

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

### **Need to Talk? Call 211, Press 1**

Problems with depression? Anxiety? Thoughts of suicide? Drugs or Alcohol? Call Maryland's helpline: Call 211, press 1 or text your zip code to 898-211 (TXT-211).

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### **Dear Addiction (What Children Say)**

In their own words, hear what children whose parents are struggling with addiction have to say. Some children as young as 5 are sad, afraid, embarrassed, angry, and/or confused about their parent's drug use, and far too many children blame themselves and carry this burden. Today, more than ever, be a caring adult in a child's life. [Click here](#) to play podcast to hear from the children and learn the 7 Cs to teach to a child.

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### **Take This Quiz**

[Click here](#) to take a quick quiz about methamphetamine (meth). The use of meth is increasing, and for sure, it's here in Maryland and Howard County.

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### **Home-Schooling: Teaching Your Child to Drink or Self-Medicate?**

You may fail at teaching your children algebra, but you may succeed at teaching them to abuse/misuse drugs and alcohol for the rest of their lives. When looking for ways to cope with the stress of the coronavirus disease 2019 or life in general, look for healthy alternatives. If you drink, use illegal drugs, or misuse legal medication, your children (or grandchildren) may be getting home-schooled in drinking or self-medicating as a way to cope.

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### **Virtual Happy Hours**

When holding a virtual happy hour, don't push others to drink alcohol. Instead, encourage non-alcohol alternatives, or better yet, get creative and call your social event by another fun name.

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### **Warning: Don't Drink Bleach**

Bleach can be used to clean surfaces, but don't drink it to try to kill the coronavirus disease 2019.

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## **School Closings Increase Risk of Child Exploitation**

From casual online contact, to sexual exploitation, a child's increased online presence may put them at greater risk. The Federal Bureau of Investigation (FBI) wants to warn you about the dangers of online sexual exploitation and signs of child abuse. [Click here](#) to read more.

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## **Home-Schooling Tips**

This is a good time for you and your children to sleep in or work on fun projects. [Click here](#) to learn more.

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## **Coronavirus Causing Rise in Drug and Alcohol Relapses**

The pandemic may result in an unintended rise in drug and alcohol relapses among individuals in recovery. [Click here](#) to read more.

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## **Howard County Drive-Thru Medication Take Back Day Postponed**

The Drug Enforcement Administration (DEA) postponed their April medication collection until further notice. HC DrugFree follows the DEA's schedule, so our drive-thru prescription and over-the-counter medication and sharps (needles, syringes and EpiPens) collection will be rescheduled as soon as the DEA releases a new date.

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## **Have Some Fun: Kahoot Time**

The National Institute on Drug Abuse (NIDA) Fact Week runs March 30 to April 5. Even if you do not have a Kahoot account (or do not know what a Kahoot is), you can play this game offered by NIDA. [Click here](#) to play the Kahoot.

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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 disorder and methamphetamine use disorder may be more vulnerable. [Click here](#) to read more.

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## **Don't be Your Family's Drug Dealer**

Be sure to safely store or properly dispose of your prescription and over-the-counter medication.

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## **Keep Howard County Kids and Families Safe and Informed**

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

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

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## **Howard County COVID-19 Updates**

For Howard County Government and Health Department updates, go to <https://www.howardcountymd.gov/Departments/Health/MM-Alerts-and-Recalls>

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## **Sober Apps: Tools to Help Those in Recovery**

[Click here](#) for learn about technology available to help individuals maintain their recovery.

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## **Recovery and Wellness Support Resources for the COVID-19 Outbreak**

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

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## **Deaf and Hard of Hearing Addiction Services**

Deaf Addiction Services at Maryland (DASAM) is a statewide behavioral health treatment program for Deaf and Hard-of-Hearing individuals struggling with alcohol and/or drugs. [Click here](#) for more information.

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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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## **Howard County Mental Health Services**

Searching for mental health or substance use services 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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## **Gambling with Your Future**

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

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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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