



# New Day New Start

A FRESH START FOR A BETTER TOMORROW



29520 Canvasback Dr 2<sup>nd</sup> Floor  
Easton, Maryland 21601





# Who are we...

We are New Day New Start and we are behavioral health agency operating through out the state of Maryland:

- Rosedale- 5235 King Ave Ste 100 Rosedale, MD 21237
- Easton- 29520 Canvasback Dr Easton, MD 21601

Our mission at New Day New Start Behavioral Health Center, LLC (NDNS) is to provide holistic behavioral health services to all ages by providing education and person-centered care in a culturally competent manner. Our goal is to help individuals with behavioral health challenges, use healthy coping skills and acquire healthy habits and wellness strategies to conquer various behaviors. We support clients with developing and maintaining coping skills that facilitate adjustment and integration within their living environments and community. Our goal is to help clients take the first steps towards recovery and resiliency. We hope to transform lives impacted by their behavioral health through comprehensive individualized care.

The vision is be a beacon of hope and transformation for individuals on their journey to mental wellness and personal growth. We envision a society where everyone, regardless of their age or background, has access to compassionate, evidence-based mental health and substance abuse services that empower them to lead fulfilling lives.

Our philosophy is to enhance the quality of life through the utilization of a strength-based approach. We empower, affirm, and encourage clients to identify and utilize their inherent strengths and abilities to overcome challenges and gain confidence in their ability to handle any barriers and challenges they may face in the future.



# Goal of the Program

Help individuals struggling with mental and behavioral health to take the first steps towards recovery and resiliency. We support clients with developing and maintaining coping skills that facilitate adjustment and integration within their living environments and community.

# The services we offer...



## Outpatient Mental Health (Adult & Adolescents)

- Assessments
- Evaluations
- Individual Therapy
- Group Therapy
- Family Therapy
- Medication Management

## Substance Abuse Treatment (Adult & Adolescents)

- Early Intervention
- DUI Education
- Outpatient Services
  - Individual Counseling
  - Group Counseling
- Intensive Outpatient
- Partial Hospitalization (Adult)

## Psychiatric Rehabilitation Program (Adult & Adolescents)

- Life Skills Development

## Supported Employment

- Job Readiness Assessment
- Job Coaching
- Resume Building

# Outpatient Mental Health

## Individual Therapy

Clients work one-on-one with a trained therapist in a safe and confidential environment to explore their feelings, behaviors, beliefs, and challenges to create goals and direction for themselves and their environment.

## Family Therapy

Family therapy sessions assist with developing goals and connections within your personal family dynamic.

## Group Therapy

Group therapy is a peer-based group under the direction of a licensed therapist that allows an encouraging and supportive dynamic to push the group's goal in a safe environment.

## Mental Health IOP

Through a combination of **individual therapy, group counseling, psychoeducation, and skill-building workshops**, participants gain the tools they need to manage symptoms, build resilience, and improve overall emotional well-being.

## Medication Management

As an agency, we understand that when clinically and morally necessary medication management is necessary for the treatment of our clients. Our medical staff and our clinicians work hand in hand to develop a comprehensive plan to address the needs of our clients.

# DUI Education Program

Our DUI Education Program is for clients who are required to complete a 12-hour DUI course as part of the court order or MVA requirement. This program advocates for awareness on the dangers of operating a vehicle under the influence of substances and educates clients on ways to prevent a re-occurrence of DUIs and/or other related charges.

# Early Intervention Program

Our Early Intervention Program is for clients who are at risk for developing a dependence on substances but have not developed a substance abuse disorder. This program offers preventive interventions and encourages an innovative wellness approach to achieve recovery.

# Outpatient Treatment

Our Outpatient Treatment (OT) program is for clients who may struggle with an ability to commit to positive change and maintain sobriety. These clients show an ability to maintain some level of physical, emotional, and mental stability, while still benefiting from additional support to integrate into the community and stay motivated for recovery.



# Intensive Outpatient Program (IOP)

Our Intensive Outpatient Program (IOP) addresses behavioral health issues such as substance abuse, various addictions, and co-occurring mental health disorders. This program provides additional structure with an intensive level of care while accommodating the person's home and work life. The goal of this program is to improve physical, emotional, and mental stability amongst clients. Our team utilizes a holistic approach to tackle the needs of the whole person, psychological, emotional, physical, and spiritual.

