

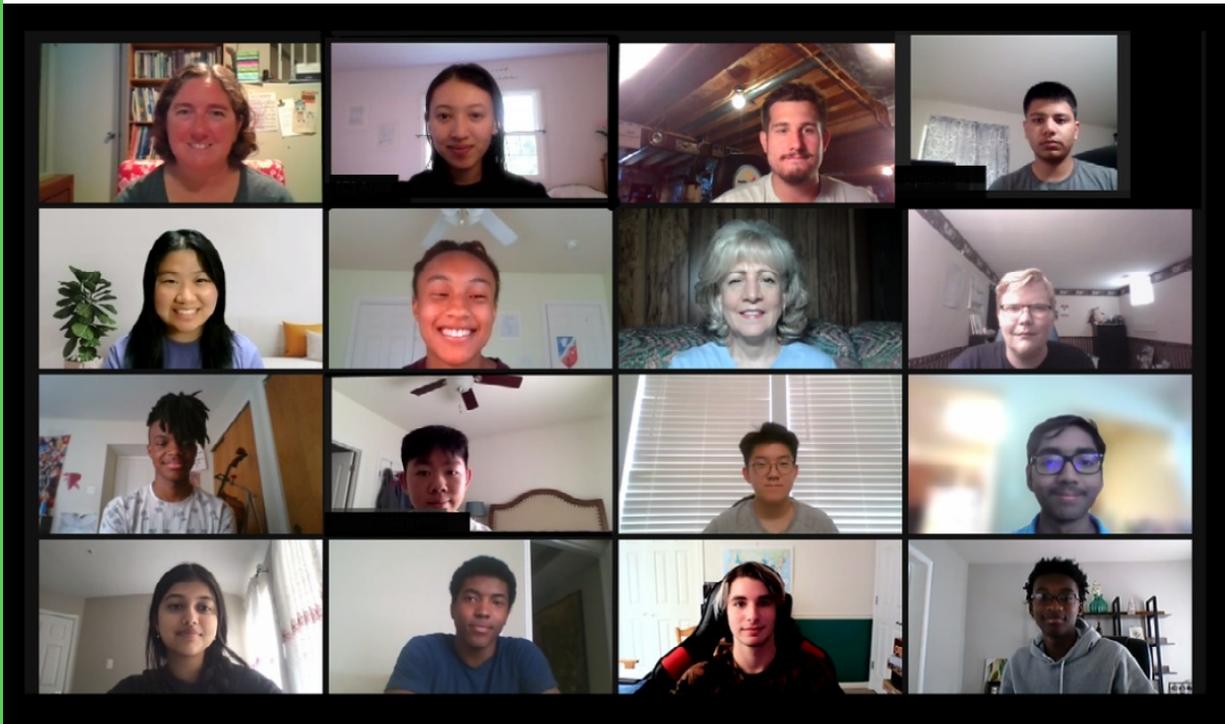
HC DrugFree: Keeping Howard County *in the KNOW!*
...knowledge is power, so just say KNOW

**Some of the best
memories are made in flip
flops.**

Kellie Elmore



Summer Life Skills - That's a Wrap!



HC DrugFree completed another successful Life Skills program for middle school students!

Twenty middle school students learned skills that will help them better navigate the social difficulties of adolescence, such as how to be assertive, make good choices, communicate clearly, and how to effectively cope with anxiety and anger. The class was taught by our awesome team of 17 high school and college mentors who shared their experiences and strategies for doing well in high school and college and made the class more relatable and practical for

the younger students.

Ms. Joan and Ms. Rebecca thank the older students for volunteering to create a life-changing experience for all of the students.

Teens Wanted: Join TAC Today!



The start of a new school year also means the return of our Teen Advisory Council (TAC) and new volunteer opportunities. We're making some changes this year, and we invite all Howard County students in **grades 8 through 12** to be a part of the process!

During the monthly meetings, TAC will spend part of the time focusing on **Life Skills** for high school students, including managing stress and other emotions, developing healthy relationships with peers and family, and making healthy choices, to help prepare you for life beyond high school. We will also dedicate time to learn how to **reduce opioid overdoses in Howard County**.

Join us Monday, September 19 from 5:30-7pm via Zoom to learn more about TAC and to see how you can get involved. **Community service hours** are available for participation, and TAC members receive information about our many other volunteer opportunities throughout the year.

To become a member of TAC or to learn more about it, please visit the [TAC page of our website](#). To receive the Zoom information for the meeting, please register at this [link](#). Remember, even returning members must submit the 2022-23 registration and updated photo.

Howard County Local Behavioral Health Advisory Board Chair

Joan Webb Scornaienchi, HC DrugFree's Executive Director, was recently elected chair of the Howard County Local Behavioral Health Advisory (HCLBHA) Board.

HCLBHA was formed in June 2018 to advise the

Howard County Executive and County Health Officer with their responsibility to plan, manage, and monitor Behavioral Health programs and services for county residents.



“I am pleased to serve as chair of HCLBHA,” said Joan. “Helping advise the direction Howard County takes with its Behavioral Health programs is a responsibility that I and others on the board take very seriously as it affects so many residents in the county.”

Joan chaired the Howard County Alcohol and Drug Abuse Advisory Board (ADAAB) for eight years prior to it merging with the Howard County Mental Health Authority Board in 2018 to form the HCLBHA Board.

