

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

Working together! Medication and Sharps Disposal - October 24

"Coming together is a beginning, staying together is progress, and working together is success." - Henry Ford

Let's work together to remove unwanted and expired medications and sharps from Howard County. The next medication and sharps collection is scheduled for Saturday, October 24 from 10 a.m. to 2 p.m. in the Wilde Lake Village Center parking lot. Free. Open to the public. Bring prescription and over-the-counter medications, needles, syringes, and EpiPens.

Go to the "Dispose Medication" spinner box on the homepage at www.hcdrugfree.org and click on "Learn More" for any last minute COVID-related updates.

Free Classes for Howard County Parents/Guardians

Once again, HC DrugFree and the Howard County State's Attorney's Office in partnership with the Howard County Health Department will offer evidence-based, interactive prevention classes to **Howard County parents/guardians of 9 to 14 year olds**. After completing all 4 classes, 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.
- **Teach** children how to stay out of trouble, keep their friends, and still have a good time.

Dates: Tuesdays, October 20, 27 and November 10, 17, 2020 (No class will be held on Election Day, November 3.)

Time: 6:30 p.m. – 8:00 p.m.

Location: Online using Zoom.

Howard County parents/guardians may register at:

<https://www.surveymonkey.com/r/HCDrugFreeFall2020>

For more information, contact Joan Webb Scornaienchi, Executive Director, HC DrugFree at Admin@hcdrugfree.org. Funding provided by the Howard County Health Department, MDH/BHA, and SAMHSA.

If You Need Help

If you need help with depression, suicidal thoughts, or other serious mental health issues, please contact:

Grassroots Crisis Intervention: 410-531-6677

The Maryland Crisis Hotline: Dial 211 and then choose option 1

The Crisis Text Line: Text 741741 and a trained counselor will respond

The National Suicide Prevention Hotline: 1-800-273-8255

Take the Annual Young Adult Survey

The Maryland Young Adult Survey on Alcohol 2020 is open! If you are between 18-25 years old and live in Maryland, take the survey by going to <https://bit.ly/MYSA2020>. Win up to \$95 by completing a 10-minute survey about perceptions and use of alcohol!

Teen Advisory Council Registration Forms

Sorry for the delay in scheduling more teen meetings/events, but we are moving forward. Howard County high school students may [click here](#) to access the 2020-21 school year Teen Advisory Council (TAC) registration form. Updated signed forms are due each year. Open to all Howard County high school students. Community service hours available.

Email a signed PDF to admin@hcdrugfree.org or mail a hard copy to HC DrugFree, 5305 Village Center Drive, Suite 206, Wilde Lake Village Center, Columbia, MD 21044. Be sure to include a photo.

Emotional Support in Howard County

The Horizon Foundation's Emotional Support Humans show a willingness to reach out and listen compassionately for loved ones living with anxiety, depression, and other mental health challenges. [Click here](#) to learn more about how to ask questions about mental health.

Gambling with Your Future

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



For more information, contact
Joan Webb Scornaienchi, Executive Director
HC DrugFree
5305 Village Center Drive, Suite 206
Wilde Lake Village Center
Columbia, MD 21044



443-325-0040
Info@hcdrugfree.org
www.hcdrugfree.org

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