

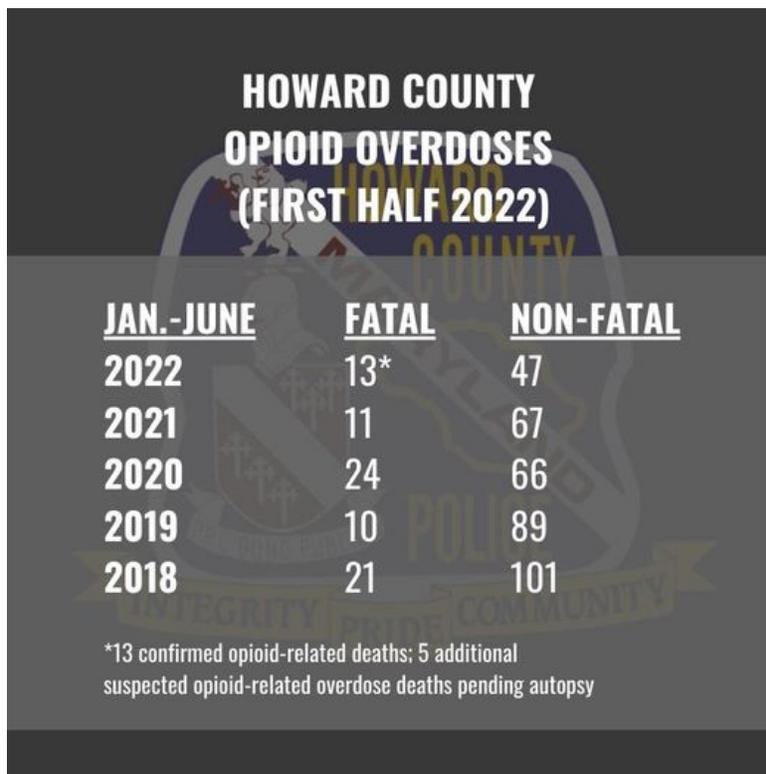
HC DrugFree: Keeping Howard County *in the KNOW!*  
...knowledge is power, so just say KNOW

I love how summer just wraps its arms around you like a warm blanket.

Kellie Elmore



## Overdoses in Howard County



The Howard County Police Department released the opioid overdose numbers through the first half of 2022. If you or someone you know in Howard County needs help with an opioid or other drug issue, call 2-1-1 press 1, 24-hours a day, or walk into Grassroots Crisis Intervention Center at 6700 Freetown Road, Columbia for screening and referral assistance.

Summer Life Skills classes start **Monday July 18, so register today!** Free and on Zoom.

**High school students** available 10 a.m. to 11:30 a.m. between July 18 to 28 and looking for **community service hours by serving as role models** (and while learning skills too) need to contact us ASAP!!!



**Middle school students interested in learning new skills to help them keep friends and while making safe choices, register now.**

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. Classes will be held July 18 to 21 & 25 to 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](#).

For more information, visit our [website](#). Funding provided by the Howard County Health Department, MD Department of Health, and SAMHSA.

## 15-Year-Old Shares His Story of Bullying

The creation of social media has significantly changed bullying. Instead of face-to-face and physical confrontations, students now experience on-going verbal abuse from peers emboldened by the anonymity offered on social media platforms. A 15-year-old shares his experience with social media bullying and how the actions of one friend made a difference. [Click here](#) to read more.

## New Research: Patient Journey Map

The Addiction Policy Forum's report Patient Journey Map: Substance Use Disorder Treatment and Recovery Experiences was developed through the input of patients in treatment and recovery from substance use disorders. The map underscores the obstacles and positive points patients encounter across seven distinct phases, from onset to finding long-term, stable recovery.

The qualitative study included 60 Life Course History interviews of individuals in recovery from a substance use disorder (SUD) from 22 states and Canada.

### Key Takeaways

1. Average age of first use is 14 years old, with the earliest initiation at 5 years old and the oldest at 19 years old.
2. 1 out of 4 patients struggle with polysubstance use disorder and 98% report using multiple substances during active addiction.

