

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

You may face many defeats in life,
but never let yourself be defeated.

Maya Angelou

Save the Date: Upcoming Events

- February 6: [Teen Advisory Council Meeting](#)
- February 7 - March 28: [Life Skills Classes](#) (Grades 6-9)
- March 6: [Teen Advisory Council Meeting](#)
- April 11: [Deadline to Submit Film for the HoCo Student Film Festival](#)
- April 22: [Drive-Thru Medication & Sharps Disposal Event](#)
- May 5: [HoCo Student Film Festival](#)

Howard County's Opioid Council



On January 31, Howard County Executive Calvin Ball signed an Executive Order creating an Opioid Collaborative Community Council to assist in determining priorities for how the County should use funds received through a National Settlement Agreement with opioid manufacturers and any future settlements. The Council is charged with making recommendations to the Fiscal Year 2024 budget on or before June 30, 2023, with final findings made on or before July 31, 2024. HC DrugFree's Executive Director, Joan Webb Scornaienchi, is a member of the council.

"Opioid manufacturers created a public health crisis that led to hundreds of fatal and non-fatal overdoses in Howard County. Their product was a scourge on our community. Now that we have begun to receive money as part of our settlement with some opioid manufacturers, it's important that our community has input into how those funds can best be used to prevent future Opioid misuse." - Calvin Ball, Howard County Executive

[View or download the Executive Order](#)

HC DrugFree at CADCA National Leadership Forum



HC DrugFree's Executive Director, Joan Webb Scornaienchi, once again attended the annual Community Anti-Drug Coalitions of America (CADCA) National Leadership Forum. This four-day conference was packed with multiple adult and youth-oriented opportunities to learn the latest

strategies to fight substance misuse and hear from nationally-known experts and policymakers. The Forum brought together more than 3,000 participants representing community anti-drug coalitions, government leaders, youth, addiction treatment professionals, researchers, educators, law enforcement professionals, youth and faith-based leaders.

While at the conference, Joan connected with friends in the Prevention field as well as partners such as the Drug Enforcement Administration (DEA). Pictured with Joan: Sean Fearn, Chief, DEA Community Outreach & Prevention Support, Office of Public Affairs



HoCo Student Film Festival

The 19th Annual HoCo Student Film Festival will be held on Friday, May 5 at the Miller Library in Ellicott City.



HC DrugFree is sponsoring a PSA category with the theme of KNOW: Kids Nurturing Others Wisely. This category was chosen to showcase ways that teens can encourage one another through mental health challenges, dealing with peer pressure, and most of all, how to avoid substance (drugs, alcohol, nicotine) misuse.

The deadline to submit films is Tuesday April 11, so it's time to say ACTION! [Learn more](#)

Life Skills Classes for HoCo Students Begin on Tuesday



Our team is ready! HC DrugFree's free, fun and interactive Life Skills classes for Howard County students in grades 6-9 begin next week! Classes will be held **Tuesdays, February 7 - March 28** on Zoom.

Our current instructional team consists of **5 college students (all HCPSS graduates), several high school students, and 3 adults**. Why so many students on our team? We know younger students listen to what the older students have to say!!! [Learn more](#)

11 Things to Do When You Feel Lonely

Many of us are feeling a bit lonelier these days.

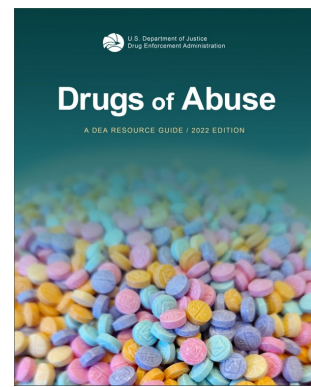
These tips may help—some involving other people, and some you can follow all by yourself. [Learn more](#)

DEA Drugs of Abuse 2022 Resource Guide

The DEA has released the 2022 edition of Drugs of Abuse, a resource outlining the appearance, effects, street names, and more of fentanyl, cocaine, and dozens of other drugs.

[Download the Guide](#)

[Download the Guide \(Spanish\)](#)



988



Thoughts of Suicide?

Mental Health Crisis?

Substance Use Crisis?

**Call or Text
988**

HCDrugFree
Empowering the Community

Marylanders who are experiencing a mental health or substance use crisis should call or text 988. Learn more at 988.maryland.gov and access free community outreach materials in our [988 Toolkit](#). Find 988 cards targeting students and schools as well as free promotional materials for all Marylanders (including posters, ads, magnets, and more) to promote this important service. Maryland veterans and their loved ones can call 988 and press 1 to transfer to the Veterans Crisis Line, press 2 for Spanish.

In The Know...about Opioids

Are you **IN THE KNOW** about Opioids and Painkillers? Pain is your body's signal that something isn't right. To help manage it, doctors often prescribe powerful opioids -- but they're not always the best option and can quickly lead to addiction. Illuminating the fine line between substance use and abuse, Dr. Jen Gunter explains what opioids do to your perception of pain, the risks they pose and the questions to ask your doctor about them.

