

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



**If you want to fly,  
give up everything that holds you down.**  
Buddha

## How Parents Can Support Kids' Friendships

### **FREE** Parenting Classes begin this week. Register!

Peers have a huge influence on how adolescents act, and parents often feel like they lose a lot influence during those years. But parents often have more influence than they realize. One way to help adolescents make good choices is to have them spend time with other adolescents who are making good choices.

Here are some [tips for parents](#) to effectively exercise their influence:

- Encourage their interests
- Ask neutral questions about their friendships and encourage them to be thoughtful about who they spend time with and why
- Show interest in their social lives and get to know their friends



Want to learn more skills for using your parental influence? **REGISTER NOW** for next series of HC DrugFree's Parenting Classes, which will be held September 21, 28, & October 12, 19, 26 from 11:30 am to 1:00 pm via Zoom. For more information, visit our [website](#).

**Teens Wanted: Join TAC**



## **First Meeting on Monday, September 19. Register!**

The start of a new school year also means the return of our Teen Advisory Council (TAC). We're making many exciting changes this year, and we invite all Howard County students in **grades 8 through 12** to be a part of the process!

Join us Monday, September 19 from 5:30-7pm via Zoom to learn more about TAC and to see how you can get involved. Community service hours are available for participation, and TAC members receive information about other volunteer opportunities throughout the year.

To start making a difference in your community, [learn more or register here](#). If you have questions, register and we will contact you or email [Admin@hcdrugfree.org](mailto:Admin@hcdrugfree.org). We must have the completed registration form before we can forward the meeting link.

## **Accountant Needed**

Please "Reply" to this newsletter if you know a Certified Public Accountant (CPA) living or working in Howard County who may want to assist HC DrugFree with an immediate need. This does not involve conducting an audit or general bookkeeping duties. If you are not a CPA, but you have several years of nonprofit accounting experience, then let's talk ASAP.

Time commitment: Approximately 6-10 hours spread throughout the year.

## **Coordinate Events/Volunteers, Teach Adults/Students, and More**



More opportunities to join our team!

Let us know if you have experience in any of these areas: coordinating events (such as After Prom, scouts/school, or other community events), coordinating adult or student volunteers, teaching adults or students, handling an organization's/group's social media, advertising/marketing, working at a nonprofit, and much more. Hurry to let HC DrugFree know that you are the right person to assist in planning several upcoming community events/classes and helping us meet our growing needs.

We continue to search for self-motivated individuals with excellent computer and people skills to be part of our professional team. We move fast, multitask, and constantly adapt to meet the needs of the community.

Looking for work that has a positive impact on our community? Want a job you feel good about doing? HC DrugFree will continue accepting applications and hiring throughout the year as needed. If you are interested in making a difference in the lives of Howard County youth and families, visit our [website](#) to learn more about the position and to apply.

For event coordinators and volunteer coordinators, please hurry to apply and be sure to let us you have these skills. We're moving fast!!!

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## Mental Health and Sports Performance

Olympic skier, Mikaela Shiffrin, may not have won any medals in the 2022 Olympics, but she has gained so much more. After the loss of her father, an injury, and training restrictions due to Covid, Mikaela struggled with her mental health and experienced significant performance anxiety, to the point where she considered quitting skiing. During the Olympic games, she realized that being mentally tough and pushing through the pain weren't working, and she needed to address her feelings. In this [article](#), Mikaela talks about how she no longer views talking about her mental health as a vulnerability to be ashamed of and the importance of mental health supports for athletes so they Don't Get Benched for Life.

**DON'T GET BENCHED FOR LIFE.**



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

**HCDrugFree**  
Empowering the Community



## 6% of the Population May Experience PTSD

Estimates are that 6 in ten men and 5 in ten women experience at least one trauma, and approximately 6% of the population may experience post-traumatic stress disorder (PTSD) at some point in their lives.

That's why it's so important that we take steps now to build the cultures that can see them through this crisis and the ones we'll all inevitably face in the future. To do that, we need to build trauma-informed organizations, ones that operate with an understanding of trauma and its negative effects on the organization's employees and the communities it serves. It may not be possible to predict or avoid the next crisis our organizations will face, but with forethought, planning, and commitment, we can be prepared to meet the next challenge — whatever it may be — and come through it stronger. [Read more.](#)

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## What are Blackouts?



### About Alcohol

Alcohol-induced blackouts occur when an individual consumes alcohol at a level where the brain can no longer transfer memories from the short-term memory to the long-term memory. Blackouts tend to begin around a blood alcohol concentration (BAC) of about 0.16 but can happen at lower levels when mixed with other drugs and is more likely to happen when alcohol enters the bloodstream quickly. Blackouts are different from passing out – individuals are still awake during a blackout but are not able to form memories of what they are doing. For more information on blackouts, download a [factsheet](#).

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## Quick and Easy Help Available



**988** SUICIDE & CRISIS  
LIFELINE

Being strong  
doesn't mean  
you have to  
do it alone.

**Call us.  
We can help.**

**Call or text 988**

FOR HELP WITH MENTAL HEALTH OR SUBSTANCE USE.



## DEA Lunch and Learn Series

The Washington Division of the Drug Enforcement Administration (DEA) is pleased to continue their online Lunch & Learn Web-Series initiative. Join them every month for 30-minute live sessions where DEA speakers and Special Guests 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 (DMV).

Thursday, September 22, 2022

Time: 1:30PM EST on WebEx Events Platform

Topic: Tele-Medicine & the Controlled Substances Act

Register: [Click here.](#)

For more information, contact: [WashingtonDiversionOutreach@dea.gov](mailto:WashingtonDiversionOutreach@dea.gov)

## Reminder: Safely Store Medication

Prescription and over-the-counter medication can be very helpful, but if used incorrectly or by the wrong person, can be very dangerous.

Safely use, store, and dispose of all medication.  
Keep your loved ones safe and don't be your

family's drug dealer.



## Save the Date: Medication and Sharps Collection

Our next FREE and convenient drive-thru medication and sharps collection will be held on Saturday, October 29 from 10 a.m. to 2 p.m. in the Wilde Lake Village Center parking lot in Columbia.

[Click here](#) for more information and to volunteer. In addition to **student volunteers**, we are looking for **medically-trained adults to handle medication/sharps** as well as other **adults to direct traffic, hold signs, and keep our youth volunteers safe**. If you have an hour or two, please join us. If you don't want to stand, bring a lawn chair. Bring a friend and enjoy a fall day outside while serving our community. Rain or shine.

## See Something, Say Something



**Think you see illegal  
drug activity in your  
neighborhood?**

**Let us know.**

**Report it anonymously:**

HCPDcrimetips@howardcountymd.gov or

**410-290-DRUG**



Calvin Ball  
County Executive



Howard County  
Police Department

## 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.

## It's Time!



Make your donation today to become a [Friend or Sponsor](#) of HC DrugFree. We depend upon the generosity of individuals, organizations, and businesses to support our free services. Please make a gift of any size today.

[Donate](#)



## Additional Resources

**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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