

HC DrugFree

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

I like a teacher who gives you something to take home to think about besides homework.

-Lily Tomlin ☐✉

Dates to Remember

September 14: [Beyond Medications: Chronic Pain Relief Program](#)

September: [National Recovery Month](#)

September: [Suicide Prevention Month](#)

September 21: [National Opioid Awareness Day](#)

October 26: [Medication and Sharps Drive-Thru Collection](#)

HoCo Police Safety Update: Cameras and More

August 2024, back-to-school update from our partner, the Howard County Police Department:

As students prepare to return to school this week, Howard County police are working to ensure that children, parents and teachers arrive safely. Through an annual back-to-school initiative known as H.A.S.T.E. (Helping Arriving Students Through Enforcement), officers will focus on enforcing driver and pedestrian safety in school zones.

Increased traffic patrols will be in place on roadways surrounding elementary, middle and high schools for the first three weeks of the school year. Officers will focus on drivers who are speeding, failing to stop for pedestrians or driving distracted in those areas. They also will be checking for seat belt and child safety seat use to ensure all occupants are properly restrained.

Police are also reminding drivers that buses serving the Howard County Public School System (HCPSS) have been outfitted with [external cameras](#). The purpose of the program, which launched in 2021, is to ensure student safety by discouraging motorists from passing buses illegally. The state of Maryland's fine for illegally passing a school bus is \$250.

Additionally, the department's [speed camera program](#) is designed to encourage drivers to slow down in school zones and has fines set at \$40. The

cameras are rotated among various school zones in the county, which are posted in advance and updated every week at hcpd.org. The site also offers additional information on all the department's automated enforcement programs and answers to frequently asked questions.

New lighted stop signs have been distributed to all crossing guards in an effort to improve visibility and the safety of students and guards. The signs were funded by fines collected through HCPD's Automated Enforcement programs.

The police department will continue to conduct traffic safety education and enforcement efforts throughout the school year.

Have "The Talk" About Fentanyl

Did you know that just 2 milligrams of fentanyl, the amount on the tip of this pencil, can be enough to kill the average person?

Fentanyl is involved in more deaths of Americans under 50 than any other cause, including heart disease, cancer, homicide, and suicide.

The 2024 Drug Enforcement Administration (DEA) fentanyl seizures represent over 216 million deadly doses.

The DEA and HC DrugFree urge you to help us save lives by educating yourself and talking to others about the dangers of fentanyl. Talk to your children and grandchildren about their mental health and the risks of encountering illicitly manufactured fentanyl.

THESE PILLS ARE FAKE



THE RISK IS REAL

FENTANYL

6 out of every 10 counterfeit pills contain a potentially lethal dose of fentanyl.



**As little as 2 milligrams can be fatal.
That's the equivalent of 3 grains of salt!**

ONE PILL | IF IT DOESN'T COME FROM A PHARMACY, IT CAN BE DEADLY.

LEARN MORE



hcdrugfree.org/fentanyl

HCDrugFree
Empowering the Community

GET INVOLVED



tinyurl.com/HCDrugFreeTAC

[Test Your Fentanyl Knowledge](#)

HCPSS Supporting Mental Health & Wellness

Parents and grandparents, remember, if you are looking for resources to support your child's social-emotional wellbeing, the Howard County Public School System has several resources available online to help students develop their unique strengths and abilities.

[Learn More](#)

JUUL to Pay Baltimore City \$7.5 Million

Electronic cigarette maker Juul Labs Inc. will pay Baltimore City \$7.5 million to settle a lawsuit that alleged deceptive marketing to minors. The lawsuit accused the company of initiating a marketing campaign that endangered the health of city residents, particularly minors, leading to substantial financial burdens on the City.

[Learn More](#)

Register! Beyond Medication Program

Looking for alternatives to taking meds for chronic pain? Then this program is for you!

Join HC DrugFree on Saturday, September 14 in the Avalon Room at Miller Library for **Beyond Medications: Innovative Approaches for Chronic Pain Relief**.

Community Service Hours will be available to Howard County middle and high school students if parents/guardians complete the registration, students attend entire event and fully participate, and students sign in/out at event.

