

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

**“A man isn't defeated when he loses,
he's defeated when he gives up.”**

Van Brooks

8th to 12th Graders: Learn and Earn



Transitioning from middle to high school can be stressful, but it doesn't have to be! Learn how to better navigate the social and emotional challenges of high school from experts - high school students! Older students share their wisdom and experience with younger students while developing their own leadership skills for life beyond high school. Earn community service hours for teen meetings and other HC DrugFree events.

At the recommendation of our Teen Advisory Council (TAC) members, this year we have extended registration to include 8th graders in addition to high schoolers.

Our TAC members have repeatedly told us how much they wish they had been able to join when they were younger. Their reasons were:

- ✓To help with the transition from middle to high school

- ✓To meet new friends and mentors
- ✓To get a head start on their college resume and job applications
- ✓To be part of a drug-free group for 5 years (and then stay connected while in college)
- ✓To prepare them for some of the situations they may face as early as 8th grade.

Teen Advisory Council members are nurtured to be leaders among their peers, to be community-minded, and to make choices that will serve themselves and others in the future. In addition, TAC provides a meaningful way for students to earn community service hours while building a powerful resume for job and college applications.

Don't miss the opportunity to give your child a head start. Register your 8th-12th grader for HC DrugFree's Teen Advisory Council today!

Our next meeting is Monday, November 14th at 5:30 p.m. via Zoom! (Save the date for the December 5 meeting too.)

[Learn more](#)



Fentanyl Overdose: US Teens Fastest Growing Group to Die

Overdose deaths among American teenagers are higher than ever due to the synthetic opiate fentanyl. [Read more](#)

Take the Pledge and Share Your Photo



We invite all parents, students, and community members to take HC DrugFree's Parent/Student/Community Member Pledge. Visit <https://www.surveymonkey.com/r/HCDFPledge> to take the pledge or download a copy [here](#).

We took
the pledge



HCDrugFree
Empowering the Community

I took
the pledge



HCDrugFree
Empowering the Community

Once you've taken the pledge, please use one of these downloadable signs to **take a photo and upload** it to the [pledge site](#) so that we can show everyone how committed we all are to keeping Howard County safe.

\$13.8 Billion Settlement Reached for U.S. Opioid Claims



CVS, Walgreens, and Walmart have agreed to an approximate \$13.8 billion payout to settle thousands of lawsuits claiming that the pharmacy chains mishandled opioid pain medications. The lawsuits have accused these organizations of putting profit over safety and fueling the opioid crisis. CVS and Walgreens made statements declaring their commitment to be a part of the solution, both financially and practically. [Read more](#)

Learn About Marijuana Risks



Millions of people are using marijuana, and use is on the rise. At the same time, the perception of how harmful marijuana use can be is declining. Nowadays, a growing number of young people do not consider marijuana use a risky behavior. However, marijuana has mind-altering compounds that affect both your brain and body. It can be addictive, and it may be harmful to some people's health. Help spread the message of marijuana risks by reading about the negative and long-term effects. [Read more](#)

CDC Changed Opioid Prescribing Guidelines



The Centers for Disease Control and Prevention (CDC) is releasing updated and expanded recommendations to its [Clinical Practice Guideline for Prescribing Opioids for Pain](#) for clinicians providing pain care for adult outpatients with short- and long-term pain. The guideline is a clinical tool to improve communication between clinicians and patients and empower them to make informed decisions about safe and effective pain care, such as recommendations on selecting opioids, determining dosages, and deciding the duration of initial opioid prescription. The recommendations are voluntary and provide flexibility to clinicians and patients to support individualized, patient-centered care. [Read more](#)

Melissa Etheridge on Late Son's Overdose

Musician Melissa Etheridge shares her experience losing her 21 year old son, Beckett, to an opioid overdose in in the spring of 2020 stating that she has no room for guilt and shame as she grapples with the loss. [Read more](#)

This week on Heart of the Matter, Jessica Landon joins Elizabeth Vargas to discuss how her parents' support helped her heal, how laughter played a significant part in her recovery and her role as a co-founder of the Sober Mom Squad. [Listen here](#)

Hospitals Overwhelmed by Youth Mental Health Needs



According to a survey by the Maryland Hospital Association, on any given day this past summer, about 50 children in Maryland found themselves in hospital emergency departments waiting extended amounts of time for a spot in a residential treatment center, psychiatric facility, or therapeutic foster home. As the number of young patients with mental health needs increased, the number of facilities that could treat these children has decreased over the last 5 years. Maryland children are spending weeks and months living in emergency departments and other areas of hospitals because of a failure by the state to provide the right places for them. Failure to take action is fueling a pediatric mental health crisis. [Read more](#)

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](#)



Your Support Keeps Us Standing Together



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

Reverse Opioid Overdose: [Click here](#) to contact the Howard County Health Department to receive free training and Narcan kit.



Thoughts of Suicide?
Mental Health Crisis?
Substance Use Crisis?
**Call or Text
988**

HCDrugFree
Empowering the Community

For more information, contact

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