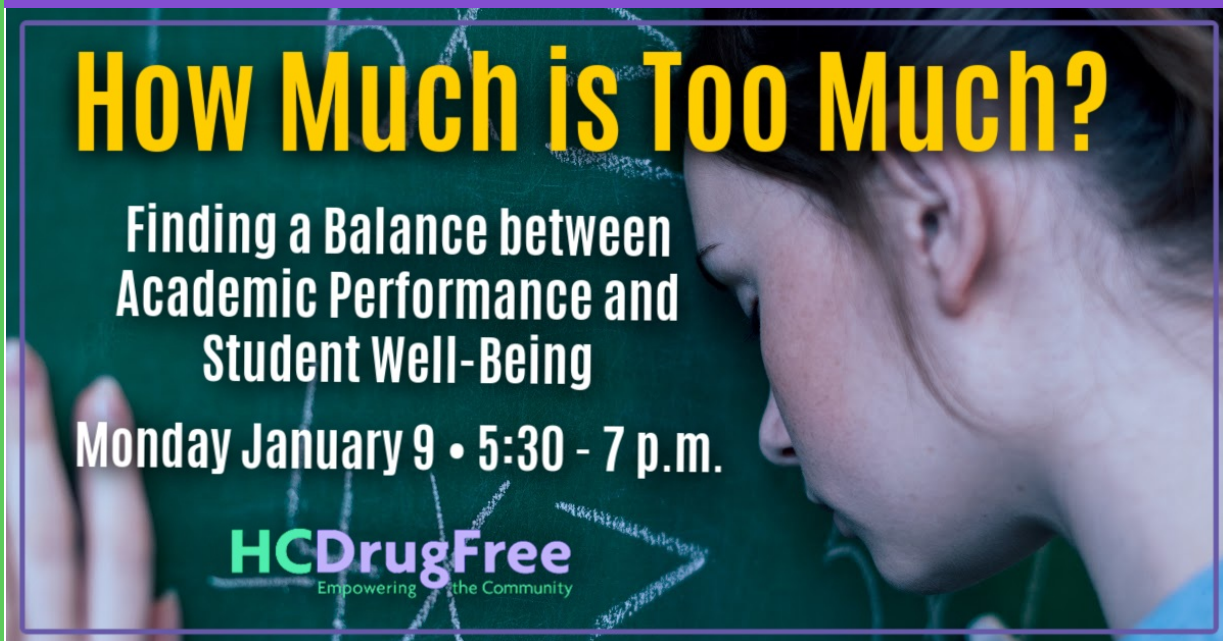


**HC DrugFree: Keeping Howard County *in the KNOW!*  
...knowledge is power, so just say KNOW**

**It is okay to fall. Just learn to land.**

-author unknown

**Today at 5:30: Virtual Town Hall**



Today!! Join us for our virtual town hall, “**How Much is Too Much? Finding the Balance between Academic Performance and Student Well-Being**” from 5:30 p.m. to 7 p.m.

**Registration closes at 4 today**, Monday, January 9. Must register to get the Zoom link. If you registered before today, you should have received the Zoom link this morning. Links may not be shared. [Learn more or register here](#)

## **Save the Date: Upcoming Events**

- **Today at 5:30: January 9:** [Virtual Town Hall](#)
- **February 6:** [Teen Advisory Council meeting](#)
- **February 7 - March 28:** [Life Skills Classes](#) (Grades 6-9)
- **March 6:** [Teen Advisory Council meeting](#)

**Reminder: Safely Store Medication**

Prescription opioids can be very helpful in pain management, but if used incorrectly or by the wrong person, can be very dangerous. Learn how to safely use, store, and dispose of opioid medications, as well as signs that someone may have taken too much and how to respond [here](#).



## Caring for Others: Resources to Help You

Caring for loved ones can be rewarding and challenging at the same time. The FDA offers resources and tools to help keep you and your loved ones healthy and safe.

So don't stress. Create a plan to better manage their needs and yours.

1. Get the Facts
2. Follow Directions
3. Stay Organized
4. Be Prepared

[Read more](#)



### Caring for Others: Tips for Medicines and Devices

Do you help care for a loved one at home or check on them out of town? You want to help your loved ones stay as healthy as they can be. But it can be hard to manage their medicines and medical devices. Changes in their treatment can also be a challenge.

Use these four (4) tips for how you, your loved one, and their healthcare provider can create a plan for using medicines wisely.

1. Get the Facts

2. Follow Directions

3. Stay Organized

4. Be Prepared

FDA OFFICE OF WOMEN'S HEALTH  
[www.fda.gov/caregivertips](http://www.fda.gov/caregivertips)

## Skills Classes: Register Today!

Classes start Tuesday February 7 so register today.

HC DrugFree is providing another series of *FUN* and interactive skills-based classes designed to promote positive health and personal development for students entering **grades 6 to 9**. We encourage siblings and friends to take these classes together, so if you have slightly younger or older students, please let us know and we will consider them as well. Classes will be held Tuesdays from 5:00 p.m. – 6:30 p.m. on February 7, 14, 21, 28 & March 7, 14, 21, 28 via Zoom.

[Learn more or register here](#)

Funding provided by the Howard County Health Department, MD Department of Health, and SAMHSA.



See Something, Say Something



**Think you see illegal  
drug activity in your  
neighborhood?**

**Let us know.**

**Report it anonymously:**

**HCPDcrimetips@howardcountymd.gov or**

**410-290-DRUG**



**Calvin Ball  
County Executive**



**Howard County  
Police Department**

## **Sharing prescriptions is never a good idea**



**Opioids are among the most dangerous  
medications to share. Opioids are prescribed  
to treat pain, and with prolonged use, the  
body can develop dependence.**



Reference: Teens start misusing ADHD drugs and other stimulants earlier than you might think, U-M study finds [Internet]. Healthcanal.com. 2017 [cited 2022 Feb 11]. Available from: <https://www.healthcanal.com/mental-health-behavior/adhd/64070-teens-start-misusing-adhd-drugs-and-other-stimulants-earlier-than-you-might-think-u-m-study-finds.html>



**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.

## Additional Resources



**Thoughts of Suicide?**

**Mental Health Crisis?**

**Substance Use Crisis?**

**Call or Text  
988**

**HCDrugFree**  
Empowering the Community

**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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