

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

"Courage is one thing that no one can ever take away from you."

-Chris Colfer

FREE Classes for HoCo Parents and Grandparents



Guiding Good Choices

Free Parenting Classes

Guiding Good Choices© is an evidence-based curriculum that helps adults to build stronger relationships with their kids, all while teaching them how to deal with peer pressure and avoid risky behaviors. If you are the parent, guardian, grandparent, or mentor of a child, then this may be a powerful resource for you.

This program will meet via Zoom for 5 classes on **Thursdays, November 2, 9, 16, 30, and December 7** from **Noon – 1:30 p.m.**

[Learn More & Register](#)

September is Recovery Month

SEPTEMBER IS NATIONAL RECOVERY MONTH

HOPE IS REAL. RECOVERY IS REAL.

National Recovery Month, observed annually in September, is a time to celebrate the resilience of those in recovery and acknowledge the dedicated service providers, organizations, and communities that facilitate recovery.

Governor Wes Moore Issues Proclamation

On Friday, September 1, 2023, Governor Wes Moore proclaimed September as Recovery Month in Maryland. “Recovery is a journey, one that can be long and hard. It takes one’s own determination and a village inclusive of family, friends, community, medical and behavioral health professionals, and peers to navigate through that journey. This critical network comprises the foundation of recovery work,” said Maryland Department of Health Deputy Secretary for Behavioral Health Alyssa Lord. “Individually and collectively, these individuals offer the empathy and understanding that is essential to successfully support people wherever they are on their recovery path.”



A message from SAMHSA



Click above or below to hear what Dr. Miriam E. Delphin-Rittmon, Assistant Secretary for Mental Health and Substance Use in the US Department of Health and Human Services, shared about celebrating Recovery Month.

[Watch Video](#)



988 Lifeline Adds ASL Services

The 988 Suicide and Crisis Lifeline has added nationwide American Sign Language (ASL) services for people who are Deaf and Hard of Hearing, as part of ongoing efforts to expand accessibility to behavioral health care for underserved communities. [Read More](#)

Xylazine Test Strips to be Distributed in Vermont

Xylazine is an animal tranquilizer that is being combined with other drugs with catastrophic results. Vermont officials are trying to mitigate the issue with testing strips designed to identify the presence of of this dangerous substance. [Read More](#)

HC DrugFree's Teen Advisory Council

HC DrugFree invites **all Howard County students in grades 8-12** to join our Teen Advisory Council (TAC.) Members of TAC meet once monthly during the academic year and act as student ambassadors in their schools and in the community.

Why join TAC?

- Earn community service hours
- Gain experience for job & college applications
- Volunteer opportunities year round
- Be a leader and role model in Howard County!

Join HC DrugFree's
Teen Advisory Council you can make a **DIFFERENCE**

Registration open to Howard County 8th-12th grade students year round

Be Seen
Be Heard
Be a Leader

Why Join TAC?

- Gain valuable experience for job & college applications
- Earn Community Service Hours
- Volunteer opportunities all year
- Be a great role model for others!

LEARN MORE

tinyurl.com/HCDrugFreeTAC

HCDrugFree
Empowering the Community

Join our teen team members at our outdoor medication and sharps collection on **Saturday, October 28 from 10 a.m. to 2 p.m. (with set-up starting at 9 a.m.)** and our next TAC meeting is on **Monday, November 6 from 5:30 to 7 p.m.** [Learn More & Register](#)

In The KNOW...

In the *KNOW*...

Naloxone

**Reverse an overdose.
Save a life.**

www.hcdrugfree.org/naloxone



HCDrugFree
Empowering the Community

Are you IN THE KNOW about Naloxone? (Also known as Narcan® or

Kloxxado®) If you think you are witnessing an opioid overdose, you can administer naloxone and potentially save a life. [Learn More](#)

Medication Storage/Disposal



HC DrugFree's twice-a-year drive-thru **Medication and Sharps Disposal** event, in conjunction with the Drug Enforcement Administration's (DEA's) National Drug Take Back Day, will take place on **Saturday October 28 from 10 a.m. - 2 p.m.** in the Wilde Lake Village Center Parking Lot (next to Slayton House and the CA Swim Center.)

Once again, **100 FREE medication storage boxes** will be distributed. One per vehicle. Please help us spread the word.

Clean out your medicine cabinets and bring us your prescription and over-the-counter meds, as well as vitamins, pet medication, vape devices without batteries, inhalers, needles, syringes, EpiPens and much more!

Medications will be guarded and transported by the Drug Enforcement Administration (DEA) and the Howard County Police Department. Thank you to our many partners.

[Learn More](#)

You Make a Difference in Howard County

Together, we can educate youth and families in Howard County and make a difference in young lives. Donations of any size will help us to continue providing free services and resources for another year.

[Donate](#)



Resources

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

Help for Depression, Suicidal Thoughts or Other Mental Health Issues: Call or text 988.

SAMSHA Treatment Locator: This site provides information about facilities (Outpatient Treatment, 24-hour Residential, Veterans Affairs, etc.) for Substance Use Disorder and Mental Health across Maryland. [Learn More](#)

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



Share This Email



Share This Email



Share This Email



Share This Email



HC DrugFree | Wilde Lake Village Center, 5305 Village Center Drive, Suite 206, Columbia, MD 21044

[Unsubscribe joan@hcdrugfree.org](#)

[Update Profile](#) | [Constant Contact Data Notice](#)

Sent by joan@hcdrugfree.org powered by



Try email marketing for free today!