**

1326 Policy Drive

Belcamp, MD 21017

410-272-2929

[www.aberdeenwingateinn.com](http://www.aberdeenwingateinn.com)    [gm@aberdeenwingate.com](mailto:gm@aberdeenwingate.com)

FMA discount: \$94 for all rooms

Hot buffet breakfast

Non-Smoking rooms only

Elevator

Jacuzzi suites available

Refrigerator and microwave in all rooms

Recently refurbished; New pillow top mattresses

Cable TV

Wifi

Fitness Center

Indoor Pool

Comfortable courtyard with grill access

Good for those who enjoy modern, comfortable accommodations, decorative touches and technology

## **BWI AIRPORT**

### **Embassy Suites**

1300 Concourse Drive

Linthicum Heights, MD 21090

410-850-0747

[www.embassysuites1.hilton.com](http://www.embassysuites1.hilton.com)

Rates start around \$150

### **DoubleTree BWI by Hilton**

890 Elkridge Landing Road

Linthicum, MD 21090

410-859-8400

[www.doubletreebwi.com](http://www.doubletreebwi.com)

### **Red Roof Inn**

827 Elkridge Landing Road

Linthicum Heights, MD 21090

410-850-7600

[www.redroof.com](http://www.redroof.com)

Rates start around \$60

### **Sheraton Four Points**

7032 Elm Road

Baltimore, MD 21240

410-859-3300

[www.starwoodhotels.com/fourpoints](http://www.starwoodhotels.com/fourpoints)

Rates start around \$100



Name: \_\_\_\_\_ Date: \_\_\_\_\_

Relationship to Patient: \_\_\_\_\_ Patient Name: \_\_\_\_\_

Your Age: \_\_\_\_\_ Your Occupation: \_\_\_\_\_

## Self-Awareness Questionnaire

1. Do you believe that your loved one has the disease of alcoholism/chemical addiction? Yes  No
2. Do you believe that you can cure him/her? Yes  No
3. Do you think you have been affected by his/her chemical addiction? Yes  No  If yes, how?
4. How often do you express your anger over the chemical use? Never  Seldom  Often   
How do you express your anger?
5. Has the patient's drinking/drugging caused problems in family activities? Yes  No
6. Has the patient been aggressive to you or others in the family? Yes  No
7. At times, have you drunk/drugged with the patient? Yes  No
8. Do you feel guilty about or responsible for his/her drinking/drugging? Yes  No
9. If treatment is successful, do you believe he/she will be able to return to normal drinking? Yes  No
10. Do you believe that if he/she really loved you, he/she wouldn't drink/drug again? Yes  No
11. Do you love the patient deeply? Yes  No
12. Do you feel that he/she loves you deeply? Yes  No
13. Are you thinking of giving up the relationship? Yes  No
14. Have you ever thought that YOU may have a problem with alcohol/drugs? Yes  No
15. Are you in recovery? Yes  No
16. How often do you drink? \_\_\_\_\_ How often do you use drugs? \_\_\_\_\_
17. When was your last drink? \_\_\_\_\_ When was your last drug? \_\_\_\_\_ What was it? \_\_\_\_\_
18. Are you supportive of the recommendation that patients attend 90 AA/NA Meetings in 90 days post discharge?
19. Are you supportive of the recommendation that patients return to an alcohol and drug free living environment?
20. Have you ever attended AA/NA? Yes  No  If "yes," for what purpose? Was it for your family or yourself?
21. Have you ever attended Al-Anon and/or Nar-Anon? Yes  No  If "yes," describe your overall experience.
22. Are you an adult child of an alcoholic or chemically addicted parent(s)? Yes  No   
If "yes," how has this impacted on your adult life?

## Self-Assessment

Please answer these questions as they relate to YOU.

