

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



Serving the Howard County Community

In 1995, staff at a local high school organized to respond to youth drug and alcohol use and other challenges in their community. That initiative expanded to more schools, and in 2004, a nonprofit named HC DrugFree was created to address the increasing needs throughout the County. In partnership with the schools, PTAs/PTSAs, local government and many other individuals and organizations, HC DrugFree has been serving the Howard County community ever since.

Today is Giving Tuesday, so please [click here](#) to donate to HC DrugFree. With your support, we will serve the Howard County community for many more years.

Drive-Thru Medication and Sharps Collection

HC DrugFree's drive-thru prescription and over-the-counter medication and sharps (needles, syringes and EpiPens) collection will be rescheduled as soon as the Drug Enforcement Administration (DEA) releases a new date. Thank you for all your calls and emails. Our team looks forward to seeing you soon.

Again, Please Just DON'T...

You heard it from us first. As HC DrugFree reported weeks ago (and before the latest media frenzy), please do not drink bleach to try to get rid of or prevent COVID-19. Even the maker of Lysol, a household disinfectant, issued a warning to NOT inject or ingest their products. When in doubt, talk with your doctor, pharmacist, or call a poison control hotline. [Click here](#) to read more.

Tell Young People: Avoid Drug-Laced Food

Many adults have told their loved ones to watch out for spiked drinks at parties, but they never warn children, teens and young adults about possible drugs in

food - sadly, even food legally purchased and nicely packaged. Our children hear what we say and not always what we mean. Be clear.

Don't Share Your Medication

Keep track of your legally prescribed controlled substances. Count your pills. Always know how many pills you should have so you know when to take action if any go missing. With controlled substances, sharing is NOT caring. You could put your loved ones at risk, and unintentionally contribute to medication misuse, drug addiction, or a fatal overdose.

Do You Know the Warning Signs in Your Own Home?

Ever wonder why the same unopened can of soda or potato chips has been sitting on your loved one's desk or dresser for weeks? [Click here](#) to read more.

Teens, Vaping and COVID-19

Here's what we do know:

- Vaping (and smoking) can cause damage to a person's lungs. Those activities can also affect a person's immune system.
- People with lung issues are more hurt by COVID-19 symptoms than healthy people.

[Click here](#) to read more.

It's All about Our Kids' Mental Health

The Children's Mental Health Matters Campaign brings together non-profits, schools, and other agencies with the following goals: raising public awareness of the importance of children's mental health and substance use, helping reduce the stigma of mental health, and connecting families, educators and providers throughout Maryland with resources to help children. [Click here](#) to learn more.

U.S. Alcohol-Related Deaths Doubled

Nearly 73,000 people died in the U.S because of liver disease and other alcohol-related illnesses. [Click here](#) to read more.

Your Giving Tuesday Donation Is Appreciated

[Click here](#) to donate to HC DrugFree, so we can continue to educate youth and adults and serve our community. Thank you!!!

RESOURCES BELOW

Need to Talk to Someone? Call 2-1-1, Press 1

Problems with depression? Anxiety? Thoughts of suicide? Drugs or Alcohol? Call Maryland's helpline: Call 211, press 1 or text your zip code to 898-211 (TXT-211).

Howard County COVID-19 Updates

For Howard County Government and Health Department updates, go to www.howardcountymd.gov/Departments/Health/MM-Alerts-and-Recalls

Senior Call Check Program

Maryland is the first state in the country to start a free, opt-in, telephonic service to check on Maryland's residents 65+, all across the state. Call 1-866-50-CHECK (1-866-502-0560) to register. [Click here](#) for more information.

Howard County Mental Health Services

The Behavioral Health Navigator can help link you to mental health or substance use services, refer you to treatment, and follow up to make sure you received the assistance you need. Visit www.hchealth.org/gethelp or call 410-313-6202 for more information. [Click here](#) to view or print Howard County Health Department services.

AA Meetings Online

Want to participate in an Alcoholics Anonymous meeting without leaving your home? Go to www.aa-intergroup.org for a directory of virtual meetings in different time zones, which are conducted by phone, email, video conference and 24-hour-a-day chat rooms.

Gambling with Your Future

Call, text or chat 1-800-GAMBLER for free confidential, compassionate help with gambling problems.

Resource Directories for Youth and Adults

Howard County has resource directories available to help you find treatment providers and other services. [Click here](#) for health services and [click here](#) for youth services.





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
www.hcdrugfree.org

Donate

