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

Wishing Our Howard County "Family" A Safe School Year

HC DrugFree's team wishes our entire Howard County "family" of students, parents/guardians, and school staff a safe school year. We look forward to serving you in the coming months.

As always, thank you to our partners, the Howard County Police Department for working to keep the entire community safe throughout the year and the Howard County Public School System for taking good care of our children.

Help! We Need You - Young Or Young At Heart

HC DrugFree needs 20 to 40 volunteers. Do you have just one hour to spare on Thursday, September 12 from 5:30 p.m. to 6:30 p.m.? No lifting. Indoors. Just smiling is required. If you can smile, we need you!

Community service hours are available for youth volunteers. If you are available, please email Admin@hcdrugfree.org with your name and phone number and we'll get back to you with details. Thank you for supporting Howard County youth and families.

Two Overdose Deaths In Howard County

On September 3, the Howard County Police reported 2 additional overdose deaths and another nonfatal overdose. The 2019 overdose count to date is 16 fatal and 113 nonfatal, for a total of 129.

What can YOU do? Volunteer and support HC DrugFree as we educate the community. Together, we can save lives.

Attend Local Event: National Drug-Free Pain Management Month

HC DrugFree encourages you to learn more about possible drug-free alternatives to pain management. According to Dr. Brian Morrison, "Our understanding of chronic pain has changed dramatically in recent years. Most people can manage pain better with a variety of conservative modalities like chiropractic, physical therapy, acupuncture, exercise and learning about the science behind their pain than by taking medication."

Join Dr. Morrison and Joan Webb Scornaienchi for an evening celebrating Drug-Free Pain Management month. Learn about pain science, healthy pain management options

and what you can do.

Event details: **Thursday, September 12 from 7:30 p.m. to 9:00 p.m. at Morrison Chiropractic** located at 2850 North Ridge Road, Suite #107 Ellicott City 21043. [Click here](#) to view and print flier. To register, [click here](#) or go to www.facebook.com/morrisonchiro.

Let's Clear The Air - Howard County Youth Are In Danger

HC DrugFree has been sharing information about the dangers of vaping for the past few years. Let's "Clear the Air" once and for all...**Don't allow your teens to vape!** We've been warning that it's only a matter of time until we hear horror stories. Well, we're now there with youth and adults being hospitalized due to vaping-related illnesses and deaths and the news will only get worse.

Don't wait to discuss vaping with your children and loved ones. Knowledge is power. Don't assume they know about the dangers...don't assume they won't at least "try" it...and for sure, don't assume the expensive marketing aimed at youth (and adults) isn't working.

HC DrugFree's Facebook page has links to many good vaping articles, click on the Facebook link at the top of this newsletter.

HC DrugFree's Teen Advisory Council Is Open To All Howard County High School Students

High school teens can earn community service hours through HC DrugFree's Teen Advisory Council (TAC). The first 2019-20 meeting will be held on Monday, **September 23 from 5:30 p.m. to 7:00 p.m. at The Barn (Teen Center)** located in The Oakland Mills Village Center. Please RSVP to Admin@hcdrugfree.org.

TAC is open to all Howard County high school students (public, private and home school), but everyone **must register**. Forms can be found on the TAC page at <http://www.hcdrugfree.org/teen-advisory-council-1/> or [click here](#) to print an application.

TAC provides the youth perspective to the staff and Board of Directors of HC DrugFree to increase the effectiveness of HC DrugFree's programs, newsletters, website and other services. Encourage the teens in your life to join TAC where they will have a safe place to learn and discuss what is happening in and around our community. Questions? Call 443-325-0040 or email Admin@hcdrugfree.org. We look forward to working with your teens!

The Epidemic Outside Of School Hours: KNOW How To Invest In Your Kid's Future

This program is **FREE** and for **Adults ONLY**.

Long Reach High School is pleased to partner with HC DrugFree to bring Dr. Amelia Arria, Director, Center on Young Adult Health and Development at the University of Maryland School of Public Health to share her expertise with parents and other community members.

