

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

**"The time is always right to do what is right."  
Dr. Martin Luther King, Jr.**

### 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\***



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](http://morrisonchiropractic.com)

HCDrugFree

### Family Forum - Thursday, 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.](#)

### Alcohol and Your Heart: A Buzz Can Trigger Irregular Rhythm

The effects of alcohol on your heart can be immediate, triggering an irregular rhythm called atrial fibrillation or AFib, according to new state-of-the-art research. [Read more.](#)

## Amanda Gorman: The Miracle of Morning



Amanda Gorman captured hearts across the Nation when she performed her incredible poem, "The Hill We Climb" at the 2021 Presidential Inauguration. In an interview with the PBS NewsHour, Gorman read another poem of hers called "The Miracle of Morning." It was written last spring, in the early months of the coronavirus pandemic. The poem offers a pocket of hope: "While we might feel small, separate, and all alone, our people have never been more closely tethered." [Hear the poem.](#)

## Teen Advisory Council Meeting

### Must Register! Monday, February 8 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](mailto:admin@hcdrugfree.org) or mail a hard copy to: **HC DrugFree**, 5305 Village Center Drive, Suite 206, Columbia, MD 21044

## Parenting Corner

### Life Skills Classes - Two Completed

HC DrugFree's series of 15 FREE weekly classes began on Wednesday, January 27 and will run thru early May. The registration is CLOSED.

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 Department of Health and SAMHSA.*

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## **Teens and Rx Meds: What You Should Know**

Prescription drugs are the most commonly misused substances by teens after marijuana and alcohol. When teens misuse prescription drugs and take them in different amounts or for reasons other than as they are prescribed, they affect the brain and body in ways very similar to illicit drugs. [Read more.](#)

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## **Guide for Parents: Youth Mental Health and Access to Firearms**

Today, young people are managing complex feelings and emotions that affect both physical and mental well-being. For parents, mental health may be a difficult topic to raise with their children, but it doesn't have to be. Talking with our young people about mental health, just as we would physical health, can help protect our kids and give them the support they need, long before a crisis.

Helping families overcome any fears or challenges in talking with their kids about mental health and suicide risk is the purpose of this guide. The National Shooting Sports Foundation (NSSF) and the American Foundation for Suicide Prevention (AFSP) have worked together to address firearm safety, suicide prevention and safeguarding mental health. Together, we've developed this resource for parents to learn as much as possible about mental health, how to recognize if their children need help and what to do if the warning signs for suicide or other concerning behaviors are there. [Download the Guide.](#)

## **Are You A Friend of HC DrugFree?**

### **Donate 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:

\$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!\*\*](#)

Donate



## 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. [Learn more.](#)

For more information, contact

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