Table of Contents

03  Who We Are
04  Access and Eligibility
07  Behavioral Health Services
11  Community Based Services
16  Dental Services
17  Environmental Health Services
18  Nursing Services
25  Planning, Quality, and Core Service
29  Prevention Services
35  Vital Records
The services and facilities of the Maryland Department of Health (MDH) are operated on a non-discriminatory basis. The Department, in compliance with the Americans Disability Act, ensures that qualified individuals with disabilities are given an opportunity to participate in and benefit from MDH services, programs, benefits and employment opportunities.

Worcester County Health Department has resources available for non-English speaking and hearing impaired customers.

The Worcester County Health Department has a set of privacy practices available for your review on our website and in any office. Your health information is confidential and secured in accordance with federal and state regulations. You may be asked to complete a satisfaction survey. Results of the survey will be used to improve services.

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A staff of healthcare professionals provides quality services including:

- Behavioral Health (mental health and substance use disorder treatment),
- Developmental Disabilities Assistance,
- Medical Assistance Transportation,
- Maternal/child/aging population health services,
- Case Management,
- Dental,
- Environmental Health,
- Nursing,
- Communicable Disease,
- Emergency Preparedness,
- HIV Case Management,
- Immunizations,
- Reproductive Health,
- Population Health Needs Assessments,
- Development of safety net programs with community partners,
- Health promotion, education, training, and screening, as well as case management and assistance with health insurance enrollment through the Affordable Care Act.

These services were created to promote health, prevent illness, and improve a resident's ability to lead a healthy life, mentally and physically. Some services are available daily, while others are offered on different schedules. To find health department services, please call for more information. Services are provided without discrimination.

Maryland Medical Assistance and many private insurances are accepted. Costs are based on a sliding-fee scale. No one is denied services because they can't afford them.

We are your health department and we're here to support your well-being.

Administrative Offices
Snow Hill Health Center
Snow Hill, Maryland 21863
410-632-1100
Access and Eligibility (A&E)

A&E staff advocate for the community of Worcester County in order to provide quality services and support. A&E staff empower individuals to access resources and services on their own time while having their needs, preferences, and desires met.

Administrative Care Coordination/Ombudsman (ACCU)

The Administrative Care Coordination/Ombudsman Program helps Maryland Medicaid Health Choice recipients understand their benefits and offers education on how to access and use healthcare services. The ACC Program assists Medicaid Health Choice recipients with locating primary care physicians, prenatal care, pediatricians and dentists. The Ombudsman acts as an advocate for Medicaid Health Choice recipients and provides care coordination when there are complicated medical issues. ACC/Ombudsman staff attempt to resolve conflicts and educate individuals regarding benefits, Health Choice, Managed Care Organizations, local resources, and services.
Coordination of Community Services (CCS)

The Worcester County Health Department is licensed to provide CCS to individuals with intellectual/developmental disabilities and their families. Coordinators assist individuals with intellectual/developmental disabilities and their families in learning and gaining access to resources in their community, planning for their future, and accessing needed services and supports. Eligibility is determined at a regional level by the Developmental Disabilities Administration (DDA). To be eligible to receive services from the DDA, individuals must have a disability which keeps them from handling daily activities on their own. A developmental disability is a physical or mental condition (other than a sole diagnosis of mental illness) or it can be a combination of mental and physical impairments that:
- will continue for life
- started before the age of 22
- needs support or assistance to live independently
- requires support of a team to help with services and treatment

Lower Shore Health Insurance Assistance Program (LSHIAP)

This program provides outreach, education and enrollment assistance for the uninsured and underinsured residents of Somerset, Wicomico, and Worcester counties. Certified Navigators within the program help individuals by not only providing in-person help with the enrollment process through Maryland Health Connection (MHC), but also by working with individuals before and after enrollment to ensure a connection to the right health care related resources and continued care. Please visit our website or call us to speak with a local Navigator to address questions and/or schedule in-person appointments.

1-855-445-5540 or lowershorehealth.org
Maryland Medicaid Program Transportation (MA Transportation)

Maryland Medicaid Transportation Program (MA Transportation) transports Medicaid recipients to medically necessary local and regional appointments or Non-Emergency Medical Transportation (NEMT). Long distance transportation is also available on Mondays-Thursdays, if the participant qualifies. Program staff screen individuals for transportation to assure eligibility to provide the best means of transportation available. Transportation services are provided by staff drivers as well as other community transportation providers (i.e. taxi services, ambulances (wheelchair and stretcher), buses, etc.). This service is provided by the Worcester County Health Department's Access and Eligibility Programs. To schedule transportation please contact: (410)632-0092.

