



HC DrugFree: Keeping Howard County *in the KNOW!* ...knowledge is power, so just say KNOW

14.67 Million Pounds of Medication Destroyed

While **1,494.5 lbs.** of unwanted and expired medication (not including sharps) were collected at HC DrugFree's drive-thru site on April 24, the Drug Enforcement Administration (DEA) collected **839,543 pounds (419.7 tons)** of medications across the country on that same day.

Once again, families and individuals across Howard County and the U.S. showed their dedication toward preventing addiction and potential overdose by removing prescription pills from their homes.

“DEA’s biannual Take Back Day events are critical to helping reduce overdose deaths and alleviate addiction by safely disposing of prescription medications that sit idle in the home,” said DEA Acting Administrator D. Christopher Evans. “DEA is committed to providing a safe and secure method for the public to ride their homes of potentially dangerous drugs.”

The DEA, along with its partners has now collected **14,670,240 pounds** of medications since the inception of the national prescription Drug Take Back initiative in 2010. HC DrugFree began holding collections in **2012** and only missed in Spring 2020 when the pandemic cancelled the national event.

HC DrugFree's "Take Back" Event Video

Please enjoy HC DrugFree's [commemorative video](#) of our April 24 medication and sharps drive-thru collection.

Again, thank you to the community, our partners...and **our dedicated and caring team!!!**

HC DrugFree
Empowering the Community

Drive-Thru Medication & Sharps Collection April 24, 2021



Stand with Our Team and Support "Take Back" Events!!!



Ads in local papers, educational resources, t-shirts, signs, etc., cost \$\$\$.

Please make your much-appreciated tax deductible gift to HC DrugFree today!



May is Mental Health Awareness Month

HC DrugFree stands with our many partners this month and throughout the year as we work to end stigma, educate the community about mental health, and support individuals and their families. According to the National Alliance on Mental Illness (NAMI):

- 1 in 5 U.S. adults experience mental illness each year, but less than half receive treatment.
- 1 in 6 U.S. youth experience a mental health condition each year, but

only half receive treatment.

- 50% of all lifetime mental illness begins by age 14 and 75% by age 24.
- Suicide is the 2nd leading cause of death among people 10-34.

Remember, **you are not alone** and **help is available**. In Maryland, call 211 and press 1, text 898-211, or visit pressone.211md.org [Read others' stories.](#)

Podcast with Elizabeth Vargas and Steve Madden

This update is provided by Partnership to End Addiction: Before he could start his incredibly popular shoe empire, Steve Madden needed to overcome his own struggles with addiction. Inspired by the principles that guided his recovery – showing up, doing the next thing, acknowledging his mistakes – Madden built a business that became known worldwide.

Throughout his life and career, Madden has recovered, relapsed, and recovered again; gone to prison; and came back. In this Heart of the Matter podcast with host, Elizabeth Vargas, Madden reflects on the arc of his life, coming from a family with a history of substance use disorders, managing ADHD and, most importantly, learning to let go and to grow. [Listen to the episode here.](#)

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Events

Series of 4 Parenting Classes - Began on May 4

HC DrugFree in partnership with the Howard County State's Attorney's Office, Howard County Health Department, and Howard County Public School System will offer our final parenting series for the 2020-21 school year.

Thank you to the 26 parents who registered and we look forward to working with you and your children as you learn Refusal Skills, Protective Factors, and much more to keep your children from engaging in risky behaviors.

Teen Advisory Council Final 2020-21 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 for Zoom meeting.](#)

Virtual Overdose Response Training

Learn how to save a life after an overdose! Free Narcan kits are available to attendees. Pre-registration through the Howard County Health Department is required.

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.](#)



Drug & Alcohol Family Forum - May 20

Please join HC DrugFree and our partners for another Drug and Alcohol 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.](#)



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

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.

For more information, contact

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