

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

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### **We Challenge You: Can You Spot What's In Plain Sight?**

As HC DrugFree keeps reporting, many products easily purchased by youth under 18 make it easy for kids to disguise and hide vaping devices as/in everyday objects such as pens, sweatshirts, backpacks, smartwatches and more.

NBC's Vicky Nguyen puts parents and teachers to the test to see if they can find the hidden vaping devices. [Click here](#) to play the Today Show's news update and learn to spot more of these items found in classrooms.

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### **All Parents Of 9-14 Year Olds: Free Parenting Classes**

HC DrugFree and the Howard County State's Attorney's Office in partnership with the Howard County Public School System and the Howard County Health Department will once again provide evidence-based classes for **parents of 9 to 14 year olds** to gain skills and knowledge to reduce the risk that their children will use drugs.

This 4-week series will be held from 5:30 p.m. to 8:00 p.m. on Tuesdays, October 22, 29 and November 5, 12 at Wilde Lake Middle School in Columbia. Parents are expected to attend all 4 sessions.

To register, go to <https://www.surveymonkey.com/r/GGCOct2019>. For a printable flier, [click here](#). Free workbook included. If you have questions, email Joan Webb Scornaienchi, HC DrugFree's Executive Director at Admin@hcdrugfree.org or call 443-325-0040.

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### **Family Spent More Than \$110,000 For Drug Treatment And Son Still Died**

For years, HC DrugFree has been sharing stories about families from across Howard County and the U.S. spending hundreds of thousands of dollars on drug/alcohol treatment. In some of these cases, these sons and daughters just couldn't overcome their addiction or substance disorder.

In one such case, pleading for God's help to fight his addiction, a young man wrote, "**I don't need a God that will open the gates of heaven and let me in, I just want the gates of hell to to open up and let me out.**"

[Click here](#) to read more written by a son before his death as well as other stories about families spending more than \$100,000 on drug treatment that didn't work. Treatment can work, but maybe not the first time and it can be expensive.

**Donate to HC DrugFree to help us provide PREVENTION and EDUCATION to help our Howard County youth avoid alcohol and other drugs and help our**

## Parent Video And Flier

Many of you asked to have another look at HC DrugFree's back-to-school video, so please click on the video below:



HC DrugFree Back To School 2019

In addition to the video, [click here](#) to access our back-to-school flier. Feel free to share these with others and HC DrugFree is happy to provide printed copies of the flier.

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## Medication Collection Flier In Korean, Chinese, And English

Thank you to Shalom Square/Heritage Housing Partners for translating HC DrugFree's Medication and Sharps Take Back flier into Korean and Chinese.

[Click here](#) for the flier in Korean, [click here](#) for Chinese, and [click here](#) for English.

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## PTSAs/PTAs Donating To HC DrugFree This School Year

Last school year, all Howard County Public High School PTSAs and many middle school PTAs donated to HC DrugFree. Thank you to the following PTSAs/PTAs for hurrying to donate to HC DrugFree this school year and let's keep this list growing:

### High Schools PTSAs:

Wilde Lake High School

### Middle School PTAs:

Burleigh Manor Middle School

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## Depression: When Is It Not Just Unhappiness?

"Depression is a serious mood disorder that affects your whole body including your mood and thoughts. It touches every part of your life. It's important to know that depression is not a weakness or character flaw. It's a chemical imbalance in your brain that needs to be treated." To read the full Johns Hopkins Medicine article, [click here](#).

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## Hurry To Register: Mental Health Film Festival

Free and open to the public. October 23 from 6:00 p.m. to 9:00 p.m. at Regal UA Snowden Square Stadium Theater.

The Howard County community is invited for an evening of film and discussion with local experts on mental health. Attend one of four films sponsored by the Horizon Foundation.

Each film will be followed by a time for reflection, questions and discussion with local

experts such as psychiatrists, crisis counselors, social workers, youth, school system staff and people sharing their own journeys with mental health.

[Click here](#) for more information and to receive your free ticket.

