

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

HC DrugFree's PSA Winner

Each year, HC DrugFree is proud to partner with the Howard County Student Film Festival (HoCo Film Fest) by offering our own category looking for student-created public service announcements (PSAs). We congratulate the students and staff running this annual event as the festival celebrates 17 years of helping students develop skills as young filmmakers and bringing the community numerous brilliant films to enjoy.

A special thank you to the Howard County Public School System staff working hard to make the 2020-21 film festival possible: **Binki McKenna from Reservoir High School, Jill Lee from Long Reach High School and Tracy Richter from Mt. Hebron High School.** Your commitment to developing young talent and your partnership with HC DrugFree is much appreciated!

We are pleased to announce that the 2021 winning HC DrugFree PSA Category film is "[KNOW the Consequences](#)" created by David Huang, Ben Schirmer and Peter Wang from Centennial High School.

Click on the title above or on the film below to play our winning film. To view all the winning films, please visit HC DrugFree's [HoCo FilmFest page](#).



Senior Week in OC: Virtual Learning Experience for Families



Is your teen heading to Senior Week in Ocean City, MD?

In June, HC DrugFree will be offering a virtual safety class for families with teens who are participating in Senior Week. Keep watching this newsletter or our website for updates.

Drug and Alcohol Family Forum - May 20

Please join HC DrugFree and our partners for our monthly Howard County Drug and Alcohol Family Forum.

Free. Open to the public. The next virtual event is scheduled for Thursday, May 20 at 7:00 p.m.

Hear from local organizations about prevention, treatment options, and how to get support for your loved one and yourself. Register to receive the link.

[Learn more & register here.](#)

[Download flier.](#)

The flyer for the Howard County Drug & Alcohol Family Forum features a colorful graphic of stylized waves at the top. Below this, the text reads "Howard County Drug & Alcohol Family Forum". A small paragraph explains the purpose of the forum: "If you care about someone with a drug or alcohol issue, it can be hard to know where to turn for help. Come to this virtual family forum and hear from local organizations about available treatment options, prevention, and how to get support for your loved one and yourself." A key message is highlighted: "* When Someone You Love is Using Drugs or Alcohol: Where to Get Help". The event details are "Thursday, May 20 at 7:00 PM" with a registration link: "Register at: <https://bit.ly/3f8cNNd>". The flyer also includes logos for the Opioid Crisis Community Council, MCF (Maryland Coalition of Families), and HC DrugFree. Small text at the bottom provides additional information about these organizations and their services.

Be a Parent, Not a Friend

This video for parents was created by friends of HC DrugFree and is available from the Substance Abuse and Mental Health Services Administration (SAMHSA):



The Link between Mental Health and Substance Misuse

"Scientists have long made the link between mental health issues and substance misuse. In fact, the co-existence of both is referred to as 'co-occurring disorders.'

According to a [National Survey on Drug Use and Health \(NSDUH\)](#), 9.5 million adults over the age of 18 had co-occurring disorders. This is an increase from 9.2 million in 2018." [Learn more.](#)

Be Part of Our Team



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



Stay Connected

Friends keep friends informed! This newsletter and social media remain the

best ways for us to share vital information with you! Please Like & Share our content on social media or forward this newsletter to a friend to help us with our mission of keeping Howard County SAFE & INFORMED.

If you haven't already done so, please [Subscribe to our newsletter](#) and invite your friends to subscribe, too!



Events

Parenting Series Class #3: June 1

Sorry, REGISTRATION IS CLOSED so please make plans to join our next class in the fall.

If you are enrolled in the parenting series, we hope you are holding family meetings and practicing Refusal Skills with your children. The next class will meet on June 1st at 6:30 p.m. A Zoom link will be emailed to registered parents.

HC DrugFree is partnering with the Howard County State's Attorney's Office, Howard County Health Department, and Howard County Public School System to offer this final parenting series for the 2020-21 school year. Refusal Skills, Protective Factors, and much more will be learned to keep youth from engaging in risky behaviors including using drugs and alcohol.

Information about future Parenting Classes (or HC DrugFree's Life Skills Classes for students) will be advertised in these newsletters.

Virtual Overdose Response Training

Learn how to save a life after an overdose! Free Narcan kits are available to attendees. Must pre-registration with the Howard County Health Department.

Upcoming training dates:

Thursday, May 27 at 3:00 p.m.

Tuesday, June 1 at 3:00 p.m.

Thursday, June 16 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/overdose
Email: orgresponse@howardcountymd.gov
Call: 1-800-333-6262

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
Approved by the Maryland Department of Health and Mental Hygiene

The image shows a white Narcan nasal spray bottle with a red cap and a red spray plume. A QR code is located in the bottom right corner of the advertisement.

Self-Care Tips of The Day!

Today, remember to do at least one of these:

- Eat only healthy food. (You can do this for one day!)

- Schedule some self-care time (even 10 minutes) and don't allow anyone or anything to steal this time from you.
- Drink more water.
- Drink less alcohol.

Additional Resources

Help for Depression, Suicidal Thoughts or Other Mental Health Issues

If you need help, please contact:

Grassroots Crisis Intervention: 410-531-6677

The Maryland Crisis Hotline: Dial 211 and then choose option 1

The Crisis Text Line: Text 741741 and a trained counselor will respond

The National Suicide Prevention Hotline: 1-800-273-8255

The Howard County Health Department: 410-313-6202

Emotional Support Human

Provided by [The Horizon Foundation](#): When someone you care about is hurting, it's natural to want to help them. But, that person might not always tell you something is wrong—and you might be unsure about how to reach out.

Sponsored by the Horizon Foundation. [Learn how to be an Emotional Support Human here.](#)

Gambling with Your Future

Call, text or chat 1-800-GAMBLER for free confidential, compassionate help with gambling problems.

Medication Disposal and Storage

To safely store and dispose of prescription and over-the-counter medication and sharps (needles, syringes and EpiPens), [please visit our website](#) for more information. How and where you keep your medication can make a big difference when it comes to medication safety. Every year, two million people end up in the hospital due to drug-related injuries. This might include medication errors, adverse drug reactions, allergic reactions, or overdoses. Safe and secure storage of your prescription medicine can help avoid accidental injuries.

For more information, contact

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