

"Anyone who does anything to help a child in his life is a hero to me."

Fred Rogers



## Our Young Heroes Say "KNOW" to Risky Behaviors

Wow! Time flew while we were having fun.

On May 5, HC DrugFree's dedicated and caring team (pictured above) taught the final spring 2021 Life Skills class designed for students ages 9-14. The evidence-based curriculum helps youth avoid risky behaviors and develop personal, interpersonal, and drug resistance skills.

We had **48** students or instructional team members on Zoom for the 1st class in January and **46** at our 15th and final class. **Several students attended all 15 classes.**

Last week, a previous Life Skills student asked when he can join our teaching team because he doesn't want to wait until he gets into high school. *We can't think of a nicer compliment...*

*...except maybe from the student who said after 15 weeks together, we became her family.*

Thank you to the parents, the young students, and our instructional team for being part of the HC DrugFree family.

Information about future Life Skills classes will be advertised in our newsletter and on our website.

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## **Nearly 50 Parents and Children Attended Parenting Classes**

This week, nearly 50 Howard County parents and children attended our Parenting Class to learn and practice Refusal Skills.

HC DrugFree is partnering with the Howard County State's Attorney's Office, Howard County Health Department, and Howard County Public School System to offer this final 4-class parenting series for the 2020-21 school year. Refusal Skills, Protective Factors, and much more are being learned to keep youth from engaging in risky behaviors including using drugs and alcohol.

Registration for this series is CLOSED. Information about future Parenting Classes will be advertised in our newsletter and on our website.

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## **My Boys Never Fit the Profile of a Drug User**

Could a drug user be the high school quarterback with straight A's? Knowing if your teen or a loved one is addicted may be far more difficult than you think. Your children may not experience failing grades, loss of friends, or decline in appearance, but they may need you to see other signs and quickly intervene.

Talk to your kids about drugs, alcohol and other risky behavior from an early age and keep talking through college years. Having "the talk" one time is not enough. Parenting is a long slow process, so "the talk" needs to be at every opportunity. Don't have many opportunities? Create them when riding in the car together or when alone with your children.

[Read more.](#)

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## **Podcast: Obama's Drug Czar Michael Botticelli**

In this episode of The Heart of the Matter with Elizabeth Vargas, Michael Botticelli, the first person in recovery from addiction to serve as the Director of the Office of National Drug Control Policy, discusses his own recovery, his experiences facing stigma, and how stigma and racism have impacted the way George Floyd and rapper DMX have been perceived in death.

[Listen to the podcast.](#)

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## **Teenagers Struggling: It's Not Just Lockdown**

The changes caused by the pandemic have taken a toll on the mental health of many people, none more so than teenagers. This comes in addition to a previously existing mental health crisis among adolescents. According to psychologists who study adolescents, it is not the social isolation but the pressure to excel in multiple academic and extracurricular pursuits that is taking the biggest toll on teenagers' mental health.

[Read more.](#)

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## Lives Turned Around

It is estimated that 1.6 million people in the U.S. including children as young as 12 have an opioid use disorder (OUD). Learn why and how this can happen to children from four people who turned their lives around.

[Read more.](#)

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## In Case You Missed It: Enjoy Our "Take Back" Video

Enjoy HC DrugFree's [commemorative video](#) for our drive-thru medication and sharps collection held on April 24. A total of 1,494.5 lbs. of medication & 36 bins of sharps were collected in 4 hours.



**Be Part of Our Team**



Educational resources, ads in local papers, t-shirts, signs, etc., cost \$\$\$.  
Please support our work by donating today. [We appreciate any donation!](#)



## Follow Us on Social Media

If you like the information in our newsletter, you'll love the content we're posting on Facebook. [Please LIKE our page here.](#)

A little birdie told us that you wanted to stay informed, and fortunately that's what our Twitter feed is all about. [Follow us on Twitter](#) for more important news and updates!



## Do You Want Your Friends to Receive Our Updates?

Friends keep friends informed, so forward this newsletter or send others to [this link.](#)

Newsletter Sign Up

## Self-Care Tips of The Day!

Today, remember to do at least one of these:

- Take your medication as directed by your doctor.
- Drink less. Limit alcohol.
- Drink more. Get plenty of water.
- Get up and move throughout the day. Stretch, march in place, or wander over to the window to look out at nature during a phone call.
- Breathe slowly and deeply.

