

# HCDrugFree

Empowering the Community

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"So often in life, things that you regard as an impediment turn out to be great, good fortune." - Justice Ruth Bader Ginsburg

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## Happy Thanksgiving!



Thanksgiving is almost here and while it may look and feel a bit different this year, that doesn't mean that we can't find creative ways to be together and give thanks. The Centers for Disease Control and Prevention (CDC) has curated a list of ways to make your Thanksgiving festivities safer, as well as ways to connect if you don't feel comfortable celebrating in person. [Download the guidance](#) courtesy of the [CDC](#)

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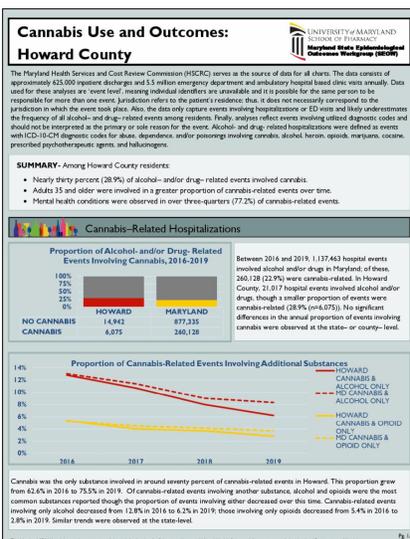
# Do You Want To Risk It?



(Public service announcement created by HC DrugFree's Teen Advisory Council)

Be safe and have a happy Thanksgiving! If you drink, please don't drive.

## Howard County Cannabis Hospitalizations & Results



The Maryland Department of Health and the State Epidemiological Outcomes Workgroup have created a jurisdiction specific profile using the 2016-2019 Health Services and Cost Review Commission data. The profile illustrates hospitalizations involving cannabis use.

[Download Howard County data](#)

## FREE Howard County Youth Suicide Prevention Training

QPR stands for Question, Persuade and Refer — the 3 simple steps anyone

can learn to help save a life from suicide. Just as people trained in CPR and the Heimlich Maneuver help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade and refer someone to help.

### KEY COMPONENTS COVERED IN TRAINING:

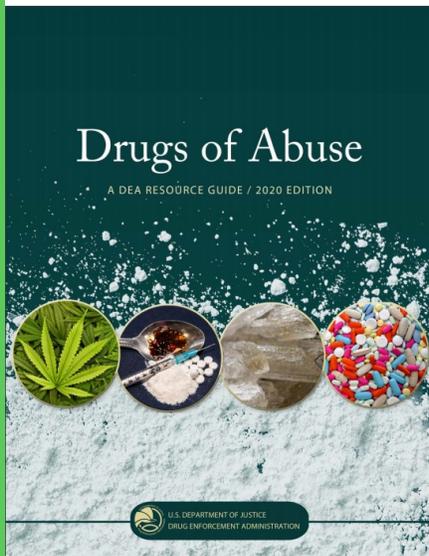
- How to Question, Persuade and Refer someone who could be suicidal
- How to get help for yourself or learn more about preventing suicide
- The common causes of suicidal behavior
- The warning signs of suicide
- How to get help for someone in crisis

FREE Online Training Courtesy of the Horizon Foundation

Date/Time: Monday, November 30, 2020; 6:30 pm – 8:30 pm

[Register here](#)

## Understanding Frequently Abused Drugs



Drugs of Abuse delivers clear, scientific information about drugs in a factual, straightforward way. With the information in this guide, parents and caregivers can help their children make smart choices and avoid the consequences of drug abuse. This publication covers topics including the Controlled Substances Act and introduces drug classes including narcotics, stimulants, marijuana/cannabis, inhalants, steroids, and more.

[Download the full publication](#)

## Stress vs. Anxiety

**I'M SO STRESSED OUT!**

From the NATIONAL INSTITUTE of MENTAL HEALTH

Feeling overwhelmed? Read this fact sheet to learn whether it's stress or anxiety, and what you can do to cope.

**Is it stress or anxiety?**

Life can be stressful—you may feel stressed about performance at school, traumatic events (such as a pandemic, natural disaster, or act of violence), or a life change. Even you feel stress from time to time. What is stress? Stress is the physical or mental response to an external cause, such as having a lot of homework or having an illness. A stressor may be a one-time or short-term occurrence, or it can happen repeatedly over a long time.

What is anxiety? Anxiety is your body's reaction to stress and can occur even if there is no current threat.

If that anxiety doesn't go away and begins to interfere with your life, it could affect your health. You could experience problems with sleeping, or with your immune, digestive, cardiovascular, and reproductive systems. You also may be at higher risk for developing a mental illness such as an anxiety disorder or depression. More information about anxiety disorders is available at [www.nimh.nih.gov/health/topics/anxiety-disorders](http://www.nimh.nih.gov/health/topics/anxiety-disorders).

