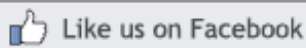


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## HC DrugFree is keeping Howard County *In the KNOW!!!*

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### **Five Hospitalized In MD For Possible Vaping-Related Illnesses**

According to today's Baltimore Sun, 5 people in Maryland have been hospitalized in the past 2 months with severe lung illnesses after using e-cigarettes. They join almost 200 nationally who became sick and 1 who has died in Illinois.

[Click here](#) to read the article.

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### **Having Pain? Attend MC After Hours: Drug-Free Pain Management Awareness**

Join Dr. Brian Morrison of Morrison Chiropractic, P.A. and Joan Webb Scornaienchi of HC DrugFree at 7:30 p.m. on September 12 for an evening celebrating Drug-Free Pain Management month. Learn about pain science, healthy pain management options and what you can do.

This event is free and open to the public, but you must register because space is limited. The event will be held at Morrison Chiropractic located at 2850 North Ridge Road, Suite #107 in Ellicott City.

To register, [click here](#) or go to [www.facebook.com/morrisonchiro](http://www.facebook.com/morrisonchiro). To view or print flier, [click here](#).

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### **Long Reach High School Invites All Adults To Attend Program**

This program is for Adults Only!

Long Reach High School is pleased to partner with HC DrugFree to bring Dr. Amelia Arria, Director, Center on Young Adult Health and Development at the University of Maryland School of Public Health to share her expertise with parents and other community members.

This presentation will focus on areas of concern for high school parents and the impact of substance use, particularly marijuana, on academic performance. Dr. Arria's research focuses on health risk behaviors among college students and how these issues interfere with academic performance.

HC DrugFree's Executive Director, Joan Webb Scornaienchi will discuss vaping and what's happening in Howard County. She will also have a display for parents/adults to view of hats sold locally with hidden drug pockets and many other common household

items used to hide drugs.

This program will be held on Tuesday, September 17 at 7:00 p.m. in the Long Reach High School Auditorium located at 6101 Old Dobbin Lane in Columbia. To view or print flier, [click here](#).

Partnering to keep you In the KNOW...

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## **National Overdose Awareness Day - August 31st**

National Overdose Awareness Day is this Saturday, August 31. Participate by attending Howard County's 4th Annual International Overdose Awareness Day Candle Light Vigil and Recovery Celebration on Saturday between 5:30 p.m. and 8:00 p.m. at St. John's Episcopal Church located at 9120 Frederick Road in Ellicott City.

For more information about Howard County's local vigil and event, please [click here](#) to view and print a flier.

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## **How Many Pain Pills Did Ellicott City Pharmacies Receive?**

On August 19, The Washington Post reported about a previously unreleased database handled by the Drug Enforcement Administration which tracked the shipping of painkillers to pharmacies from 2006 to 2012. Approximately 70 billion pills were shipped to 83,000 pharmacies, including many in Ellicott City.

According to the article, areas deluged with pain pills saw far higher death rates related to opioids. While the national rate was 4.6 deaths per 100,000 residents, counties that received the most pain pills per person saw rates that were more than three times higher.

"Perhaps the most startling finding was that just 15 percent of pharmacies received nearly half of the pain pills." To read the article with information about some local pharmacies, [click here](#).

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## **When 2 + 2 Doesn't Equal 4 In Howard County**

Officer Jermaine Galloway told a crowd of more than 175 adults at Howard High School on Saturday, August 17 that when talking about drugs, 2 + 2 does not always equal 4. There are no one-size-fits-all answers; everything is person-specific when talking about drug use or drug education.

Also known as Tall Cop, Officer Galloway's goal was to teach the audience a "mentality," the ability to understand the "game being played" and to recognize the signs, logos, street names, etc. for current drugs. He illustrated his point as he spoke and showed slides for more than an hour, took questions from the audience and offered a display of drug-related T-shirts and hats for participants to see and touch.

Here are but a few of the important points made that day: Today's strains of marijuana are nothing like the forms in the 1960's. Potency of the THC then was 3%. Today, street level potency is 15-20%, dispensaries 22-28%, and concentrates (including many vape cartridges) 25-90%. Do your research: If you see a word, phrase or logo on a T-shirt, hat or shirt, look it up!

