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HC DrugFree is keeping Howard County *In the KNOW!!!*

Howard County: 11 Overdoses Last Week

Thank you to the Howard County Police Department and the Department of Fire and Rescue Services for all you do for the community...often, one life at a time.

Between February 4-11, there were 11 non-fatal overdoses reported in Howard County. As of February 11, Howard County Police reported 29 known overdoses so far this year: **4* Fatal and 25 Non-Fatal = 29 Total Overdoses**

*In fatal cases, some deaths are pending autopsy results for opioids and/or other substances. Numbers may fluctuate.

If you or someone you know in Howard County needs help with an opioid or other drug issue, call 800-422-0009, 24-hours a day, or go to Grassroots Crisis Intervention Center for screening & referral assistance. Grassroots is located at 6700 Freetown Road in Columbia.

Naloxone (also known by brandname Narcan) is a life-saving medication that can be used to help restore breathing to someone who has overdosed on opioids, including heroin, prescription pain medication, and fentanyl. For more information on how to administer and obtain Naloxone, please contact the Health Department at 410-313-6202 or at orpresponse@howardcountymd.gov.

Parents Conflicted about Opioids

A new survey by the American Society of Anesthesiologists looks at the conflicts facing parents when their children have pain. While parents are concerned about opioid addiction, they continue to believe that opioids are more effective at managing their child's pain than non-opioid medication. Yet, parents aren't asking about medical providers about effective alternatives, and as HC DrugFree keeps saying, safe storage and proper disposal are key.

Opioid-related deaths among children and adolescents nearly tripled between 1999 and 2016, driven mostly by prescription opioids.

[Click here](#) to read more.

Registration Open: Howard County Parents Learn and Improve Skills

Howard County parents/guardians of 9 to 14 year olds are invited to join HC DrugFree and the Howard County State's Attorney's Office for our next *Guiding Good Choices* parenting 4-week program. Participants will learn the skills to reduced the risk that their children will use drugs.

After completing the program, families will be able to: **Influence** their children to help prevent drug use and other risky behaviors. **Develop** clear family guidelines and expectations about drug use. **Teach** children how to stay out of trouble, keep their friends and still have a good time.

Classes will be held on Tuesdays, **March 5, 12, 19 and 26**. Adults are expected to attend all sessions. Unless otherwise notified, all meetings will be held at the Elkridge Branch of the Howard County Library from 5:30 p.m. to 8:00 p.m.

The printable flier and updated information can be found on HC DrugFree's website at <http://www.hcdrugfree.org/events/>. Registration is open.

Next Drive-Thru Medication Collection: Saturday, April 27

Disposal: Be sure to mark your calendars for the next convenient drive-thru medication and sharps (needles, syringes and EpiPens) collection. HC DrugFree's team will take your unwanted and expired over-the-counter and prescription medication as well as any sharps.

No need to remove medication or labels from the bottles and no need to get out of your vehicle. Join us 10 a.m. to 2 p.m. on Saturday, April 27 in the Wilde Lake Village Center parking lot in Columbia.

Medications are guarded and transported by the Howard County Police Department and the Drug Enforcement Administration (DEA).

Community service hours available for student volunteers. Please contact HC DrugFree for more information or visit our website at www.hcdrugfree.org/drug-take-back-day-1

Storage: Keep friends and family from having easy access to your medication and don't unknowingly be their drug dealer. Secure your medication in a locked closet, locked filing cabinet, safe, etc. If you need it, HC DrugFree has a free medication storage box waiting for you or your family. Email us at Admin@hcdrugfree.org or call 443-325-0040 for more information or to schedule a time to come to our office for pickup.

Alcohol Sales in Howard County

HC DrugFree thanks the Howard County Liquor Inspector and team of police cadets for visiting liquor stores in December to determine if clerks were requesting IDs and/or selling alcoholic beverages to anyone under 21. Unfortunately, some local stores did not pass this test.

When at your local liquor store, please thank the staff for doing their part to stop minors from purchasing alcohol. Ask if the store is working with HC DrugFree and look to see if our posters are displayed. Let us know if you think we should contact your local liquor store to say thank you for trying to keep our kids safe or if we need to provide additional information to help educate their staff.

Finally, please don't be the one to buy alcohol for minors, don't allow underage parties in your home, and don't drink and drive. If you try to drink away your troubles, remember, your children and grandchildren are watching and learning from you.

Thurgood Marshall Democratic Club of Howard County

HC DrugFree thanks the Thurgood Marshall Democratic Club of Howard County for inviting our Executive Director to provide a Substance Use Prevention update at their monthly meeting.

Free Guide Available

[Click here](#) for a free guide to recognize and address *Substance Use and Mental Health in Teens and Young Adults*.

This guide is provided by Child Mind Institute, the Center on Addiction and the Partnership for Drug-Free Kids.

TAC Meeting Monday, March 11

All Howard County high school students are invited to join HC DrugFree's Teen Advisory Council (TAC) and community service hours are available for all meetings/events.

The next meeting will be on Monday, March 11. New members are accepted throughout the year. Email or mail signed registration form and photo. Forms can be found on our website at <http://www.hcdrugfree.org/teen-advisory-council-1>.

