

HC DrugFree: Keeping Howard County *in the KNOW!* ...knowledge is power, so just say KNOW

Real or Fake? The Difference Is Deadly

It can be difficult to identify a "real" pill from one laced with Fentanyl. Yet, these deadly pills are easy to purchase online and in communities.

Here is another example of a 17 year old with a bright future who died after purchasing pills online laced with the deadly drug. His parents reinforce a theme we keep hearing: **Our children may not be "safe" inside our homes.**

Could you identify the real pills from the counterfeit? Have you told your children or grandchildren how deadly these pills can be? [Read more](#) or click on the video.



Registration Now Open! FREE Parenting Classes.

Hurry to register for the next series of classes for parents/guardians of 9-14 year olds. If your child is slightly younger or older, complete the registration form and we will review the information and get back to you.

Parent/guardian or child must reside in Howard County. Based on previous interest, this class is expected to fill. Parents/guardians should plan to attend all 4 classes in this series. Children may be invited to the 3rd class, but are not required to attend.

Classes are scheduled for 4 Tuesdays (May 4, 11, June 1 and 8) from 6:30 p.m. to 8:00 p.m.

[Register here](#) or [Learn more.](#)



Guiding Good Choices®

Free Online Parenting Classes
May & June 2021

Guiding Good Choices® is an evidence-based, interactive prevention program that provides families with the skills and knowledge to reduce the risk that their children will use drugs and alcohol or engage in other dangerous behaviors.

This series of four Zoom classes is for parents/guardians of 9-14 year olds. If your child isn't 9-14, please register and HC DrugFree will contact you. Parent/guardian or child must live in Howard County.

Class Dates: Tuesdays, May 4, 11, June 1, 8
(Adults are expected to attend all 4 sessions and children 9-14 are encouraged to attend session 3.)

Time: 6:30 p.m. – 8:00 p.m.

Register at:
<https://www.surveymonkey.com/r/HCDrugFreeSeries2021>

For more information: Contact Joan Webb Scorniaenchi, Executive Director, HC DrugFree at jdscornia@hcdrugfree.org

Go to www.hcdrugfree.org to sign-up to receive a free electronic newsletter with current and future class updates and educational information for adults and students.



4 Sessions:

- How to Prevent Drug Use in Your Family
- How to Develop Healthy Beliefs and Clear Standards while Strengthening Family Bonds
- Avoiding Trouble: How to Say No to Drugs
- Managing Conflict: How to Control and Express Your Anger Constructively

FREE, but you must register.

Classes are offered by the Howard County State's Attorney's Office and HC DrugFree in partnership with the Howard County Health Department.

Alcohol: Former NFL Player's Career Cut Short

Former NFL running back Montee Ball says alcoholism cost him his career. He's now helping others avoid that fate.

"For the entire part of my drinking life, I wasn't being honest with myself," Ball said. "But by being honest with myself, but reaching out for help, by sticking with my therapy, it feels that I am the most free, that burden has been lifted off my shoulders." [Read more.](#)

Drugs: NFL Player Overcomes Struggles

Former Baltimore Ravens player and current member of the Las Angeles Raiders, Darren Waller, shares about his drug use starting at age 15 and being given the opportunity to return to the game. His rock bottom came with unknowingly taking Fentanyl.

[Watch the Video.](#)



Tell Your Friends!!!

Friends keep friends informed. If you know someone who will benefit from the information HC DrugFree provides, please share our newsletter with them.

You can forward this newsletter or send them to [this link.](#)

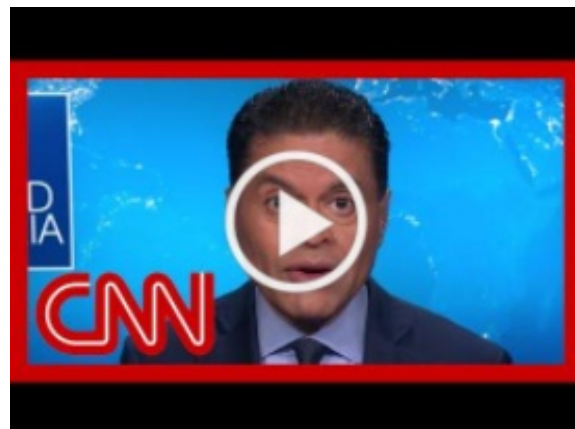
Newsletter Sign Up

CNN Report: Pandemic Increased Opioid Overdose Deaths

Fareed Zakaria, a CNN reporter, looks at the opioid crisis and asks what in the world is going on?

The pandemic has led to a sharp increase in the "other" epidemic going on behind the scenes, resulting in an increase in opioid overdose deaths in the United States. Forty states have seen an increase in deaths since the lockdown began.

[Watch the CNN report.](#)



Parents Report Teens Face New or Worse Mental Health Issues

A recent poll conducted by Ipsos for C.S. Mott Children's Hospital at the University of Michigan Medical School, looked at how parents of children ages 13 to 18 were helping teens cope and where the parents believed their strategies were successful. The pandemic has disrupted teens' lives and seems to be causing higher levels of depression in teen girls than boys. For teen girls, 31% experienced depression compared to 18% of teen boys and 36% of teen girls faced anxiety compared to 19% of teen boys.

