

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

**Autumn is a second spring  
where every leaf is a flower.**

Albert Camus

## A Recipe for Danger: Social Media Challenges Involving Medicines



Have you heard of the new challenge on TikTok encouraging users to cook chicken in cold medicine? The FDA is warning that cooking chicken in cold medicine and any other misuse of over-the-counter medication is dangerous. Unfortunately, this is not the only challenge circulating on social media encouraging the misuse of over-the-counter medication.

These types of viral online challenges can be deadly, so please monitor your child's social media activities and restrict access to substances that can be misused. Click here to watch a [video](#) or [read more](#).

## Today: International Recovery Day



September 30th is International Recovery Day! Join in this worldwide celebration designed to connect people across the globe as they declare their

continued dedication to overcome addiction. [Learn more](#)

## Our FREE Gift to You!



We are giving away 100 aluminum medication lockboxes (\$42 value) at our drive-thru [medication & sharps disposal event](#) on Saturday October 29! Come early to claim yours!

First come, first served. No holds.  
Limit 1 per vehicle.

## Join the HC DrugFree Team



Looking for part-time work that has a positive impact on our community? Want to feel good about the work you are doing? Available during the school day? Interested in working with a great team? HC DrugFree is hiring at least one part-time Outreach Assistant. Make a difference in the lives of Howard County youth and families. [Learn more & apply.](#)

## Important 60-Second Survey!!! (Yes, We Timed It!)

# You have a voice.



# We're listening.

**HCDrugFree**  
Empowering the Community

In 2022-2023, HC DrugFree will host a series of FREE town hall events for the Howard County community. Each event will address a behavioral health (substance use and/or mental health) topic and will feature an expert in the field. The events will be free of charge and open to the entire community.

To help us plan these events, we are asking for input from individuals living in Howard County. Your feedback will help to ensure that we are meeting the needs our community members. Thank you for sharing your time and thoughts with us to keep Howard County families safe and informed!

[Take the 60-second survey!](#) Thank you for your time and support.

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## Teen Advisory Council

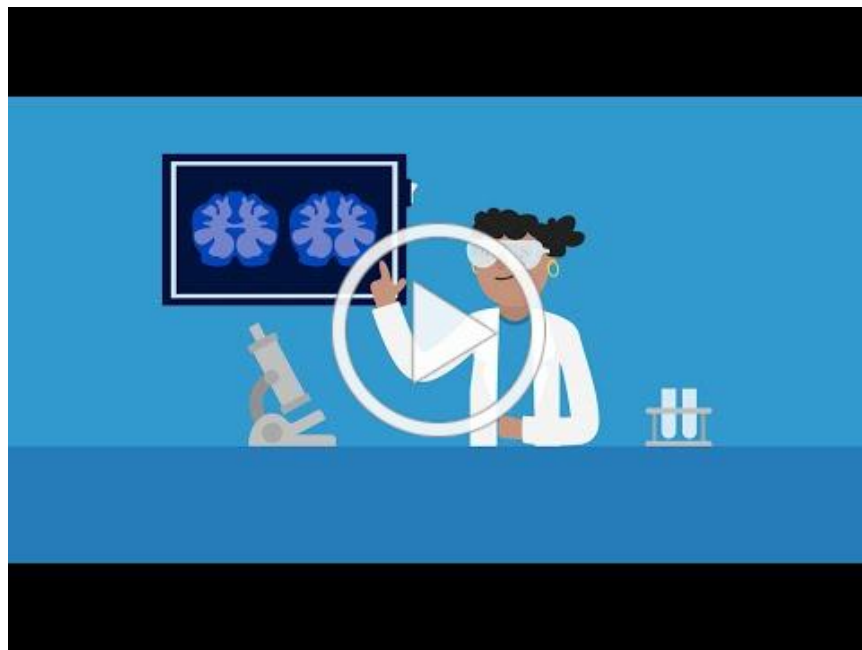
HC DrugFree invites all Howard County students in grades 8-12 to join the Teen Advisory Council (TAC). TAC provides a meaningful way for students to volunteer in the community and MAKE A DIFFERENCE all while building a powerful resume for job and college applications!

Our next meeting is Monday, October 17 at 5:30 p.m. on Zoom. Register today to join TAC and make a difference! [Learn more](#)

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## Why Are Drugs So Hard to Quit

This video explores why many people find it difficult to control or stop drug use and how research conducted and supported by the National Institute on Drug Abuse (NIDA) can help people find prevention and treatment strategies that work for them.



## Adult Children: Cutting Off Your Parents

Approximately 10% of Americans are estranged from a parent or child. Therapists and researchers believe that rifts in families are becoming more common, particularly with adult children cutting contact with one or both parents. Simone Bose, a relationship therapist in London, discusses the top reasons why adult children cut off their parents. [Read more.](#)

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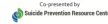
## Adults Should Get Routine Anxiety Screening

For the first time, the U.S. Preventive Services Task Force has recommended that doctors screen all adult patients under 65 for anxiety. The guidance highlights the extraordinary stress and mental health toll of the COVID-19 pandemic. [Read more](#)

## Understanding Suicide and Serious Mental Illness

People who live with serious mental illness (SMI,) such as major depression, bipolar disorder, and schizophrenia, are at increased risk of suicide. Understanding the problem of suicide for those with SMI is a critical component of a comprehensive suicide prevention plan.

This resource provides an overview of the considerations and suicide prevention measures at the intersection of suicide and SMI. [Download the guide.](#)



### Suicide and Serious Mental Illness

An Overview of Considerations, Assessment, and Safety Planning



## Suicide Prevention Month



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Over 45,000 Americans die by suicide every year. In 2020, suicide was the twelfth leading cause of death in the United States and the second leading cause of death of children ages 10-14. For every death by suicide, it is estimated that there are 25 suicide attempts.

During Suicide Prevention Month, let's spread hope! Suicide can be prevented. The 988 Lifeline helps thousands of people overcome suicidal crisis or mental-health distress every day. Call or text 988 or chat [988lifeline.org](https://988lifeline.org) if you or someone you know needs support.

## Follow and Like Us

Join our social media community for more content and easy ways to share important and potentially life-saving information with your friends and network.

Remember: **Knowledge is Power** and together we can help keep our community informed, safe, and **In the KNOW**.

Follow us on [Facebook](#), [Twitter](#), [Instagram](#), and [LinkedIn](#)!



## Save the Date: Medication and Sharps Collection

# Medication & Sharps Disposal

## Saturday October 29 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!

**HCDrugFree** Empowering the Community **Wilde Lake Village Center Parking Lot**  
5305 Village Center Drive, Columbia 21044

**We are giving away 100  
FREE Medication Lockboxes!**

**\$42 value.**  
**First come, first served.**  
**Limit 1 per vehicle.**



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

## Volunteers Wanted!

Our twice-a-year medication and sharps drive-thru disposal event is quickly approaching, and we are in need of volunteers! Rain or shine. When? Saturday, October 29 from 10 a.m. to 2 p.m.



Volunteer positions are flexible, so we have jobs ready for youth, adults, and medically-trained adults. If you're willing to lend us an hour (or four), we'd be so grateful! Feel free to bring a lawn chair.

[Adult Volunteers and Medically-Trained Volunteers: Register Here](#)

[Student Volunteers: Register Here](#) Community service hours available if properly registered.

## Become a Friend of HC DrugFree



Make your donation today to become a [Friend or Sponsor of HC DrugFree](#). We depend upon the generosity of individuals, organizations, and businesses to support our free services. Please make a gift of any size today.

[Donate](#)



## Additional Resources

For more information, contact

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