

HC DrugFree

Empowering the Community

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

Words Matter: Terms to Use and Avoid

The way we talk about substance use disorders matters. Check out this infographic to learn about person-first language, as well as terms to avoid to reduce stigma and negative bias when discussing addiction. [View the PDF.](#)

Giving Tuesday - Please Donate Today to Support Education!

Today is **Giving Tuesday** and we know you have many choices about where to donate today. As a nonprofit organization, HC DrugFree depends on donations from people like you. We are dedicated to providing Howard County with the education and prevention services needed to keep our youth, families, and community safe. Thank you for standing with us.

Donate



Our volunteer team thanks you for donating!

Do Howard County Kids Vape?

Many Howard County parents still know little about vaping, but worse, they believe their children would never use these devices. Yet, this month, local school staff expressed concern about the number of vaping devices confiscated so far this school year. Parents, talk to your students about the dangers of vaping and all drug use.

What is vaping? Vaping is the act of inhaling and exhaling an aerosol or vapor made from a liquid or dry material that is heated in an electronic powered device, called an electronic cigarette, or e-cigarette. In addition to nicotine and

Operation Prevention

Educational Substance Misuse Videos

If you're looking to educate yourself and your kids about the effects of substance abuse, Operation Prevention has put together a series of Free science-based videos and learning guides. From Marijuana to Steroids, these videos will make sure that you are IN THE KNOW! [Access Videos Here.](#)

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](#). You can also view previous newsletters in the [Newsletter Archive](#) on our website.

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

Don't Gamble with Your Future: Call, text or chat 1-800-GAMBLER for free confidential, compassionate help with gambling problems.

Be An Emotional Support Human:

With all of the challenges in our communities right now, it's important to check in on friends and neighbors to hear how they're holding up. The Horizon Foundation collected some tips to help you get started. Find these tips on the Emotional Support Human website: supporthuman.org



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

