

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

### **Postponed: Medication and Sharps Drive-Thru Collection**

The April 25 medication and sharps (needles, syringes and EpiPens) drive-thru collection was postponed until further notice.

According to the latest update from the Drug Enforcement Administration (DEA), they anticipate holding a nationwide event before fall. However, the DEA warned to expect a quick turn around once the new date is released. More information will be shared in future newsletters.

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### **NIDA Parenting Videos and Communication Tips**

Good Communication between parents and children is the foundation of strong family relationships. Developing good communication skills helps parents catch problems early, support positive behavior, and stay aware of what is happening in their children's lives.

[Click here](#) to access information and videos (at the bottom of the page)

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### **AA Meetings Online**

Want to participate in an Alcoholics Anonymous meeting without leaving your home? Go to [www.aa-intergroup.org](http://www.aa-intergroup.org) for a directory of virtual meetings in different time zones, which are conducted by phone, email, video conference and 24-hour-a-day chat rooms.

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### **CDC: Opioid Overdose Deaths Decline**

New Center for Disease Control and Prevention (CDC) data has showed that from 2017 to 2018, overdose deaths involving all opioids, prescription opioids, and heroin declined. Public health efforts to protect Americans have had a large impact on this. However, deaths involving synthetic opioids have continued to rise. [Click here](#) to read more about these findings.

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### **Opioid Operational Command Center Annual Review**

[Click here](#) to download the Opioid Operational Command Center's 2019 report released March 24, 2020.

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### **PTSA/PTA Donations**

The following PTSAs/PTAs donated to HC DrugFree this school year. If your PTSA/PTA is not on the list, **please encourage them to join us.**

**11 of 12 High Schools PTSAs:** Atholton, Centennial, Hammond, Howard, Long Reach, Marriotts Ridge, Mt Hebron, Oakland Mills, Reservoir, River Hill, Wilde Lake

**10 of 20 Middle School PTAs:** Bonnie Branch, Burleigh Manor, Clarkville, Dunloggin, Elkridge Landing, Folly Quarter, Glenwood, Mayfield Woods, Murray Hill, Patuxent Valley

**Thank you for standing with HC DrugFree** as we work to keep Howard County youth and families informed and safe. It takes the entire village.

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### Support Howard County Youth and Families

Donate to HC DrugFree so we can continue to educate youth and adults and serve the Howard County community. [Click here](#) to make your donation.

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### COVID-19 Implications for People with Substance Use Disorders

According to the National Institute on Drug Abuse, some populations with substance use disorders may be hit hard by the coronavirus disease 2019. Because the virus attacks the lungs, those who smoke tobacco or marijuana or vape as well as those with opioid use disorders and methamphetamine use disorder may be more vulnerable. [Click here](#) to read more about this issue.

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### Howard County COVID-19 Updates

[Click here](#) to access Howard County Government and Health Department updates.

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### Maryland COVID-19 Resources

The Maryland Department of Health released recovery and wellness resources for the COVID-19 outbreak. [Click here](#) to download.

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### If You Think Gambling Is the Solution, It May be the Problem

Call, text or chat 1-800-GAMBLER for free confidential, compassionate help with gambling problems.

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### Howard County Mental Health Services

Searching for mental health or substance use services in Howard County but don't know where to start? The Behavioral Health Navigator can help link you

to services, refer you to treatment and follow up to make sure you received the assistance you need. Call 410-313-6202 or visit [www.hchealth.org/gethelp](http://www.hchealth.org/gethelp) for more information. [Click here](#) to view a printable PDF with information about Howard County Health Department services.

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## Howard County 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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