

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

Stress Awareness Month April 2021: What You Need to Know

APRIL IS NATIONAL STRESS AWARENESS MONTH



- **Women** experience higher levels of stress than men
- **33%** of Americans live with extreme stress
- **77%** of Americans state stress negatively affects their physical health
- **48%** of Americans mention that stress has a negative impact on their personal life
- **3 out of 4** doctor visits are for stress-related ailments
- **Stress-related** ailments cost the nation **\$300** billion each year in medical bills and lost productivity

Three out of four doctor visits are for stress-related ailments and these ailments cost the U.S. \$300 billion each year in medical bills and lost productivity.

Sponsored by The Health Resource Network (HRN), National Stress Awareness Month is an annual campaign that began back in 1992 and has taken place every April since. During this month, health care professionals unite to raise awareness of what effects stress has on people's everyday wellness, and what can be done to combat it. Public forums, discussion groups, and other informative community events are employed to shed more light on the health impacts of stress.

[Learn more.](#)

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.

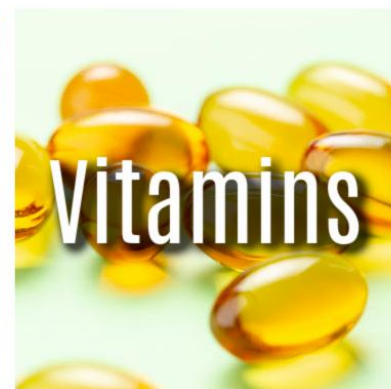
Parent/guardian or child must reside in Howard County and based on previous interest, this class is expected to fill. Parents are encouraged to attend all 4 classes in this series.

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](#).

[Click here for Printable Flier.](#)



Our next Drive-Thru Medication & Sharps Collection is April 24th!



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, sharps (needles, syringes and EpiPens!) and vaping devices.

The medication is guarded and transported by the Howard County Police and the Drug Enforcement Administration. Funding provided by the Howard County Health Department, MDH and SAMHSA. Thank you to everyone partnering with us!

Adult volunteers may [register through this link](#). Feel free to bring a chair if you can't stand. Medically-trained adults are needed to assist with the medication and sharps collection.

[Learn more here.](#)

Teen Advisory Council Update

We asked the HC DrugFree Teen Advisory Council what advice they'd give to their younger selves and these are some of the answers we received! Learn more about the Teen Advisory Council [here](#).



HC DrugFree's final school year 20-21 Teen Advisory Council (TAC) meeting is scheduled for Monday, May 17 from 5:30 p.m. to 7:00 p.m. [Click here to register for Zoom meeting](#)

COVID-19 Questions and Answers: For People Who Use Drugs or Have Substance Use Disorder

NEW: Substance use disorders can make you more likely to get severely ill from COVID-19. If you think you or someone you love might be experiencing a substance use disorder, learn about topics like access to treatment programs, harm reduction strategies, lowering your risk of COVID-19, and more:

[Learn more.](#)

Follow us on Social Media

Social media remains one of the most effective ways to share important information with the community. If you like the information that we share in our

newsletter, you'll love the content we're posting on Facebook. [Please LIKE our page here.](#)

A little birdie told us that you wanted to stay informed, and fortunately that's what our Twitter feed is all about. [Follow us on Twitter](#) for more important news and updates!



Do You Want Your Friends to Receive Our Updates?

Friends keep friends informed! If you know someone who will benefit from the information we provide, please share our newsletter with them! You can forward them this newsletter or send them to [this link](#).

Newsletter Sign Up

Events

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 & Register Here](#)
[Download Flier](#)



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:

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: orgresponse@howardcountymd.gov
Call: 1-800-313-6292

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



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).

Adult volunteers may register thru link below. Feel free to bring a chair if you can't stand.

Medically-trained adults are needed to assist with the medication and sharps collection.

[Click here for more information and to volunteer.](#)

The medication is guarded and transported by the Howard County Police and the Drug Enforcement Administration. Funding provided by the Howard County Health Department, MDH and SAMHSA. Thank you to everyone partnering with us!



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

Do You Support Prevention and Education?

Please support our work: Donate Today!

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



For more information, contact

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