

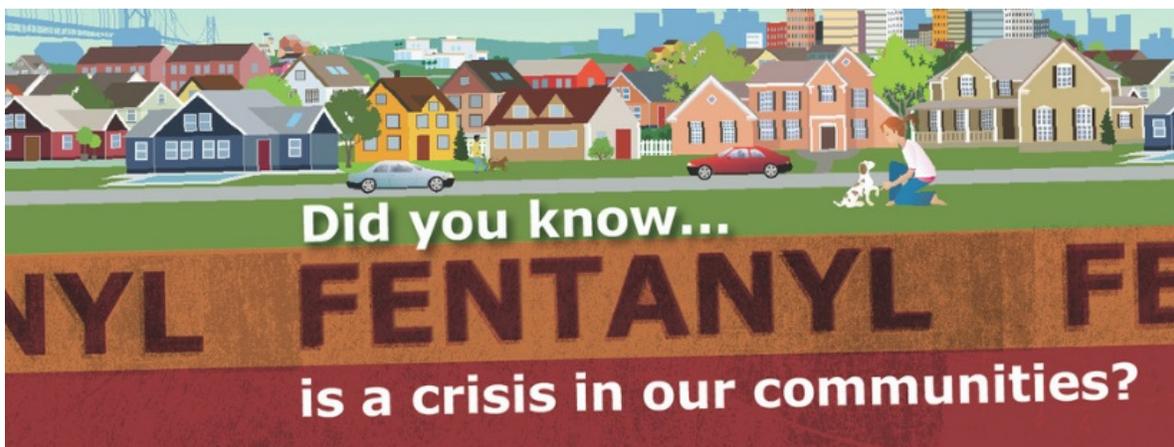
HC DrugFree: Keeping Howard County *in the KNOW!*  
...knowledge is power, so just say KNOW

**"Faith is taking the first step even when you don't see the whole staircase."**

Martin Luther King, Jr.

## Snapchat Crackdown on Illegal Drugs

According to NBC's Today Show last week, Snapchat is cracking down on the sale of counterfeit drugs on the app as parents want Snapchat's leadership to apologize for the deaths of their children. Grieving parents beg other parents to monitor what their children are doing on these apps. [Watch TODAY.](#)



## Backseat Passengers Can Save Lives

The Maryland Department of Transportation Motor Vehicle Administration's (MDOT MVA) Highway Safety Office is asking passengers to speak up if they see family or friends engaging in dangerous driving behaviors. Preliminary data shows that 80 motor vehicle passengers were killed in crashes in Maryland last year.

Impairment from drugs or alcohol can slow the reaction time of the driver, impair judgment of time and distance and decrease coordination. Drivers should avoid all alcohol and drug use prior to getting behind the wheel. Taking advantage of rideshare options is a safe alternative. [Click here](#) to read MDOT MVA's press release with additional information.

**Life Skills Classes: Register Now!**



FREE and back by popular demand!!!

HC DrugFree is providing a highly interactive skills-based program designed to promote positive health and personal development for youth in grades 6-9. (For slightly younger or older students, we will consider each request.) We encourage siblings and friends to take these classes together!

This program uses developmentally appropriate, collaborative learning strategies to help students achieve competency in the skills that have been shown to help students resist substance use (tobacco, alcohol and other drugs), violence, and other high-risk behaviors.



To be sure your student receives numerous perspectives, our instructional team consists of dedicated adults and older students sharing situations they may face in high school, college, and beyond.



Classes will be held via Zoom Tuesdays February 8, 15, 22, and March 1, 8, 15, 22, 29 from 5:30 p.m. to 7:00 p.m.

Registration is required. Please [sign-up](#) ASAP as space is extremely limited! For more information: Email [LifeSkills@hcdrugfree.org](mailto:LifeSkills@hcdrugfree.org) or visit our [website](#)

High school and college students who are interested in assisting with the classes should hurry and email [LifeSkills@hcdrugfree.org](mailto:LifeSkills@hcdrugfree.org). Funding provided by the Howard County Health Department, MD Department of Health and SAMHSA.

HC DrugFree's **Teen Advisory Council** is open to all Howard County High School Students. Public School, Private School, and Homeschool students are encouraged to join! To access the 2021-22 school year registration form please [click here](#). Community service hours available to students, but only if a current TAC registration form is on file with HC DrugFree. Email your registration as well as a photo to [admin@hcdrugfree.org](mailto:admin@hcdrugfree.org) or mail a hard copy our office.

Our next TAC meeting will be on Monday, **January 31** from 5:30 p.m. to 7:00 p.m. [Register here](#) to receive Zoom link.

## Wow! Offering Additional Parenting Class

Thank you for registering! Due to the overwhelming response, we have closed registration for the Spring Series #1 (Feb/Mar 2022) and are offering a waitlist should spots become available. In addition, we are accepting registrations for a 2nd series. **Parenting Classes Spring Series #2** will be held **March 30, April 6, 27, and May 4, 11** from 10:30am to noon via Zoom.

