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

More Than 469 Tons Of Unused Medications Collected On Drug Take Back Day

The Drug Enforcement Administration (DEA) has announced that the April 27, 2019 Drug Take Back Day removed 469 tons of unused medications from households throughout the country.

The DEA partnered with 6,400 partner sites throughout the country for this take back day, which is a record number of partners in the event's history.

DEA Acting Administrator, Uttam Dhillon, stated that, "The ever-increasing public support and continuously growing numbers of partners and collection sites are a true testament to the value of DEA's National Prescription Drug Take Back program. Just as DEA and our law enforcement partners are committed to ending the opioid epidemic, our communities recognize that this is a pervasive and heartbreaking crisis. DEA Take Back Day gives every American a way to help by simply cleaning out their medicine cabinets."

Since this biannual event started in fall of 2010, the DEA has collected a total of 11,816,393 pounds (nearly 6,000 tons) of medications.

Thank you for supporting HC DrugFree's convenient drive-thru collection on April 27. Again, thank you to the Howard County Police, the Drug Enforcement Administration, Howard County Health Department, Howard County General Hospital, Wegman's, Morrison Chiropractic, Howard County PTSAs/PTAs, and our many partners and volunteers for this event.

Don't Miss This Event! High In Plain Sight (Registration Open)

HC DrugFree and Delphi Behavioral Health Group are pleased to bring Officer Jermaine Galloway (also known as Tall Cop) to Howard County to present High in Plain Sight. This free event will be held on Saturday, August 17 from 11:00 a.m. to 2:00 p.m. at Howard High School in Columbia. Registration is open.

[Click here](#) for a printable flier and be sure to share the flier with others.

We hope you will join HC DrugFree and Delphi Behavioral Health Group at this event because as Officer Galloway says, you can't stop what you don't know. Join us to be In the KNOW.

MD Young Adults: Unprotected Sex, Black Outs, Binge Drinking, DUI

The Maryland Young Adult Survey on Alcohol (MYSA) surveyed more than 6,500 Maryland residents between the ages of 18 and 25. The majority of those who reported experiencing consequences of drinking or risky behavior also reported **binge drinking more than 5 days a month**. *Binge drinking* is defined as having 5 or more drinks within 2 hours for men, and 4 or more drinks for women.

Examples of information gathered included:

- 32.6% Blacked out, forgetting location or events
- 28.2% Engaged in unprotected sex
- 13.9% Binge drank on 6+ days in last month
- 12.7% Drove under the influence of alcohol

[Click here](#) to view a report highlighting some of the main findings and looking at the data surrounding these and other risky behaviors broken down by the age of MYSA respondents. It also explores data around drinking frequency and **polysubstance use** (using other drugs while drinking).

June Is Men's Health Month

Help the men in your life take better care of themselves. Did you KNOW? When compared to women, men:

- Battle substance use disorders twice as often as women
 - Are twice as likely to binge drink
 - Are less likely to seek treatment
 - Develop a more severe disorder
 - Are more likely to abuse prescription medication
 - Are more likely to use illicit drugs and tobacco
 - Have higher suicide rates
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Addiction And The Brain - Video For Kids

This kid-friendly video explains how repeated substance use can hijack brain function, and the importance of delaying use until the brain has fully developed.

To view, [click here](#).

Need Help Fast? Dial 211 And Press 1

In case of a behavioral health crisis, please dial 410-531-6677 for Grassroots Crisis Intervention or 211 and then press 1. In case of an emergency, please dial 911 or go to the nearest emergency department.

Emotional Support

The Horizon Foundation has launched a new campaign encouraging all of us to be someone's Emotional Support Human.

You don't need special training to be an Emotional Support Human. Wanting to help your friend, neighbor or loved one is all that's needed. Use their guide with tips and conversation starters to reach out, check in, and be a support for those in your life struggling with their mental or emotional health.

[Click here](#) for a printable pdf of Tips and Etiquette and for more information about signing the pledge go to supporthuman.org.

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 or 443-325-0040.



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