

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

We are what we repeatedly do.
Excellence, then, is not an act, but a habit.

Aristotle

Register Now! Free Parenting Classes

Spring Series 2 Parenting Classes will be held Wednesdays, March 30, April 6, 27, and May 4, 11 from 10:30 a.m. to noon via Zoom. Free to Howard County parents (and grandparents if space allows). [Register here](#). For more information, email Parenting@HCDrugFree.org or visit our [website](#). Funding provided by the Howard County Health Department, MD Department of Health, and SAMHSA.

President Announces Strategy to Address Mental Health Crisis

The Biden Administration has announced a national mental health strategy to strengthen system capacity, connect more Americans to care, and create a continuum of support – transforming the nation’s health and social services infrastructure to address mental health holistically and equitably. [Read more](#).

In-Person Learning Not a Magic Bullet

As the U.S. reaches the second anniversary of the pandemic, a return to in-person learning was not the magic bullet many had hoped it would be for school-age children. The pandemic has resulted in a host of [mental health challenges for many young people](#) who seemed as recently as a year ago to be faring relatively well. [Click here](#) to read and hear the NBC News report.

The Long Shadow of Childhood Trauma

What happens in early childhood impacts the people we become, but what can we do about it? Chaos, exposure to threat, domestic violence, and other forms of abuse or neglect change the biology of the brain, but positive experiences teach us to self-regulate from an early age. [Click here](#) to read more or listen to an interview with Dr. Bruce Perry.

Substance Abuse Prevention

The Council of Elders Community Academy



Saturday, March 12, 2022 • 9–10:30 a.m.

This session will provide information regarding substance abuse prevention and behavioral health within the Howard County community. Representatives from HC Drug Free will provide resources and education on prevention, risk factors, warning signs, and treatment. This session is for families of students at the elementary, middle, or high school level and will be held virtually.



Please register at:
<https://tinyurl.com/7p9dn8f>



Sponsored by:



Join HC DrugFree's team at the Howard County Public School System/The Council of Elders (TCOE) Virtual Community Academy for "Substance Abuse Prevention" on **Saturday, March 12** from 9:00 a.m. to 10:30 a.m.

Participants in this virtual community academy will receive information regarding substance abuse prevention and behavioral health within the Howard County community. Representatives from HC DrugFree will provide resources and education on prevention, risk factors, warning signs, and treatment. [Click here](#) to download and print flyer.

This session is open to parents/guardians of students at all levels and is free to attend. [Register online](#). After registering, participants will receive an email with a link to the session.

Teen Dating Violence and Drug Use

Teen dating violence is more common than many people realize, and drug and alcohol use often make the problem worse. Dating violence is not always physical and may not be obvious. Know the [signs](#) to look for, and if you suspect your teen may be a victim, talk with them. Information to educate teens about dating violence and how to get help is available [here](#).

Adderall Decrease, Marijuana Increase

Adderall, a stimulant medication often prescribed to treat attention deficit hyperactivity disorder, has been misused as a [study drug](#) on college campuses for years. While Adderall has seen a decline in misuse on college campuses since the pandemic, experts remain worried because the consumption of marijuana and alcohol are up. [Click here](#) to read more.

Sharing prescriptions is never a good idea

Opioids are among the most dangerous medications to share. Opioids are prescribed to treat pain, and with prolonged use, the body can develop dependence.



Enter Student Film Festival

Be sure to enter HC DrugFree's HoCo Film Fest video contest category. The deadline for students to submit films is April 18. [Click here](#) to read more about our Public Service Announcement (PSA) category submission requirements or email your questions to Admin@hcdrugfree.org. To submit films, visit the [HoCo Film Fest website](#), and you can also view past films while on that site. We hope to see you at the HoCo Film Fest on Friday, May 6 at 7 p.m. at the Miller Library. Good luck!

Help Is Available

Do You Need To Talk?

Its okay to not be okay.

