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

## Howard County Executive Ball Proclaimed:

### ***Drug-Free Pain Management Month in Howard County***

Howard County Executive Calvin Ball proclaimed September as Drug-Free Pain Management Month in Howard County. The proclamation was presented on September 12 by Angela Cabellon, Howard County Government's Chief Innovation Officer and Deputy Chief Administrative Officer, to Joan Webb Scornaienchi, the Executive Director of HC DrugFree, and Dr. Brian Morrison, owner of Morrison Chiropractic, P.A.



The "MC After Hours" educational event was held at Morrison Chiropractic's office in Ellicott City. Dr. Morrison shared about pain science and healthy pain management options. He wants you to know, "Our understanding of chronic pain has changed dramatically in recent years. Most people can manage pain better with a variety of conservative modalities like chiropractic, physical therapy, acupuncture, exercise and learning about the science behind their pain than by taking medication."

**2017: More than 191 million opioid prescriptions were dispensed in the U.S.**

**75-80% of heroin users reported using prescription opioids prior to heroin.**

HC DrugFree and Morrison Chiropractic encourage you to learn more about drug-free alternatives, especially opioid-free alternatives, to pain management and as always, we urge you to educate yourself and talk with your doctors and pharmacists.

[Click here](#) to view the proclamation. Pictured above: Ms. Scornaienchi, Dr. Morrison, Ms. Cabellon and Ms. Vanessa Bergolios from Morrison Chiropractic.

Thank you, County Executive Ball for standing with HC DrugFree, Morrison Chiropractic and all our partners as we work to address the opioid epidemic impacting individuals, families and businesses in Howard County. Thank you, Ms. Cabellon for presenting the proclamation.

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## Governor Hogan Issued A Citation To HC DrugFree

Last week, Maryland's Governor Larry Hogan issued a citation to HC DrugFree:

*Be it Known: That on behalf of the citizens of this State, in recognition of a special tribute to express great admiration and appreciation for the work being done by HC DrugFree, to promote September 2019 as Drug-Free Pain Management Month by delivering an important message - stay safe from drugs; and as our citizens join in offering our great respect and admiration for your commitment to the health and well-being of our citizens, we are pleased to confer upon you this Governor's Citation.*

[Click here](#) to view the citation.

HC DrugFree's team thanks Governor Hogan, Lt. Governor Boyd Rutherford, and Secretary of State John Wobensmith for signing the citation and acknowledging the work of HC DrugFree and our partners.

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## Bonnie Branch Middle School and Howard High School Are Ready



HC DrugFree is so impressed and grateful to Bonnie Branch Middle School PTA and Howard High School PTSA for having banners made to show their commitment to proudly stand with HC DrugFree at our drive-thru medication and sharps collections as well as throughout the year as we work together within each school community.

Thank you to the principals and staff at both schools, the PTSA/PTA officers, and a special shout out to **Gina McGuinness** serving as a parent volunteer and an amazing HC DrugFree Representative at both schools. One volunteer can make a huge difference in the lives of not just his or her own children, but throughout the community.



If your school, PTAs/PTSAs, or other groups/organizations want to be more involved with HC DrugFree, please let us. Community service hours are available at all of our events.

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### **Thank You To All Our PTA/PTSA, Teen And Adult Partners/Volunteers**

HC DrugFree asked for your help and once again, you responded. Together, we educated parents in the Howard County middle and high school communities during back-to-school events. Thank you for your time, energy and commitment to keeping our children and families safe. It takes a village to raise, educate, and protect our children.

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### **Cocaine Is Making A Comeback In Maryland**

Today, The Baltimore Sun and other area news agencies reported that cocaine is making a comeback in Maryland. Cocaine is a stimulant so it causes intense happiness and energy, but also irritability and aggression. Sadly, cocaine, heroin, marijuana and other drugs are mixed with fentanyl for what can be deadly results.

The Maryland Department of Health reported nearly 900 cocaine-related deaths in 2018. In the first quarter of 2019, cocaine has been involved in 186 deaths in Maryland.

