

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

Share Your Story

In observance of National Recovery Month in September, we invite you to share your personal journey of recovery or your thoughts about a loved one's recovery. Sharing stories is a way to strengthen our community and dispel stigma, as well as give others support and hope. Stories may be shared in HC DrugFree's newsletters and/or website. Please email your story as soon as possible to Admin@hcdrugfree.org or mail it to our office. Feel free to submit more than one story.

Postponed Until September

New date to be announced in September: HC DrugFree's Teen Advisory Council (TAC) and community members will learn more about security clearances from the Federal Bureau of Investigation (FBI). A former TAC member will share about his experience receiving his first security clearance just a few weeks ago.

The agent will stress the importance of not having your future self be mad at your younger self for what you can't go back in time to change. HC DrugFree works to empower our youth to remain drug/alcohol free and understand the consequences of their many teen decisions. Our Howard County youth work hard and put a lot of pressure on themselves to fulfill their dreams, and their dreams may require a security clearance.

Also, please encourage high school and middle school students to submit their 2020-21 TAC registration forms now so they receive our program and event updates for youth. TAC registration information below.

Teen Advisory Council Registration Forms

Howard County high school students may [click here](#) to access the 2020-21 school year Teen Advisory Council (TAC) registration form (see #2). Signed forms are due each year. Open to all Howard County high school students. Community service hours available.

Email a signed PDF to admin@hcdrugfree.org or mail a hard copy to HC DrugFree, 5305 Village Center Drive, Suite 206, Wilde Lake Village Center, Columbia, MD 21044. Be sure to include a photo.

Building Resiliency in Howard County

HC DrugFree has completed all 15 summer Life Skills classes for Howard County youth in grades 6-8.

While having fun in a safe environment, this highly interactive skills-based program is designed to promote positive health and personal development. The integrated approach helps to develop personal, interpersonal, and drug resistance skills.

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.

Some members of HC DrugFree's summer team are pictured below:



What did students say about these classes?

- "I enjoyed being taught by a youth team because they're closer in age and may understand things better. They also don't sugar coat things."
- "The classes were very interactive and taught me useful information."
- "I felt really comfortable sharing personal things, and enjoyed the talks we had."
- "I learned a lot about how people deal with issues and how I can deal with these issues too."
- "I learned what to expect in middle school and how to handle certain situations I might come across."
- "I really liked having the guest speaker share their stories. It has helped me put these strategies in real life."

As soon as we schedule a date for our next series of Life Skills classes for Howard County middle school students, we will be sure to advertise in this newsletter.

CPR Training and Life-Saving Info Below

HC DrugFree's Teen Advisory Council (TAC) thanks Erin McNamara from the

Howard County Department of Fire and Rescue Services for conducting an online Cardiopulmonary Resuscitation (CPR) training and the more than 50 individuals who attended.

Two TAC members submitted blog posts describing what they learned from the training:

"Before attending this HC DrugFree event provided by the Howard County Department of Fire and Rescue Services, I spent little time informing myself on the necessity of CPR. I would learn about CPR in school, but the details are hard to remember as the last time being taught it was around 3 years ago. This particular TAC meeting boosted my confidence that I can perform CPR in the future successfully.

From the general information about the difference from a cardiac arrest and a heart attack, all the way to specific knowledge about the different placements of AED on different age groups, I am certain that if given the opportunity to perform CPR on an individual, this class provided me with the correct and significant instructions to do so. I would highly advise teens and adults to learn CPR as it can be crucial in saving one's life."

"I was so grateful that HC DrugFree publicized this CPR Training. Ever since school moved online in the spring I have been seeking chances to learn important skills. After learning the proper way to perform CPR and the Heimlich maneuver on both adults and children I feel ready to respond to an emergency. These skills could help me save a life. I had no idea how important it is to convey specific instructions to a 911 dispatcher. I also didn't realize how crucial AED machines are when helping someone that has suffered a cardiac arrest."

To view printable PDFs of the slides from the Howard County Department of Fire and Rescue Services's presentation, click on each of the links below.

[Cardiac Arrest](#)

[Barriers to Performing CPR](#)

[Causes of Cardiac Arrest](#)

[Adult CPR](#)

[Adult AED](#)

[Adult Choking](#)

[Child CPR](#)

[Child AED](#)

[Child Choking](#)

[Infant CPR](#)

[Infant Choking](#)

[Contact Fire & Rescue Services](#)

[Pulse Point App](#)

Tentative Save the Date: Drive-thru Medication and Sharps Collection

The Drug Enforcement Administration (DEA) has announced that it plans to move forward with a national Drug Take Back Day on Saturday, October 24 between 10 a.m. and 2 p.m. However, at this time, HC DrugFree's October 24 drive-thru prescription and over-the-counter medication and sharps (needles, syringes and EpiPens) collection is "tentative" until we receive COVID-19 guidance and confirm with our partners. More information will be shared as soon as possible.

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).



For more information, contact
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