

...knowledge is power, so just say **KNOW**

## 'So She Did' - HC DrugFree's Executive Director Recognized

*HC DrugFree's Board of Directors is pleased to announce:*

Howard County Executive Calvin Ball, the Howard County Commission for Women, and the Howard County Department of Community Resources and Services revealed the honorees for the inaugural 'So She Did' campaign at the end of March as a part of Women's History Month.

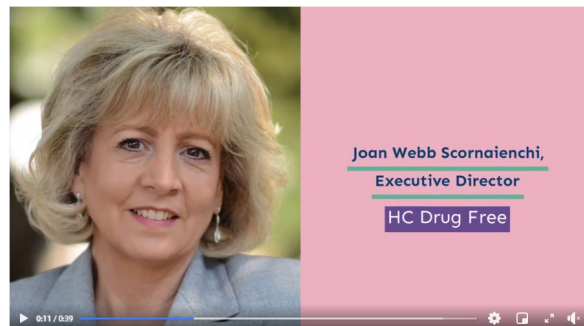
Joan Webb Scornaienchi, the Executive Director of HC DrugFree was one of the dynamic women recognized for making positive changes throughout our County.

"So She Did" is part of a well-known quote: "She believed she could. So she did." This expresses the belief that a determined woman can do anything she sets her mind to.

Please take a look at both short videos:



[Watch the Video.](#)



[Watch the Video.](#)

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## 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.](#)



Bring your used sharps (Epi-Pens, Syringes, Needles, etc.) and leftover meds to our Free Drive-Thru Drug Take Back Event

**Safely dispose of:**

- Prescription Medication
- Over-the-counter medication
- Sharps (Syringes, Needles, Epi-Pens, etc.)
- Vitamins
- Pet Medications
- Vape Devices (with batteries removed)
- Inhalers

**HCDrugFree**  
Empowering the Community

**Howard County Drug Take Back Day**

Saturday, April 24th 2021, 10am-2pm

Wilde Lake Village Center

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

## Powerful Essay about Dad's Addiction Gains Attention of Millions

Preslee Scott, 16, used to assume

the role of parent to her young siblings when their dad, Casey, was drinking.

Preslee remembers that as a middle-schooler, she would gather empty Bud Light cans and hide them in the outdoor trash can, just as her mother had done before their divorce. When Casey was passed out drunk, she'd chalk it up to fatigue.



It's an experience Preslee detailed in an essay for her tenth grade English class that has gone viral on Facebook. [Read more.](#)



## April is Alcohol Awareness Month

Alcohol Awareness Month is to increase outreach and education regarding the dangers of alcoholism while drawing more attention to the causes and effects of alcoholism as well as how to help families and communities deal with drinking problems.

According to the MD Department of Health, the association between suicide and alcohol use or misuse has been studied for years, but with the continued rise in the suicide rate, understanding the influence of alcohol has become imperative. Individuals who are dependent on substances often have a number of other risk factors for suicide, such as social and financial problems. Common outcomes of untreated alcohol abuse and dependence include social withdrawal, breakdown of social bonds, and social marginalization, which are also warning signs associated with suicide. Alcohol use may lead to suicidality through disinhibition, impulsiveness, impaired judgment, and other high-risk behaviors that result in self-harm, but it may also be used as a means to ease the distress associated with committing an act of suicide.

Alcohol misuse/dependence, itself, could be viewed as a version of self-harm: alcohol is estimated to cause about 20-30% of cases of esophageal cancer, liver cancer, cirrhosis of the liver, homicide, epilepsy, and motor vehicle accidents. According to the Substance Abuse and Mental Health Service Administration (SAMHSA), a diagnosis of alcohol misuse or dependence is associated with a suicide risk that is 10 times greater than those in the general population.

[Contact Alcoholics Anonymous](#)

[Contact 2-1-1 Maryland](#)





From Hello to Help,  
211 Maryland  
is Here



## Is March Madness Spilling Into April?

March Madness is known as a sports betting extravaganza. According to the MD Center of Excellence on Gambling, for most people gambling is a form of entertainment. Few people realize that for some people gambling can become a devastating addiction, destroying families and relationships as well as negatively impacting careers. For some people, the addiction becomes so strong that it overtakes moral values and results in crimes to obtain more money for gambling. With more and more gambling opportunities becoming available, it is essential for everyone to recognize the signs and symptoms of gambling problems and how to get help. [Learn more and get help.](#)



## 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

## Life Skills Series

### Life Skills Class #10: Anger and Dangers of Sharing Rx Meds

Our Life Skills class #10 dealt with anger and the dangers of sharing medication prescribed to a family member or friend. Only 5 more classes to go!!!

HC DrugFree's series of 15 FREE weekly classes began in January and will run thru early May.



## 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](#)

## 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](#)



## 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!



**If You Like Our Work, Please Donate Today**

**Donate**



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For more information, contact

Joan Webb Scornaienchi  
Executive Director  
HC DrugFree  
5305 Village Center Drive, Suite 206  
Wilde Lake Village Center  
Columbia, MD 21044  
Admin@hcdrugfree.org  
[www.hcdrugfree.org](http://www.hcdrugfree.org)



**Donate**

