

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

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**"The giving of love is an education in itself."**

Eleanor Roosevelt

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## Save the Date: Upcoming Events

- Spring series begins May 2: [Free Classes for Parents & Guardians](#)
  - May 5: [HoCo Student Film Festival](#)
  - May 18: [Town Hall on Youth Vaping](#)
  - May 22: [Teen Advisory Council Meeting](#)
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Misused in HoCo Too: Xylazine AKA "Tranq"

# In the *KNOW*...



## Xylazine

aka "tranq"



Animal sedative, not approved for human use, now being mixed with common street drugs.



Often added to opioids to increase potency or mimic effects.



Does not respond to naloxone since it is not an opioid.



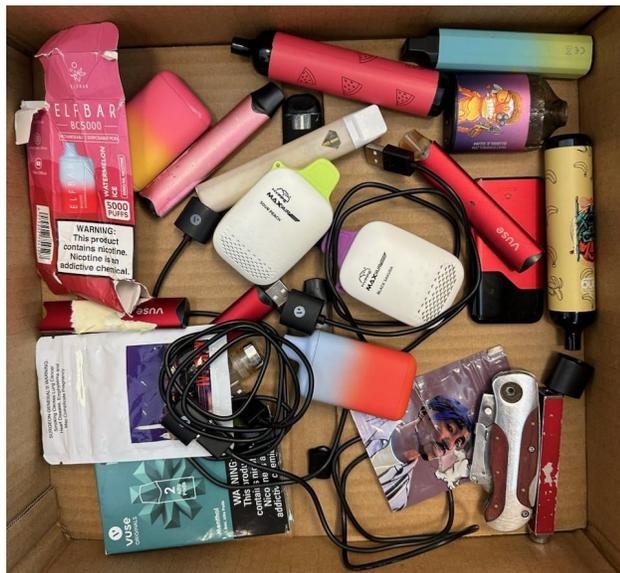
Can cause large open sores which may result in limb loss.

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

Are you IN THE KNOW about xylazine? Yes, it's being misused here in Howard County too. This veterinary drug, which is not intended for human use, is now being mixed with common street drugs and has some serious and often deadly side effects. [Learn more](#)

## HoCo Middle School Paraphernalia Confiscated

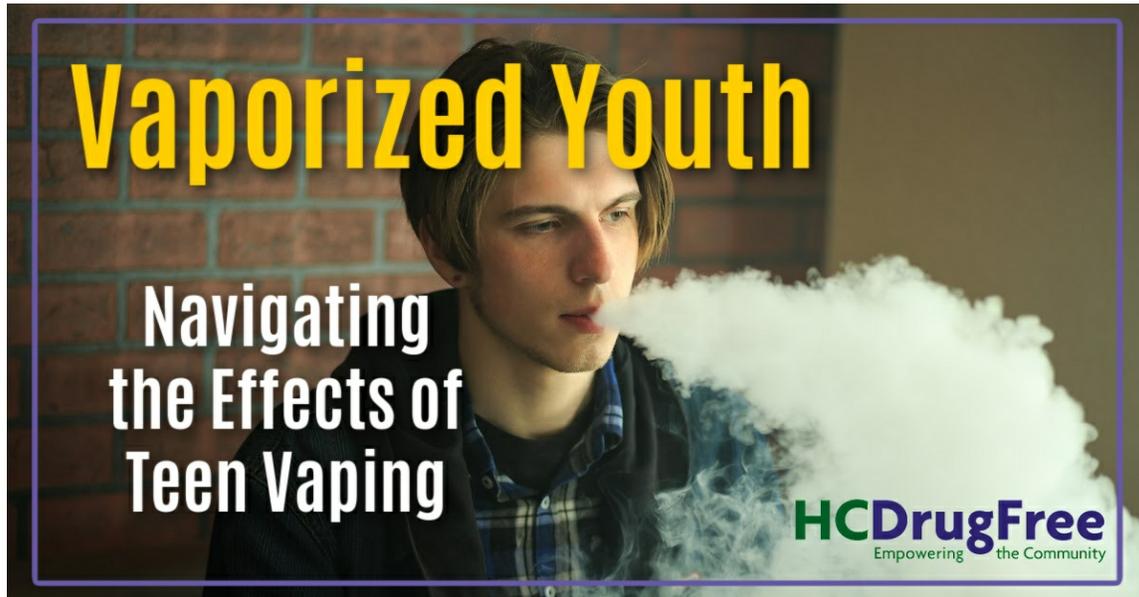
You may think that vaping isn't much of a problem for students in Howard County. Or perhaps you believe it's more of an issue on the high school level, but we must assure you that vaping culture is affecting Howard County kids. The photo on the right is full of mostly vaping paraphernalia confiscated from students at a middle school right here in Howard County. These items were turned over to HC DrugFree for proper disposal by school staff. Please understand that



many students believe that vaping is safer than smoking, but there are many negative side effects caused by vaping. The long term data is yet to be understood, but the preliminary findings are startling.