Remember, there is help and there is help.

Reach out and talk with someone who cares.

**Call Maryland's Helpline
211 then press 1 or txt 898-211**



Denmark Teaches Empathy in Schools

Students in Denmark are taught social and emotional skills, such as empathy, identifying emotions, and how to communicate more effectively. By teaching these skills, Denmark hopes to build a society with little to no crime, corruption, and social problems. [Read more.](#)

Doc on a Mission: Helping Parents Break the Trauma Cycle

Dr. Grant recognized there are not many supports for dads, and that they often aren't comfortable in advocating for their children's health. Most parenting information is geared towards moms, and dads just come along for the ride. His goal is to change that through the podcast series, Docs2Dads. [Read more.](#) Remember, HC DrugFree welcomes Howard County parents to register for our free Parenting Classes.

911 Flagging - Is It Right for Your Family?

Howard County police routinely respond to calls for persons with an identified developmental, intellectual, degenerative or physical disorder or disability who have wandered off, gone missing, or are in a state of crisis. With the 9-1-1 flagging program, police can be alerted immediately that the person involved has a certain condition and provided with valuable information and ways to help before they even arrive.

The database can be used for any relevant mental or physical health concern, to include:

- Autism
- Alzheimer's
- Intellectual or Developmental Disability
- Physical disability, such as blindness or deafness
- Mental health diagnoses
- Other behavior that may affect police response

For more information, contact the Community Outreach Division at 410-313-2207 or HCPDOutreach@howardcountymd. You can request a flag be added to your address [online](#) as well.

Marijuana Legalization and Teens

As the debate over legalization of marijuana continues, teens are often exposed to pro-marijuana messages and misinformation on social media. So how can you guide them to make healthy choices? [Read more.](#)

DEA Operation Overdrive Initiative Launched in Baltimore & DC

The U.S. is facing an unprecedented overdose epidemic, and with it, a sharp increase in drug-related violence. In response, the DEA has begun Operation Overdrive, which uses a data-driven, intelligence-led approach to identify and dismantle criminal drug networks. [Watch more.](#)

How Grandmothers' Brains React to Grandchildren

There's no mistaking the happiness on a grandmother's face when she sees her grandkids. New research shows there's so much more going on in her brain and looks at how the emotional connections between grandmothers and grandchildren strengthen the bond between them. [Read more.](#) Remember, Howard County grandparents and parents are invited to register for HC DrugFree's Parenting Classes to learn more about family bonding.

Life Skills Classes: Register Now!

Life Skills Classes Spring Series 2 will be held May 10, 12, 17, 19, 24, 26, 31 and June 2 from 4:30 p.m. to 6:00 p.m. via Zoom. If you would like to register your Howard County child, please complete [this form](#). For more information: Email LifeSkills@hcdrugfree.org or visit our [website](#). Funding provided by the Howard County Health Department, MD Department of Health, and SAMHSA.

Medication and Sharps Collections

Our next drive-thru medication and sharps collection is scheduled for Saturday, April 30 from 10 a.m. to 2 p.m. in the Wilde Lake Village Center parking lot near The UPS Store, Swim Center and tennis courts. Medications will be guarded and transported by the Howard County Police and Drug Enforcement Administration (DEA). Save the date and gather your items. More details will be shared.

Teens Welcome! TAC Meeting March 21

HC DrugFree's next Teen Advisory Council (TAC) meeting will be held on Monday, March 21 from 5:30 p.m. to 7:00 p.m. [Register here](#) to receive Zoom link for the March meeting. 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](#). Community service hours available to students, but only if a current TAC registration form is on file with HC DrugFree. Email your registration to admin@hcdrugfree.org or mail a hard copy our office.

Please Donate Today

Donate



Additional Resources

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

Reverse Opioid Overdose: [Click here](#) to contact the Howard County Health Department to receive free training and Narcan kit.

For more information, contact

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