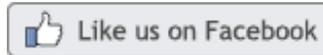


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HC DrugFree is keeping Howard County
In the KNOW!!!

Howard County Council Supports Alcohol Awareness Month

On behalf of the Howard County Council, Dr. Calvin Ball presented HC DrugFree's Executive Director, Joan Webb Scornaienchi with a resolution to kickoff *Alcohol Awareness Month* in Howard County.



Pictured above at HC DrugFree's *Senior Week: Staying Safe in Ocean City* program: Howard High School Principal Nick Novak, County Councilman Dr. Calvin Ball, HC DrugFree's Executive Director Joan Webb Scornaienchi, HCPSS administrator and retired OC Beach Patrol Sgt. James McVey, OCPD Cpl. Howard Caplan, and HCPD Major Ellsworth Jones.

[Click here](#) to view the County Council's resolution.

HC DrugFree thanks **Dr. Calvin Ball and the Howard County Council** for their ongoing commitment to youth and families.

Senior Week in Ocean City

Valuable lifesaving information was provided at HC DrugFree's final 2017 *Senior Week: Staying Safe in Ocean City* program held at Howard High School.

Parents and teens joined together in the school's auditorium as (pictured above left to right) Principal Nick Novak welcomed everyone and expressed his support of this annual program, Dr. Calvin Ball presented HC DrugFree with a County Council resolution declaring April as Alcohol Awareness Month in Howard County and expressed his support of the work of HC DrugFree and our many partners, Joan Webb Scornaienchi shared how HC DrugFree works with the Ocean City Police throughout the year to keep Howard County families informed and safe, retired Ocean City Beach Patrol Sgt. and Howard County School Administrator James McVey shared lifesaving water and beach safety tips as well as decision-making skills to keep the youth safe at any beach, Ocean City Police Cpl. Howard Caplan shared information about Maryland and Ocean City laws, and Howard County Police Major Ellsworth Jones shared his personal story of losing friends in a tragic drowning at Ocean City.

HC DrugFree thanks **Principal Nick Novak** and the **Howard High School staff and PTSA** for working with HC DrugFree throughout the year and opening your "home" to us. We thank **HCPD Major Ellsworth Jones** for sharing his personal stories and protecting our families throughout the year.

On behalf of the teens and adults attending HC DrugFree's Senior Week programs throughout the years, we thank **HCPSS Mr. James McVey** and **OCPD Cpl. Howard Caplan** for going out of their way year after year to educate Howard County teens and parents.

Senior Week Blog Tips by Dr. Rick Silver from the THRIVE Center in Columbia

As these cold, rainy days of winter linger, we are all dreaming of 70-degree weather and weekends spent outdoors. And if you have a student graduating high school, you are already discussing the teenage version of getting-back-to-nature - the annual ritual known as Senior Week at the beach.

Although accepted as inevitable by many parents, a child's participation in this event still needs to be approached thoughtfully. While true that most teens return from their revelries relatively unscathed, risks exist - death, serious injuries, rapes and arrests are all woven into the 25 year history of Maryland's Senior Week.

Here are some tips about how to approach the discussions with your child around Senior Week, with a focus on how to inform and guide them in engaging in safe behaviors and good decision making. To read the tips and the full blog posts, [click here](#).

April 25: Adults Need to Attend *Not My Child... Yes, Your Child*

This program will focus on drug and alcohol use in Howard County including the **increasing number of overdoses**, how we can better protect our families, and more.

You may not have a child or your "child" may be 12, 25 or 45 years old, but this program is for you. It's for **all adults in Howard County**.

Once again, HC DrugFree and our partners will provide a safe place for an honest discussion. We are proud to partner with the **River Hill High School PTSA** for this **April 25, 7:00 p.m.** program to be held at River Hill High School. This program is free and open to the public.

Speakers include parents with stories to share and representatives from the Howard

County Public School System, HC DrugFree, the Howard County State's Attorney's Office, the Howard County Police Department, and others. For more information, contact HC DrugFree at 443-325-0040, Admin@hcdrugfree.org, or visit www.HCDrugFree.org.

EpiPen Recall and Reminder HC DrugFree Properly Disposes of Old EpiPens

Earlier this week, the Howard County Public School System released information about a new national recall of EpiPens in the United States.

To view or print more information, [click here](#).

Remember, twice a year **HC DrugFree collects expired and unwanted EpiPens** for proper disposal at our medication and sharps collections. The next convenient drive-thru collection will be on **Saturday, April 29 from 10 a.m. to 2 p.m. in the Wilde Lake Village Center parking lot**. We encourage you to dispose of medications and sharps at our collection site.

If you must drop off sharps early, please email Admin@hcdrugfree.org or call our office. If you miss the April 29 collection, we will not collect and store any sharps until the next collection in approximately 6 months.

