

HC DrugFree

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

**It ain't what you don't know that gets you into trouble.
It's what you know for sure that just ain't so.**

- Mark Twain

Dates to Remember

June: [Pride Month](#), [Men's Health Month](#), [PTSD Awareness Month](#)

June 21: [World Music Day](#)

July 15-25: [Life Skills Classes for HoCo Students](#)

August 6: [National Night Out](#)

August 21: [National Fentanyl Prevention and Awareness Day](#)

August 31: [National Overdose Awareness Day](#)

Surgeon General Calls for Warning Labels on Social Platforms

Surgeon General Dr. Vivek H. Murthy has been outspoken regarding his concern of how social media may impact mental health, especially for young people.

Dr. Murthy wrote an op-ed in the New York Times explaining why he is calling for a Surgeon General warning label to be included on social media platforms.



The Surgeon General's stance is causing an uproar in the tech community as the modern world grapples with how social media may impact the mental health and brain development of youth. [Learn More](#)

Risky Drinking Can Put a Chill on Your Summer Fun

31% of all U.S. drowning deaths

involve blood alcohol concentration levels of 0.10% or higher

CDC, 2022



NIH National Institute on Alcohol Abuse and Alcoholism

Summer is typically a wonderful season for outdoor activities and spending additional time with family and friends. For some people, these activities include drinking beverages containing alcohol, so be sure to know how to protect yourself and your loved ones. [Learn More](#)

Registration Now Open! Summer Life Skills Classes

Free Life Skills Class for HoCo Students



HCDrugFree
Empowering the Community

Want your kids to avoid risky behaviors while learning how to keep their friends - and maybe become the leader of the group to guide their friends and siblings away from danger too? Register your kids for FREE Life Skills classes!

This fun and interactive skills-based is designed to strengthen student abilities in the following areas:

- **Personal Self-Management Skills:** Students develop skills that help them enhance self-esteem, develop problem-solving abilities, reduce stress and anxiety, and manage anger.
- **General Social Skills:** Students gain skills to meet personal challenges such as overcoming shyness, communicating clearly, building relationships, and avoiding violence.
- **Drug Resistance Skills:** Students build effective defenses against pressures to use tobacco, alcohol, and other drugs.
- **And more!!!**

Taught by college students with supervision from adult educators and assistance from **high schoolers serve as mentors and role models.**

Register your **middle school student** so they can learn from the older students.

Register your **high school student** to join our team so they too can learn all the skills, earn Community Service Hours, and build their resumes.

Meeting via Zoom 10 a.m. - 11:30 a.m. on July 15, 16, 17, 18, 22, 23, 24, & 25



Set HoCo Kids up for Success

HCDrugFree is providing another series of FUN and interactive skills-based classes designed to promote positive health and personal development for students in grades 6 to 9. (Slightly older or younger students will be considered.) Taught by college students with supervision from adult educators and assistance from high schoolers acting as mentors and role models. This innovative, evidence-based course will help your child stand up for themselves AND keep their friends.

The curriculum is designed to strengthen student abilities in the following areas:

- Self-Image & Self-Improvement
- Social Skills
- Resolving Conflicts
- Coping with Uncomfortable Feelings
- Personal Self-Management Skills
- Evaluating Advertising & Entertainment
- Drug Resistance Skills
- And MUCH MORE!!!

Meeting via Zoom 10 a.m. - 11:30 a.m.
July 15, 16, 17, 18, 22, 23, 24, & 25

Learn more: HCDrugFree.org/currentevents 443-325-0040
LifeSkills@hcdrugfree.org
www.HCDrugFree.org

Funding provided by the Howard County Health Department, MCH, and SAMHSA

Middle School Students: Learn More & Register

High School & College Students: Learn More & Register

Utilizing School Resources for Rising 9th Graders



Christopher Moore



Utilizing School Resources

[Watch Video](#)


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 Utilizing School Resources is presented by Teen Advisory Council member Christopher Moore.


Are you *IN THE KNOW* about Marijuana & Mental Health

In the *KNOW*...

