

Parents Place of Maryland Presents: Community Supports - 988 & 911, featuring 211 and The Good Samaritan Law

The Autism Society of Maryland
Pathfinders for Autism

Presented by Julie Bertling
June 3, 2026



Presenter

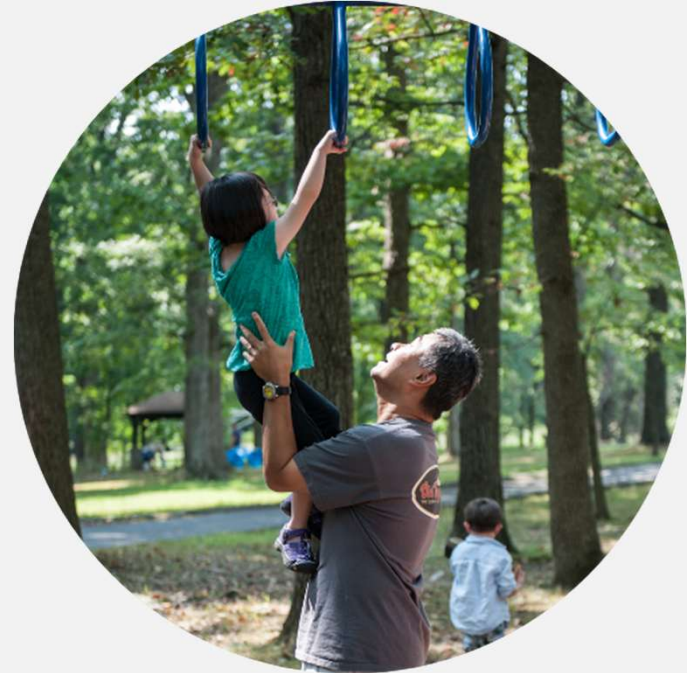


- **Julie Bertling**
- Family Partner –
- Behavioral Health Specialist

PPMD's information, resources, and trainings can be made available in languages other than English, including sign language, upon request. Please contact us regarding your translation and interpretation needs.

Our Mission

Our mission is to empower families as advocates and partners in improving education and health outcomes for ALL children with disabilities, special healthcare needs and those impacted by behavioral health challenges.



Who is PPMD?

- Maryland's Special Education, Health, & Behavioral Health Information Center
- Established in 1990
- Governed by parents
- Our team is fully made up of parents and family members of children with disabilities, special healthcare, and behavioral health needs



Our Services

- One-on-one assistance to families
- Family peer support for
 - Disabilities
 - Special Healthcare Needs
 - Substance Use
 - Mental Health
 - Problem Gambling
- Resource sharing
- Topical trainings
- Leadership trainings
- Military outreach



My Why



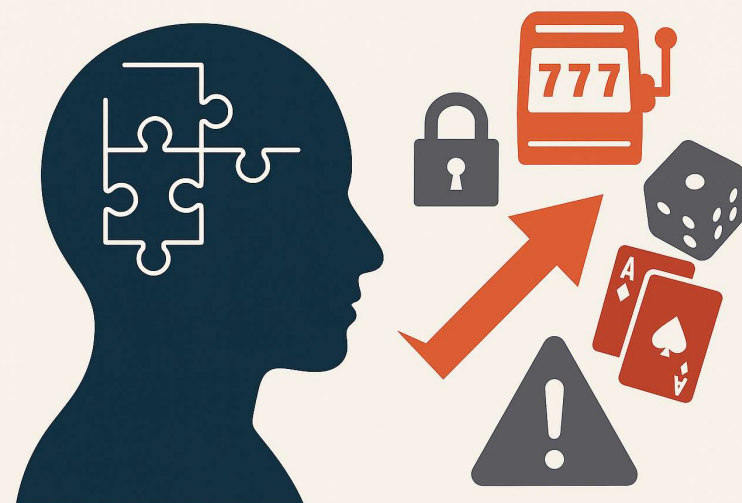
Why Might You Call PPMD?



- Support for Families through Lived Experience
- A Guide to Resources
- Expanded Reach Across the Lifespan

Problem Gambling

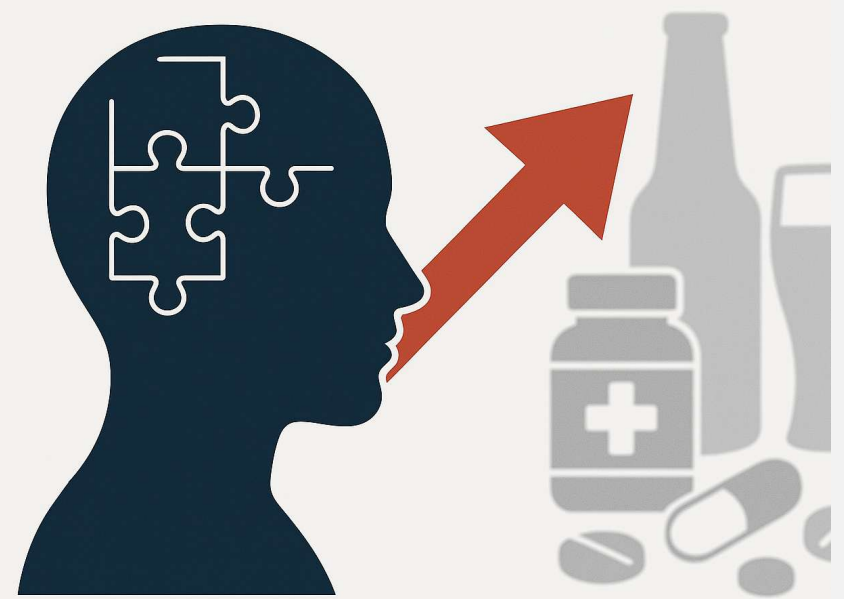
- Individuals with IDD are particularly vulnerable due to impulse control and budgeting challenges
- In-person and online Gambling Venues often lack accessibility features, making it harder to understand risks or access responsible gambling messages
- Higher rates of addictive behaviors among people with IDD compared to general population



Did you know?

- Individuals with Developmental Disabilities / IDD are at a significantly higher risk of developing Substance Use Disorders (SUD) at 6.5% versus general population, at 3.5%

Source: The Annals of Family Medicine January 2023, 21 (Supplement 1) 3897



Knowing the Signs and Symptoms of Substance Use Can Save Lives!



Signs & Symptoms of Substance Use

Common Physical Signs

- Unexplained drowsiness or increased alertness
- Changes in coordination or balance
- Bloodshot or glassy eyes

Behavioral Signs

- Withdrawing from usual activities
- Increased irritability or unusual agitation
- Secretive behavior or hiding belongings
- Risky behaviors or poor judgment

IDD-Specific Considerations

- Changes from baseline behavior or functioning
- Difficulty communicating physical discomfort
- Sudden money problems or missing items
- Increased vulnerability in social situations

Important:

These signs do not confirm substance use, but they may signal that a family or individual needs additional support.

Good Samaritan law



MPT Good Samaritan 2025



What is Good Sam law?

Good Samaritan laws provide legal protection from liability for individuals who voluntarily offer assistance to those in an emergency.



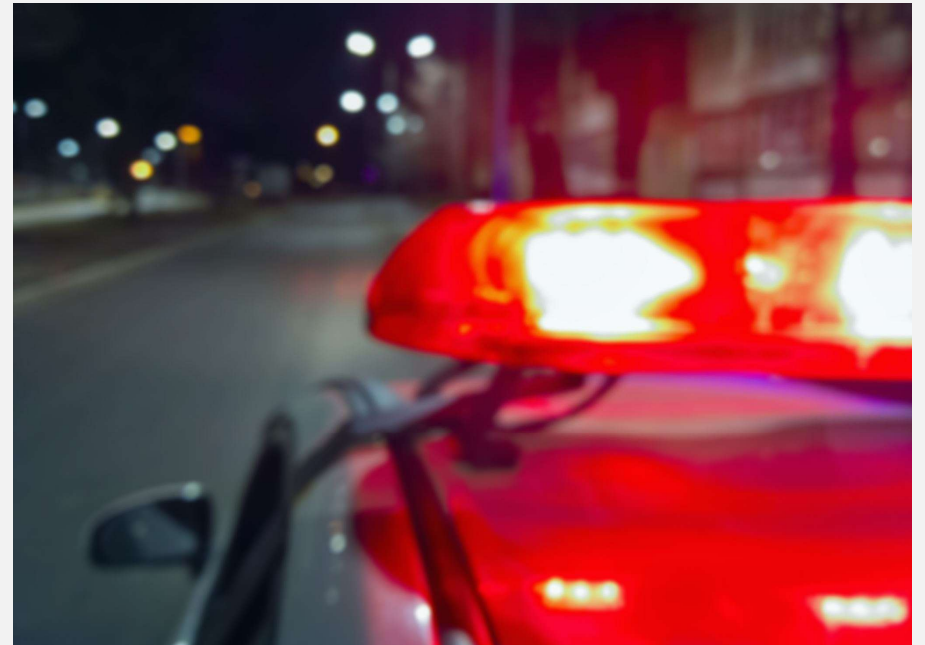


Who is
NOT
protected?

