



## Baltimore Action Projects

Bloomberg American Health Initiative and SOURCE

### Program Information and Student Application Details

[SOURCE](#) is pleased to announce a new initiative offered in collaboration with the [Bloomberg American Health Initiative](#), a recent initiative sparked by a \$300 million donation to the Johns Hopkins Bloomberg School of Public Health to help reshape the national public health agenda. The initiative specifically focuses on five areas affecting public health: 1) Addiction and Overdose, 2) Obesity and the Food System, 3) Violence, 4) Risks to Adolescent Health and 5) Environmental Challenges.

In partnership with the initiative's Working Groups and SOURCE partnering community-based organizations (CBOs), **Baltimore Action Projects** are community-identified projects which directly connect to the initiative's focus areas. Through the initiative's funding, Hopkins graduate students from the Johns Hopkins Bloomberg School of Public Health and Johns Hopkins School of Nursing will be hired to work a minimum of *100 hours* to complete Baltimore Action Projects in partnership with CBOs.

### **SOURCE is now accepting *Student Applications* for Baltimore Action Projects!**

**Applications are due by Sun, August 6, 2017 by 11:59 pm**  
(submission info found at the end of the application).

#### ***How to Apply:***

Baltimore Action Projects have already been identified by SOURCE, partnering community-based organizations (CBOs), and the initiative's Working Groups. Applicants should review Baltimore Action Project descriptions. Applications will be reviewed, and top candidates for each project will be invited to interview with the CBOs. To access the online application form, [click here](#).

#### Baltimore Action Project Student Commitments:

- *Service Hour Requirement:* Commitment to completing and reporting a **minimum of 100 hours** for the Baltimore Action Project. Students will report their hours regularly through a SOURCE online form.
- Students will be required to meet with and regularly communicate with their CBO contacts.
- Students will also be required to communicate with SOURCE and the host Working Group.
- Successful completion of SOURCE Online Modules, in order to prepare for community activities
- *Student Reflections:* Students are required to complete 3 reflection assignments (written and/or in-person) to discuss student learning and progress.
- *Final Report and Deliverables:* Students are required to complete a final report, and submit final deliverable(s).

#### Baltimore Action Project Benefits:

- \$1,750 stipend
- Additional \$500 in funds for CBOs to use for completing Baltimore Action Projects
- Community-based practical experience in the health field



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- Opportunities to connect with the initiative's Working Groups

### Baltimore Action Project Application:

- Open to all students from the Johns Hopkins University Schools of Public Health and Nursing who will be enrolled full-time for the duration of the 2017- 2018 academic year.
- [Applications](#) must be completed by **Sun, August 6, 2017 at 11:59 pm**. Applicants will complete an online application form and attach their resume to the form. To access the application form, [click here](#).
- An internal selection team will review applications and select the top candidates to interview per project.
- CBO preceptors will work with SOURCE to select their student.



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**Baltimore Action Projects**  
*2017-2018 Project Descriptions*

<b>Organization</b>	<b>Project Title</b>	<b>Focus Area</b>
B'More for Healthy Babies	Promoting Evidence-Based Policies for Treating Opioid-Exposed Dyads in Baltimore Area Birthing Hospitals	Policy Change
Baltimore Harm Reduction Coalition	Safe Consumption Spaces (SCS) Advocacy	Policy Change
CASA de Maryland	East Baltimore Corner Store Outreach	Environmental Challenges
Charm City Clinic	Developing a Robust Resource Network for Substance Users in East Baltimore	Addiction and Overdose
House of Ruth, MD	Governor's Family Violence Council Workgroup Support: Healthy Teen Dating/Dating Violence Prevention	Policy Change
Living Classrooms Foundation	Cultural Cooking Club	Environmental Challenges



