

HC DrugFree

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

Dates to Remember

November 5: Election Day

November 11: [Teen Advisory Council Meeting](#)

November 11: Veteran's Day

November 12, 15, 19, 22 and December 3: [Classes for Adults](#)

November 21: [Great American Smokeout](#)

November 28: Thanksgiving Day

Register Today! Adult Classes Start Next Week!

Our next FREE series of classes for Howard County parents, guardians and grandparents will be held on November 12, 15, 19, 22 and December 3 from noon to 1:30 on Zoom.

Guiding Good Choices® is an evidence-based, interactive prevention program that helps adults build a stronger bond with their children, while also providing skills proven to reduce the risk of children engaging in substance use or other risky behaviors.

Download the [flier](#) or visit our [website](#) for more information and to register.



Slideshow Will Be Ready Soon!

The slideshow from our Saturday, October 26 Medication and Sharps Collection will be released soon. Thank you for your support and patience. Until then, here are a few more photos:







Thank you to our many student and adult volunteers!

DEA Issued Public Safety Alert

The Drug Enforcement Administration (DEA) has issued a Public Safety Alert to warn about the increase in illegal online pharmacies selling and shipping counterfeit pills made with fentanyl and methamphetamine to unsuspecting customers in the US who believe they are purchasing real pharmaceutical drugs such as oxycodone, Adderall, Xanax, and other drugs from legitimate pharmacies. [Read the DEA's public safety alert](#)

CDC: Youth Tobacco Product Use

Youth tobacco product use is at a 25-year low, yet disparities persist.

According to the Centers for Disease Control (CDC), current tobacco product use among US middle and high school students has dropped to the lowest recorded level in 25 years.



This is according to [newly released data](#) from the 2024 National Youth Tobacco Survey (NYTS). Within the past year alone, at least half a million fewer students are using tobacco products, contributing to this important progress. [Read more.](#)

The Great American Smokeout

Held on the third Thursday of November, the Great American Smokeout encourages smokers to take the first step toward quitting tobacco use. Sponsored by the American Cancer Society, the event highlights the health risks associated with smoking, such as cancer and heart disease, while providing resources and support to help individuals quit. It's an opportunity for communities to raise awareness about the dangers of nicotine addiction and to promote healthier, smoke-free lifestyles. Reducing tobacco use is essential for improving public health and preventing smoking-related health consequences.

For more information, or to begin your smoke-free journey, please visit the [American Cancer Society's Website](#)



Teen Meeting: Monday, November 11



HC DrugFree's invites **all Howard County students in grades 8-12** to attend our Monday, November 11 Teen Advisory Council (TAC) Meeting from 5:30 to 7:00 p.m. on Zoom. [Register for the November meeting](#)

[Learn more about TAC](#)

Part-Time Help and Volunteers!

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

Often, we need volunteers to attend community fairs/events to distribute fliers to advertise our upcoming events. You don't need knowledge about drugs or alcohol or any special skills. Just transportation and a willingness to serve our community. If you want your name to be added to our volunteer list, please use the link below to sign up as a year-round volunteer.

[Learn More & Apply](#)

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](#)

If You Like Our Work, Please Donate Today

Become our [Friend or Sponsor 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:

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