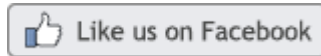


Follow Us on Twitter!



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

In Search of The True Holiday Bonus

HC DrugFree wants you to be safe this holiday season and throughout the year. Our holiday party tips for employers and employees can be found in the December edition of *The Business Monthly*.

Provide employees with the holiday bonus that really matters - a safe return home after the office holiday party. Click here to read the article, *Finding A Safe Way Home After the Holiday Party*:

<http://www.bizmonthly.com/finding-a-safe-way-home-after-the-holiday-party>



Find "Moments of JOY" This Holiday Season

Read HC DrugFree's **December Parent Blog**, *Moments of Joy*, if you need to find a moment of joy this holiday season: <http://www.hcdrugfree.org/blog/>

In Memory or In Honor of a Loved One, Make a 2016 Tax Deductible Donation

HC DrugFree will send a holiday card to notify family members and friends that you cared enough to donate in their honor. Your kind donation will remember and honor your loved ones and help those still fighting the battle against alcohol and drug misuse.

It's easy to donate: (1) go online at: <http://www.hcdrugfree.org/donate>, (2) mail a check to HC DrugFree, 5305 Village Center Drive, Suite 206, Columbia, MD 21044, or (3) come visit our office to see how your funds are helping the community!

Student Athletes and Opioid Use: Concern Across The Country and In Our Own Backyard

On December 5, 2016, the NBC Today Show aired a segment about dedicated student athletes who were prescribed pain killers after an injury and then became addicted to the medication, which led to heroin addiction. See the video here: <http://www.today.com/video/how-painkillers-can-turn-high-school-athletes-into-drug-addicts-824904771606>.

These stories provide vivid illustrations of how individuals can become addicted to pain medications (opioids) and how important it is to be informed about side effects before taking these medications.

In our own community, HC DrugFree and the Howard County Health Department recently partnered

with the Howard Community College to present an opioid misuse prevention program for student athletes and staff at the college.

After some Howard County statistics were shared by Seante Hunt from the Health Department, the Federal Bureau of Investigation (FBI) and Drug Enforcement Administration (DEA) movie "Chasing the Dragon: The Life of an Opiate Addict" was viewed.

The language in this film may be offensive and is not be appropriate for children. You can see this 49 minute movie at: <https://www.youtube.com/watch?v=lqdmWRExOkQ>.

Following the movie, Joan Webb Scornaienchi, HC DrugFree's Executive Director, addressed the group, referring to prescription pain medications as "today's loaded gun". She provided strategies to empower the audience when faced with drug misuse issues:

Know Where to Get Help - Contact HC DrugFree if you need help for yourself or others.

Understand That It Could Be You - Don't assume that the only people who end up in trouble with drugs are "the other guys".

Protect Yourself First - As we are advised when on an airplane to put our on oxygen mask before we try to help others, do what is necessary to protect yourself first, then you may be in a position to be of assistance to someone else.

Secret Safety Code - If you find yourself in a dangerous or uncomfortable situation, have a code or phrase you can text to a trusted person to help get you out of the situation.

Choose New Friends - Though it can be difficult and disappointing, some situations require an honest look at the company we keep; choosing new companions can be the wisest thing we do for ourselves.

Choose Different Activities/ Make Alternative Plans - There are times when the best and safest option is to choose/create a new opportunity; our community and the surrounding area are filled with options for a new hobby or volunteering with organizations such as HC DrugFree.

Naloxone Training - If you know anyone with an opioid addiction to heroin or pain medications or if you know someone taking prescribed pain medications to deal with their pain, you can become trained to administer Naloxone, a medication used to block the effects of opioids, especially in an overdose.

For more information on free Naloxone trainings in Howard County or across Maryland, contact HC DrugFree.

Pictured at the opioid misuse prevention program, Chasing the Dragon, held on December 2, 2016 at Howard Community College (HCC) are HCC Director of Student Life, Schnell Garrett; HCC Mental Health Counselor, Kassy Hargadon-Zester; HC DrugFree Executive Director, Joan Webb Scornaienchi; and HCC Athletic Director, Diane Schumacher.

HC DrugFree is proud to partner with HCC and the Howard County Health Department.

If your PTSA/PTA, school, or organization wants to host a program, please contact us at Admin@hcdrugfree.org.



Reader Requested Follow-Up to Our Last Q&A

If you liked our last Question and Answer from a Howard County reader about making Naloxone

If you liked our last Question and Answer from a Howard County reader about making Naloxone available in case of an overdose, you'll want to read the follow-up question submitted by another reader.

Follow-up question: I don't understand why or how people who die of an overdose present a cost to society? Of course the loss of a life brings shock and grief, but how does it cost society and taxpayers? An active addict can cost a fortune to society, but death of an active addict?

To read the answer provided by Dr. Rick Silver, Founder and Director, The Thrive Center for ADHD & Comprehensive Mental Health Care of Central MD, visit: <http://www.hcdrugfree.org/new-page-1/>

Thank you for reading our Q&A and submitting your **anonymous** questions to Joan@hcdrugfree.org.