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 at least one part-time Outreach Assistant.

If you are interested in **making a difference** in the lives of Howard County youth and families, visit our [website](#) to learn more about the position and to apply. Tell us what you can do to help us and why you want to be on our amazing team!

Maternal Mental Health Hotline

The Health Resources and Services Administration (HRSA) officially launched [National Maternal Mental Health Hotline](#) on Mother’s Day, May 8, 2022. Available 24/7, the National Maternal Mental Health Hotline provides free, confidential support, resources, and referrals from professional counselors to pregnant and postpartum individuals facing mental health challenges.

Counselors offer support in English and Spanish and interpreter services are available in 60 additional languages.

HHS Secretary Xavier Becerra said, “This new Maternal Mental Health Hotline will not only advance our priorities of tackling the nation’s mental health crisis, but also support our efforts to ensure healthy pregnancies and support new parents.” For help when it’s needed, call or text the National Maternal Mental Health Hotline 1-833-9-HELP4MOMS or 1-833-943-5746. TTY users can use a preferred relay service or dial 711 and then 1-833-943-5746.

Quick and Easy Help Available



Thoughts of Suicide?

Mental Health Crisis?

Substance Use Crisis?

**Call or Text
988**

HCDrugFree
Empowering the Community

Thank You



We are pleased and honored to announce that we received a \$7,500 Community Grant Award from the [Community Foundation of Howard County!](#)

Thank you for many years of financial support.

New Study: Drinking Has No Benefits for Young People



About Alcohol

Article submitted by a Howard County college student:

A recently-published study funded by the Bill and Melinda Gates Foundation examined alcohol risk with regard to factors such as one's age, sex, and geographical location. One of its main findings is that alcohol's effect on an individual seems to depend heavily on their age group; the study suggests that drinking provides no benefits for those between the ages of 15 and 39 but potential benefits for healthy individuals 40 and above, such as possibly reducing one's risk for cardiovascular conditions.

This information is especially alarming because, according to the study, 59.1% of people who drank harmful levels of alcohol in 2020 were 15-39 years old. In fact, researchers suggest that those within this age range can only drink 0.136 standard drinks a day before putting their health at risk. As stated by senior

author Dr. Emmanuela Gakidou, “our message is simple: young people should not drink, but older people may benefit from drinking small amounts.” Therefore, choosing to not consume alcohol appears to be one of the best decisions that those under 40 can make in order to prioritize their health and well-being.

For further reading, click [here](#) for the news article and [here](#) for the study itself.

Impact of Jaylon Ferguson’s Death on Younger Athletes

Article submitted by a Howard County high school student:

Earlier this summer, outside linebacker for the Baltimore Ravens, Jaylon Ferguson, died from the combined effects of fentanyl and cocaine, and his family and team are left to grieve the death of a companion. Throughout Ferguson’s life, he demonstrated how honorable he was through various commitments and acts, such as his decision to lose weight to be in shape for his career as a footballer or even him burning some of his extremities trying to protect his children’s possessions in a house fire. He also picked up the nickname “Sack Daddy” for the record number of sacks he made in college. With these achievements and display of valor and dedication, Ferguson was truly a man deserving of attention and respect. Without a doubt, he must have been a figure of success in the eyes of his teammates, family, friends, and fans, but his death as a result of drugs only leaves everyone that admired and respected him with a life merely to remember. Ferguson, unfortunately, is not the only athlete to die such a terrible death, and it is, in fact, a pervasive problem within the athletic or even the celebrity world.

Drugs can strip the world of those that inspire and change, as shown through Ferguson’s death, and this exact message should be propagated in the world. Young athletes no longer have the chance to grow up alongside a remarkable player like Ferguson, and younger kids may not have the chance to even see them play. They miss opportunities to have their life changed in a way that only a particular player could change it. It is not only the performance and large success of athletes in their sport that impacts many on a day-to-day basis, but their personalities and their backgrounds can also have great effects on someone.

As more and more athletes fall to this epidemic use, fewer and fewer kids, teens, and young adults have special role models to look to as they participate in sports or any activity in life, but these losses should be displayed to the world to show how detrimental drugs are and promote the abstinence of such. Ultimately, Jaylon Ferguson’s death from drug use, as well as others, should stir greater worry, attention, and counteraction from the world to ensure that the impact of people like Ferguson will happen, and immeasurably.

DON'T GET BENCHED FOR LIFE.



Visit HCDrugFree.org for more information.

HCDrugFree
Empowering the Community



Follow and Like Us

For much more local, state and national information, be sure to like and follow us.



Save the Date: Medication and Sharps Collection

Our next drive-thru medication and sharps collection is tentatively scheduled for Saturday, October 29 from 10 a.m. to 2 p.m. in the Wilde Lake Village Center parking lot in Columbia. Tell your friends. We'll collect prescription and over-the-counter medications, sharps (needles, syringes, EpiPens), vapes with the batteries removed, inhalers, etc. When in doubt, bring it. More information to come!

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 2022Feb11]. 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>

BHRT

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

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.

We Need Your Donations



Make your donation today to become a [Friend or Sponsor of HC DrugFree](#). We depend upon the generosity of individuals, organizations, and businesses to support our free services. Please make a gift of any size today.

[Donate](#)



Additional Resources

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

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
