Find us online!

charmcitycareconnection.org/
@charmcitycareconnection
facebook.com/Charmcityclinic/

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

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
Preventing 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.

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

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.

- Clean your mouthpiece with an alcohol pad before using.
- Try to eat before smoking; stay hydrated with water & juice.
- Plan ahead how much to use & set limits. Pay rent, buy groceries, and pay other bills before purchasing your drugs.
- Connect with the people close to you that know you use. Have them check in on you to make sure you’re okay.
- Have condoms & lube in case you want to engage in sex.
- Remember to test your smoking cocaine/crack for Fentanyl with Fentanyl test strips.