

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

## Vote for HC DrugFree!

HC DrugFree is honored to have been nominated for Howard Magazine's annual "Best of Howard" recognition.

Please vote for us under the **Out & About** category and scroll down to the **Volunteer Organization** list. Remember to vote each day.

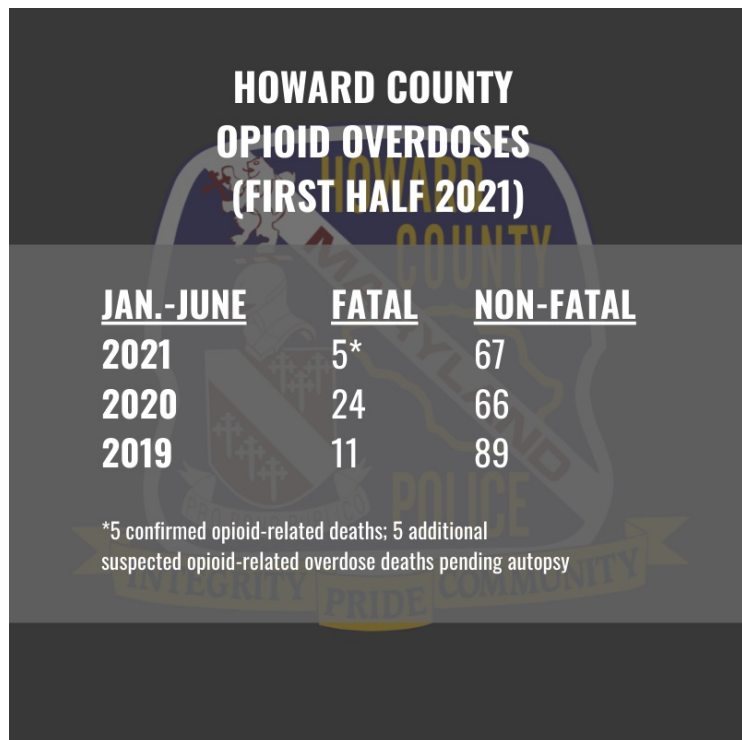
[Click here to vote for HC DrugFree!!!!](#) Thank you for your support.

### HCPD Released Opioid Overdose Data

The Howard County Police Department released data for the first half of 2021 as 5 fatal and 67 non-fatal opioid overdoses.

2021 opioid-related overdose deaths may increase once autopsy results are released.

Thank you to HCPD and the many government agencies, community organizations, and individuals working to save lives throughout the year.



### CDC: 91,862 Overdose Deaths in One Year

The Centers for Disease Control and Prevention (CDC) unofficially reported that drug overdose deaths accelerated due to COVID-19. Provisional data

reports 91,862 overdose deaths occurred in the U.S. between October 2020-2021, the largest number ever recorded.

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## Stay Safe This Holiday Weekend

According to the American Automobile Association (AAA), this Independence Day holiday period from Thursday, July 1 to Monday, July 5 will see about 47.7 million Americans travel. Of those, nearly 44 million are expected to drive to their destinations. Car travel levels are predicted to exceed the 2019 pre-pandemic volume and set a new record high.



The increase in road travel brings with it a warning. Sadly, Independence Day is **one of the deadliest holidays of the year for alcohol-related crashes**. With this in mind, there are multiple things we all can do to keep ourselves and others safer.

Buckle up, put down the phone, stay within the speed limit, allow for and expect extensive traffic delays, warn young drivers about driving in heavy holiday traffic, and expect the unexpected. Of course, if you drink, use illegal drugs, or take medications that make you drowsy, please don't drive. Driving impaired or under the influence is a serious offense in Maryland and can cost you a hefty fine and/or time in jail.

The HC DrugFree team wishes you and yours a safe, relaxing, and happy holiday weekend.

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## Howard County Public School PTSAs/PTAs Donated

We know it was a tough year for many of organizations, so we want to express a sincere thank you to the Howard County public high school PTSAs and middle school PTAs for donating to HC DrugFree in school year 2020-21. Thank you for your ongoing support.

We are proud of our roots within the Howard County Public School System (HCPSS) and our ongoing partnerships with the PTSAs/PTAs.

If your PTSA/PTA, business, or organization, did not donate to HC DrugFree and you'd like to see their name on our "Friends of HC DrugFree" list for the upcoming school year, please contact us to make a donation on their behalf or to receive information about our many FREE services (i.e., Life Skills classes, parenting classes, Teen Advisory Council, medication/sharps collections, educational programming, etc.).

