

HC DrugFree is keeping Howard County In the KNOW!!!

Don't Drink Hand Sanitizers

Earlier this month, the U.S. Centers for Disease Control and Prevention (CDC) said 15 cases of methanol poisoning caused by swallowing alcohol-based hand sanitizers resulted in 4 deaths. [Click here](#) to read more.

New Update: Drive-thru Medication and Sharps Collection

The Drug Enforcement Administration (DEA) has announced that it plans to move forward with a national Drug Take Back Day on Saturday, October 24 between 10 a.m. and 2 p.m. However, at this time, HC DrugFree's October 24 drive-thru prescription and over-the-counter medication and sharps (needles, syringes and EpiPens) collection is "tentative" until we receive COVID-19 guidance and confirm with our partners. More information will be shared as soon as possible.

Today at 5:30 PM: Learn to Save a Life

High school and middle school students, parents, babysitters, grandparents and everyone wanting to save the lives of loved ones are encouraged to join HC DrugFree's Teen Advisory Council (TAC) for a free online cardiopulmonary resuscitation (CPR) training this Monday, August 10 at 5:30 p.m.

Why should you know CPR? ...because 88% of all cardiac arrests occur at home or at work, so the chances of you knowing the person are very high. Yet, less than 1/3 of those who suffer cardiac arrest at home, work, or in a public place receive CPR. As a result, 400,000 people die each year in the U.S. Often, it's because loved ones or bystanders don't know CPR. When a person goes into Sudden Cardiac Arrest (SCA), his or her survival depends on immediately getting CPR. The Howard County Department of Fire and Rescue Services will conduct this training focused on saving infants, children and adults. Invite your family, friends, and co-workers to join us.

To register (**no password needed**), [click here](#) or copy/paste this link:

<https://howardcountymd.webex.com/howardcountymd/onstage/g.php?MTID=eac837ce546577c05c3211d33cb0fa990>

Thank you for supporting HC DrugFree's Teen Advisory Council.

Two Mothers Share about Losing Their Sons During Pandemic

According to the American Medical Association (AMA), more than 35 states have reported increases in opioid-related mortality since the COVID-19 pandemic began. [Click here](#) to read about the losses faced by two mothers.

Save the Date: Learn More about Security Clearances

At 5:30 p.m. on Monday, August 24, HC DrugFree's Teen Advisory Council (TAC) will learn more about security clearances from the Federal Bureau of Investigation (FBI). A former TAC member will share about his experience receiving his first security clearance just a few weeks ago.

More information will be shared, but please encourage high school students teens to submit their 2020-21 TAC registration forms now so they receive our updates to access the program link. See below.

Teen Advisory Council Registration Forms

Howard County high school students may [click here](#) to access the 2020-21 school year Teen Advisory Council (TAC) registration form. Signed forms are due each year. Open to all Howard County high school students. Community service hours available.

Email a signed PDF to admin@hcdrugfree.org or mail a hard copy to HC DrugFree, 5305 Village Center Drive, Suite 206, Wilde Lake Village Center, Columbia, MD 21044. Be sure to include a photo.

The Opioid Crisis and the Hispanic/Latino Population: An Urgent Issue

In July, the Substance Abuse and Mental Health Services Administration (SAMHSA) released The Opioid Crisis and the Hispanic/Latino Population: An Urgent Issue. The opioid crisis has had a significant impact on Hispanic/Latino communities in the U.S. [Click here](#) to read or print the report.

Fentanyl Video

[Click here](#) to watch a short video describing why fentanyl, a drug found in Howard County and across the country, is so dangerous and killing family and friends in our community.

Relax! Stress Causes Gray Hair

Are you seeing changes to your hair color? Yep, stress causes gray hair. [Click here](#) to read more.

Donate to HC DrugFree

[Click here](#) to make your 2020-21 donation to HC DrugFree.

Need to Talk to Someone? Call 2-1-1, Press 1

Problems with depression? Anxiety? Thoughts of suicide? Drugs or Alcohol?
Call Maryland's helpline: Call 211, press 1 or text your zip code to 898-211
(TXT-211).

Howard County Mental Health Services

The Behavioral Health Navigator can help link you to mental health or substance use services, refer you to treatment, and follow up to make sure you received the assistance you need. Visit www.hchealth.org/gethelp or call 410-313-6202 for more information. [Click here](#) to view or print Howard County Health Department services.



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