

# HC DrugFree

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

## □ Congratulations to the Class of 2025 □

HC DrugFree's team wishes you much happiness and success.

*This is only the beginning!!!*

## Dates to Remember in June

June 1-7: [CPR and AED Awareness Week](#)

June 1-30: [National Safety Month](#)

June 1-30: [LGBTQ+ Pride Month](#)

June 14: [NRPA Family Health and Fitness Day](#)

June 15: [Father's Day](#)

June 26: [International Day Against Drug Abuse and Illicit Trafficking](#)

## Nothing to Laugh At: In the *KNOW* about Nitrous Oxide



Are you *In the KNOW* about Nitrous Oxide?

"Whippets" are small silver canisters filled with nitrous oxide, the same **laughing gas** you might see at a dentist's office. But these

are being misused by teens for a quick high, risking nerve damage, unconsciousness, or worse. They're cheap, legal, and easy to hide. Parents, know the signs and start the conversation.

Read the full article [here](#).

## Is Your Teen Attending Senior Week?



Senior Week should be a celebratory, memorable time with friends—not a risk! With the right planning, it can be a safe and fun experience for everyone.

Check out HC DrugFree's [recorded webinar](#) for graduating high school seniors and their parents. The tips shared by Howard County teens, the Ocean City Police, and the Ocean City Beach Patrol are **appropriate for all families or anyone visiting Ocean City**, MD this summer or throughout the year.

**Note:** This webinar was recorded in 2024, so please be aware that some policies/laws may have changed. Stay safe.

An article with safety tips specifically for seniors can be found [here](#).

## CPR & AED Awareness Week: June 1-7

Sudden cardiac arrest can happen to anyone, anytime, and anywhere. When an emergency strikes, every second counts. During CPR and AED Awareness Week, HC DrugFree encourages families, students, and community members to learn the basics of hands-only CPR and how to use an automated external defibrillator (AED).

Remember, knowing what to do in an emergency can save a life. Learn more and find training opportunities in Maryland through the [Maryland Red Cross](#).

## National Safety Month: June 1-30



HC DrugFree is dedicated to fostering a culture of safety and well-being for Maryland families. As part of this initiative, we encourage families to explore the resources provided by Maryland Families Engage. These practical safety tips for parents and caregivers cover

essential topics such as home safety, water safety, fire prevention, and more, helping families take proactive steps to protect their children.

Additionally, the Maryland Risk Watch program, coordinated by the Maryland Institute for Emergency Medical Services Systems (MIEMSS), provides comprehensive safety education for children from preschool through eighth

grade. Through interactive programs and community partnerships, Risk Watch addresses various safety topics, including fire and burn prevention, motor vehicle safety, and disaster preparedness.

Learn more about safety tips for families at [Maryland Families Engage](#). Discover the Risk Watch program and its resources at [Maryland Risk Watch](#).

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## Aging & Mental Health

Older adults may face life changes that are unique to their demographic. New health challenges, retirement, or loss of a partner, family member or close friend, are all situations that commonly affect seniors. While anxiety and depression are natural by-products of many life changes, it is also important to recognize when these feelings become overwhelming or begin to impact day-to-day functioning. It is imperative that older adults have a support system to navigate new challenges to continue a fulfilling and meaningful life

Click [here](#) to learn more about the importance of supporting mental health while aging.

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## Pride Month: Prevention Through Support

June is Pride Month: a time to uplift and support LGBTQ+ youth, who often face higher risks for substance misuse due to bullying, discrimination, and mental health challenges. Supportive environments, open communication, and inclusive programs help reduce those risks. At HC DrugFree, we believe prevention starts with community and compassion.

Read the full article [here](#).



## International Day Against Drug Abuse & Illicit Trafficking

Observed annually on June 26, this [United Nations](#)-recognized day raises awareness about the global impact of drug abuse and the urgent need for action. The 2025 theme, "The evidence is clear: invest in prevention," highlights the importance of early education and community support.

HC DrugFree proudly supports this message. Our Spring 2025 Life Skills classes just wrapped up and gave students practical tools to resist peer pressure, manage stress, and make informed decisions, all key elements of

## World No Tobacco Day



The World Health Organization (WHO) established World No Tobacco Day in 1987 and has been observed every year since to raise awareness about the harmful and deadly effects of tobacco use and second-hand smoke exposure, and to discourage the use of tobacco in any form. It also draws attention to the tobacco industry's manipulative practices and advocates for effective policies to reduce tobacco consumption.