Maryland Children’s Health Program (MCHP)

The Maryland Children’s Health Program/Medicaid Program helps Maryland residents apply for Medicaid using the Maryland Health Connection. Medicaid is free or low-cost health insurance for adults, pregnant women, children and families who meet certain income and immigration criteria. The MCHP program assists individuals and families with the application process from account creation, enrollment, selecting a Managed Care Organization and provides assistance with verifying required documentation.
Behavioral Health Services

Behavioral Health Services include Mental Health and Wellness, Substance Use Disorder Treatment, as well as Case Management and Access & Eligibility Services.

Locations and Contact Information:

**Snow Hill Health Center**
6040 Public Landing Road
Snow Hill, Maryland 21863
Phone: 410-632-1100
**Hours:** Monday-Friday 8am-5pm
Saturday by appointment

**Berlin Health Center**
9730 Healthway Drive
Berlin, Maryland 21811
Phone 410-629-0164
**Hours:** Monday-Friday 8am-5pm
Saturday by appointment

**Pocomoke Health Center**
400-A Walnut Street
Pocomoke, Maryland 21851
Phone: 410-957-2005
**Hours:** Monday-Friday 8am-4:30pm
*Thursday 8am - 7pm

**W.A.C.S. Health Center**
Worcester Addictions Cooperative Service Center
11827 Ocean Gateway
Ocean City, Maryland 21842
Phone 410-213-0202
**Hours:** Monday-Friday 8am-4:30pm
*Thursday 8am-6:30pm
Mental Health / Wellness Services

Mental Health / Wellness services include referral, treatment, consultation, and education for Worcester County residents. Additional Mental Health Services include:

- Therapy for individuals, families or couples.
- Group therapy available for adults & children.
- Medication evaluation and management as well as specialized treatment.
- Trauma-trained therapists are available for all ages.
- Specialty services including anger management and groups for survivors of suicide.
- Specific population services include homelessness, chronically mentally ill, individuals who are or have been incarcerated and for children who have had an incarcerated caretaker.
- In-home services for the chronically mentally ill and families with children returning from long-term residential treatment or those at risk of being placed in such treatment services.

Crisis Response Team

The Worcester County Health Department’s Crisis Response Team (CRT) provides 24-hour coverage 365 days a year to residents and visitors of Worcester County. CRT is activated by Law Enforcement, Atlantic General Hospital and other agencies throughout the county. CRT provides an emergency mental health and addiction assessment on the scene and works to provide community resources to anyone who needs them. Assessments are provided by mental health professionals.

If you or someone you know are having suicidal thoughts, help is available 24/7 for free:

National Suicide Prevention Lifeline: 988 or 800-273-TALK

Life Crisis Hotline: 410-749-4357
School Based Wellness Program

School Based Wellness Program provides behavioral health treatment to children within the school setting. The services are in partnership with the Board of Education and are often covered by insurance. This program is helpful for children who are displaying behavior problems within the classroom, around other kids, in the community, or at home. Therapists are skilled at working with children dealing with difficult emotions such as Depression, Anxiety, Hyperactivity, Low Self-Esteem, Impulsivity, etc. If your child has gone through a family or personal crisis such as a death, sick caregiver, or divorce, this program can be helpful. Our team is skilled in motivational interviewing and kids who struggle to open up about mental health. We know taking your child out of school, calling out of work and finding rides can be difficult, so we've problem solved all that by providing our services right at the school where it is easiest for the student.

Substance Misuse Treatment

Substance Misuse Treatment and referral services for adults and teens are available. Services include assessment and an intake process which includes a history of substance use, medical and mental health issues, family issues, legal involvement, and other relevant information. Additional services include:

- Individual therapy and one-on-one counseling with a certified counselor to identify specific treatment needs and to work on treatment goals
- Group therapy participation in Driving While Intoxicated (DWI) education
- Outpatient or intensive outpatient group(s) to work on substance misuse issues in a collaborative setting.
Substance Misuse Treatment Continued:

- Medication Assisted Treatment (MAT) is an evidenced-based program that uses a combination of counseling and medications to treat substance use disorders. MAT is used for the treatment of addiction to opioids such as heroin and prescription pain relievers, and for addiction to alcohol. The medication works by relieving the symptoms of withdrawal involved with addiction with minimal or no side effects. A dedicated team of prescribers, nurses, counselors, peer support specialists, office and case management staff will support individuals in MAT throughout their treatment. The program is clinically driven and customized to meet individual needs.

