

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

## Howard County Teens In Educational Campaign



HC DrugFree and our partners at the Howard County Health Department, the MD Department of Health, and SAMHSA urge you to be sure the youth in your life know the many dangers of sharing medication. To learn more about the dangers of sharing medication or this **campaign featuring Howard County high school students**, visit [our website](https://www.hcdrugfree.org).

**"We often feel tired, not because we've done too much,  
but because we've done too little of what sparks a light in us."**

**Alexander Den Heijer**

Out of more than 118,000 questions submitted by teens to the National Institute on Drug Abuse (NIDA) on their annual Chat Days, the #1 question is: What is the worst drug? [Read the 10 questions and more.](#)

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## Jolly Rancher Candy Or Deadly Fentanyl?

It is believed that drug dealers melted Jolly Ranchers candy and fused it with the deadly opioid, fentanyl. Then they shaped it in a mold similar to gummy bears. The candy was then hardened and repackaged in the Jolly Rancher wrappers. Would you or your child know it wasn't safe? [Read more.](#)

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## Actress Kristen Bell: Living With Depression And Anxiety

Kristen Bell (wife of actor Dax Shepard) shares about her ongoing journey with self-care and acceptance. [Watch YouTube video.](#)

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## Actor Dax Shepard: Rock Bottom Didn't Bring Change

(Warning: Adult language) Dax Shepard (husband of actress Kristen Bell) shares about his ongoing journey with drugs and alcohol. [Watch YouTube video.](#)

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## Don't Get Benched for Life!



Please share the [Don't Get Benched for Life...Not your meds? Don't take them!](#) campaign with others working with Howard County youth...sport teams, school groups, scouts, religious groups, community groups, and more! [Download and print](#) any of the 8 campaign ads.

Email [Admin@hcdrugfree.org](mailto:Admin@hcdrugfree.org) to request printed posters or let us know who may want to display our posters. *This ad campaign features Howard County high school students.*

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## How Drugs Impact Your Looks: Drugs Aren't Pretty!

The Drug Enforcement Administration (DEA) warns that drugs can change your physical appearance and your body—for the worse.

- Skin: **Steroids** cause acne breakouts on your face and body. **Meth** causes acne, dull skin, and self-inflicted wounds from picking at your face and body because you think that bugs are crawling under your skin, leaving sores and scars. And don't forget those needle marks and collapsed veins if you shoot up any drugs!

- Hair: Steroids can cause baldness in men and facial hair and baldness in women.
- Chest: Steroids can cause development of breasts in males.
- Lungs: Smoking **marijuana** can cause breathing diseases, including a chronic cough, bronchitis, and emphysema, and lung inflammation and lung infection.
- Kidneys: **Ecstasy** and meth raise your body temperature, causing dehydration, which restricts blood flow to the kidneys and may result in kidney failure.
- Mouth: Meth causes dry mouth, teeth clenching, and poor dental hygiene, resulting in meth mouth – rotten teeth, gum disease, and bad breath.
- Heart: Stimulants, like cocaine and meth, cause irregular heartbeats, heart attack, stroke, blood clots, heart damage, or sudden death. Inhalants can cause a rapid or irregular heartbeat, leading to heart failure and death. Fatal cardiac slowdown can be caused by sedatives, prescription pain medication, or opioids. Mix alcohol with any of these drugs and you increase your risk of coma and death! [Read more.](#)

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## Parents Need To Know: High-Risk Substance Use Among Youth

Although most youth are in good health, some youth are at an increased risk for behaviors that can lead to poor health outcomes, such as high-risk substance use. The majority of adults who meet the criteria for having a substance use disorder started using substances during their teen and young adult years. Youth with substance use disorders also experience higher rates of physical and mental illnesses, diminished overall health and well-being, and potential progression to addiction.

