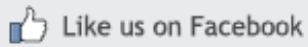


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HC DrugFree is keeping Howard County
In the KNOW!!!

A Short but Busy Month for Prevention and HC DrugFree

Although February was a short month, HC DrugFree was busy learning from new and longtime Prevention friends. Together, we're working to keep the Howard County community informed and safe.

Invest in prevention and education because:

- Prevention and education are saving lives and futures.
- Alcohol use among 12th graders is at its lowest level since 1991.
- Daily use of cigarettes among 10th graders is at an all-time low (but use of electronic devices is increasing).

Pictured below: HC DrugFree's Executive Director, Joan Webb Scornaienchi joining others from across the nation to promote substance use prevention.



Prevention professionals returned to DC to educate about the need to increase prevention efforts because:

- There is more work to do!
- Adolescent drug use is highly correlated with other risky behaviors, including misuse of other drugs, dangerous sexual activity, lower school performance, and behavioral issues.
- Annually, approximately 4,300 young people under the age of 21 die due to excessive drinking.
- Misuse of over-the-counter medications among 8th graders increased 33.3% from 2017-18.
- 16.5% of adolescents have ridden in a car with a drunk driver and 5.5% have driven while drunk.

Hearing from the top:

Pictured below: Jim Carroll, Director of National Drug Control Policy (ONDCP). Mr. Carroll serves as the principal advisor to the President of the United States on drug control issues. He encouraged us to continue our work to save lives even when it means being like a good shepherd going after one missing sheep at a time.



Learning from friends and national, state and local partners:

Pictured below: Dr. Wilson Compton from the National Institute on Drugs (NIDA). Dr. Compton should look familiar to anyone receiving HC DrugFree updates (or watching the nightly news). To bring timely information to Howard County, HC DrugFree has worked with Dr. Compton and the NIDA staff for many years. His work includes how cannabis affects the brain, how science is being used to address the opioid crisis, how applying science helps families and communities prevent addiction, and much more.



Pictured below: Dr. Amelia Arria from the University of MD School of Public Health. Dr. Arria has presented to Howard County students and parents and HC DrugFree is committed to sharing her timely research and partnering with her. Dr. Arria focuses on the connection between adolescent and young adult cannabis use, student engagement and motivation, academics in high school and college, employment success, and much more.



Pictured below: Linda Eastridge, active with both HC DrugFree and First Evangelical Lutheran Church in Ellicott City; Lauren Caronna, the Director of Youth and Children's Ministries at the church, and Joan Webb Scornaienchi. With the assistance of the

students, staff and adult volunteers, HC DrugFree's team conducted a focus group to learn how to better distribute information to middle school students. Spending a Sunday morning looking at the student's little angelic faces was a blessing to our team!!! We thank the students for sharing with us, and once again, we thank the adults for going above and beyond to support HC DrugFree as we work together to keep our kids and community safe.



Hurry to Register: Parenting Classes Begin on March 5

Howard County parents/guardians of 9 to 14 year olds are invited to join HC DrugFree and the Howard County State's Attorney's Office for our next *Guiding Good Choices* parenting 4-week program. Participants will learn the skills to reduced the risk that their children will use drugs.

After completing the program, families will be able to: Influence their children to help prevent drug use and other risky behaviors. Develop clear family guidelines and expectations about drug use. Teach children how to stay out of trouble, keep their friends and still have a good time.

Classes will be held on Tuesdays, March 5, 12, 19 and 26. Adults are expected to attend all sessions. Unless otherwise notified, all meetings will be held at the Elkridge Branch of the Howard County Library from 5:30 p.m. to 8:00 p.m.

The printable flier and updated information can be found on HC DrugFree's website at <http://www.hcdrugfree.org/events/>. Registration is open.

Must be 21 to Buy Tobacco Products in Virginia

The minimum age for legally buying tobacco products in California, Hawaii, Maine, Massachusetts, New Jersey, Oregon and now Virginia is 21. To read more, [click here](#).

HC DrugFree Teen Advisory Council Meeting

HC DrugFree's Teen Advisory Council (TAC) will meet on Monday, March 11 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.

Community service hours are available for attendance at TAC meetings and HC DrugFree events. Teens must complete the registration form found on the Teen Advisory web page or [click here](#) and RSVP to Admin@hcdrugfree.org.

Strategies to Saving Lives!

Give teens honest, unexaggerated answers to their many drug and alcohol questions by

submitting questions to HC DrugFree so local experts can provide answers.

Secure your medications away from family, friends, and others entering your home. HC DrugFree is giving away medication storage boxes; if you would like one, please email us at Admin@hcdrugfree.org.

Dispose of unwanted and expired medication. Bring meds to HC DrugFree's convenient drive-thru Drug Take Back Day on April 27, where you can also dispose of "sharps" (needles, syringes and EpiPens). Ask us about Howard County's permanent medication disposal boxes and for guidelines and restrictions at these permanent boxes.

KNOW how to save a life: Medications are available to counteract the effects of an opioid overdose. Naloxone, sold under the brand name Narcan blocks the effects of opioids, especially in an overdose. FREE Naloxone training is available in Howard County.

KNOW the benefits of enrolling your teen in a positive peer group such as HC DrugFree's Teen Advisory Council (TAC), where high school teens share their commitment to remain drug-free. See the Teen Advisory Council update box in this newsletter for more information about the upcoming meeting.

Save the Date: Next Drive-Thru Medication Collection: Saturday, April 27

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. For more information, please visit our website at www.hcdrugfree.org/drug-take-back-day-1, email Admin@hcdrugfree.org or call 443-325-0040.

Film Savvy Teens: There's Still Time to Enter Film Contest

Once again, HC DrugFree is proud to partner with the HoCo Student Film Festival. This year, HC DrugFree is looking for teens to create short public service announcements (PSAs) focused on vaping or Juuling in Howard County.

Be sure to visit our website at www.hcdrugfree.org/hoco-filmfest, visit www.hocofilmfest.com and contact our office at Admin@hcdrugfree.org to request our logo and ensure you have all the needed information. The deadline to submit films is Friday, April 5. The festival will be held on Friday evening, April 26 at the Charles E. Miller Library in Ellicott City.

Do You Take An Opioid (Prescription Pain Medication)?

Common Opioids prescribed for pain (i.e., dental surgery, sports injuries, routine surgeries, etc.): Percocet, Morphine, Dilaudid, Fentanyl, Oxycodone, Vicodin, etc.

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
- Administer Naloxone and CALL 911 FOR HELP!*



KNOW the Danger of Fentanyl (because it continues to kill members of the Howard County community!!!)

- 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 may be reversed with Naloxone (but it may take several doses)
- You, your family and your friends can carry Naloxone

For more information, contact
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