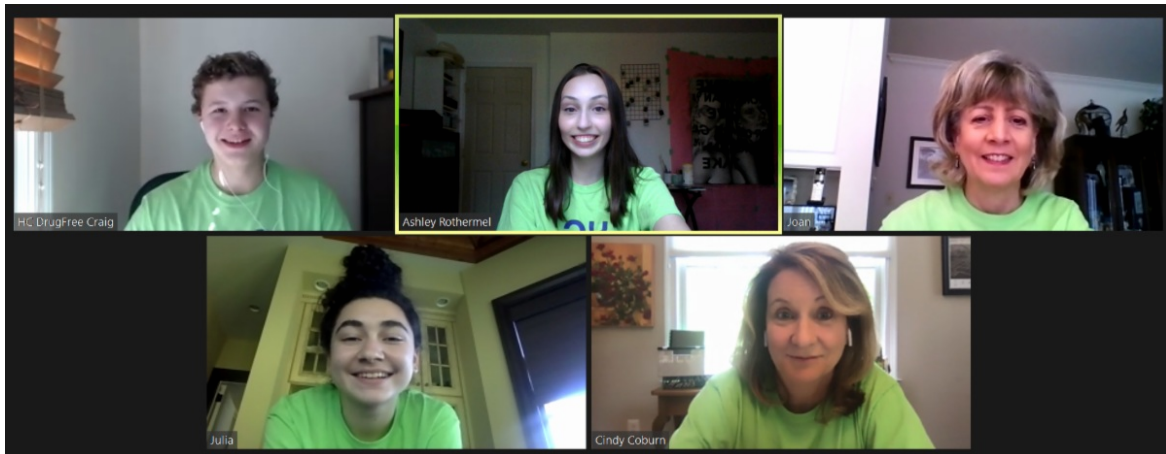


**HC DrugFree is keeping Howard County
In the KNOW!!!**



Life Skills for Middle School Students

HC DrugFree has completed 10 Life Skills Classes for Bonnie Branch Middle School students in an online format. Recently, students learned about how advertisers target them, how using drugs could impact their lives, and how to make good decisions that will help them achieve their goals.



They also discussed how even though superheroes can get away with violence, there are always consequences for people's actions in real life.

Pictured in HC DrugFree shirts: Teen Advisory Council member Craig Johnson, college student/staff Ashley Rothermel, Executive Director Joan Webb Scornaienchi, Teen Advisory Council member Julia Mamo, and adult volunteer Cindy Coburn.

A very special thank you to the **Howard County Health Department** for supporting this project for 2 years. Also, thank you to the **Howard County Government** (Community Services Partnership Grant), **The Horizon Foundation**, **the Community Foundation of Howard County**, businesses, community members, and many others for your support.

KNOW the Rules of the Road

June marks the start of the #100deadliestdays for teen drivers.

KNOW the 6 rules of the road to save yourself and others.

Talk with your child about the rules today:

- No cell phones while driving
- No speeding
- No drowsy driving
- No passengers
- No alcohol
- Always buckle up



Thank You: Mark Donovan and HCC's Dragon Digital Radio

HC DrugFree thanks our partner, Mark Donovan, the owner of Congruent Counseling and Integrative Counseling located in Columbia for representing HC DrugFree on a recent podcast. Mark appeared on the Howard Community College's Dragon Digital Radio podcast to discuss substance use during COVID-19 and local resources available. [Click here](#) to access the interview.

KNOW What You Eat

What do you know about edible marijuana? [Click here](#) to take a short quiz.

KNOW You Are Not Alone

1 in 5 adults experience mental health illness each year in the United States.

1 in 6 youth age 6-17 experience a mental health disorder each year in the United States.

Taking Care of Your Health

The Substance Abuse and Mental Health Services Administration (SAMHSA) published "Taking Care of Your Behavioral Health" during this pandemic. [Click here](#) to read or print.

Howard County Youth Risk Behavior

The Maryland Department of Health (MDH) and the State Epidemiological Outcomes Workgroup (SEOW) have created a jurisdiction specific profile using the 2018 Youth Risk Behavior Survey (YRBS). The profile builds on the reports published by the MDH in order to illustrate substance use and mental health among high school cannabis users. [Click here](#) to view the profile and read more.

Coronavirus is a Prescription for More Opioid Use

More than 2 million Americans are fighting to stay alive in the midst of the opioid epidemic, and the very things they need to do to stave off the coronavirus may make their illness worse. [Click here](#) to read about how the pandemic is impacting opioid deaths and watch a video about how addiction affects the brain.

COVID-19 and Child Suicide

The father of a 12-year-old boy who recently committed suicide is encouraging other parents to talk to their children about how they're feeling during social isolation. [Click here](#) to read about his story and why COVID-19 is a risk to mental health for all of us.

Your Family's Drug Dealer

Be sure to safely store or properly dispose of your prescription and over-the-counter medication. Don't be your family's drug dealer.

Want Howard County to be In the KNOW?

As we approach our fiscal year end, please donate to HC DrugFree today, so we can continue to educate youth and adults and serve our community. [Click here](#) to make your donation.

RESOURCES BELOW

Howard County COVID-19 Updates

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

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 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.





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