Marijuana & Mental Health

 Frequent, high-dose marijuana use can cause disorientation, anxiety, and paranoia.

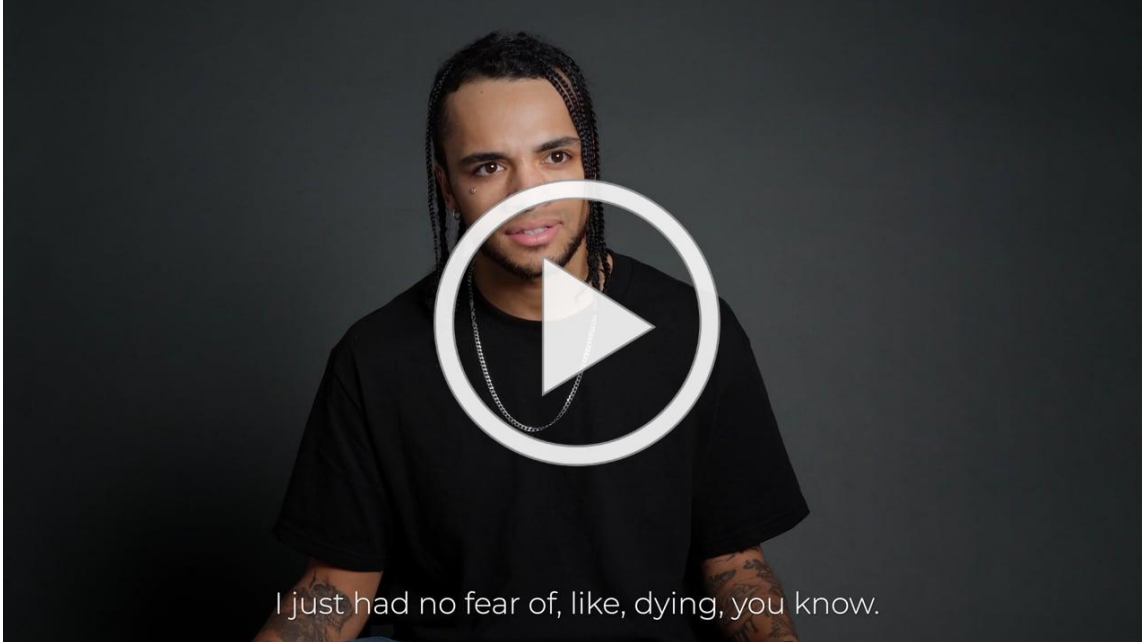
 Marijuana users are more prone to temporary psychosis/hallucinations and long-lasting mental disorders like schizophrenia.

 Marijuana use is linked to depression, social anxiety, and increased suicide risk.

HCDrugFree
hcdrugfree.org/cannabis

While some may experience relaxation, others might face increased anxiety, paranoia, or developing mental health conditions like depression or schizophrenia. Research has clearly associated cannabis with suicidal ideation and self-harm among teenagers and military veterans. [Learn More](#)

Know about Fentanyl: The New Drug Talk Video



[Watch Video](#)

People in Howard County and across the country are dying from Fentanyl.

Presented by Song for Charlie, The New Drug Talk video features statistics and safety information about Fentanyl, as well as powerful statements from those who have lost loved ones to this devastating substance and those who have survived an overdose. [Learn More](#)

Maryland is Pardoning 175,000 Marijuana Convictions

Maryland Governor Wes Moore is absolving people convicted of more than 175,000 cannabis-related crimes, in what he called “the most sweeping state level pardon in any state in American history.” The large-scale absolution comes a year after Maryland legalized recreational marijuana use. Most of the cases are misdemeanors. More than 150,000 convictions are for possession of cannabis and more than 18,000 convictions are for possession with intent to use drug paraphernalia. [Read More](#)



Please Tell Us What 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](#)

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

HCDrugFree
Empowering the Community
www.HCDrugFree.org

Are you *IN THE KNOW* about proper medication storage? [Learn More](#)

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

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](#)



Additional Resources

For more information, contact

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