

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

"If you aim at nothing, you'll hit it every time."

Zig Ziglar

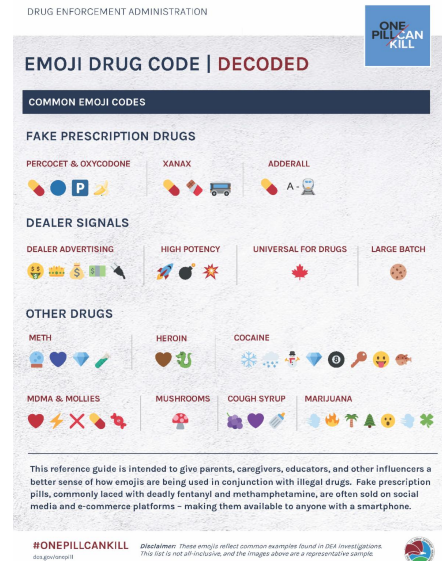


What Do These Emojis Mean???

The Drug Enforcement Administration has created a fact sheet, [Emoji Drug Code Decoded](#), to give parents, caregivers, and educators a road map on how emojis are used in conjunction with illegal drug activity.

The symbols are used to communicate about specific substances often **advertised and sold on social media and e-commerce platforms**.

Fake prescription pills, commonly laced with deadly fentanyl and methamphetamine, are sold on social media and e-commerce platforms - making them **available to anyone with a smartphone**.



Fentanyl is killing people in Howard County!!!



Teens Welcome! TAC Meeting January 31

HC DrugFree's **Teen Advisory Council** is open to all Howard County High School Students. Public School, Private School, and Homeschool students are encouraged to join! To access the 2021-22 school year registration form please [click here](#). Community service hours available to students, but only if a current TAC registration form is on file with HC DrugFree. Email your

registration as well as a photo to admin@hcdrugfree.org or mail a hard copy our office.

Our next TAC meeting will be on Monday, **January 31** from 5:30 p.m. to 7:00 p.m. [Register here](#) to receive Zoom link.

Parents: Videos to Help You Help Your Student

We know our youth are stressed, but what can we do to help them? On January 26, NBC's Today Show provided video resources from Child Mind Institute that are available for all parents to view alone or with their children.

This new video program teaches children and youth about understanding emotions, relaxation skills, understanding thoughts, managing intense emotions, and mindfulness. There are different series of videos for elementary, middle, and high school students, each told from the perspective of students that age.

To view the segment from the Today Show, [click here](#). To visit the Child Mind Institute page to learn more about the project and the videos, [click here](#).

Register for Series #2 Parenting Classes

Series #2: Due to the overwhelming response, we have temporarily closed registration for the Spring Series #1 (Feb/Mar 2022) and are offering a waitlist should spots become available.

Don't worry, we will be offering another series of classes later this spring: Parenting Classes Spring **Series #2** will be held **March 30, April 6, 27, and May 4, 11** from 10:30 a.m. to noon via Zoom.

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 five Zoom classes is for parents/guardians or grandparents of 9-14 year olds. If your child isn't 9-14 or you are a Howard County grandparent, please register and HC DrugFree will



contact you. Parents/guardians or child must live in Howard County.

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

Spring **Series #2** classes will be held **Wednesdays, March 30, April 6, 27, and May 4, 11** from 10:30

a.m. to noon. Adults are expected to attend all 5 sessions. **Register at:**

www.surveymonkey.com/r/GGCFebMar2022

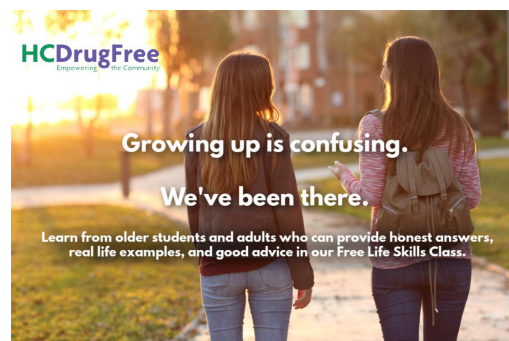
For more information: Email Parenting@HCDrugFree.org or visit our [website](#) Funding provided by the Howard County Health Department, MD Department of Health, and SAMHSA.

Life Skills Classes for Students



FREE and back by popular demand. HC DrugFree is providing a highly interactive skills-based program designed to promote positive health and personal development for youth in grades 6-9. (For slightly younger or older students, we will consider each request.) We encourage siblings and friends to take these classes together!

This middle school program uses developmentally appropriate, collaborative learning strategies to help students achieve competency in the skills that have been shown to help students resist substance use (tobacco, alcohol and other drugs), violence, and other high-risk behaviors.



To be sure your student receives numerous perspectives, our instructional team consists of dedicated adults and older students sharing situations they may face in high school, college, and beyond.



Classes will be held via Zoom **Tuesdays, February 8, 15, 22, and March 1, 8, 15, 22, 29** from 5:30 p.m. to 7:00 p.m. The dates for next class to be held this spring released soon. Registration is required. Please [sign-up](#) ASAP as space is extremely limited! **For more information:** Email LifeSkills@hcdrugfree.org or visit our [website](#)

High school and college students who are interested in assisting with the classes should hurry and email LifeSkills@hcdrugfree.org. Funding provided by the Howard County Health Department, MD Department of Health, and SAMHSA.

Medication and Sharps Collections - Sat., April 30

Our next drive-thru medication and sharps collection is scheduled for Saturday, April 30, 2022 from 10 a.m. to 2 p.m. We will collect over-the-counter and prescription medication, vapes, and sharps (needles, syringes and EpiPens). Save the date and more information will be shared in coming months.

At the drive-thru events, medications are guarded and transported by the Howard County Police and Drug Enforcement Administration (DEA).

Get Friends Connected to HC DrugFree

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 and informed. Invite a friend to [subscribe to our newsletter](#). You can also view previous newsletters in the [Newsletter Archive](#) on our website.

Please Donate Today



[We need YOUR financial support](#) to continue offering FREE services.

Donate



Additional Resources

Mental Health Crisis? Thoughts of Suicide? Problems with Drugs or Alcohol?

Get Confidential Support from Maryland's HELPLINE whenever you need it. CALL 211, then press 1. TEXT your zip code to TXT-211 (898-211). VISIT 211md.org to chat or find additional resources for housing/shelter, utility assistance, food, domestic violence, legal services, and more.



Emotional Support Human

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.

Reverse An Opioid Overdose

[Click here](#) to contact the Howard County Health Department to receive free training and a free Narcan kit.

For more information, contact

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