

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

“Love has nothing to do with what you are expecting to get
—only with what you are expecting to give—
which is everything.”

Katharine Hepburn

Congratulations to Sibling Winners

Congratulations to siblings Mia and Joey Dowd for winning the HC DrugFree Category at the Ho Co Student Film Festival on Friday, May 6 with the film, *Drinking Doesn't Solve Problems, It Causes More*, which can be viewed below or on our [website](#).



Mia is in 8th Grade at Lime Kiln Middle School. She plays the piano, flute, field hockey and does gymnastics. From behind the scenes, Mia's amazing directorial skills guided her younger brother, Joey, through an emotional story of drinking and reaching out for help.

In addition to now being an award-winning actor, Joey is in 5th grade at Pointers Run Elementary. He plays the piano, trumpet, lacrosse, and rugby and does adventure racing. Both Mia and Joey love Marvel movies and of course, their little sister, Maeve.

HC DrugFree
Empowering the Community



Drinking doesn't solve problems,
it causes more.

Thank you to all of the students who submitted their films to the Ho Co Film Fest and especially to the HC DrugFree category and thank you to the parents supporting their student filmmakers and actors. Please visit our [website](#) to view all of the films submitted to the HC DrugFree PSA category to see the amazing work of these students!

A special thank you to the **Film Fest advisors** and Howard County Public School System staff, **Ms. Jill Lee** (Reservoir High School), **Ms. Binki McKenna** (retired from HCPSS), and **Ms. Randi Trzesinski** (Oakland Mills High School).

Parental Burnout: A Public Health Issue

Many parents struggled throughout the pandemic with the extra roles they were forced to fill and the constant caregiving, often to the point of exhaustion. Recent research shows that this physical and emotional exhaustion is a symptom of parental burnout, and that moms, parents of multiple children, and parents of children with special needs are at highest risk for experiencing burnout. For tips on how to cope with parental burnout and to assess your personal level of burnout, [watch the video](#).

The Teenage Brain Explained

How many times have you wondered what made your teen think something was a good idea or asked your teen, "What were you thinking?!" Dr. Sanjay Gupta of CNN shares some insights into the teen brain and thought processes in the podcast ["The Mystery of the Teenage Brain."](#) In the podcast, a teenager shares what they were thinking and the thought process used in making a decision, and psychologist Valerie Reyna shares information about the physical differences in the teenage brain.

Kids and Cell Phones

Since the start of the pandemic, kids and teens have experienced an increase in the amount of time spent on smartphones and other devices. Parents and researchers are looking for ways to decrease screen time while also allowing teens to stay connected with friends. [Watch the video.](#)

Missed Our 2 Slideshows?

In case you missed them, below are two recent slideshows of volunteers from the April 30, 2022 Medication & Sharps Collection and Howard County's reasons for supporting prevention programs.



Fentanyl Video for Adults and Youth!!!

Natural High created Dead on Arrival, a 6-minute video for youth that addresses the dangers of fentanyl. [Click here](#) to play the video warning that drugs including marijuana and fake pills may contain fentanyl, and then play this video with your kids! Don't wait. Talk to your loved ones about these very real dangers.

Remember, people in Howard County are dying from fentanyl overdoses!!!

National Physical Fitness and Sports Month

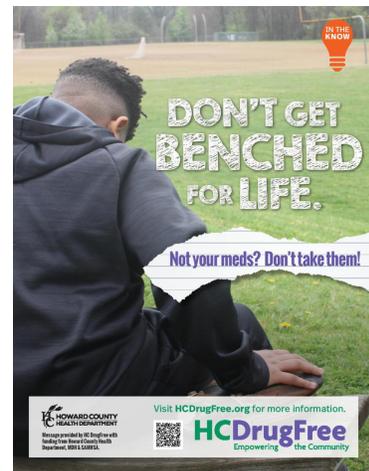
This month, let us all find ways to become more physically active in our daily lives. Take a walk, hike in your favorite park, try a new fitness class, join a local sports team, or volunteer at a community race. Fitness can lead to better and healthier lives for all Americans. [Click here](#) to read the national proclamation declaring May as National Physical Fitness and Sports Month.

Remember the Numbers

The Centers for Disease Control and Prevention estimates that in the United States, nearly 107,000 people died as the result of a drug overdose in the 12-month period ending November 2021. Sixty-six percent of overdose deaths involved synthetic opioids such as fentanyl.

Student-Athletes and Mental Health

Student-athletes are often perceived in a positive light and held up to many as role models - they are physically fit, talented in their sports, and often, good students. While they may look that way to the outside observer, many are struggling on the inside. Anxiety about sport and academic performance, the stress that comes with balancing an intense schedule of academic and team commitments, and the natural social issues of adolescence and young adulthood can become overwhelming. They may develop anxiety, depression, substance use disorders, or worse. Yet many student-athletes fail to get the help they need because admitting to mental health issues is perceived as a sign of weakness. With the recent suicides of multiple student-athletes, many are pushing the NCAA to provide better mental health services to student-athletes. [Read more.](#)



To learn more about the stress experienced by NCAA athletes and its impact on mental health, check out [Victoria Garrick's TEDx Talk.](#)

See Something, Say Something



Think you see illegal
drug activity in your
neighborhood?

Let us know.

Report it **anonymously**:
HCPDcrimetips@howardcountymd.gov or

410-290-DRUG 



Calvin Ball
County Executive



Howard County
Police Department

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](#). You can also view previous newsletters in the [Newsletter Archive](#) on our website.

Today!



Today, become a [Friend of HC DrugFree](#). We depend upon the generosity of individuals, organizations, and businesses to support our free services. Become a [Sponsor of HC DrugFree](#) by donating \$500 or more per year? Monthly payments are welcome. Thank you for your support.

[Donate](#)



Additional Resources

Mental Health Crisis? Thoughts of Suicide? Problems with Drugs or Alcohol? Contact MD's HELPLINE. Call 211, then press 1. Text your zip code to TXT-211 (898-211). Visit 211md.org to chat or find additional resources for housing/shelter, utility assistance, food, domestic violence, legal services, and more.

211
Maryland

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

Free Behavioral Health Resources: The Howard County Health Department will be at the Mall in Columbia with helpful behavioral health resources and services to promote mental health, resilience and wellbeing. This initiative takes place now through June 23, 2022 from 10:00am - 6:00pm. [Learn more](#) and share!

National Domestic Violence Hotline: 1-800-799-7233

MD Coalition Against Sexual Assault: 301-328-7023

National Suicide Prevention: 1-800-273-8255

Free Resources for Parents Following a Suicide Attempt: What to expect during recovery, safety planning, warning signs and risk factors. [Click here](#) to download resources document.

Free Bilingual Behavioral Health Resource Directory: [Click here](#) to download the directory. Please verify that the provider accepts your insurance or provides sliding scale fees before scheduling.

For more information, contact

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