## Donating in School Year 2020-21:

### High School PTSAs

- Atholton HS PTSA
- Centennial HS PTSA

- Hammond HS PTSA
- Howard HS PTSA
- Long Reach HS PTSA
- Marriotts Ridge HS PTSA
- Mt. Hebron HS PTSA
- Oakland Mills HS PTSA
- Reservoir HS PTSA
- River Hill HS PTSA
- Wilde Lake HS PTSA

#### Middle School PTAs

- Burleigh Manor Middle School PTA
- Elkridge Landing Middle School PTA
- Folly Quarter Middle School PTA
- Mayfield Woods Middle School PTA
- Mount View Middle School PTA
- Murray Hill Middle School PTA
- Patuxent Valley Middle School PTA

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### CFHoCo Announces 2021 Community Grant Awards

HC DrugFree is pleased to announce that we were chosen to be one of the recipients of a 2021 community grant award from the [Community Foundation of Howard County](#). This \$7,500 grant will help us continue our important work of keeping Howard County safe and informed! Thank you, CFHoCo. [Read more.](#)

### Summer Online Life Skills Classes for Howard County Students



**HC DrugFree**  
Empowering the Community

**She can have fun AND make great choices.**  
Set her up for success with our **FREE Life Skills Class.**





**Being a kid is fun until you hit an unexpected bump in the road.**

**Help your child learn how to navigate life's inevitable obstacles with our Free Life Skills Class.**

**HCDrugFree**  
Empowering the Community

**FREE and REGISTRATION IS OPEN**

Back by popular demand!!!

### **Summer Online Life Skills Classes**

The 8-class series begins on Tuesday, July 13, 2021

Dates: July 13, 14, 15, 20, 21, 22, 27, 28

HC DrugFree is providing another series of FREE Life Skills classes 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. This program will use developmentally appropriate, collaborative learning strategies so 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.

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### **Juul to Pay \$40 Million**

Youth vaping rates declined last year following a new federal ban on fruit-flavored vapes and an increase to 21 in the legal age to buy tobacco products. Last week, Juul agreed to pay North Carolina \$40 million to settle vaping accusations that it aggressively marketed products to youth. [Read more.](#)

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## PTSD and Substance Misuse?

Many people associate Post Traumatic Stress Disorder (PTSD) with veterans returning home from combat. However, [PTSD actually affects between 7-8% of Americans](#) at some point in their lives. Traumatic events, health issues, assault, or even an accident can cause a person to experience PTSD. In situations like these, individuals often look for ways to cope and can become much more vulnerable to substance misuse. Learn more about PTSD and get resources for treatment [here](#).

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## 8 Activities to Keep Your Kids Busy This Summer

School is out for the summer and most teenagers are looking for something to occupy their free time. One of the best ways to keep kids busy and away from drugs is by encouraging them to pursue healthy habits and build relationships with other teens. Check out this list of eight great activities (besides a summer job) that you can share to keep your teen busy and drug-free this summer, from heading outdoors and staying active to exploring your family history. [Read more](#).

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## Participate and Win! MD Public Opinion Survey about Opioids

The 2021 Maryland Public Opinion Survey is now open!

If you are a Marylander 18 and over, please take the 15-minute survey on drug use in your community and **enter for a chance to win Amazon gift cards!**

For more information, [click here](#).  
To print the flier, [click here](#).



## Stay Connected with HC DrugFree

Friends keep friends informed! This newsletter and social media remain the best ways for us to share vital information with the community. 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.

If you haven't already done so, please invite friends to [subscribe to our](#)

## 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. We will collect prescription and over-the-counter medications and sharps (needles, syringes and EpiPens) along with vapes.

Please keep reading this newsletter for event updates.

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. 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.

## Heading Into A New Fiscal Year with Work To Do!



[Please make your much-appreciated tax deductible gift to HC DrugFree today!](#)



## Free Narcan/Naloxone Training

### Virtual Overdose Response Training

Learn how to save a life after an overdose. Free Narcan kits are available to attendees, but must pre-registration with the Howard County Health Department.

**Upcoming training date:**



Tuesday, July 6 at 3:00 p.m.  
Thursday July 22 at 6:00 p.m.  
[Register here.](#)



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