

Healthy Communities



A publication for people who care about improving the health of our community

Spring 2020

A Note from the Director



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Director, Healthy Community Partnership

Substance use disorder continues to be a serious problem in our community and across the country. It seems like every day we hear stories about how it has wrecked relationships, destroyed careers and even killed. It's hard not to be discouraged when we hear these stories and look at the statistics. But in the midst of all the bad news, there is good news – substance use disorder is a treatable condition. This is a message that needs to be heard – and we want to help faith communities spread the message.

Johns Hopkins Bayview is partnering with the Baltimore City Health Department and other local agencies to provide support and resources about substance use disorder to faith communities throughout Baltimore. **Rev. Paula Teague**, senior director of spiritual care and chaplaincy, is leading

this effort and encouraging congregations to host a substance use awareness event during services the weekend of September 12-13.

Another program I want to call your attention to is the 9th Annual William S. Perper Faith-Health Symposium, which will be held on November 12 at New Psalmist Baptist Church. This year's conference will focus solely on substance use disorder, and will feature health professionals, clergy and individuals who have "lived experience" with substance use.

We hosted a similar conference last fall in New York City and the response was overwhelmingly positive. The opioid epidemic is a public health crisis in our country and we must do everything we can to reduce the stigma and provide help to those who are impacted by it.

Both the Substance Use Disorder Awareness Weekend and Perper Symposium are great opportunities for us to get together, share stories of hope, provide resources and – ultimately – make a difference. I hope that you and some members of your congregation will be able to join us.

In faith and good health,

A handwritten signature in black ink that reads "Dan".

SAVE THE DATE! 9th Annual William S. Perper Faith-Health Symposium

*Understanding
Substance Use Disorder:
A Community Approach to Healing*

A free conference for individuals who are concerned about the current substance use crisis in our country, and for those who are personally facing challenges of substance use disorders.

Thursday, November 12

8 a.m. to 3 p.m.

New Psalmist Baptist Church
6020 Mariam Drive
Baltimore, MD 21215

**For more information, visit
hopkinsmedicine.org/jhbmcl/perper
or call 410-550-1118.**

JOIN THE VOICES FOR RECOVERY



**NATIONAL
RECOVERY
MONTH**

Johns Hopkins Bayview Medical Center is partnering with the Baltimore City Health Department and other local agencies to provide support and resources to faith communities throughout Baltimore about substance use disorder. In recognition of National Recovery Month, we encourage your congregation to host a substance use awareness event during your services the weekend of September 12-13, 2020.

The goal of this initiative is for congregations throughout Baltimore to show a united front in reducing stigma and supporting those affected by the opioid epidemic.

Ideas include, but aren't limited to:

- Remembering those who have been lost to overdose or substance use-related violence
- Providing education through written or spoken word
- Highlighting hope with positive stories of recovery and healing
- Addressing stigma suffered by those with substance use disorder
- Honoring family and caregivers
- Providing resource lists for treatment
- Providing Naloxone kits and education about the use of Naloxone

We know this is a small step to address the sometimes overwhelming issues and root causes of substance use. However, we believe that if we unite – without judgment – to share stories of hope and provide resources, we can make a difference.

For more information or to request support for your event, visit hopkinsmedicine.org/jhbmc/hcp/sud. You also may complete the form below and mail it to **Rev. Paula Teague, 5300 Alpha Commons Drive, Suite 234, Baltimore, MD 21224**. Someone from the Department of Spiritual Care & Chaplaincy will follow up with you.

