

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

Yesterday I was clever,
so I wanted to change the world.
Today I am wise,
so I am changing myself.
Rumi

Howard County Opioid Overdoses

HOWARD COUNTY OPIOID OVERDOSES (THIRD QUARTER 2022)

<u>JAN.-SEPT.</u>	<u>FATAL</u>	<u>NON-FATAL</u>
2022	18*	69
2021	15	106
2020	35	110
2019	20	128
2018	29	144

*18 confirmed opioid-related deaths; 13 additional
suspected opioid-related overdose deaths pending autopsy



Join HC DrugFree and the Howard County PTSA Collaborative Parent Education Group on **Monday, October 24** at 7:00 p.m. for a virtual town hall for **parents, guardians and grandparents of middle and high school students** to discuss teen substance misuse in Howard County. Learn what drugs students are using, how they are getting them, and what we can do to prevent it. There will be a Q&A at the end of the presentation. **Registration required.** [Register here.](#)

[Download Printable Flier](#)

Monday, October 17: Teen Meeting

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 today, Monday, October 17 at 5:30 p.m. on Zoom. Register today to join TAC and make a difference! Save the date for the November 14 meeting. [Learn more](#)

Our FREE Gift to You!

Young children may mistake pills for candy, while older children and teens may incorrectly think that because it's "medicine" it can't be harmful. Older family members may have difficulty remembering if they have taken their medications and may unintentionally take too much. Help keep your family safe by locking prescription and over-the-counter medications in a lockbox.

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! Make sure your home is ready for holiday guests by safely storing all prescription and over-the-counter medication.



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

Musician TobyMac on Losing Son to Accidental Overdose



Christian singer and rapper, TobyMac, opens up about losing his oldest son, Truett Foster McKeehan, to an accidental overdose involving fentanyl. [Read more](#)

Volunteer! Medication & Sharps Disposal Event



Join us on Saturday, October 29. Our twice-a-year medication & sharps disposal event is quickly approaching, and we are in need of MANY volunteers to make it all happen!

Volunteer positions are flexible, so we have jobs available for youth and adults, seated (bring a lawn chair) and standing, and medically-trained and non-medical personnel. We encourage families, scout troops, sports teams, Rotary Clubs, PTAs/PTSAs, religious groups, and community organizations to volunteer together. Students can earn community service hours! If you're willing to lend us an hour (or four) we'd be so grateful!

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

[Student Volunteers - Register Here](#)

Depending on size, we need **6-10 tables**. If we can borrow yours, please email Admin@hcdrugfree.org

Party Safely This Halloween



Party safety is always important, and extra vigilance is in order on Halloween. Some tips for having a safe, fun Halloween include:

- Use the buddy system. Stick with your friends the whole night, and never walk anywhere alone.
- Have your phone fully charged and accessible while you are out. Keep your phone at the ready, and load emergency numbers (such as friends, a cab company/rideshare app, and campus security) into your contact list before you head out.
- Be extremely cautious when meeting new people. Costumes, especially ones that cover the face, create an added layer of anonymity. Be cautious when encountering unknown masked or heavily made-up revelers.
- Never accept a beverage from someone you do not know. On Halloween (and all the time), watch your drink from the time it is poured until you finish it, and do not accept already-poured cups from people you have just met or do not know.
- Do not consume any candy that is not in commercial wrapping, even if it looks familiar. Be sure to examine wrappers for pinholes or tears and [avoid items with an unusual appearance or color.](#)
- Consider your costume. Avoid wearing a costume that does not allow you to see and move freely. Stop and make sure motorists see you before you cross the street.

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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



Don't get stuck on pins & needles.

Bring your expired or unwanted sharps and meds
to our drive-thru medication disposal event!

Safely dispose of:

- Prescription medication
- Over-the-counter medication
- Sharps (syringes, needles, Epi-Pens, etc.)
- Vitamins
- Pet medication
- Vape devices (batteries removed)
- Inhalers

HCDrugFree

Empowering the Community

Medication & Sharps Disposal

Saturday October 29th • 10 a.m. -2 p.m.

Wilde Lake Village Center Parking Lot

www.hcdrugfree.org

Donate Today to Keep HoCo Safe and Informed



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



988 Crisis Line



Thoughts of Suicide?

Mental Health Crisis?

Substance Use Crisis?

**Call or Text
988**

HCDrugFree
Empowering the Community

Additional Resources

For more information, contact

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