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

Opioid Crisis Costing U.S. Economy: One Trillion Dollars

According to an article released on April 1 by the U.S. Chamber of Commerce and quoting Thomas Donohue, President and CEO of the organization, the opioid crisis is costing the U.S. economy a trillion dollars.

To read more, [click here](#).

Angst Film Screenings and Discussions on Anxiety in Youth

Parents and guardians are invited to a free documentary screening and panel discussion around anxiety in youth. This 55-minute film features candid interviews with children and young adults who struggle, or have struggled, with anxiety - including Olympic swimmer Michael Phelps. This film explores the causes, symptoms and effects of anxiety and stress, and encourages youth and their families to seek help. Middle and high school students are invited to attend with a parent or guardian. Each film screening will be followed by a discussion with local experts.

Screening dates/locations: April 9 at Glenelg High School and April 10 at Mt. Hebron High School. All screenings begin at 6:30 p.m.

Register for this free event at <http://bit.ly/AngstReg>.

What High School Seniors Should KNOW about Staying Safe at the Beach

HC DrugFree is pleased to announce that more than 200 students and adults attended our two 2019 *Senior Week: Staying Safe in Ocean City* programs.

We thank Dr. Michael Martirano, Superintendent for the Howard County Public School System, for providing letters of appreciation to the Senior Week program presenters, Cpl. Howard Caplan with the Ocean City Police Department, Mr. James McVey with the Howard County Public School System as well as retired Ocean City Beach Patrol, and HC DrugFree's Executive Director, Joan Webb Scornaienchi.



Dr. Martirano's letters were presented on April 1 by Marriotts Ridge High School PTSA President Sharon Blessing. Thank you, MRHS PTSA for hosting one of two 2019 Senior Week programs. Pictured above: Cpl. Caplan, Ms. Scornaeinchi, Mr. McVey and Ms. Blessing.

Students attending the program learned to identify and swim out of rip currents, not to dive into shallow water or dig holes in the sand, to become friends with the lifeguards, not to swim in the ocean at night, how to stay safe on the beach, and when/how to contact the police.

Examples of fines discussed: Jaywalking (especially across Coastal Highway) - \$50, sleeping in your vehicle - \$25 per person, loud music - \$70, texting - \$70 and 1 point on license, unnecessary use of horn - \$70, fake ID (borrowed or stolen) 12 points on your license, and of course, students were warned not to take weapons or drugs such as marijuana and alcohol to Ocean City. Parents, please do not buy alcohol for your teens!

Thank you to Howard High School Principal Nick Novak for hosting the first of two 2019 programs and for supporting these Senior Week programs throughout the years. We congratulate Mr. Novak, *the 2019 Principal of the Year*, and applaud all he does to keep students safe throughout the year. Pictured below: Principal Novak (on far left) with Mr. McVey, Cpl Caplan and Ms. Scornaienchi.



TAC Meetings Mondays, April 8 and May 13

All Howard County high school students are invited to join HC DrugFree's Teen Advisory Council (TAC) and community service hours are available for all meetings/events. The next meetings will be on Monday, April 8 and Monday, May 13. New members are accepted throughout the year. Email or mail signed registration form and photo. Forms can be found on our website at <http://www.hcdrugfree.org/teen-advisory-council-1>.

TAC follows the Howard County Public School System's weather policy. If school is closed or evening activities are canceled, there will be no TAC meeting. Unless otherwise notified, all meetings will be held at The Barn/Teen Center in the Oakland Mills Village Center from 5:30 p.m. to 7:00 p.m. If you have any questions, please email Admin@hcdrugfree.org.

Play Like No One Is Watching

Dust off your bat and glove and play like no one is watching! Play in the 2nd annual Home Run for Recovery on Saturday, May 4 from 10 a.m. to 3 p.m. at Centennial Park North in Ellicott City.

For more information or to register, [click here](#) or call 703-475-7454.

Suicide Prevention Training in Howard County

Register to attend FREE suicide prevention training sponsored by the Horizon Foundation.

[Click here](#) for a printable PDF flier with dates and registration instructions, call 443-538-9909 or go to www.grassrootscrisis.org/events/.

Parenting Class Planned for Fall 2019

HC DrugFree and the Howard County State's Attorney's Office thank the 15 Howard County parents and their 15 students for participating in the FREE 4-week *Guiding Good Choices* parenting program. In addition to the evidence-based class materials, participants received mental health resources.

Future classes will be held next fall. Adults are expected to attend all 4 sessions and children are welcome to join us for the 3rd session. Fall dates and location will be released in a few months.

HoCo Student Film Festival Winning Films

The 2019 HoCo Student Film Festival will be held on Friday evening, April 26 at the Charles E. Miller Library in Ellicott City. Free and open to the public. Join HC DrugFree to view the winning films.

Once again, HC DrugFree is proud to partner with the festival. For more information, visit www.hocofilmfest.com.

Drive-Thru Medication and Sharps Collection: Saturday, April 27

Disposal: Be sure to mark your calendars for the next convenient drive-thru medication and sharps (needles, syringes and EpiPens) collection. HC DrugFree's team will take your unwanted and expired over-the-counter and prescription medication as well as any sharps.

No need to remove medication or labels from the bottles and no need to get out of your vehicle. Join us 10 a.m. to 2 p.m. on Saturday, April 27 in the Wilde Lake Village Center parking lot in Columbia.

Medications are guarded and transported by the Howard County Police Department and the Drug Enforcement Administration (DEA). Community service hours available for student volunteers. Please contact HC DrugFree for more information or visit our website at www.hcdrugfree.org/drug-take-back-day-1

Storage: Keep friends and family from having easy access to your medication and don't unknowingly be their drug dealer. Secure your medication in a locked closet, locked filing cabinet, safe, etc. If you need it, HC DrugFree has a free medication storage box waiting for you or your family. Email us at Admin@hcdrugfree.org or call 443-325-0040 for more information or to schedule a time to come to our office for pickup.

Donate or Sponsor an HC DrugFree 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 welcome. 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 or 443-325-0040.

HC DrugFree Educational Materials Available in Multiple Languages

Email Admin@hcdrugfree.org to let us know what resources you need.



Howard County Police Department
Police Emergency.....911
Non-Emergency Line410-313-2200
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:



www.hcdrugfree.org
443-325-0040



For more information, contact
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