## **B'More for Healthy Babies**

### **Promoting Evidence-Based Policies for Treating Opioid-Exposed Dyads in Baltimore Area Birthing Hospitals**



<http://healthybabiesbaltimore.com>

1001 E. Fayette St.  
Baltimore, MD 21202

*B'more for Healthy Babies (BHB) is a Baltimore city initiative led by the Baltimore City Health Department, with support from Family League of Baltimore and HealthCare Access Maryland. BHB brings together communities, organizations, and resources so that every baby might have the best start possible. We envision a city where all babies are born healthy, at full term, and ready to thrive in healthy families.*

**Focus Area:** Policy Change

**Project Description:**

Parallel to the growing opioid epidemic, fetal exposure to opioids increased five-fold nationally from 2000 to 2012 (e.g., Patrick et al., 2015). Neonatal Abstinence Syndrome (NAS) and, more accurately, Neonatal Opioid Withdrawal Syndrome (NOWS) is an expected and treatable condition among newborns exposed to any type of opioid in utero. Newborns with NOWS stay in the hospital an average of eight times longer than those not exposed to opioids, resulting in cost increases of more than \$63,000 per infant (Patrick et al., 2015). Moreover, the medical community lacks a standardized assessment tool or protocol for assessing and treating NAS/NOWS. Thus, a neonate evaluated with a severe NAS at one hospital and placed in the NICU may have had a different course at another hospital.

Yet, the literature suggests that simple and inexpensive strategies improve outcomes for families impacted by NOWS. For example, rooming-in where the mother-infant dyad recovers in the same room lessens withdrawal symptoms and promotes secure attachment. Moreover, rooming-in increases breastfeeding rates, which itself reduces the need for pharmacologic treatment [for NOWS] by 30% and significantly shorten[s] the duration of hospitalization for the exposed (Saia et. all, 2017). Abdel-Latif and colleagues (2006) found that opioid-exposed infants fed w/ breast milk required significantly less withdrawal treatment even after controlling for prematurity and specific drug exposures. Conversely, treating infants with NAS in the NICU exacerbates their symptoms and leads to increased use of pharmacological treatments and longer hospital stays (Patrick et al, 2012). At a minimum, opioid-exposed newborns should be treated and sleep in environments with dim light and low noise, swaddled, held, rocked, and fed often with breast milk.



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The literature is clear: standardizing hospital care policies across institutions for diagnosing and treating NOWS reduces the need for pharmacology treatment, shortens hospital stays, and results in overall better outcomes for newborns and their families (Patrick et al., 2016). However, we could not identify any State or local partners who have completed either informal or systematic assessment of these policies and protocols across Baltimore area birthing hospitals. With Baltimore and Maryland's current public health and political focus on opioid addiction, now is the time to analyze and promote evidence-based health promotion policies affecting opioid-exposed dyads in Baltimore area birthing hospitals.

### --Works Cited--

- Abdel-Latif, M. E., Pinner, J., Clews, S., Cooke, F., Lui, K., & Oei, J. (2006). Effects of breast milk on the severity and outcome of Neonatal Abstinence Syndrome among infants of drug-dependent mothers. *Pediatrics*, 117(6).
- Patrick, S. W., Davis, M. M., Lehmann, C. U., & Cooper, W. O. (2015). Increasing incidence and geographic distribution of neonatal abstinence syndrome: United States 2009 to 2012. *Journal of Perinatology*, 35(8), 650-655.
- Patrick S. W., Schumacher, R. E., Benneyworth, B. D., Krans, E. E., McAllister, J. M., & Davis, M. M. (2012). Neonatal abstinence syndrome and associated health care expenditures: United States, 2000-2009. *JAMA*, 307(18), 1934-40.
- Patrick, S. W., Schumacher, R. E., Horbar, J. D., Buus-Frank, M. E., Edwards, E. M., Morrow, K. A., Ferrelli, K. R., Picarillo, A. P., Gupta, M., & Soll, R. F. (2016). Improving care for Neonatal Abstinence Syndrome. *Pediatrics*. DOI: 10.1542/peds.2015-3835.
- Saia, K., Jones, H. & Terplan, M. (2017). Pregnancy and the opioid epidemic. *Curr Treat Options Psych*. DOI: 10.1007/s40501-017-0116-y.
- Welle-Strand, G. K., Skurtveit, S., Jansson, L. M., Bakstad, B., BjarkÅ, L., & Ravndal, E. (2013). *Acta Paediatrica*, 102(11), 1060-6. DOI: 10.1111/apa.12378.