- Referral services – contact with detoxification and inpatient treatment facilities, medical resources, shelters, Motor Vehicle Administration, Social Security Administration, and other local agencies to secure support for each client’s recovery.

- Center 4 Clean Start (C4CS) is an intensive program for pregnant and postpartum women who are experiencing difficulty with misuse of alcohol and/or drugs. It is a partnership project among the health departments in Dorchester, Somerset, Wicomico, and Worcester counties. It provides dual diagnosis and family education services, as well as halfway housing for some of the women. Childcare is available on-site and transportation can be provided.
This program is intended to provide one-on-one support and motivation to assist people on the journey of recovery. Peer Recovery Support Specialists share their own life journey as an example of a successful recovery process. They also provide guidance and education. Peer Recovery Support Specialists are knowledgeable of resources for individuals and their families. Peers can assist with locating sober housing, recovery positive employment, overcoming barriers to recovery, health/social services, and additional recovery support.

Community Based Services

Community Based services include Case Management and other support resources provided within our community. These services link people who qualify and are at-risk to a high level of care. Case managers work closely with other providers to coordinate the services received by each client. Visits are often held in the home and at community locations to meet the needs of the people served.

Peer Recovery Support

This program is intended to provide one-on-one support and motivation to assist people on the journey of recovery. Peer Recovery Support Specialists share their own life journey as an example of a successful recovery process. They also provide guidance and education. Peer Recovery Support Specialists are knowledgeable of resources for individuals and their families. Peers can assist with locating sober housing, recovery positive employment, overcoming barriers to recovery, health/social services, and additional recovery support.
**Safe Stations (SS)**

At any time of the day or night, when a person is struggling with a substance use disorder and gathers the courage to ask for help, he or she can either go to the 15th St. Fire Dept. in Ocean City and speak to a Fire Fighter on Duty or they can call (844) ONE-PEER 24/7 and speak with a Peer Recovery Support Specialist. The EMS worker then contacts the station team and keeps the individual safe until a recovery plan can be made. If you call, our peer team will work with you to start a plan to get you on the path of recovery based on your circumstances.

**Re-Entry & Recovery (R&R) Program**

Re-Entry and Recovery Program (R&R) provides help and services to individuals at our local detention center upon discharge. Candidates for this program must have a pre-existing mental health diagnosis or be at risk for re-entry into the system without additional support. Participants are provided with referrals and connected to treatment and other services such as insurance coverage, transportation, housing recovery groups, somatic health, behavioral health, and Narcan (the overdose reversing medication). Service can be provided for one year following release.

**Emergency Department Care Coordination Program (EDCC)**

This program combines community and home-based Behavioral Health Care Coordination services through a partnership with Atlantic General Hospital (AGH). This program supports self-care, effective use of behavioral health services, and works to reduce hospitalizations due to overdose through improving communication and coordination between the patient, caregiver, AGH, physicians, and other medical providers. Care Coordination staff help with Narcan training, identifying and linking patients with resources available in the community. They also follow-up after treatment and appointments.
Law Enforcement Assisted Diversion (LEAD)

This program began in July of 2021 and is being piloted in Ocean Pines. It is an evidenced-based project with the goal of reducing household meetings with law enforcement by addressing mental health and substance misuse before they cause legal troubles.

Psychiatric Rehabilitation Program (PRP)

This program assists youth and adults, who have an eligible mental illness, by offering community-based and in-home services that enhance skills related to daily living. These skills include financial, communication, social, medical, mental health, substance misuse, and other areas as appropriate. Services vary based on age and need. Individuals under 18 are eligible for services 3 times a month. Adults 18 and older are eligible for services 6 times a month. We also provide specialized services specific to Transitional Age Youth. Therapy does not need to be within our agency but will need to be verified and communication between the PRP worker and the therapist is required. PRP regulations require clients be in therapy with an agency/provider of their choice. PRP staff communicate and coordinate care with the therapist and other members of the treatment team.

