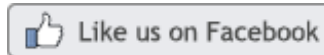


Follow Us on Twitter!



## HC DrugFree is keeping Howard County *In the KNOW!!!*

---

### PTSA/PTA "Thank You!" For 2018-19 Donations

Many, many thanks to **all 12 public High School PTSAs** in Howard County for your generous donations to the prevention efforts of HC DrugFree in the 2018-19 school year.

We are very grateful to the **10 Middle School PTAs** who already became our "Friends" through their generous donations. If your middle school or elementary school PTA wants to become a Friend, it is not too late and we need your support to help serve the Howard County community.

Thank you for standing with HC DrugFree as we work to educate and prevent substance use/misuse in our school communities.

---

### Unprecedented Growth in Young Girls' Suicide Rate: Increased Social Media Use a Possible Factor?

A June 6, 2019 article in Psychiatry & Behavioral Health Learning Network discussed the findings in a new study that revealed "a disproportionate increase in female youth suicide rates...age 10 through 19." The study indicates parent use of opioids and increased use of social media as potential explanations. To read the brief article, [click here](#).

---

### Depression In Teens: Clear Understanding, Hope, and Help

With normal day-to-day demands as well as the many changes and pressures experienced during adolescence, it is not surprising that teens often struggle with feeling down, discouraged, rejected, or stressed. In the current culture, media influences add an extra layer of demand on their mental, emotional and physical health. To increase your understanding and hope, read a blog response and the clear article, "Depression In Teens" by Mental Health America. [Click here](#).

---

### Need Help Fast? Dial 211, Press 1

In case of a behavioral health crisis, please dial 410-531-6677 for Grassroots Crisis Intervention or 211, Press 1. In case of an emergency, please dial 911 or go to the nearest emergency department.

---

### Feeling Depressed? Check Out What You Have Been Eating

Wall Street Journal columnist Elizabeth Bernstein discusses how a diet of the right types of food may provide the brain with more of what it needs to avoid or even treat depression once it has begun. To read her full article, click [click here](#).

---

### **Warning: Don't Be Fooled By Fruity Flavors**

In May, another group of Howard County teens shared their knowledge of electronic nicotine devices. Sadly, again their perception was that these devices weren't dangerous to their health. The media has convinced our kids that these devices are better than cigarettes and teens take that to mean these devices are safe. It's up to adults to keep reinforcing the dangers. Teens will listen, but we must keep talking and educating.

Ignore the fun fruity flavors and follow the research. What you don't know, may harm you down the road. Study reports e-cigarette flavors can damage cells. To read more, [click here](#).

---

### **Register Now: Maryland's Substance Misuse Prevention Education Event of the Year!**

HC DrugFree is proud to partner with Delphi Behavioral Health to present "High in Plain Sight" on Saturday, August 17 from 11:00 a.m. to 2:00 p.m. at Howard High School in Columbia. This event features Officer Jermaine Galloway ("Tall Cop"), nationally and internationally recognized trainer/award winner and resource for those involved with prevention, education, treatment and enforcement.

Officer Galloway provides nationwide training to coalition members, law enforcement, criminal justice, drug courts, health professionals, judges, probation teams, university officials, school resource officers, treatment providers, counselors, coaches, advocacy organizations and communities across the country.

Because this presentation is **free** and very much in demand, we ask you to register at <https://high-in-plain-sight-tallcop.eventbrite.com>. [Click here](#) for a printable flier.

If you have questions, please contact Carol Boyer at Delphi Health Group at 443-591-2070 or 443-355-6062.

---

### **Emotional Support in Howard County**

The Horizon Foundation has launched a new Howard County campaign encouraging all of us to be someone's Emotional Support Human.

You don't need special training to be an Emotional Support Human. Wanting to help your friend, neighbor or loved one is all that's needed. Use their guide with tips and conversation starters to reach out, check in, and be a support for those in your life struggling with mental or emotional health.

[Click here](#) for a printable pdf of Tips and Etiquette and for more information about signing the pledge go to [supporthuman.org](http://supporthuman.org).

---

### **"Tips For Teens" Publications (Cigarettes, Marijuana, Opioids, Alcohol, Inhalants, Etc.)**

The Substance Abuse and Mental Health Services Administration (SAMHSA) has numerous FREE printable "Tips for Teens" fliers available. [Click here](#) to view the many options such as cigarettes, marijuana, opioids, tobacco, cocaine, steroids, inhalants,

alcohol and more.

---

## Donate To HC DrugFree Or Sponsor An Event

HC DrugFree depends upon the generosity of individuals, PTSAs/PTAs, organizations and businesses in the community to support our free services to the community. Please donate today. Any size gift is appreciated. Consider contacting us to sponsor an event or make a one-time or monthly donation. Thank you for your support.

HC DrugFree is a 501(c)(3). [Donate online](#) or mail checks to HC DrugFree, 5305 Village Center Drive, Suite 206, Columbia, MD 21044. For more information, contact HC DrugFree's Executive Director, Joan Webb Scornaienchi at [Joan@hcdrugfree.org](mailto:Joan@hcdrugfree.org) or 443-325-0040.

---

## HC DrugFree Educational Materials Available In Multiple Languages

Medication storage boxes and other free materials are available for pick up in HC DrugFree's office. Please contact our staff to arrange a time and let us know what other resources you need.



Howard County Police Department  
Police Emergency.....911  
Non-Emergency Line .....410-313-2200  
Drug Activity Tip Line ..... 410-290-DRUG  
Anonymous Tip Line.....410-313-STOP

*Three out of four people using heroin began with the use of prescription medication.*  
Get expired and unwanted medicines out of your home! For proper disposal locations, contact:

**HCDrugFree**  
Empowering the Community

[www.hcdrugfree.org](http://www.hcdrugfree.org)  
443-325-0040



For more information, contact  
Joan Webb Scornaienchi, Executive Director  
HC DrugFree  
5305 Village Center Drive, Suite 206  
Wilde Lake Village Center  
Columbia, MD 21044  
443-325-0040  
[Info@hcdrugfree.org](mailto:Info@hcdrugfree.org)  
[www.hcdrugfree.org](http://www.hcdrugfree.org)

**Donate**



---