



What You Need to Know

The COVID-19 Pandemic is having major implications in our communities, homes and families. Focusing on **healthcare disparities**, **mental health challenges**, and **opioid misuse** is vitally important during this public health crisis.

Healthcare Disparities

A successful COVID-19 vaccine campaign is not measured by the total number of vaccines administered, but by the number administered in Black and Brown communities. Why?

- These communities continue to experience devastating effects of the virus
- Long-term distrust of government affects vaccine uptake
- An increase in vaccinations = An increase in lives saved

Baltimore County's **V.O.I.C.E.** (**V**accine **O**utreach **I**nitiative for **C**ommunity **E**quity) utilizes various tactics to address existing disparities in communities of color.

V.O.I.C.E. has:

- Distributed safety kits in underserved communities
- Developed PSA targeting these communities
- Partnered with community leaders and icons to foster trust
- Provided mobile testing and vaccination clinics in these communities
- Opened testing sites in these communities

Be The **V.O.I.C.E.**

Vaccine
Outreach
Initiative for
Community
Equity

Opioid Overdoses

- Prescription Opioid-related deaths increased significantly in 2020
 - 445 Fatal overdoses (the most on record)
 - 20.6% increase from 2019
- Opioid-related deaths involving Fentanyl increased significantly in 2020
 - 2,326 Opioid deaths involving Fentanyl in 2020
 - 20.7% Increase from 2019
- Fentanyl is **DEADLY** and is found in most all street drugs

Substance Misuse and Recovery Helpline

410-88-REACH (410-887-3224)
8:30 a.m.—Midnight
Monday to Saturday





What You Need to Know

Mental Health Challenges: Know the Signs, Symptoms and Solutions

Signs

- Excessive depression
- Confused thinking
- Extreme mood changes
- Withdrawal from friends activities
- Delusions, paranoia or hallucination

Symptoms

- Reduced ability to concentrate
- Excessive fears or worries
- Inability to cope with daily problems/stress
- Suicidal thinking

Solutions

- Strong support system
 - Help accessing services
 - Decrease in associated stigmas
- Use of therapy and medications

Resources

- Baltimore County Crisis Response Services (BCCRS) Crisis Operations/Hotline: 410-931-2214
- National Suicide Prevention Lifeline 1-800-273-8255
- For more information on CovidCONNECT visit: covidconnect.health.maryland.gov
- suicidepreventionlifeline.org/chat
- National Crisis Text Line Text HOME to 741741
- National Resources
- Online Chat

Vaccination Saves Lives!

- Vaccines are safe and effective!
- Viruses mutate and change with transmission. These are called Variants.
- Vaccinations help to stop the transmission and replication of viruses.

Remember to:

- Wear your mask
- Watch your distance
- Wash your hands
- Avoid large gatherings
- Stay home when sick
- **GET VACCINATED!**

Data adapted from COVID-19 Update: "Where We Are" & "What You Need To Know" presented by Dr. Gregory Wm. Branch
NAMI, Maryland Webinar July 8, 2021



NAMI Maryland can help.
Visit www.namimd.org or
call 410-884-8691 for more
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