Events

# Teen Advisory Council Final Meeting - May 17

HC DrugFree's final school year 2020-21 Teen Advisory Council (TAC) meeting is scheduled for Monday, May 17 from 5:30 p.m. to 7:00 p.m.

[Click here to register.](#) Must register to receive the Zoom link.

## Virtual Overdose Response Training

Learn how to save a life after an overdose. Free Narcan kits are available to attendees. Must pre-registration with the Howard County Health Department.

### Upcoming training dates:

Tuesday, May 18 at 6:00 p.m.

Thursday, May 27 at 3:00 p.m.

Tuesday, June 1 at 3:00 p.m.

[Register here.](#)



**This spray can save a life**

And so can you.

Learn how you can save someone's life from an opioid overdose with Narcan®.

Be a hero. Learn to use Narcan®.

For more information or to sign up for a free virtual training and receive a Narcan® kit:  
Visit: [howardcountymd.gov/overdose](http://howardcountymd.gov/overdose)  
Email: [opresponse@howardcountymd.gov](mailto:opresponse@howardcountymd.gov)  
Call: 410.313.6202

Join us for a free virtual training on the first Tuesday and last Thursday of the month at 3pm. Please contact us to pre-register.

HOWARD COUNTY HEALTH DEPARTMENT  
Approved by the Maryland Department of Health and Mental Hygiene

## Howard County Drug & Alcohol Family Forum - May 20

Please join HC DrugFree and our partners for another Family Forum. This virtual event is scheduled for Thursday, May 20 at 7:00 p.m. Hear from local organizations about prevention, treatment options, and how to get support for your loved one and yourself.

[Learn more & register here.](#)  
[Download flier.](#)



**Howard County**  
**Drug & Alcohol Family Forum**

If you care about someone with a drug or alcohol issue, it can be hard to know where to turn for help. Come to this virtual family forum and hear from local organizations about available treatment options, prevention, and how to get support for your loved one and yourself.

\* **When Someone You Love is Using Drugs or Alcohol: Where to Get Help**

**Thursday, May 20 at 7:00 PM**  
**Register at:** <https://bit.ly/3f8cNNd>

The Howard County Opioid Crisis Community Council provides community stakeholders a voice in finding a solution to the opioid crisis. The Council identifies gaps and resources, assesses communication efforts, and recommends effective prevention and treatment.

Maryland Coalition of Families is a statewide non-profit funded by regional and state grants. Our call-use their lived experience to provide family peer support to anyone who has a loved one with substance use and other behavioral issues, at no charge to families. MCF also advocates to improve systems that impact people with behavioral health challenges. For more information, go to [www.mcofamilies.org](http://www.mcofamilies.org) or call 410-730-8267.

HC DrugFree provides education on prevention, treatment, recovery, and health and wellness to help Howard County residents develop knowledge and skills to understand and address behavioral health (substance use and mental health) disorders. For more information, go to [www.hcdrugfree.org](http://www.hcdrugfree.org) or call 410-325-0040.

Congruent Counseling Services (CCS) and Integrative Counseling (IC) provide mental health and substance use disorder treatment through six locations in Maryland. Services are currently provided via telehealth for the safety of clients and staff. For more information, go to [www.congruentcounseling.com](http://www.congruentcounseling.com) or call 410-740-8066.

## Additional Resources

### Help for Depression, Suicidal Thoughts or Other Mental Health Issues

If you need help, please contact:

Grassroots Crisis Intervention: 410-531-6677

The Maryland Crisis Hotline: Dial 211 and then choose option 1

The Crisis Text Line: Text 741741 and a trained counselor will respond

The National Suicide Prevention Hotline: 1-800-273-8255

The Howard County Health Department: 410-313-6202

### Emotional Support Human

Provided by [The Horizon Foundation](#): When someone you care about is

hurting, it's natural to want to help them. But, that person might not always tell you something is wrong—and you might be unsure about how to reach out. Sponsored by the Horizon Foundation. [Learn how to be an Emotional Support Human here.](#)

### **Gambling with Your Future**

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

### **Medication Disposal and Storage**

To safely store and dispose of prescription and over-the-counter medication and sharps (needles, syringes and EpiPens), [please visit our website](#) for more information. How and where you keep your medication can make a big difference when it comes to medication safety. Every year, two million people end up in the hospital due to drug-related injuries. This might include medication errors, adverse drug reactions, allergic reactions, or overdoses. Safe and secure storage of your prescription medicine can help avoid accidental injuries.

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For more information, contact

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