



May 2023 Newsletter



Family pushes bill to add fentanyl to hospital drug screenings

In the late 1990s, the United States Surgeon General dubbed the term “Opioid Crisis” about the over-prescribing of opioids in the country. Since then, over 450,000 Americans have died directly from opioid use. From heroin to Percocet, opioids have dramatically swept the nation, leaving lawmakers and healthcare professionals to try to keep up with yearly developments. For one Maryland family, this fight became personal in a very heartbreaking way. On October 12, 2022, Maryland native Josh Siems overdosed in his home in Washington, DC. By the time the paramedics arrived, Josh was not breathing. A few days later, the doctors declared Josh brain dead.

Josh’s parents, Caryl and Bob Siems, watched their son struggle with substance abuse for many years. He started using OxyContin or Percocet, then switched to cheaper forms of opioids, heroin, and especially fentanyl. When the hospital reported that the toxicology report showed that the only thing in Josh’s system was cocaine, they knew something was amiss. After researching, Josh’s girlfriend, Melanie Yates, found that hospitals are not required to test for fentanyl when doing toxicology reports. Josh’s family is now working with lawmakers to mandate this type of drug screening whenever hospitals run a toxicology report, making this standard practice. The hope is that more accurate data will help develop drugs and interventions to assist with the opioid epidemic.

Mental Health Awareness Month

1. Of the 252,000 adults in Maryland who did not receive needed mental health care, 33.7% did not because of cost.
2. 781,000 adults in Maryland have a mental health condition.
3. 57,000 Marylanders aged 12–17 have depression
4. In Maryland, 181,000 adults have a severe mental illness.
5. 1 in 6 U.S. youth aged 6–17 experience a mental health disorder yearly.

Tips for Mental Health

1. Work on your strengths. You can do something you're good at to build self-confidence, then tackle a tougher task.
2. Show some love to someone in your life. Close, quality, relationships are key for a happy, healthy life.
3. Go ahead and yawn. Studies suggest that yawning helps cool the brain and improves alertness and mental efficiency.
4. Has something been bothering you? Let it all out...on paper. Writing about upsetting experiences can reduce symptoms of depression.
5. Practice forgiveness - even if it's just forgiving that person who cut you off during your commute. People who forgive have better mental health and report being more satisfied with their lives.

Community Resources

- TWIGS Free After School Arts Programming
 - Youth Leaders Paid Internship Program
 - SuperKids Camp Open for Registration
 - Professional Resume Writing Services
 - May 5th & 19th - Lawyer in the Library: Free Help for Civil Legal Issues/ 2-5pm
 - May 13th - Music & Arts Festival/ 12-6pm
 - May 20th - Private Viewing of the Little Mermaid/ 11:30am-2:15pm
 - May 20th- June 1st- Free After-school youth Sports/ 4-6pm
 - May 28th - Community Appreciation Day/ 3pm-7pm
 - Every Tuesday and Thursday - Free Clothing, Food, and Furniture/ 9am-2pm
- Clothing Resource:**
- Mat 9th & 11th - Clothing Giveaways/ 3:30pm- 6:30pm
 - Every Tuesday - Clothing Boutique/ 3:30pm-6:30pm
- Baby Essentials:**
- May 2nd & 16th - Precious Baby Pantry of Love/ 10am-11am
 - May 3rd & 10th - CFYS Food & Diaper Hub/ 1:30-2:30pm
 - May 5th- Baby & Toddler Items/ 2-5pm
 - May 24th - Free Food & Diapers/ 1-2pm
 - May 31st - Diaper Distribution (must live in 21206)/ 1pm-2pm
- Food Resources:**
- May 4th- Free produce/ 1pm-3pm
 - May 6th - Food Pantry/ 10am
 - May 9th & 23rd - The community Health & Home Pantry/ 11am-2pm
 - May 13th - Pre-Mother's Day Produce Giveaway/ 9:30am-11:30am
 - May 20th - Free Groceries/ 11am-1pm
 - Every Thursday - Free Fresh Food Boxes/ 12pm-4pm
 - Every Friday - Free Food/ 11am- 12pm
 - Every Mon., Tues., Thurs. - Public Food Pantry Balt. City
- Hiring Events:**
- May 4th- Baltimore Port Alliance Hiring & Career Expo/ 10:30am-1:30pm
 - May 8th-26th - Free Forklift Training/ 9am-3pm
 - May 10th- Westside Youth Opportunity Center Hiring Event/ 10am-2pm
 - May 11th - Multicultural Job and Resource Fair/ 10am & 5pm
 - May 18th - 50+ Job and resource fair/ 10am-11:30am
 - Every Tues. & Thurs.- Supportive Job Services/ 12pm-4pm
 - Workforce Training McCormick Spice Company
 - Free CNA/GNA Training and Job Placement
 - Full Circle Auto Repair and Training Center
 - Baltimore Sewn Trades Training Program
 - Free Training in Building Services



May Awareness

- Fibromyalgia Education and Awareness Month
- Asian American & Pacific Islander Heritage Month
- Borderline Personality Disorder Month
- Brain Tumor Awareness Month
- Family Wellness Month
- Haitian Heritage Month
- International Victorious Woman Month
- Jewish-American Heritage Month
- Lupus Awareness Month
- National Allergy/Asthma Awareness Month
- National Foster Care Month
- National Hepatitis Awareness Month (World)

FEATURED ARTICLES:

- <https://tinyurl.com/yck52dtu>
- <https://tinyurl.com/mwxkwpbs>
- <https://tinyurl.com/yukhd4fu>

