



Behavioral Health Services

Behavioral Health Services (BHS) provides support to DORS consumers who want support to maintain a healthy recovery lifestyle as they work toward employment and self-sufficiency. These services can be provided in person at the consumer's local DORS office, at the Workforce & Technology Center campus in Baltimore, or virtually. A consumer must be referred by their DORS counselor to participate in behavioral health services.

While consumers are not required to meet any specific criteria to participate in BHS (such as staying clean for a set amount of time), they must show their commitment to the recovery process. Consumers experiencing withdrawal symptoms or with ongoing substance use will be assessed to see if they are ready and able to participate in DORS programs, and they may receive a referral for outside treatment if they're not.

Behavioral Health Services include:

- Addictions Assessment – to determine substance use, including drug testing.
- Behavioral Health Screening – to assess for behavioral addictions and co-occurring (substance + behavioral health) disorders.
- Behavioral Health Counseling – including coping strategies, general support, and referrals.
- Behavioral Health Consultation – may include a case history review around substance use or co-occurring disorders for guidance, referrals, or providing a report to support a consumer's employment plan.
- Behavioral Health Education – provided to WTC Career & Technology Training and Work Readiness classes on topics such as:
 - Stress Management for the Workplace
 - Work-Life Balance
 - Employment Drug Testing: Passing the Test

Health Services include:

- Diabetic Assessment – to determine a consumer's knowledge of diabetes management, provide diabetic education, and help with diabetic self-management, including diabetes equipment and technology.
- Diabetic Consult – to review case history, assess current diabetic self-management, and provide written recommendations supporting the consumer's employment goals and training for their WTC case services team.
- Diabetic Education – for consumers who need assistance with their daily diabetic self-care, calculating carbohydrates, performing blood glucose checks, ensuring safe insulin administration.
- Diabetic Follow-up – by phone to see if the consumer's diabetic self-management has improved and if they are successful using their diabetic equipment and technology.
- Health Consult – to review medical documentation related to the consumer's medication or physical health concerns and provide recommendations to their WTC case services team to support their employment goals and training.
- Health Education – for consumers in career training programs to help them prepare for employment (basic hygiene, sleep hygiene, medication management, stress management, etc.).

Contact your DORS Counselor or local office for more information or Request DORS Services via the QR code.