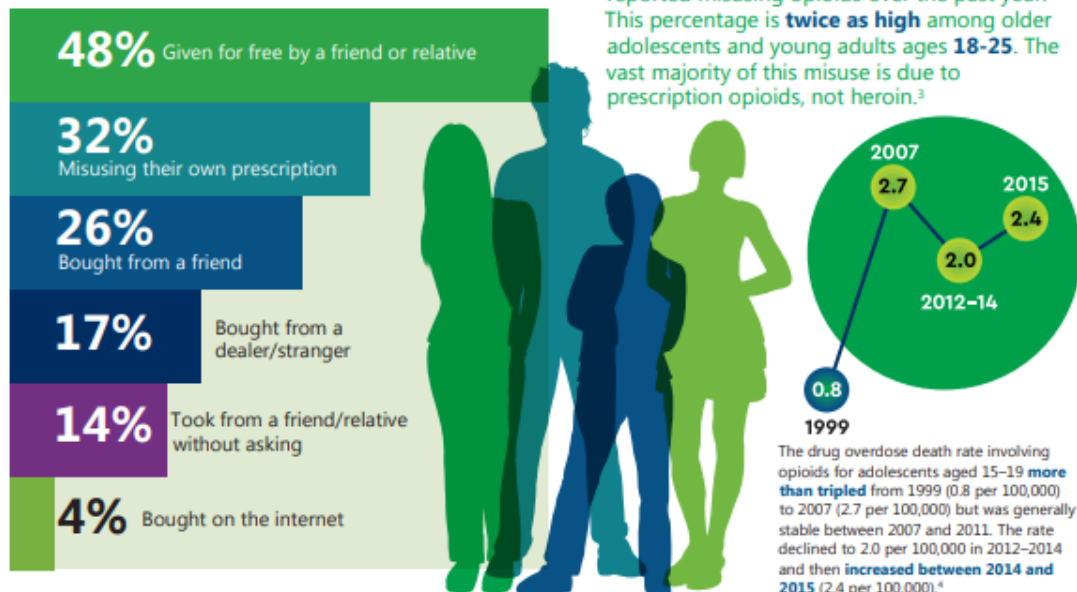


[Watch the Video](#)

Medication Storage/Disposal

Keeping Adolescents Safe Around Prescription Opioids and Other Medications

Where are adolescents getting non-medical prescription drugs?^{1, 2}



What can families do to protect adolescents?^{5, 6, 7}

✓	Dispose: Dispose of expired, unused, unwanted, or damaged medications; perform an annual spring cleaning in the medicine cabinet.
✓	Secure: Store medications to limit access; track positioning of containers if unsecured.
✓	Monitor: Track how many pills are in prescription bottles or packets and track refills. Give special attention to addictive/commonly abused medicine such as opioids (prescription pain relievers), benzodiazepines (sedatives and anti-anxiety meds), and stimulants (ADHD meds).
✓	Educate: Speak with other adults in your teen's life (grandparents, parents of your teen's friends, and neighbors) about the risks and ask them to monitor and secure their medications as well.
✓	Take as Prescribed: Tell your teen not to take medicine from friends or give away their medicine to anyone.
✓	Dispense: Dispense the medicine to your teen on an as-needed basis to minimize risk for misuse.
✓	Talk: Talk with your teen about the dangers of medicine misuse/abuse.

[Download the PDF](#)

Save the Date: Medication and Sharps Collection



Don't know what to do with your
leftover meds & sharps?

We can help.

SAVE THE DATE!

Medication & Sharps Disposal

Saturday, April 22 • 10 a.m. - 2 p.m.

HCDrugFree
Empowering the Community

Wilde Lake Village Center Parking Lot

5305 Village Center Drive, Columbia 21044

www.hcdrugfree.org

Safely dispose of:

- Prescription Medication
- Over-the-counter meds
- Sharps (Syringes, Needles, Epi-Pens, etc.)
- Vitamins
- Vape Devices
- Inhalers
- Pet Medication
- ...and more!

Our next safe & convenient drive-thru medication and sharps disposal event will be on **Saturday, April 22 from 10 a.m. - 2 p.m.** in the Wilde Lake Village Center Parking Lot. [Learn more](#)

HC DrugFree is Hiring!



Looking for part-time work that has a positive impact on our community? Want a job you feel good about doing? HC DrugFree is hiring!

Pay and hours will be determined based on experience and qualifications and are negotiable.

Currently, all positions are mostly remote but this is subject to change. Potential for advancement. HC DrugFree is grant funded.

To apply please upload a resume and cover letter at
<https://www.surveymonkey.com/r/HCDFEmploymentApp>

[Learn more](#)

Donations

HC DrugFree relies on donations from community members like you. Your generosity helps us continue to offer the programs, resources, and events that help make Howard County a safer, wiser, and more connected community. Make a difference with your dollars: [Make your tax-deductible donation today!](#)



Follow and Like Us on Social Media

Join our social media community for more content and easy ways to share important and potentially life-saving information with your friends and network.

Remember: **Knowledge is Power** and together we can help keep our community informed, safe, and **IN THE KNOW!**



Resources

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

Free Resources for Parents Following a Suicide Attempt: What to expect during recovery, safety planning, warning signs and risk factors. [Click here](#) to download resources document.

Free Bilingual Behavioral Health Resource Directory: [Click here](#) to download the directory. Please verify that the provider accepts your insurance or provides sliding scale fees before scheduling.

Help for Depression, Suicidal Thoughts or Other Mental Health Issues:

Grassroots Crisis Intervention: 410-531-6677

The Maryland Crisis Hotline: Dial 211 and then select 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: When someone you care about is hurting, it's natural to want to help. 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. [Click here](#) to learn how to be an Emotional Support Human.

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

Substance Use Disorder Regional Residential Treatment Guide: [Click here](#) to download the Howard County Health Department's guide.

Additional Resources: [HC DrugFree Hotlines & Resources Page](#)

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

