

HC DrugFree

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

“Do your little bit of good where you are;
it’s those little bits of good put together that overwhelm the world.”

PLEASE Help! Volunteers Needed for One Hour



Can you spare an hour this **Thursday, August 22** and/or next **Thursday, August 29** at either 5:30 p.m. or 6:00 p.m. (time will be based on your availability and task assigned)?

HC DrugFree is looking for **several adults of any age** or student volunteers for this Thursday and next Thursday. Must have transportation. Community Service Hours available to Howard County students. Bring your friends or family to help.

Please email Admin@hcdrugfree.org if you can help us or want more information. When emailing, please let us know if you are an adult or student and date(s) available. Thank you for your support and time!!!

Looking for a Fulfilling Job in HoCo?



Part-time positions available. Possible advancement to full-time.

HC DrugFree is looking for self-motivated Howard County professionals with a heart for people of all ages in our community. All candidates must pass a background check and possess strong computer skills, organizational skills, and writing skills.

[Learn More & Apply](#)

Save the Dates

September 14: [Beyond Medications: Innovative Approaches for Chronic Pain Relief Program](#)

October 26: [Medication and Sharps Drive-Thru Collection](#)

Register! Pain Management Program



SPONSORED BY HC DrugFree

HC DrugFree
Empowering the Community



Beyond Medications:

INNOVATIVE APPROACHES FOR CHRONIC PAIN RELIEF

**SATURDAY, SEPTEMBER 14TH, 2024
10:30AM - 12:00PM**

MILLER BRANCH PUBLIC LIBRARY
AVALON MEETING ROOM
9421 FREDERICK ROAD, ELLICOTT CITY

WITH PRESENTATIONS FROM:

TRAVIS N. RIEDER, PhD, *THE OPIOID DILEMMA FOR PAIN MEDICINE*
BRIAN MORRISON, D.C., *IT'S TIME TO RETHINK CHRONIC PAIN*
LYDIA NEMIROVSKY, MS, OTR/L, *LIFESTYLE STRATEGIES FOR PAIN RELIEF*
MICHELLE PEARCE, PhD, NBHWC, *CHANGE YOUR THOUGHTS, CHANGE YOUR PAIN (AND YOUR LIFE!)*
OLGA CAMPORA, PhD, *ACTIVE HEALING: PRACTICAL STEPS TO PROCESS PAIN IN THE BODY*

**FREE TO THE PUBLIC / PLEASE REGISTER TO ATTEND
USING THE QR CODE ABOVE**

Looking for alternatives to taking meds for chronic pain? Then this program is for you!

Join HC DrugFree on Saturday, September 14 in the Avalon Room at Miller Library for **Beyond Medications: Innovative Approaches for Chronic Pain Relief**.

Community Service Hours will be available to Howard County middle and high school students if parents/guardians complete the registration, students attend entire event and fully participate, and students sign in/out at event.
[Parents/Guardians: Register Students to Earn Community Service Hours](#)

Free. Open to the public, but please register due to limited seating [Adults and General Public Register Now](#)

Back-To-School Tips from HoCo College Graduate



As the new school year is nearing, it's normal to feel a mix of excitement and nerves. Whether you're moving up a grade or entering a new school, the adjustment can be challenging. But with the right mindset and a few practical tips, you can make this year one of your best yet.

Read what one of our own Howard County recent college graduates has to say about study tips, staying organized, and socializing.

[Read More](#)

TAC Talks: Choosing Classes & Clubs

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Kian Nadali

Choosing Classes & Clubs

TAC Talks is a collection of video segments, developed with the creativity and insights of [HC DrugFree's Teen Advisory Council](#), and presented in the style of TED Talks, hence the name TAC Talks. Originally presented as a part of a community program, they are now available as smaller segments by topic.

This TAC Talk on **Choosing Classes & Clubs** is presented by Teen Advisory Council member Kian Nadali.

[Watch Video](#)

Substance Use Among Student Athletes



PREVENTION WITH PURPOSE:

A Resource for Preventing Substance Use
Among Student-Athletes

Recent research from the National Collegiate Athletic Association has shown that use of some substances among student-athletes has been on the decline for over a decade. Notably:

- Rates of alcohol use among student-athletes have fallen from 83% in 2009 to 72% in 2023.
- Rates of binge drinking among student-athletes have fallen from 55% in 2009 to 35% in 2023.
- Rates of prescription narcotics use among student-athletes have fallen from 18% in 2013 to 5.6% in 2023.

However, there is still work to do. NCAA also found:

- Rates of marijuana use among female student-athletes have increased from 18.4% in 2009 to 24.9% in 2023.
- Rates of vape or e-cigarette use to consume tobacco or nicotine among student-athletes have increased from 8.3% in 2017 to 22.1% in 2023.

Alcohol and substance use varies by gender, sport, and season. One consistent finding, however, is that student-athletes estimate higher levels of alcohol use among their athlete peers than what actually occurs.

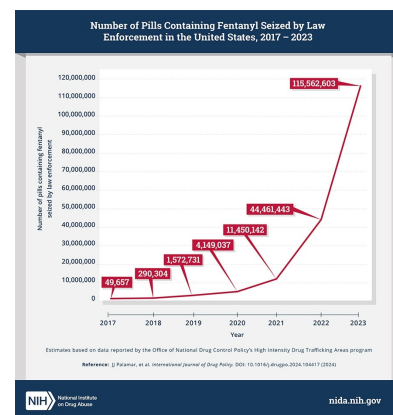
[Learn More](#)

115 Million Pills with Fentanyl Seized

More than 115 million pills containing illicit fentanyl were seized by law enforcement in 2023, a significant increase from the 49,657 seized in 2017.

“Fentanyl has continued to infiltrate the drug supply in communities across the United States and it is a very dangerous time to use drugs, even just occasionally,” said NIDA Director Nora D. Volkow, M.D.

“Illicit pills are made to look identical to real prescription pills, but can actually contain fentanyl. It is urgently important that people know that any pills given to someone by a friend, purchased on social



media, or received from any source other than a pharmacy could be potentially deadly – even after a single ingestion.”

[Read More](#)

Discussion about Baltimore City's Opioid Overdose Crisis

Former MD Delegate Dr. Dan Morhaim discussed solutions to Baltimore City's opioid overdose crisis on WBAL Radio.

[Play Video](#)

Save the Date! Medication and Sharps Drive-Thru Collection

HC DrugFree's next drive-thru Medication and Sharps collection will be held on Saturday, October 26 from 10 a.m. to 2 p.m. in the Wilde Lake Village Center parking lot. [Download and Print Flier](#)

Updates will be shared in this newsletter, on social media, and on our [website](#).

Donate Today

Please become a [Friend of HC DrugFree](#) so we can continue providing FREE programs and resources to the Howard County community. We appreciate your financial support.

[Donate Now](#)

Or mail your **donation** to HC DrugFree's office:

HC DrugFree
5305 Village Center Drive, Suite 206
Wilde Lake Village Center
Columbia, Maryland 21044

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 and Events

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. 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.



Free Narcan Training:

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](#)



International Overdose Awareness Day:

Join HC DrugFree and others on August 31 from 6:00 to 9:00 p.m. [Learn More](#)

[Additional Resources](#)

For more information, contact

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