Early Intervention (EI)

This program is designed to serve young children, from newborns to five-years-old, who show signs of troubled behavior that could affect their school readiness and success. The EI team will assess children in the child care settings and in the home environment to provide brief interventions and strategies to the parent and providers. The EI team will provide education and information on early childhood development, mental health issues, and educate the team on options for referrals for additional community supportive services.
State Care Coordination (SCC)

State Care Coordination promotes continuing care by helping individuals with substance use disorders to transition from one level of care to another, improve recovery outcomes for individuals and the health care system, introduce individuals to the Recovery Community and resources available within the community. The program also can refer individuals to resources in their community such as insurance, transportation, housing, mental health and substance misuse treatment and Peer Support services (among others). In addition, the program offers the potential of two months of funding for a recovery home through Maryland Recovery Network.

Building Bridges (BB)

Building Bridges supports jailed parents while they are in jail, as well as their children and the entire family unit as appropriate. BB’s goal is to reduce the long-standing relapse rate of going back to jail and to stabilize the family life by helping with the development of a jailed individual’s independent living and social skills and promote the use of community resources to return the individual into the community. Services for the family may include connection to counseling services for the child and/or family as well as other support services and case management to provide additional community resources. To be eligible for this program you must be a child living in Worcester County, with an incarcerated parent or guardian in any jurisdiction.

Safety Treatment Assessment and Resource Team (START)

This program is designed to engage individuals in the community who are at high-risk of experiencing a behavioral health crisis and are not connected to behavioral health treatment. Program goals include pathways into treatment, engagement of support systems, and enhancement of safety.
Mental Health Case Management

The Mental Health Case Management (also known as Targeted Case Management or TCM) program supports eligible adults with mental illness who are in need of continued community treatment to prevent--or are being discharged from--inpatient psychiatric treatment, are homeless/at-risk of homelessness, at-risk of incarceration, or being released from a detention center/prison. Case managers assist eligible Worcester County residents with basic needs by helping people gain access to a range of behavioral health services, including medical, financial, housing & other supportive systems. Case managers will also assist with connecting individuals to federal, state, and/or local resources and providing tools to reduce the need for a higher level of care. There is a strong effort to increase the ability to live as independently and successfully as possible in the community. Services provided include, but are not limited to, assessments, individualized planning, monitoring of services, referrals/links to resources, and advocacy. Mental health case management is often a stepping stone in the behavioral health recovery process.

Community Health Van

Worcester County Health Department provides easy access to health care through mobile services from our new Community Health van across the county. Services available include, but are not limited to, immunizations, reproductive health, behavioral health, insurance assistance, health promotion, education, and screenings.
Dental Services

Dental Services are available for children (under 21) and pregnant women who are low-income, uninsured or enrolled in the Maryland Medicaid Program. Full service dentistry is available.

Location and Contact Information:

Worcester County Dental Center
107 William St
Berlin, MD 21811

Phone: 410-641-0240

Hours: Monday – Friday, 8 a.m. – 4:30 p.m

Please call to schedule an appointment.
Environmental Services

Environmental Health services include:

- Licensing and inspection of food service facilities, swimming pools, and body piercing establishments.
- Investigation of nuisance complaints.
- Rabies exposure and animal bite investigations.
- Environmental home assessments for adoption & foster care.
- Foodborne outbreak investigations.

Location and Contact Information:

Isle of Wight Center
13070 St Martin's Neck Rd.
Bishopville, MD 21813

Phone: 410-352-3234
Phone: 410-641-9559
Fax: 410-352-3369

Hours: Monday – Friday, 8 a.m. – 4:30 p.m.
Nursing Services

Communicable Disease

WCHD receives reports on diseases and conditions as defined by the Code of Maryland Regulations and is responsible for the investigation of each suspected or reported outbreak of disease. A major part of this program is prevention of, and education about, communicable diseases. The diseases include, but are not limited to: sexually transmitted infections (STI), tuberculosis (TB), hepatitis, HIV/AIDS, and rabies. Testing for certain STIs, HIV, and TB are available.

CONFIDENTIALITY IS STRICTLY PROTECTED.

