

August 2023 Newsletter



Baltimore is Trying to Help People Suffering from Symptoms of 'Tranq,' but Options are Limited

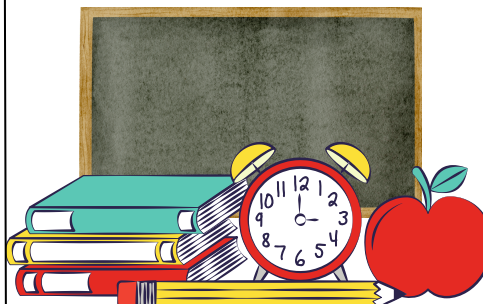
The opioid epidemic has proven to be challenging from both a legislative and community perspective. But more than anything, this outbreak has proven to be more mercurial than any one person or agency was prepared for. Just when it feels as though there is progress on this front, there is a development that shifts the playing field in a very fundamental way. In the midst of a fentanyl crisis within the opioid epidemic, there is a substance that has become more prevalent and is just as deadly. Xylazine (more commonly referred to as "Tranq") has been sweeping across the world of illegal opioids with deadly efficiency. Recently, it has been used by drug dealers to enhance the effects of fentanyl and other opioids. Xylazine is typically used by veterinarians to tranquilize large animals. But in humans, Tranq cause deep flesh wounds, sometimes advancing to the point of revealing bone.

Unfortunately, Maryland has a Tranq problem worse than most of the country. The DEA reported that nationwide, Tranq was present in 11% of the nation's opioid overdoses. But in Maryland, the CDC found that 80% of opioids tested at needle exchanges had Tranq mixed in. Based on a harm reduction model, the Baltimore City Health Department uses an RV to expand access to medication assisted treatment to prevent opioid overdoses. Unfortunately, even these resources can only do so much when Tranq has begun to wreak havoc on the bodies of those who are battling opioid addiction.



Back to School Mental Health & Safety Tips

1. Establish school-day routines early (homework and bedtime)
2. Maintain an optimistic tone and positive attitude with your teachers
3. Encourage open communication
4. Start the Year With a New Perspective
5. Make Sleep a Priority
6. Find an after-school routine
7. Be kind and don't be afraid to ask for help
8. Value meaningful friendships
9. Be your true self at school and at home



Community Resources

- [Baltimore City Summer Hub](#)
- [Everyday Field Trips For Parents Throughout Summer](#)
- [Low Income Water Assistance Program](#)
- [High School Summer Pass 2023 at Planet Fitness](#)
- [Finding A House Navigator Near You](#)
- [Evening & Weekend Sexual Health Clinic](#)
- August 27th- [Community Appreciation Day](#)

Clothing

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

Food Resources

- [The Community Health & Home Pantry](#)
- 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

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](#)
- Every Tuesday & Thursday- [Supportive Job Services](#) / 12-4pm
- Every Wednesday & Friday- [Prof. Resume Writing Services](#) / 10am-1pm

August Awareness Month

- National Black Business Month
- National Immunization Awareness Month
- Don't Be a Bully Month
- Spinal Muscular Atrophy Awareness Month
- National Road Victim Month
- World Cancer Support Month

FEATURED ARTICLES

<https://tinyurl.com/2c2dup6f>
<https://tinyurl.com/7ywmu4b9>

<https://tinyurl.com/3tv6f8v8>
<https://tinyurl.com/bddwdr4a>