The law does not protect people witnessing the medical emergency if they are not helping with the medical emergency.

When to Call 911

- Life Threatening Medical Emergency: (Not breathing, unresponsive, possible overdose)
- When someone needs **immediate medical attention** and you cannot safely provide it
- When there is **active, immediate danger** to someone's physical safety
- When there is a fire, accident, or medical event that requires EMS



Mental Health Challenges and ASD / IDD Population



- Mental Health Conditions for IDD population is 33%-40%
- People with ASD were over 3 times more likely to attempt suicide than general population

Source: National Center for START Services- University of New Hampshire Institute on Disability/ UCED, 2022

You Can Call 988 For Mental Health Crises



When to Call 988

- When someone is experiencing emotional or behavioral distress
- When a person is scared, overwhelmed, or needs help calming down
- When you need support talking through a difficult situation
- When there are mental health concerns but no immediate physical danger
- When you're not sure what to do, and want guidance

Evolution of 988

- Historically, mental health crises were handled by arrest, or institutionalization
- Mid 20th Century: Anonymous, grassroots crisis hotlines emerged to avoid traumatic detainment, and stigma

Source: Icmglt.org



How 988 Operates Today

- Call 988 to speak directly to mental health provider
- Chat and text formatting also available for those who do not or prefer not to speak
- Offers assistance for mental health issues and substance use help



What Happens When You Call 988?

- Greeting message
- Menu of Choices for your concern
- Connect to Counselor
- Receive Judgment-free Support
- Text: Assessments, then help



911 vs. 988: What's The Difference?

- 988
 - Connects you to a **trained crisis counselor**
 - For **emotional, behavioral, or mental health crises**
 - Support by **phone, text, or chat**
- 911
 - For urgent, life-threatening emergencies
 - Sends **Police, Fire, or EMS**
 - Used when Someone needs immediate medical help, or is in immediate physical danger

Which One Should I call?

- Call 988
 - When someone is experiencing emotional or behavioral distress and needs support, **but there is no immediate danger**
- Call 911
 - When there is a life-threatening emergency or immediate physical danger
- If You're not Sure:
 - You can call 988 first to talk with a counselor who can help you think through the situation



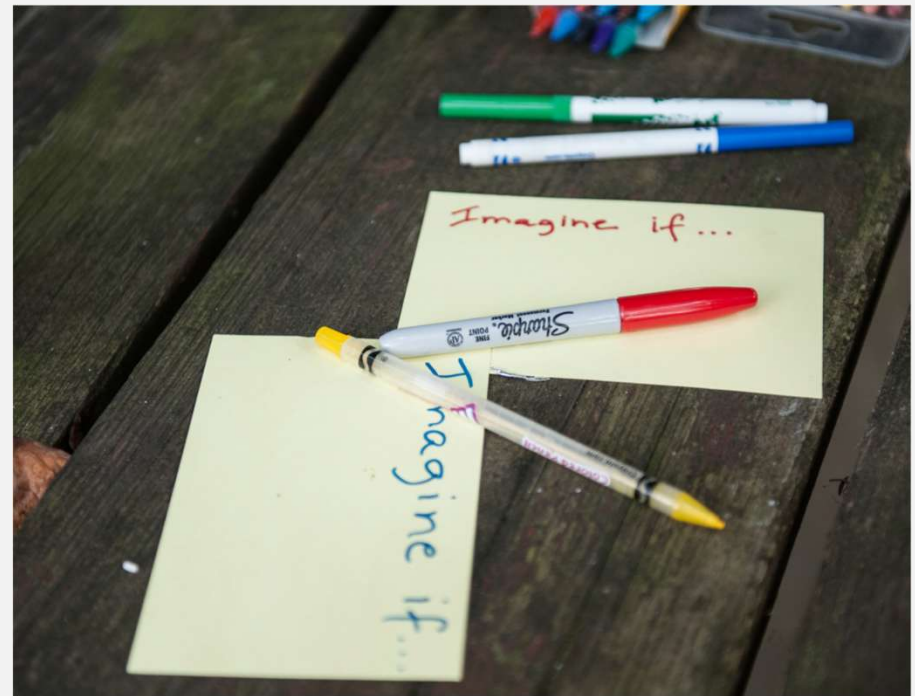
Before It Becomes a Crisis: Maryland 211

- Call, Text, or Chat
- Connects MD Residents to Health and Human Services & Crisis Resources
- State Wide Help for: Mental Health, Basic Needs, Financial Aid, Health Care, Abuse, etc.



