

# W/B HIDTA Treatment and Prevention Spotlight

## Brooke's House

Hagerstown, Maryland



Brooke's House is a treatment center in Maryland that provides a range of treatment services for substance use disorder, including a residential inpatient home for women, individual therapy, outpatient group therapy, and intensive outpatient treatment. The mission of Brooke's House is to inspire and empower women suffering from substance use disorders by providing them a safe, stable, and emotionally supportive living environment while in the early stages of recovery.

When Brooke's House opened in 2019, it was one of the first facilities for residential treatment for women in the state. This provided another level of care to the community. Residential treatment offers a comprehensive and compassionate approach to recovery, while intentionally addressing the unique challenges faced by women in their journey toward sobriety. "Brooke's House supports women in achieving active recovery by helping them treat their addiction and develop their ability to be independent and self-sufficient. It's about rebuilding lives, teaching, and guiding, creating a safe space to find recovery, and to find support in recovery," Lacey Head, an Addictions Counselor at Brooke's House, stated.

Support in recovery and the ability to be self-sufficient are critical pillars of Brooke's House. Many individuals reach back out after discharge – regardless of whether they completed the program or not. This is a testament that they feel safe enough to remain connected regardless of what is going on in their lives.

Another critical and unique aspect of Brooke's House is its social enterprise program, which runs multiple businesses including a coffee shop and thrift store. Each business is fully staffed and run by residents in recovery, providing crucial work opportunities and skills training. These businesses help to break stigma in the community and bring awareness to recovery.



**Equine Therapy**

Brooke's House is always expanding and growing to meet the needs of the community, emphasizing the importance of reaching people in different ways, whether that be through therapy, spirituality, or shared recreational activities. Funding from the Washington/Baltimore HIDTA has aided these expansions, such as acquiring counselors to provide needed services to the community. When Brooke's House first opened, its focus was on residential treatment, but services have expanded with each year.

Expansion into 2025 includes a recently acquired farm that broke ground in April. The farm – which has six bedrooms – will provide more space for treatment, and equine therapy. Brooke's House is excited to add a catering truck to their coffee shop, which will provide a full-service menu that can be taken to various locations throughout the community. Brooke's House will continue to expand and grow in whatever ways make sense to truly meet the varied needs of the community and will keep working towards its mission - helping women achieve recovery and overall well-being.



**Thrift Store**