Location and Contact Information:

Snow Hill Health Center- Nursing Department
6040 Public Landing Rd
Snow Hill, MD 21863
410-632-1100

Hours: Monday – Friday, 8 a.m. – 5 p.m.
Childbirth Classes

WCHD offers childbirth classes to pregnant women and their support person or mothers that are seeking a refresher. Classes are taught by a certified nurse midwife with over 20 years’ experience. Classes are offered free of charge, however, donations are always welcomed. Call the Reproductive Health Program at 410-632-1100 for more information and to register for the class.

Early Care

Early Care is a free nurse home visiting service for pregnant women, expectant fathers, grandparents, and other caregivers of infants under one year old. There is no other time in life that is filled with so many changes-physical, emotional, financial and social. The Early Care nurse serves as a guide. The goals of the program are to improve healthy pregnancies and birth outcomes, as well as support infant health and safety. The nurse provides the most recent recommendations, education, support and linkages to resources based on needs. Communication with the nurse is also available by phone, email, and telehealth visits if preferred.

Location and Contact Information:

Snow Hill Health Center- Nursing Department
6040 Public Landing Rd
Snow Hill, MD 21863
410-632-1100

Hours: Monday – Friday, 8 a.m. – 5 p.m.
Immunizations reduce the rate of vaccine-preventable diseases. Services include:

- Education and outreach to increase awareness of immunization recommendations.
- Computerized tracking to ensure children age 3 and younger receive immunizations, preventative services, and remain in care.
- Childhood immunization services for residents who lack a primary doctor or who are uninsured or underinsured.
- Student vaccine clinics for flu and required school immunizations.
- Adult immunization services including, but not limited to, COVID-19, influenza (flu), pneumococcal (pneumonia), tetanus and pertussis (whooping cough).

Location and Contact Information:
Snow Hill Health Center- Nursing Department
6040 Public Landing Rd
Snow Hill, MD 21863
410-632-1100

Hours: Monday – Friday, 8 a.m. – 5 p.m.

Lead Poisoning Prevention

Worcester County Lead Poisoning Prevention Program provides help to parents, homeowners, renters, property owners, medical offices, and other concerned community members on lead poisoning, prevention, testing, and regulations. Education and case management is given to parents with children with elevated blood levels. Call 410-632-1100 for Worcester County Health Department’s Lead Poisoning Prevention Program.
Emergency Preparedness Program

The Worcester Health Emergency Preparedness Team provides plans and processes to prepare for, protect against, respond to, recover from, and reduce all hazards in potential and actual health and medical situations that may affect Worcester County. Worcester Health is responsible for coordinating the supply of medical care and developing and sending out public health information necessary to strengthen community response before, during and after an emergency that affects the public’s health. Services to the general public include outreach, education and plan development guidance for personal and business emergency preparedness.

Location and Contact Information:
Snow Hill Health Center
6040 Public Landing Rd
Snow Hill, MD 21863
410-632-1100

Hours: Monday – Friday, 8 a.m. – 5 p.m.

HIV Case Management

HIV Case Management services are offered to clients infected with HIV. The program assists with access to medical care, medications, housing and other available benefits that are targeted towards this population.

Location and Contact Information:
Snow Hill Health Center
6040 Public Landing Rd
Snow Hill, MD 21863
410-632-1100

Hours: Monday – Friday, 8 a.m. – 5 p.m.
The WCHD Reproductive Health program provides services to both men and women of childbearing age. Appointments are available for testing and treatment of sexually transmitted infections, birth control options, and gynecological exams. Patients can choose from a variety of birth control options including long acting reversible contraceptives, including IUD’s and the Nexplanon implant. Teens may seek services confidentially without parental/guardian consent, however, parental involvement is discussed and encouraged at every visit. Our experienced clinician and Registered Nurses provide education on relationship safety, sexually transmitted infections, nutrition, and sexual health.

Worcester County Health Department accepts Maryland Medical Assistance and many private insurances. Clients who do not have insurance or limited insurance coverage can apply for a sliding fee scale if they qualify. Payment plans are also available. Patients will not be denied services based on inability to pay. Reproductive Health staff are also available for community presentations on a variety of topics.

Appointments are available in Berlin, Pocomoke, and Snow Hill.

