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

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### **Medicated To Survive Columbine Shooting: To Heal, You Must Feel**

On May 18, 37 year old Austin Eubanks, a 1999 Columbine High School shooting survivor, was found dead. An autopsy is expected to be performed this week.

Mr. Eubanks was 17 year olds when he was shot in the hand and knee on what seemed to be an otherwise ordinary school day. Twelve students and one teacher were killed in what was known at that time as the deadliest school shooting.

Prescribed pain medication helped the 17 year old deal with the pain of the visible wounds and allowed him to escape the emotions of the event that killed his best friend. Years later, in an attempt to heal himself and help others, Mr. Eubanks publicly shared that he became addicted to Oxycontin, Adderall, illicit drugs, and alcohol. The emotional pain he didn't face at 17 was finally faced at age 29 and his story became one of healing and hope.

[Click here](#) for a CNN report.

**Click on the video below** to hear Mr. Eubanks in his own words.



What the Columbine Shooting taught me about pain and addiction | Austin Eubanks | TEDxMileHigh

On May 14, the Howard County Police released a statement that a resident complaint resulted in an Ellicott City man being charged with 32 counts related to drug possession with intent to distribute.

Howard County Police and HC DrugFree urge anyone who wishes to report suspected drug activity anonymously to contact the police at 410-290-DRUG or [hcpdcrimetips@howardcountymd.gov](mailto:hcpdcrimetips@howardcountymd.gov).

Throughout the years, some parents and community members have contacted HC DrugFree's office when afraid to contact the police or concerned about contacting school staff and the possibility of getting their own child in trouble. If you won't contact the police or the schools, then contact HC DrugFree's office so we can work with our partners to share the information.

Not reporting drug activity is not the answer! The Howard County Police, the schools, and our community need you to share what you know to keep us all safe. Let's stand together!

[Click here](#) to read more about the Ellicott City drug bust.

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## **Mental Health Month: Good Mental Health Is Essential To Overall Well-Being**

According to the Office on Women's Health at the U.S. Department of Health and Human Services, good mental health is essential to overall well-being. More than 1 in 5 women in the U.S. experienced a mental health condition in the past year, such as depression or anxiety.

Many mental health conditions, such as depression and bipolar disorder, affect more women than men or affect women in different ways from men. Many serious mental health conditions cannot be cured, but they can be treated. Getting better and living well is possible.

[Click here](#) for answers to any of these questions:

- How can I tell if I have a mental health condition?
- Are mental health conditions really medical problems?
- What are the symptoms of a mental health condition?
- How are mental health conditions diagnosed?
- How are mental health conditions treated?
- Does mental health treatment work?
- How can I help make my treatment work?
- Will the medicine I take make me gain weight?
- How can I get help paying for mental health treatment?

Looking for local resources? [Click here](#) to access the Howard County Resource Guide with mental health resources and don't forget to register to attend a free suicide prevention training sponsored by the Horizon Foundation and Grassroots Crisis Center. Call 443-538-9909 or go to [www.grassrootscrisis.org/events/](http://www.grassrootscrisis.org/events/).

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## **2019 Howard County Overdoses**

On May 13, the Howard County Police reported 71 known overdoses (9\* fatal and 62 nonfatal) in 2019.

\*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 410-531-6677, 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](mailto:orpresponse@howardcountymd.gov).

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## Donate To HC DrugFree Or Sponsor An 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](mailto:Joan@hcdrugfree.org) or 443-325-0040.

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## HC DrugFree Educational Materials Available In Multiple Languages

Contact us to let us know what resources you need. Medication storage boxes still available for pick up from HC DrugFree's office.



Howard County Police Department  
Police Emergency.....911  
Non-Emergency Line .....410-313-2200  
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:



[www.hcdrugfree.org](http://www.hcdrugfree.org)  
443-325-0040



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](mailto:Info@hcdrugfree.org)  
[www.hcdrugfree.org](http://www.hcdrugfree.org)