A special thank you to Delphi Behavioral Health Group and Howard High School Principal, Mr. Nick Novak for partnering with HC DrugFree to provide this opportunity to our local community. Thank you to our HC DrugFree adult and teen volunteers. You all were amazing and no matter what we need, you never let us down.



Again, Tall Cop warns that You Can't Stop What You Don't Know™ -- and that's why

## HC DrugFree's Teen Advisory Council Is Open To All Howard County High School Students

High school teens can earn community service hours through HC DrugFree's Teen Advisory Council (TAC). The first 2019-20 meeting will be held on Monday, September 23 from 5:30 p.m. to 7:00 p.m. at The Barn (Teen Center) located in The Oakland Mills Village Center. Please RSVP to Admin@hcdrugfree.org.

TAC is open to all Howard County high school students (public, private and home school), but everyone must register. Forms can be found on the TAC page at <http://www.hcdrugfree.org/teen-advisory-council-1/>.

TAC provides the youth perspective to the staff and Board of Directors of HC DrugFree to increase the effectiveness of HC DrugFree's programs, newsletters, website and other services. Encourage the teens in your life to join TAC where they will have a safe place to learn and discuss what is happening in and around our community. Questions? Call 443-325-0040 or email Admin@hcdrugfree.org. We look forward to working with your teens!

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## Become An "Emotional Support Human"

Do you have a friend or family member going through a hard time? Have you noticed someone you love facing a mental health challenge? Be their Emotional Support Human! You don't need to be a mental health expert to show that you care.

The Horizon Foundation launched a new public outreach campaign designed to help people effectively support those in their lives who may be struggling with mental health challenges. The "Emotional Support Human Etiquette" campaign, modeled after the concept of emotional support animals that provide comfort to many, aims to normalize conversations around mental health and offer tips for people to approach those conversations.

"We all know someone in our lives - a friend, a family member, a neighbor - who is struggling with mental health, yet many of us are afraid of saying the wrong thing or making things worse," said Nikki Highsmith Vernick, president and CEO of the Horizon Foundation. "This new campaign shows that we can't leave it all up to the support dogs, peacocks and turkeys. They're doing their jobs, and we as humans need to do ours and be emotional supports for each other."

For more information, [click here](#).

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## 2019 Overdose Fatalities In Howard County

As of August 26, the Howard County Police reported **13\* fatal and 112 nonfatal overdoses** so far 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 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](mailto:orpresponse@howardcountymd.gov).

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## Remove Unwanted/Expired Medication From Our Community

HC DrugFree, the Howard County Police, the Howard County Health Department, the Howard County General Hospital and all our partners welcome you to stand with us on Saturday, October 26 from 10 a.m. to 2 p.m. at our next drive-thru medication and sharps collection to be held in the Wilde Lake Village Center parking lot.

Bring your unwanted and expired prescription and over-the-counter medication and sharps (needles, syringes and EpiPens). Tell others and please volunteer; we are looking for approximately 80 volunteers to join us that day.

All medications are guarded and transported by the **Howard County Police and the Drug Enforcement Administration**.

For more information, go to <http://www.hcdrugfree.org/drug-take-back-day-1> or contact Admin@hcdrugfree.org or call 443-325-0040.

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## Need Help Fast? Dial 2-1-1, Press 1

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

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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 or 443-325-0040.

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## HC DrugFree Educational Materials Available In Multiple Languages

Be sure to safely store or properly dispose of your medication this summer. Storage boxes available for pick up in HC DrugFree's office and our next drive-thru medication and sharps collection is scheduled for Saturday, October 26 from 10 a.m. to 2 p.m. Please contact our staff to arrange a time to pick up a box and let us know what other resources you need.



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:

**HCDrugFree**  
Empowering the Community

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





For more information, contact  
Joan Webb Scornaienchi, Executive Director  
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Info@hcdrugfree.org  
[www.hcdrugfree.org](http://www.hcdrugfree.org)

Donate



Celebrating  
50 years