Substance Use Awareness Weekend Interest Form

Congregation Name: _____

Congregation Address: _____

Contact Person: _____ Email/Phone: _____

What activities will you host during the awareness weekend: _____

How can we support your efforts? Please provide as many details as possible. _____

I would like the following handouts to distribute to my congregation:

- | | |
|-------------------------------------------------------------------------|--------------------------------------------------------------------------------|
| <input type="checkbox"/> Resources in Baltimore City and County | <input type="checkbox"/> Overdose Facts & Figures |
| <input type="checkbox"/> What You Should Know About Fentanyl and Heroin | <input type="checkbox"/> How Do I Know if I Have a Problem with Substance Use? |
| <input type="checkbox"/> Prescription Opioids: What You Need to Know | <input type="checkbox"/> What is Addiction? |
| <input type="checkbox"/> Preventing an Opioid Overdose | |

SEEKING TREATMENT FOR SUBSTANCE USE DISORDER

“Opioid addiction is not simply like diseases such as pneumonia – there’s not a magic bullet that ‘cures’ the person like an antibiotic can cure pneumonia,” says **Eric Strain, M.D.**, director, Johns Hopkins Center for Substance Abuse Treatment and Research. “That doesn’t mean it is not a medical problem; it certainly is. But, we can think of opioid abuse as a medical illness that is governed by things inside the person as well as outside them.”



Dr. Strain adds that treatments that consider the whole person can be particularly helpful because just addressing what’s outside or what’s inside the person may not really help the person in their recovery.

Johns Hopkins Bayview offers a number of comprehensive treatment programs to help those with substance use disorder. Most programs accept medical assistance, Medicare and private insurances. Appointments are required.

Addiction Treatment Services – 410-550-0051

Offers comprehensive treatment for individuals with substance use disorder, including standard outpatient care (1-3 hours per week), intensive outpatient care (10 hours per week) and medication-assisted treatment.

Center for Addiction and Pregnancy – 410-550-3066

Provides multidisciplinary treatment to substance-abusing pregnant women and their children. It is one of only a few programs in the nation that combines drug treatment with comprehensive prenatal services.

Chemical Dependence Unit – 410-550-1910

The CDU is an 18-bed inpatient unit that provides safe, medical detoxification for those addicted to alcohol or benzodiazepines. Other services include health education, recovery groups and after-care planning.

Comprehensive Care Practice – 410-550-2999

Offers a full range of primary care services, as well as expertise in the treatment of HIV patients and those with substance use disorder.

Co-Occurring Disorders in Adolescence (CODA) – 410-550-0104

Offers substance abuse and mental health services to individuals between the ages of 14 and 22.

Mental Illness and Substance Abuse (MISA) – 410-550-0104

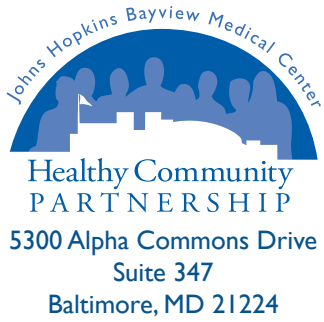
Provides outpatient services to those with a co-occurring mental illness and a current or recent substance abuse problem. Mental illnesses commonly seen in this program are bipolar disorder, major depression and schizophrenia.

For more information about opioids, the science of addiction and how to prevent opioid dependence, visit hopkinsmedicine.org/opioids.

Opioid Overdose Prevention & Response

In 2018, there were more than 1,276 drug and alcohol-related deaths in Baltimore City and County – 1,166 of which were opioid-related. With these numbers continuing to grow, the Baltimore County Department of Health and Baltimore City Health Department are more committed than ever to addressing the opioid epidemic.

For resources in your area or to see how you can help, visit baltimorecountymd.gov/opioid (Baltimore County) or health.baltimorecity.gov (Baltimore City).



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For more information about Healthy Community Partnership, visit hopkinsmedicine.org/jhbmc/hcp.

CALENDAR OF EVENTS



Experience: The Road to Recovery is Paved with Love

A free, "drop-in" event to help people challenge the stigma of mental illness and substance use, and to celebrate the stories of recovery, resilience and love.

May 22

7:30 a.m. to 8 p.m.

Knott Conference Center
Johns Hopkins Bayview campus

Join us to read love letters written by community members who have struggled with mental illness or substance use; write your own love letter; and learn about community resources.



11th Annual Road to Recovery Addiction Conference*

September 21

8 a.m. to 4 p.m.

Grossi Auditorium
Johns Hopkins Asthma & Allergy Center
Johns Hopkins Bayview campus

For more information, email nsepeda1@jhmi.edu.

*CEUs will be provided to social workers, counselors and nurses.