

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

Howard County Overdoses: 2 Suspected Deaths And 2 Nonfatal

Last week, Howard County Police and Fire & Rescue Services responded to two suspected overdose deaths and two nonfatal overdoses. The overdoses occurred in West Friendship, Columbia, and Elkridge. The 2019 year-to-date overdose count is 21 fatal (16 confirmed opioid-related) and 128 nonfatal, for a total of 149.

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> or [click here](#) for a printable flier. 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.

Pain And The Brain: "It's All In Your Head"

If you are interested in learning more about pain and the brain, you may want to hear what Julia Gover had to say in a June 2019 TEDx Talk. She discusses how pain is an output of your brain and not an input from your body.

[Click here](#) to access Ms. Gover's TEDx Talk.

County Executive Ball Proclaimed: September Is Drug-Free Pain Management Month In Howard County

[Click here](#) to view the proclamation presented to HC DrugFree and Morrison Chiropractic.

Register Your High School Student

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 everyone **must RSVP for each meeting**. Please RSVP to Admin@hcdrugFree.org.

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 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!

Adults Wanted: 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. **Driver:** Must be able to drive to a few locations in Howard County to conduct quick surveys or deliver fliers. No heavy lifting.
3. **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.
4. **Fundraiser:** If you want to help raise money, increase/enhance partnerships, or find new sponsors to help replace reduced grant funding, please let us know.
5. **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.

Follow Us on Twitter!

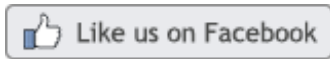
Remove Unwanted/Expired Medication And Sharps From Our Community

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.

Medication 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.



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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