

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

**Give the ones you love wings to fly,
roots to come back
and reasons to stay**

Dalai Lama

Have a Safe and Happy 4th of July



Many of us will celebrate this 4th of July weekend enjoying picnics with friends and family and watching fireworks. Keep the celebration safe:

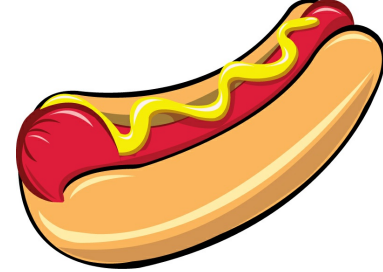
- Before guests arrive, make sure any prescription medications are locked away. Is the pill bottle that you see every day dangerously within reach of children or accessible to teens or adults looking to sneak a few pills? Take a moment to protect your loved ones.
- Plan for a safe way home for yourself or your guests. Walk, schedule an Uber, or choose someone to be a sober driver.

How Many Hotdogs are Eaten on the 4th of July?

Fun fact: If you're planning to have a picnic and enjoy a hotdog or two, you will not be alone. How many hotdogs are eaten on the 4th of July?

The National Hot Dog & Sausage Council estimates that 150 million hot dogs are consumed on the 4th of July alone.

That's enough hot dogs to stretch across the country, from Washington D.C. to Los Angeles, more than five times.



Coming Soon! 988 Suicide & Crisis Lifeline

Maryland will soon have a new way to connect to a local behavioral health crisis call specialist.

Calling 988 will connect callers directly to the National Suicide & Crisis Lifeline which can provide assistance with substance use or mental health crises. The 988 Suicide & Crisis Lifeline replaces the National Suicide Prevention Lifeline (1- 800-273-8255). All contacts with 988 (calls, chats, and texts) remain free of charge.

What does this mean for Marylanders? When someone in Maryland calls 988, the call will be routed based on the caller's area code. For those calls routed to Maryland, the call will be answered by one of the eight strategically-located call centers. These centers provide phone-based support and information regarding local resources. Maryland has been operating its own crisis hotline (call 211, press 1) which will remain in operation and accessible to Marylanders throughout the transition period and beyond.

When will 988 be implemented? On July 16, 2022, 988 will become operational across the nation. Both 211 press 1 and the existing National Suicide Prevention Lifeline phone number (1-800-273-8255) will remain available. Those experiencing a behavioral health-related or suicidal crisis, or those looking to help a loved one through a crisis, should continue to call 211 and press 1 in Maryland or the Lifeline at its current number (1-800-273- 8255) until July 16.

Who can call 988? Anyone in need of assistance with behavioral health-related problems.

What can callers expect when they call 988? Starting July 16, when calling 988: Callers will hear a greeting message while their call is routed to a Lifeline network crisis call center (based on the caller's area code).

- A trained crisis counselor will answer the phone, listen to the caller, understand how their problem is affecting them, provide support, and provide resources and interventions as needed.
- If a Maryland crisis center is unable to take the call, the caller will be automatically routed to a national backup crisis center.
- The Lifeline provides live crisis center phone services in English and Spanish and uses Language Line Solutions to provide translation services in over 150 additional languages for people who call 988.
- Veterans can access the Veterans Crisis Line by calling 988 and pressing 1.

What can someone expect during a chat or text?

- Texts and chats to 988 will also be routed to a Lifeline network crisis call center based on area code.
- A response to chats and texts will be given by a call center staff person.

Summer Life Skills Classes: *Register Now!*

This summer, your kids will be watching and listening to the people around them, so why not have them **learn from positive Howard County teen and college student role models** in a safe environment?

What will they learn? 1) that most Howard County kids aren't using drugs - so don't give in to "everyone is doing it" pressure, 2) how to say no to risky behaviors while keeping their friends, 3) how to better protect themselves from a variety of dangers, and 4) *much more!*

HC DrugFree is providing another series of *FUN* and interactive skills-based classes designed to promote positive health and personal development for students entering **grades 6 to 9**.