Before, During, and After a Crisis

- Before: Build Supports & Make a Plan
- During: Use Appropriate Resources to Seek Help
- After: Reflect, Recover, & Update Your Plan



Resources to Consider

- **988 Suicide & Crisis Lifeline**
Call or text **988** | Chat via
988lifeline.org

- **Crisis Text Line**
Text **HOME** to **741741**

Community & Ongoing Support

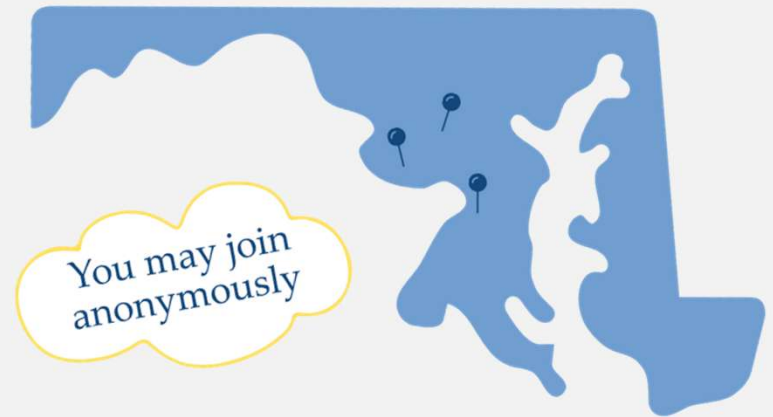
- **211 Maryland**
Call **211** | Text **211MD** to 898-211
- **NAMI Helpline**
1-800-950-NAMI (6264)
- **Urgent Mental Health Care (MD)**
- **Sheppard Pratt Psychiatric Urgent Care** 410-938-5302 (main intake)



A Place to Breathe — South Central Behavioral Health Support Group

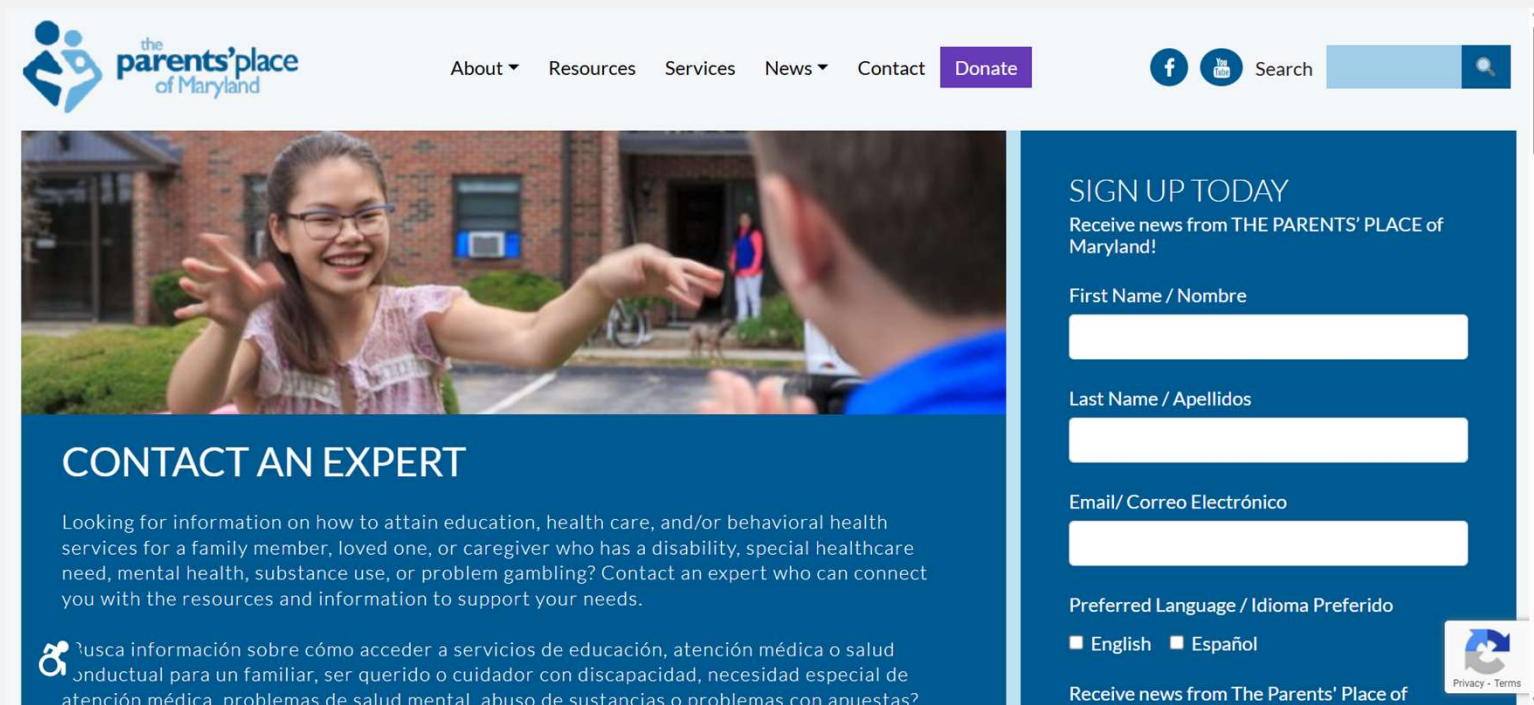
Join our regional monthly behavioral health support group for families impacted by mental health, substance use, and problem gambling.

