

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

**"When you have exhausted all possibilities,  
remember this: you haven't."**

*-Thomas Edison*

### Save the Date!

- **June 5:** [Teen Advisory Council Meeting](#) for students in grades 8 to 12
- **Summer 2023:** Free Life Skills Classes for HoCo Students (more info to come)

### Mental Health Awareness Month: Memorial Day



On Memorial Day, we honor and remember those who made the ultimate sacrifice for our country. We also send our support to those mourning a loved one this weekend.

Let's come together and remember that there is always hope and help. Support is out available.

[FindSupport.gov](https://www.findsupport.gov)

[988lifeline.org](https://www.988lifeline.org)

### Surgeon General Warning: Social Media & Mental Health

The U.S. Department of Health and Human Services published a press release early on Tuesday, May 23 announcing a new advisory from Surgeon General Dr. Vivek Murthy regarding the impact of social media on mental health, particularly in regards to the youth mental health crisis. [Read more](#)

[Download the Full Advisory](#)

Many major news outlets covered this groundbreaking move from the Surgeon General's office. Below are short videos from The Today Show and Good Morning America.



[Watch Video](#)

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[Watch Video](#)

## Holiday Weekend: Travel Safety Tips



Memorial Day is almost here, which means the beginning of the Summer travel season. Statistically, Memorial Day is one of the most deadly driving days of the year. Protect yourself, your family and other travelers this Memorial Day weekend by following these rules of the road:

- NEVER drive impaired by drugs or alcohol. Impaired driving endangers your life and the lives of others.
- Remember that Maryland's Move Over law applies to all stopped vehicles displaying any type of caution signals or warning lights. If you cannot safely move over into an available lane that's not immediately adjacent to the stopped vehicle, slow down.
- Allow for extra time to get to your destination.
- Adhere to speed limits. Speeding gives you less time to react and increases the severity of a crash.
- Don't drive distracted. Any activity that takes your focus away from the road ahead is a distraction.
- Look twice for motorcycles. For motorcycle riders, remember that in Maryland individuals may not operate or ride on a motorcycle unless they wear a helmet that is certified to meet U.S. Department of Transportation standards.
- Commercial vehicles must travel across the Bay Bridge in the right lane.
- Secure your load in vehicles and trailers before traveling. Items that can shift, slide or fall onto the roadway can lead to serious vehicle crashes, especially on roads with no shoulders like bridges.
- Make sure your vehicle is road ready. If your vehicle breaks down, exit the roadway. If that isn't possible, remain inside your vehicle and call #77 for assistance.

[Learn more](#)

## In Case You Missed it... Town Hall on Youth Vaping





## [Watch Video](#)

In case you missed it! We have made the Zoom replay available for HC DrugFree's recent Town Hall, Vaporized Youth: Navigating the Effects of Youth Vaping.

Featuring Joan Webb Scornaienchi, Executive Director HC DrugFree, Mark Donovan, LCPC, LCADC of Congruent Counseling, and Dr. George Kolodner, DFASAM, DLFAPA, TTS Founder and Medical Director of Triple Track Treatment, a board-certified psychiatrist specializing in nicotine addiction.

## Teen Advisory Council



All Howard County students in **grades 8 through 12** are invited to join the HC DrugFree Teen Advisory Council (TAC.) Community service hours are available and TAC members receive information about additional volunteer opportunities throughout the year. [Learn more](#)

The next TAC meeting is **Monday, June 5** from 5:30 p.m. - 7 p.m. Registration is required to receive the zoom link. [Register here](#)


If you have additional questions, please email [admin@hcdrugfree.org](mailto:admin@hcdrugfree.org)

## In The Know: Recognize the Signs of Opioid Misuse

**KNOW Signs of Opioid Misuse:**

# In the *KNOW*...

## Opioid Misuse Symptoms

Small pupils 



Drowsiness/Nodding Off

Itching or flushed skin



Constipation

Poor coordination of balance



Slow, shallow breathing

Nausea or vomiting



Slurred Speech

**HCDrugFree**  
Empowering the Community  
[www.HCDrugFree.org](http://www.HCDrugFree.org)

- Small, pinpoint pupils
- Drowsiness/Nodding Off
- Itching or flushed skin
- Constipation
- Poor Coordination or Balance
- Slow, shallow breathing
- Nausea or vomiting
- Slurred Speech

## Medication Storage and Disposal



They're both relying on you to **remove the risk** of unused opioid medicines.

[www.fda.gov/DrugDisposal](http://www.fda.gov/DrugDisposal)

 **Remove the RISK**

More than 100 Americans die every day from an opioid overdose and millions are addicted to opioids. The U.S. Food and Drug Administration (FDA) launched *Remove the Risk*, an education and outreach campaign to raise awareness about the serious risks of keeping unused prescription opioids in the home and to provide information about safe disposal of these drugs.

Unused opioids—such as hydrocodone, morphine, and oxycodone—are dangerous to have in your home when they are no longer needed. Children or pets can accidentally take unused opioids or visitors might search for them in

your drawers and medicine cabinets. Remove the risk of your unused opioids and help address the devastating opioid crisis affecting so many American families. Proper disposal of unused prescription opioids can save lives. [Learn more](#)

## In Case You Missed It...Senior Week Presentation



### [Watch Video](#)

For many years, HC DrugFree has provided an annual Senior Week program to help HoCo families navigate this Maryland tradition safely. By popular demand, we brought back this learning experience for graduating high school seniors and their parents/guardians in April.

If you missed our Live Zoom event, please take a moment to watch this replay presentation.

## Donate Today

It's simple. If you like our work, please donate today.

[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](#)



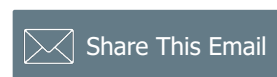
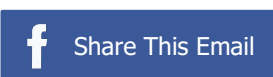
[here](#) to download the guide.

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

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For more information, contact

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