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

Help and Hope in Howard County

On Monday, March 25, the Howard County Police Department reported 40 nonfatal overdoses and 8 fatal overdoses (pending autopsy results) since January 1, but *there is help...there is hope...*

If you or someone you know in Howard County needs help with a mental health, 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.

Dangerous Social Media Challenge: Momo Challenge

Adults may hear and read that the Momo Challenge is fake, but your children may think it's real. Have a discussion with your child or grandchild. [Click here](#) to learn more. Talk to your children and grandchildren. Assume they do not know the truth, will see this (and worse) on the internet, and can be talked into dangerous situations. Peer pressure is real for our kids even in elementary school. Empower your children with facts and encourage them to talk to you about what they see and hear.

Tips to Boost Your Mental Health

Looking for ways to boost your mental health today? Whether it's eating dark chocolate to improve your alertness, writing in a journal, laughing with friends or watching a funny television show, take time for yourself to enjoy today. [Click here](#) for 31 easy to do mental health boosting tips.

Mental Health - Stop Whispering and Start Talking

For many years, actress Glenn Close and other famous individuals have been speaking about mental health issues that hit close to home for their families. Ms. Close challenges all of us to no longer whisper about mental health disorders behind closed doors. To hear her story and others, [click here](#).

"Don't Do Nothing" Campaign: Howard County Crisis Hotline

The "Don't Do Nothing" initiative is underway at a number of Howard County schools and Grassroots Crisis Intervention Center is sharing a suicide prevention video with the community. [Click here](#) to play the video.

NIH: Chronic Use of Some Drugs Can Change the Brain

According to the National Institutes of Health (NIH), chronic use of some drugs can lead to both short- and long-term changes in the brain, which can lead to mental health issues including paranoia, depression, anxiety, aggression, hallucinations, and more.

Many people who are addicted to drugs are also diagnosed with other mental disorders and vice versa. Compared with the general population, people addicted to drugs are roughly twice as likely to suffer from mood and anxiety disorders, with the reverse also true. For more information, [click here](#).

Howard County Teens Learning to Make Healthy Choices

Want your high school student to be with other teens learning how to **make healthy decisions** about drugs including sharing medication, alcohol including using fake IDs, behaviors possibly impacting future security clearances and more? Have them join HC DrugFree's Teen Advisory Council (TAC). Free. High school students welcome to join for the remainder of this school year or next fall. Community service hours are available for all meetings/events.

Registration 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.

Monday, April 1: Help Your Teens Make Better Decisions

If your teen is planning to go to the beach without your supervision, we strongly encourage you, your teen, their friends, and the parents of their friends to attend this program TOGETHER. HC DrugFree's final 2019 presentation of *Senior Week: Staying Safe in OC* will be at Marriotts Ridge High School on Monday, April 1 at 7:00 p.m. Free and open to the public.

Angst Film Screenings and Discussions on Anxiety in Youth

Parents and guardians are invited to a free documentary screening and panel discussion around anxiety in youth. This 55-minute film features candid interviews with children and young adults who struggle, or have struggled, with anxiety - including Olympic swimmer Michael Phelps. This film explores the causes, symptoms and effects of anxiety and stress, and encourages youth and their families to seek help. Middle and high school students are invited to attend with a parent or guardian. Each film screening will be followed by a discussion with local experts.

Screening dates/locations: April 2 at Howard High School, April 4 at Hammond High School, April 9 at Glenelg High School, and April 10 at Mt. Hebron High School. All screenings begin at 6:30 p.m. Register for this free event: <http://bit.ly/AngstReg>

Suicide Prevention Training in Howard County

Register to attend FREE suicide prevention training sponsored by the Horizon Foundation. [Click here](#) for a printable PDF flier with dates and registration instructions, call 443-538-9909 or go to www.grassrootscrisis.org/events/.

HC DrugFree Educational Materials Available in Multiple Languages

Looking for behavioral health information, let us know what you need so HC DrugFree's team can better assist your family.



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