

# HC DrugFree

Empowering the Community

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

## September: Suicide Prevention Awareness Month and National Recovery Month



There is hope and there is help. The 2021 National Recovery Month theme is ***Recovery is for Everyone: Every Person, Every Family, Every Community.***

For more information, visit [Maryland's Suicide Prevention Program](#) and [Recovery Month.](#)



## September 10th is World Suicide Prevention Day

The [American Foundation for Suicide Prevention](#) has some great resources for anyone looking to learn more about suicide prevention.

# NEED TO TALK?



*Problems with alcohol or drugs?  
Depression? Anxiety? Thoughts of suicide?*

**CALL MARYLAND'S HELPLINE**

**CALL 211, PRESS 1  or  
TEXT your ZIP code to  
898-211 (TXT-211).**

*For more information, visit [211md.org](http://211md.org).*

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## **Grief, Loss and Trauma Workshops**

September 14, 21, 28 and October 5 at 10 a.m.: This series put on by the Horizon Foundation and their partners will include four 1-hour sessions that frame the losses we have faced – and continue to face – as a grief experience. The discussion will include grief responses and realistic strategies to sustain yourself and support others in the face of grief and exposure to trauma. [Read more and register.](#)

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**"Maybe you think someone doesn't have a lot on their plate compared to you.  
But maybe their plate is smaller than yours and doesn't have a lot of room to begin with.  
Or maybe their plate is paper, and their flimsy paper plate can't hold as much as your sturdy ceramic plate can."**

Source Unknown

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**12 Years! Time Is Flying...**

*Celebrating*

**12**

**Years**

*at*

**HCDrugFree**

Empowering the Community



**Joan Webb Scornaienchi, Executive Director**

**“To know even one life has breathed easier because you have lived - that is to have succeeded.”**

**Ralph Waldo Emerson**

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**Teen Advisory Council Meeting  
Monday, September 27  
5:30 p.m. - 7:00 p.m.**

More information about our virtual Teen Advisory Council (TAC) is below in this newsletter! TAC is open to all Howard County high school students, but they must submit a signed registration and RSVP to get meeting links. To print the registration, go to the top of the TAC page at [hcdrugfree.org/teen-advisory-council](https://hcdrugfree.org/teen-advisory-council)

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**Adults and College Students: Join HC DrugFree's Team**

Thank you if you already applied. We added one highly-skills professional to our team last week and are continuing to look at our needs and your interests and availability.

Are you an adult looking for part-time work or a fulfilling volunteer opportunity? ...or a college student looking for an internship, a volunteer experience, or a job? For fall 2021 and spring 2022, HC DrugFree is looking for 1) adults with flexible schedules and 2) highly-talented, dependable, and mature college students.

[Click here](#) to access the first step of our online application process. If you have questions or want more information, complete the form, provide all your contact information, and we will get back to you after reviewing the applications. Must be able to pass all background checks. Transportation needed for some positions. Thank you.

High school students: Remember, high school students looking for any opportunities at HC DrugFree (community service hours, assisting with

teaching younger students, etc.) must first submit a signed Teen Advisory Council (TAC) registration found at [hcdrugfree.org/teen-advisory-council](https://hcdrugfree.org/teen-advisory-council)

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## **Families Sound Alarm on ‘Fenta-pill’ Epidemic**

As of August 2021, at least 70,000 deaths were caused by synthetic opioid overdoses in just over a year, including thousands of teens and young adults. TODAY’s Natalie Morales talks with families impacted by these overdoses, and shows just how easy it is for people to find pills that may be unknowingly laced with fentanyl. [View the video.](#)

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## **Half of Opioid Prescriptions for Young People Deemed ‘High Risk’**

Nearly half of opioids prescribed to children and young adults—many by dentists and surgeons—have been deemed “high risk” in a study conducted by researchers from Michigan Medicine at the University of Michigan. [Read more.](#)

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## **Country Music Star Tim McGraw: 10 Years Sober**

Tim McGraw credits his wife, Faith Hill, with providing the love and support he needed as he did the hard work to transform his life and remain sober for the past 10 years. [Read more.](#)

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## **Anxiety: Calming Fear After Loss**

While millions of Americans are grieving losses caused by the pandemic, many feel they aren't grieving correctly. The only wrong way is to not grieve. [Read more.](#)

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## Why Is Poor Mental Health A Problem for Youth?

Poor mental health in adolescence is more than feeling blue. It can impact many areas of a teen's life. Youth with poor mental health may struggle with [school and grades](#), decision making, and their health.

Mental health problems in youth often go hand-in-hand with other health and behavioral risks like increased risk of [drug use](#), experiencing violence, and higher risk [sexual behaviors](#) than can lead to HIV, STDs, and unintended pregnancy. Because many health behaviors and habits are established in adolescence that will carry over into adult years, it is very important to help youth develop good mental health.

