

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

**Medication & Sharps Collection Recap**



HC DrugFree collected 1,211.5 lbs of medication at our drive-thru Drug Take Back last weekend! That's 43 bins of meds and, although not counted in the weight, 26 bins of sharps!!

Thank you to our Howard County community for safely coming out to dispose of your medication.

A special thank you to our teammates and **hard workers** at these events:

**Lt. Governor Boyd K. Rutherford**

**Howard County Executive Calvin Ball**

**Delegate Dr. Terri Hill**

**Kevin McAliley with Wilde Lake Village Board**

**Vicky Cutroneo with Howard County Board of Education**

**former BOE member Ellen Flynn Giles**

**James LeMon with HCPSS administration**

**Dr. Andrew Angelino with Howard County General Hospital**

**Cindy Johnson with the State's Attorney's Office**

**Jack Altfather with Howard County DUI and Drug Court**

**friends of Soroptimist International of Howard County**

**PTSA/PTA representatives**

**the many medically-trained volunteers sorting the meds**

**HC DrugFree's Teen Advisory Council and their families**

**and all our partners and volunteers!**

Collections would not be possible without the **Howard County Police**

**Department** and the **Drug Enforcement Administration (DEA)** guarding and transporting the meds, Howard County Health Department, Howard County General Hospital a member of Johns Hopkins Medicine, Howard County Public School System, PTAs/PTSAs, Wegmans in Columbia, and many others.

We'll be back again in 6 months on the DEA's next national Take Back Day!

## New Opioid Texting Program Available in Maryland



There's a new texting program available for Maryland residents who are struggling with opioid addiction, or know someone who is. The program was launched cooperatively by 211 Maryland and RX Abuse Leadership Initiative (RALI) as a way to support those who need to get help quickly and easily. COVID-19 restrictions have made it even more difficult than ever for those in recovery to reach out. This program puts help at your fingertips.

### **Text MDHOPE to 898-211 to get connected**

Learn more here: [New opioid texting program launched from 211 Maryland and RALI](#)

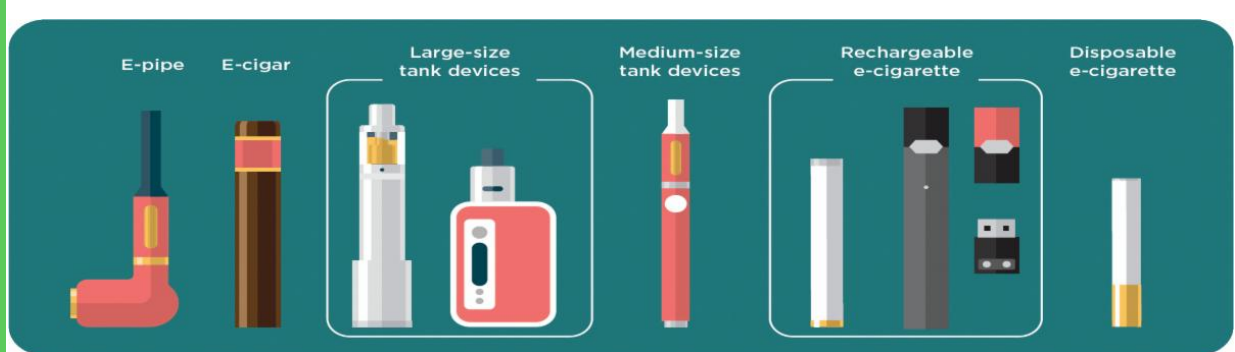
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## Managing Anxiety & Stress During a Pandemic

Throughout the pandemic, we've been focused on our physical health possibly to the detriment of our mental health. Many are reporting increased anxiety and stress. Take a look at this helpful video for how to manage your levels and take care of your mental health.



## Vaping Devices, Dangers, and Teen Use



### Important Facts about Vaping

Vaping has become one of the most popular ways to inhale nicotine and marijuana, especially among teens. Learn more about what vaping is, what the devices look like, and the possible side effects [here](#).

## Marijuana & Cardiovascular Health



Research suggests that smoking marijuana carries many of the

same cardiovascular health hazards as smoking tobacco.

Read the full article from the New York Times here: [Do You Have the Heart for Marijuana?](#)

## Teen Advisory Council Updates



**THANK YOU** to all the **Teen Advisory Council members** and their parents or guardians who volunteered at Take Back! It was so nice to be with you in person.

### TAC Meeting Schedule

**SAVE THE DATE:** TAC members, please save Mondays, **November 9** and **December 7** from 5:30 p.m. to 7:00 p.m. for our next time together on Zoom. More information will be emailed to you ASAP.

### Want to join TAC?

All Howard County high school students may [click here](#) to access the 2020-21 school year TAC registration form. Signed forms are due each year. Open to all Howard County high school students. Community service hours available.

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

**HC DrugFree**  
5305 Village Center Drive, Suite 206  
Wilde Lake Village Center  
Columbia, MD 21044

## Additional Resources

### **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

## Gambling with Your Future

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



For more information, contact  
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