

HC DrugFree

Empowering the Community

HC DrugFree: Keeping Howard County *in the KNOW!*
...knowledge is power, so just say KNOW

Be Legendary: Sober Drivers Save Lives



What does it mean to be Legendary? Always making a plan to choose a sober driver or be one, never drinking then getting behind the wheel, getting a ride for yourself and your friends if needed, taking the keys from an impaired driver.
BeLegendaryMD.com

Free, but Priceless! Life Skills Classes Return This Month!

Back by popular demand and filling fast! HC DrugFree is providing another FUN and interactive skills-based program designed to promote positive health and personal development for Howard County youth.

Taught by adults and talented college and high school students.

If your kids won't listen to you or they think you are "just" their parent, **your kids will listen to trusted older students sharing their experiences in our schools and community!**



The **evidence-based curriculum** is designed for students in grades 6-9 (or

register your older/younger student and we will consider each request.) We encourage siblings and friends to take these classes together. The integrated approach helps youth learn to **avoid risky behaviors** and develop personal, interpersonal, and drug resistance skills.

The series of 15 Zoom classes will begin on January 27 and run each Wednesday from 3:00 p.m. to 4:00 p.m. Students are encouraged to attend all 15 classes. [Learn More](#).

[Register here](#)

Funding provided by the Howard County Health Department, the Maryland Department of Health and SAMHSA.

MD Released 3rd Quarter Fatality Data

The Opioid Operational Command Center (O OCC) and the Maryland Department of Health (MDH) have released their report on the opioid crisis in Maryland for the third quarter of 2020. The report includes preliminary data detailing further increases in opioid and other substance-related fatalities amid the coronavirus pandemic. In addition to targeted grant funding and ongoing efforts to maintain access to treatment and recovery services, the State's response focuses on new initiatives designed to address the disproportionate impacts of the opioid crisis on minority communities. [Read more.](#)

COVID-19 and Your Mental Health

The Maryland Department of Health has created COVIDLINK a website to address all your concerns about COVID-19. The website includes a section on mental health during the pandemic. We encourage you to take a look: [Read more.](#)

Harm Reduction in Howard County

In an attempt to lower overdose rates in Howard County, increase referrals to ancillary services and treatment programs, and offer methods to stay safe and lower risk of infection from disease for those continuing risky behaviors, the County has a new recreational vehicle (RV) to expand its harm reduction services, including HIV testing, Narcan training and safe sex supplies. The RV is located in the Health Department parking lot in Columbia and is staffed by multiple peer support specialists from 10:00 a.m. to 2:00 p.m. Tuesdays and Thursdays.

The full list of services at the RV are:

- Narcan/overdose response training and kits
- Peer support staff access
- Referrals to medical services/social service agencies
- HIV, hepatitis and sexually transmitted infections testing and support services
- Safe sex supplies

- Wound care
- Harm reduction kits/safer use supplies

For more information, go to hchealth.org

With Pot Rules Relaxed, More Teens Driving While High

About 50% of U.S. teens who use marijuana on a regular basis admit to driving while high, according to a new study published in JAMA Network Open. [Read more.](#)

Are You a Friend of HC DrugFree?

As a nonprofit organization, HC DrugFree depends upon the generosity of individuals, organizations and businesses in the community to support the free education and prevention services that help keep our great community safe.

Please consider becoming a Friend of HC DrugFree by making a donation in any of the following amounts:

- \$10 student
- \$25 individual
- \$50 family
- \$50 nonprofit organizations
- \$100 business
- Sponsors starting as low as \$500.

[Please make your tax deductible gift to HC DrugFree today!](#)



Reader Poll

How are you doing with your New Year's Resolution(s)?

Great!

Select

Not-So-Great...

Select

I didn't make any resolution(s)

Select

Events

Howard County Drug & Alcohol Family Forum

Please join HC DrugFree and our partners for this virtual family forum on Thursday, **January 21** at 7:00 PM and hear from local organizations about available treatment options, prevention, and how to get support for your loved one and yourself. [Learn more & register here.](#)

Virtual Overdose Response Program Overdose Training

Learn how to save a life after an overdose!

Free Narcan kits are available to attendees via appointment at the Howard County Health Department. Pre-registration is required.

Upcoming training dates: Wednesday, **January 20** at 6:00 p.m. and Thursday, **January 28** at 3:00 p.m.

[Register](#)



Teen Advisory Council Meeting

HC DrugFree's next TAC Meeting will be held on **Monday, February 8** from 5:30 p.m. to 7:00 p.m. [Click here to register for Zoom meeting](#)

Save the date for the March 1 meeting too. 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 or mail a hard copy to: **HC DrugFree**, 5305 Village Center Drive, Suite 206, Columbia, MD 21044

Parenting Corner

Coping This School Year: Resource Guide

The Maryland Department of Health (MDH) Behavioral Health Administration (BHA) developed this behavioral health resource guide for middle and high school students, adolescents and young adults coping during the 2020/21 school year. We hope that this guide will help spotlight issues and find resources so that Maryland students and young adults can know how to help themselves, and each other, manage stress and recognize signs of crisis during the pandemic. [Download the guide.](#)

Additional Resources

Help for Depression, Suicidal Thoughts or Other Mental Health Issues

If you need help, 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

Emotional Support Human

When someone you care about is hurting, it's natural to want to help them. But, that person might not always tell you something is wrong—and you might be unsure about how to reach out. Sponsored by the Horizon Foundation. [Learn how to be an Emotional Support Human here.](#)

Gambling with Your Future

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

Medication Disposal

To safely store and dispose of prescription and over-the-counter medication and sharps (needles, syringes and EpiPens), [please visit our website](#) for more information.

For more information, contact

Joan Webb Scornaienchi
Executive Director
HC DrugFree
5305 Village Center Drive, Suite 206
Wilde Lake Village Center
Columbia, MD 21044
Admin@hcdrugfree.org
www.hcdrugfree.org

