

**We remember those who gave their all.**



### Stay Safe This Holiday Weekend

According to the American Automobile Association (AAA), approximately 39.2 million Americans will travel this Memorial Day weekend. Of those, nearly 35 million are expected to drive to their destinations, which is an increase of about 3 million since last year. The increase in road travel brings with it a warning. **Sadly, Memorial Day is one of the deadliest holidays of the year for alcohol-related crashes.**

With this in mind, there are multiple things we all can do to keep ourselves and others safer. Buckle up, put down the phone, stay within the speed limit, allow for and expect extensive traffic delays, warn young drivers about driving in heavy holiday traffic, and expect the unexpected. Of course, if you drink, use illegal drugs, or take medications that make you drowsy, please don't drive. Driving impaired or under the influence is a serious offense in Maryland and can cost you a hefty fine and/or time in jail.

**The HC DrugFree team wishes you and yours a safe holiday weekend.**

### Reminder: Safely Store Medication

As you're preparing for holiday gatherings, remember to safely store your medication to keep your loved ones safe.

Children and teens who misuse drugs often

report that they started with medications found at home. Don't be your child or grandchild's drug dealer.



## DEA Announces National Take Back Day Results!!!

On April 30, people from across the country helped reduce the risk of prescription medication misuse by bringing unwanted and expired medications to National Take Back Day events. The DEA recently announced that more than **720,000 pounds of medications were collected at 5,144 collection sites**.

This total includes the **1,157 pounds** of medication collected in 4 hours at HC DrugFree's drive-thru site on April 30.

Again, thank you to the Drug Enforcement Administration (DEA) and the Howard County Police Department for guarding and transporting our medication collection, to our amazing volunteers, and to the community for supporting our events.



## Resources Available: Child Trauma and Mass Violence

Recent violence across our country has left many adults and children struggling emotionally. Even though an individual may not be directly impacted by an event, traumatic events may stir up memories of previous events that have been experienced or increase the anxiety and worry that it may happen to them. The National Child Traumatic Stress Network has created a variety of [resources](#) for teens, parents, educators, and service providers to support children after traumatic events, such as mass community violence and school shootings. Many of the resources are available in English and Spanish and are easily viewable/downloadable.

If you or someone you know is in need of additional resources or you're looking for local services, visit our [Facts & Resources](#) or [Hotlines & Services](#) website pages.

**New! Free! Resources from the Health Department**

**Free Bilingual Behavioral Health Resource Directory:** Please verify that the provider accepts your insurance or provides sliding scale fees before scheduling. [Click here](#) to download the directory.

**Free Resources for Parents Following a Suicide Attempt:** What to expect during recovery, safety planning, warning signs and risk factors. [Click here](#) to download the resources document.

## Stay and Help



For more information on Maryland's Good Samaritan Law, [click here](#) and play this [PSA](#) with your kids (even grown kids!).

Do you KNOW??? Would your kids run because they think that YOU would get angry if they were in the wrong place at the wrong time, or would they KNOW that you would want them to offer assistance to save a life -- even if the police respond? Use this as an opportunity to talk with your kids about YOUR expectations. Talk. They hear you.

## NIDA's Director Interviewed by Elizabeth Vargas

Dr. Nora Volkow, the Director at the National Institute on Drug Abuse (NIDA), and Heart of the Matter host Elizabeth Vargas discussed the growing complexities of fentanyl-laced drugs, the state of mental health in our nation, what the pandemic can teach us about allocating resources to communities in need, and Dr. Volkow's deeply personal story. [Play interview.](#)

## Maria Shriver: Women in Mid-Life on Antidepressants

The number of middle-aged women taking anti-depressants is more than double the number of men the same age. TODAY's Maria Shriver looks into what is contributing to the high rate of depression and anxiety among women in mid-life, as well alternative treatment options to ease the symptoms.

[Play video.](#)

## Ashley Judd Shared About Naomi Judd's Mental Health

Ashley Judd shared about her mother's suicide with Good Morning America's Diane Sawyer as they discussed the importance of focusing on our mental health. There is much to learn from Naomi Judd's death as the family shines a light on the often taboo subject of mental health. [Play interview.](#)

## Drinking Motives of College Athletes

Research has shown that college student-athletes participate in higher alcohol consumption, both in the frequency with which they drink and the quantity, compared to non-athletes. Some common reasons to help explain these drinking patterns include drinking to cope, drinking to conform or fit in, drinking for social reasons, drinking to enhancement to a positive mood and drinking among fraternities and sororities. The results of one study suggest that drinking for coping is common across both male and female student-athletes, but female student-athletes were also likely to report drinking for social reasons and to enhance a positive mood. These differences may require differences in supports and interventions used to reduce alcohol consumption. [Read more.](#)

## Prescription Painkillers: A Tough Opponent for Student-Athletes

Injuries happen in all levels of sports, with some being more serious and having long-term consequences. Many high school athletes and parents do not realize that prescription opioid medications for pain can trigger dependency in as little as three to five days, which may result in medication misuse or even illicit drug use, such as heroin. To limit the potential negative effects of prescription opioids, ask your child's physician about non-narcotic alternatives for managing pain, supervise your child when taking prescription medications, keep medications locked up, and know the signs of opioid misuse, such as nausea, vomiting, lack of interest in their sport, or declining academic or sport performance. [Read more.](#)



## Summer Life Skills Classes: Starting Soon!



HC DrugFree is providing another series of *FUN* and interactive skills-based

classes designed to promote positive health and personal development for students entering **grades 6 to 9**. We encourage siblings and friends to take these classes together, so if you have slightly younger or older students, please let us know and we will consider them as well.

Our instructional team consists of adults with years of experience in related fields and highly talented older students. Your student will learn how to handle very real situations they may face in middle and high school, college, and beyond and have plenty of opportunities to ask questions. Younger students listen to trusted older students! They will learn skills to help resist high-risk behaviors including vaping, alcohol, other drugs, *and more*.

Summer Life Skills Classes will be held Monday through Thursday **July 18, 19, 20, 21, 25, 26, 27 and 28** from 10:00 a.m. to 11:30 a.m. via Zoom. If you would like to register your child, please complete this [form](#).

**High school and college students** interested in volunteering to assist with the Life Skills classes should complete this [form](#) to register or email [LifeSkills@hcdrugfree.org](mailto:LifeSkills@hcdrugfree.org) with questions. For more information, email [LifeSkills@hcdrugfree.org](mailto:LifeSkills@hcdrugfree.org), download this [flier](#), or visit our [website](#). Funding provided by the Howard County Health Department, MD Department of Health, and SAMHSA.

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## Summer Internship Opportunities: High School and College Students

### Accepting Applications.

Do you know a high school or 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 responsible summer interns to help with some of our programs. We offer a variety of opportunities for interns to gain experience with the flexibility of working virtually from anywhere. Internship experiences will also be a great addition to a resume, a college application, and future job interviews, and depending on your college's policies, may be able to count for credit. We are especially looking for high school and college students to assist with and be positive role models for the middle school students in our Life Skills classes (July 18, 19, 20, 21, 25, 26, 27 and 28). High school students can receive service hours for their work as well.

Interested high school and college students should complete this [survey](#).

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## 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

## Please Donate Today

Make a donation today to become a [Friend or Sponsor of HC DrugFree](#).  
Monthly payments are welcome. Our entire team thanks you for your support.



[Donate](#)



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