To help navigate this complicated and concerning issue, HC DrugFree is hosting a Town Hall about how vaping is affecting our young people and what we can do about it. See below.

## Town Hall: The Dangers of Youth Vaping



HC DrugFree will present a virtual town hall about youth vaping on Thursday, May 18 at 7 p.m.

### DID YOU KNOW...?

- Nearly 40% of high school students will try vaping
- More 8th-10th graders vape than drink or use cannabis
- Despite being promoted as a healthier alternative to smoking, vaping poses numerous health risks

This educational event features Joan Webb Scornaienchi, Executive Director of HC DrugFree, Mark Donovan, LCPC, LCADC of Congruent Counseling, and Dr. George Kolodner, a board-certified psychiatrist specializing in nicotine addiction. Learn about the consequences of youth vaping and what we can do about it. Registration required.

[Learn more, print flier, and register](#)

## Prom Safety Month: Driving Tips for Prom Season



Prom season is upon us, and we want to make sure HoCo teens have a night to remember for all the right reasons. Check out these driving safety tips for teens traveling to and from their special night. [Learn more](#)

## Warning! TikTok Benadryl Challenge a Danger to Youth



Are you aware of the dangerous TikTok trend known as the Benadryl Challenge? This challenge involves taking excessive amounts of Benadryl in an attempt to experience hallucinations. However, consuming high doses of this medication can lead to serious health complications, including seizures, coma, and even death. As a parent, it is crucial to talk to

your children about the potential consequences of social media challenges and the importance of making safe and responsible choices. [Learn more](#)

## HoCo Parents Keep Asking Us: Is Gaming Addictive?

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In the **KNOW...**

**Gaming Addiction**

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

Between computers, gaming consoles, and cell phones, games are within reach for nearly everyone at any time. For some it's a harmless pastime, but for others it may become a serious problem or even an addiction. What can we do to manage gaming, especially among students, to prevent it from going too far? [Learn more](#)

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## Medication Storage



### Watch Video

Every year thousands of children are hospitalized—and some die—after taking medicine not meant for them. Teens share stolen prescription drugs at "pharm parties" and toddlers are tempted by colorful pills that look like candy. In this Consumer Update video, FDA pharmacist Connie Jung explains how you can prevent harm by locking your medicine up.

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## Fun, Action and Heavy Lifting: Thank You, Howard County! Enjoy the Slideshow!

If you missed it, please take a few minutes to enjoy HC DrugFree's commemorative slideshow of our April 22 drive-thru medication and sharps collection held on the Drug Enforcement Administration's national **Drug Take Back Day**.



[Watch Howard County Video](#)

## We're Hiring!!! Join Our Team Today

Looking for professionals to join our team!

Do you:

- Have excellent computer skills?
- Have good writing skills?
- Enjoy multitasking? (We move fast!!!)
- Want to work at least 20 hours a week (depending on skills, number of people hired, and schedule, may have option to work 30 or more hours)?
- Like working with teens, parents and the entire Howard County community?
- Want to teach or assist with classes?
- Like creating ads and sharing on social media?
- Want to feel wonderful about the work you do each day?
- ...and above all, do you like wearing GREEN???

Please visit our website [Employment Page](#) for more information and **submit your resume ASAP.**

## We Need YOU!

It's simple. If you like our work, please donate today.  
(Photo: Volunteers at April 22 Take Back Event.)

[Donate](#)





## Resources

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

**Help for Depression, Suicidal Thoughts or Other Mental Health Issues:** Call or text 988.

**Substance Use Disorder Regional Residential Treatment Guide:** [Click here](#) to download the guide.

**Additional Resources:** [HC DrugFree Hotlines & Resources Page](#)

For more information, contact

Joan Webb Scornaienchi  
Executive Director  
HC DrugFree  
5305 Village Center Drive, Suite 206  
Wilde Lake Village Center  
Columbia, MD 21044  
Admin@hcdrugfree.org  
[www.hcdrugfree.org](http://www.hcdrugfree.org)



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