High school students in grades 9-12 may volunteer to work with our team of college and high school student and adult facilitators this summer. Just like the younger students, high school volunteers will learn a variety of practical skills by attending the classes, but in addition, they may acquire **valuable experience for future college and employment applications**.

We encourage **siblings and friends** to take these classes together, so if you have slightly younger or older students, please let us know and we will consider them as well.

Classes will be held **July 18 to 21** and **25 to 28** from **10:00 a.m. to 11:30 a.m.** via Zoom. If you would like to register your child, please complete [this form](#).

For more information, visit our [website](#). Thank you to our funders: the Howard County Health Department, MD Department of Health, and SAMHSA.



Supporting Student-Athlete Mental Health

Many elite and student athletes struggle with mental health due to the pressure and stress that comes with sport participation and performance. Yet the stigma of "showing weakness" keeps many from seeking the support and services they need.

To help change this narrative, adults in young athletes' lives need to start prioritizing mental wellness and healthy development over winning. For

example, helping the athlete to set achievable goals and evaluate their personal reasons for participating in the sport can help find positives in the experience beyond winning and losing. [Read more tips here.](#)

Don't Get Benched for Life. If you or someone you know is thinking about suicide, contact the National Suicide Prevention Lifeline 1-800-273-8255 or text "HOME" to 741-741.

DON'T GET BENCHED FOR LIFE.



Visit [HCDrugFree.org](https://www.HCDrugFree.org) for more information.

HCDrugFree
Empowering the Community



What to Say When Someone is Depressed

In 2020 alone, approximately 21 million adults in the U.S. experienced at least one major depressive episode—that's 8.4% of the country's population. In 2019, 18.5% of adults had depression symptoms that ranged from mild to severe.

When someone is dealing with depression, you may want to help, but are afraid of saying the wrong things. Here are some things to say (and not say) to your friend or loved one:

- Offer support with care - Ask "How can I best support you in this moment?" If they don't take you up on it, make specific suggestions like "I'm going grocery shopping. Do you need anything while I'm there?"
- Avoid phrases like "Think positively" or "This will pass" - this can feel dismissive to someone with depression and minimizes what they are experiencing, which is way more than just feeling sad.
- Hold back on offering solutions - don't try to solve their problems for them, and instead focus on conveying empathy.
- Support their treatment - whether you agree with the treatment or not, remember that they need to find the treatment that works best for them so be supportive of whatever options they have chosen to use.
- Know the warning signs of suicide - and if you have concerns, contact the National Suicide Prevention Lifeline 1-800-273-TALK

Looking for more ideas on what to say or how to support someone with depression? [Read more.](#)

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

DEA Lunch and Learn Web-Series

Free and online. The Washington Division of the Drug Enforcement Administration (DEA) is pleased to continue their monthly Lunch and Learn Web-Series initiative "Strengthening Our Partnerships." DEA speakers and Special Guests will present and review information, regulations and procedures related to the proper handling, dispensing, manufacture, distribution and prescribing of Controlled Substances to prevent diversion and help reduce drug overdoses and deaths in the District of Columbia, Virginia and Maryland (DMV).

July 21 Topic: Monitoring Diversion of CS in Healthcare Institutions (Hospital/Clinics). **Register for 1:30 p.m. Thursday, July 21 event.**

Free Parenting Classes (Open to Grandparents)

The next series of Parenting Classes has not been scheduled, but it will be in the fall, so keep checking here or complete this [interest form](#) for more information on registration as it becomes available.

It's a New Fiscal Year with More Expenses Ahead!

Donate Today to Support Our FY23 Projects



It's a new fiscal year for us and our project list and expenses keep increasing.

Donate today to be on our Friends/Sponsor list for the next 12 months and help fund our FY23 projects. We depend upon the generosity of individuals, organizations, and businesses to support our free services.

[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.



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

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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