[Parents/Guardians: Register Students to Earn Community Service Hours](#)

Free. Open to the public, but please register due to limited seating [Adults and General Public Register Now](#)

SPONSORED BY HC DrugFree
HC DrugFree
Empowering the Community

Beyond Medications:
INNOVATIVE APPROACHES FOR CHRONIC PAIN RELIEF
SATURDAY, SEPTEMBER 14TH, 2024
10:30AM - 12:00PM

MILLER BRANCH PUBLIC LIBRARY
AVALON MEETING ROOM
9421 FREDERICK ROAD, ELLICOTT CITY

WITH PRESENTATIONS FROM:
TRAVIS N. RIEDER, PHD, THE OPIOID DILEMMA FOR PAIN MEDICINE
BRIAN MORRISON, D.C., IT'S TIME TO RETHINK CHRONIC PAIN
LYDIA NEMIROVSKY, MS, OTR/L, LIFESTYLE STRATEGIES FOR PAIN RELIEF
MICHELLE PEARCE, PHD, NBHWC, CHANGE YOUR THOUGHTS, CHANGE YOUR PAIN (AND YOUR LIFE!)
OLGA CAMPORA, PHD, ACTIVE HEALING: PRACTICAL STEPS TO PROCESS PAIN IN THE BODY

FREE TO THE PUBLIC / PLEASE REGISTER TO ATTEND USING THE QR CODE ABOVE

Teen Meeting: September 23

HC DrugFree's invites **all Howard County students in grades 8-12** to attend our Monday, September 23 Teen Advisory Council (TAC) Meeting from 5:30 to 7:00 p.m. on Zoom.

[Students: Register to Receive the September Meeting Zoom Link.](#)

Members of TAC attend our monthly meetings and serve as student ambassadors in their schools and in the community.

Why join TAC?

- Earn Community Service Hours
- Gain experience for job & college applications
- Volunteer opportunities year round
- Be a leader and role model in Howard County

42% of Us Know Someone Who Died from Drug-Related Death

The U.S. Centers for Disease Control and Prevention (CDC) [predicts](#) more than 107,543 people died last year from a drug poisoning or overdose, and according to a recent [study](#) by RAND Corporation, 42% of Americans know someone who has died from a drug-related death.

Did You KNOW?

The term "co-occurring disorders" is used to describe a person or service recipient as having at least one mental health disorder along with a substance use disorder that is co-occurring at the same time. In 2023, 20.4 million adults had co-occurring mental health and substance use disorders.

[Learn More](#)

Save the Date! Medication and Sharps Drive-Thru Collection

HC DrugFree's next drive-thru Medication and Sharps collection will be held on Saturday, October 26 from 10 a.m. to 2 p.m. in the Wilde Lake Village Center parking lot near the Swim Center.

[Download and Print Flier](#)

Updates will be shared in this newsletter, on social media, and on our [website](#). Go to our website to volunteer. Community Service Hours available to students.

Medication & Sharps Disposal Saturday October 26 • 10 a.m. - 2 p.m.



Safely dispose of:

- Prescription medication
- Over-the-counter medication
- Sharps (syringes, needles, EpiPens, etc.)
- Vitamins
- Pet Medication
- Vape devices (with batteries removed)
- Inhalers
- And more!

Wilde Lake Village Center Parking Lot
5305 Village Center Drive, Columbia 21044

We are giving away 25
Medication Lockboxes!



First come, first served. Limit 1 per vehicle.

HCDrugFree
Empowering the Community
hcdrugfree.org

We Are Hiring!



Work With Us!

**Make a difference in
Howard County.**

HCDrugFree

HC DrugFree is looking for self-motivated Howard County professionals with a heart for people of all ages in our great community. All candidates must pass a background check and possess strong organizational skills, writing skills, and computer skills.

[Learn More & Apply](#)

Donate Today

Please become a [Friend of HC DrugFree](#) so we can continue providing FREE programs and resources to the Howard County community. We appreciate your financial support.

[Donate Now](#)

Or mail your **donation** to HC DrugFree's office:

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

What Do You Think?

Please take our 2-second survey to let us know what you think of the content provided in this newsletter!

[Take Our Survey](#)

Resources

The 988 Suicide & Crisis Lifeline:

Marylanders who are experiencing a mental health or substance use crisis should call or text 988. Learn more at 988.maryland.gov. Maryland veterans and their loved ones can call 988 and press 1 to transfer to the Veterans Crisis Line. Press 2 for Spanish. Press 3 for LGBTQIA+ support.



Free Narcan Training:

The Howard County Health Department offers a free training so you can be prepared in case of an opioid overdose. Sign up for your free training and Narcan kit today: [Learn More](#)



Free Support Meetings:

Looking for a list of Alcoholics Anonymous meetings in the Howard County area? [Learn More](#)

[Additional Resources](#)

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



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

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)



Try email marketing for free today!