[Read the CNN article](#) or be sure to [Read the poll results.](#)

Events

Teen Advisory Council Meeting - April 12

HC DrugFree's next Teen Advisory Council (TAC) meeting is scheduled for Monday, April 12 from 5:30 p.m. to 7:00 p.m. [Click here to register for Zoom meeting.](#)

Save the date for the May 17 meeting too. TAC is open to all Howard County High School Students. Public School, Private School, and Homeschool students are encouraged to join. To access the 2020-21 school year registration form, [click here](#). Email your registration as well as a photo to admin@hcdrugfree.org or mail a hard copy to: HC DrugFree, 5305 Village Center Drive, Suite 206, Columbia, MD 21044

Howard County Family Forum - April 15

Please join HC DrugFree and our partners for another Family Forum! This virtual family forum is scheduled for Thursday, April 15th at 7:00 p.m. Hear from local organizations about prevention, treatment options, and how to get support for your loved one and yourself. [Learn more and register here.](#)

HoCo Student Film Fest Deadline - April 17

The 17th Annual HoCo Student Film Fest is coming up and, once again, [HC DrugFree has our own category - KNOW: Kids Nurturing Others Wisely.](#) This category was chosen to showcase ways that teens can encourage one another through mental health challenges, dealing with peer pressure, and most of all, how to avoid substance (drugs, alcohol, nicotine) misuse. Target audiences can include (but are not limited to): Parents/guardians or grandparents of middle school students, school staff and students. [Deadline to submit your film:](#) Saturday, April 17 at 11:59 p.m. The Film Fest will be held on Friday, May 14 at 7:00 p.m.

New Flier! Adult Volunteer Registration Open!

**Drive-thru Medication and Sharps Collection: Saturday, April 24
in the Wilde Lake Village Center Parking Lot**

HC DrugFree will hold our next twice-a-year medication and sharps drive-thru collection on Saturday, April 24th from 10 a.m. to 2 p.m. in the **Wilde Lake Village Center parking lot**.

We want your expired and unwanted prescription and over-the-counter medications and your sharps (needles, syringes and EpiPens).

[Click here for more information and to access the Adult Volunteer Registration.](#)

Student volunteers must have processed Teen Advisory Council (TAC) applications by April 15, submitted photos, and be on the TAC email list. See the TAC update below in this newsletter.

Medication guarded and transported by the Howard County Police and the Drug Enforcement Administration. Funding provided by the Howard County Health Department, MDH and SAMHSA



Three out of four people using heroin began with the use of prescription medication

Drug Take Back Day

in Howard County

Saturday, April 24
10 a.m.–2 p.m.

Dispose of unwanted or expired medications & sharps (needles, syringes & EpiPens) at HC DrugFree's convenient drive-thru collection

Wilde Lake Village Center parking lot
5305 Village Center Drive, Columbia, near The UPS Store

For details, go to www.HCDrugFree.org

Adults volunteer at:
<https://www.surveymonkey.com/r/AdultVolunteerApr24>

HCDrugFree
Empowering the Community



Message provided by HC DrugFree & the Howard County Police with funding from Howard County Health Department, MDH & SAMHSA

Virtual Overdose Response Training

Learn how to save a life after an overdose! Free Narcan kits are available to attendees via appointment at the Howard County Health Department. Pre-registration is required.

Upcoming training dates:

Thursday, March 25 at 3:00 p.m.

Tuesday, April 6 at 3:00 p.m.

Tuesday, April 20 at 6:00 p.m.

Tuesday, May 4 at 3:00 p.m.

Tuesday, May 18 at 6:00 p.m. [Register here.](#)



This spray can save a life

And so can you.

Learn how you can save someone's life from an opioid overdose with Narcan®.

Be a hero. Learn to use Narcan®.

For more information or to sign up for a free virtual training and receive a Narcan® kit:
Visit: howardcountymd.gov/gethelp
Email: opresponse@howardcountymd.gov
Call: 1-800-313-6202

Join us for a free virtual training on the first Tuesday and last Thursday of the month at 3pm. Please contact us to pre-register.



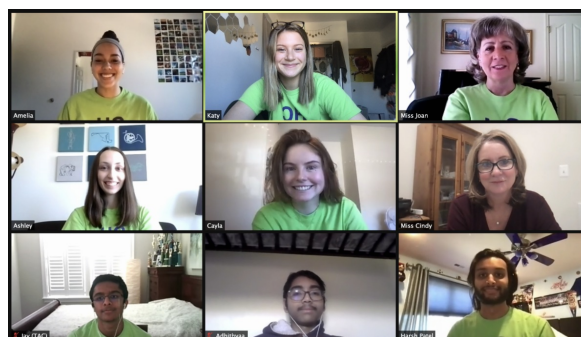
HOWARD COUNTY HEALTH DEPARTMENT
Department for Mental Health, Substance Abuse, and Crisis Services

Parenting Corner

Life Skills Class #9 This Week

Last week, our Life Skills class number 8 of 15 was a fun Kahoot review of what the students learned so far. This week, students will learn about anxiety and ways to cope.

HC DrugFree's series of 15 FREE weekly classes began on Wednesday, January 27 and will run thru early May. The registration is CLOSED, but keep following us to learn about our next series. Funding provided by the Howard County Health Department, the Maryland Department



Do You Support Prevention and Education?

If You Like Our Work, Please Donate Today

As a nonprofit organization, HC DrugFree depends upon the generosity of individuals, organizations and businesses in the community to support the free education and prevention services that help keep our great community safe.

Please consider becoming a Friend of HC DrugFree by making a donation in any of the following amounts:

\$10 student

\$25 individual

\$50 family

\$50 nonprofit organizations

\$100 business

Sponsors starting as low as \$500.

[Please make your tax deductible gift to HC DrugFree today!](#)

Donate



For more information, contact

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