### Project Goals:

For all Baltimore area birthing hospitals:

- Investigate current hospital policies that relate to neonates with suspected fetal opioid exposure. This includes understanding written policy, as well as how they are carried out in practice.
- Assess whether existing policies are in line with evidence-based practices for treating opioid-exposed newborns and their caregivers.
- Identify gaps and need for additional training or technical assistance with hospitals and providers.
- Develop standardized policies for area birthing hospitals to adopt re: neonates with suspected fetal opioid exposure.
- Recommend next steps toward advocating for and implementing evidence-based policies across the hospitals.

### Student Responsibilities:

With guidance, the student will be responsible for:

- Surveying up to 11 local birthing hospitals about their policies and practices
- Identifying strengths/opportunities and weaknesses/threats in the City and at each hospital for standardizing policies related to opioid-exposed newborns
- Presenting clear and concise findings and recommendations to stakeholders; and,
- Other related duties as needed.

The student will be required to communicate with both project and hospital staff over email, by telephone, and in person.



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### **Required Skills:**

- Detail-oriented, tenacious, and nonjudgmental
- Ability to work independently
- Ability to translate research to Policy/practice
- Proficiency in Microsoft Office Suite
- Interest in maternal and child health
- Interest in substance use disorders
- Fluency in English

### **Preferred Skills:**

- Experience working or volunteering in a hospital
- Knowledge of hospital administration
- Already obtained or pursuing a clinical degree (e.g. MD, NP, RN, LCSW)

**Personal Transportation Required:** Yes



## **Baltimore Harm Reduction Coalition**

### **Safe Consumption Spaces (SCS) Advocacy**



<http://baltimoreharmreduction.org>

1601 Guilford Ave, 2<sup>nd</sup> Floor Baltimore,  
MD 21201

*The Baltimore Harm Reduction Coalition's mission is to: (a) build a local network of health, policy, and social service students, alumni, and professionals committed to harm reduction principles, and (b) serve as a conduit for community involvement, education, and advocacy in Baltimore and beyond. BHRC envisions a world in which harm reduction is a foundational principle in improving health outcomes. The group believes that an optimal healthcare system is one which uses and embraces a harm reduction model; that educating and engaging students helps them become more knowledgeable and compassionate service professionals; and that all individuals have the right to receive care that is free from judgment and stigma. BHRC is currently housed within the fiscal sponsorship agency Fusion Partnerships, a registered 501(c)3 organization in Baltimore City.*

*BHRC promotes harm reduction as a set of practical, evidence-based strategies for preventing the negative consequences of behaviors that impact personal and community health. Core activities center on providing education, advocacy, and community engagement opportunities for local community members, students, and professionals in the health fields. Embracing the notion of meeting clients and patients 'where they are,' harm reduction strategies serve as a framework for health professionals to provide compassionate, non-judgmental care and endorse policies rooted in the expressed needs of the community. While harm reduction is traditionally associated with substance use, BHRC encourages its application to a wide variety of behaviors and needs, including sex work, mental health care, and housing.*

**Focus Area:** Policy Change

**Project Description:**

Safe consumption spaces provide people who consume drugs (i.e. inject needles, inhale smoke, ingest pills, etc.) with a monitored space to do so without fear of fatal overdose, criminal prosecution, or other potential harms. Studies of North American SCS show that they reduce overdose, assist people in getting



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into substance use disorder treatment, and ultimately save jurisdictions money. Legislation introduced by Delegate Dan Morhaim in 2016 and 2017 sought to authorize the establishment of SCS in Maryland. This legislation did not receive a vote in committee and did not pass on for vote by the Maryland General Assembly in either session. BHRC and the Baltimore Safe Consumption Spaces Coalition will seek to re-introduce similar legislation in the 2018 session. This project will enable the bill to have a greater foundation of grassroots support for said legislation, as well as community backing for logistical planning.

