

A Family-Like Approach to Care

Maryland Treatment Centers

Maryland Treatment Centers' tagline says it all: "Your Recovery Family." This addiction recovery and behavioral health organization is led by the second generation of the Fishman family including brother and sister Marc Fishman, M.D., CEO and Medical Director, and Rebecca Fishman, President, providing a family-like atmosphere that's felt by staff, patients and their loved ones.

"We are a small, local, close-knit organization who treats everyone like family. Our approach to care is to provide connection and support... many times addicts lack the support of their families and friends because of burned bridges or rejection by the family," says Marc. "We are family-run and operated, and our staff feel like family; many of them have been with us for over 30 years, and many have family members that work for the organization" adds Rebecca.

Marc says that it's important to involve

families in a patient's recovery process. "If you had a loved one suffering from any other illness, you would help them out, whether it's reminding grandma to take her medication, taking dad to his doctor's appointments, or helping a child get to appointments. With addiction, the family can be a powerful force for change," he says.

Maryland Treatment Centers has 14 locations across the state, which include inpatient, outpatient, medical detox, long-term residential and three recovery houses for young adults. Marc notes that they are primarily a public sector provider with many of their patients from underserved backgrounds, as he believes that economic status should not be a barrier to recovery.

Marc says that his organization was an early adopter in the use of medications to treat addiction. "Each patient is different, but there are some very effective medications to assist with recovery. Many patients also are dealing with mental health disor-

ders, so we offer psychiatric resources in each location."

Maryland Treatment Centers also has a robust outpatient program for adolescents, and this fall it will reopen an inpatient program.

"It's so important to address addiction in adolescents. Over 90% of patients with addiction in adulthood started using substances before the age of 18. If we intervene early, we have the chance to change the trajectory and their course in life for the better," says Marc. He notes that for those suffering with opioid use disorder, most have misused other substances at an earlier age – for youth that's most commonly alcohol, cannabis or tobacco, so early intervention for those substances can be opioid overdose prevention.

Rebecca notes that many of the staff members at Maryland Treatment Centers have personal lived recovery experience. This can be beneficial for patients as it allows staff who are in recovery to share

their first-person experiences and show that recovery is possible.

Maryland Treatment Centers also has a strong research program, investigating innovations in substance use disorder treatment, helping to provide patients and staff with the latest scientific advances.

"We have a pilot program aimed at families with loved ones who need treatment but are not yet ready, with the hope of providing effective strategies for family members to get their loved one into treatment," Marc says. "This and other family strategies have been a focus of our treatment and research."

Marc also notes the importance of a full continuum of care beyond an inpatient setting, whether it's long term-residential, continuing outpatient care, a recovery house or other means of support and sustained treatment. "People aren't fixed in 28 days; it's a marathon, not a sprint to recovery."



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