Contact Information:

Snow Hill Health Center- Nursing Department
6040 Public Landing Rd
Snow Hill, MD 21863
410-632-1100

Hours: Monday – Friday, 8 a.m. – 5 p.m
Maryland Access Point (MAP) of Worcester County is a centralized program that provides information and assistance for individuals of all income levels who need long-term services or want to plan for future needs. Information is also available for family and caregivers trying to support a parent, spouse, or adult child. Staff from Worcester County Health Department, Department of Social Services, and Commission on Aging are located together to improve access to information and assistance across a wide range of programs. MAP also provides Options Counseling to help individuals and their caregivers develop long term care plans.

**Location and Contact Information:**

Charles and Martha Fulton Senior Center  
4767 Snow Hill Rd  
Snow Hill, MD 21863  

410-632-9915  

**Hours:** Monday – Friday, 8 a.m. – 4:30 p.m.
Mobile Integrated Community Health (MICH)

Mobile Integrated Community Health (MICH) is a partnership program with Atlantic General Hospital (AGH) and all Worcester County Fire/Emergency Medical Services (EMS) agencies. MICH provides care coordination services to Worcester County adults identified as high users of Emergency Department (ED) and Emergency Medical Services (EMS) and individuals needing preventive, primary care services. The primary focus of the program is to improve the overall health of high-risk individuals identified by AGH, EMS, or the community.

An evaluation is completed by a team including, a registered nurse, paramedic, pharmacist, community health worker, and social worker. The MICH team visits individuals in their homes to provide: disease self-management education, connections to primary care, specialist care, improved medication compliance, and links to social support resources.

Assessment Evaluation and Review Services (AERS)

Assessment Evaluation and Review Services (AERS) is a program designed to assist people who are at-risk of long-term care facility placement. A thorough assessment is completed and referrals are made to available local resources which would allow them to remain in the community and achieve the highest possible level of independence and health.

Senior Information & Assistance

Senior Information and Assistance provides assistance in completing applications for assistance (energy, financial, transportation, and insurance programs).
Planning, Quality and Core Services

Planning, Quality and Core Services provides department-wide support for the assessment of population health needs, assurance of quality services, and the development of safety net programs in partnership with other community agencies.

Specifically, the unit:

- Prepares community health assessments, community health improvement plans, and other planning documents reviewing and highlighting health data.
- Works with health department accreditation activities for the Joint Commission and the Public Health Accreditation Board.
- Houses the Local Behavioral Health Authority and the Local Management Board with particular focus on developing safety net programs and monitoring to maintain quality health services in Worcester County.

Location and Contact Information:

Snow Hill Health Department- Planning Department
6040 Public Landing Rd
Snow Hill, MD 21863
410-632-1100

Hours: Monday – Friday, 8 a.m. – 5 p.m.
The Local Behavioral Health Authority (LBHA) is responsible for planning, managing, and monitoring public behavioral health services in Worcester County.

The LBHA contracts for services with many providers in the area. Funding comes from Maryland's Behavioral Health Administration. Funding can also come from other grants.

Please call 410-632-3366 for more information, including a current list of contracts and programs.

**Location and Contact Information:**

Local Behavioral Health Authority  
6040 Public Landing Rd  
Snow Hill, MD 21863  
PO BOX 249  
Phone: 410-632-3648  
Fax: 410-632-0065

Hours: Monday – Friday, 8 a.m. – 5 p.m.
LBHA Special Population Programs

- **Consumer Support Funds**, offers financial assistance to pay for goods/services for a person in the public behavioral health system. These goods/services should help the individual remain in stable condition in the community.

- **Homeless ID Project** provides financial assistance for eligible people to get birth certificates and state identification. The purpose of this project is to increase and improve access to behavioral health services and other resources. Those eligible for assistance through this project include people who are experiencing homelessness or at immediate risk of becoming homeless and have a mental illness or co-occurring substance abuse disorder.

- **Projects in Assisting with Transitioning from Homelessness** (PATH) is a program with a goal of ending homelessness. Those eligible for assistance through this project include people who are experiencing homelessness or at immediate risk of becoming homeless and have a mental illness or co-occurring substance use disorder. Individuals must also be eligible for services within the public mental health system. Services offered by PATH include outreach, case management, resource connection, and limited financial resources to assist with permanent housing.