**So, how do you know when to seek help?**

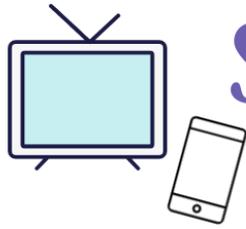
Stress	Both Stress and Anxiety	Anxiety
<ul style="list-style-type: none"><li>• Generally is a response to an external cause, such as taking a big test or arguing with a friend.</li><li>• Goes away once the situation is resolved.</li><li>• Can be positive or negative. For example, it may inspire you to meet a deadline or it may cause you to lose sleep.</li></ul>	<ul style="list-style-type: none"><li>• Both stress and anxiety can affect your mind and body. You may experience symptoms such as:<ul style="list-style-type: none"><li>- Excessive worry</li><li>- Uneasiness</li><li>- Tension</li><li>- Headaches or body pain</li><li>- High blood pressure</li><li>- Loss of sleep</li></ul></li></ul>	<ul style="list-style-type: none"><li>• Generally is internal, meaning it's your reaction to stress.</li><li>• Usually involves a persistent feeling of apprehension or dread that doesn't go away, and that interferes with how you live your life. Is constant, even if there is no immediate threat.</li></ul>

Feeling overwhelmed? Read this I'm So Stressed Out! fact sheet to learn whether it's stress or anxiety, and what you can do to cope.

[Download the 2-page document](#)

## Parenting Corner

Connecting with kids isn't always easy, especially in the day and age of cell phones, computers, and streaming television! We've come up with a list of some activities that are sure to engage your kids and create some amazing family memories along the way.



## Screen Free Family Fun



- Play a game - cards, board game, charades
- Put together a puzzle
- Do a craft - paint rocks, make a collage, draw
- Teach the kids to cook dinner
- Go on a walk or a bike ride
- Make up your own play and act it out
- Have a make-your-own pizza night
- Play show & tell
- Create an obstacle course in your house or yard
- Build a time capsule
- Have a dance off
- Play hide & seek
- Go stargazing
- Have a Lego or block building competition
- Have a karaoke night
- Have a talent show
- Play flashlight freeze tag
- Go camping in your backyard
- Roast marshmallows & tell scary stories

**HAVE FUN!**

[Download the flier](#)

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### Another HC DrugFree Parenting Class Response

"It was helpful to get a chance to learn about and practice Refusal Skills along with the other parents and children. My son also seemed to enjoy practicing the skills and picked up on it surprisingly well!"

Keep watching these newsletters for dates for the spring 2021 parenting classes. Classes are FREE and on Zoom.

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**KNOW CONNECTION: (a socially-distanced) Scavenger Hunt is almost here!**



**Just a quick reminder that our FIRST EVER Scavenger Hunt is beginning TOMORROW!** This isn't just any scavenger hunt. It's a socially-distanced, community-service based scavenger hunt designed to make the world a better place through creativity, generosity, AND health conscious consideration of others. We want to show our community how HC DrugFree and TAC can help our community KNOW Connection, one act of kindness at a time.

The scavenger hunt will run from Friday November 20th through Sunday December 6th.

To find out more about our epic scavenger hunt or register, [click here](#)

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## Adult Scavenger Hunt

Some adults have been contacting us to see if they can participate in the scavenger hunt. After careful consideration, we've decided to open up the scavenger hunt to adults too! Why should the kids have all the fun?

The Scavenger Hunt is all about spreading good cheer, and creative connections. It's truly for EVERYBODY.

If you'd like to join in on the fun you can [register here](#)

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## Teen Advisory Council Updates

**Save The Date:** The next TAC Zoom meeting will be on **Monday, December 7th** from **5:30 pm - 7:00 pm**

Not a Member of the Teen Advisory Council Yet? Become One!

Are you looking for a meaningful AND fun way to earn your community service hours, all while making our community a better place to live? Then HC DrugFree's Teen Advisory Council (TAC) may be the perfect place for you.

TAC is open to all Howard County High School Students! Public School, Private School, and Homeschool students are encouraged to join! To access the 2020-21 school year registration form please [click here](#)

Email your registration as well as a photo to [admin@hcdrugfree.org](mailto:admin@hcdrugfree.org) or mail a hard copy to:

## The Horizon Foundation: Tell Your Story



Do you have a story about...

- providing support to someone struggling with mental health challenges? Or about how someone has supported you this year?
- difficulties faced while living with mental health challenges this year? Or if anything in particular has helped?
- your experience as a youth or young adult?
- finding serenity and fulfillment through a creative outlet?
- how your mental health journey has been impacted by being a person of color?

Submit your story and help others find moments of strength in our ever-changing world. [Learn more here](#)

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## The Science of Gratitude



Research shows that an “attitude of gratitude” can measurably improve your overall well-being. Finding little ways to express your appreciation and be more

thankful can... well, watch the video to find out!

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## 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

The Howard County Health Department: 410-313-6202

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## Make A Difference

HC DrugFree is a non-profit organization that depends on grants and donations from people like you. Your donations ensure that we can continue to provide Howard County with the education and prevention services needed to keep our great community safe. Make your tax deductible donation today!



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For more information, contact

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