

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

It is okay to fall. Just learn to land.

-author unknown

### Save the Date: Upcoming Events

- February 7 - March 28: [Life Skills Classes](#) (Grades 6-9)
- March 6: [Teen Advisory Council Meeting](#)
- April 11: [Deadline to Submit Film for the HoCo Student Film Festival](#)
- April 22: [Drive-Thru Medication & Sharps Disposal Event](#)
- May 2: [Free Classes for Parents & Guardians](#)
- May 5: [HoCo Student Film Festival](#)

### THC in Nerds?



Candies and sports drinks made to look like popular and recognizable brands such as Nerds and Gatorade are now marketing THC-infused products towards children. [Read more](#)

“NOOOO! Not my Skittles!” One Howard County middle school student lamented.

“I can’t believe the companies would allow this,” another replied.

“But I like Nerds...” another concerned student chimed in.

These are just a few examples of the reactions we received when Howard County students in HC DrugFree’s Life Skills Class were shown photos of candy infused with Tetrahydrocannabinol (THC) in familiar, albeit counterfeit, brand-name wrappers.



While some of the students were quick to notice the 18+ label and the marijuana-related markings on the packaging, many did not understand what either meant. Would you? The students quickly became concerned that these major companies would produce THC products. We were quick to point out that these were FAKE candy wrappers using trusted and recognizable brand names to promote their own product.

“WHY WOULD SOMEONE DO THAT?!” the kids exclaimed.

In the discussion that followed, our instructors covered the importance of knowing where our snacks are coming from, paying attention to labels, and understanding that drug-traffickers care more about making money than our safety.

While some of the middle school students seemed to grasp the lesson, other students seemed to be completely confused that products and companies they know, trust and enjoy could be targets of individuals/businesses selling drugs. And isn’t that the point? It really is confusing even to many adults. At a quick glance, most of us would not notice the THC label. Drug-traffickers don’t care if we don’t pay attention to their labels, in fact, they may even be banking on it. And they certainly don’t care if adults or youth ingest their potentially harmful products.

Also, many Howard County middle school students said they did not know what THC was, so even reading the label may not have stopped our kids from ingesting fake products.

Never assume your children or grandchildren know what is harmful to them and keep yourself educated on the latest trends/news.

## NYC Smoke Shops are Selling Magic Mushroom Candy Bars

THC is not the only substance we have to watch out for in our candy choices. Some New York City smoke shops are selling chocolate bars that contain several grams of psilocybin — the hallucinogenic component in magic mushrooms and a Schedule 1 illegal narcotic. [Read more](#)

## Our Popular Free Parenting Class is Back by Popular Demand

Attention Parents, Grandparents, and Guardians!

Want to learn how to shape your child's attitudes and behaviors to reduce the likelihood that they will engage in risky behaviors or use drugs, alcohol, and vapes?

**Register now** for HC DrugFree's Parenting Classes, which will be held Tuesdays, May, 2, 9, 16, 23, and 30 from 6:30 p.m. – 8 p.m. via Zoom. For more information, visit our [website](#).



## HoCo Student Film Festival

The 19th Annual HoCo Student Film Festival will be held on Friday, May 5 at the Miller Library in Ellicott City.



HC DrugFree is sponsoring a PSA category with the theme of KNOW: Kids Nurturing

Others Wisely. This category was chosen to showcase ways that teens can encourage one another through mental health challenges, dealing with peer pressure, and most of all, how to avoid substance (drugs, alcohol, nicotine) misuse.

**The deadline to submit films is Tuesday April 11**, so it's time to say ACTION! [Learn more](#)

## Chronic Illness and Mental Health

Chronic illnesses such as cancer, heart disease, or diabetes may make you more likely to have or develop a mental health condition. [Read more](#)

## CBD May Increase the Adverse Effects of THC in Edibles

A study led by Johns Hopkins Medicine researchers found that relatively high doses of CBD may increase the adverse effects of THC in edible cannabis products. [Read more](#)

## Increasing Opioid Overdoses Inspire More to Carry Narcan

The worsening opioid epidemic is prompting more people to carry a nasal

spray that reverses overdoses. [Read more](#)

## DC Woman Sues Neighbor over Smell of Legal Marijuana

Marijuana is now permitted in most states in some form, and that has brought complaints of the scent and possible secondhand-smoke exposure from neighbors of marijuana farms, dispensaries and smokers. The debates surfacing around the country have led to new restrictions on where people can smoke as well as lawsuits over the nuisance. [Read more](#)

## 988 Suicide Lifeline a Success

The [988 Suicide and Crisis Lifeline](#) received over 1.7 million calls, texts and chats in its first five months. That's nearly half a million more than the old 10-digit Suicide Prevention Lifeline fielded during the same period the year before. Not only are more people reaching out, more are being connected to help with the biggest rise being the number of people connecting to the Lifeline via texts and chats. [Read more](#)

## Medication Storage/Disposal

# In the KNOW...

## Medication Storage



Store medication out of reach and out of sight



Use child safety caps



Keep a medication inventory



Utilize a medication lockbox



Speak to family and guests about medication safety

[Learn more](#)

## HC DrugFree is Hiring: Help with New Spring Projects!



New spring projects! Looking for part-time work that has a positive impact on our community? Want a job you feel good about doing? HC DrugFree is hiring!

Pay range based on experience and skills (up to \$24). Currently, positions are mostly but not

entirely remote, so must be willing/able to work from office or attend community events during day, evening and weekends. Potential for advancement. HC DrugFree is grant funded.

To apply please upload a resume and cover letter at <https://www.surveymonkey.com/r/HCDFEmploymentApp>

[Learn more](#)

## Donations

HC DrugFree relies on donations from community members like you. [Make your tax-deductible donation today!](#)



## Follow and Like Us on Social Media

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!**



## Resources

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

**Free Resources for Parents Following a Suicide Attempt:** [Click here](#) to download resources document.

**Free Bilingual Behavioral Health Resource Directory:** [Click here](#) to download the directory.

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

**Gambling with Your Future:** Call, text or chat 1-800-GAMBLER for free confidential, compassionate help with gambling problems.

**Quit Smoking:** Call 1-800-QuitNow (1-800-784-8669) for 24/7 for free and confidential assistance or visit [www.smokingstopshere.com](http://www.smokingstopshere.com)

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

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

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