	Yes	No
1. Do you drink/drug to reduce nervousness?	<input type="checkbox"/>	<input type="checkbox"/>
2. Do you require a drink/drug the morning after heavy drinking/drugging?	<input type="checkbox"/>	<input type="checkbox"/>
3. Do you prefer to drink/drug alone?	<input type="checkbox"/>	<input type="checkbox"/>
4. Do you lose time from work due to drinking/drugging?	<input type="checkbox"/>	<input type="checkbox"/>
5. Does your drinking/drugging cause conflicts at home?	<input type="checkbox"/>	<input type="checkbox"/>
6. Does your drinking/drugging make you careless of your family's welfare?	<input type="checkbox"/>	<input type="checkbox"/>
7. Do you crave a drink/drug at a definite time daily?	<input type="checkbox"/>	<input type="checkbox"/>
8. Has drinking/drugging made you irritable?	<input type="checkbox"/>	<input type="checkbox"/>
9. Has your chemical use changed your personality?	<input type="checkbox"/>	<input type="checkbox"/>
10. Do you have difficulty sleeping as a result of your drinking/drugging?	<input type="checkbox"/>	<input type="checkbox"/>
11. Has your use of chemicals made you more impulsive?	<input type="checkbox"/>	<input type="checkbox"/>
12. Has your initiative decreased since you began to drink/drug?	<input type="checkbox"/>	<input type="checkbox"/>
13. Has your ambition decreased since you began to drink/drug?	<input type="checkbox"/>	<input type="checkbox"/>
14. Are decisions easier to make after a few drinks/drugs?	<input type="checkbox"/>	<input type="checkbox"/>
15. Do you drink/drug to obtain social ease?	<input type="checkbox"/>	<input type="checkbox"/>
16. Do you feel more secure when you are drinking or using drugs?	<input type="checkbox"/>	<input type="checkbox"/>
17. Do you drink/drug to relieve feelings of inadequacy, fear or insecurity?	<input type="checkbox"/>	<input type="checkbox"/>
18. Has your jealousy increased since you started to drink/drug?	<input type="checkbox"/>	<input type="checkbox"/>
19. Have you become more moody since your drinking/drugging?	<input type="checkbox"/>	<input type="checkbox"/>
20. Has your efficiency decreased since you began your chemical use?	<input type="checkbox"/>	<input type="checkbox"/>
21. Are you harder to get along with since your drinking/drugging?	<input type="checkbox"/>	<input type="checkbox"/>
22. Do you turn to an inferior environment when you drink/drug?	<input type="checkbox"/>	<input type="checkbox"/>
23. Is your chemical use endangering your health?	<input type="checkbox"/>	<input type="checkbox"/>
24. Do you always drink more than two (2) drinks?	<input type="checkbox"/>	<input type="checkbox"/>
25. Do you ever suffer from self-disgust from your drinking/drugging?	<input type="checkbox"/>	<input type="checkbox"/>

## Recommended Reading

### *The Disease of Chemical Dependency*

- ***Under the Influence - A Guide to the Myths and Realities of Alcoholism*** by Dr. James Milam and Kathrine Ketcham
- ***Passages Through Recovery*** by Terence T. Gorski
- ***Staying Sober: A Guide for Relapse Prevention*** by Terence T. Gorski and Merlene Miller
- ***The Recovery Book*** by Al J. Mooney, M.D., Arlene Eisenberg, and Howard Eisenberg
- ***Don't Let the Bastards Grind You Down: 50 Things Every Alcoholic and Addict in Early Recovery Should Know*** by Georgia W.
- ***Drugs, Brain, and Behavior – The Science of Addiction*** by NIDA, <http://www.drugabuse.gov/scienceofaddiction/>

