

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



**Join the Office of
Suicide Prevention's
#Storiesofhope
campaign!**

If you have lived the experience of suicide, we want you to share your stories of hope, resilience, recovery, and bravery.

Suicide is a heavily stigmatized topic, but it doesn't have to be. When we begin to normalize talking about suicide, we create safe spaces for people to reach out for help, provide resources, and connect with others who can provide support.

Share your personal story of hope. Submit a short written or video submission of life after the loss of a loved one or life after lived experience of suicidal crisis. To submit your story or for more information, please visit <https://bit.ly/storiesofhopeMDH>

"The better you are at surrounding yourself with people of high potential, the greater your chance for success."

John C. Maxwell

**Teen Advisory Council Meeting
Monday, September 27
5:30 p.m. - 7:00 p.m. on Zoom**

[Open to all Howard County High School Students!](#)

Public School, Private School, and Homeschool students are encouraged to join!

HC DrugFree's first Teen Advisory Council (TAC) meeting for this school year will be held on Monday, September 27 from 5:30 p.m. to 7:00 p.m. We will be discussing the dangers of alcohol use, including alcohol poisoning/overdosing and mixing alcohol with prescription medications. Teens will learn warning signs that indicate when someone may be experiencing an alcohol overdose and what they can do to help.

Until further notice, all TAC meetings will be held on Zoom. [Click here](#) to register to receive the meeting link. Meeting links will be emailed to teens prior to the start of the meeting.

If your teen is looking for a meaningful and fun way to earn community service hours while making our community a better place to live, encourage them to join us! To access the 2021-22 school year registration form please [click here](#). Email your registration as well as a photo to admin@hcdrugfree.org or mail a hard copy our office.

Community service hours available to students, but only if a current 2021-22 TAC registration form is on file with HC DrugFree.

Fentanyl: Why It's So Deadly

Fentanyl, a synthetic opioid, was created as a prescribed painkiller. Cheap, potent and highly addictive, fentanyl is now a draw for drug dealers, who cut costs and increase profits by mixing it with illegal narcotics, such as heroin, or selling it on its own. [Read more.](#)



Counterfeit Pills: What You Need To Know

Online sales of counterfeit medications meant to look like prescription drugs are increasing. The drugs are often laced with other ingredients, such as fentanyl and methamphetamine, which increase the risk of overdose. [Read more.](#)

Black Opioid Deaths Increase Faster Than Whites, Spurring Calls For Treatment Equity

A recent study found that the rate of opioid deaths among Black people increased by 38% from 2018 to 2019, while rates for other racial and ethnic groups did not rise. This disparity is related to a number of different factors, including access to evidence-based treatments, increased availability of fentanyl, and access to naloxone and training in its use in communities where it is most needed. [Read more.](#)

Why Is Poor Mental Health A Problem For Youth?

Poor mental health in adolescence is more than feeling blue. It can impact many areas of a teen's life. Youth with poor mental health may struggle with **school and grades**, decision making, and their health.

Mental health problems in youth often go hand-in-hand with other health and behavioral risks like increased risk of **drug use**, experiencing violence, and higher risk **sexual behaviors** than can lead to HIV, STDs, and unintended pregnancy. Because many health behaviors and habits are established in adolescence that will carry over into adult years, it is very important to help youth develop good mental health.

Former NFL Player Shares His Story

Montee Ball found himself sitting in a jail cell while his former teammates won the Super Bowl. Be sure to listen to his interview with Elizabeth Vargas on Heart of the Matter. [Play podcast.](#)

Keeping Young Athletes From Misusing Medication



Please share our **[Don't Get Benched for Life...Not your meds? Don't take them!](#)** campaign with others working with Howard County youth...sport teams, school groups, scouts, religious groups, friends, community groups, and more! Email Admin@hcdrugfree.org to request printed posters.

Medication And Sharps Disposal

Don't know what to do with your
leftover meds & sharps?

We can help.

SAVE THE DATE!

Medication & Sharps Disposal

HCDrugFree
Empowering the Community

Saturday, October 23 10 a.m. - 2 p.m.

Wilde Lake Village Center in Columbia

www.hcdrugfree.org



Safely dispose of:

- Prescription Medication
- Over-the-counter medication
- Sharps (Syringes, Needles, Epi-Pens, etc.)
- Vitamins
- Pet Medication
- ...and more!

Message provided by HC DrugFree & the Howard County Police with funding from Howard County Health Department, MDH & SAMHSA

Standing Together



Make your tax deductible donation.

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 date:

September 30, 3:00 p.m.

or **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 Naloxone®.

Be a hero. Learn to use Naloxone®.

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

Join us for free virtual trainings, offered monthly. Scan the QR code, visit our website or call to register.

HOWARD COUNTY HEALTH DEPARTMENT
Department of Health, Prevention & Emergency Services

Additional Resources

Get Friends Connected to HC DrugFree

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 and informed.

Invite a friend to **subscribe to our newsletter.**

Help for Depression, Suicidal Thoughts or Other Mental Health Issues:

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

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