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### **Teen Advisory Council Meeting: Monday, October 21**

High school teens can earn community service hours through HC DrugFree's Teen Advisory Council (TAC). The second 2019-20 meeting will be held on Monday, October 21 from 5:30 p.m. to 7:00 p.m. at The Barn (The Columbia Association's Teen Center) located in The Oakland Mills Village Center.

TAC is open to all Howard County high school students (public, private and home school), but students must RSVP to Admin@hcdrugfree.org for each meeting.

Registration forms can be found on the TAC page at <http://www.hcdrugfree.org/teen-advisory-council-1/>. Refreshments are provided at meetings.

Encourage the teens in your life to join TAC where they will have a safe place to learn about risk taking, healthy alternatives, discuss what is happening in and around our community and much more. Questions? Call 443-325-0040 or email Admin@hcdrugfree.org. We look forward to working with your teens!

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### **Podcast: Preventing Suicide, Part 1: Understanding Suicide Rates And Risks**

According to a recent Johns Hopkins Bloomberg School of Health podcast, American suicide rates are at their highest point in 50 years; we are in what some have called a suicide crisis. September was National Suicide Prevention Month, and the American Health Podcast marked this important time with a series of podcasts focusing on research and evidence-based practices around suicide prevention.

[Click here](#) to play the first podcast in the series looking at recent changes in U.S. suicide rates and the importance of increased awareness and understanding of suicide.

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### **Positions Currently Available**

HC DrugFree would appreciate your help with a few upcoming projects/events. If you have even one hour to spare, please [click here](#) to access our adult volunteer application. Must be 18 years old or older. Background checks required for some positions.

Current "volunteer" needs:

1. **Office Assistant:** Must be able to type and have good/excellent computer skills. Based on skills and project needs, some/most of this work might be able to be done from home or in our office.
2. **Outreach Assistant:** Do you enjoy social media and are you creative? Do you like talking to people 1-on-1 and want to assist at our table/booth at community events/fairs? Do you have experience creating fliers, writing (i.e., blogs, other), or marketing/planning events or programs? If any (not necessarily "all") of this is true for you, let us know your experiences, skills, and/or interests.
3. **Medication/Sharps Collection Volunteers:** Help at our drive-thru medication and sharps collections held twice a year. These events are always on Saturdays and from 10 a.m. to 2 p.m. in the Wilde Lake Village Center parking lot. Next event: Saturday, October 26.

As funding becomes available, some volunteer positions may become paid positions. Volunteer now so we get to know you and establish a relationship.

Position(s) must be specified and all applications must be sent to our **hcdrugfree@hcdrugfree.org** email account. We apologize for any inconvenience, but sending the application to other HC DrugFree email accounts will delay or prevent a response.

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Follow Us on Twitter!

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## Clean Your Medicine Cabinet To Keep Your Family Safe And Tell Your Friends!

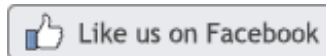
Clean your medicine cabinet and come join HC DrugFree and our partners on Saturday, October 26 from 10 a.m. to 2 p.m. at our next drive-thru medication and sharps collection to be held in the Wilde Lake Village Center parking lot.

Medication is guarded/transported by the Howard County Police and the Drug Enforcement Administration.

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.

For more information, go to <http://www.hcdrugfree.org/drug-take-back-day-1> or contact Admin@hcdrugfree.org or call 443-325-0040.

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## 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.

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## Help Is Available 24/7 In Howard County

HC DrugFree encourages you to contact Grassroots Crisis Intervention if you need help. They offer a 24-hour crisis hotline, walk-in crisis counseling, a mobile crisis team, substance use services, emergency shelter, and more. Call 410-531-6677 or go to 6700 Freetown Road (next to Atholton High School) in Columbia, 21044.

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## Resource Directories

Howard County has resource directories available to help you find treatment providers and other services. [Click here](#) for health services and [click here](#) for youth services.

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For more information, contact  
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Wilde Lake Village Center



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Info@hcdrugfree.org  
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Donate