### **Project Goals:**

The SCS Advocacy Intern will work closely with the Baltimore Safe Consumption Spaces Coalition and BHRC's executive director to increase the public will for SCS in Maryland. This will be achieved, in part, by these objectives:

- 1) research the strategies being used by other jurisdictions around the country to legalize and open SCS;
- 2) evaluate those strategies for use in Maryland;
- 3) develop and carry out an educational campaign specifically for legislators, including the Baltimore City Delegation to the State of Maryland, the Baltimore City Council, and other public officials; and
- 4) support development of a public education campaign in order to mobilize grassroots support for SCS in Maryland, specifically Baltimore, including a racial justice argument for the presence of SCS in Baltimore.

### **Student Responsibilities:**

The SCS Advocacy Intern will support each of the project goals by doing research, writing reports, facilitating strategy sessions, and by assisting with the listening sessions that the Baltimore SCS Coalition will be conducting.

### **Required Skills:**

- Strong commitment to harm reduction and racial equity
- Database research skills
- Strong writing skills for multiple audiences
- Excellent interpersonal communication
- Microsoft Office (or equivalent)

**Personal Transportation Required:** No

### **Additional Information:**

Abell Report: <http://www.abell.org/publications/safe-consumption-spaces-strategy-baltimore>

ACLU: <https://www.aclu.org/issues/mass-incarceration/war-drugs>

Drug Policy Alliance: <http://www.drugpolicy.org/taxonomy/term/43/all>

Insite: Safe Injection Facility, Vancouver, B.C., Canada: <http://www.communityinsite.ca/>

Sentencing Project: <http://www.sentencingproject.org/issues/drug-policy/>





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**CASA de Maryland**  
**East Baltimore Corner Store Outreach**



[www.wearecasa.org](http://www.wearecasa.org)  
2224 E. Fayette St.  
Baltimore, MD 21231

*CASA is an immigrant advocacy organization that to create a more just society by building power and improving the quality of life in low-income immigrant communities." In Baltimore, CASA's programming includes workforce development, adult English classes, legal consultations, and youth development.*

**Focus Area:** Environmental Challenges

**Project Description:**

Healthy Corner Stores is one program administered through Baltimarket, a citywide Health Department initiative focused on needs within Baltimore's food environment. The Healthy Corner Stores program offers support to corner stores in Baltimore City in the form of signage, food demos, infrastructure such as shelving, and gift cards to food wholesalers. The program specifically targets corner stores because the corner store is the primary and most proximate point of food access for many Baltimore residents, particularly those living in areas designated as food deserts. Unfortunately, as reflected in Baltimore's 2015 Food Environment Report, healthy food availability in corner stores is much lower than in larger format grocery stores within the city. In previous interviews with both Laura Flamm, Baltimarket Director, and Holly Freishtat, Food Policy Director, the two recognized the lack of outreach to the Latinx community and consequential non-participation in citywide food policy initiatives. Thus, the goal of this project is to engage this population in existing initiatives, such as Healthy Corner Stores, that have the potential to positively impact neighborhood food environments and Latinx resident health.

McElderry Park is a predominantly African American neighborhood with a growing Latinx population. Small business ownership is a significant source of economic opportunity for immigrants in particular and thus the McElderry Park area is well suited for an initiative that facilitates immigrant entrepreneurship. This project will focus on mapping the location of all food-related businesses (e.g. restaurants, corner stores, grocers) in the McElderry Park area and collect contact information as well as demographic data for business owners. The data will offer insight into ownership type (immigrant vs. nonimmigrant, neighborhood resident vs. nonresident, etc.) as well as information on the types of food



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businesses that already exist in the neighborhood. Additionally, the intern will conduct interviews with a minimum of 10 food business owners in order to understand the dynamics of operating a food business in the neighborhood. Particularly, CASA hopes to identify challenges related to food business ownership to help enhance CASA's eventual food business develop curriculum.