This presentation will focus on areas of concern for high school parents and the impact of substance use, particularly marijuana, on academic performance. Dr. Arria's research focuses on health risk behaviors among college students and how these issues interfere with academic performance.

HC DrugFree's Executive Director, Joan Webb Scornaienchi will discuss vaping and what's happening in Howard County. She will also have a display for parents/adults to view of hats sold locally with hidden drug pockets and many other common household items used to hide drugs.

This program will be held on **Tuesday, September 17 at 7:00 p.m. in the Long Reach High School Auditorium** located at 6101 Old Dobbin Lane in Columbia.

Keeping you In the KNOW...

September: National Suicide Month

Since 2008, people around the country have observed September as National Suicide Prevention Awareness Month, raising awareness about suicide and providing education, support, advocacy and resources to those in need.

According to the Centers for Disease Control and Prevention (CDC), 47,000 people died by suicide in 2017 and rates continue to increase. [Click here](#) to access a printable PDF of more information from the Maryland Department of Health.

Marijuana Warning For Teens And Pregnant Women

Recently, Health and Human Services Secretary Alex Azar and Surgeon General Jerome Adams warned against marijuana use by adolescents and pregnant women. Azar referred to marijuana as a dangerous drug. The warning comes as legal marijuana has grown into a \$10-billion industry in the U.S. with nearly two-thirds of states legalizing it, mainly for medical uses. An increasing number of states and localities are also allowing personal, recreational use.

Marijuana is harmful to the developing brains of teenagers and to the human fetus. There has been a three-fold increase in the concentration of the active ingredient THC in cultivated plants over the last 20 years. [Click here](#) to read the article.

The following information is from a recent press conference with the Surgeon General and shared by Smart Approaches to Marijuana (SAM).

- Some state laws on marijuana have changed, but the science has not and federal law has not.
- Marijuana is an addictive drug.
- Between 2002 and 2017, marijuana use in the last month among pregnant women doubled.
- In 2017, more than 9 million youth reported marijuana use in the prior month.
- In 2017, new users between the ages of 12 and 25 rose by almost 30%.
- There is no approved use for marijuana to treat any medical condition.
- The science indicates the higher the THC concentration, the higher the risks.
- Potency-related risks can lead to dependence and even, addiction, as well as mental health effects like anxiety, psychosis, depression and suicide.
- Youth who regularly use marijuana are more likely to show a decline in IQ and school performance and are more apt to miss classes, and drop out.
- Marijuana use during pregnancy can affect the baby's brain and also result in lower birth weight, a marker for early death and disability.

Remove Unwanted/Expired Medication And Sharps From Your Home And Our Community

HC DrugFree and our partners welcome you to stand with us on **Saturday, October 26**

from 10 a.m. to 2 p.m. at our next drive-thru medication and sharps collection to be held in the Wilde Lake Village Center parking lot.

Bring your unwanted and expired prescription and over-the-counter medication and sharps (needles, syringes and EpiPens). Tell others and please volunteer; we are looking for approximately 80 volunteers to join us that day.

PTSAs/PTAs, scouts, teams, clubs, religious/community organizations, youth, senior citizens - everyone - welcome to volunteer. For more information, go to <http://www.hcdrugfree.org/drug-take-back-day-1> or contact Admin@hcdrugfree.org or call 443-325-0040.

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 **211, Press 1**. In case of an emergency, please dial 911 or go to the nearest emergency department.

Please Donate Today 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.

Become An "Emotional Support Human"

Do you have a friend or family member going through a hard time or facing a mental health challenge? Be their Emotional Support Human! For more information, go to <https://www.thehorizonfoundation.org/emotional-support-humans-wanted/>.

HC DrugFree Educational Materials Available In Multiple Languages

Be sure to safely store or properly dispose of your medication. Storage boxes are available for pick up in HC DrugFree's office and our next **drive-thru medication and sharps collection is scheduled for Saturday, October 26 from 10 a.m. to 2 p.m.** Please contact our staff to arrange a time to pick up a box, volunteer, or let us know what other alcohol/drug 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
Joan Webb Scornaienchi, Executive Director
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