Guiding Good Choices is an evidence-based, interactive prevention program that provides families with the skills and knowledge to reduce the risk that their children will use drugs and alcohol or engage in other dangerous behaviors.



This series of five Zoom classes is for parents/guardians or grandparents of 9-14 year olds. If your child isn't 9-14 or you are a Howard County grandparent, please register and HC DrugFree will contact you. Parents/guardians or child must live in Howard County.

Topics include How to Prevent Drug Use in Your Family, How to Develop Healthy Beliefs and Clear Standards, Avoiding Trouble: How to Say No to Drugs, Managing Conflict: How to Control and Express Your Anger Constructively,

and How to Strengthening Family Bonds.

**Spring Session 2 Classes** will be held **Wednesdays, March 30, April 6, 27,**

and May 4, 11 from 10:30 a.m. to noon. Adults are expected to attend all 5 sessions.

Register at: [www.surveymonkey.com/r/GGCFebMar2022](http://www.surveymonkey.com/r/GGCFebMar2022)

For more information: Email [Parenting@HCDrugFree.org](mailto:Parenting@HCDrugFree.org) or visit our [website](#)

## Internship Opportunity

### Accepting Applications:

Do you know a college student considering a career in public health, education, drug & alcohol prevention, or who is interested in learning more about the inner workings of nonprofit organizations?

HC DrugFree is looking for a responsible intern for the spring semester to help with some of our programs. We are especially looking for college students to assist with and be positive role models for the middle school students in our Life Skills classes. We offer a variety of opportunities to help interns gain experience in areas of interest to them and the flexibility of working virtually from anywhere. Internship experiences will also be a great addition to a resume and opportunities to share in job interviews, and depending on your school's policies, may be able to count for credit.

Interested college students should email [admin@hcdrugfree.org](mailto:admin@hcdrugfree.org) for more information.

## Medication and Sharps Collections

Our next drive-thru medication and sharps collection is tentatively scheduled for Saturday, April 30, 2022 in the Wilde Lake Village Center.

In the meantime, cleanout your medicine cabinets and tell your friends. We will accept over-the-counter and prescription medication and sharps (needles, syringes, and EpiPens).

At the drive-thru events, medications are guarded and transported by the Howard County Police and Drug Enforcement Administration (DEA).



## Why Mental Health Disorders Co-Exist with Substance Use

Ever noticed the overlap between mental health and substance use disorders and wondered why that is? Did using drugs cause changes in the individual's brain that resulted in a mental health disorder? Or did the individual start using substances in an attempt to self-medicate their mental health struggles? Or is it something else entirely? When it comes to mental health and substance use

disorders, the answers often vary from one person to the next. [Read more here.](#)

## Marijuana and CBD May Mess With Other Medications



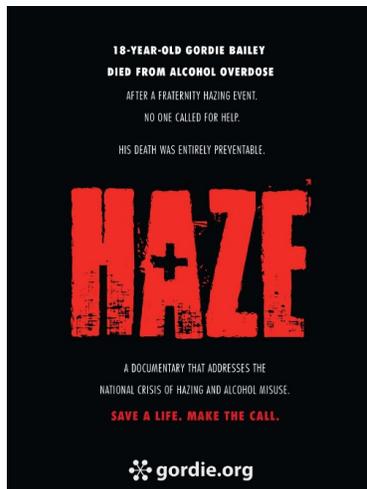
Enzymes in the body that metabolize chemicals found in marijuana, such as THC, CBD, and CBN, also help the body process and eliminate commonly used prescription drugs, including acetaminophen, ibuprofen, warfarin, and the breast cancer drug tamoxifen. This means that marijuana use may make the effect of some drugs much stronger or

cause the body to flush the medication out too quickly for the effects of the medication to work. [Read more.](#)

## 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.

## Community Education Opportunity



### Available in 2022: HAZE

When presented, this program was so well received and we heard such positive feedback, HC DrugFree has decided to offer the opportunity to Howard County PTAs/PTSAs and other community groups.

If you or your group are interested in hosting a virtual Haze event in 2022, please email [admin@hcdrugfree.org](mailto:admin@hcdrugfree.org). Sorry, but we are not planning any in person viewings.

**Please Donate Today!**



**We need YOUR financial support** to continue offering FREE services.

**Donate**



## Additional Resources

### **Mental Health Crisis? Thoughts of Suicide? Problems with Drugs or Alcohol?**

Get Confidential Support from Maryland's HELPLINE whenever you need it. CALL 211, then press 1. TEXT your zip code to TXT-211 (898-211). VISIT [211md.org](http://211md.org) to chat or find additional resources for housing/shelter, utility assistance, food, domestic violence, legal services, and more.



### **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

### **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.

### **Reverse An Opioid Overdose**

[Click here](#) to contact the Howard County Health Department to receive a free Narcan kit.

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](http://www.hcdrugfree.org)



**Donate**