The intern's work will contribute to neighborhood environmental improvement by providing information on other economic conditions for business owners within the McElderry Park neighborhood. Livable neighborhoods allow residents to access affordable and relevant small businesses and the intern's research will be the first step to supporting neighborhood entrepreneurs who wish to positively impact and invest in their communities.

### **Project Goals:**

The goal of this project is to develop a model to support food business ownership among community members in the McElderry Park area. Specifically, CASA looks to engage Latinx populations in existing Baltimore initiatives that have the potential to positively impact neighborhood food environments and health by:

1. Identifying, recruiting, and supporting corner stores in the McElderry Park area to participate in the Health Corner Stores program through Baltimarket.
2. Certifying at least 7 corner stores in the area.

### **Student Responsibilities:**

- Collect location information for food businesses within the neighborhood
- Collect demographic data and contact information for business owners
- Interview a minimum of 10 business owners
- Create a map of neighborhood food businesses
- Transcribe interviews with business owners
- Analyze interviews (if time allows)

### **Required Skills:**

- Spanish fluency is critical in order to engage with Hispanic corner store owners and residents
- Ability to use and access GIS programs such as ArcMaps
- Excellent interpersonal skills as the intern may be the business owners' first contact with any CASA-affiliated staff
- Experience with data collection and analysis
- Ability to use a table-based survey tool to collect information on food businesses
- Flexibility as business owners' schedules can be irregular

### **Preferred Skills:**

- Familiarity with Google Forms and spreadsheet software
- Previous experience working with Latinx immigrants
- Understanding of cultural dynamics with the neighborhood, such as the presence of black-brown racial tensions
- Willingness to occasionally work on weekends (e.g. Saturday food demos)



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### **Personal Transportation Required:**

While personal transportation is not required, the student would be expected to arrange transportation to and from the neighborhood and to be comfortable walking around the neighborhood to the various corner stores.

### **Additional Information:**

CASA's commitment to improving the quality of life for low-income immigrant communities aligns with this project, as neighborhood residents' long term quality of life is significantly affected by their ability to make positive, health-related decision (e.g. purchase and consume healthy foods). The interactions with corner store owners will also inform a development of a model to support food business entrepreneurs. For example, what are the challenges related to food business ownership in the McElderry Park area? Additionally, this project will allow a previously disenfranchised population (Latinx immigrant corner store owners) to access additional resources and simultaneously contribute to the health of their communities by increasing healthy food access. Some work may also intersect with activities related to a Batimarket grant CASA has already won to employ youth from the afterschool program at CASA as neighborhood youth nutrition educators.

Given the higher rates of diet-related diseases such as obesity among these population groups, improved dietary practices are critical to community health to the McElderry Park area. Expanding the Healthy Corner Stores program would address food environment challenges experienced by McElderry Park residents by increasing access to healthy foods. While this area is not classified as a food desert, residents face obvious food access challenges. For example, high school students who attend the Youth Neighborhood Food Advocates group at CASA do not own cars and usually walk or use public transportation. Their primary points of food access are corner stores and carryout. Additionally, the day laborers who utilize CASA's workers center also frequent the nearby corner store. This project would engage both corner stores and resident consumers, raising awareness around food access and availability and also providing information and guidance related to food choice.



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## **Charm City Clinic**

### **Developing a Robust Resource Network for Substance Users in East Baltimore**



[www.charmcityclinic.org](http://www.charmcityclinic.org)  
901 N Milton St, Suite 260  
Baltimore, MD 21205

*Charm City Clinic (CCC) was founded in 2009 by Baltimore community leaders and students to connect residents of underserved communities to health services and address obstacles that might threaten that connection. We do this by building long term partnerships between student volunteers and community residents, empowering Baltimore's underserved residents to improve their health and educating students in order to shape the future of our healthcare system.*

**Focus Area:** Addiction and Overdose

**Project Description:**

Charm City Clinic (CCC) will be moving its Tuesday evening clinic operations to Dee's Place, a substance abuse center offering daily Narcotics Anonymous meetings and support services for people who use drugs. This project will focus on improving CCC's organizational capacity to offer relevant services to substance users, specifically with regards to resource mapping and harm reduction prevention.