### Risk factors for youth high-risk substance use can include:

- Family history of substance use
- Favorable parental attitudes towards the behavior
- Poor parental monitoring
- Parental substance use
- Family rejection of sexual orientation or gender identity
- Association with delinquent or substance using peers
- Lack of school connectedness
- Low academic achievement
- Childhood sexual abuse
- Mental health issues

### Substance use prevention:

Research has improved our understanding of factors that help buffer youth from a variety of risky behaviors, including substance use. These are known as protective factors. Some protective factors for high risk substance use include:

- Parent or family engagement
- Family support
- Parental disapproval of substance use
- Parental monitoring
- School connectedness

[Learn more.](#)



Don't know what to do with your  
leftover meds & sharps?

We can help.

**SAVE THE DATE!**

## Medication & Sharps Disposal

**HCDrugFree**  
Empowering the Community

Saturday, October 23 10 a.m. - 2 p.m.

Wilde Lake Village Center in Columbia

[www.hcdrugfree.org](http://www.hcdrugfree.org)



### Safely dispose of:

- Prescription Medication
- Over-the-counter medication
- Sharps (Syringes, Needles, Epi-Pens, etc.)
- Vitamins
- Pet Medication
- ...and more!

Message provided by HC DrugFree & the Howard County Police with funding from Howard County Health Department, MDH & SAMHSA

## Register Now! Teen Advisory Council

*Reminder: Previous TAC members must register each year to update all contact information.*

Is your teen looking for a meaningful and fun way to earn their community service hours, all while making our community a better place to live?

HC DrugFree's Teen Advisory Council (TAC) may be the perfect opportunity.

TAC is open to all Howard County High School Students! Public School, Private School, and Homeschool students are encouraged to join! To access the 2021-22 school year registration form please [click here](#). Click on the flier to download a printable PDF.

Email your registration as well as a photo to [admin@hcdrugfree.org](mailto:admin@hcdrugfree.org) or mail a hard copy our office.

**HCDrugFree**  
Empowering the Community

**Teen Advisory Council**

**WHAT IS THE TEEN ADVISORY COUNCIL?**  
HC DrugFree's Teen Advisory Council (TAC) is composed of Howard County high school students who meet monthly during the school year to discuss teen use of alcohol and other drugs and to develop educational messages that promote the vision of a county where teens are drug-free by choice.

**QUICK TIP:** All Howard County high school students (public, private, and home school, etc.) are welcome to participate!

**WHAT DOES TAC DO?**  
In addition to participating in monthly meetings, TAC members volunteer at programs and events throughout the school year, including HC DrugFree's twice a year Medication & Sharps collection event!

**QUICK TIP:** The next Medication & Sharps collection is on Saturday, October 23, 2021 from 10 a.m. to 2 p.m.

**HOW TO REGISTER FOR TAC**  
Visit us at [www.hcdrugfree.org](http://www.hcdrugfree.org) and select the Teen Advisory Council option under Teens/Youth on the menu. Download the registration form, fill it out, and submit via email or mail mail!

**QUICK TIP:** The next TAC Meeting will be held in September so don't wait, register today!

FOR MORE INFORMATION, EMAIL [ADMIN@HCDRUGFREE.ORG](mailto:ADMIN@HCDRUGFREE.ORG) OR [www.hcdrugfree.org](http://www.hcdrugfree.org)

Make new friends and build your network!

Share your experiences and build character!

Gain community service hours!

Get to know your neighbors and build a better community!

Community service hours available to students, but only if a current 2021-22 TAC registration form is on file with HC DrugFree.

## Standing Together



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



## Virtual Overdose Response Training

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

**Upcoming training date:**

[August 26, 3 p.m. to 4 p.m.](#)

[September 14, 3 p.m. to 4 p.m.](#)

[September 30, 3 p.m. to 4 p.m.](#)

or [Register here.](#)



## Additional Resources

### Get Friends Connected To HC DrugFree

Friends keep friends informed! This newsletter and social media remain the best ways for us to share vital information with you! 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. Invite a friend to [subscribe to our newsletter.](#)

### Help for Depression, Suicidal Thoughts Or Other Mental Health Issues:

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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