



**Tai Sophia
Institute**



Maryland Community Health Initiative

A Community in Recovery

In 1993, faculty, students, and alumni of Tai Sophia Institute developed the Community Health Initiative (CHI) to demonstrate the possibilities of a community-based program committed to redefining health and wellness. In the CHI program, practitioners bring a wealth of knowledge concerning health and well-being through complementary medicine to clients who are, primarily, individuals living with drug addictions and HIV/AIDS. CHI is committed to redefining health through services that incorporate the values of on-demand access, community/friendship as healing, acupuncture, movement, and nutrition as effective tools and substitutes for substance abuse.

In 1995, Tai Sophia established its own inner-city clinic in the Sandtown-Winchester neighborhood of Baltimore — the Penn North Neighborhood Center. This center has been operated by Tai Sophia Institute, and funded by individual charitable contributions and by support from foundations such as the Krieger Fund, Robert Wood Johnson Foundation, Abell Foundation, Open Society Institute, Harry and Jeanette Weinberg Foundation, Baltimore Community Foundation, and Associated Black Charities.

In 2003, the Institute formed a not-for-profit corporation, Maryland Community Health Initiatives, Inc. (Maryland CHI), to oversee and manage the patient care component of the CHI programs. The Baltimore Substance Abuse System approved 60 formal outpatient treatment “slots” for Penn North; thus the Center now includes both the Community Wellness Program and the government-funded outpatient treatment program, which collaborates with the wellness program.

Services at the CHI sites include auricular and full-body acupuncture treatment, massage, tai chi, qi gong, 12-step meetings, support groups for men and women, coaching/teaching about nutrition and life skills, parenting classes, mentoring, and a wellness referral network. Tai Sophia students receive enhanced clinical training through the CHI sites; graduates of Tai Sophia, as licensed acupuncturists, are provided the possibility of employment at these sites; and many alumni provide ongoing acupuncture treatment on a voluntary basis. Our graduates also offer similar services at many other sites throughout Maryland and across the country.

PENN NORTH NEIGHBORHOOD CENTER

The Penn North Neighborhood Center, at 2410 Pennsylvania Avenue, Suite 200, Baltimore, MD 21217, 410-728-2080, is the physical hub of an integrated, community-based wellness program. Acupuncture, outpatient counseling, and a variety of healing modalities are available to assist individuals seeking to recover their lives by better understanding their relationships with addictive substances.

The combination of treatment modalities offered at Penn North has helped thousands of people on their path to wellness by allowing them to take control of their lives and health. Fees for service are based on a sliding scale. Clients with income below the Federal poverty guidelines generally pay nothing for treatment.

Wellness Program

The Penn North Center provides ongoing continuous access to our wellness program for individuals challenged by their relationships with addictive substances. The program includes:

- Six-month traditional outpatient substance abuse treatment program
- NA/AA and similar 12-step group meetings
- Acupuncture and Oriental Medicine
- Botanical healing modalities
- Massage, Zero Balancing and other forms of bodywork
- Tai chi and other Eastern movement classes
- Case management and follow-up services.
- Referrals to Western and Eastern therapies

Outpatient Treatment Program

This Outpatient Substance Abuse Treatment Program is certified by the Maryland Department of Health and Mental Hygiene and offers a full continuum of outpatient services including:

- Group, individual, and family counseling
- Individualized treatment plans
- Relapse prevention education
- Mental health assessment and counseling
- Anger management classes
- Aftercare planning and support
- Domestic violence treatment for families

Each client entering the outpatient program undergoes a comprehensive three-step evaluation process during which a plan of treatment is developed. The treatment program is intended to be of limited time, with 36 sessions planned to occur over six months. During this period the client learns to identify signs, symptoms, and triggers of substance abuse as they apply specifically to him or her. In addition, clients are encouraged to develop new or more effective problem-solving strategies that will enable them to lead healthier lives after finishing the program. Clients also are encouraged to attend 12-step meetings offered at Penn North such as NA or AA, and to live up to the principles and ideals of their communities.

According to an outcomes study (funded by the Open Society Institute) where data was collected from 552 clients out of approximately 1,200 people who entered the Penn North program in 2001, more than half stayed in the program for two months, and with a corresponding 93 percent reduction in the arrest rate of these clients. This study indicates that the Penn North program not only assists clients in recovering their wellness, but also helps them lead more productive, law-abiding lives.

Over 1,200 individuals enroll in the Center's wellness program each year, and that number is expanding. In November 2005, the Penn North Center extended its hours and now remains open until 2:00 a.m. With this expanded schedule, more than 6,500 individuals signed into the Center during the month of December 2005 and has peaked at over 500 people a day in July 2006—and the number continues to grow.

ADDITIONAL NEIGHBORHOOD SITES

Recovery in Community

Recovery in Community (RIC), 112 N. Monroe Street, Baltimore, MD 21223, 410-362-1400, is a community-based program with the goal of reducing substance abuse and related criminal activity in three communities of Southwest Baltimore (Boyd Booth, Fayette Street Outreach, and Franklin Square). RIC is operated by Baltimore City Healthy Start, Inc. Tai Sophia provides the acupuncture aspect of the program, which also includes anger management, HIV education, and substance abuse education. Clients live in group houses and attend the program five days a week at the St. James Church rectory. This area was the setting for the book and TV miniseries, "The Corner."

Dee's Place

Dee's Place, 2222 Jefferson Street, Baltimore, MD 21205, 410-614-5353, is a welcoming support center in East Baltimore for persons recovering from addictions. Sponsored by the Historic East Baltimore Community Association, it is open 24 hours a day. Again, faculty and students of Tai Sophia provide acupuncture each morning at Dee's Place as an adjunct to the other services currently available at this site.

History

Acupuncture for the treatment of addiction disorders is a recent development of the history of this ancient art. For centuries, Asian cultures have placed needles in precise locations on the body to relieve pain and treat disease. This method has been used for detoxification and relapse prevention only since 1972, when a Hong Kong neurosurgeon, H. L. Wen, M.D., discovered that acupuncture could alleviate the symptoms of withdrawal.

In the United States, acupuncture detoxification was first introduced on an outpatient basis in 1974 by Michael Smith, M.D., at Lincoln Hospital, a city facility in the South Bronx area of New York City. By the mid-1980s, the success of this unique procedure had become so evident that treatment facilities began incorporating acupuncture into their substance abuse programming. For additional information, reference www.acudetox.com.

In 1993, Tai Sophia began a six-week pilot program at the Women's Detention Center in Baltimore. The Penn North Neighborhood Center started offering services to the community in 1995, and the Recovery in Community program began in 1999.



Maryland CHI is a nonprofit 501(c)(3), community-based organization serving individuals in recovery from their addiction with acupuncture and other healing arts. Maryland CHI was founded by and is affiliated with Tai Sophia Institute.



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Tai Sophia Institute is a private, nonprofit 501(c)(3) tax-exempt organization dedicated to the development of the healing arts in the United States. This learning community serves those committed to enriching the arts of living and dying in our society, and to deepening society's understanding of health — an understanding rooted in nature and ancient wisdom.

Tai Sophia provides professional education through its three graduate programs: Acupuncture, Herbal Medicine, and Applied Healing Arts. Additionally, Tai Sophia provides educational wellness programs and clinical services to the wider community.

The Institute is located in Laurel on a 12-acre campus south of Columbia, Maryland. Tai Sophia is committed to education that empowers individuals and communities, furthering their well-being, growth, and transformation.

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