The student will focus first on reviewing the needs of clients and volunteers, as we will be establishing ourselves in a new location. Longitudinal data acquired during the first few months of the CCC/Dee's Place partnership will be assessed for gaps or opportunities to improve services. If necessary, the student will conduct a needs assessment to identify potential opportunities for CCC to improve quality of care. This information will be used to develop a comprehensive resource map that will give volunteers and clients guidance in navigating the treatment system. This resource map will be especially important to the organization because of our expected increase in clients seeking substance abuse treatment within our move to Dee's Place.

The student will also reach out to stakeholders that can provide life-saving naloxone into the CCC/Dee's Place partnership. For example, our student may bring an organization like Behavioral Health Systems, Baltimore to conduct Naloxone training sessions with CCC clients, so as to equip them with proven harm reduction tools. Clients will leave the sessions with the power to help in emergency situations that they



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may encounter in their daily lives. By using the unique longitudinal model of Charm City Clinic, the student will conduct long term assessment of the efficacy of this program--do the clients retain an understanding of how to use naloxone, do they carry it on them, have they ever used it to save a life? We also hope to eventually develop the capacity to offer our own Overdose Response Program.

### Project Goals:

1. Expand and improve Charm City Clinic's services within Dee's Place
2. Develop a map of health resources for substance use treatment
3. Create new training protocols for volunteer Health Resource Coordinators operating at Dee's Place, specifically focusing on substance use disorders
4. Bring harm-reduction tools such as Naloxone into Charm City Clinic's operations
5. Reduce barriers to addiction treatment in Baltimore (healthcare/benefits enrollment, distribute educational resources on treatment options, provide targeted longitudinal support, increase access to harm-reduction tools)

### Student Responsibilities:

- Engage with HRCs, health screeners, clients, and community resources to learn more about their experiences with harm reduction, addiction, and treatment options
- Research treatment centers around the area
- Develop relationships with members of the treatment community
- Train CCC volunteers on resources within the area
- Bring in relevant organizations to administer harm reduction training like the Overdose Response Program
- Design and conduct longitudinal efficacy assessments of these harm reduction trainings on the community

### Required Skills:

- Qualitative research
- Resource mapping
- Data tracking
- G Suite
- Excel
- Experience with marginalized groups

### Preferred Skills:

- Data analysis (R, SPSS, or equivalent)
- GIS
- Prior experience with the communities surrounding Dee's Place (East Baltimore)
- Knowledge of harm reduction and treatment methods

**Personal Transportation Required:** Yes

### Additional Information:

Community centers such as Dee's Place have been offering critical services to those struggling with addiction for years; this project will provide relief and support during this critical moment. Because this



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project's mission is to not only better CCC, but also Dee's Place and the addiction-treatment network, there is much to gain. Individuals struggling with addiction will be given a stronger network of support along with access to life-saving tools, leading to higher success rates in treatment and recovery, and lower risk of overdose and death. CCC's upcoming partnership with Dee's Place presents an opportunity to significantly improve the lives of those affected by the opioid epidemic in Baltimore City. Thousands of individuals seeking treatment pass through Dee's Place each month, and CCC will connect these individuals to vital resources, ranging from health insurance, food stamps, housing and employment assistance, treatment and medication options, and lifestyle management. By tackling the social determinants of addiction, we not only hope to improve health outcomes and treatment success rates, but also improve the lives of the East Baltimore community.