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### **Options For Pain After Wisdom Tooth Removal**

When HC DrugFree conducted youth focus groups in Howard County, we heard again and again how routine procedures such as the removal of wisdom teeth started teens down a path that quickly spiraled out of control. Nearly 5 million Americans choose to have their wisdom teeth removed each year and most of those are between 17-21 years old. For many youth, this is their first exposure to an opioid and puts them in danger of continued use.

According to CBS This Morning, as a result of the American Dental Association updating its guidelines advising against prescribing opioids, dentists wrote almost half a million fewer prescriptions in 2017 compared to five years earlier. However, that still amounted to a staggering **18.1 million prescriptions** - and some families are living with the devastating consequences.

Parents are encouraged to talk with dental surgeons about non-opioid pain medications such as Acetaminophen and Ibuprofen and other options recommended by the American Dental Association.

[Click here](#) to watch the update and read more.

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### **Dangerous Drug Disguised As Xanax And Other Drugs Is On the Streets**

Fentanyl, a painkiller 100 times more powerful than morphine, is being disguised as other drugs. This is resulting in an increase in fatal overdoses. Fentanyl is not new, but the illegally manufactured synthetic form is now being sold to unaware drug users under different names such as Xanax and Norco. Even a tiny amount of this drug can be deadly as it is fast-acting, strong, and highly addictive.

Fentanyl is killing people in Howard County and can be absorbed through the skin. Well-meaning friends, family, and first responders must be careful when assisting during an overdose or they too can overdose and die.

To view a photo that compares the real Xanax to a fake pill, or to read more details, [click here](#).

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### **Looking For Articles About The Dangers Of Vaping, Drug Use, Mental Health And More?**

HC DrugFree's Facebook page and archived newsletters have many articles about the deaths and lung damage caused by vaping, how drug use and misuse impacts all of us, what you should know about mental health and lowering stress, suicide and how to get help, and much more.

**Be sure to Like and Follow HC DrugFree.** Click on our Facebook and Twitter links at the top of this newsletter.

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### **Register Your High School Student (Or Volunteer To Work With Our Teens)**

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 (The Columbia Association's 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 RSVP for each meeting**. Forms can be found on the TAC page at <http://www.hcdrugfree.org/teen-advisory-council-1/>. Refreshments provided.

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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### **Tuesday (September 17): Adult Only Program**

This program is for Adults Only and is not expected to be repeated this school year.

Long Reach High School and HC DrugFree are pleased 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.

Keeping you In the KNOW...

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### **Adult Volunteers Wanted: Positions Currently Available**

HC DrugFree would appreciate your help with a few upcoming projects/events. If you have even one hour to spare, please [click here](#) to access our adult volunteer application. Must be 18 years old or older. Background checks required for some positions.

Current needs:

1. **Office Assistant:** Must be able to type and have good/excellent computer skills. Based on skills and project needs, some/most of this work might be able to be done from home or in our office.
2. **Driver:** Must be able to drive to a few locations in Howard County to conduct quick surveys or deliver fliers. No heavy lifting.
3. **Outreach Assistant:** Do you enjoy social media and are you creative? Do you like talking to people 1-on-1 and want to assist at our table/booth at community events/fairs? Do you have experience creating fliers, writing (i.e., blogs, other), or marketing/planning events or programs? If any (not necessarily "all") of this is true for you, let us know your experiences, skills, and/or interests.
4. **Fundraiser:** If you want to help raise money, increase/enhance partnerships, or find new sponsors to help replace reduced grant funding, please let us know.
5. **Medication/Sharps Collection Volunteers:** Help at our drive-thru medication and sharps collections held twice a year. These events are always on Saturdays and from 10 a.m. to 2 p.m. in the Wilde Lake Village Center parking lot. Next event: Saturday, October 26.

Position(s) must be specified and all applications must be sent to our **[hcdrugfree@hcdrugfree.org](mailto:hcdrugfree@hcdrugfree.org)** email account. We apologize for any inconvenience, but sending the application to other HC DrugFree email accounts will delay or prevent a response.

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### **Remove Unwanted/Expired Medication From Our Community**

HC DrugFree and 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. For more information, go to <http://www.hcdrugfree.org/drug-take-back-day-1> or contact [Admin@hcdrugfree.org](mailto:Admin@hcdrugfree.org) or call 443-325-0040.

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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.

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