

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

**"The same boiling water
that softens the potato hardens the egg.
It's about what you're made of,
not the circumstances. "**

Anonymous

Family Tensions and the Holidays

Many people look forward to family gatherings as part of the joy of the holiday season. Unfortunately for some people, holidays are instead full of tension and stress because of rifts with and estrangement from family members. [Read more.](#)



How to Start Healing from Trauma

All of us store trauma in our bodies. Best-selling author and trauma expert, Dr. Gabor Maté, shares how to start healing today. [Read more](#)



Students: Earn Community Service Hours!



Teen Advisory Council members are nurtured to be leaders among their peers, to be community-minded, and to make choices that will serve themselves and others in the future. In addition, TAC provides a meaningful way for students to earn community service hours while building a powerful resume for job and college applications.

Don't miss the opportunity to give your child a head start. Our next meeting is Monday, December 5th at 5:30 p.m. via Zoom so register your 8th-12th grader up for HC DrugFree's Teen Advisory Council today! [Learn more and register](#)

Take the Pledge and Share Your Photo

We invite all parents, students, and community members to take HC DrugFree's Pledge and show your commitment to keeping Howard County safe.

For more information, visit <https://www.surveymonkey.com/r/HCDFPledge> to take the pledge and upload your photo.



Take Back Day Results: 647,000 Pounds of Medication

On October 29, people from across the country helped reduce the risk of prescription medication misuse by bringing unwanted and expired medications to National Take Back Day events. The Drug Enforcement Administration (DEA) announced that more than **647,000 pounds of medications** were collected at **4,902 collection sites**.

This total includes the **1,294 pounds of medication** collected in 4 hours at HC DrugFree's drive-thru site on October 29.

Again, thank you to the DEA and the Howard County Police Department for guarding and transporting our medication collection, to our amazing volunteers and funders, and to the community for supporting our events.



HC DrugFree: Recovery Court Celebration Sponsor

The District Court of MD/Howard County, Adult Recovery Court Program's 36th Commencement Ceremony was held on Wednesday, November 16.

HC DrugFree was pleased to provide the

Narcotics/Alcoholics Anonymous books and gift bags for the 7 graduates as well as the food for the reception.

Why support Recovery Courts (also known as Drug/DUI Courts)? With lower rates of recidivism and better recovery outcomes, recovery courts are effective in helping people who have encountered problems with the law and illegal substance use. The intensive program requires participants to maintain recovery, take on responsibilities, and work toward lifestyle changes. With the right support and commitment, change is possible, families are reunited, and the entire community benefits.

[Read More.](#)

Congratulations to the 7 graduates completing this program!

About the Howard County Recovery Court Program

Today's event celebrates the successes of our very dedicated Recovery Court participants who have reached a milestone, not only in their recovery, but also in their lives. This celebration reaffirms our community's commitment to working together to help individuals successfully understand and take control over their use of drugs and/or alcohol.

In December 2011, the U.S. Government Accountability Office published an extensive review of drug court research, which concluded that most adult drug court programs were associated with lower recidivism and relapse rates for program participants than criminal courts.

Howard County's Drug/DUI (now referred to as Recovery Court) is a distinct court system dedicated to changing the behavior of drug/alcohol dependent offenders. The goal is to protect public safety by attacking the root cause of their alcohol and other drug abuse. The team members use a team-oriented approach to systematically change participant behavior. This approach allows the team members to identify and provide resources, and refer participants to proper drug/alcohol treatment and other supportive/rehabilitative services. Through the use of comprehensive treatment and rehabilitation services, together we will enhance the community, hold drug/alcohol dependent offenders accountable for their actions and decisions, and reward positive life changes while maintaining accountability.

Since the beginning of Howard County's Recovery Court program in 2004, the success of our participants has been overwhelming. Through the continued hard work by each participant and the support of the community, we will continue to disrupt the cycle of drug and alcohol dependency. In turn, we will reunite families and improve our community.

International Survivors of Suicide Loss Day

November 19 is International Survivors of Suicide Loss Day and local chapters of the American Foundation for Suicide Prevention (AFSP) are hosting in-person and virtual events. [Learn more](#)



Baltimore Mayor on Saving Lives from Overdoses

Mayor of Baltimore, Brandon Scott, is encouraging Maryland legislators to pass the Overdose and Infectious Disease Prevention Services bill in 2023. This bill would allow the operation of community-based overdose prevention sites (OPS) throughout the state, providing prevention services and resources that are proven to save lives. [Read more](#)

How Well Do Opioids Work with Musculoskeletal Pain?

Emergency Departments (ED) are discovering that opioids are frequently not more effective than common over-the-counter pain management options, like nonsteroidal anti-inflammatory drugs (NSAIDs) or anesthetics. Doctors are questioning the risk of introducing patients to opioids in the ED which may result in consequential opioid-related issues such as dependence, overdose, and death. [Read more](#)



Legalizing Marijuana on Election Day 2022

Last week, three ballot initiatives were defeated that would have commercialized recreational marijuana in Arkansas, North Dakota, and South Dakota. Alternatively, voters in Missouri and Maryland voted to commercialize recreational marijuana. Twenty-one U.S. states and the District of Columbia now allow for the recreational use of marijuana.

[Read more](#)



A Growing Concern: Increased Drinking Among Older Adults

Many older adults take medications that could interact with alcohol. Some interactions could be dangerous or even deadly. Learn more in a recent blog post from the National Institute on Alcohol Abuse and Alcoholism (NIAAA) Director, George F. Koob, Ph.D. [Read more](#)



Daily Meditation in the Treatment of Anxiety

A recent study found that an intensive mindfulness meditation program reduced debilitating anxiety symptoms as well as a commonly prescribed medication, escitalopram (Lexapro). [Read more.](#)

Follow and Like Us

Join our social media community for more content and easy ways to share important and potentially life-saving information with your friends and network.

Remember: **Knowledge is Power** and together we can help keep our community informed, safe, and **In the KNOW.**

Follow us on Facebook, Twitter, Instagram, and LinkedIn!



Your Support Keeps HoCo Standing Together



Make your donation today to become a [Friend or Sponsor of HC DrugFree](#). We depend upon the generosity of individuals, organizations, and businesses to support our free services. Please make a gift of any size today.

[Donate](#)



Additional Resources

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



Thoughts of Suicide?
Mental Health Crisis?
Substance Use Crisis?
**Call or Text
988**



For more information, contact

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