- **Continuum of Care** is a supportive housing program for people who are homeless with a serious mental illness and/or co-occurring substance abuse disorder.
Local Management Board

Local Management Board (LMB) brings together existing resources at the local level and uses them in creative ways. The LMB ensures administration of local, interagency services for children, youth and families. This is accomplished successfully by partnering with the Governor's Office of Crime Prevention, Youth & Victim Services, and the Children's Cabinet. The mission of the LMB is to achieve a complete system of education, health and human services that effectively and responsibly addresses the needs of Worcester County children and families through public and private agency partnerships.

Local Care Team

The Local Care Team (LCT) is a group of dedicated agencies that work on behalf of children and their families. The purpose of the LCT is to troubleshoot, share knowledge, advocate, and develop strategies to help children who are having a difficult time in school or at home. Parents, families and agency members can call the LMB to request more information about the LCT.

Location and Contact Information:

Local Management Board
6040 Public Landing Rd
Snow Hill, MD 21863
PO BOX 249
Phone: 410-632-3648
Fax: 410-632-0065

Hours: Monday – Friday, 8 a.m. – 5:00 p.m.
Prevention Services

Prevention Services promotes healthy lifestyle practices through a variety of prevention strategies and interventions. The program offers health promotion and educational services, training, screenings, and resource materials. Services are available to community groups, youth groups, schools, churches and worksites. Prevention programs are listed in detail on the following pages.

Location and Contact Information:

Snow Hill Health Department- Prevention Services
6040 Public Landing Rd
Snow Hill, MD 21863
410-632-1100

Hours: Monday – Friday, 8 a.m. – 5 p.m.
Alcohol and Other Drugs Prevention Program

Alcohol and other drug prevention programs are designed to reduce use through education, training, public awareness, community involvement, and advocacy. Programs and services include the following:

- **TIPS Training**: Training for Intervention Procedures (TIPS) is an alcohol management program approved by the State of Maryland. The State of Maryland requires that an alcohol licensee have someone associated with the license (i.e. owner, manager, bartender) trained in an approved alcohol management program. The purpose of the TIPS program is to teach servers of alcohol acceptable and helpful standards for responsible alcohol service. TIPS has a fee of $45 per person (group discounts are available).

- **Narcan Training**: Free virtual or in-person training that covers how to respond to an opioid overdose and provides participants with a free Narcan kit.

- **Parent Education Programs**: Available programs include: Co-Parenting Education Seminar, for parents who are separated or divorced; Parenting Inside Out Program, for incarcerated mothers and fathers; Guiding Good Choices, for parents of early adolescents; and Nurturing Parenting, for parents or guardians needing to improve parenting skills focused on supporting and nurturing children.

- **After-School Programs**: Evidence-based drug prevention program provided to elementary and middle school students.
**Chronic Disease & Tobacco Prevention**

Chronic Disease Prevention and Tobacco programs are designed to increase healthy behaviors and prevent or delay the onset of chronic conditions such as obesity, prediabetes, diabetes, hypertension, cancer, and cardiovascular disease. Tobacco programs help to meet the needs of anyone ready to quit. Programs and services include the following:

- **Worcester Wellness Weigh Program**: The Worcester Wellness Weigh Program is a free 12-week technology-based program designed to address childhood and adult obesity in Worcester County through an online education system and wearable technology. The online educational modules include videos, quizzes, and other interactive sessions, which educate participants on various strategies to overcome barriers for healthy eating, and physical activity. Participants also have access to group walking programs, monthly events, and Polar Heart Transmitters to monitor their physical activity participation during the program. One-on-one online virtual or over-the-phone coaching is provided through care coordination to address goals, successes, challenges, and strategies to overcome barriers for healthy eating and physical activity. Participants receive personal coaching from a physical activity and nutrition coach.

- **Diabetes Support Group**: This free program meets the third Wednesday of every month, from 1-2 pm at the Snow Hill Library.
- **Medical Nutrition Therapy Counseling (MNT):** The Worcester County Health Department provides Medical Nutrition Therapy (MNT) to all eligible Worcester County residents. Eligibility includes the following: Must be a resident of Worcester County; have a diagnosis of Type I or Type 2 Diabetes; or have a diagnosis of Chronic Kidney Disease (non-dialysis) and/or Post Kidney Transplants within the last 36 months. Children with a diagnosis of pediatric obesity may also be eligible. A referral from the primary care provider is required. This service provides nutrition therapy and counseling by a Maryland Licensed Dietitian Nutritionist (LDN) for the purpose of disease management. MNT includes an in-depth individualized nutrition assessment utilizing evidence-based nutrition protocols, the American Dietetic Association MNT Evidence-Based Guidelines for practice, and best available data to assure a thorough intervention. The LDN and participant discuss and determine the best health goals, a workable care plan, and appropriate actions to create and begin practicing behavior and lifestyle changes related to the nutrition challenge and medical condition/disease.

