

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

**YES, Our Howard County Teens Are Still Vaping!**

...so be sure you attend HC DrugFree's next parent program, *Not My Child: Vaping and More*, being held this Wednesday, January 29 at 7:00 p.m.

HC DrugFree and the Marriotts Ridge High School PTSA invite all adults to learn more about vaping and other drug use in Howard County. At this program, the Howard County Police will be sharing their data with the community.

Also presenting and available to answer your questions will be Mark Donovan, Clinical Supervisor at both Congruent Counseling Services and Integrative Counseling in Columbia, and HC DrugFree's Executive Director, Joan Webb Scornaienchi.

Mr. Donovan will be sharing a recently released longitudinal study that demonstrates how damage caused by vaping is similar to that of smoking cigarettes. Pictured: Ms. Scornaienchi and Mr. Donovan.

Program details: Wednesday, January 29 at 7:00 p.m. in the Marriotts Ridge High School auditorium. Free. Open to the public. If school activities are cancelled due to weather, the back-up date will be February 11 at 7:00 p.m.



[Click here](#) for a printable flier.

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**Registration Now Open! Free Parenting Classes**

HC DrugFree and the State's Attorney's Office are offering another series of parenting classes. Guiding Good Choices is an evidence-based, interactive prevention program that provides the families of children age 9-14 with the skills and knowledge to reduce the risk that their children will use drugs.

**The program is for parents.** Children age 9-14 are invited to attend the third session with their parents.

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, and
- Teach children how to stay out of trouble, keep their friends and still have a good time.

Dates: Tuesdays, March 10, 17, 24, and 31 (Parents are expected to attend all 4

classes.)

Time: 5:30 p.m. – 8:00 p.m.

Location: Oakland Mills Middle School, 9540 Kilimanjaro Road, Columbia

To register, visit <https://www.surveymonkey.com/r/March2020oms>

[Click here](#) for a printable PDF flier.

For more information, contact HC DrugFree's Executive Director, Joan Webb Scornaienchi. Funding provided by the Howard County Health Department, the MD Department of Health, and SAMHSA.

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### **Middle School Life Skills Update**

At HC DrugFree's 5th Life Skills class held at Dunloggin Middle School, students learned about alcohol to counter common myths and misconceptions. They attempted to walk in a straight line while wearing goggles that simulated the feeling of being under the influence of alcohol. They discussed why some teens stay sober and why others decide to drink, as well as how people become problem drinkers.



This middle school program uses developmentally appropriate, collaborative learning strategies to help students achieve competency in the skills that have been shown to help students resist substance use (tobacco, alcohol and other drugs), violence, and other high-risk behaviors.

Thank you to Dunloggin Middle School staff, especially Ms. Debra O'Byrne, and the PTA for partnering with HC DrugFree.

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### **Save the Date: Medication and Sharps Collection, Saturday, April 25**

HC DrugFree's next convenient drive-thru medication and sharps collection will be held on Saturday, April 25 between 10 a.m. and 2 p.m. in the Wilde Lake Village Center parking lot. Free. No need to get out of your vehicle. We accept all unwanted or expired over-the-counter and prescription medication as well as needles, syringes and EpiPens. Start collecting. Howard County Police and the Drug Enforcement Administration will guard and transport the collected medication.

More information will be shared in future newsletters and on our website. We will ask for volunteers as we get closer to April. Mark your calendar, adjust your schedule, and plan to attend and volunteer!

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### **Do You KNOW What Teens are Using?**

- One in four 12th graders say they vaped nicotine in the past month, along with one in five 10th graders, and nearly one in ten 8th graders.
- One in five 12th graders reported that they vaped marijuana sometime in the past year, nearly double the year before.
- When asked why they vape, many teens said they like the flavor, to

experiment, for social reasons, or to feel good. Notably, the number of high school seniors who say they vaped because they are “hooked” more than doubled in the last year.

- Teens’ use of many drugs continues to decline, including misuse of prescription opioids, cigarette smoking, and alcohol use.

Information above from 2019 Monitoring the Future Survey.

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## Teen Advisory Council (TAC) Meeting: February 10

All Howard County high school students: HC DrugFree's next TAC meeting will be held on Monday, February 10 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. Must RSVP to [Admin@hcdrugfree.org](mailto:Admin@hcdrugfree.org) for each meeting. TAC follows the HCPSS school cancellation policies. Visit the TAC page at <http://www.hcdrugfree.org/teen-advisory-council-1/> to find registration forms.

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### Do You Value HC DrugFree's Services?

Donate to HC DrugFree, so we can continue to educate youth and adults and serve the community.

[Click here](#) to make your donation.

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## Resource Directories for Youth and Adults

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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## Medication Storage

Be sure to safely store or properly dispose of your medication. Storage boxes are available at HC DrugFree's office. Please contact our staff to arrange a time to pick up a box and let us know what other resources you need.

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## Free Resources

Please contact our staff to let us know what resources you need. We have free magnets with emergency contact information and brochures about drugs including alcohol, marijuana, vaping, cigarettes, etc.



Howard County Police Department  
 Police Emergency ..... 911  
 Non-Emergency Line ..... 410-313-2300  
 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 unused medicines out of your home! For proper disposal locations, contact:

**HCDrugFree**  
Helping You Live Better  
 www.hcdrugfree.org  
 443-325-0040



Message provided by HCDrugFree and the Howard County Health Department with funding from MD 70A & 6A095A.



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