

Upper Bay Counseling & Support Services, Inc.
Residential Rehabilitation Program- Sunrise
(Frequently Asked Questions)



What is Residential Rehabilitation Program (RRP)?

Residential Rehabilitation Program (RRP) provides services that will support you as you work on the goal of transitioning into independent living in the community, with or without support. Residential Rehabilitation Programs provide you with staff support around areas such as medication monitoring, independent living skills, symptom management, stress management, relapse prevention planning, linkages to employment, education and/or vocational services, crisis prevention and other services that will help with an individual's recovery.

How do I get into Sunrise?

It is recommended that a mental health professional and/or mental health provider who works most closely with you complete the application.

You must sign the RRP Consent for Release of Information Form which is part of the application.

Most mental health professionals have access to the application; however, an application may be obtained through your county's Core Service Agency (CSA):

Cecil County CSA, 401 Bow Street, Elkton, MD 21921 Phone: 410-996-5112 Fax: 410-996-5134

Tahia.Glanton1@maryland.gov or Shelly.Gulledge@maryland.gov or Marianne.Redding@maryland.gov

How much does it cost me to live in Sunrise?

Each resident is required to pay UBCSS for their Cost of Care when enrolled in the Sunrise Residential Program. This amount is paid through your SSI or SSDI funds and/or any other financial income (i.e. employment wages, alimony, etc.). If your total monthly income is less than the current Cost of Care, you will **NOT** be responsible to pay back the difference. However, if your financial income increases, you will be responsible to pay that toward the Cost of Care difference that is being subsidized for you. UBCSS could serve as your Representative Payee of your benefits to help manage your payment obligations if needed.

What are the living arrangements?

There are 19 Sunrise residential sites (A Group Home setting with 2 one-bedroom apartments attached) and (16 two- bedroom apartments). All of our residences are located in close proximity to our Booth Street office building. Each residence has a shared living space with individual bedrooms.

Are there any emergency beds available for people who are homeless?

No. The Sunrise RRP does not provide emergency shelter or crisis bed services.

How long does it take for someone to get into Sunrise?

The Core Service Agency maintains an ongoing waitlist of people trying to get into the residential program. The time varies depending on if there are current openings, or if there is someone currently residing in Sunrise who is scheduled to leave. Once an application is completed and the CSA reviews it for appropriateness, the applicant is placed on the waiting list. **NOTE:** Being placed on the waiting list does not guarantee you placement into the Sunrise program.

Does Sunrise provide 24 hour supervision?

Every resident in the Sunrise program has 24-hour access to staff. In our group home setting staff are in the facility overnight. The Sunrise program is not a locked-down facility. It is a voluntary program where you (according to the program's rules on curfew) can come and go as you please. If you need extensive 1:1 supervision, this is **NOT** the environment for you.

What would I be expected to do if I am accepted into the Sunrise RRP?

1. Follow the rules that have been established by the program.
2. Attend PRP (Psychiatric Rehabilitation Program) or some other meaningful daytime activity (work, school, volunteering).
3. Keep your living area cleaned.
4. Keep your scheduled appointments.
5. Stay in compliance with medication regimen as prescribed by your doctor.

Who do I contact about UBCSS RRP services?

Nicole Hurd, Program Manager
RRP, Cecil County
(Phone) 410-996-5104 x1037
(Fax) 410-996-5197