

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

You do not find the happy life. You make it.

Camilla Eyring Kimball

Save the Date: Upcoming Events

- April 11: [Deadline to Submit Film for the HoCo Student Film Festival](#)
- April 17: [Teen Advisory Council Meeting](#)
- April 22: [Drive-Thru Medication & Sharps Disposal Event](#)
- April 25: [Senior Week: Staying Safe in Ocean City Presentation](#)
- Starting May 2: [Free Classes for Parents & Guardians](#)
- May 5: [HoCo Student Film Festival](#)

What's Your WHY?

[National Drug & Alcohol Facts Week is March 20-26.](#) The purpose of this weeklong event hosted by the National Institute on Drug Abuse and the National Institute on Alcohol Abuse and Alcoholism is to improve prevention, awareness, and education about substance misuse by having conversations about how addiction affects us all.

During National Drug and Alcohol Facts Week, we have discussions about why drug and alcohol education, prevention resources, and leading by example matter. We asked teen and adult community members to share why these things matter to them! This is what they said...

HC DrugFree
Empowering the Community
presents

What's Your WHY?

National Drug & Alcohol Facts Week 2023

[Watch Video](#)

HC DrugFree is proud to partner with the National Institute on Drug Abuse (NIDA) and the National Institute on Alcohol Abuse and Alcoholism (NIAAA) for National Drug and Alcohol Facts Week® (NDAFW) 2023

Student Drug Use: A Crisis We Can't Ignore

Students, parents/guardians, staff and community members are invited to learn about the substance abuse crisis that is directly impacting our schools and community.

Tuesday, March 28, 2023 • 7-9 p.m.
Howard High School
8700 Old Annapolis Road, Ellicott City

HCPSS Superintendent Dr. Michael J. Martirano will share local and national data about student substance use and behavioral health needs that illustrate the frightening realities our youth are facing, and how HCPSS is responding to those needs. During this important educational event, participants will have the opportunity to attend smaller workshops. Joan Webb Scornaienchi, Executive Director of HC DrugFree, and Mark Donovan, CEO, Chief Clinical Officer, Licensed Therapist of Congruent Counseling Services are partnering to lead a workshop on How to Treat the Effects of Cannabis/Marijuana.

[Download Printable Flier](#)



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Howard High School
8700 Old Annapolis Road, Ellicott City

No Registration Required

Superintendent Dr. Michael J. Martirano will share local and national data about student substance use and behavioral health needs that illustrate the frightening realities our youth are facing, and how HCPSS is responding to those needs. Following, attendees may join one of breakout sessions below, led by HCPSS staff and community health partners:

- **Designer Drugs** – Dr. Michael Baumann, Director of the Designer Drug Research Unit, and Kerrie Wagaman, HCPSS Director of Health Services
- **Opioids, Fentanyl and Other Drugs: Can You Tell the Difference?** – Opioid Response and Prevention Program, Howard County Health Department (HCHD)
- **How to Treat the Effects of Cannabis/Marijuana Use** – Joan Webb Scornaienchi, Executive Director of HC DrugFree, and Mark Donovan, CEO, Chief Clinical Officer, Licensed Therapist, Congruent Counseling Services
- **Skills-Based Health Education** – Eric Bishop, HCPSS PE and Health Education Coordinator, and Tempe Beall, HCPSS Health Education Instructional Facilitator
- **Spring Cleaning: From Fiction to Fact for Today's Youth!** – Barbara Allen, Executive Director of James' Place Inc.; Chair of Howard County Opioid Collaborative Community Council
- **Understanding Vaping and How to Talk to Teens** – Dillon McManus, Recovery Supports & Harm Reduction Supervisor, HCHD, and Natalie Hall, Community Health Educator/CAREAPP Engagement Coordinator, HCHD
- **Regulating Maryland Medical Cannabis and Upcoming Adult-Use Legalization** – Rebecca Jackson, Senior Research and Education Specialist, Maryland Medical Cannabis Commission

If you will require any language supports, please email InterpretingServices@hcps.org or call 410-313-7102.



DEA Warning: Veterinary Drug Making Fentanyl Even Deadlier

The Drug Enforcement Administration (DEA) issued a public safety alert warning Americans of a sharp increase of the trafficking of fentanyl mixed with a veterinary drug, xylazine or "Tranq," which causes skin ulcers and severe wounds which may lead to amputation. [Read more](#)

Parents: Role Models for Pre-Teens and Teenagers

Here are some practical ideas that can help you be a role model for your teenage or pre-teen child:

- Include your child in family discussions, talk openly and give them input into family decisions, rules and expectations. These are good ways of helping your child understand how people can get along with others and work together.
- Try to do the things you say your child should do. Teenagers can and do notice when you don't.
- Keep a positive attitude – think, act and talk in an optimistic way.

- Take responsibility for yourself by admitting your own mistakes and talking about what you might do differently to avoid the same mistakes in the future. Try not to blame everything that goes wrong on other people or circumstances.
- Use problem-solving skills to deal with challenges or conflicts in a calm and productive way. Getting upset and angry when a problem comes up encourages your child to respond in the same way.
- Show kindness and respect in the way you speak about and behave towards other people.
- Be kind to yourself, and treat yourself with the same warmth, care and understanding you'd give to someone you care about.

