

Our Case Management Services

Contact (410)-916-1754
(available 8am-4pm via phone)

Housing First Model

Assistance in applying for housing

Assistance in applying for benefits

Connection to Mental Health and
Medical care

Transportation support

Prescription support

Substance use treatment

Budget Management

Assistance in obtaining personal
documents; ID's Birth Certificate

Find us online!

charmcitycareconnection.org/



@charmcitycareconnection



facebook.com/Charmcityclinic/



Harm Reduction Tip of the Week!



**1214 N Wolfe St,
Baltimore, MD 21213**

443-478-3015

Hours

Mon-Thurs

Open 10am-12:00 pm
& 12:30pm-3:30pm

Closed 12-12:30pm

Closed all day Friday

Preparing to smoke cocaine/crack

Clean your hands with soap & water/hand sanitizer & your mouthpiece with an alcohol pad before using



Clean your pipe often & carefully

Try to avoid using alone; use with people you trust



Connect with the people close to you that know you use. Have them check in on you to make sure you're okay

Plan ahead how much to use & set limits. Pay rent, buy groceries, and pay other bills before purchasing your drugs



Have condoms & lube in case you want to engage in sex



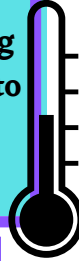
Try to eat before smoking; stay hydrated with water &/juice

Remember to test your smoking cocaine/crack for Fentanyl with Fentanyl test strips



When smoking cocaine/crack remember...

Allow your pipe to cool before taking another hit to avoid cuts & burns



Start low & go slow; test the potency



Try to avoid mixing with other drugs & alcohol (alcohol poisoning is more likely to occur when drinking and smoking crack)

Slow & Steady

To prevent your drugs from burning too quick, touch the flame to the stem quickly, then move the flame along the stem to spread the heat

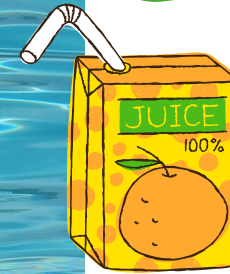
Make sure your screens are still packed tightly after a few hits



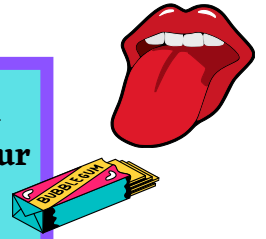
Take a break; get some sleep, drink water, & eat



Take care of your mouth



Chew gum to keep your mouth moist & to reduce clenching of the jaw



Use lip balm to keep your lips moist

Drinking water/ juice helps keep your mouth moist to reduce cracks & blisters



Brush your teeth when you can/ use mouthwash frequently



Always use your own mouthpiece & stem to avoid infection

