



## September 2023 Newsletter

### How to Spot an Overdose

September 1, 2023, marks the beginning of national recovery month. During this time, it is important to remember that the road to recovery is not always linear. It may take a long time for someone suffering from addiction enter a recovery stage. With that in mind, it is important to remember the signs and symptoms of various overdoses that can occur during that journey:

**Alcohol:** Symptoms of alcohol overdose include mental confusion, difficulty remaining conscious, vomiting, seizures, trouble breathing, slow heart rate, clammy skin, dulled responses (such as no gag reflex, which prevents choking), and extremely low body temperature. Alcohol overdose can lead to permanent brain damage or death.

**Opioids:** Symptoms of opioid overdose include not responding (person does not move and cannot be woken), slow or not breathing, making choking or gurgling sounds, blue lips and nails, cold or clammy skin, and tiny pupils.

**Stimulants:** Dilated pupils, Dizziness, Tremor, Irritability, Confusion, Mood swings, Nausea or vomiting, Rapid breathing, fast heart rate or arrhythmia, Overheating or excessive sweating, Hypertension (high blood pressure), Chest pains or tightness, Panic or extreme anxiety, Hallucination, and Psychosis.

**IF YOU THINK THAT SOMEONE IS OVERDOSING CALL 911. IF SOMEONE IS OVERDOSING ON OPIOIDS, ADMINISTER NALOXONE AFTER CALLING 911.**



### Back to School: Good Study Habits

1. Find a good place to study: Finding a good location to study is one of the most important elements of studying well. Look for a quiet place with minimal distractions—someplace where you'll be able to focus, and won't be interrupted by loud sounds or people who constantly want your attention.
2. Minimize distractions: Picking a good location to study can be the first step in keeping yourself focused on your work. But there are many types of distractions that can reach you no matter where you choose to work.
3. Take breaks: Taking intentional breaks has been linked to better retention, increased attention, and boosts in energy. Research shows that working for around 50 minutes, then giving yourself a 15- to 20-minute break, can lead to optimum productivity
4. Space out your studying.: Cramming can still help you get a good grade on a test, but studies show that you're much more likely to forget that information as soon as the test is over. Really holding onto the material you learned (and making exam seasons less stressful) requires consistent and well-spaced study sessions.



<https://tinyurl.com/yckay5ab>  
<https://tinyurl.com/47zdtrrk>

### Community Resources

- [Low Income Water Assistance Program](#)
- [Finding A House Navigator Near You](#)
- [Evening & Weekend Sexual Health Clinic](#)
- September 24th- [Community Appreciation Day/ 3-7](#)



#### Clothing

- Every Tuesday- [Clothing Boutique at Joy Baltimore/ 3:30-6:30](#)

#### Food Resources

- Every Monday, Tuesday and Thursday- [Food Pantry](#)
- Every Tuesday- [Love Thy Neighbor Food Pantry/ 12pm-3pm](#)
- Every Tuesday & Thursday- [Free Food, Clothing & Furniture/ 9am-2pm](#)
- Every Friday- [Free Toiletries and Food/ 11am-12pm](#)
- Every Thursday- [Free Fresh Food Boxes/ 12-4pm](#)
- Every 1st Thursday- [Free Produce/ 1-3pm](#)
- Every Tuesday and Thursday- [Food giveaway/ 12pm-2pm](#)
- Every 1st & 3rd Saturday- [Free Food Giveaway/ 8am-10am](#)
- Every 3rd Thursday- [Food Pantry/ 12pm](#)
- Every 2nd & 4th Tuesday- [Community Health and Home Pantry/ 11am-2pm](#)

#### Hiring Events

- [Free Training in Building Services](#)
- [Baltimore Sewn Trades Training Program](#)
- [Full Circle Auto Repair and Training Center](#)
- [Vehicles for Change Training Program](#)
- [Free Training in Solar Services](#)
- [Career Readiness Workshops](#)
- [Free CNA/GNA Training & Job Placement at IT Works Learning Center](#)

#### National Recovery Month

- Sept 7th - [Opioid Public Health Crisis/ 11am-12pm](#)
- Sept 13th- [Generation RX/ 11:30-12:30pm](#)
- Sept. 19th- [Stages of Change/ 11am-12:30pm](#)
- Sept. 28th - [Brain & the disease of Addiction/ 12pm-1pm](#)

### September Awareness Month

- Hispanic Heritage Month
- Blood Cancer Awareness Month
- National Suicide Prevention Awareness Month
- World Alzheimer's Disease Month
- Childhood Cancer Awareness Month
  - National Childhood Obesity Awareness Month
  - Deaf Awareness Month
  - Sickle Cell Awareness Month
  - Sepsis Awareness Month
  - National Recovery Month



### FEATURED ARTICLES: