

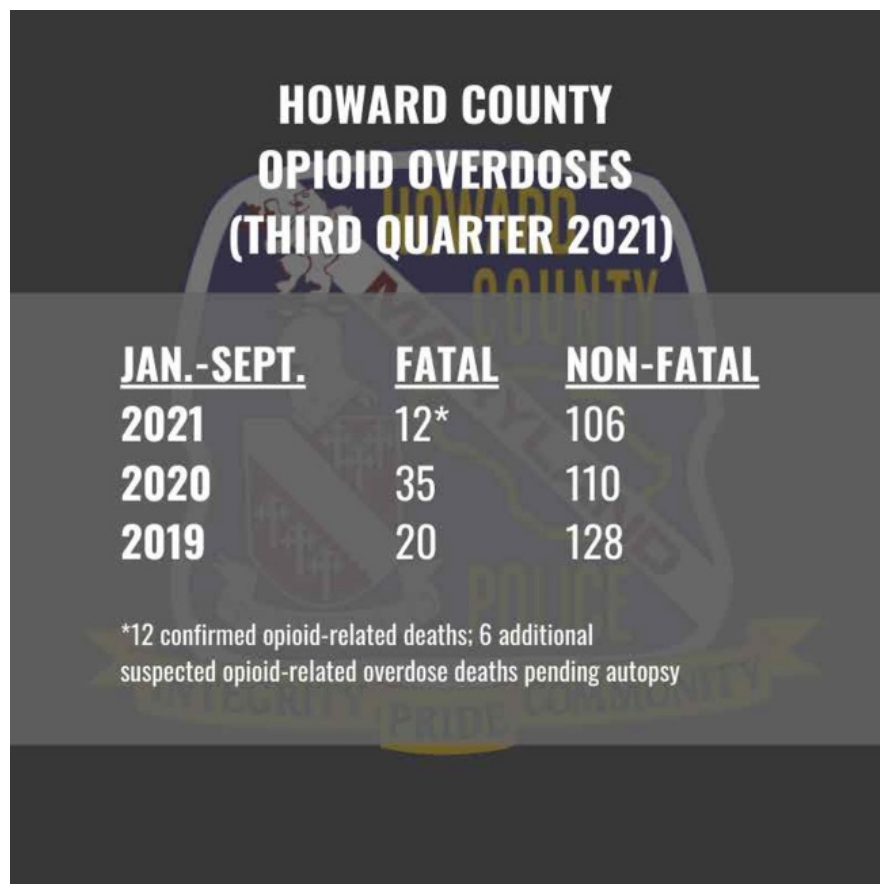
HCDrugFree

Empowering the Community

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



12 Fatal Overdoses in Howard County



Who Is Following You?



Be Your Family's "Influencer"

Social media is full of influencers all spouting different messages. How do you make sure your children listen to the "right" messages? By becoming your family's very own influencer! Not sure how to do that? Then register for our free parenting classes! Grandparents welcome!!!

Free Online Parenting Classes

November 9th & 16th and December 7th & 14th
6:30-8:00 p.m.

The Howard County State's Attorney's Office and HC DrugFree are again offering the *Guiding Good Choices* program for parents/guardians of 9-14 year-olds. If your children are slightly younger or older, register them and we will contact you. This series of four Zoom classes provides families with the skills and knowledge to reduce the risk that their children will use drugs and alcohol or engage in other dangerous behaviors. The sessions include topics like preventing drug use, developing healthy beliefs and clear standards, saying no to drugs, and constructively managing conflict and anger.

The program is free, but you must register at

<https://www.surveymonkey.com/r/HCDrugFreeFall2021>

For more information visit the [HCDrugFree website](#). Funding provided by the Howard County Health Department, MDH, and SAMHSA.

October is

Domestic Violence Awareness Month

Domestic violence increased during the pandemic, and the effects may be felt long after the COVID-19 era recedes. This month-long observance is designed to support your efforts to prevent intimate partner abuse.

National Bullying Prevention Month

Promote kindness, acceptance, and inclusion with this month-long observance.

Let's Talk Month

Encourage open communication between young people and their parents or other trusted adults about love, sex and relationships with this month-long observance.

Photographers/Videographers Needed



We are looking for **adults with photography and/or videography skills** (professionals or hobbyists) willing to take photos or videos during the medication and sharps collection to be held on Oct. 23rd from 9:00 a.m. to 2:15 p.m. or help to edit them into promotional materials after the event.

If you're available, please let us know by completing the survey at <https://www.surveymonkey.com/r/VolPhotoVideo>.

Not available that day but interested in volunteering to work with our Teen Council and/or adult team? Complete the survey and someone will contact you for future events and activities.

Volunteers with Medical Training



We are in need of **adults with medical training** to help with the medication and sharps collection and sorting on Saturday, October 23. If you are available to help, please visit our website to register HCDrugFree.org

Adult and Youth Volunteers



We need adults and youth to help with the October 23 Take Back event.

If you are available to help, please visit our website to register HCDrugFree.org

Parents/guardians must complete the youth waiver for anyone under 18.

Not Your Meds? Don't Take Them!



Please share our [Don't Get Benchended for Life...Not your meds? Don't take them!](#) campaign with others working with Howard County youth...sport teams, school groups, scouts, religious groups, friends, community groups, and more!

[Download and print any of the 8 campaign ads.](#)

This ad campaign features Howard County high school students. Funding provided by the Howard County Health Department, MDH, and SAMHSA. Posters available.

Pressure to Excel in Athletics Can Lead to Substance Abuse

Athletes feel a "rush" from competition that can be intoxicating, but when they start to feel too much pressure to perform, athletes may find themselves misusing prescription medications and alcohol to cope. [Read the full article.](#)

High School Sports-Related Concussions and Rx Opioids Misused

A recent [study](#) published in the *Journal of Head Trauma Rehabilitation* analyzed data from the 2019 Youth Risk Behavior Survey to examine the relationship between a history of sports-related concussions and prescription opioid misuse among high school students. The findings indicate that adolescents who had experienced a concussion in the past year were 1.5 times more likely to misuse prescription opioids.

True Story: Nick & Jack, Hockey Team Captains

Nick & Jack were brothers. Both had been the captain of their hockey teams during their senior years. Just after Nick came home from his freshman year of college and Jack graduated from high school, the boys attended some graduation parties. At one of the parties, they both consumed a lethal combination of alcohol and oxycodone. Their parents tell [their story](#) to let others know that "you don't have to be a drug abuser to die of an overdose."

Medication and Sharps Disposal



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



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

Start Cleaning Out Your Medicine Cabinet!

In partnership with the Howard County Police, the Drug Enforcement Administration, the Health Department, and many others, the next drive-thru medication and sharps collection at HC DrugFree's site will be held on Saturday, October 23 from 10 a.m. to 2 p.m. in the Wilde Lake Village Center parking lot near The UPS Store, Slayton House, and Swim Center.

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, including medication errors, adverse drug reactions, allergic reactions, or overdoses. Safe and secure storage of your prescription medicine can help avoid accidental injuries.

[Please visit our website](http://www.hcdrugfree.org) for more information. Funding provided by the Howard County Health Department, MDH, SAMHSA, Wegman's, and others. Thank you all for your support.

HC DrugFree has been partnering with the Howard County Police to provide these collections since 2012. Thank you for guarding and transporting the medication and keeping our community safe.

Upcoming Events



Save the Date
Teen Advisory Council Meeting:
November 15th
5:30-7:00 p.m.

If your teen is looking for a meaningful and fun way to earn community service hours while making our community a better place to live, encourage them to join HC DrugFree's Teen Advisory Council (TAC).

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

Email your registration as well as a photo to admin@hcdrugfree.org or mail a hard copy our office.

2021 Horizon Foundation Mental Health Film Festival

Movies with a focus on the
importance of mental health

October 17-22

Free & Virtual

To view the list of movies and to
register, visit



<https://watch.eventive.org/horizonmhfilmfestival>

Oktsoabarfest

Enjoy an alcohol-free event on Saturday, October 16. [Click here](#) to read more about this event to be held in Ellicott City and to purchase tickets.

In The News

People with Substance Use Disorders may be at Higher Risk for SARS-CoV-2 Breakthrough Infections

While the risk for Covid-19 breakthrough cases among vaccinated individuals is low, research indicates that vaccinated individuals with substance use disorders are at greater risk of breakthrough infections and had elevated rates of severe outcomes following breakthrough cases. The [results](#) published by the National Institute on Drug Abuse (NIDA) also found that co-occurring health conditions and adverse socioeconomic determinants of health appear to be contributing to the increased risk of breakthrough infection.

Methamphetamine-Involved Overdose Deaths Nearly Tripled Between 2015 to 2019

While the number of people who reported using methamphetamine did not increase as steeply, populations with methamphetamine use disorder have become more diverse. The study suggests that increases in higher-risk patterns of methamphetamine use, such as increases in methamphetamine use disorder, frequent use, and use of other drugs at the same time, may be contributing to the rise in overdose deaths. [Read more.](#)

Half of Young Adults with ADHD: Lifetime Substance Use

Disorder

After controlling for factors such as age, race, income, education, childhood adversities, and other mental illness, respondents with ADHD were 69% more likely to have had a lifetime substance use disorder compared with those without ADHD. These findings indicate a need for prevention and treatment programs to address substance use issues among individuals with ADHD.

[Read more.](#)

Please Stand with Us



[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.

To see dates and register, [click here.](#)



Additional Resources



How Can We Help?

Mental Health Crisis? Thoughts of Suicide? Problems with Drugs or Alcohol? Get Confidential Support from Maryland's HELPLINE whenever you need it 24/7/365

CALL 211

TEXT your zip code to TXT-211 (898-211)

VISIT 211md.org to chat or find additional resources for housing/shelter, utility assistance, food, domestic violence, legal

services, and more.

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](#). You can also view previous newsletters in the [Newsletter Archive](#) on our website.

For more information, contact

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