# **Partial Hospitalization Program (PHP)**

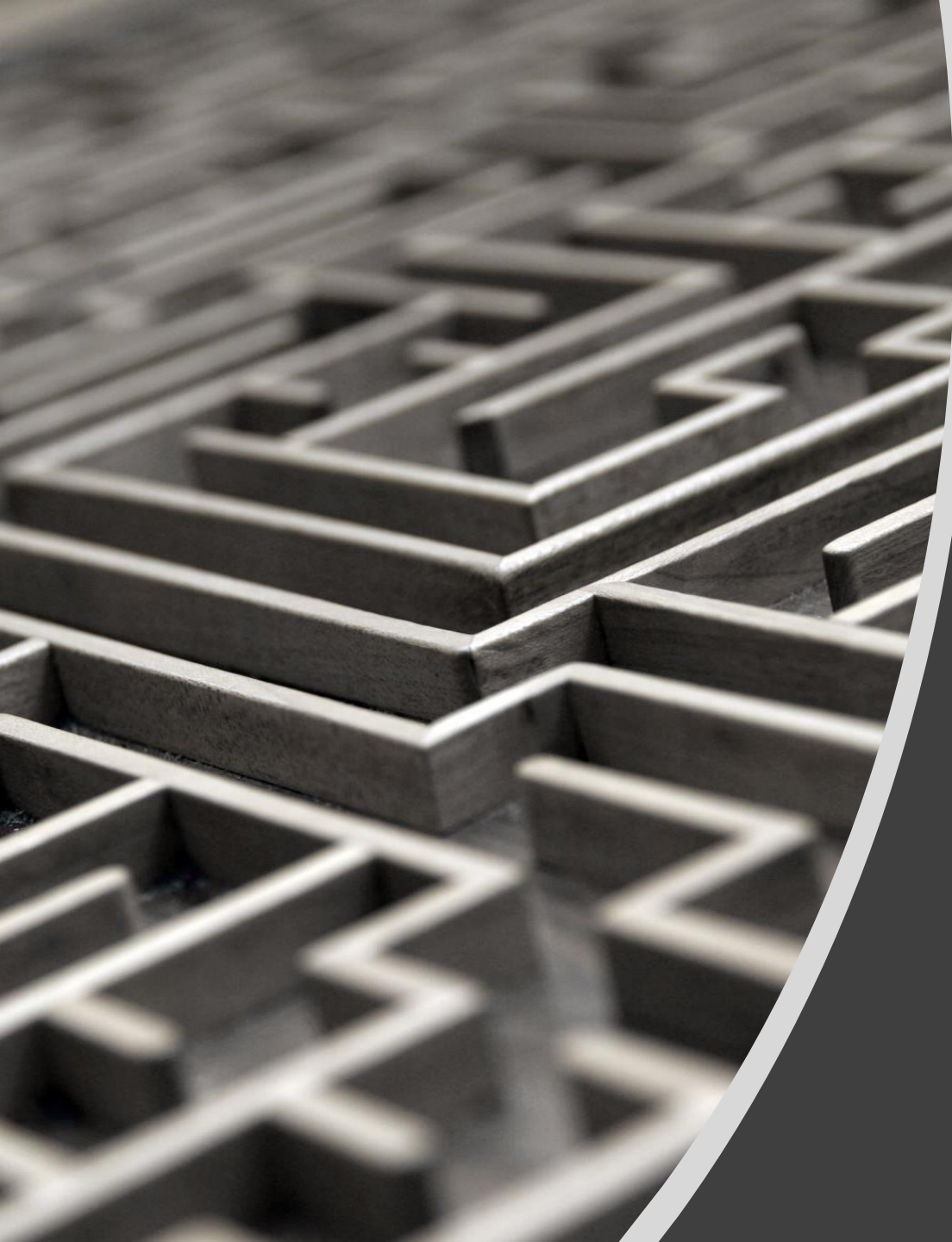
A PHP is sometimes referred to as a day treatment program, which offers outpatient addiction treatment services such as drug counseling, individual and group therapy, access to medical care, and medication if needed. If a person needs immediate medical attention, they work closely with hospital centers to make sure people get the help they need.

# Psychiatric Rehabilitation Program(PRP)

The purpose of this program is to support the client's mental health needs and concerns by assisting them with their therapy services and/or medication management. Our goal for the program is to reduce the need for a higher level of care and enhance the quality of life through the utilization of strength-based approaches. Our goal introduces the individual to local community resources to guide them in the process of navigating independently within their own community.

# Supported Employment

The Supported Employment Program (SEP) is committed to providing on-going support to individuals who are managing mental illness and experience barriers with obtaining competitive employment. Customized employment services are provided to support employment development, job placement, job coaching and maintenance. Our team of employment specialists assess capabilities and interest, visit clients at their job sites, meet with employers, monitor client progress, provide job support and facilitate intervention between employer and employee when necessary. The overall goal of the SEP is to meet individualized needs for competitive employment and develop a support system to achieve success in the workplace.



# Our Approach



# Holistic Approach

A holistic approach means to provide support that looks at the whole person, not just their mental health needs. The support should also consider their physical, emotional, social and spiritual wellbeing.



# Yes, we provide TELEHEALTH...

We offer a secure and safe telehealth option for clients that do not or cannot come into the office.

# Forms of Payment

We accept Maryland Medicaid for all programs.

The agency also has a sliding scale for individuals who are deemed financially appropriate.

We also accept CareFirst BlueCross BlueShield for

- OMHC
- Substance Use Disorder Treatment

NDNS will begin accepting the following insurances by the second quarter of 2025.

- Tricare
- Magellan
- Aetna
- Kaiser
- United Healthcare
- Cigna





# Referring Process

If you have someone that you feel or would benefit from NDNS services, you can email us at [info@newdaynewstart.com](mailto:info@newdaynewstart.com) , call, send a fax, or referral via website [www.newdaynewstart.com](http://www.newdaynewstart.com)

Phone: 410-952-9332

Fax: 443-596-3964



**Questions?**

**Thank you for your time!**