

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

I dream my painting
and I paint my dream.

Vincent Willem van Gogh



Former OSU Football Star Touching Lives

On NBC TODAY, former Ohio State offensive lineman Harry Miller shared his emotional message to anyone struggling with the type of mental health issues that made him consider taking his own life. This ambitious young man has a 4.0 GPA and was the former valedictorian of his senior class. [Play this powerful interview.](#)

Help is available 24 hours a day, 7 days a week. Call the National Suicide Prevention Lifeline at 800-273-8255 or text home to 741-741. The MD Helpline is available by dialing 211, then press 1 to talk to a counselor or by texting 898-211.

Ho Co Teens Share: NDAFW (March 21-27)

National Drug and Alcohol Facts Week (NDAFW) will run from March 21 to 27 with the intent to, as its slogan says, “shatter the myths” about substance use. Throughout this week, the National Institute on Drug Abuse (NIDA), the National Institute on Alcohol Abuse and Alcoholism (NIAAA), and many partners will disseminate facts surrounding drug use and addiction among young people.

To kick off this week, at HC DrugFree's March 21 Teen Advisory Council (TAC) meeting, Howard County teens played NIDA's [National Drug & Alcohol IQ Challenge](#) and [Coping with Stress](#) Kahoots to test their knowledge.

In addition, teens shared their thoughts on Shattering the Myths about drugs and alcohol and why NDAFW is important to them (click on any ad below for a downloadable pdf version):

#MyWhyNDAFW



HCDrugFree
Empowering the Community

#MyWhyNDAFW

**Facts Matter &
Knowledge is
Power**



HCDrugFree
Empowering the Community

#MyWhyNDAFW



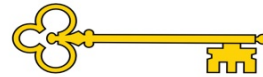
**Science is
Cool**



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#MyWhyNDAFW

**Education is Key to
Unlocking the Future**



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Empowering the Community

#MyWhyNDAFW

**Information
Saves
Lives**



HCDrugFree
Empowering the Community

#MyWhyNDAFW

**Prevention
Saves Lives &**



HCDrugFree
Empowering the Community

Making Prevention a Priority During NDAFW

The following is by Jeffrey A. Coady, Psy.D., ABPP, Acting Director of the Substance Abuse and Mental Health Services Administration's (SAMHSA's) Center for Substance Abuse Prevention and SAMHSA Region 5 Administrator:

Recent research tells us that how youth and young adults perceive harm from drugs and alcohol is often wrong. SAMHSA's National Survey on Drug Use and Health (NSDUH) from 2020 shows that 57 percent of youth ages 12 to 17 did not think there was great harm in having five or more drinks once or twice a week. Even more concerning is that as many as 62.6 percent of those in that age group did not think it was very harmful to smoke marijuana once or twice a week.

In an evolving public health landscape, it is critical that we prioritize data-informed prevention strategies when responding to the misuse of drugs and

alcohol. We can draw inspiration from prevention professionals, community-based organizations, and others across the country who, with the support of SAMHSA and other federal agencies, use creative, evidenced-based strategies to put prevention first. [Read more.](#)

How Much Do YOU Believe in Prevention for Ho Co Youth?

If you do believe in Prevention for our Howard County children, teens, and families, we urge you to donate to HC DrugFree today to ensure our community has opportunities to learn.

Recent funding changes and increasing demands are making it more difficult to stretch our funding, so we need your help to continue delivering "free" services to the community.

We know it's a big ask, but please consider making monthly donations or paying in full to become a Sponsor. [Click here](#) for more information or email Admin@hcdrugfree.org so we can discuss how you can help us. Event sponsors welcome.



Thank You for Standing with Us!

In the KNOW...about Opioids

Did you know?



Like other substance use disorders, opioid use disorder is a chronic brain disease that causes people to continue to use opioids in spite of the detrimental effects opioid use has on their life



UNIVERSITY of MARYLAND
BALTIMORE

Reference: Opioid use disorder [Internet]. Yale Medicine. Yale Medicine; 2020 [cited 2022Feb11]. Available from: <https://www.yalemedicine.org/conditions/opioid-use-disorder#:~:text=Like%20other%20substance%20use%20disorders,died%20from%20overdoses%20involving%20opioids.>

BHRT
The Behavioral Health Resource
& Treatment Program

Deadline April 18

There's still time! Be sure to enter HC DrugFree's Ho Co Film Fest video contest category. The deadline for students to submit films is April 18 [Click here](#) to read more about our Public Service Announcement (PSA) category submissions requirements or email your questions to Admin@hcdrugfree.org. To submit films, visit the [HoCo Film Fest website](#) view past films while on that site. We hope to see you at the HoCo Film Fest on Friday, May 6 at 7 p.m. at the Miller Library. Good luck!

Register for Series #2 Parenting Classes

Spring Series 2 Parenting Classes will be held **Wednesdays, March 30, April 6, 27, and May 4, 11** from 10:30 a.m. to noon.

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

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: Register Now!

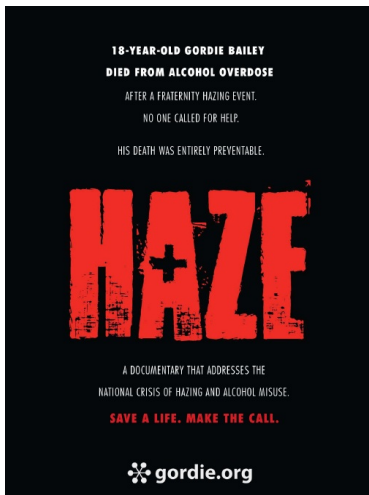
Life Skills Classes Spring Series 2 will be held **May 10, 12, 17, 19, 24, 26, 31 and June 2** from 4:30 p.m. to 6:00 p.m. via Zoom. If you would like to register your child, please complete [this form](#).

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

Medication and Sharps Collections

Our next drive-thru medication and sharps collection is scheduled for Saturday, April 30 from 10 a.m. to 2 p.m. in the Wilde Lake Village Center parking lot near The UPS Store, Swim Center and tennis courts. Medications will be guarded and transported by the Howard County Police and Drug Enforcement Administration (DEA). Save the date and gather your items. More details will be shared.

Want to Host a Community Event?



Available in 2022: HAZE

When presented, this program was so well received and we heard such positive feedback, HC DrugFree has decided to continue offering the opportunity to Howard County PTAs/PTSAs and other community groups.

If you or your group are interested in hosting a virtual Haze event in 2022, please email admin@hcdrugfree.org.

Additional Resources

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

Quit Smoking: Call 1-800-QuitNow (1-800-784-8669) for 24/7 for free and confidential assistance or visit www.smokingstopshere.com.

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

For more information, contact

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[Donate](#)