Alcohol Use Disorder (AUD)

During Alcohol Awareness Month, HC DrugFree wants to share the following information from the National Institute on Alcohol Abuse and Alcoholism (NIAAA):

Problem drinking that becomes severe is given the medical diagnosis of "alcohol use disorder" or AUD.

HC DrugFree encourages you to speak with a healthcare professional if you think you or a loved one may have an AUD. Here are some questions to ask yourself. **In the past year, have you had any of the following:**

- Had times when you ended up drinking more, or longer than you intended?
- More than once wanted to cut down or stop drinking, or tried to, but couldn't?
- Spent a lot of time drinking? Or being sick or getting over the aftereffects?
- Experienced craving - a strong need, or urge, to drink?
- Found that drinking - or being sick from drinking - often interfered with taking care of your home or family? Or caused job troubles? Or school problems?
- Continued to drink even though it was causing trouble with your family or friends?
- Given up or cut back on activities that were important or interesting to you, or gave you pleasure, in order to drink?
- More than once gotten into situations while or after drinking that increased your chances of getting hurt (such as driving, swimming, using machinery, walking in a

dangerous area, or having unsafe sex)?

- Continued to drink even though it was making you feel depressed or anxious or adding to another health problem? Or after having had a memory blackout?
- Had to drink much more than you once did to get the effect you want? Or found that your usual number of drinks had much less effect than before?
- Found that when the effects of alcohol were wearing off, you had withdrawal symptoms, such as trouble sleeping, shakiness, irritability, anxiety, depression, restlessness, nausea, or sweating? Or sensed things that were not there?

Again, if you have any of these symptoms, talk with your healthcare provider about receiving a formal assessment of your symptoms.

April 29 is Quickly Approaching: Gather Your Medications and Sharps

In partnership with the **Howard County Police Department**, HC DrugFree's next convenient drive-thru Medication and Sharps Take Back collection is scheduled for **April 29 from 10:00 a.m. to 2:00 p.m. in the Wilde Lake Village Center parking lot.**

Community service hours available for students. For more information, contact Admin@hcdrugfree.org or call 443-325-0040.

Throughout the year, if you have questions about how to dispose of 'sharps' (needles, syringes and EpiPens) and medications or questions about Howard County's medication disposal boxes, contact us.

Partnering with PTSAs, Request Brochures, and Practice Your Secret Code

As we approach prom season, HC DrugFree is proud to partner with the **PTA Council of Howard County and the public high school PTSAs**. Once again, HC DrugFree has donated \$25 gift cards to all twelve public high school afterproms.

We encourage all parents, guardians, and grandparents to talk with your child about your expectations of staying safe on prom night, not using drugs/alcohol, and having a back-up plan if the evening does not go as planned, but if things don't go well...

Does Your Family Have a Secret Code??? This is a good time to be sure you (parents, grandparents, aunts, uncles, trusted neighbors, babysitters, etc.) have a secret code(s) or saying so if your child calls (even adult children on an uncomfortable date or at a party with drugs), you know they need you to *hurry* to rescue them from a dangerous or unpleasant situation. For example, if your child never feeds the family dog and they call you to say they forgot to feed the dog, don't ask any questions and assume the phone is on speaker and all his friends can hear the conversation. Just say you are on your way to get them. Be grateful they called you while alive and well and before it's too late.



If you would like HC DrugFree to mail you a free copy of the **Prom and Graduation brochure** pictured above, email your name and address to Admin@hcdrugfree.org.

Can HC DrugFree Rely on You?

HC DrugFree relies on your generosity. Community members have questions and needs and HC DrugFree provides answers and FREE resources. Help us educate the Howard County community and save lives...make a 2017 donation to HC DrugFree.

It's easy to donate: 1) go online, [click here](#), 2) mail a check to HC DrugFree, 5305 Village Center Drive, Suite 206, Columbia, MD 21044, or 3) come visit our office to see how your funds are helping the community!

HC DrugFree Teen Advisory Council Meeting - May 8

HC DrugFree's Teen Advisory Council (TAC) will meet on Monday, **May 8** from 5:30 p.m. to 7:00 p.m. at The Barn (Teen Center) in the Oakland Mills Village Center. TAC is open to all Howard County high school students.

Community service hours are available for attendance at TAC meetings. Free pizza is provided. Teens must complete the registration form found on the Teen Advisory web page or [click here](#), and RSVP to Admin@hcdrugfree.org.

HC DrugFree's Teen Advisory Council thanks our TAC 2016-2017 sponsor **Jason Shapiro and David Zwanetz** with [Shapiro Zwanetz and Associates](#) for volunteering their time to educate "our kids" about the law, answer their questions, and hopefully, help them to make better decisions for the rest of their lives.

Need Alcohol or Other Drug Treatment? Get Help Now!

Are you seeking information on facilities in Maryland that offer substance misuse and/or mental health treatment?

If so, to use the Behavioral Health Treatment Services Locator from SAMHSA, [click here](#), or visit the resources section on HC DrugFree's website to view more local resources and treatment providers.



For more information, contact
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