

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

**"My humanity is bound up in yours,
for we can only be human together."**

Desmond Tutu

Buying Drugs Online – KNOW How to Protect Your Kids

Where are kids getting drugs? Twenty years ago, the answer to this question would only have been: from classmates at school, from friends at a party, or from a medicine cabinet. Fast forward to today and you'll find that young people are also getting drugs online, perhaps now more than ever. [Learn more.](#)

Rossen Reports: Predators Target Kids on Chat Website Omegle

There's a website gaining popularity on social media where kids can connect with strangers from all over the world to video chat. Police say it could lead them to dangerous people, even child predators. To protect your devices, we strongly suggest that you read the information but do NOT visit Omegle's site. [Learn more.](#)

NBC News: Kids Under Pressure

Challenge Success, a school reform non-profit affiliated with the Stanford Graduate School of Education, and NBC News, the news division of the American broadcast television network NBC, partnered to conduct a large, national study to understand student well-being and academic engagement in these unsettled times.

Three Key Findings:

1. Students, especially females and students of color, continue

- to experience high levels of stress and pressure.
2. Students' engagement with learning, which is always a challenge, is especially low now.
 3. Students' relationships with adults and peers are strong, yet appear strained in recent times.

Students have been experiencing high levels of stress for years, and the pandemic has exacerbated that trend in concerning ways. When asked: "Compared to the time before the coronavirus impacted your community, to what extent have your experiences in the following areas changed?" students report increases in school related stress and pressure as well as worries about college.



- 56% of students report that their stress about school has increased.
- The major sources of stress shared by students are relatively consistent before and during the pandemic.
- The four major sources of stress cited by students are "grades, tests, and other assessments" followed by "overall workload," "lack of sleep," and "time management."

[Download the study.](#)

[Learn more about NBC's series here.](#)

Children at the Center of Addiction, A Voice for the Voiceless

Don't miss this replay of a live webcast featuring Judge Robert Rancourt, Dr. Gaya Dowling, and Jerry Moe as they discuss the challenges faced by children growing up surrounded by addiction.

[Watch the webcast.](#)



9 Mental Health Apps to Get Your Mind Right

Here are nine Black-owned or operated mental health apps that are sure to help you preserve or restore your mental health. [Read more.](#)

Events

Save the Date: Drive-thru Medication and Sharps Disposal

HC DrugFree's Drive-thru Medication and Sharps Disposal is scheduled for Saturday, April 24 from 10 a.m. to 2 p.m. in the Wilde Lake Village Center Parking Lot. More information will be shared.

Life Skills Class # 4 of 15 - Alcohol and Marijuana

We had an interesting Life Skills class last week with a lot of questions and comments from the middle school students and a lot of sharing and encouraging from the college and high school students. The topics were smoking and marijuana. What an incredible opportunity for all the students to learn to avoid risky behaviors and handle what may be unavoidable. This week's class will discuss alcohol.



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. 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 Department of Health and SAMHSA.*

Teen Advisory Council "Mindfulness" 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. The topic, Mindfulness: Take Life One Moment at a Time, will be presented by Catherine Panzer, a middle and high school psychologist at HCPSS.

Mindfulness does not just include meditation, sitting on a cushion and clearing your mind! We will learn about and practice strategies that help improve your concentration, decrease your stress, connect with others, and develop gratitude for the little things in life.

[Click here to register for the March 1 Zoom meeting.](#) (Save the date for the April 12th meeting too.)

HoCo Student Film Fest - Submission Deadline April 17

The 17th Annual HoCo Student Film Festival is coming up and once again, HC DrugFree has [our own category](#) - KNOW: Kids Nurturing Others Wisely. This category was chosen to showcase ways that teens can encourage one another through mental health challenges, dealing with peer pressure, and most of all, how to avoid substance (drugs, alcohol, nicotine) misuse.

Target audiences can include (but are not limited to): Parents/guardians or grandparents of middle school students, school staff and students.

Deadline to submit your film: Saturday, April 17 at 11:59 p.m. The Film Fest will be held on Friday, May 14 at 7:00 p.m. [Learn more.](#)

Become A Friend of HC DrugFree

Your Donation Saves Lives!

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

[Donate](#)



Additional Resources

Help for Depression, Suicidal Thoughts and Mental Health

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

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



[Donate](#)