This year's theme is "Unmasking the Appeal" and exposes how the tobacco and nicotine industries target young people with manipulative tactics—from appealing flavors and trendy designs to glamorized marketing—to hook a new generation of users. These deceptive strategies make tobacco and nicotine seem harmless or attractive, and World No Tobacco Day campaigns urge the public to see through the illusion.

Did you know...

- In many countries the rate of e-cigarette use of young people exceeds that of adults.
- Marketing content promoting e-cigarettes, nicotine pouches and heated tobacco products has been viewed more than 3.4 billion times on social media platforms.
- Flavors are often the number one reason for initiation of nicotine and tobacco products use- there are about 16,000 unique flavors.

Click [here](#) to learn more!

## Teen Advisory Council Meeting



HC DrugFree invites **all Howard County students in grades 8-12** to attend our **Monday, June 9** Teen Advisory Council (TAC) Meeting from 5:30 to 7:00 p.m. on Zoom.

**Students:** Click [here](#) to register to receive the June meeting link.

Members of TAC attend our monthly meetings and serve as student ambassadors in their schools and in the community.

### Why join TAC?

- Earn Community Service Hours
- Gain experience for job & college applications
- Volunteer opportunities year round
- Be a leader and role model in Howard County

[Learn more about TAC](#)

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## Share Your Story

We invite you to share your story and help others in our community by raising awareness about youth substance use, behavioral health challenges, and the dangers of rising drug trends. All information shared will be anonymous. [Submit your story.](#)

**Share your story.**



By sharing your experiences, you can help break stigma, encourage prevention, and provide hope and guidance to other families in our community.

**HCDrugFree**

## Gather Your Pet Meds

Pet medications can be just as dangerous if misused, especially by curious children or teens. Always store pet prescriptions and over-the-counter treatments in a secure place, just like you would for human medications.

Accidental ingestion can lead to serious health risks, so keep pet meds out of reach, clearly labeled, and never share them between animals or people. When they expire or go unused, dispose of them safely! Learn more about pet medication safety [here](#).

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## In the *KNOW* about Carfentanil

Carfentanil is a synthetic opioid that looks similar to cocaine or heroin and is often mixed with either. [Click here](#) to read about how powerful it is compared to other drugs.



Fentanyl  
lethal dose  
2 mg

DEA.gov  
HCDrugFree



Carfentanil  
lethal dose  
.02 mg

It only takes a very small dose of carfentanil – .02 milligrams – to be lethal, less than the amount of fentanyl found on the tip of a pencil.

## Naloxone Saves Lives in HoCo

In the **KNOW...**  
**Naloxone**

**Reverse an overdose. Save a life.**



The Howard County Health Department offers a free training so you can be prepared in case of an opioid overdose. Sign up for your free training and Narcan kit today: [Learn more.](#)

Donate



Your support allows us to provide our FREE resources and programs to the community. Please donate today by visiting [hcdrugfree.org/donate](http://hcdrugfree.org/donate) or mailing a check to: HC DrugFree, 5305 Village Center Drive, Suite 206, Columbia, MD 21044

[Donate here!](http://hcdrugfree.org/donate)

## What Do You Think?

Please take our 2-second survey to let us know what you think of the content provided in this newsletter!

[Take Our Survey](#)

## Resources

**Event Slideshow:** Enjoy HC DrugFree's April 26 Take Back Day event [slideshow](#).

**Gambling Addiction:** Contact 1-800-GAMBLER (1-800-426-2537) for free, confidential support 24/7 or visit [helpmygamblingproblem.org](http://helpmygamblingproblem.org).

**NAMI Howard County - Mental Health Services:** The National Alliance on Mental Illness (NAMI) Howard County is dedicated to improving the lives of individuals affected by mental health conditions and their loved ones.

[Download brochure](#).

**The 988 Suicide & Crisis Lifeline:** Marylanders who are experiencing a mental health or substance use crisis should call or text 988. Learn more at [988.maryland.gov](http://988.maryland.gov). Maryland veterans and their loved ones can call 988 and press 1 to transfer to the Veterans Crisis Line. Press 2 for Spanish. Press 3 for LGBTQIA+ support.



[Additional Resources](#)

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