The project will improve our capacity to offer support to local residents of Baltimore who are struggling with addiction. By creating a resource map specific to substance use treatment, we will be able to provide more robust services to our new clients at Dee's Place. There are currently few harm reduction initiatives in Dee's Place. By improving access to Naloxone at Dee's Place, Charm City Clinic can serve as a resource for harm reduction for the East Baltimore community. Be it from becoming an ORP entity, or inviting other entities to our walk in clinic days, we can help reduce the risk of opioid overdose in Baltimore and raise awareness for Naloxone. As Dee's Place sees thousands of clients every month, it is imperative that we have a strong network to call upon to offer health and social services for our clients. In addition, creating a resource map of substance abuse treatment will serve as a resource for the greater Baltimore community. Charm City Clinic already serves as an informational center for health resources, with community members and providers often calling us to learn more about accessing health resources in the area. By strengthening our substance use treatment resource map, we can further serve as a guide to the greater Baltimore community.



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## **House of Ruth, MD**

### **Governor's Family Violence Council Workgroup Support: Healthy Teen Dating/Dating Violence Prevention**



[www.hruth.org](http://www.hruth.org)

2201 Argonne Drive  
Baltimore, MD 21218

*House of Ruth Maryland was founded in May of 1977 by a coalition of women's organizations, religious groups, service providers, and elected officials to provide a safe haven for victims of domestic violence and their children. In November of 1977 we opened Baltimore's first crisis shelter for these victims in a row house on North Calvert Street. The shelter was staffed by one paid staffed person and a voluntary Board of Directors.*

*In November 1998 a new 84-bed shelter and 6 apartment transitional housing, featuring expanded services and programs, opened. The new shelter has a holistic health and wellness program, including an on-site health clinic staffed by the Johns Hopkins University School of Nursing. Today, House of Ruth Maryland is recognized as one of the nation's most comprehensive domestic violence centers and has a staff of more than ninety. Our voluntary leadership consists of a thirty member Board of Directors and an Advisory Committee.*

**Focus Area:** Policy Change

**Project Description:**

The Governor's Office of Crime Control and Prevention's Family Violence Council has created a workgroup to encourage Maryland schools to put healthy teen dating education as a priority and become informed of ways to help the problem. The group is made up of volunteers including representatives from domestic violence service agencies, State's Attorneys, clergy, Maryland State Department of Education staff and others. The group meets approximately weekly and is charged with creating a recommendation to be submitted to the Governor through the Office of Crime Control and Prevention on how he should encourage Maryland schools to adopt/unify/expand education that addresses healthy teen dating relationships and teen dating violence.

**Project Goals:**

1. Identify any laws or policies in states outside of Maryland related to school curriculum requirements or recommendations that address teen dating violence/healthy teen dating.
2. Conduct a field assessment of healthy teen dating/teen dating violence materials that are potentially available to Maryland State Department of Education and school personnel. The assessment would include a description of the materials, any existing supporting research, and



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details on audience and recommended delivery.

### **Student Responsibilities:**

The student would conduct field assessments to:

- Identify curriculum available that has been used in schools
- Identify the strengths and weaknesses of various curriculum options
- Establish how Maryland compares other states in requiring or recommendation teen dating violence education

If schedules allow and there is interest:

- Attend quarterly meetings of the Governor's Family Violence Council
- Attend monthly meetings of the Family Violence Workgroup to present materials and participate in the final recommendation to the Governor

**Personal Transportation Required:** No

### **Additional Information:**

The summary report created from this group's efforts will be submitted to Maryland's Governor with policy recommendations.





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## **Living Classrooms Foundation**

### **Cultural Cooking Club**



[www.livingclassroomsfoundation.org](http://www.livingclassroomsfoundation.org)

200 S. Linwood Ave  
Baltimore, MD 21224

*Living Classrooms Foundation strengthens communities through hands-on learning in education, work force development, urban gardening and other programming in Baltimore, MD and Washington, DC. We serve community members through focuses on health and wellness programming through fitness, nutrition and social emotional growth, ESL classes, youth sports clubs, and an emerging community garden*