- Third Tuesday of each month
- 12pm to 1pm (June 16th!)
- Virtual through Zoom
- Hosted by staff in Howard, Montgomery, and Prince George's counties
- ALL MARYLANDERS WELCOME!



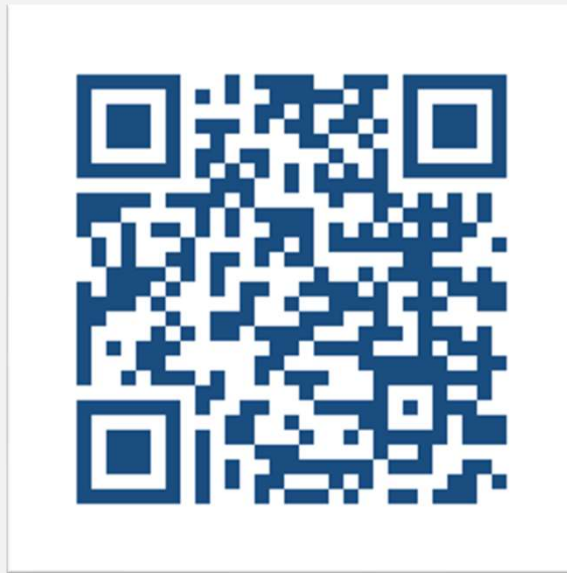
[Click here](#) or scan the QR to register!

[Click here to visit ppmd.org!](http://ppmd.org)



The screenshot shows the website header with the logo for 'the parents'place of Maryland' on the left. The navigation menu includes 'About', 'Resources', 'Services', 'News', 'Contact', and a purple 'Donate' button. Social media icons for Facebook and YouTube are present, along with a search bar. The main content area is split into two columns. The left column features a photo of a smiling young girl with glasses and her hands outstretched, with the heading 'CONTACT AN EXPERT' below it. The text under this heading reads: 'Looking for information on how to attain education, health care, and/or behavioral health services for a family member, loved one, or caregiver who has a disability, special healthcare need, mental health, substance use, or problem gambling? Contact an expert who can connect you with the resources and information to support your needs.' Below this is a Spanish version of the text: 'Busca información sobre cómo acceder a servicios de educación, atención médica o salud conductual para un familiar, ser querido o cuidador con discapacidad, necesidad especial de atención médica, problemas de salud mental, abuso de sustancias o problemas con apuestas?'. The right column has a blue background with the heading 'SIGN UP TODAY' and the text 'Receive news from THE PARENTS' PLACE of Maryland!'. It contains three input fields for 'First Name / Nombre', 'Last Name / Apellidos', and 'Email/ Correo Electrónico'. Below these is a language selection section with 'Preferred Language / Idioma Preferido' and radio buttons for 'English' and 'Español'. A 'Privacy - Terms' link is at the bottom right of the form area.

Please tell us how we did today!



Scan the QR code with your phone or [click here](#).

THANK YOU!

For more information, or if you have questions, contact us!

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Email me: Julie@ppmd.org

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