CNN Series on Heroin: The Poisoning of America

Want to KNOW more about heroin? Visit: <http://www.cnn.com/2016/10/13/health/heroin-poisoning-of-america/index.html>

Reminder: 2017 FilmContest Open to All Howard County High School Students

Once again, HC DrugFree is pleased to partner with the student-run HoCo Film Festival. We are looking for film-savvy teens to create **Public Service Announcements** (PSAs) that focus on knowing alcohol/drug free alternatives to dealing with stress. These teen-produced PSAs will be shared across Howard County. HC DrugFree's 2017 Topic is ***Stressed Out? KNOW Drug Free Alternatives.***

Films are to support HC DrugFree's *In the KNOW* campaign. If you are not familiar with the campaign, please contact us.

Films should:

- focus on the stresses that teenagers face, and how they can handle stress without drugs and alcohol;
- be **30-90 seconds long**;
- be appropriate for family viewing;
- be an original concept or idea;
- be sure to see ALL updates and guidelines on HC DrugFree's website.



The 2017 HoCo Film Festival will be held on Friday, March 10, 2017, at 7:00 p.m. at the Charles E. Miller Library in Ellicott City. The deadline for films will be 11:59 p.m. on February 18.

For additional guidelines and information, feel free to contact Admin@hcdrugfree.org or visit HC DrugFree's website at: <http://www.hcdrugfree.org/hoco-filmfest/>

RSVP for HC DrugFree Teen Advisory Council Meeting

HC DrugFree's Teen Advisory Council (TAC) will meet on **Monday, December 12 and Monday, January 9** from 5:30 p.m. to 7:00 p.m. at The Barn (Teen Center) in the Oakland Mills Village Center. TAC is open to all Howard County high school students. For more information or to register for the 2016-2017 school year go to <http://www.hcdrugfree.org/teen-advisory-council-1/>.

Thank you to our TAC 2016-17 sponsor Shapiro Zwanetz and Associates - Attorneys at Law.

You must have a signed 2016-17 registration form. Please RSVP to Admin@hcdrugfree.org so we can order pizza for you!

Join Others at Candle Lighting This Sunday

Sunday, December 11 is the annual Compassionate Friends World Wide Candle Lighting (WWCL) open to all families and friends who have lost children, grandchildren and/or siblings at any age, for any cause.

A local event will be held at 7:00 p.m. at St. John's Episcopal Church, 9120 Frederick Road in Ellicott City. The local Patapsco Valley Chapter of Compassionate Friends will be participating.

The free program will include readings, music, and remembrances offered by parents, grandparents and siblings. A reception and time of fellowship follows the program. Please bring pictures of your loved ones to share on the memory table.

Compassionate Friends national website is www.compassionatefriends.org. This site provides a chapter locator and a listing of all WWCL events scheduled for this Sunday across the US.

For additional information about the Howard County event, contact tcf-barbara@comcast.net

Did Overall Despair and Opioid Overdoses Influence the Presidential Election?

Is there a connection between county-level rates of mortality from drugs, alcohol and suicide (2006-2014) and voting patterns in the 2016 Presidential election?

Penn State University researcher and others are considering the possible link. To read the Penn State researchers report, click here: http://aese.psu.edu/directory/smm67/Election16.pdf?wpisrc=nl_daily202&wpmm=1

KNOW The Dangers of Fentanyl

FENTANYL Alert: Overdose Deaths Rising

Call 1-800-422-0009

For treatment and recovery services



- Toxic in small amounts & can kill in minutes
- Mixed with & sold as heroin, cocaine & other drugs or pressed into fake Rx pills
- Unable to be detected by look, smell or taste
- A fentanyl OD can be reversed with naloxone (Narcan, Evzio). You, your family and your friends can carry naloxone.

MDDestinationRecovery.org

Know the SIGNS

- Not breathing/loud snoring
- Won't respond to firm chest rub
- Blue lips & fingertips

Know how to RESPOND

- Call 911!
- Give NALOXONE
- Do CPR, wait for help to arrive

NALOXONE safely reverses an overdose from fentanyl, heroin & other opioids. Here's how to get it:

- **FREE training** and naloxone through the Maryland Overdose Response Program
- Your doctor can prescribe you naloxone and show you how to use it

For more information, visit MDDestinationRecovery.org

KNOW 7 Signs of an Opioid Overdose

1. Breathing: slow, shallow, or stopped
2. Blue lips and fingertips
3. Gray, clammy skin and vomiting
4. Loud snoring or gurgling noises ("death rattle")
5. Person unresponsive
6. Slow pulse/No pulse
7. Awake, but unable to talk



Looking for **FREE Naloxone training** in Howard County? Please email Admin@hcdrugfree.org for more information about upcoming trainings.

Need Treatment? Get Help Now!

Are you seeking information on facilities in Maryland that offer substance misuse and/or mental health treatment?

If so, use the Behavioral Health Treatment Services Locator from SAMHSA by clicking on this link: <https://findtreatment.samhsa.gov/locator?sAddr=&submit=Go> or visit HC DrugFree's website to view more local resources and treatment providers.

Have You Taken the Maryland Opioid Misuse Prevention Survey?

The University of Maryland School of Pharmacy and the Maryland Department of Health and Mental Hygiene invite all Maryland residents to participate in an anonymous survey about **prescription pain medication and heroin (opioids) misuse prevention in our community.**

If you prefer, you may include your contact information at the end of the survey to enter to win a weekly drawing for a \$50 gift card.

Click on the link to take the survey: <https://www.surveymonkey.com/r/MPOS2016>

Thank you for your participation. For more information, please visit: facebook.com/mdopioidsurvey.

As always, if you have questions, feel free to contact HC DrugFree at 443-325-0040 or Admin@hcdrugfree.org.



For more information, contact
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Donate



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