

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

HC DrugFree's PSA Winner

Each year, HC DrugFree is proud to partner with the Howard County Student Film Festival (HoCo Film Fest) by offering our own category looking for student-created public service announcements (PSAs). We congratulate the students and staff running this annual event as the festival celebrates 17 years of helping students develop skills as young filmmakers and bringing the community numerous brilliant films to enjoy.

A special thank you to the Howard County Public School System staff working hard to make the 2020-21 film festival possible: **Binki McKenna from Reservoir High School, Jill Lee from Long Reach High School and Tracy Richter from Mt. Hebron High School.** Your commitment to developing young talent and your partnership with HC DrugFree is much appreciated!

We are pleased to announce that the 2021 winning HC DrugFree PSA Category film is "[KNOW the Consequences](#)" created by David Huang, Ben Schirmer and Peter Wang from Centennial High School.

Click on the title above or on the film below to play our winning film. To view all the winning films, please visit HC DrugFree's [HoCo FilmFest page](#).



Senior Week in OC: Virtual Learning Experience for Families



Is your teen heading to Senior Week in Ocean City, MD?

In June, HC DrugFree will be offering a virtual safety class for families with teens who are participating in Senior Week. Keep watching this newsletter or our website for updates.

Drug and Alcohol Family Forum - May 20

Please join HC DrugFree and our partners for our monthly Howard County Drug and Alcohol Family Forum.

Free. Open to the public. The next virtual event is scheduled for Thursday, May 20 at 7:00 p.m.

Hear from local organizations about prevention, treatment options, and how to get support for your loved one and yourself. Register to receive the link.

[Learn more & register here.](#)

[Download flier.](#)



Howard County 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.

* **When Someone You Love is Using Drugs or Alcohol: Where to Get Help**

Thursday, May 20 at 7:00 PM

Register at: <https://bit.ly/3l8cNND>



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, assesses communication efforts, and recommends effective prevention and treatment.



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.mdcoalition.org or call 410-730-8257.



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 443-323-0600.



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 410-740-8066.

Be a Parent, Not a Friend

This video for parents was created by friends of HC DrugFree and is available from the Substance Abuse and Mental Health Services Administration (SAMHSA):



The Link between Mental Health and Substance Misuse

"Scientists have long made the link between mental health issues and substance misuse. In fact, the co-existence of both is referred to as 'co-occurring disorders.'

According to a [National Survey on Drug Use and Health \(NSDUH\)](#), 9.5 million adults over the age of 18 had co-occurring disorders. This is an increase from 9.2 million in 2018." [Learn more.](#)

Be Part of Our Team



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



Stay Connected

Friends keep friends informed! This newsletter and social media remain the

best ways for us to share vital information with you! Please Like & Share our content on social media or forward this newsletter to a friend to help us with our mission of keeping Howard County SAFE & INFORMED.

If you haven't already done so, please [Subscribe to our newsletter](#) and invite your friends to subscribe, too!



Events

Parenting Series Class #3: June 1

Sorry, REGISTRATION IS CLOSED so please make plans to join our next class in the fall.

If you are enrolled in the parenting series, we hope you are holding family meetings and practicing Refusal Skills with your children. The next class will meet on June 1st at 6:30 p.m. A Zoom link will be emailed to registered parents.

HC DrugFree is partnering with the Howard County State's Attorney's Office, Howard County Health Department, and Howard County Public School System to offer this final parenting series for the 2020-21 school year. Refusal Skills, Protective Factors, and much more will be learned to keep youth from engaging in risky behaviors including using drugs and alcohol.

Information about future Parenting Classes (or HC DrugFree's Life Skills Classes for students) will be advertised in these newsletters.

Virtual Overdose Response Training

Learn how to save a life after an overdose! Free Narcan kits are available to attendees. Must pre-registration with the Howard County Health Department.

Upcoming training dates:

Thursday, May 27 at 3:00 p.m.

Tuesday, June 1 at 3:00 p.m.

Thursday, June 16 at 6:00 p.m.

[Register here.](#)

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/overdose
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 Mental Hygiene

Self-Care Tips of The Day!

Today, remember to do at least one of these:

- Eat only healthy food. (You can do this for one day!)

- Schedule some self-care time (even 10 minutes) and don't allow anyone or anything to steal this time from you.
- Drink more water.
- Drink less alcohol.

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

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