- **Physical Activity Assessment:** Free health screening which includes resting heart rate, blood pressure, body composition (body fat percentage, BMI, waist to hip ratio), diabetes risk, muscular strength, flexibility, and cardio-respiratory endurance. Individual results counseling provided by either a Licensed Dietitian Nutritionist (LDN) or an American College of Sports Medicine Certified Exercise Specialist.
• **Lifestyle Balance (National Diabetes Prevention Program)**: This year-long, nutrition and physical activity program meets weekly for 16 weeks and then continues with 6-7 monthly follow up sessions. The program is designed for those with pre-diabetes or a history of gestational diabetes. It provides incentives, educational materials, and personalized coaching. The team is taught by CDC Certified Lifestyle Coaches including health educators and a registered dietitian. Delivered throughout Worcester County. Classes available in-person and online.

• **Just Walk**: Free, self-directed, self-reported physical activity program that rewards participants for being active. Visit www.Justwalkworcester.org.

• **Smoking Cessation Program**: This program offers free group smoking cessation counseling. It is offered in-person and online at rotating sites throughout the county. Youth and adult smoking cessation classes are available. Monetary vouchers are available for adults 18+ that wish to add pharmacological therapy (Nicotine patch, gum, and lozenges) to their behavior change efforts.

• **Alternative to Suspension Youth Tobacco Education**: American Lung Association’s evidence-based curriculum is used to educate youth on the dangers of tobacco, smoking, vaping, and smokeless nicotine products. The purpose is to prevent tobacco and nicotine use among underage youth.
Colorectal Cancer Program

This program is designed to increase education, screening, detection, and early treatment of colorectal cancer. The program provides screening and case management for men and women aged 45-64 years old (younger if high-risk), who lack insurance coverage, have a high deductible or have inadequate insurance coverage and meet certain income requirements.

Teen Pregnancy Prevention

This program provides technical assistance, health education, and promotional efforts to reduce teen pregnancy. Responsible for starting several community-based programs designed to reduce teen pregnancy including the Just for Girl's Abstinence Education Program and Personal Responsibility and Education Program.
A certified copy of a Maryland Birth or Death Certificate may be obtained at the Worcester County Health Department in Snow Hill with a valid photo ID. A certified copy of a Death Certificate may be obtained by a funeral home staff or a family member. You can also obtain these certificates from the Division of Vital Records by sending a completed application to Division of Vital Records, P.O. Box 68760 Baltimore, MD 21215-0036 or online @ www.vitalchek.com

*There is no fee for: A copy of a certificate of a current or former armed forces member that is requested by the member: or A copy of certificate of a current or former armed forces member or of a surviving spouse or child of the member, if the copy will be used in connection with a claim for a dependent or beneficiary of the member. Proof of service in the armed forces must be provided.

Location and Telephone:
Snow Hill Health Center
6040 Public Landing Rd
Snow Hill, MD 21863
(410) 632-1100 or (410) 632-4008

Hours: Monday-Friday 8:30am-3pm, by appointment
Office Locations

Snow Hill Health Center
6040 Public Landing Rd.
Snow Hill, MD 21863
410-632-1100

WACS Center
11827 Ocean Gty.
Ocean City, MD 21842
410-213-0202

Maryland Access Point
4767 Snow Hill Rd.
Snow Hill, MD 21863
410-632-9915

Berlin Health Center
9730 Healthway Dr.
Berlin, MD 21811
410-629-0164

Isle of Wight Center
13070 St. Martin's Neck Rd.
Bishopville, MD 21813
410-352-3234

Pocomoke Health Center
400-A Walnut St.
Pocomoke, MD 21851
410-957-2005

Worcester Dental Center
107 William St.
Berlin, MD, 21811
410-641-0240

Ocean City Health Center
4 Caroline St.
Ocean City, MD 21842
410-289-4044

www.worcesterhealth.org

The WCHD is committed to achieving an overall culture of quality through ongoing quality improvement and performance management efforts.