

UNPACKING

TRAUMA

EXPLORING THE MENTAL HEALTH OF BALTIMORE'S YOUTH

RESOURCE GUIDE



This guide includes resources that were contributed by webinar panelists and attendees.

Resources are organized alphabetically (use Ctrl F to search the document).



988 Helpline • 988helpline.org

The 988 helpline offers high-quality emergency emotional support. Anyone who calls, texts or chats the national 988 phone number will immediately be connected to local call centers for safe, supportive and confidential mental health services.

Baltimore City Health Department Office of Youth and Trauma Services health.baltimorecity.gov/oyts

The program serves youth with multiple adverse childhood experiences who are caught in a cycle of violence. They are both victims and perpetrators - the services enable youth to build resiliency and recover from trauma exposure, as well as build self-efficacy skills for making healthy decisions.

Baltimore Safe Haven • baltimoresafehaven.org 443-869-6867 • info@baltimoresafehaven.org

The trans-led drop-in wellness center provides TLGBQ people currently living in survival mode with opportunities to thrive. Community members can access food, harm reduction tools, hygiene products, transportation and housing resources.

Drop-In Center

2468 Greenmount Ave,
Baltimore, MD 21218
Mon-Fri, 11 a.m.-4 p.m.

Mobile Outreach

Fri-Sat, 11 p.m.-4 a.m.

Behavioral Health System Baltimore • bhsbaltimore.org

Behavioral Health System Baltimore is the area's leading expert and resource in advancing behavioral health and wellness. It helps guide innovative approaches to prevention, early intervention, treatment and recovery for those who are dealing with mental health and substance use disorders to help build healthier individuals, stronger families and safer communities.

Black Mental Health Alliance • blackmentalhealth.com 410-338-2642 • info@blackmentalhealth.com

Black Mental Health Alliance develops, promotes and sponsors trusted culturally-relevant educational forums, trainings and referral services that support the health and well-being of Black clinicians, families, youth and their communities.

Centro SOL • jhcentrosol.org
410-550-1129 • centrosol@jhmi.edu

Centro SOL promotes equity in health and opportunity for Latinos by advancing clinical innovations, diversity in research, education access and exposure, and advocacy in active partnership with the Johns Hopkins Institutions and our Latino neighbors.

Contact Information

Office phone 41-550-1129 9 a.m.-5 p.m.

Whatsapp 410-598-9489 9 a.m.-5 p.m.

Website jhcentrosol.org

fortalecebaltimore.org

Fortalece tu bienestar (Strengthening your wellbeing) – JH Centro SOL public awareness educational campaign to improve knowledge about depression and its treatment to reduce stigma around depression, promote prevention and encourage care seeking among uninsured Latinos in Baltimore. Sign up: centrosolmh@jhmi.edu or call 410-550-4115

Children's Mental Health Matters! • childrensmentalhealthmatters.org

The Children's Mental Health Matters! campaign brings together non-profits, schools, and other agencies with the following goals: raising public awareness of the importance of children's mental health and substance use, reducing stigma of mental health, and connecting children and families with resources for prevention and support of mental health conditions.

Cocoa Butter and Hair Grease • cocoabutterandhairgrease.com

Cocoa Butter & Hair Grease was birthed from Dr. Donna Oriowo 's dissertation on how hair texture impacts sex(uality) in Black women in 2016, a workshop by the same name in 2017, and years of therapy with Black women who NEEDED a safe space to speak about how they have been judged or made to feel less than because of the texture of their hair and the darkness or lightness of their skin.

Donna Bruce Unlimited • donnabruceunlimited.com

Donna Bruce Unlimited provides restoration and healing to those who are impacted by trauma through life skills education and arts.

Healing City Baltimore • healingcitybaltimore.com

Healing City Baltimore prioritizes and reimagines Baltimore's commitment to youth, trauma, and community services and programs by raising awareness, leveraging support, and creating broad demand for increased and more innovative investment.

Healing Youth Alliance

ssw.umaryland.edu/healingyouthalliance/

Healing Youth Alliance works to address the effects of untreated trauma and the stigma around receiving mental health treatment by training youth and youth program leaders on mental health in the African American community, identifying strategies to decrease stigma related to mental illness, and teaching positive coping mechanisms, healing-centered engagement, and trauma-informed care. Healing Youth Alliance Ambassadors offer training and consultation to youth and youth serving organizations on mental health, trauma, and healing in the African American community

Hearts & Ears • heartsandears.org

410-523-1694 • info@heartsandears.org

Hearts & Ears, Inc. is a Trans-led, peer-run wellness and recovery center for LGBTQIA+ individuals in Baltimore city and surrounding counties. It is also the only LGBTQIA+ wellness and recovery center in the state of Maryland. The center offers a variety of hybrid groups and activities surrounding behavioral health, holistic wellness, daily check-ins, and assist with locating resources. All groups are confidential and are facilitated by LGBTQIA+ peers in recovery.

