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

Dancing Affects Mental Health

There's a growing body of evidence suggesting that dancing is good for our mental health. There have been published peer-reviewed papers, which suggest that when people with depression or diseases such as Parkinson's engage in certain types of dance, their symptoms may be reduced. To read more about how dancing can impact our brains and moods, [click here](#).

Thriving In The Teen Years: Happiness And Gratitude Worksheet For Teens

"We know that happier people "love" longer, remain disease free longer and generally enjoy life more completely," writes Joy Hartman, a family therapist for 20 years. "How can we share this wisdom with teens in our lives? How can we model happiness? How can we instill resiliency in our teens? How can we be sure they grow from their experiences and not get stuck or traumatized from their experiences?" To learn six ways to teach happiness to your teens and to find the worksheet for teens, [click here](#).

Facing The Campus Mental Health 'Epidemic' - Help For Parents Of College Students

A May 28, 2019 interview aired on NPR's Fresh Air Podcast as the authors of a new book, [The Stressed Years of Their Lives - Helping Your Kid Survive and Thrive During Their College Years](#), addressed the following topics:

- Why current college students are more stressed than previous generations
- How high tuition is contributing to stress
- Why some students have trouble adjusting to college
- The cost of pushing kids too hard
- Why most students don't use counseling services
- How parents can help their college-age children deal with anxiety

To listen to the podcast or read the introduction by Terry Gross and the interview highlights, [click here](#).

Need Help Fast? Dial 2-1-1, Press 1

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

Free Narcan Training

On the first Tuesday and last Thursday of each month, Howard County Health Department offers free Opioid Overdose Response Program trainings on a drop-in basis from 3:00 p.m. to 6:00 p.m. Learn how to administer Narcan, the opioid reversing medicine. For questions or more information, call 410-313-6202 or email orpreponse@howardcountymd.gov.

Take The Pledge

Did you take the Horizon Foundation's pledge to support those in your life struggling with mental or emotional health? You don't need special training to be an Emotional Support Human.

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

Don't Miss This Event! Join HC DrugFree To Be In The KNOW

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 will feature Officer Jermaine Galloway, nationally and internationally recognized trainer/award winner and resource for those involved with prevention, education, treatment and enforcement. [Click here](#) for a printable flier.

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

Because this presentation is free and very much in demand, we ask you to register yourself, your colleagues, family members and guests, 18+years of age and older at <https://high-in-plain-sight-tallcop.eventbrite.com>. Should you have any questions, please contact Carol Boyer, National Director of Community and Government Partnerships for Delphi Health Group directly at 443-591-2070 or 443-355-6062. See you August 17th at 11:00 a.m. (doors open at 10:30 a.m.).

Tips For Teens - Publications Available (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.

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

Thank you again to **all 12 High School PTSAs** in Howard County for your generous donation to the work of HC DrugFree in the 2018-19 school year.

The following **Middle School PTAs** also became our "Friends" during the 2018-19 school year through their generous donations to the on-going prevention efforts of HC DrugFree to educate about substance use/misuse in our school communities: **Bonnie Branch, Burleigh Manor, Clarksville, Elkridge Landing, Ellicott Mills, Folly Quarter, Glenwood, Mayfield Woods, Mount View, Murry Hill**. We truly appreciate that you stand with HC DrugFree to keep our students substance-free.

Screen Time For Preschoolers - Think Twice

As reported by ABC News and Dr. Joshua Rosenblatt on April 17, 2019, screen time has been linked to ADHD in preschool children. "A new study out of the University of Alberta has found that by the age of 5, children who spent two hours or more looking at a screen each day were 7.7 times more likely to meet the criteria for a diagnosis of attention deficit hyperactivity disorder (ADHD) when compared to children who spent 30 minutes or less each day on a screen." To read the article and view a short video, [click here](#).

99 Overdoses In Howard County (2019)

On July 1, the Howard County Police Department reported a combined total of 99 fatal and nonfatal overdoses so far in 2019.

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 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.

Free Resources

Be sure to safely store or properly dispose of your medication this summer. Storage boxes are available for pick up in HC DrugFree's office and our next drive-thru medication collection is scheduled for Saturday, October 26. Please contact our staff to arrange a time to pick up a box and let us know what other 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:

HCDrugFree
Empowering the Community

www.hcdrugfree.org
443-325-0040



For more information, contact
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