

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

## Honoring Veterans

Not just today, but everyday...

We honor all of the men and women who served  
and continue to serve this country.  
Thank you for your service and your sacrifice.

### Save The Date: Upcoming Events

- Dec 4: [Teen Advisory Council Meeting](#)
- Jan 16: [Registration Open! Free Life Skills Classes for Students](#)

### DEA Press Release: Almost 17.9 lbs. of Meds



Since 2012, HC DrugFree has been proud to partner with the Drug Enforcement Administration (DEA) and the Howard County Police Department

for our twice a year medication and sharps collection events. On October 28, we collected 1,223.5 lbs. of medication at the HC DrugFree site in the Wilde Lake Village Center. Below is an excerpt of the press release from the DEA outlining the National collection numbers, as well as the impact of this important community event.

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WASHINGTON – On October 28, 2023, the community once again emptied their medicine cabinets to help dispose of old, unwanted, and expired medications. Nationwide, DEA and its law enforcement partners collected 599,897 pounds of unneeded medications at 4,675 collection sites nationwide.

For more than a decade, DEA’s National Prescription Take Back Day has removed **almost 17.9 million pounds of unneeded medications from communities** across the country. According to a report published by the Substance Abuse and Mental Health Services Administration (SAMHSA), a majority of people who use prescription medication for a nonmedical purpose obtained that medication from a family member or friend. Removing unnecessary medications from the home can help prevent situations involving not taking medication as intended or dosed, taking someone else’s prescription, and taking the medicine for euphoric effects rather than medicinal purposes.

Complete results for DEA’s spring National Prescription Drug Take Back Day are available at [Take Back Day \(dea.gov\)](https://www.dea.gov/take-back-day).

[Source](#)

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## Big Vape: Juul Documentary



## [Watch Video](#)

A new episodic documentary, Big Vape, offers a compelling and eye-opening exploration into the rise of Juul and the e-cigarette phenomenon. Through insightful interviews and in-depth analysis, the documentary delves into the impact of vaping has had on youth culture and public health. It's a must-watch to understand the complexities surrounding this controversial product and its implications for society. The full documentary is available on Netflix.

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## How to Practice Gratitude

Practicing gratitude has incredible effects, from improving our mental health to boosting our relationships with others. Explore ways you can be more appreciative in our mindful guide to gratitude. [Read More](#)

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## Registration Open: Life Skills Classes for HoCo Students



Registration is open for our popular online Life Skills Classes. Classes will be held on January 16, 23, 30, February 6, 13, 20, 27, and March 5 on Zoom from 5 p.m. - 6:30 p.m.

High school and college students will serve as role models, assist at each class, and teach the evidence-based curriculum as HC DrugFree staff oversees all classes. [Learn More](#)

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## Using AI to Combat the Opioid Crisis





[Watch Video](#)

Computer science professor advances artificial intelligence to dismantle the complex networks that create and traffic deadly opioids. [Read More](#)

## Howard County College Students: Build Your Resume Online



We are looking for responsible college students raised in Howard County and

available to serve as role models to our middle and high school students as well as teach our online evidence-based Life Skills classes. Previously, Howard County high school graduates joined us online from their universities in Ohio, West Virginia, Delaware, College Park, Howard County, and more!

Do you know a college student considering a career in public health, medicine, education, drug & alcohol prevention, or who is interested in learning more about the inner workings of nonprofit organizations? How about a college student who is a positive role model and enjoys working with younger students?

We offer a variety of opportunities to gain experience with the flexibility of joining us virtually from anywhere. Our experiences will also be great additions to resumes, applications, and future job interviews.

We are looking for college students to teach and/or assist with our Life Skills classes for middle school students on **January 16, 23, 30, February 6, 13, 20, 27, and March 5 from 4:30 p.m. - 6:30 p.m.** Apply now even if you can't attend every class, so we can answer more of your questions!

[Apply Here](#)

## Register Now for TAC Meeting on December 4

HC DrugFree invites all Howard County students in grades 8-12 to join the Teen Advisory Council (TAC). TAC provides a meaningful way for students to earn community service hours while building a powerful resume for job and college applications.

If you are not a member, simply complete the TAC registration form found on our website and begin to make a difference in our community.

Register today to attend the December 4 meeting on Zoom from 5:30 p.m. to 7:00 p.m. [Learn More](#)

## Follow and Like Us

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**.

Follow us on [Facebook](#), [Twitter](#), [Instagram](#), and [LinkedIn](#)!



Your Financial Support Keeps Us Working for YOU

Please make your donation today to become a [Friend or Sponsor of HC DrugFree](#). We depend upon the generosity of individuals, organizations, and businesses to support our free services. Please make a gift of any size today.

[Donate](#)



## Resources



**Thoughts of Suicide?**

**Mental Health Crisis?**

**Substance Use Crisis?**

**Call or Text  
988**



### [Additional Resources](#)

For more information, contact

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