

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

Howard County Overdoses Last Week: 1 Fatal and 8 Non-Fatal

(March 9, 2020) The Howard County Police Department and Howard County Department of Fire and Rescue Services responded to one suspected overdose death and eight non-fatal overdoses in the past week. These overdoses occurred in Columbia, ElkrIDGE, Ellicott City, Jessup, Laurel and Sykesville.

2020 Year-To-Date Overdoses: Fatal: 7 (3 opioid-related*) and Non-Fatal: 35
*Opioid-related confirmed though autopsy. Some overdose deaths are still 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 walk into Grassroots for screening & referral assistance, 6700 Freetown Road, Columbia.



Our Team Thanks Dunloggin Middle School

HC DrugFree's team presented the final of 15 Life Skills classes held at Dunloggin Middle School. During the final classes, students applied the skills they have learned in order to discuss handling difficult situations and resolving conflicts. Pictured: Executive Director Joan Webb Scornaienchi, Teen Advisory Council member Julia Mamo, college student/staff Ashley Rothermel, Teen Advisory Council member Craig Johnson, and adult volunteer Cindy Coburn.

HC DrugFreee thanks the Dunloggin Middle School staff, Assistant Principal Ms. Debra O'Byrne, and the PTA, for partnering with HC DrugFree, and the Howard County Health Department for funding this project.

We thank the parents who registered their children and the enthusiastic and energetic students returning class after class to work with our team.

This middle school program uses developmentally appropriate, collaborative learning strategies to help students achieve competency in the skills that have been shown to help students resist substance use (tobacco, alcohol and other

drugs), violence, and other high-risk behaviors.

Our next Life Skills class will be held at Bonnie Branch Middle School.

TAC RSVP: F&RS and Police Will Speak to Teens

Staff from both the Howard County Department of Fire and Rescue Services and the Police Department will be at HC DrugFree's March 16 **Teen Advisory Council** meeting to discuss the signs and symptoms of an opioid overdose, how to administer Narcan and real-life situations.

All Howard County high school students are welcome to attend, but they must RSVP. HC DrugFree's next TAC meeting will be held on **Monday, March 16** 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.

Must RSVP to Admin@hcdrugfree.org for each meeting. TAC follows the HCPSS school cancellation policies. Visit the TAC page at <https://hcdrugfree.org/teen-advisory-council/> to find registration forms.

Teaching Children to Reverse Overdoses

In rural Carter County, Tenn., health officials are teaching children as young as 6 to administer Narcan, a nasal spray that can stop an opioid overdose from being fatal. This training is also allowing educators to focus on destigmatizing drug use. [Click here](#) to read more about this initiative.

Registration Closed! Howard County Parenting Classes

The parenting class registration is closed!

Thank you for the overwhelming interest in the parenting classes being offered by HC DrugFree and the State's Attorney's Office. Future classes are not scheduled at this time. More information will be shared during the summer for fall 2020 classes.

Children As Young As 9 and 10 Think About Killing Themselves

Suicide among young people has reached a 30-year high, according to data from the Centers for Disease Control and Prevention. Suicide rates for teens ages 15 to 19 jumped by 76 percent from 2007 to 2017. Suicide rates for younger adolescents, ages 10 to 14, nearly tripled during that time. The CDC has found 10 to 15 percent of middle and high school students consider killing themselves at some point. [Click here](#) to read more about misconceptions regarding younger students and suicide.

Registration Open for Bonnie Branch MS Students Only

HC DrugFree's next middle school Life Skills Classes will be held at Bonnie Branch Middle School (BBMS) immediately following school on Tuesdays and Thursdays. If your child attends BBMS and you want to register them for these

15 classes, please contact HC DrugFree. Free. Classes begin Tuesday, March 17.

Thank you to the BBMS team: Dr. Andrew Cockley, school staff, PTA, and BBMS/HC DrugFree Rep Gina McGuinness for making this partnership such a success throughout the years.

Save The Date! Senior Week: Staying Safe in Ocean City

The two 2020 Senior Week: Staying Safe in Ocean City programs will be held on Monday, March 30 at Atholton High School and Monday, April 27 at Howard High School. Free. Open to the public. Both programs will be at 7:00 p.m. in the school auditorium. This program is for students and parents/adults. More information and a flier will be shared in future updates.

Save The Date! Drive-Thru Medication and Sharps Collection

The next drive-thru medication and sharps (needles, syringes and EpiPens) collection will be held on Saturday, April 25 from 10 a.m. to 2 p.m. in the Wilde Lake Village Center parking lot. Bring all unwanted and expired over-the-counter and prescription medication. Free. Open to the public. No need to get out of your vehicle. More information and a flier will be shared in future updates. Medication will be guarded and transported by the Howard County Police and the Drug Enforcement Administration.

Howard County Mental Health Services

Searching for mental health or substance use services in Howard County but don't know where to start? The Behavioral Health Navigator can help link you to services, refer you to treatment and follow up to make sure you received the assistance you need. Call 410-313-6202 or visit www.hchealth.org/gethelp for more information. [Click here](#) to view a printable PDF with information about Howard County Health Department services.

Don't Bet on It

March is Gambling Awareness Month. It's important to be aware of the risks of gambling and seek help if it gets out of control. The Maryland Center of Excellence on Problem Gambling promotes healthy and informed choices regarding gambling and problem gambling. For more information, visit <http://www.mdproblemgambling.com/> or call the 24-hour helpline at 1-800-522-4700.

Impact of Chiropractic Care on Use of Prescription Opioids

Patients with spinal pain who saw a chiropractor had half the risk of filling an opioid prescription. Among those who saw a chiropractor within 30 days of diagnosis, the reduction in risk was greater as compared with those with their first visit after the acute phase. [Click here](#) to read more about the study.

Opioid Overdose Response (Narcan) Training

If you reside, work or attend school in Howard County, Opioid Overdose Response (Narcan) Training is available to you on a drop-in basis twice a month at the Howard County Health Department. For questions or more information contact orpreponse@howardcountymd.gov or call 410-313-6202.

Howard County Offers Help to Stop Smoking Cigarettes or Vaping

Free! The Howard County Health Department's Tobacco Use Prevention and Cessation Program offers an evidence-based smoking cessation program modeled after the American Lung Association's Freedom From Smoking Curriculum.

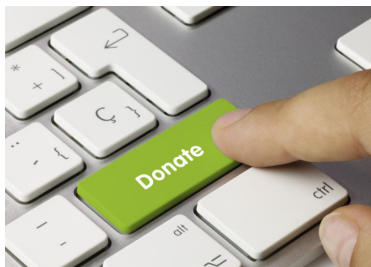
Program Goals

- Preventing initiation among youth/young adults from using tobacco/nicotine-related products
- Providing resources to promote quitting among adults and youth
- Eliminating exposure to secondhand smoke
- Identifying and eliminating tobacco-related disparities

Free Quit Smoking Help

- Weekly individual and group sessions are offered
- Help with developing a quit plan, reducing stress, cravings, and withdrawal symptoms
- Nicotine replacement patches, gum, lozenges, and Chantix offered to those attending classes
- Physician evaluation to determine the best method to help quit.

To Register, call 410-313-6265.



Support Howard County Youth and Families in 2020 by Helping to Provide Drug/Alcohol Prevention and Education

Thank you for donating to HC DrugFree, so we can continue to educate youth and adults and serve the community. [Click here](#) to make your donation.



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