### *Addiction as a Family Disease*

- ***Beautiful Boy*** by David Sheff
- ***Stay Close: A Mother's Story of her Son's Addiction*** by Libby Cataldi
- ***Beyond Codependency & Getting Better All The Time*** by Melody Beattie
- ***Codependent No More*** by Melody Beattie
- ***It Will Never Happen To Me*** by Claudia Black, Ph.D., MSW
- ***Family Recovery - Growing Beyond Addiction*** by Merlene Miller and Terence T. Gorski
- ***The Joy of Being Sober - A Book for Recovering Alcoholics - and Those Who Love Them*** by Jack Morney
- ***Grandchildren of Alcoholics – The Next Generation*** by Ann Smith
- ***Choice Making for Codependents, Adult Children and Spirituality Seekers*** by Sharon Wegscheider-Cruse
- ***Another Chance: Hope and Health for the Alcoholic Family*** by Sharon Wegscheider-Cruse
- ***I Won't Wait Up Tonight: What To Do To Take Care of Yourself When You're Living With an Alcoholic or an Addict*** by Terence Williams
- ***The Family Recovery Guide: A Map for Healthy Growth*** by Stephanie Brown, Ph.D.
- ***Safe Passage: Recovery for Adult Children of Alcoholics*** by Stephanie Brown, Ph.D.
- ***Adult Children of Alcoholics*** by Janet Woititiz, Ed.D.
- ***Struggle for Intimacy*** by Janet Woititiz, Ed.D.
- ***Everything Changes: Help for Families of Newly Recovering Addicts*** by Beverly Conyers
- ***Addict in the Family*** by Beverly Conyers
- ***Getting Them Sober – You Can Help*** by Toby Rice Drews
- ***Don't Let Your Kids Kill You*** by Charles Rubin
- ***The Enabler: When Helping Hurts the Ones You Love*** by Angelyn Miller, M.A.
- ***Reclaim Your Family from Addiction: How Couples and Families Recover Love and Meaning*** by Craig Nakken
- ***The Family Recovery Guide: A Map for Healthy Growth*** by Cynthia Stephanie Brown and Virginia M. Lewis
- ***Perfect Daughters*** by Robert J. Ackerman, Ph.D.
- ***Silent Sons*** by Robert J. Ackerman, Ph.D.
- ***My Dad Loves Me, My Dad Has A Disease*** by Claudia Black, Ph.D., MSW
- ***Just Say Know: Talking With Kids About Drugs and Alcohol*** by Cynthia Kuhn, Scott Swartzwelder, and Wilkie Wilson
- ***Straight Talk from Claudia Black: What Recovering Parents Should Tell Their Kids About Drugs and Alcohol*** by Claudia Black, Ph.D., MSW
- ***Think of Wind*** by Catherine Mercury
- ***Mommy's Gone to Treatment*** by Denise Crosson, Ph.D.
- ***Mommy's Coming Home from Treatment*** by Denise Crosson, Ph.D.

### **Intervention**

- ***It's Not Okay To Be A Cannibal*** by Andrew T. Wainwright and Robert Poznanovich
- ***Love First: A Family's Guide to Intervention*** by Jeff Jay and Debra Jay
- ***No More Letting Go*** by Debra Jay

### **Personal Growth**

- ***The Language of Letting Go*** by Melody Beattie
- ***Feeling Good: The New Mood Therapy*** by David S. Burns, M.S.
- ***Eating Right to Live Sober*** by Katherine Ketcham and L. Ann Mueller, M.D.
- ***The Road Less Traveled*** by M. Scott Peck, M.D.
- ***Overcoming Perfectionism*** by Ann Smith
- ***Developing a Child's Spiritual Growth Through Sight, Sound, Taste, Touch & Smell*** by Judy Gattis Smith
- ***Lost in the Shuffle*** by Robert Subby
- ***The Relaxation and Stress Reduction Workbook*** by Martha Davis, Ph.D., Elizabeth Robbins Eshelman, MSW, and Matthew McKay, Ph.D.
- ***Ten Days to Self Esteem*** by David D. Burns, M.D.
- ***Who Moved My Cheese*** by Spencer Johnson, M.D.
- ***Emotional Sobriety*** by Tian Dayton, Ph.D.

### **Growth in Relationships**

- ***In the Shelter of Each Other: Rebuilding Our Families*** by Mary Pipher, Ph.D.
- ***Why Am I Afraid to Tell You Who I Am?*** by John Powell, S.J.
- ***Getting Love Right - Learning the Choices of Healthy Intimacy*** by Terence T. Gorski

### **Parenting Skills**

- ***Raising Self Reliant Children in a Self Indulgent World*** by H. Stephen Glenn and Jane Nelsen
- ***Positive Discipline A-Z*** by Jane Nelsen, Lynn Lott, and H. Stephen Glenn
- ***Positive Discipline for Teenagers*** by Jane Nelsen and Lynn Lott
- ***1-2-3 Magic*** by Thomas Phelan
- ***Parenting Your Out-Of-Control Teenager*** by Scott Sells, Ph.D.
- ***Parenting by Heart*** by Ron Taffel and Melinda Blau
- ***Daily Affirmations for Parents*** by Tian Dayton, Ph.D.
- ***Modern Mothering: How to Teach Your Kids to Say What They Feel and Feel What They Say*** by Tian Dayton, Ph.D.
- ***The 7 Worst Things Parents Do*** by John Friel, Ph.D. and Linda Friel, M.A.