3. 85% patients report a family history of SUD, with an average of two previous generations with SUD history.
4. 90% experienced adverse childhood events (ACEs). Of those with childhood traumatic events, the average ACEs score was 4.3, with 47% of patients reporting an ACEs score of 5 or higher.
5. Significant barriers were encountered as patients try to find help, including high levels of stigma; the complexity of navigating the substance use disorders care system; wait times; the high costs of treatment; red tape payer policies such as fail first and prior authorization; and transportation difficulties.
6. Multiple services are utilized, not a single intervention. On average, patients utilized four different services for treatment and recovery support, not a single treatment or intervention. Patient feedback also shows the need for layered interventions across three critical domains: 1) biological, or physical health, 2) psychological, and 3) social.
7. Engaging in treatment and lifestyle modifications are concurrent, not sequential, in finding stable recovery. Lifestyle changes are cited by patients to be as critical to success as treatment and recovery services.

[Click here](#) to read more.

## Supporting Student-Athlete Mental Health

From a young age, athletes are taught about mental toughness - dust it off and keep on going. And while this mindset can be helpful in many situations, it may not always be the best course of action. Physical injuries may take longer to heal if not given the necessary rest and proper treatment, and the same is true for an athlete's mental health. Taylor Whitmer of the University of Maryland Women's Soccer team talks about her experiences with mental health struggles and her realization that getting help when you need it requires strength and is not a sign of weakness as many believe. [Read her story here.](#)

Don't Get Benched for Life - if you or someone you know is thinking about suicide, contact MD's HELPLINE. Call 211, then press 1. Text your zip code to TXT-211 (898-211). Visit [211md.org](http://211md.org).

## DON'T GET BENCHED FOR LIFE.



Visit [HCDrugFree.org](http://HCDrugFree.org) for more information.

**HCDrugFree**  
Empowering the Community



## Neuroscience Behind Getting High Naturally

In this [video](#), Matt Bellace, a psychologist and comedian, explains the neuroscience behind getting "high" and how the positive feelings that come from natural highs like exercise differ from the highs that come from substance

use.

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## Free: DEA Lunch & Learn Series

The Washington Division of the Drug Enforcement Administration (DEA) will continue their Lunch & Learn Web-Series "Strengthening Our Partnerships." Join them every month for a 30-minute live session where DEA speakers and Special Guests will present and review information, regulations and procedures related to the proper handling, dispensing, manufacture, distribution and prescribing of Controlled Substances to prevent diversion and help reduce drug overdoses and deaths in the District of Columbia, Virginia and Maryland.

Thursday, July 21, 2022, at 1:30 p.m.

Topic: Monitoring Diversion of Controlled Substances in Healthcare Institutions  
Registration is required. Free. For more information, contact [WashingtonDiversionOutreach@dea.gov](mailto:WashingtonDiversionOutreach@dea.gov) or [click here](#) to register.

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## Save the Date: Medication and Sharps Collection

Our next drive-thru prescription and over-the-counter medication and sharps collection is tentatively scheduled for Saturday, October 29 from 10 a.m. to 2 p.m. in the Wilde Lake Village Center parking lot in Columbia.



Save the date and we will share more information as we get closer to October.



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## Childhood Trauma and Rx Drug Misuse in College

The social and academic stress of college is often enough to lead students to misuse prescription drugs, but research shows that students with a history of [Adverse Childhood Experiences \(ACEs\)](#) are at greater risk of prescription drug misuse. [Read more.](#)

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## NIAAA Short Takes Video Series

The NIAA recently released a series of short videos on topics related to alcohol use. Topics include "What is Alcohol Use Disorder?", "What is Binge Drinking?", "What is Alcohol Overdose?", and "What Are Alcohol-Induced Blackouts?" View the videos [here](#).

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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 [Newsletter Archive](#) on our website.

## Winter, Spring, Summer or Fall



Winter, spring, summer or fall, HC DrugFree's team is here for you and your family. Become a [Friend or Sponsor of HC DrugFree](#) today because we depend upon the generosity of individuals, organizations, and businesses to support our free services. Please make a gift of any size today. Thank you for your support.

## Additional Resources

**Mental Health Crisis? Thoughts of Suicide? Problems with Drugs or Alcohol?** Contact MD's HELPLINE. 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.



**Reverse Opioid Overdose:** [Click here](#) to contact the Howard County Health Department to receive free training and Narcan kit.

For more information, contact

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