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## The Science of Addiction

Do you know how addiction works? In this interactive lesson, meet teens who are struggling with prescription opioid misuse and [heroin](#) use and learn the science behind their powerful stories. Operation Prevention presents The Science of Addiction: The Stories of Teens. Explore common misconceptions about opioids through the voices of teens. [Learn more.](#)

**Don't Get Benched for Life!  
Not your meds? Don't take them!**



Please share our [Don't Get Benched for Life...Not your meds? Don't take them!](#) campaign with others working with Howard County youth...sports teams, school groups, scouts, religious groups, friends, community groups, and more! [Download and print any of the 8 campaign ads.](#) Email [Admin@hcdrugfree.org](mailto:Admin@hcdrugfree.org) to request printed posters. This ad campaign features Howard County high school students (except for the little girl in #7).

HC DrugFree and our partners at the Howard County Health Department, the MD Department of Health, and SAMHSA urge you to be sure the youth in your life know the many dangers of sharing medication. To learn more about this campaign featuring Howard County high school students, visit [our website.](#)

**Medication and Sharps Disposal**



Don't know what to do with your  
leftover meds & sharps?

We can help.

**SAVE THE DATE!**

**Medication & Sharps Disposal**

**HCDrugFree**  
Empowering the Community

Saturday, October 23 10 a.m. - 2 p.m.

Wilde Lake Village Center in Columbia

[www.hcdrugfree.org](http://www.hcdrugfree.org)



Safely dispose of:

- Prescription Medication
- Over-the-counter medication
- Sharps (Syringes, Needles, Epi-Pens, etc.)
- Vitamins
- Pet Medication
- ...and more!

Message provided by HC DrugFree & the Howard County Police with funding from Howard County Health Department, MDH & SAMHSA

**Teen Advisory Council**

The first Teen Advisory Council (TAC) meeting of this school year will be held on Monday, September 27 from 5:30 to 7:00 on Zoom. If your teen is looking for a meaningful and fun way to earn community service hours while making our community a better place to live, encourage them to join us!

HC DrugFree's Teen Advisory Council (TAC) may be the perfect opportunity.

TAC is open to all Howard County High School Students! Public School, Private School, and Homeschool students are encouraged to join! To access the 2021-22 school year registration form please [click here](#). Click on the flier to download a printable PDF.

Email your registration as well as a photo to [Admin@hcdrugfree.org](mailto:Admin@hcdrugfree.org) or mail a hard copy our office.

Community service hours available to students, but only if a current 2021-22 TAC registration form is on file with HC DrugFree.



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## Teen Advisory Council

**WHAT IS THE TEEN ADVISORY COUNCIL?**  
HC DrugFree's Teen Advisory Council (TAC) is composed of Howard County high school students who meet monthly during the school year to discuss teen use of alcohol and other drugs and to develop educational messages that promote our vision of a county where teens are drug-free by choice.

**QUICK TIP:** All Howard County high school students (public, private, and home school, etc.) are welcome to participate!

**WHAT DOES TAC DO?**  
In addition to participating in monthly meetings, TAC members volunteer at programs and events throughout the school year, including HC DrugFree's twice a year Medication & Sharps collection event!

**QUICK TIP:** The next Medication & Sharps collection is on Saturday, October 23, 2021 from 10 a.m. to 2 p.m.

**HOW TO REGISTER FOR TAC**  
Visit us at [www.hcdrugfree.org](http://www.hcdrugfree.org) and select the Teen Advisory Council option under Teens/Youth on the menu. Download the registration form, fill it out, and submit via email or mail!

**QUICK TIP:** The next TAC Meeting will be held in September so don't wait, register today!

FOR MORE INFORMATION, EMAIL [ADMIN@HCDRUGFREE.ORG](mailto:ADMIN@HCDRUGFREE.ORG)  
[www.hcdrugfree.org](http://www.hcdrugfree.org)

## Standing Together



[Please make your tax deductible gift to HC DrugFree today!](#)



## Virtual Overdose Response Training

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

**Upcoming training date:**

[September 14, 3 p.m.](#)

[September 30, 3 p.m.](#)

or [Register here.](#)



## Additional Resources

### Get Friends Connected to HC DrugFree

Friends keep friends informed! This newsletter and social media remain the best ways for us to share vital information with you! Please Like & Share our content on social media or forward this newsletter to a friend to help us with our mission of keeping Howard County safe and informed.

Invite a friend to [subscribe to our newsletter.](#)

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

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.

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For more information, contact

Joan Webb Scornaienchi  
Executive Director  
HC DrugFree  
5305 Village Center Drive, Suite 206  
Wilde Lake Village Center  
Columbia, MD 21044  
Admin@hcdrugfree.org  
[www.hcdrugfree.org](http://www.hcdrugfree.org)

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HC DrugFree | Wilde Lake Village Center, 5305 Village Center Drive, Suite 206, Columbia, MD 21044

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