**Focus Area:** Environmental Challenges

#### **Project Description:**

The Living Classrooms Health and Wellness strategy is a three-pronged approach including fitness, nutrition and social emotional growth. The Cultural Cooking Classes will address geography, cultural education, cooking demonstrations and discussions about environmental challenges that the countries face through lessons. The recipes for this class will be based on rice bowls as rice is commonly found in dishes around the world. Depending on where the recipe originates (geographically), we will explore where the country is located on a map and discuss environmental challenges that the country faces. The challenges will be discussed broadly, for instance describing cultural challenges surrounding where food comes from and addressing the travel it takes for some food to reach our kitchens and restaurants. This will lead into a broader discussion about air pollution and transportation methods of exporting/importing food as well as connecting to agricultural challenges. Ingredients used will be affordable and students will have each recipe to take home at the end of these lessons. They will have notecards to share information discussed around environmental challenges, geography, and culture from around the world to share with their families. At the end of the class, participants will build relationships with one another tasting the meal they made together. We want to enrich our families and community members with geography/cultural presentations about local foods in different countries, cooking classes to discuss accessibility of healthier foods on a budget, how to cook these foods and host tasting parties after each lesson.



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### Project Goals:

The Cultural Cooking Classes will educate after-school students and families through culturally grounded nutrition education and hands-on cooking classes by:

- Exploring geography through food
- Learning how to cook healthy meals using rice bowls
- Building relationships around health

### Student Responsibilities:

- Collaborate with cultural guest speakers who will lead the introduction to the cooking club sharing a geography lesson, cultural values, possibly music and photographs
- Develop the nutrition education and hands-on cooking components of the club
- Ensure cooking appliances and materials are available and ready for the club
- Replicate lessons and curriculum for additional Living Classrooms after-school programs to implement
- Survey the students on each component:
  - What they learned about the culture being presented
  - What they learned with the nutrition education and cooking
  - What they would like to do and see in future Cultural Cooking Clubs

### Required Skills:

- Time management, organization and attention to detail
- Community Outreach to recruit appropriate guest speakers for a weekly club introduction
- Cultural responsiveness with guest speakers and students in club
- Ability to work independently to build curriculum for other sites and sustainability

### Preferred Skills:

- Youth development experience (middle school, ages 10-13)

**Personal Transportation Required:** No

### Additional Information:

Our mission at Living Classrooms is to disrupt the cycle of poverty through hands on learning. In addition to the nutrition education and discussion about food accessibility, we want community members to engage around culture. Whether these cultures are like their own or different, cultural exploration is a platform for many important community building elements. We want to provide our community members with a better sense of how to purchase healthy foods on a budget and how to cook/eat said foods. In the process of completing this, they will also share cultural experiences with one another and build community around healthy meals. This project could really change the way our families think about health as a whole.

The Cultural Cooking Classes address one environmental challenge most of our families face: food deserts. By engaging our students around how they can access healthy foods, on a budget, and making it fun with cultural presentations, we would have their attention to begin addressing this issue. We would also have our students utilizing the many gardens we have throughout our sites. Students would be learning how to plant, grow, and cook these different fruits and vegetables in the Cultural Cooking



## **Baltimore Action Projects**

Bloomberg American Health Initiative and SOURCE

Classes. Ideally, we would like to host events for the whole family, so that we could educate Baltimore City residents on a larger scale. Living Classrooms facilities are limited to appliances in the kitchen. These classes will use basic appliances like a toaster oven, crock pot, rice maker, blender and food processor. Using limited cooking appliances is also part of the strategy in empowering our families by demonstrating healthy meals have no boundaries. We can still eat full and balanced healthy meals without having a full kitchen.

One example of a lesson will involve a Crock pot Mojo Pork with Cuban-style black beans recipe. The introduction to the class will be a geography lesson identifying the country on the map and studying what other countries are around it. Then, there will be discussion about an environmental challenge the country faces like deforestation/eroding beaches and how increased tourism can impact Cuba in the future. Students can compare Puerto Rico (a nearby US territory) to Cuba to explore environmental challenges that may be similar or different. Following the cultural piece, we will move on to hands-on cooking. Meat will be prepared beforehand. However, with rice cookers, food processors, and toaster ovens, students will collaborate on cooking this dish and have a tasting party afterwards.