

HC DrugFree

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

Nobody can go back and start a new beginning, but anyone can start today and make a new ending.

-Maria Robinson

Thank You! Summer Life Skills Team



Pictured above: HC DrugFree's Executive Director Joan Webb Scornanienci with our amazingly talented Summer 2024 College Instructors (top right) Noreen Baroya, (bottom left to right) Abbie Fenton and Natalie Rodriguez

Summer 2024 Life Skills classes were successfully completed in July. Parents, thank you for trusting HC DrugFree with your elementary, middle and high school students. Students, thank you for wanting to learn new skills and valuable information during your summer break and for continuing to serve as role models to many other students across our community.

Don't miss what was said about these classes! [Click here](#) and [click here](#) to read more.

HC DrugFree's next series of Life Skills classes will be held in Spring 2025. Thank you to the Howard County Health Department, MDH, and SAMHSA for providing funding for these classes.



Pictured above with Joan: Some of our high school assistants, the college instructors, and adult volunteer Karen Terilli

Save the Date! Medication and Sharps Drive-Thru Collection

HC DrugFree's next drive-thru Medication and Sharps collection will be held on Saturday, October 26 from 10 a.m. to 2 p.m. in the Wilde Lake Village Center parking lot.

Updates will be shared in this newsletter, on social media, and on our [website](#).

Save the Date! Pain Management Program

Join HC DrugFree at Miller Library on Saturday, September 14 for **Beyond Medication: Innovative Approaches for Chronic Pain Relief**.

Community Service Hours will be available to Howard County middle and high school students if they complete the proper registration. More information will be released soon.

Maryland's New Overdose Data Dashboard

On July 23, the Maryland Department of Health announced the launch of a new tool for combating the overdose crisis: [the Maryland Overdose Data Dashboard](#). The dashboard, which replaces the previous one at [StopOverdose.maryland.gov](#), provides a user-friendly and easy-to-understand visualization of overdose trends throughout the state.

The Maryland Overdose Data Dashboard includes the following features:

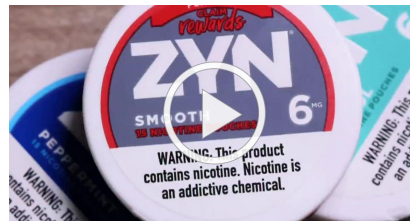
- **Unified Data:** The dashboard combines data on fatal overdoses, non-fatal emergency department visits, and [EMS](#) naloxone administrations.

Users can search this data by zip code.

- **Timely Data Updates:** The dashboard provides the most current data available, reducing the data release period from 90 to 30 days. This allows for more proactive monitoring and response.
- **Historical Trend Analysis:** The dashboard provides historical data at the jurisdictional level, enabling the analysis of community trends over time.
- **Demographic Insights:** The dashboard provides insights across age, race and gender for targeted overdose responses across jurisdictions.

Based on initial data, fatal overdoses in Maryland have been on the decline in recent years. In 2023, there were 2,513 fatal overdoses in the state, marking a 2.5 percent decrease from the 2,578 fatal overdoses recorded in 2022. The latest data from the dashboard, which currently includes information up to May of this year, indicates that the decrease in fatal overdoses has continued in 2024. The Maryland Overdose Data Dashboard is accessible at bit.ly/OverdoseData.

Nicotine Pouches Cause Health Concerns



According to the Associated Press, Zyn, a new nicotine-based alternative pouch intended for adult use, is catching the eye of teens and young adults.

Anti-tobacco advocates point to worrying signs: videos of young people popping the pouches have racked up millions of views on social media in recent months. A similar surge of online activity preceded the rise of Juul, the sleek e-cigarette widely blamed for triggering a spike in teen vaping in the years before COVID-19. [Read more](#)

The photo of the large sign to the right was taken by HC DrugFree's staff outside a popular convenience store and easily seen by youth and adults.





Work With Us!

**Make a difference in
Howard County.**

HCDrugFree

HC DrugFree is looking for self-motivated Howard County professionals with a heart for people of all ages in our great community. All candidates must pass a background check and possess strong organizational skills, writing skills, and computer skills.

[Learn More & Apply](#)

Back-To-School Tips

What Parents Can Do to Help Their Kids be Successful at Back-to-School Time:



- Ease into your back-to-school morning routine a few weeks in advance.
- Curb your child's – and your own – separation anxiety.
- Instill confidence in them even when they make mistakes

[Read more about these tips](#)

- Meet the new teachers
- Tour the school
- Connect with familiar friends
- Find fun school supplies
- Chat about today's events and tomorrow's plans
- Ease into the new routine

[Learn more about these tips](#)



August is National Back to School Month and marks the return of students to schools across the country. Make sure they have the tools they need by checking out the [How to Help Kids Say No to Peer Pressure](#) fact sheet.

[Read more about this campaign](#)

Donate Today

Please become a [Friend of HC DrugFree](#) so we can continue providing FREE programs and resources to the Howard County community. We appreciate your financial support.

[Donate Now](#)

Or mail your **donation** to HC DrugFree's office:

HC DrugFree
5305 Village Center Drive, Suite 206
Wilde Lake Village Center
Columbia, Maryland 21044

What Do You Think?

Please take our 2-second survey to let us know what you think of the content provided in this newsletter!

[Take Our Survey](#)

Resources and Events

The 988 Suicide & Crisis Lifeline:

Marylanders who are experiencing a mental health or substance use crisis should call or text 988. Learn more at 988.maryland.gov. Maryland veterans and their loved ones can call 988 and press 1 to transfer to the Veterans Crisis Line. Press 2 for Spanish. Press 3 for LGBTQIA+ support.



Free Narcan Training:

The Howard County Health Department offers a free training so you can be prepared in case of an opioid overdose. Sign up for your free training and Narcan kit today: [Learn more](#)



International Overdose Awareness Day:

Join HC DrugFree and others on August 31 from 6:00 to 9:00 p.m. [Learn more](#)

[Additional Resources](#)

For more information, contact

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