[Read more](#)

Our Popular Free Parenting Class is Back by Popular Demand



Since HoCo students say that parents influence their behavior and decisions, now is a great time for **HoCo Parents, Grandparents and Guardians** to participate in Guiding Good Choices, a FREE parenting class provided by HC DrugFree.

In Guiding Good Choices you'll learn:

- How to encourage your child to adopt healthy attitudes and behaviors
- How to communicate more effectively
- How to build a relationship of trust
- and much more!

[Register now](#) for HC DrugFree's Parenting Classes, which will be held Tuesdays, May 2, 9, 16, 23, and 30 from 6:30 p.m. – 8 p.m. via Zoom. For more information, visit our [website](#).

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](#)

March is Problem Gambling Awareness Month

A promotional banner for Problem Gambling Awareness Month. The background is blue with a white ribbon graphic. Text includes: 'GAMBLING NOT FUN ANYMORE?' in large white letters; 'Help us spread AWARENESS of the risks of gambling and how to take ACTION for help and hope.' in white and orange; 'MARCH IS PROBLEM GAMBLING AWARENESS MONTH Celebrating 20 Years' in white and orange; and 'call, text or chat 24/7 Helpline 1-800-GAMBLER FREE & Confidential' in white and orange at the bottom.

GAMBLING NOT FUN ANYMORE?

Help us spread **AWARENESS** of the risks of gambling and how to take **ACTION** for help and hope.

MARCH IS PROBLEM GAMBLING AWARENESS MONTH
Celebrating 20 Years

call, text or chat 24/7 Helpline **1-800-GAMBLER** FREE & Confidential

Be **AWARE** of the risks of gambling.

For most, gambling can be fun. But for some, gambling can get out of control. Signs of a gambling problem:

- Preoccupied with gambling (i.e., reliving past gambling experiences, planning the next venture, or thinking of ways to get money with which to gamble)
- Secretive about his/her gambling habits, and defensive when confronted
- Increasing bet amounts when gambling in order to achieve the desired excitement (“high”)
- Trying unsuccessfully to control, cut back, or stop gambling
- Restless or irritable when not gambling
- Gambling to escape problems
- Trying to win back losses by more gambling
- Lying to family and others about the extent of gambling
- Jeopardizing or losing relationships, jobs, education or career opportunities because of gambling
- Relying on others to bail him or her out to relieve a desperate financial situation caused by gambling

If you're concerned that you or someone you know may have a gambling problem, you can take a free self-assessment [here](#).

Visit: <https://www.mdproblemgambling.com/>

Call: 1-800-GAMBLER (Free and Confidential)

How I Met Your Meds

Blog submitted to HC DrugFree by HoCo grandparent:

Recently, we watched an episode of the television show *How I Met Your Father*, a loose spin-off of *How I Met Your Mother* with a similar format. Characters and setting are like twins to the earlier show although some of the characters have different careers – including a wannabe photographer and a fashion stylist.



In this episode, the photographer and stylist went to a young girl's birthday party to get photos and the girls were uncooperative. Later in the episode we see that the young girls are mellow, sleepy and out of it. The stylist realizes that the girls got into her purse and took some pills.

While this was a plot device for a light-hearted sitcom, this scenario is not unique...and not so light-hearted. This is one of the ways that many children, teens, and others, access drugs and medication that weren't meant for them. Here are some questions to ask yourself before leaving your belongings unattended in someone else's home:

- If someone looked in your purse or backpack, would they find medication in it?
- Are your meds in their original container with the child safety cap fastened or are they in an easy to open container like an ALTOIDS tin?
- Do you monitor your purse and/or other belongings when you are out in public or visiting friends or family?
- Take stock of what medicines you are carrying around with you, and how much. Transport medications in their original container and make sure to only carry what you need.

And most importantly, if you are entering a situation where there may be the potential for someone access your meds, whether it be intentional or unintentional, keep your belongings in sight.

Learn more about proper medication storage and disposal [here](#).

Save the Date: Medication and Sharps Collection

Medication & Sharps Disposal

Saturday April 22 • 10 a.m.-2 p.m.



Safely dispose of:

- Prescription medication
- Over-the-counter medication
- Sharps (syringes, needles, EpiPens, etc.)
- Vitamins
- Pet Medication
- Vape devices (with batteries removed)
- Inhalers
- And more!

HC DrugFree Empowering the Community
www.hcdrugfree.org **Wilde Lake Village Center Parking Lot**
5305 Village Center Drive, Columbia 21044

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: For Spring and Summer Projects!



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 range based on experience and skills (up to \$24). Currently, positions are mostly but not

entirely remote, so must be willing/able to work from office or attend community events during day, evening and weekends. 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. [Make your tax-deductible donation today!](#)

Donate



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.

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

Substance Use Disorder Regional Residential Treatment Guide: [Click here](#) to download the guide.

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

For more information, contact

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