Center Hours

611 Park Avenue, Suite A,
Baltimore, MD 21201
Spring/Summer: Wed-Sat, 12-6 p.m.
6-8 p.m. by appointment
Fall/Winter: Wed-Sat, 10 a.m.-6 p.m.

Warmline

410-625-1694
12-5 p.m.

HeartSmiles • heartsmilesmd.com

HeartSmiles provides hope for youth who want to rise above their circumstances, as well as caring mentorship, leadership skill building, access to internships, careers and more.

Joy Baltimore • joybaltimore.org
443-388-7906

JOY Baltimore (JOY) is a grassroots organization whose primary goal is to end youth homelessness in Baltimore. Through our Drop-In Center, we offer homeless, displaced, runaway and LGBTQ youth ages 13-24, access to emergency and permanent housing, medical and dental services, community services, vital records, and Maryland State ID.

Drop-In Center

2116 N Charles Street 1R, Baltimore, MD 21218
Mon-Tues and Thurs-Fri, 3-7 p.m.

Kids Off Drugs • kodbaltimore.org
info@kodbaltimore.org

K.O.D. (Kids Off Drugs) is a high-energy, school-based initiative that helps youth and young adults avoid or reduce substance use. The program helps young people learn about the history of drugs in Baltimore and the cultural norms that lead to substance use.

Let's Thrive Baltimore • letsthryvebaltimore.org

Let's Thrive Baltimore provides therapeutic programs for families as well as service days and mentoring groups for young people, utilizing CPTED-Crime Prevention Through Environmental Design that allows them to be part of meaningful change in Baltimore.

Maryland Peer Advisory Council • marylandpeeradvisorycouncil.org
410-357-1103 • admin@mpacmd.org

Maryland Peer Advisory Council is a peer-run advocacy, outreach & training program for individuals, families, allies, faith-based community members, and supporters who advocate on local, state and national levels to address, and influence social change to include actionable efforts for recovery.

Maryland School Mental Health Response Program

marylandpublicschools.org/about/Pages/DSFSS/MentalHealth/index.aspx

The Maryland School Mental Health Response Program consists of six components – the Maryland School Mental Health Team, an expansion of current programs, an electronic/web-based hub, research and evaluation, strategies to provide sustainability, and partnerships with community mental health agencies.

Contact Mike Muempfer, Director, Maryland School Mental Health Response Program

Office: (410) 767-0481, michael.muempfer@maryland.gov

NAMI Metropolitan Baltimore • namibaltimore.org

410-435-2600 • info@namibaltimore.org

NAMI Metropolitan Baltimore develops, promotes and sponsors trusted culturally-relevant educational forums, trainings and referral services that support the health and well-being of Black clinicians, families, youth and their communities.

St. Ambrose Housing Aid Center • stambros.org

410-366-8550

From young adults to our senior community members, the St. Ambrose Housing Aid Center offers solutions for finding affordable housing and creating stability and connection throughout Baltimore City and the region as a whole.

Walk-Ins

321 E. 25th Street, Baltimore, MD 21218

Mon-Fri, 9 a.m.-5 p.m.

The NEST • hebcac.org/nest

443-524-2800

The NEST provides shelter for unhoused youth aged 18-24 for up to 90 days. While at the NEST, residents are connected with resources to promote a transition to permanent housing solutions. Referrals are accepted from Baltimore City's Coordinated Access System.

YO! Baltimore • hebcac.org/youthopportunity
410-732-2661

YO! Baltimore provides case management, academic, career and mental health services to youth (aged 18-24) not currently enrolled in school, so that they are able to obtain their GED and/or connect with employment opportunities. YO! Baltimore is operated in partnership with the Mayor's Office of Employment Development.

Walk-In Intake

1212 N. Wolfe. St, Baltimore, MD 21213

Mon-Thurs, 9 a.m.-2 p.m.

Young People in Recovery Baltimore • youngpeopleinrecovery.org

YPR is a national nonprofit that provides peer recovery support services for youth and young adults in recovery—or who are seeking recovery—from substance use disorder. Programs consist of community-based chapters; life-skills curriculum programs; and advocacy to reduce stigma and create more resources for recovery. YPR embraces all pathways to recovery including 12-step, faith-based, harm reduction, medication-assisted treatment, and others.