TAC follows the Howard County Public School System's weather policy. If school is closed or evening activities are canceled, there will be no TAC meeting.

Unless otherwise notified, all meetings will be held at The Barn/Teen Center in the Oakland Mills Village Center from 5:30 p.m. to 7:00 p.m. If you have any questions, please email Admin@hcdrugfree.org.

Looking for Creative Howard County Teens

Once again, HC DrugFree is proud to partner with the HoCo Student Film Festival. This year, HC DrugFree is looking for teens to create short public service announcements (PSAs) focused on vaping or Juuling in Howard County.

Be sure to visit our website at www.hcdrugfree.org/hoco-filmfest, visit www.hocofilmfest.com and contact our office at Admin@hcdrugfree.org to request our logo and ensure you have all the needed information. The deadline to submit films is Friday, April 5. The festival will be held on Friday evening, April 26 at the Charles E. Miller Library in Ellicott City.

Suicide Fact Sheet

The Centers for Disease Control and Prevention (CDC) released a 2018 Suicide Fact Sheet defining what is suicide, how big of a problem is it, what are the consequences and how can it be prevented.

[Click here](#) for a printable copy of the Suicide Fact Sheet.

Call the **National Suicide Hotline at 800-273-8255**.

Sponsor a 2018-19 HC DrugFree Event

HC DrugFree depends upon the generosity of individuals, PTSAs/PTAs, organizations and businesses in the community to support our free services to the community. Please

donate today. Any size gift is welcome. Consider contacting us to sponsor an event or make a one-time or monthly donation. Thank you for your support.

HC DrugFree is a 501(c)(3). [Donate online](#) or mail checks to HC DrugFree, 5305 Village Center Drive, Suite 206, Columbia, MD 21044.

For more information, contact HC DrugFree's Executive Director, Joan Webb Scornaienchi at Joan@hcdrugfree.org or 443-325-0040.

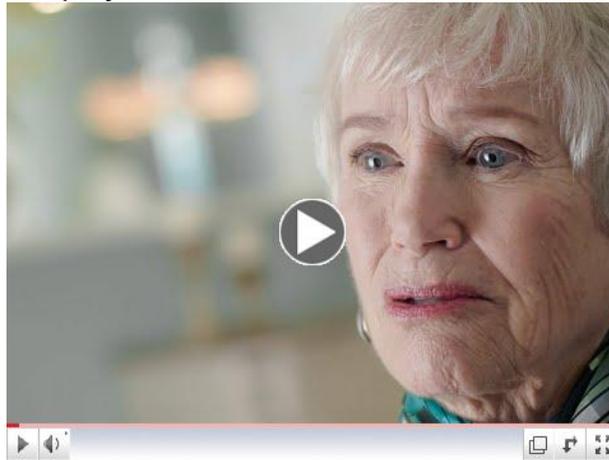
Biggest Increase in Overdoses: Middle-Aged Women

According to the Centers for Disease Control and Prevention (CDC), while men are still more likely to die from drug overdoses, deaths from opioid overdoses increased by 500% among women over 30 with the biggest increase in women 45 to 64.

[Click here](#) for more information.

It Only Takes A Little to Lose A Lot

In U.S. Department of Health and Human Services Centers for Disease Control and Prevention (CDC) produced videos, see and hear from those impacted by opioid misuse. Click on photo to play.



HC DrugFree Educational Materials Available in Multiple Languages



Howard County Police Department
Police Emergency.....911
Non-Emergency Line410-313-2200
Drug Activity Tip Line 410-290-DRUG
Anonymous Tip Line.....410-313-STOP

Three out of four people using heroin began with the use of prescription medication.
Get expired and unwanted medicines out of your home! For proper disposal locations, contact:

HCDrugFree
Empowering the Community

www.hcdrugfree.org
443-325-0040



LEARNING ABOUT DRUGS



Preventing Prescription Drug Use

Tips for Parents and Other Adults

약물 남용의 새로운 얼굴

헤로인을 사용하는 4명중 3명은 처방약으로부터 시작합니다.

가족을 지켜주세요...

- 모든 약물을 잘 보관하세요 - 가족이나 친구들과 약물 공유하지 마세요
- 의사와 약에 대해 신뢰를 보세요 - 꼭 필요하나요?
- 필요없거나 유통기한이 지난 약물을 처리하세요 - 약물 처리 서비스 장소에 대한 정보는 www.hcdrugfree.org 를 방문하세요.

새로운 웹사이트와 비디오를 보세요!
www.HCDrugFree.org 으로 들어가
 IntheKnow! Corp 을 클릭하세요

HCDrugFree
 Howard County Community

443-325-0040



MD 818A or SAMISA 의 지령으로 이 메시지는 주립드 가운디 의약 퇴장 분홍부위 허핑드 가운디 허성국이 수취되었습니다.

COMMUNICATION TIPS

Rx DRUGS

The Dangers of Prescription Drug Abuse



PROTECT YOUR HEALTH



For more information, contact
 Joan Webb Scornaienchi, Executive Director
 HC DrugFree
 5305 Village Center Drive, Suite 206
 Wilde Lake Village Center
 Columbia, MD 21044
 443-325-0040
Info@hcdrugfree.org
www.hcdrugfree.org

Donate

