

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

“Progress has little to do with speed, but much to do with direction.”

Unknown

Make Memories While Teaching Skills

Parents and grandparents may be looking for inexpensive and creative ways to keep kids and grandkids productive and entertained this summer while spending time together teaching and learning skills.

As your kids dream about getting out on their own in a few years, be sure they know how to take care of themselves. By middle school, your students are not too young to select fun recipes and prepare simple meals for your family or when entertaining their friends. This could be the summer to teach your kids to plant a vegetable garden or weed the neighbor's flower bed; change a tire and check the oil; host a book club; redecorate their rooms to reflect their new interests; or balance your checkbook.

Want to [teach your kids to do laundry](#) this summer? Middle school is not too early and for sure, high school students should have these skills.

Discuss each step of the process with your kids and hang this guide in your laundry area to serve as a reminder while they learn.

Youth need adults to explain how to do new tasks, answer their questions, be available to assistance, recognize their successes, and gently correct their missteps.



[Click here for fun and creative activities.](#)

Vote Daily Until July 15

Thank you for voting daily for HC DrugFree. We are honored to be considered

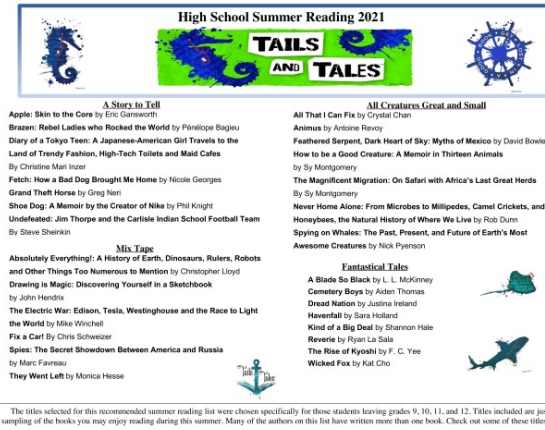
for the annual "Best of Howard" award. To vote for us, please go to **Out & About** and then scroll to the **Volunteer Organization Category**.

[Click here to vote for HC DrugFree!!!!](#) Thank you.

High School Reading List Attached

See what Howard County high school students are reading this summer.

Click on the document for a [printable PDF](#) reading list created by the Howard County Public School Library and Media Specialists and Children's Instruction and Research Staff from the Howard County Library. Curl up and enjoy.



Summer Online Life Skills Classes for Howard County Students

An advertisement featuring three young men standing outdoors near a tree. The central figure is looking down at a small object in his hand. Overlaid text asks "Does your kid think vaping is safe?" and promotes "FREE Life Skills Training". The HC DrugFree logo is in the bottom right corner.

Does your kid think
vaping is safe?

Prepare them for
peer pressure with
FREE Life Skills Training.

HC DrugFree
Empowering the Community

Growing up is confusing.

We've been there.

Learn from older students and adults who can provide honest answers, real life examples, and good advice in our Free Life Skills Class.

**Confident kids
grow up to be
confident adults.**

**Set them up for success with
our FREE Life Skills Class.**



Stand up for yourself.

Learn how to say
NO and keep your
friends with our
FREE Life Skills Class.

HCDrugFree
Empowering the Community



Free Life Skills Class for HoCo Students

HCDrugFree
Empowering the Community

FREE and FINAL DAYS TO REGISTER!

Classes begin on Tuesday, July 13

Dates: July 13, 14, 15, 20, 21, 22, 27, 28
from 10:00 a.m. to 11:30 a.m.

HC DrugFree's summer Life Skills classes will be taught by an amazing group of **college and high school students** with our adult team at each class. This curriculum was designed for students in grades 6 to 9, but for slightly younger

or older students, we will consider each request. If you have questions about the appropriateness for your students, [email us](#) or [register](#) and we will contact you to confirm enrollment. **We encourage siblings and friends to take these classes together.** Students will learn skills that have been shown to help **resist high-risk behaviors** including substance use (vaping, alcohol and other drugs) and more.

[Learn more](#) including viewing the curriculum. [Download the flier.](#) [Register now!](#) Funding provided by the Howard County Health Department, the MD Department of Health, and SAMHSA.

The Sackler Family Made Billions

Bestselling author and investigative journalist Patrick Radden Keefe discusses his latest book, *Empire of Pain: The Secret History of the Sackler Dynasty*, on the podcast "Heart of the Matter" with Elizabeth Vargas. The Sackler family owns Purdue Pharma, the maker of Oxycontin, and is worth billions of dollars. [Listen to the podcast or read the transcript.](#)

Adolescent Marijuana, Alcohol Use During Pandemic

Adolescent marijuana use and binge drinking did not significantly change during the COVID-19 pandemic, despite record decreases in the substances' perceived availability, according to a survey of 12th graders in the U.S. The study's findings appeared online on June 24, 2021 in *Drug and Alcohol Dependence* and challenged the idea that reducing adolescent use of drugs can be achieved solely by limiting their supply. The work was led by researchers at the University of Michigan, Ann Arbor, and funded by the National Institute on Drug Abuse (NIDA), part of the National Institutes of Health. [Read more.](#)

The Vaping Fix Podcast

When young entrepreneurs set out to rid the world of smoking traditional nicotine products by replacing them with an incredible new product, Juul, little did they know the negative impact their product would have on young lives. Laura Beil, the reporter behind *Dr. Death and Bad Batch*, addresses the inside story of the rise of Juul and the making of a crisis. [Listen to the podcast.](#)

We're Committed to Howard County Families



Please make your **much-appreciated** tax deductible gift to HC DrugFree today!



Medication and Sharps Disposal and Storage

Medication Disposal and Storage

Save the date for HC DrugFree's next free and convenient drive-thru medication and sharps collection: Saturday, October 23, 2021 from 10 a.m. to 2 p.m. in the Wilde Lake Village Center parking lot.

How and where you keep your medication can make a big difference when it comes to medication safety. Every year, two million people end up in the hospital due to drug-related injuries. This might include medication errors, adverse drug reactions, allergic reactions, or overdoses. Safe and secure storage of your prescription medicine can help avoid accidental injuries. Please keep reading this newsletter for updates. To safely store and dispose of prescription and over-the-counter medication and sharps (needles, syringes and EpiPens), [please visit our website](#) for more information.

Additional Resources

Help for Depression, Suicidal Thoughts or Other Mental Health Issues

If you need help, please contact:

Grassroots Crisis Intervention: 410-531-6677

The Maryland Crisis Hotline: Dial 211 and then choose option 1

The Crisis Text Line: Text 741741 and a trained counselor will respond

The National Suicide Prevention Hotline: 1-800-273-8255

The Howard County Health Department: 410-313-6202

For more information, contact

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