

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

"Character is power."

Booker T. Washington

Snapchat: Dr. Laura Berman Warns Parents After Son's Death

Dr. Laura Berman, a nationally-known relationship and sex expert who has appeared on programs like "The Oprah Winfrey Show" and "The Dr. Oz Show," is sharing a warning for parents after her son died of an apparent drug overdose. Berman, shared on Instagram Monday that her 16-year-old son, Sammy, apparently overdosed after receiving what she described as fentanyl-laced Xanax from a person he allegedly met on Snapchat. [Learn more about Berman's experience plus ways for parents to navigate social media with their kids.](#)

Teen Dating Violence and Drug Use

Drug use can drastically change a person's behavior, and as a consequence, have a negative impact on close relationships. In fact, [a 2017 study](#) made the connection between teen dating violence and the misuse of prescription drugs. Researchers found that among young males, non-medical use of prescription drugs was connected to dating violence. And among the females, the non-medical use of prescription drugs was connected more often with the physical form of dating violence. [Learn more.](#)

African American Barbers Advocate for Men's Mental Health

The Confess Project's mission is to bridge the gaps in mental health care by providing a safe space for people to talk openly about the struggles they face. In turn, it has created a network of support among the barbers. Since it began in 2016, the Barber Coalition has spread to sixteen cities across the Southeast and Midwest and trained more than 200 barbers to be mental health advocates for their communities. [Read more.](#)

Tell Your Friends! We Appreciate Teachers and Paraeducators

HC DrugFree is proud to partner with [Morrison Chiropractic](#) to recognize the outstanding efforts of teachers who have persevered in the face of the incredible challenges presented by COVID-19. We recognize how difficult teaching through a pandemic has been and how it has contributed to increased stress and health challenges.

Through February 28, Morrison Chiropractic is generously offering one free exam and adjustment to teachers and paraeducators (public, private & college.) [Download the flier.](#) [Learn more.](#)



To recognize the outstanding efforts of teachers to keep students learning in the face of the incredible challenges presented by COVID-19 we are offering:

One Free Exam & Adjustment for New & Current Patients with a current Teacher ID*

*Offer not valid for those with Medicare or Medicaid.



Feel Better • Move Better • Live Better

2850 N. Ridge Road #107A, Ellicott City, MD 21043
6953 Ten Oaks Road #905, Clarksville, MD 21042

Presented in partnership with HC DrugFree

For Public, Private, and College Teachers & Paraeducators

New, Current, & Maintenance Patients Eligible

Valid the entire month of February 2021

SCHEDULE YOUR FREE APPOINTMENT TODAY!

Ellicott City: 410-465-0555
Clarksville: 301-854-3800

morrisonchiropractic.com

HCDrugFree

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, **February 17** at 6:00 p.m. and Thursday, **February 25** at 3:00 p.m. [Register](#)

This spray can save a life

And so can you.

Learn how you can save someone's life from an opioid overdose with Narcan®.

Be a hero. Learn to use Narcan®.

For more information or to sign up for a free virtual training and receive a Narcan® kit:
Visit: howardcountymd.gov/gethelp
Email: orresponse@howardcountymd.gov
Call: 410-313-6202

Join us for a free virtual training on the first Tuesday and last Thursday of the month at 3pm. Please contact us to pre-register.

HOWARD COUNTY HEALTH DEPARTMENT
Supported by the Maryland Department of Health and Care Services

Howard County Family Forum - February 18

Please join HC DrugFree and our partners for Marijuana: The Bane of My Existence.

This virtual family forum is scheduled for Thursday, February 18 at 7:00 p.m.

Hear from local organizations about prevention, treatment options, and how to get support for your loved one and yourself. [Learn more & register here.](#)



Drug & Alcohol Family Forum

If you care about someone with a drug or alcohol issue, it can be hard to know where to turn for help. Come to this virtual Family Forum and hear from local organizations about available treatment options, prevention, and how to get support for your loved one and yourself.

***Marijuana: The Bane of My Existence**
Thursday, February 18 at 7:00 PM

Register at: <https://bit.ly/3f8cNND>



The Howard County Opioid Crisis Community Council provides community stakeholders a voice in finding a solution to the opioid crisis. The Council identifies gaps and resources, promotes communication efforts, and recommends effective prevention and treatment strategies. For more info, go to <https://www.howardcountymd.gov/OpiaidCrisisCommunityCouncil> or call 410-790-8267.



Maryland Coalition of Families is a statewide non-profit funded by regional and state grants. Our staff use their lived experience to provide family peer support to anyone who has a loved one with substance use and other behavioral issues, at no charge to families. MCF also advocates to improve systems that impact people with behavioral health challenges. For more information, go to www.mcfalliance.org or call 410-790-8267.



HC DrugFree provides education on prevention, treatment, recovery, and health and wellness to help Howard County residents develop knowledge and skills to understand and address behavioral health (substance use and mental health) disorders. For more information, go to www.hcdrugfree.org or call 410-325-0000.



Congruent Counseling Services (CCS) and Integrative Counseling (IC) provide mental health and substance use disorder treatment through six locations in Maryland. Services are currently provided via telehealth for the safety of clients and staff. For more information, go to www.congruentcounseling.com or call 410-790-8066.

Teen Advisory Council Meeting - March 1

HC DrugFree's next Teen Advisory Council (TAC) meeting is scheduled for Monday, March 1 from 5:30 p.m. to 7:00 p.m. [Click here to register for Zoom meeting](#)

Save the date for the April 12 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

HoCo Student Film Fest Deadline - April 17

The 17th Annual HoCo Student Film Festival is coming up and once again, HC DrugFree has [our own category!](#) Deadline to submit your film: Saturday, April 17 at 11:59pm. The Film Fest will be held on Friday, May 14 at 7:00 p.m. [Learn more.](#)

Parenting Corner

Parents: What Do Teens Need Most Right Now?

There's no handbook for how to raise teenagers during a pandemic. Adolescents are struggling for valid reasons and many parents are grappling with how to support their teens while also navigating their own pressing concerns. Teens are craving connection and having someone listen to them. [Learn more.](#)

Life Skills Class #3 Received Parent Feedback

HC DrugFree held the third of 15 FREE weekly classes. After class, a mother listening in the background as her child participated, sent our team an email saying:

"Class is very good, appropriate & informative for teenagers. I happen to be part of the class on the side. Great job!"



The evidence-based curriculum is designed for students in grades 6 to 9. The integrated approach helps youth learn to avoid risky behaviors and develop personal, interpersonal, and drug resistance skills.

If your student didn't register before this series of Life Skills classes CLOSED, HC DrugFree plans to offer another free series this coming summer. Registration updates will be shared in future newsletters.

Funding provided by the Howard County Health Department, the Maryland

Become A Friend of HC DrugFree!

Donate What You Can Afford Today

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 (**or as always, donate what you can afford because we want to add you as our Friend**):

\$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!](#)



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

Provided by [The Horizon Foundation](#): 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 and Storage

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. How and where you keep your medication can make a big difference when it comes to medication safety. Every year, two million people end up in the hospital due to drug-related injuries. This might include medication errors, adverse drug reactions, allergic reactions, or overdoses.

Safe and secure storage of your prescription medicine can help avoid accidental injuries.

For more information, contact

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